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FOOTHILLS NEWS

monthly e-news for Mountaineers



Mountaineers clearing brush at Wynoohie Lake. Photo by Jim French.

New Conservation Committee

We are excited to announce the formation of the new Foothills Conservation Committee, led by Committee Chair Deloa Dalby. Our [inaugural event](#) is scheduled for May 4 and is a trail building event in the Middle Fork Snoqualmie Valley for Garfield Ledges. There will be a kick-off celebration (with food & beverages!) at the trailhead after the work.

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The committee is organized under a “CARE” framework, consisting of:

CONSERVATION – Tree plantings, trash pickup, and invasive plant removal.

ADVOCACY – Identifying and supporting specific causes and issues.

RESTORATION – Hands-on trail restoration events, led by Trail Leader Russ Levy.

EDUCATION – Offering Leave No Trace (LNT) education in collaboration with recreational partners. These include: The Mountains-to-Sound Greenway Trust, the Washington Trails Association, Seattle Outdoor Adventurers Meetup, and the Issaquah Alps Trails Club.

We are actively recruiting new members to the committee who are interested in trail restoration, LNT education, teaching skills at a partner organizations' events (i.e. navigation, first aid), and event organizers. If you are interested in joining or helping the committee, contact [Deloa Dalby](#).



Family-Friendly Lake to Lake Bike Ride | June 8

Join The Mountaineers and The City of Bellevue's Parks and Community Services Department for a day of fun at the [Lake to Lake Bike Ride!](#) This event is \$15 in advance and \$20 day-of, supporting the City of Bellevue's Youth Camp Scholarship Fund. There will be two routes, both starting and ending at Robinswood Park. The first is a mostly flat 9-mile loop called the "Greenbelt Loop", and the second is a thigh-burning 22 miles with some elevation gain called the "Lake Loop". Both routes have some on and off-road (gravel) portions. Kids under 8 can ride for free with their parents on an additional, shortened ride around Robinswood Park.

[Learn More](#)

Backpacking Building Blocks (B3) Class of 2019 is off to a Great Start!

B3 is the most comprehensive backpacking course that The Mountaineers offers, aimed at providing new and returning backpackers with up-to-date information and mentoring to become capable and confident on overnight or multi-night trips. We have a full roster of 70 enrolled Mountaineers this year who have completed two basic gear and skills lectures and attended one of our Demo Days. A million thanks to our incredible team of mentors: lecturer-extraordinaire Jess Koski, Demo Day organizer Joe Rodriguez, and our super seminar leaders Steve LeBrun, Barbara Folmer, Teresa Hagerty, and Brian Lewis. This class is as energized as any that we've had and we're working hard to help our students get ready to get out on the trail.

An additional thank you to our other amazing B3 mentors: Mark Ayers, Christina Buckman, Colin Chapman, Liz McNett Crowl, Lorelei Felchlin, Glauco Ferrari, Kim Frasher, Shuko Hashimoto, Sarah Hess, Mina Le, Adele Matter, Michael Montgomery, Royce Poetter, Cheryl Talbert, and Paul Thomsen.

Note for Hike and Backpack Leaders

You may attend the B3 Trail Emergency Preparedness seminar for free. This one-night clinic is not a substitute for the Wilderness First Aid course, but still offers a good basic understanding of what should go in a first-aid kit, how to use that kit in common trail situations, and proper protocols for responding to emergency situations. There is room for more students in the [May 6 session](#), held from 6:30-9pm at the Lake Hills Library in Bellevue. Contact [Barbara Folmer](#) if you would like to attend.

Volunteer With Our Backpacking Courses

Want to help get new and returning backpackers out on the trail? Want to give back to those who helped you learn the ropes and find confidence in the wilderness? Consider becoming a backpacking leader for The Mountaineers! To find out more, attend one of our upcoming [New Leader Seminars](#) and check out [How to Become a Mountaineers Hike or Backpack Leader](#).



Backpacking with Kids Course

Want to get your kids out backpacking? Our [Backpacking with Kids Course](#) is in its third season (thanks to a number of very dedicated backpacking parents and volunteers led by one of the best, Lorelei Felchlin!), and there's still room for your family! This course consists of a parents-only information session, a practice overnight in a local park, and summer backpack trips with distances and activities for kids of all ages. Parents are expected to participate in the practice camp and backpack trips with their kids.

[Learn More](#)



New Navigation Committee Offerings

Our Foothills Navigation Committee is launching Wilderness Navigation and Digital Trip Planning offerings this spring. It's been an enormous effort, but Committee Chairs Alan Davey and Jim Heber and their team have launched a new eastside Wilderness Navigation Course offering, including a new field trip site on Rattlesnake Mountain. The first two 2019 offerings are underway, and we expect to offer another course in the fall to help relieve the huge Seattle Course waitlists. In addition, a comprehensive webinar-based Digital Trip Planning Course is in its pilot run. Kudos to Travis Prescott, the wizard who is making it happen!

If you're interested in navigation, helping others learn how to find their way in the wilderness, or volunteering more generally for the Navigation Committee, please contact [Alan Davey](#).



Photo courtesy of Tiare Vincent.

Trail Running Committee is Picking Up Speed

The Foothills Trail Running Committee continues to make progress developing backcountry trail running activity standards, and will be launching both a Backcountry Trail Running Course and a Backcountry Trail Running Leadership Development Program this summer. The committee has reserved the Lower Goodell Group Campground on State Route 20 near Newhalem, WA, Sep 6-8 to offer a weekend of community and activities for backcountry trail running students and leaders. The committee is also busy at work planning the Adventure Wellness Weekend at Meany Lodge, Sep 20-22. Though they are not yet listed online, save those dates for fun trips, hands-on workshops, seminars, and more!

[Learn More](#)



Photo courtesy of Russ Levy.

Volunteer Spotlight

Meet Foothills volunteer Russ Levy! Russ moved to the Northwest 22 years ago and found The Mountaineers through his passion for hiking. He is a hike leader and is most fulfilled when he's leading a trail crew.

[Meet Russ](#)

Volunteers Needed

Do you have business, nonprofit, or organizational leadership skills and want to build your resume - or just give back? We're looking for experienced leaders to join our council, expand our skills and reach, and help us maintain our upward trajectory!

Our Foothills Branch is experiencing exciting growth in membership and programs thanks to our energized volunteers who have launched several new programs in the past year, including the Conservation Committee. Now we're looking ahead and exploring the potential for offering Climbing Courses, creating a Foothills Program Center, and building regional partnerships to help improve connections and programs that engage families, youth, and our diverse communities on the east side. The Branch Treasurer, Secretary, and Chair-Elect positions will be opening this fall and we're looking for successors. Mentoring is built in to help you get up to speed. Contact Branch Chair [Cheryl Talbert](#) if you'd like to find out more!

[Reach Out Now](#)

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