



KONGSBERGER NEWS

July 2006

CALENDAR ...

Club Meetings. All done until October. You can use these long summer evenings to train, weed your garden or drink beer. Note: only one of these three will help you next winter when the snow starts falling!

Trail Work Parties. Trail Chief Jim Slyfield has lined up a series of weekends of trail work parties, so pick the day (or two or three!) that fits into your schedule, grab your heavy-duty tools and your lunch, and meet at the cabin at 9:00. Work party dates are September 9, September 23 or 24, October 14 or 15, and October 28 or 29.

Women's Weekend. September 30-October 1. On the agenda: mountain biking, eating, hiking, eating, laughing, sleeping, eating. More details to come.

SUMMER HIKING ...

Jim Lindsey, maniac hiker and biker, has organized a couple of training hikes to prepare us for the joys of the Ordeal Hike. The first hike, the inaugural Bloody Stumps hike, has come and gone in the time it took this newsletter to print; the trip report is below. Here is everything you'll need to know to participate in the rest of this summer of hiking.

Granite and Bandera: Saturday, August 5. Meet at 8 AM. Take exit 47 from I-90 and park in the Pratt Lake-Granite Mountain trailhead lot. We will climb the steep trail to the top of Granite, descend and follow the Pratt Lake trail past Olallie and Rainbow to Mason Lake, ascend Bandera, and exit at the Mason Lake trailhead. There will be a short car shuttle at the start. The hike will cover 18 miles and about 6000 feet elevation. Allow seven hours hiking time.

Ordeal Hike: Saturday, August 26. Meet at 7 AM at the parking lot for the Pacific Crest Trail. From the west on I-90, take exit 52 and drive north under I-90 to the Alpentel Road. Turn right at the first opportunity and drive a short distance to the parking lot. **Please be on time** as we have to do a car shuttle (we will not wait for stragglers) and will need all available daylight for the hike. Bring: light pack, flashlight, map, compass, lots of water, water filter, power bars, tape for blisters, weather-appropriate clothing, and trail food. Be prepared to travel light and fast. Our pace is a fast walk or near run, depending on leg length. The distance is 26 miles, the elevation changes are great and constant, and the trail is rough in places, but the scenery makes it all worth the effort. Allow a full day for the hike.

SNO-PARK CLEANUP ...

It was gloomy and wet in Seattle, but fortunately that didn't stop a good-sized crew of hardy members from showing up at the cabin for our annual snow-park cleanup and chicken barbecue. We spent several hours scouring the on- and off-ramps of the freeway and the borders of the trail system, picking up broken chains, hubcaps, millions of beer cans (doesn't it appear that micro-brew drinkers don't litter?), discarded clothing, fast food wrappers, and evidence of, ahem, romantic assignations in the bushes, complete with drug paraphernalia and associated devices. Yuck! It's a nasty job, but we got it done, and then it was time to reward ourselves with Kaare Gjolmesli's fantastic barbecued chicken, perfectly seasoned with a sprinkling of rain drops. The table was filled with a scrumptious variety of salads and desserts, along with plenty of good Czech beer. Many thanks to Kaare for the chicken, to Val for the beer, to everyone who brought yummy food to share, and to our own Extreme Team of cabin cleaners, Aase Gjolmesli and Randi Valdok. And many thanks to all the Kongsbergers who gave up their Sundays to help out with the cleanup.

MULTI-SPORT MANIA ...

Ski to Sea. As usual, a good contingent of Kongsbergers spent part of their Memorial Day weekend on the slopes of Mount Baker, duking it out in a 5k skating race as the first leg in the multi-sport Ski to Sea event. The open category ended up with Vesa Suomalainen in fourth place, in 20:27, followed by Kent Murdoch in 20:51, David Lindahl in 22:55, Jeff Clark (from Wenatchee) in 23:23, and David Evans in 23:43. Ian McKay won the high school category, in 24:30, and Eber Teter took second in the corporate category, in 26:37. In the masters bracket, Per Johnsen was third, in 24:41, followed by Rune Harkestad in 24:43 and Jeff Clarke in 26:40.

