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# FOOTHILLS NEWS

monthly e-news for Mountaineers

## Hello Foothills Mountaineers!

I hope this month's newsletter helps you find plenty of opportunities to get outside and enjoy this beautiful Foothills fall weather! This month we have updates to our ski course offerings, a reminder about our Hike and Backpack leader social, and a big thank-you to our volunteers.



## Branch Election Results

We're pleased to announce the results of the 2019 Foothills Branch election and would like to thank everyone who voted in the election. The newly elected Foothills Branch Council members are Cynthia Biles as Chair-elect, Lori Heath as secretary, and Shyam Vijayaraghavan as treasurer. Congratulations to Cynthia, Lori, and Shyam!

[Learn More](#)



## **Backcountry and Nordic Skiing**

The Foothills Backcountry Skiing Committee has been busy planning some exciting courses for Winter 2020:

### **[AIARE Level 1 Avalanche Safety Course](#) | **Begins Jan 7****

This course introduces students to avalanche phenomena, the types and characteristics of avalanches, and helps them identify and plan safe routes and travel in avalanche terrain. We will focus on developing strong group communication skills and help students learn how to recognize and mitigate the group dynamics that can lead to increased risk taking. We will also learn how to react in an avalanche, use an avy beacon, use rescue tools, and employ rescue techniques.

### **[Wednesday Night Ski Lessons](#) | **Jan 8-Feb 12****

Enjoy a mid-week break and develop your skills so you can have more fun skiing the backcountry! The Backcountry Skiing Committee has partnered with The Summit at Snoqualmie Snow Sports School for special group pricing on six weeks of telemark and randonne ski lessons at a Professional Ski Instructors of America (PSIA)-certified ski school in Snoqualmie West. There are separate groups and levels for A/T and for telemark. All levels are welcome and the registration deadline is December 15.

### **[Backcountry Touring Course](#) | **Jan 28-Mar 8****

This course teaches the skills and knowledge necessary to become a competent participant on day tours in the backcountry. This course welcomes both skiers and splitboarders who can ski or ride downhill at an advanced/intermediate level or better at a lift-served resort. Participants must be able to make turns downhill safely and confidently in ungroomed variable snow conditions and slope angles.

### **Volunteer With Us!**

Would you like to volunteer to lead a trip? The Backcountry Skiing Committee is offering a course in February 2020 to help you get the training and skills you need to lead successful ski trips. This course includes a lecture and on-snow field trip, where you get to practice leadership skills. This is a great way to share your enthusiasm for snow sports. Visit the Foothills [website](#) and download the leader application for details.

If you would like to become a ski leader, or are currently on the leaders list but did not complete the training last year, please attend the leaders training course, dates TBD based on student interest. Leader training and Level 1 Avalanche training will be free to any leader who commits to leading three trips this winter/spring.

[Email us](#) your completed application or with any questions you may have.

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### **Hiking and Backpacking**

#### **New Hike/Backpack Leader Seminar | Dec 10**

This 2.5-hour evening course provides experienced hikers or backpackers the information they need to become an effective leader for The Mountaineers. This seminar is a prerequisite to becoming an official hike or backpack leader for the club. Past, current, and potential hike or backpack leaders are invited. The seminar is free and open to all Mountaineers members, but please register online so we can schedule the right number of instructors.

#### **Hiking and Backpacking Leader Social | Dec 12**

Calling all Mountaineers hike and backpack leaders to our next Leader Social! We'll be broadening our invite to leaders from all other branches this year. We received great feedback from the last session in July, in which we had a great group of leaders enjoying getting to know their counterparts at other branches, a presentation on some of the latest happenings in the club that impact leaders, and small group discussions on topics of interest raised by leaders. RSVP now!

### [Backpacking Building Blocks](#) | Registration Opens Jan 15

The 2019 Backpacking Building Blocks course has drawn to a close with our best-ever graduation rate and a very enthused and engaged group of 70 students and MANY wonderful volunteers. We look forward to another exciting B3 season in 2020, with registration opening on January 15, 2020!



### Scrambling

Registration is now open for the [Compressed Alpine Scramble Course \(CASC\)](#). This course teaches the same skills as the standard Alpine Scramble course, but with instruction taking place over 1 half-day lecture, 1 full weekend, and 1 field trip. Students will learn safe off-trail travel on both snow and rock, how to use an ice axe to arrest a slide, and how to walk in crampons. The small class size and focused time frame provide a great learning environment ideal for those who can't commit multiple weekends to learning.

