IT IS NOT THE MOUNTAIN WE CONQUER, BUT OURSELVES." - SIR EDMUND HILLARY
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WELCOME

Your are a survivor. You know what it is like to overcome hard things. You know how important it is to have a supportive team when you can't seem to take another step. You took that step. And now you are ready to conquer the world. Welcome to Team Survivor Northwest's Mountain Climb program.

At Team Survivor Northwest (TSNW), we see the rewards that come from hard work and perseverance. TSNW's Mountain Climb program is not only a way to empower our climbers, but as a fundraiser, it allows women who are still taking those first steps, during and after treatment, to find their team and return to their best physical and emotional well-being. By participating in this climb, you are paying it forward. We are excited for you to join us on this year's climb to the top!

"The summer hiking training started out, for me, as a way to get back out there after a summer of heavy treatments the year before and set some personal goals for myself to reclaim my body. But I got so much more from the amazing women I met and hiked with and it became a group goal and group effort and I felt part of a team, with so much love and support from other cancer survivors who were focused on positive, active living. What a gift this organization turned out to be! I was encouraged, empowered and gained so much from this group...."

-TSNW Climber
MISSION

The mission of the TSNW Mountain Climb program is to help women gain fitness, strength, and healing after a cancer diagnosis. We believe in the restorative power of nature and the chance to heal both body and mind through hiking, backpacking, and scaling mountains.

VISION

We are inspired by the wonder and awe of being on top of a mountain peak after feeling fragile in our bodies. Training for a mountain climb presents numerous challenges along the way. But there is no greater feeling than making it to the top. Our vision is to get more female cancer survivors outdoors and standing on the top of mountains. Scaling a mountain can be life changing in the best of ways. The TSNW Mountain Climb program is dedicated to changing lives!
CORE VALUES

**Teamwork.** We find success as a team and bond as a team. Forever friends are made in the process.

**Inclusion.** We value diversity and are committed to antiracist and LGBTQ+ affirming practices. All women cancer survivors are welcome.

**Resilience.** We embrace managing ups, downs, discomfort, and growth.

**Commitment.** We dedicate ourselves to training properly, showing up, and being a good teammate.

**Courage.** We harness the courage to take the first step regardless of the outcome.

**Excellence.** We prepare thoroughly and methodically for our final goal.

**Joy.** The trail is a refuge from life's hardships. Our hearts are full as we tackle challenges out in nature as a team.
SUMMER 2023

OPTION 1: Ruth Mountain
Tentatively set for Aug. 15-17 (3 days, 2 nights)
Strenuous
Glaciated terrain; ice ax and crampons required
Will need to carry 35-45 pound backpack
Intro to Mountaineering
Led by Mountain Madness

OPTION 2: Chain Lakes Loop Backpacking Trip
Tentatively set for Aug. 15-17 (3 days, 2 nights)
Moderate+
Will need to carry 35-45 pound backpack
For beginner backpackers or anyone seeking a less strenuous option.
Led by TSNW Volunteer Leaders
OPTION 1 – RUTH MOUNTAIN

With quick access to glaciated terrain and a spectacular setting on the north side of Mount Shuksan, climbing Ruth Mountain offers one of the best entry level peaks for first time mountaineers. From the summit of Ruth Mountain you get a glimpse into the spectacular Pickets Range and a unique north side view of Mount Shuksan.

Ruth Mountain is not as well known as Baker, Rainier and Adams. But it provides a similar yet slightly less intense introduction to mountaineering. It stands at 7,115 ft. Elevation gain is 4000 ft, accomplished over two days. It is 12 miles round trip.

The top of the peak is glaciated terrain. It will require roping, ice axes, and crampons.

This is a beginner climb and no experience is required, but a good level of strength and fitness is necessary. It is recommended that you have some camping and hiking experience prior to this trip. Highly motivated and experienced guides from Mountain Madness are committed to making your mountaineering trip a rewarding and educational experience.

This trip involves the following:

- Backpacking with loads of 35–45 lbs
- Overnight camping on the mountain
- Basic snow and glacier climbing
- Climbers must be in excellent physical condition
- Able to hike 4-6 hours at a time
- Capable of managing uneven and steep terrain, unpredictable weather, and some discomfort.
OPTION 2 - CHAIN LAKES LOOP

To make the TSNW Mountain Climbing program more inclusive, we are offering a less strenuous option for the first time this summer.

Thanks to our awesome TSNW volunteers, we will lead a backpacking trip at the same time as climbers summit Ruth Mountain. Chain Lakes Loop is located in the same area as Ruth and will have similar views and beauty. However, this trip will be less intense and more accessible to first-time outdoor enthusiasts.

