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FOOTHILLS NEWS

monthly e-news for Mountaineers

Hello Foothills Mountaineers!

Our intrepid Foothills trip leaders are offering plenty of exciting activities and courses throughout the winter, so be sure to check the online listings for upcoming opportunities to join us. We are also dreaming of summertime, and there are several conditioning series for hiking and trail running to help you prepare. Those of you new to hiking may be interested in the new [GoHike Beginning Hiking Series](#), which is welcoming to all experience and fitness levels. Check out all of our available [activities](#) and start planning your next adventure!



Backcountry Skiing

[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 intermediate/advanced level at a lift-served resort. Participants must be able to make turns downhill safely and confidently in ungroomed variable snow conditions and slope angles.



Conservation

The [Foothills Conservation Committee](#) started in March 2019 and ended the year with the completion of the new Garfield Ledges Trail and a celebration on National Public Lands Day.

For 2020, the committee has a stewardship activity scheduled in the Foothills area on the second Saturday of every month. This is a great way for course participants to meet their stewardship requirements. Upcoming stewardship activities include working at [Squak Mountain on February 8](#) and [Rattlesnake Lake on March 14](#).

Additionally, the Conservation Committee chair has been collaborating with key conservation partners and public land managers in developing the Trailhead Ambassadors Program. The program, which rolls out this spring at local trailheads including Mt. Si and Mailbox Peak, is patterned after successful programs in the Columbia River Gorge and the Appalachian Trail. It is an inclusive opportunity that gives members with physical challenges a way to continue their conservation volunteering.



Hiking and Backpacking

Backpacking Building Blocks | Mar 19

Backpacking season is right around the corner, and it's time to think about gaining the core skills, learning about the right gear, and finding compatible trail companions - with the help of a group of experienced teachers and mentors in The Mountaineers! Backpacking Building Blocks (B3) is the most comprehensive backpacking course the Mountaineers offers, aimed at providing new and returning backpackers with the latest knowledge, gear info, practical experience, compatible trail companions, and experienced mentors to help you become capable and confident on overnight trips with the club or on your own.

Those interested in helping with the course or leading backpacking trips are invited to contact the Hiking-Backpacking Committee chair at cascadehiker@earthlink.net.

GoHike: Beginning Hiking Series | Registration opens Jan 29

Is 2020 your year to start hiking, but you don't know where to begin? Join our new GoHike Beginning Hiking Series! In this series, you'll learn the essentials of hiking, get help setting personalized goals, and (best of all) be connected with a community of fellow hikers who are looking for low-pressure, fun, beautiful hikes. People of all experience and fitness levels are welcome. This course will meet you where you are and help you find your trail to success.

Conditioning for Hiking and Backpacking Level I | Mar 11, Mar 23, Apr 9

This hands-on indoor workshop led by personal trainer Sheri Goodwin will help you develop a personal conditioning program, with exercises and steps designed to help beginners build strength and get in shape for hiking and backpacking! Our workshop will be held [Mar 11](#), [Mar 23](#), and [Apr 9](#).

Conditioning for Hiking and Backpacking Level II | April 16-May 6

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. Participants must complete an indoor session in mid-April plus two outdoor sessions in April and/or May to graduate.



Navigation

Winter Navigation Seminar | February 18

This seminar focuses on how to travel as safely and efficiently as possible in potential avalanche terrain. Learn how to maintain position and terrain awareness as you travel in areas where no trail is visible, or visibility may be hampered.

If you're interested in navigation (either as a student, an instructor, or part of our course development team) please feel free to reach out to Navigation Committee co-chair [Alan Davey](#).



Nordic Skiing

The Foothills Nordic Ski Committee hosted a winter weekend of cross-country skiing and snowshoeing in Mt. Spokane State Park from January 17-19 in celebration of Winter Trails Month. Activities included Nordic skiing trips, snowshoe trips, and a Saturday evening social. Great fun was had by all!

Snowshoeing

Winter Camping | Feb 25-Apr 5

This winter camping course will focus on the practical aspects of safe tent camping. Learn how to make a comfortable overnight camp in the snow and how to make emergency snow shelters in about an hour.



Trail Running

Are you a trail runner? Or a climber who jogs trails as part of your conditioning, or a scrambler who sometimes runs? We welcome you!