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## Snowshoeing

Looking to get out this winter? Consider one of the courses or trips offered by the Foothills Snowshoeing Committee. If you've never tried snowshoeing and want to see what it's like, sign up for a beginner-level trip. These trips do not require a badge or any previous snowshoeing experience and are an easy way to decide if snowshoeing is right for you.

If you're interested in learning more, take the comprehensive [Basic Snowshoeing Course](#), starting in November, to learn all about safe winter travel on snowshoes. Graduates will be eligible to participate in easy and easy+ rated snowshoe trips with the confidence of having a solid foundation in snowshoeing. Already an experienced snowshoer and looking to take your adventuring up a notch and go on our intermediate-level snowshoe trips? Enroll in the [Intermediate Snowshoeing Course](#), where you'll learn to use an ice ax and develop decision-making skills needed to stay safe in the backcountry. Finally, we are excited to offer a course on [Winter Camping](#) for skiers, snowshoers, and scramblers, where you'll learn how to stay comfortable on the snow during winter overnights.

Are you an experienced snowshoer, scrambler, or climber and interested in leading snowshoe trips for the Foothills Branch? If so, please [reach out to us](#) to inquire about our leadership development initiatives for new and established leaders. We are actively recruiting for enthusiastic leaders eager to run trips at any or all levels.

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Gabrielle Orsi, Eamon Millman, and Amalija Kopac at the Moran Constitutional Relay

## Trail Running

The Foothills Trail Running Committee is busy planning courses and events for this winter and 2020. Input and suggestions are welcome. Please send them to [Gabrielle Orsi](#) or [Sam Sanders](#).

The Foothills Trail Running Committee is also pleased to welcome three new backcountry trail run leaders: Ananth Maniam, Gunnar Kudrjavets, and Carshena Harvin. We are also happy to report that Kelly Dmetruk and Ken Bosket are well on their way to becoming trail run leaders as well!

### **Moran Constitutional Relay**

The Foothills Trail Running Committee assembled a 6-person team of Mountaineers and one generous Mountaineers volunteer for the Moran Constitutional Relay on Orcas Island, Oct 18-20. The Moran Constitutional Relay features a scenic and challenging 70-mile course through Moran State Park. The team powered through some wet weather and up Mount Constitution to finish strong. Our volunteer contributed to the overall success of the race.

### **Wilderness Risk Management Conference**

Foothills Trail Running Committee co-chair Gabrielle Orsi attended the Wilderness Risk Management Conference (WRMC) in Albuquerque, New Mexico, from Oct 30-Nov 1 with a group of Mountaineers members and staff. The objective of the conference was to educate attendees on mitigating the risks inherent in exploring, working, teaching, and recreating in wild places. Gabrielle is looking forward to applying what she learned in her volunteering with

the club.

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## Events

### [Celebrate the New Year at Meany Lodge](#) | Dec 31-Jan 1

The Meany Lodge New Year's Eve Party features a prime rib dinner, fireworks, and a great time. This event is always a sell-out, so be sure to register early.

### [Methow Valley Winter Trails Weekend](#) | Jan 3-5

Join the Foothills Mountaineers for three days of cross country ski trips, with the opportunity to snowshoe, take a sleigh ride, and much more!

### [Spokane Nordic Ski Weekend](#) | Jan 17-19

Join the Foothills Nordic Ski Committee for a winter weekend of cross-country skiing and snowshoeing in Mt. Spokane State Park! Enjoy this winter wonderland setting on a mountain with stupendous views of Idaho mountain ranges and the Canadian Rockies.

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## Meany Lodge - New Courses Available

[Meany Lodge](#) offers an outstanding range of activities and courses during winter, including downhill skiing, Nordic skiing, and skate skiing for all ages and abilities.

Beginning in January 2020, Meany Lodge will add snowboarding to the busy schedule of weekend classes. Also new in 2020 is a Backcountry Uphill Travel Course every Saturday in January and February. This course is limited to only 2-6 attendees, so each participant has the opportunity to receive individual attention. Stay up-to-date on the exciting activities and courses at Meany Lodge on our [activities page](#) or reach out to us [via email](#).

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## Volunteers Make our Organization Work

It's always a great time to thank the volunteers that make our branch the inviting and exciting community that it is. Learn about our scramble and backpacking instructors that make a big difference at Foothills.

[Learn More](#)

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