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FOOTHILLS NEWS

monthly e-news for Mountaineers



The Foothills Summer Picnic is July 23 - Join Us!

Celebrate summer, relax, have fun, and enjoy the friendship and camaraderie of your branch members at Lewis Creek Park this July. Join your fellow Mountaineers at our second annual Summer Picnic. All food and beverages provided for a nominal event charge. We'll have a barbecue (with vegetarian options available) and have some fun and socialize together. There will be cornhole games, volleyball, hiking in the park, and other fun things to do. This is a family event.

[Buy Tickets](#)



Upcoming Events

Save the Date For the Outdoor Wellness Weekend

An all-inclusive weekend at The Mountaineers Meany Lodge that will include wellness seminars, hands-on workshops and classes, yoga, hikes, and trail runs sponsored by the Foothills Branch Trail Running Committee. This event takes place Sep 20-22 - keep an eye out on our website for an activity listing.

Mountainfilm Returns This September!

Join us for an evening of inspiring and captivating films handpicked from the Mountainfilm festival in Telluride, Colorado. Mountainfilm is dedicated to educating, inspiring and motivating audiences about issues that matter, cultures worth exploring, environments worth preserving, adventures worth pursuing and conversations worth sustaining. Don't miss your chance to see the 2019 selection with your Foothills branch on September 28.

[Buy Tickets](#)

Foothills Branch Annual Social and Volunteer Recognition Banquet

Join us October 8 at the South Bellevue Community Center to meet others in the Foothills Mountaineers community for dinner, an opportunity to recognize our amazing volunteers, and a fantastic guest speaker! Doors open at 6pm.



Conservation Committee

The Foothills Conservation Committee celebrated National Climber's Stewardship Day on June 15, repairing the Little Si Trail with partners from Seattle Outdoor Adventurers, the Mountains to Sound (MTS) Greenway, and the Washington Climber's Coalition. The group moved roughly 4 tons of soil and fill to repair a critical segment of badly damaged trail.

They received big thanks from the MTS Greenway for contributing to a positive work environment on this critical maintenance project, as well as for providing ongoing support of trail maintenance in the North Bend vicinity. Land managers at the Department of Natural Resources were very impressed by the before and after photos, saying "It's beautiful. Totally, sincerely - that looks great." There were 15 participants from the Foothills branch at this event.

Navigation Committee

Registration is now open for the [Wilderness Navigation](#) course starting September 4. This class prepares students for the rigors of backcountry and off-trail navigation. Those who complete this class will earn both a [Basic Navigation Badge](#) and a [Basic GPS Badge](#).

We're looking for volunteers and instructors to help with course design, administration, and execution. A free GPS course and accompanying badge is available for those instructors who commit to helping in at

least one fall 2019 in-person workshop and one field trip. Instructors for subsequent classes will be required to have a Basic GPS Badge. Questions can be directed to Alan Davey at awdavey@hotmail.com.

Trail Running Committee

Frontcountry Trail Running

The Foothills Trail Running Committee successfully held its second [Introduction to Frontcountry Trail Running](#) Course in May and June. We are pleased to announce that 100% of our students graduated and earned the brand-new [Trail Running Fundamentals](#) skills badge. We are proud of our frontcountry students! There was a lot of enthusiasm and we anticipate offering this course again in 2020.

Backcountry Trail Running

Our new, more advanced [Introduction to Backcountry Trail Running](#) course began on June 13, with backcountry trail runs scheduled through the first week of September. This class is designed to introduce participants to trail running in more remote wilderness locations. Students will earn the new [Backcountry Trail Running Course](#) badge. This badge is required for participation in backcountry trail running trips that the Foothills Trail Running Committee offers, and will allow members to plan, organize, and lead trail runs in backcountry terrain.

Ultra Running

Ever thought of running an ultramarathon? Learn how to get started with an expert panel at the [Introduction to Ultrarunning Seminar](#) on September 17 at the Lewis Creek Park Visitor's Center in Bellevue.

Trail Running Leadership

Interested in becoming a trail run leader? You don't have to be super-experienced, just willing! We will mentor you. To get started, please submit your [online application](#) or join us at the [Trail Runner Leader Seminar](#) at the Seattle Program Center on September 24.

Foothills Volunteers are Making a Difference

For the first six months of 2019, Foothills volunteers led 244 different activities! This included 123 day hikes, 36 trail running activities sponsored by our new Trail Running Committee, 33 backcountry and cross-country skiing trips, 21 backpacking trips, 15 snowshoeing trips, 12 scrambling trips, and 7 stewardship activities.

Volunteers are the heart and lifeblood of our branch. Dozens and dozens of leaders have given of their time and skills this year. Here we recognize some of our leaders who have led many of these activities:

Day Hiking

Linda, Kuramoto, Rich Dubois, Nancy Temkin, Christina Buckman, Chris Pribbenow

Trail Running

Tom Eng, Samantha Sanders, Amalija Kopac, and Gabrielle Orsi

Backcountry Skiing

Ron Jarvis and Darryl Olson

XC Skiing

Linda Shewey and Chris Ensor

Scrambling

Bill Borom, Emma Agosta, and Matt Kurjanowicz

Backpacking

Deborah Fisher

Snowshoeing

Travis Prescott and Frank Jones

Stewardship

Russ Levy

Thank you to these and ALL the Foothills leaders who helped members get outdoors and enjoy our trails and mountains during the first half of 2019. If you are interested in becoming a leader for The Mountaineers, contact your committee chair for more information.

**Foothills Volunteer Spotlight**

Meet Foothills volunteer Christina Buckman. Christina was raised in Yakima and started hiking after her daughter went to college - and never stopped! She loves volunteering and is excited to be a part of our community.

[Meet Christina](#)

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