On January 16, the [Foothills Trail Running Committee](#) offered its second winter trail running seminar at the historic Columbia Branch of the Seattle Public Library. Our panel of trail runners discussed how to brave the wet winters of the Pacific Northwest, from what to wear and carry to tips for persevering in the cold and damp. Our intrepid trip leaders are offering trail runs throughout the winter, so be sure to check the online listings for upcoming opportunities to join us. We also celebrated our continuing growth and fellowship at our holiday potluck on January 26.

The Foothills Trail Running Committee has assembled a team of runners for the 2020 Moran Constitutional Relay race in the San Juans. We are excited to return to beautiful Orcas Island for the second year in a row!

We are seeking team members for the [Echo Valley Endurance Relay trail race](#) in Chelan, WA on Saturday, June 13. Please contact [Gabrielle Orsi](#) if interested.

[Introduction to Frontcountry Trail Running](#) | Apr 14-May 7

Get started trail running this spring and kick start your fitness for summer adventures by learning the basics of trail running in our Introduction to Frontcountry Trail Running course. Registration is open now and closes April 10.

[Trail Running Conditioning Series](#) | Registration opens Feb 15

Work on your fitness level in a friendly group environment and discover new trails with our new Trail Running Conditioning Series. You'll even get a Mountaineers trail running t-shirt! This course aims to help participants develop their fitness levels and connect with other trail runners. The course is structured as a series of trail runs that will increase in distance and/or elevation over time. This series welcomes runners of all speeds and experience levels. We may divide trail runs into two pace groups so that everyone is challenged without being overwhelmed.

[Introduction to Backcountry Trail Running](#) | Registration opens Feb 15

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.



Events

[Adventure Writing Workshop](#) | Feb 10

Everyone can be a travel writer, but not everyone knows it. With a little practice, your snapshots, postcards, tweets, and scribbled notes can be crafted into a unique story — and in this one-of-a-kind workshop, you'll learn the secrets that travel writers swear by to turn those creative sparks into narrative arcs.

[Backcountry Film Festival](#) | Feb 13

Join us for an evening to celebrate winter sports and human-powered backcountry adventure, recreation, and advocacy. The ten documentary films featured are full of snowy, cinematic adventure and are sure to inspire. With skiing, climbing, mushing, rafting and more, there's something for everyone at this family-friendly event. Each ticket comes with complimentary non-alcoholic beverages and a free raffle ticket.

[Trail Spotlight](#) | Feb 20

Confused about which passes or permits you'll need? Stumped by lotteries? Join this webinar to gain a better understanding of how to plan your outdoor adventures all four seasons.

[800 Miles on the Hayduke Trail](#) | March 25

Join Alex Maier for a night of film, photography, and trail advice. Alex will share lessons learned from his two months hiking the 800-mile Hayduke trail across the remote Colorado Plateau, from Arches National Park to Zion.

[Yoga for Hikers and Trail Runners](#) | April 3

Don't miss this targeted 2-hour workshop to explore the physical and mental benefits of yoga for hiking and trail running! Held by certified yoga instructor and Mountaineers hiker and trail runner Lori Heath.

[Day Hiking with Your Kids](#) | April 9

This free public seminar for parents/guardians will offer proven success strategies for taking safe, fun day hikes with your kids! Co-sponsored by Bellevue Parks and Recreation and the Mountaineers Foothills Branch, this event is open to the public with space available on a first-come-first-served basis.

Volunteers Opportunities & Notes

Volunteer as a Snowshoe Leader

Are you an experienced snowshoer, scrambler, or climber interested in leading snowshoe trips for the Foothills branch? If so, please reach out to our Snowshoe Committee at foothills.snowshoe@gmail.com to inquire about our leadership development initiatives for new and established leaders. We are actively recruiting for enthusiastic leaders eager to run trips at all levels.

Volunteer as a Trail Running Leader

The Trail Running Committee welcomes those interested in becoming trail run leaders. Contact [Gabrielle Orsi](#) or [Samantha Sanders](#) to learn more.

Mountaineers Policies

The Mountaineers has a strong set of no-nonsense policies that target such activities as discrimination and harassment. On occasion, these policies have been tested and they do work. Visit the [Mountaineers Board Policies](#) for more information.

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www.mountaineers.org

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