

not a member? [join now!](#)

[view as a web page](#)



FOOTHILLS NEWS

monthly e-news for Mountaineers

Hello Foothills Mountaineers!

Spring is almost here, bringing lots of beautiful days to spend outdoors. If you think you might need training before hitting the trails, check out the conditioning courses coming up for backpacking, hiking, and trail running, or join our [Yoga for Hikers and Trail Runners workshop](#). Worried about the effects the long winter has had on your favorite trails? Join one of the stewardship activities sponsored by the Foothills Conservation Committee!

Check out all of our available [activities](#) and start planning your next adventure.

Mountaineers Update

The Mountaineers is closely tracking the COVID-19 situation. The health and safety of our community is our top priority. For more information, please visit our [blog](#).



Events

[Travel and Adventure Writing Workshop](#) | Mar 24

Join award-winning writer Nicholas O'Connell for an introduction to travel and adventure writing, one of the most exciting forms of narrative.

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

Join Alex Maier, a long-distance hiker, filmmaker, photographer and philosopher, 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 National Park.

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

A consistent yoga practice can bring your body into better alignment, stretch tight muscles, and prevent overuse injuries. Don't miss this targeted 2-hour workshop, held by certified yoga instructor and Mountaineers hiker and trail runner, Lori Heath!

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

This free public seminar for parents/guardians will offer proven success strategies for going on 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.

[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.

[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."

[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](#).



Photo of Cebe Wallace, by Mike Warren.

Climbing

The Foothills Climbing Committee is pleased to announce the approval of their first [Basic Alpine Climbing Course](#) (BCC), set to start in 2021! The BCC will combine classroom lecture and field instruction to help students build the necessary skills to safely follow a leader on 5th class rock, steep snow, and the glaciated peaks of the Pacific Northwest. Registration is scheduled to open in October.

Conservation

Foothills Conservation Committee Chair Deloa Darby has been collaborating with key conservation partners and public land managers to develop the Trailhead Ambassador's Program. With a goal of relieving some many of the issues our recreational lands are experiencing, this new program is patterned after successful programs in the Columbia River Gorge and the Appalachian Mountains. It also gives interested members with physical challenges a way to continue their conservation volunteering.

The Foothills Conservation Committee has developed a reliable way for Foothills Branch course participants to meet their stewardship requirements with a stewardship activity scheduled in the Foothills area on the second Saturday of each month. These events are in demand and limited to 10 people. Upcoming stewardship activities in this program include events at [Rattlesnake Ridge](#) on March 14 and [Garfield Ledges](#) on April 11.

On February 23, volunteers from the Foothills Conservation Committee joined the Washington Trails Association (WTA) for a day of trail maintenance on Tiger Mountain. Between wind gusts, work crews cleared downed logs from trails and reinforced the drainage system on West Tiger Mountain 3 by clearing drains of storm debris and adding drains to re-direct water flow off the trails. Thanks to all the volunteers for their efforts and hard work to keep this very popular trail available for many hikers to come!



Hiking and Backpacking

Get in shape for trail season with the help of a personal fitness coach! At some point many of us have imagined working with a personal trainer to develop a customized workout program to help us get in shape and stay in shape for the trail, but thought the cost would be out of reach. Not anymore! Trekking trainer Sheri Goodwin, Mountaineer and founder of [Transformational Journeys](#), has worked with many active hikers, backpackers, and trekkers on personalized programs to strengthen and maintain their physical and emotional preparedness to succeed in their bucket-list adventures and transform their lives. Now she offers this customized support to Mountaineers members in two levels of conditioning workshops which are now open for registration – and there's plenty of room for you!

[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](#) | **Apr 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.

[Backpacking with Kids](#) | **Starts May 14**

Get your kids out backpacking! Backpacking with your kids in the backcountry can be a rewarding adventure for children and parents alike. Unplug, expose your kids to the joys of being outdoors, be together as a family, and watch your children mature into outdoor enthusiasts. And in the process, connect with other families who love to backpack as well! This course is open for registration and includes an informative lecture for parents as well as a car camping practice overnight and family-oriented backpacking trips, all with experienced Mountaineers mentors!

