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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34e61af3dd818ab36e0942faf788c5d4798682e0de9c4dd476b23750efac67c4abc57139ac8c92ba63ecb95cdda44a0855&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633824238%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=l1rs8BaSqUSs6K6oX9rNeJtm55YY3jN0J%2B7odLt2Jj8%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D63e69b5ab84c24ba5d6fb914a9bde551ae79c056944273cf0137a29743fe5ac5863d73f772efbcd39dd50cf56dfce2c6b95b0fcfa5202b2d14604b7871cb2297ee7070b918061a0f5c79ea3c8739dda2&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633834192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=AZ9Xi4fwr4YjrLcz892FqQ%2Ff17SAwhtmKKYKDoC2190%3D&reserved=0)  Graphical user interface, text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy December Foothills Mountaineers!**  I hope this December finds you healthy, happy, and looking forward to a winter full of outdoor adventures. The Foothills Mountaineers have plenty of fun [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34b1d85a11e38e0a64c5e01c1034d02d0ea51d60555a41db4e7e95fdb02ada9b258d40e85d2172fc17eb33902f3a32f104&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633834192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=o6gPAqVgFjFDnRlAxyRjQ1%2BbkRRbUx5LDHu3LjVXNPg%3D&reserved=0) to keep you busy this winter, including many ski and snowshoeing adventures. | | | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person walking on a snowy mountain  Description automatically generated with low confidence | |  |  | | --- | | **Upcoming Events, Courses, Clinics, & Seminars**  All listings are subject to change and may be cancelled or rescheduled at any time. Please stay up-to-date by visiting our website or reaching out to the appropriate leader.  [**Foothills Branch Annual Celebration**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3441fb8beb8cf8955c99b1baeca4fcd9d6684384666681ab02713466e292e61631a5aac14738ff031a1cf0316c61460e44&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633844151%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=XZmHkLx%2FRyYhY5cRKL7j6ukM1N9kZTR1FBPNW4tBHYo%3D&reserved=0) **| Dec 10** Save the date for our annual Foothills Branch Celebration on December 10. During this virtual celebration of our 2021 accomplishments, we’ll welcome new faces and say thank you to those who are passing on their leadership batons.   [**New Cross Country Ski Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b340cba5d4847c4eb05397302ac7a41604c6709df16a0f647e2bf1ed7e96e382ac121adfb5e90bc9856db395e518a141def&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633844151%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=ldOqyBPniiDFb%2FguA3IaoRTvyJ29zi1EizmovRla%2F3Y%3D&reserved=0) **| Dec 21** This 2.5-hour evening course provides experienced cross-country skiers information they need to become an effective leader for The Mountaineers. This course is a pre-requisite to becoming an official cross-country ski leader for the club.  [**Avalanche Safety**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3453e05c6bd4865d686023caf6829c3259805cb586d9cf51c4e5bf30a20f9541a8e51aedf9d1c694fd7851049436655013&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633854103%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=6bGbZfAe5BNNUNPwIS%2Fqr6X3xZjDu%2FDsN3QQC25JU6I%3D&reserved=0) **| Starts Jan 4** This AIARE 1 certified avalanche course is designed to teach skiers and splitboarders how to manage risk in avalanche terrain. Graduates earn the AIARE 1 certificate and Mountaineers Level 1 Avalanche badge.   [**Skiing Skills Improvement**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34ae432a2a2fce739da5b032eecf36ede10a909e740c0828c4de9300b349a9de069f6b9567404c66ba8a11077ea80f2593&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633854103%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=on01%2F8OZJypTGsmPTGsk98PjRUwMBqOLMrKWyaezK8M%3D&reserved=0) **|Starts Jan 12** The Summit at Snoqualmie SnowSports School offers discounted pricing to members of The Mountaineers for a multi-week class series for improving ski/riding skills.  [**Ski and Snowboard Mountaineering**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b347b7721c849490b671e5138fda92e64e17453f6ea6ea88dba82843d23b1db1d174ab8090dd3608447334f1037495dbc6a&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633854103%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=soEDS05JzeQehOxEAD2CyCh%2FGe4%2FgX4rJkBowZdhEyY%3D&reserved=0) **| Starts Jan 19** This course is designed for skiers and boarders who are proficient on alpine, telemark, randonnee, or snowboard equipment and want to improve their knowledge and skill to travel in most backcountry destinations.   [**Wilderness Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34f21efcab3ea3da97c7d9f68fb6fbf9853f8869c772d60fe7db4684bf70a7037f13d5d809e99a26ddd88cb48923cf2da5&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633864059%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=mcLvWPsMPFuLQMZc4n4EMMC581ZCqSmalBpf9%2BKWb%2Bc%3D&reserved=0) **| Starts Jan 31** This course covers the navigational skills required for many advanced courses such as climbing, scrambling, and intermediate snowshoeing, and is suitable for students with little or no navigation experience.  [**Winter Camping**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3473032841636cb06e4783cdd26ac4c1ce347f9d05b4f93ffe2f5e40fd97f3b99c6ac3503135573e9751844ce795381a97&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633864059%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=DVLRd%2BlUTEzLlhvHbeWFjGeIhnu50uUvQ%2BvFlOxXXvQ%3D&reserved=0) **| Starts Feb 16** This course is designed for snowshoers, skiers/splitboarders, and winter scramblers who want to learn the skills necessary to stay safe, warm, and dry while tent-camping in the wintertime, including building emergency snow shelters. Registration opens January 1. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person walking a dog on a trail  Description automatically generated with low confidence | |  |  | | --- | | The Foothills Trail Running Committee's new Co-Chair, Nataliya Semez. |  |  | | --- | | **News & Notes**  All listings are subject to change and may be cancelled or rescheduled at any time. Please stay up-to-date by visiting our website or reaching out to the appropriate leader.  **Cross-Country Skiing** The Foothills Branch has become the de facto home for King and Pierce County Mountaineers interested in promoting XC skiing. We are leading several [seminars](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34420574e2c8a2d7bb298c4881d7197355e1c46d6ef0fc52e32c71bb0f1d2035c0bd73afe9df1af5f14245a0b4b16e1559&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633874015%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=z5urG2V6Cd9n%2BOrvY1scwkqrHwd5fS3uhuPR1cZe5D0%3D&reserved=0) and [trips,](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3467338101d9e1a178c80f7a2486c278efa372fac9ee27203f7abfe57e38d9866d61bcad0e30d7cb9c26c2dd5cbd160471&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633874015%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=CbvjvyiBnsnd7%2BuJZifAcSPGTe7b0SS%2FRvWf5GXSKE4%3D&reserved=0) with many more day trips in the coming months as the season progresses! The [Kongsberger Ski Club](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b341ab10fc03ed9ac209ee8aaaecdef1a9d12abbd4b7f2d39c67aba4471dfbdbd12e8f6fb39da7bd926ae146b880b95bec6&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633883975%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=DpwmN%2FJA6wSWRbw4X%2BI16GeCsuH3oiYSaleh8U88yvI%3D&reserved=0) and [Snoqualmie Nordic Ski Club](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3486482773ad3a0d6c2389c7094023eb25dc41793619aecccc22c37515d46c4e5b0dffbe40227e19f8261a1a90d2a2c76c&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633883975%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=vieVlOfOb5HtvlI6pdvse3RD90GGapJ1gGpbLA3Nurc%3D&reserved=0) also offer a variety of cross-country skiing activities. Please check out The [Summit At Snoqualmie](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b349ac35fcd8a7ac5935513c8ac825004c6821c05fac7d96222466d7f48e5b24a827b6485fe8d46528f9671b344ec307c2c&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633893924%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=IkZAr7PZgyLFQzbEEatCC7U%2BDjY9xbcZMyecLwmG3QQ%3D&reserved=0) if you’re interested in cross-country skiing courses. The Cross-Country Skiing Committee recommends checking out [YouTube](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3458d08144c44e35ad4387095f0bc523be09920e037bb2aa02522c49afaf3bfca3438e634a0e5975b67be199ceedc85b22&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633893924%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=0ibJFRVtZ6hCWb%2FRuvcu5aPp3F584w51QcHa1Ti7cFo%3D&reserved=0) and [REI](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3400e57edcb0b174db3c19fdb662ef4eaada983310c90fef87064b969e066b9a8489993713e1e8bd283a003c09f323b60e&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633893924%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=UtlUvcFBPh%2Fwnb9ferh%2FhW6utodjKH%2Bwan%2FdVwWdXBI%3D&reserved=0) for videos, training, and tips on cross-country skiing. Here are some other helpful links the committee recommends:   * [Central Cascades Winter Recreation Council](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3489a86d644286ca6794ff93f7cb98f812c577f0591266eed528463cebf6102b01b15777b296b9fb22fc6b00db1430d2bb&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633903882%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Crw0DzVGhLNNFFMfkUZ9jiihD13T0txOhF6JvAvfRhY%3D&reserved=0) * [Cabin Creek / Erling Stordahl Grooming reports](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b340db170b3d1fd4169d9005b5011017b54530bbca191e2d1d55591b6938c2a2cae8c4a2b8e8f6821d3a8411668e7fa6e5d&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633903882%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=gW5njRQrpeOIv4HKU72FjzImzDgi7PHZiKGvaBWEOuE%3D&reserved=0) * [I-90 Sno-Parks](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b347c1bdea60a14db613e1869f3c8492bfd792b96ffadb831d17def5603e38a0ec1fd677584f17ebd7a7fd32b801681297d&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633913841%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=N69va4YmN1kWDrjLTMS1gZ10cOVH3dGhX0VIIwKZaCI%3D&reserved=0) * [Snoqualmie Pass Conditions](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b344739b1a5baf1cf110177be71101b05fbe216e3a3aa880a896fc888f32527ab77260cff01f0049d0f54143d7aa1f63d3d&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633913841%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=TK6Us1bfDqLDnFIZqH4nUQ%2B%2FqvbXflXfhMNckmjg8%2Bw%3D&reserved=0) * [Avalanche Conditions](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34cd675ab820c7f9b3b44b6cbf5cc3e44c99d15aff389b668218b4651029e8dd78673da1b843fa6d6a1db68db2248dc47e&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633923797%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=VySzk%2BksiBYwIJUDlVNqN1AJzPYuhJ8VduiXFI3F%2Bfg%3D&reserved=0)   **Snowshoeing** The November 29 seminar “Leave No Trace for Winter Recreation” led by Gabrielle Orsi and Tina Fox is available as a video recording. This seminar explored the seven principles of Leave No Trace from the [Leave No Trace Center for Outdoor Ethics](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34dbfe649d5f2b16f507c14f76f9cf0070e699a985379b44cc5a4a6b76a9e1bd6262f24cbcfe82b45df891b6baedc9077f&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633923797%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=RASm4YSsvgdv57rNK%2FB2ELoXhIQtMdqDWJ7W9gauVX4%3D&reserved=0) and how to apply them to winter recreation. [Watch now.](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b3417482dddc121f24043b7785348fae99eb2b9e16405ad0e83e019fc3ab820297ea2220eb2a067fb9061661dc5c5654ae3&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633933754%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=P5V6qa6t1ErhugQx5y5AyESjdFwfVdSKuG%2B4CgvSLGA%3D&reserved=0)   **Trail Running** The Foothills Trail Running Committee is pleased to introduce their new Co-Chair, Nataliya Semez. Nat is a long-time member of the Foothills Trail Running Committee. She helped lead the inaugural meeting and has recruited several trail running leaders.  The committee also has several intense trail runs planned this winter, including a [15-mile run at Deception Pass State Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b346834e3b86da92654be8467733ca41742f50d287a4bca8a1f7044bc2727ff5cd941fe8317812fa1ac6bdd38c466b535ec&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633933754%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=0OvzFUGxFZmZEhWF3ro5GAuNeWdVAJpaRloI7cGv6gs%3D&reserved=0) and a [30-mile ultra-run at Moran State Park.](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34f932362fa8370fe5fae6b06a3f474554b0a1ebf53546c211391e9f5c6499c798e7199880f601e70ce33c3203d71bf66f&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633943714%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=kX4P2MSBMYj2jYw969I0Uh7QQlKT0cqnysAirBejy%2Fw%3D&reserved=0)  **Packing for a Backpacking Trip Requiring Air Travel** Considering a backpacking trip requiring air travel? Not sure how best to pack all your gear, or how to plan your food supply? [Read tips](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34c994818587af5cf33bcf3f7e2baa109a2b6d281351abe1fccca62b6a9eb589050930c31567477696c9638b6e2b1d511c&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633943714%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=DJM0OiDB6T8MN6gDWKx2igKfzKY1VgThG0oZq%2FtJvEE%3D&reserved=0) to help you streamline the process and avoid hassle and delays.   **A Letter from Jim Whittaker and Dianne Roberts** “We truly believe that time outside helps people grow into the best version of themselves and we’re proud to give what we can every year to The Mountaineers, who's been supporting people through place for over 100 years.” [Read more](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34df179d76437d68d166749e4ef19baba9a9b14e41ff2d69f5908123616d2f5abec0d33507389362350be9eb795d91d7b8&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633943714%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=uwega7TUpMjmAWYfjH0W9NqCtbet8cP1ddU7gam9Ve8%3D&reserved=0) to hear from Jim Whittaker and Dianne Roberts on what it means to them to give back to The Mountaineers. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people posing for a photo  Description automatically generated with medium confidence | | | | | |  |  | | --- | --- | | |  | | --- | | **Volunteer with Us**  **Become a Cross-Country Ski Leader** Wish there were more cross-country ski trips? The solution is to become a cross-country ski leader and lead lots of trips yourself. You get to set the date, location, party size, pace, skill level, and everything else about the trip. If interested, please attend the virtual [Cross Country Leadership Seminar](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b340d0772599306c7bf081a824d4b5eaaca261b1651d7c90545217ca885b5b67dc932176db9d0132bca276e58cf9f9ca7fc&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633953669%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=PHndw6%2F0YdEFaTgkk36661PiTC47UFBigRt57qzg1LI%3D&reserved=0) on December 21.   **Seeking Leaders for Staying Found – On Trail Navigation**  The 2022 Staying Found - On Trail Navigation Course will open for registration in January. Any graduate of Staying Found or Wilderness Navigation is invited to volunteer as a course leader. Responsibilities include attending an online leader orientation, attending a leader practice field trip, leading a break-out group in the student online class on May 10, and leading a group of around 6 students during one of the student field trips. New leaders will be paired with an experienced leader during the student field trip. If interested, please contact Lori Heath at [lorieheath@live.com](mailto:lorieheath@live.com?subject=) by January 1. | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b349224530102e3788c6d2d912b7f5469f97ff8bc11dcb020a4f8016346c84d7d2fc2b842e47bf54ec6f58e4435e4ffe254&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633973578%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Jk17iFZyrhOdMZhUMZeBBhFlwFMZk1SVYlHpEkYJN9I%3D&reserved=0)   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](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072466ac6d4cbefad065df7b3337f03cbd44984f2af3e039fe35585e43c1c9218137eadab50613dc961&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633983539%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=i%2FRm2coVIE%2BX53TKzE0gzd4yOsMYfDPafhkSO%2Fl1wHk%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072466ac6d4cbefad065df7b3337f03cbd44984f2af3e039fe35585e43c1c9218137eadab50613dc961&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633983539%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=i%2FRm2coVIE%2BX53TKzE0gzd4yOsMYfDPafhkSO%2Fl1wHk%3D&reserved=0) | | |  |  |  | | --- | --- | | |  | | --- | | This email was sent to [lorieheath@live.com](mailto:lorieheath@live.com) The Mountaineers, 7700 Sand Point Way, Seattle, WA 98115-3996, US [Read our Privacy Policy](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3D36c23f02101f2b34d4225778a65207621cb220a35eb2422db91125d350001d84111d86c2d925f5c50ed639c59a5f6be2c72cf495d411a947&data=04%7C01%7C%7Cf99a610efe7041edaa2308d9ba541941%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637745692633993496%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=9FEBbpQSgkD0BXhaKt9Cynji%2FaW38EFKVDAgYpE4z3M%3D&reserved=0) | | | | | | | |
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