If you’ve ever been curious about backpacking, hiking and climbing, now is your chance to give it a try!

Not only will you have a chance to backpack for two nights in Chain Lakes, but you will climb some of the smaller most iconic peaks in the Pacific Northwest during your training. This is a once in a lifetime experience for a beginning hiker!

Chain Lakes Loop hike has it all: big views of Mounts Baker and Shuksan, as well as the North Cascades, alpine lakes for swimming, and well-maintained trail winding through meadows and heather.

The highest point on Chain Lakes Loop is 5,400 ft. **Elevation gain is 1,820 ft.** Length is 6.5 miles round trip.

This trip involves the following:
- Backpacking with loads of 35–45 lbs
- Overnight camping on the trail
- Hikers must be in good physical condition
- Able to hike 3-5 hours at a time
TRAINING

"Every mountain top is within reach if you just keep climbing."
-Barry Finlay

DETAILS (locations, in particular) ARE SUBJECT TO CHANGE

April Training
As an individual, on your own. Please do as many of these as you can, as often as possible:

- Walking briskly. Start with whatever distance you can, and increase gradually to 3 to 5 miles. Add hills as you can.
- Stair climbs: Forbes Creek Stairs (Kirkland). There are many in Seattle -- Howe Street Stairs, Wilcox Wall on Queen Anne Hill, and for comprehensive list see https://faculty.washington.edu/smott/SeattleStairs.html (pink ones have over 100 steps).
- Pick-up hikes with one other person (family or friend). Possibilities: Discovery Park, Coal Creek Trail, Twin Falls, Squak Mountain, Cougar Mountain, Rattlesnake Ledge.
- Begin strength training at least two times a week.
- Saturday, April 29: Discovery Park (Urban hike, hiking prep/backpack fitting discussion)

May Training
Continue walking and stair climbs during the week, as you can.

- Sunday, May 7: Talus Loop (4.5 miles, 1400 ft. elevation gain)
- Saturday, May 13: Poo Poo Point (7.2 miles, 1748 ft. elevation gain)
- Sunday, May 21: Dirty Harry's Balcony (4.4 miles, 1600 ft. elevation gain)
- Saturday, May 27: Cheryl's Loop (7 miles, 1700 ft. elevation gain)

June Training

- Saturday, June 3: Oyster Dome (7.3 miles, 1879 ft. elevation gain)
- Sunday, June 11: Mason Lake (6.5 miles, 2420 ft. elevation gain)
- Saturday, June 17: Granite Creek Trail to Granite Lake (8.8 miles, 2270 ft. elevation gain)
- Sunday, June 25: Mt. Si (8 miles, 3336 ft. elevation gain)
July Training
- Saturday, July 1: Lake Serene (8.2 miles, 2000 ft. elevation gain)
- Sunday, July 9: Hidden Lake Outlook (8 miles, 3,300 ft. elevation gain)
- Saturday, July 15: Bandera Mt. (8 miles, 3400 ft. elevation gain)
- Saturday-Sunday, July 22-23: Optional Overnight for Ruth Mountain participants, West Fork Foss River & Lakes (14.6 miles roundtrip)
- Sunday, July 23: Mailbox Peak (9.4 miles, 4000 ft. elevation gain)
- Saturday, July 29: West Tiger 3 for Chain Lake Participants (5 miles, 2100 ft. elevation gain).
- Saturday, July 29, or Sunday, July 30: Camp Muir, required for Ruth Mountain participants (8 miles, 4640 ft. elevation gain).

August Training & Climbs
- Saturday, August 5: Lake Lillian (9 miles, 2000 ft. elevation gain).
- Saturday, August 12: Easy shake-out hike on your own
- Week of August 15-17: Ruth Mountain or Chain Lakes Loop

ADDITIONAL HIKES (OPTIONAL)
If you find yourself wanting to spend more time outside this summer and would like to add a hike to your week, here is a list of suggestions.

- Rattlesnake Ledge (4.0 mile, 1900 ft. elevation gain; more peaceful to do on a weekday vs. weekend)
- Little Si (4.2 miles, 1300 ft. elevation gain; our first training hike - ok to do it more than once!)
- Teneriffe Falls via Mount Teneriffe Trail (5.4 miles, 1610 ft. elevation gain)
- Lake 22 (5.4 to the lake, 6.8 miles if you go all the way around the lake, 1475 ft. elevation gain)

It is recommended to use the All Trails App or (WTA) Washington Trails Association to check trip reports or hikers' reviews prior to each hike to learn the current condition of the trail. Snow is still on the trail on many hikes and can be present on some through the end of June, and it is important to be prepared for the elements.

