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## FOOTHILLS NEWS

monthly e-news for Mountaineers

### Hello Foothills Mountaineers!

The Mountaineers is closely tracking the COVID-19 situation and taking swift actions to protect the health and safety of our community. Based on the latest guidance from lawmakers and public health officials, we expect that our operations are likely to remain largely shut down until at least May 4.

As you might imagine, with courses paused, events cancelled, book sales going to a near standstill, our largest annual fundraising event postponed, we are facing an unprecedented financial challenge. The Mountaineers leadership has sprung into action with a comprehensive strategy to weather the storm – read [this blog post](#) from CEO Tom Vogl about the implications of COVID-19, including the forecasted financial impact, our response strategy, the implications for staff, and how we plan to weather the months ahead.

#### How can you help?

Mountaineers are a tight-knit community that pulls together without hesitation during tough times, whether it's on a mountain, during a first aid emergency, or facing a financial crisis. We need your help now, more than ever, to keep our dedicated staff and our mission intact. So how can you help?

- **Remain a member!** Stick with us during these down times – the short and long-term rewards will be great!
  - **Instead of requesting a refund for a cancelled course or event,** request a credit for a future course, or ask to donate it to The Mountaineers!
  - **Earn a company match!** Many big companies in our region will match your donations of money or time to The Mountaineers! Reach out to us about how you might be able to help.
  - **Make a donation!** Donations large and small will be critical to the club's ability to get through this crisis with our staff and mission intact, and there are many fun ways to do this, including [generous matching funds](#), and [great auction prizes!](#) [Learn more.](#)
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Conservation & Advocacy



Fitness & Performance



Gear Tips



Leadership Skills



Preparedness & Planning



Technical Skills

## Announcing the Virtual Education Center

We're excited to invite you to check out our new Virtual Education Center, your home base for accessing all of our great virtual learning tools! Find activities, events, and classes held online and browse our educational resources for skills and more.

[Learn More](#)

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## Time On Your Hands? Help Keep Our Community Connected!

With all the uncertainty in our world right now, we want you to know that we value the connections we have with all the Foothills Branch Mountaineers members. This can be a particularly frustrating time for people who love to be outdoors, but remember that you are part of a community that really cares. We encourage you to find ways to connect with one another and share words of encouragement. Here are a few ideas for staying active and connected while keeping things hyperlocal!

[Read More](#)

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### **How To: Stay Home, Stay Healthy**

On March 23, 2020, Governor Inslee issued a stay home, stay healthy order for Washington state. Find out what this means for your recreational life and get ideas for ways to stay connected to your outdoor identity while keeping it hyperlocal.

[Learn More](#)

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### **Events, Courses, Clinics, Seminars**

**All activities, courses, clinics, and seminars are subject to change** and can be cancelled or rescheduled at any time. Please stay up-to-date by visiting our website or reaching out to the appropriate leader.

#### **[Lightweight Hiking and Backpacking Gear Seminar](#) | Apr 13**

Learn how to carve 10%-50% from your pack weight in an affordable and safe way. This class offers information on some of the latest lightweight and ultralight options. This seminar will be

conducted online using ZOOM video conferencing software.

**[Breaking the Halo](#) | Apr 27**

Join us at this evening seminar with Katja Hurt on confronting complacency, assumptions, and communication breakdowns between climbing students and instructors. Following the death of a climbing student in 2018 (on a non-Mountaineers climb), Katja Hurt and a small group of climbers uncovered several contributing errors - including the need to better prepare and empower students to confront heuristic traps. Katja's experience as a facilitator and speaker weaves together the story of the incident, personal anecdotes, and life-changing lessons that will inspire current and future leaders to "break every halo they see."

**[Navigation and Digital Trip Planning](#) | Wednesdays Apr 29-Jun 17**

Learn to plan your trip and navigate using the latest digital tools in this series of evening interactive webinars.

**[Introduction to Frontcountry Trail Running course](#) | May 7-Jun 18**

Get started trail running this spring and kick-start your fitness for summer adventures by learning the basics of trail running. Due to the ongoing COVID-19 situation, this course has been rescheduled from its original April 14-May 7 timeframe – it will now start on May 7 with an online evening webinar. Participants must complete at least four trail runs. Trail runs are offered every Thursday evening during the course. Registration closes May 1.

**["Staying Found" On-Trail Navigation for Hikers and Backpackers](#) | May 16**

Join us for a hands-on field day (including a lecture and a 4-6 mile hike on Tiger Mountain) focused on learning and practicing key skills. Learn how to maintain an ongoing awareness of where you are and how to find yourself if you get lost, on even the most complicated trail system.

**[Trail Running Leader Seminar](#) | May 19**

This online seminar provides experienced trail runners with information to help them become effective leaders for The Mountaineers. We welcome anyone interested in learning more about becoming a trail running leader.

**[Tips and Tricks for Women Hikers and Backpackers](#) | May 21**

Join long-time backpacker and all-around adventurer Teresa Hagerty for this discussion of women-specific tips for gear, hygiene, and traveling safely and responsibly. This event is tailored for those who are familiar with the basics of backpacking. Teens are welcome!

**[Conditioning for Hiking and Backpacking Level II](#) | May 26 – Oct 31**

This course was rescheduled and now combines the Level 1 and Level II material into a single course. The goal of this multi-week series is to help participants gain mobility, stability, strength, and the endurance needed to hike and backpack with ease injury-free. The course includes indoor instruction on hiking-specific exercises and development of a personal training plan, followed by outdoor training sessions in local parks where you'll practice the exercises and do hill-interval training on trails. Led by certified trekking trainer Sheri Goodwin of Transformational Journeys!

**[Adventure Wellness Weekend](#) | Jun 5-7**

This weekend at Meany Lodge offers a multitude of outdoor activities designed to allow

participants to experience nature in a new way. We will offer opportunities to forage for wild foods, hike and photograph at night, practice yoga in a natural setting, go on a naturalist run, and more. The goal of this weekend is to get folks outdoors and learning! Register now through April 3 for advanced registration and early bird pricing. Check our events page regularly - classes are added and finalized through April 1. A full stay includes all meals, from Friday dinner through Sunday lunch. Interested in one of our daily options? Register for just [Saturday](#) or [Sunday](#).

### [Introduction to Backcountry Trail Running](#) | Jun 17-Jul 19

Go further in the backcountry with our Introduction to Backcountry Trail Running course. Graduates even get a Mountaineers trail running t-shirt! Graduates are eligible to participate in backcountry trail running trips offered by the Foothills Trail Running Committee. However, we welcome all types of outdoor runners and offer a backcountry trail running participant badge for non-course graduates who still wish to participate. Contact [Gabrielle Orsi](#) or [Samantha Sanders](#) to learn more.

**Note:** Due to the COVID-19 situation, the Trail Running Conditioning Series, originally scheduled from May 14-June 18, has been cancelled.

Thank you for subscribing! Follow us online:



[www.mountaineers.org](http://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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