[Backpacking Building Blocks](#) | **Starts Mar 19**

Time is running out to hold a spot in the most comprehensive backpacking course that The Mountaineers offers. This course will not only get you up-to-date on the core skills and the latest gear, but will also help you connect with compatible trail companions – all with the help of a group of experienced teachers and mentors! Don't waste money and time buying (and then replacing!) the wrong gear, and trying to pick up key skills through trial and error - join us and jump-start your success and confidence on overnight trips with the club or on your own.

Nordic Skiing

[The Foothills Branch Nordic Ski Committee](#) welcomed 48 guests to their 6th annual Winter Trails Weekend in the Methow Valley on Jan 3-6. The weekend offered Nordic ski trips on Friday and Monday, as well as three trips each on the Saturday and Sunday. The trips included classic skiing appropriate for beginners, intermediate for more advanced skiers, and (for the first time ever) a skating trip! Other fun activities included a guided snowshoe trip, ski school lessons, horse drawn sleigh rides, a fat biking demo, and open skate sessions provided by our local Methow Valley partners. On Saturday night there was a meet-and-greet at the Methow Valley Ciderhouse in Winthrop with live music. It was a truly great weekend. We're already planning for January 2021!



Trail Running

[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 this course. Registration closes April 10.

[Trail Running Conditioning Series](#) | May 14-Jun 18

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, and 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](#) | 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.



Notes

Foothills Snowshoe Chair and 2019 Foothills Branch Service Award recipient Travis Prescott created the [Alpine Geek](#) podcast and website to help people find fun, fitness, and fulfillment in the outdoors. The podcast is streaming on all major platforms, perfect for your next trailhead commute, workout, or trail run! Several of our Eastside Mountaineers members and volunteers have appeared on the show. Check out the following episodes!

- [Summits on the Air \(SOTA\)](#) - SOTA is a hobby originating in the UK that combines passion for the mountains with amateur radio. Chris Caviezel, an experienced Foothills Mountaineers leader and SOTA enthusiast, discusses how he got into the hobby, how it works, and how you can get started.
- [Yoga for the Trails](#) - Certified yoga instructor, alpine enthusiast, and Foothills Secretary Lori Heath talks about how a yoga practice can complement your outdoor fitness routine, and how you can experience greater mindfulness and awareness in the alpine through this practice.
- [The Explorer's Grand Slam](#) - Lei Wang, an accomplished mountaineer, author, and public speaker, was the first Asian American and the first Chinese woman to reach the highest summits on each of the seven continents, as well as the North and South Poles, also called the "Explorer's Grand Slam". Hear Lei's story and how she came to accomplish this incredible feat of determination, focus, and skill.
- [What's on Your Scary List?](#) - Stephen Johnson has been adventuring outside since he was a kid, but one day, after bailing from a famous Washington rock scramble, he decided he needed to know more. After taking The Mountaineers Alpine Scrambling

course, he decided to complete 24 scrambles in 24 weeks. Stephen discusses how he found fulfillment in the mountains and what lessons he learned over the past year.

The Mountaineers is committed to building and maintaining a culture where everyone feels safe and respected. To support this goal, we have established specific expectations and a process for what to do in the event of a behavior complaint. Read more about our efforts to [build a safe and respectful culture](#).



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 Spotlight: Lori Heath

Meet Foothills volunteer Lori Heath! Lori moved to the Northwest five years ago. She is the Foothills Branch Secretary, Foothills Branch Communication Chair, and a hike leader.

Meet Lori

Thank you for subscribing! Follow us online:



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.

[Unsubscribe](#) | [Update Preferences](#)

This email was sent to %%emailaddr%%
%%member_busname%%, %%member_addr%%, %%member_city%%, %%member_state%% %%member_postalcode%%,
%%member_country%%
[Read our Privacy Policy](#)