Gap to Gap. And then there are people who would just rather do the whole dang thing themselves, as Jeff Hashimoto ran away with first place overall (for the second year in a row) in this two-mile fjeld run,



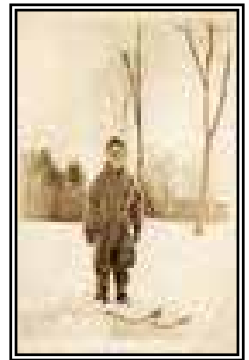
12-mile mountain bike, eight-mile kayak, 20-mile road bike, and 5k run relay. This was a cool-down event for Jeff; the previous month he had finished 229th overall at the Boston Marathon, out of something like 25,000 runners! The City of Ellensburg has chosen Jeff to be this year's goodwill ambassador at its sister city's half-marathon in Sanda City, Japan, in December. Next year it will be Carey's turn to race in that half-marathon, and then I believe it will be time for Uhuru to show us what kind of genes she's inherited! (Photo from *Yakima Herald-Tribune*)

MINI-ORDEAL HIKE ...

Thunderstorms and rain showers in Seattle may have kept some hikers away from this year's 18-mile Mini-Ordeal Hike, but the group that showed up in the Summit parking lot found blue skies and sunshine. We split into two groups to avoid the dreaded end-of-hike car shuttle: the traditional Stampede Pass to Snoqualmie Summit group consisted of Joan Nordheim, Robyn Pederson, Max Limb, David Tower, Keith Ritland, Koll Hagen, and Koll's son Carl; Ozzie Nordheim, Erik Nordheim, Joy Blakeslee, and your humble editor took the west to east route; and both groups took about the same amount of time to cover the distance (not that we were actually timing ourselves, really, or racing; it was just a fun hike, after all!). We met Kaare and Aase Gjolmesli at Windy Pass, and they followed us to the lunch stop at Mirror Lake. Pat and Paul Kaald also showed up later to do part of the hike. Over the course of the day we encountered swarms of cranky mosquitoes and flies, much bigger snow fields than we have found in the past, and much higher creeks and streams than normal, all of which made for a memorable and exciting journey. The west to east group also flirted with the edges of a thunderstorm, with thunder all around us and occasional brief showers of big fat rain drops that exploded when they hit the dusty trail. All in all, it was a good day, with no deaths or injuries or cross words, lots of interesting conversations, and plenty of good fresh mountain air.

75 YEARS OF SKIING ...

Did you guess who this is? It's Dave Newton, now 80 years old and only slightly better dressed. He and Shirley are both 80 this year, and have been married (to each other, no less) for 55 years—talk about endurance training!



BLOODY STUMPS HIKE ...

Our field correspondent Joan Nordheim provided this eye-witness account of the first annual Mason Lake/Mount Defiance training hike:

We met at the trailhead at 9 am under overcast skies, with the temperature already approaching 75 degrees. We were a group of five: our leader, Jim Lindsey, Paul Karas, Jon Fewster, and Ozzie and Joan Nordheim. Jim announced that we would be hiking at our own pace and handed out maps to everyone, pointing out our final destination and the route we would be taking. He gave special attention to trail intersections, and we were told not to take a certain cut-off and end up at Little Mason Lake by mistake. It was a beautiful, wide, smooth trail into Mason Lake, where a couple brave souls took a skinny dip. Continuing on, following Lindsey's lead, we proceeded to take a wrong turn somewhere and ended up at (ta da) Little Mason Lake! Jim got out his compass and deduced that we could bushwhack up to the trail we wanted, and Fewster and Karas took the lead until we got out of the mud, brush, and mosquitoes.

From there it was an uneventful but steep climb to the top of Mt. Defiance, with great views along the way. Joan was at her anaerobic threshold for the entire ascent, but couldn't slow down without coming to a complete stop and being tortured by black flies (which did occur a couple of times). The view from the top was spectacular, and worth the climb. The return trip was easier; we stayed on the right trail, and there became a few more naked bodies back at Mason Lake. Joan loved her new Vasque trail running shoes, which were designed and created by Jon Fewster himself.

Back at the parking lot, we congratulated ourselves on finishing in good form in 5 1/2 hours; we had enough water and no one's legs had turned into bloody stumps! It was a good training hike for the Ordeal Hike in August, and there was discussion along the way of possibly other, longer hikes in the same area.

17th OF MAY PICTURES ...

The 17th of May ... let's see. We had about 40 people participating in the parade in all manners of locomotion, and we won first prize in the Novelty section again (I believe it is Arkley's antics that push us over the top there!). Then about 60 people squeezed into my humble Ballard cottage for the gala post-parade festivities, and the rest of the evening is a blur. There was lots of food, lots of people, lots of music, lots of aquavit, and the pictures will have to tell the rest of the story...



SOMEONE ELSE SAID ...

"To be a cyclist is to be a student of pain. Without pain, there's no adversity. Without adversity, no challenge. Without challenge, no improvement. No improvement, no sense of accomplishment and no deep-down joy. Might as well be playing Tiddly-Winks."

Scott Martin