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FOOTHILLS NEWS

monthly e-news for Mountaineers



Support Our Vision and Make a Difference as a Volunteer

Are you looking to get involved with The Mountaineers as a volunteer? Would you like to contribute in some way toward helping the branch and the club realize its vision of helping people explore, conserve, learn about, and enjoy the trails and mountains of the Pacific Northwest? Maybe you aren't quite ready to make a volunteering leap with one of our various activity committees - but perhaps you have organizational leadership and people management skills, finance or accounting skills, or communication/writing/social media skills. We're looking for people with a broad range of skills and talents that would like to give back in a meaningful way to The Mountaineers.

Our Foothills branch is experiencing exciting growth in membership and programs. Can you help us keep our trajectory moving upward and outward? Mentoring support will always be available to help you get up to speed. And Foothills volunteers are all paid in six figures: T-H-A-N-K-S and S-M-I-L-E-S. Contact branch chair Cheryl Talbert at cascadehiker@erthlink.net if you'd like to find out more.



Launch of Family Hiking Program

The Foothills branch is excited to launch a hiking series devoted to families and their children. The Foothills Family Hikes are for children ages 5 to 13 accompanied by a parent/guardian. This dovetails with The Mountaineers mission of education and exploration. The hikes will be themed and each child will receive a “passport” to record their experience at the end of each hike. All hike leaders must be a [Qualified Youth Leader](#) (a very easy online process) and will be provided with reference materials to aid them on their hikes. If you are one of those individuals who feels strongly that we must nurture the next generation of Mountaineers, please contact Tom Harvey at tkharvey0312@live.com to discuss how you can contribute to this program. We guarantee you'll get back much more than you give!

Our Conservation Committee is Making a Difference

On May 4 our new Conservation Committee had their first activity, with a group of 49 volunteers performing a lumber haul up to the Garfield Ledges Trail in the Middle Fork Snoqualmie Valley. We are stoked about our new branch collaborations with Mountains To Sound Greenway, the Washington Trails Association, and the Seattle Outdoor Adventurers Meetup. We are building up our Conservation Committee, so if you'd like to be a part of our efforts in conservation, advocacy, and stewardship, please reach out to Deloa Dalby (deloadalby@ouotlook.com) or Russ Levy (russ.levy@comcast.net) to discuss how to get involved.

Our next stewardship event is at Little Si on June 15. There are still a number of volunteer openings available, please [register](#) if you plan to attend.

[Volunteer at Little Si](#)



Trail Running Committee

The Trail Running Committee is offering its very first course, [Introduction to Trail Running: Backcountry](#), starting on June 13. This course includes an optional weekend of car camping and trail running in the North Cascades, based in a campground in Newhalem, from September 7-8.

Thanks to the hard work of many volunteers and our safety committee, new club-wide trail running standards were approved this spring. The Trail Running Committee is grateful to everyone who contributed to the development of these standards, which will serve as the basis for developing courses, training leaders, and introducing club members to trail running. We are excited to see what comes next!

[Register Now](#)



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](#)



Photo courtesy of Steve LeBrun.

Walking the Wild Speaker Series

Join Foothills hike and backpack leader Steve LeBrun in photo journeys along two classic backpacking routes in the Rocky Mountains: the Wind Rivers Highline trail and the Teton Crest trail. In this eleventh presentation in the Walking the Wild series, co-sponsored by the Foothills and Seattle branch hiking committees, Steve will share stunning photos, stories, and planning details on his 11-day trip across the Wind Rivers Highline and Fremont trails north to south, and a 7-day route along the Teton Crest trail from south to north. These treks offer unspoiled high-mountain vistas speckled with white granite, evergreen, sparkling lakes, stunning peaks, and glorious remote camps. Get a hearty dose of inspiration and valuable trip information to make your Rockies trail dreams a reality.

[Buy Tickets](#)



Conditioning Corner

In this new newsletter column, Christina Buckman and Liz McNett Crowell will offer tips on getting and staying conditioned for your outdoor adventures. They'll include a variety of ideas and resources, including stretching, foam rolling, training consistency, form, and general nutrition/hydration strategies. They will also share how you might figure out your "winning formula" to take you through life and outdoor adventures.

This Month's Tips

Getting into shape for getting outside and on to the trails is not a one-size-fits-all undertaking. The amount and type of conditioning you need depends on your current fitness level and the kinds of trips you would like to do. If you exercise regularly, you might be ready for short and easy trips now. If you aren't very active or don't exercise regularly, developing a plan to get into shape may need to be more structured, deliberate, and consistent. Conditioning for hiking is slightly different than conditioning for backpacking, though they are complementary because they are both walking based.

And we have good news! There are lots of choices for getting into the shape you need for the activities you want to do. Finding activities that you will do regularly and enjoy are key to being successful. Exercising regularly is a habit, like brushing your teeth. Successfully changing habits happens gradually, with consistent work, commitment, and flexibility. Think baby steps. Sometimes the pathway to your base-level conditioning program will happen by trial and error, and could consist of many small steps toward your goal before you figure it out and are satisfied with the results. If you are not getting the results

you want, something has to change. That is where the art of tweaking your conditioning program comes in... until you figure out your “winning formula.”

And don't forget - the best way to train for hiking and backpacking is to mimic the activity as closely as possible. The amount of conditioning you need depends on your current fitness level and the kinds of trips you have planned.

Learn About Liz McNett Crowl and Christina Buckman

Liz is an American College of Sport Medicine Certified Exercise Physiologist and has been a health and fitness professional for over 40 years. She is a personal trainer, healthy lifestyle coach, and group fitness instructor teaching a variety of exercise programs. She specializes in working with active older adults, and enjoys Pilates and restorative work.

Christina is in Human Resources and through a personal journey of significant weight loss, looks forward to sharing practical conditioning tips and encouragement. She enjoys water aerobics, high intensity interval (HIIT) training, and functional training in her neighborhood. Currently, Christina’s outdoor conditioning regimen includes getting out with a loaded pack to take advantage of her neighborhood stairs.

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www.mountaineers.org

The Mountaineers enriches lives and communities by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.

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