TSNW climbers ascending Mt. St. Helen's.
We make a living by what we get... But we make a life by what we give.

-Winston Churchill

Team Survivor Northwest's mountain climbs have always been a great personal challenge and a rewarding experience for our members while getting back to fitness. They have also been important fundraisers for TSNW.

Cancer treatment is tough, and you got through it. Now you are getting back your life and reaching for the mountain top. We are proud of you, amazed that after all you have gone through - you are doing this! We want you to celebrate your experience, and we want your friends and family to join you and support you in your celebration.

There are obstacles and challenges in training for a climb, but TSNW does not want money or fundraising to be one of them. If you are hesitating for any reason, please know we would like you to join the program regardless. However, this climb is a big expense and is an important fundraiser for keeping TSNW programs running. **Due to restrictions of the size of each climbing/hiking team (9 participants, 3 guides for both trips), anyone who is fundraising will be given priority. For those who choose NOT to fundraise, remaining open spots will be filled in the order registered.**

Below are some of the ways that we will work with you to make fundraising a positive experience:

**Set your own goal.** You decide what feels right for you. We recommend starting with a goal in the $2,000 - $3,000 range to cover your own cost and support programs. Many climbers are surprised how quickly they pass their goal.

**Use our platform.** We will set up a campaign on Click&Pledge with your own personal link so you can easily request donations, track your progress, receive personal notes from donors and work as a team to achieve something great!

**Pair up with a sponsor.** For those who are interested, TSNW will try to pair you up with a sponsor company or organization who will support you with your individual goal.

Thank you for being willing to raise funds and support other programs that will allow more women cancer survivors to get to the point that you are in your journey!
TSNW CONTRIBUTIONS

TSNW pays for trained mountaineering guides for Mt. Ruth as well as permits for both expeditions. Additionally, you receive:

**EXPERIENCE:**
- Access to world-class, experienced hikers and climbers. Every single volunteer has hiked extensively and climbed numerous peaks, including Mt. Rainier, Mt St Helen’s, Mt. Adams, Mt. Baker, Half Dome, among others.

- Every training hike will be led by an experienced hiker/climber(s).

- Ruth Mountain will be led by paid, professional guides (Mountain Madness). Chain Lakes will be led by our most experienced volunteer hikers and climbers. You will be in safe hands.

**LEADERSHIP:**
- The program is run by trained coaches, including a board-certified health coach and former personal trainer.

- Ruth Mountain participants will receive coaching from Lisa Thompson, the 2nd woman in North America to summit K2 and finisher of the Seven Summits.

**LOGISTICS:**
- Every training hike is planned down to the last detail. Simply show up on the scheduled date and time each weekend and we help you get to the top!

- We have two, extraordinary hiking/climbing options available to you this summer - let us manage the logistics. You focus on accomplishing your goal.

**ENTHUSIASM:**
- Every volunteer on the leadership team embraces being in the great outdoors. Let us share our enthusiasm and passion for healing in nature.
FAQ

Is any hiking experience required before training begins?
No. We have many members who are new to hiking with TSNW. We start on easier hikes and build up. We have many different skill levels and when it is helpful, we can divide into groups, so everyone is going at a comfortable pace.

How often are the training hikes? What days of the week? Are they required?
Training hikes are once per week, alternating Saturdays and Sundays, starting in May and culminating in August with Ruth Mountain or Chain Lakes Loop. **Because we are a team and teamwork is important in success, participants must commit to 2 training hikes per month with TSNW.** If you are not prepared, you will not be able to accomplish your goal. The training we have outlined will prepare you. If you would like additional hiking experience, you are welcome to join the TSNW midweek hike group on Wednesdays.

Can I train independently?
Beyond at least 2 training hikes a month with the TSNW team, you are welcome to do what works best for you. Hiking together not only builds camaraderie within the group, but will also give you helpful tips and a sense of the pace and skill levels as the climb/hike dates approach. If you are unable to commit to 2 training hikes a month with TSNW, we invite you to look at other TSNW outdoor programs.

What if I start but decide to drop out? Is there a deadline for dropping out?
With the exception of illness or injury, please do not drop out later than **three weeks before the climb (July 25th)**, otherwise we will lose the money we spent on your guide and climbing pass and will not have time to offer it to someone else, in which case you will need to cover the cost. Before 3 weeks is alright and happens for all sorts of reasons. You will still have benefited from the exercise, friendships built during training, and have a sense of whether you want to try again another year.

Could the climb be cancelled due to COVID-19?
At this point in the pandemic, canceling due to COVID-19 would be highly unlikely. However, we will continue to follow the advice of public health officials and the TSNW Board of Directors.
How difficult is it to climb Ruth Mountain? Will there be snow?
See the trail description on page 7. Ruth Mountain is a good introduction to mountaineering. The top is glaciated terrain with some crevasses. For that reason, we will pay expert guides from Mountain Madness to escort our climbers to the top. There will be snow at the top. Anyone planning to climb Ruth is required to participate in the Camp Muir hike where will have the chance to hike on snow and practice various snow and ice techniques.

What if I can’t complete the climb and must turn back?
We never hike alone. If something occurs and you need to go back, one person would go back with you.

What hiking supplies will I need? Will I have to carry a heavy backpack?
Our training hikes are day-hikes but your final experience will require overnight backpacking. For that reason, you will want to get used to carrying a heavier backpack during your training. We will go over how to build up to carrying a heavy backpack before we start training. For training hikes, you will need good hiking boots, gardening gloves, clothes that are comfortable and protect you from weather (rain/sun), and a day-pack to hold: lunch and snacks, first aid and essential items for the day, a supply of water, and extra clothing layers. Most of our members also use hiking poles. You may be able to borrow items you don't have from other members or friends, but you will need most of these items for the training hikes as well as for Ruth or Chain Lakes. One of the benefits of the training hikes is that you can see what other people are using and get their tips on gear and clothing. You don't need everything on day one. Good hiking boots are the most important item to get early so you can break them in and make sure they are working for you. (For more information, please refer to comprehensive supplies list that will be provided by TSNW via email.)

How will I know details about each practice climb?
You will receive an email with specifics about the next practice climb approximately 5 days before each climb. We will also host a private Facebook group for anyone with a Facebook account.

Which dates will people be climbing? How many people will climb together?
We will need to wait to confirm number of participants but there will be no more than 9 participants with 3 guides in each group for both Ruth and Chain Lakes. Both trips are tentatively set for Aug, 15-17.
Will we have guides leading us for Ruth Mountain?
Yes. Mountain Madness will lead Ruth Mountain. They are paid, professional guides. We are also excited to announce that Lisa Thompson, one of the world's best climbers, owner of Alpine Athletics, and a member of Team Survivor Northwest, will provide fitness plans to each individual climbing Ruth (at no cost). Lisa will also join us for some training hikes!

Who will lead Chain Lakes?
Chain Lakes will be led by experienced TSNW climbers and leaders who are volunteers. These are folks with a wealth of experience being out in the mountains. You will be in good hands.

Will we need to stay overnight anywhere?
We will provide details for both trips as we get deeper into the summer. Obviously, some car travel will be involved.

What are the total costs that I need to cover?
Climbers/hikers pay for their motel room (if necessary) and any transportation costs (gas). Scholarships are available upon request.

Are we required to raise funds for our climb and for TSNW?
No. We would never want fundraising to stop someone from joining the summer mountain climbing program. However, this is a big expense and our participants have traditionally raised money for TSNW programs, which benefits women cancer survivors who are not at the same point of recovery. See more in the fundraising section.

Reminder that limited spots will be prioritized for individuals who are fundraising. If you choose not to fundraise, you can still be considered for an open spot should any be available.

Why are the training hikes so early in the morning?
Ascending a mountain and backpacking out in the wilderness generally requires the ability to get on the trail early. This is particularly the case in climbing a mountain. The summit often starts before dawn. We understand that not everyone is an early riser. If you are one of those people, we apologize, but our training hikes start early, sometimes by 8 am. With travel, this start time makes for some early mornings. But we promise-- it's incredibly worth the commitment!

Why are the training hikes all in the Seattle/North Bend area?
Apologies to anyone living a boat or car ride away from the Seattle/North Bend area. At this time, the training hikes are offered in this area to accommodate the large number of volunteers needed to make this program possible. As noted, you are welcome to train elsewhere if you also hike with us at least twice a month.

Is it worth it?
Absolutely! Our climbers walk away from this experience with new friendships, improved health, and the feeling that they can accomplish anything. It is life-changing.
CONTACT INFO

For specific questions about training hikes, Ruth Mountain or Chain Lakes, contact Abbe Jacobson at climb@teamsurvivornw.org.

For fundraising questions, contact Jennefer Boyer at executivedirector@teamsurvivornw.org.

For registration, scholarships, or other general questions contact Beatriz Palacio at operations@teamsurvivornw.org / 206-732-8350.

Mt St Helen's Climbers 2022 - Pointing to the mountain they all climbed!
"The best view comes after the hardest climb." - Unknown