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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988aae5390833cf3937b33f72461602d48a98bc1309e39929dc466c9cd607dbc8eb3964ac1e7d905e415927ac1d003dd6553&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102509570%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=15jq8wfaTZ%2F7vrZgo9pG6QDnKe9oIARRgx7vYs5TBr4%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D06fb2a7476620cb69bccd862830df9b7bda21203df70a0959310e717ddebfed4478409a08db45a98ac91c0eb6ffeeabb926e2513f48565a786fd67e50c50fc7ddbac5c8facf26846b4626eb0ec16114b&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102519529%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=FcQTdtAa%2FMpJGBem1jHvZGOWYuS1fxOS6gWC%2FAGlyP8%3D&reserved=0) |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy July Foothills Mountaineers!**  Summer has finally arrived in the PNW and I’m sure you’re eager to get outside and have some fun! With the gradual easing of COVID-19 restrictions, the Foothills Mountaineers have already planned over 50 activities for you to enjoy. Spaces will fill quickly, so don’t wait to check out our upcoming branch [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988ac57fbff790f7ecdefe1a112cda801f7741a69f11af319d2944afa984d2837aa48d6f1a49295f65d2178d336802531cf5&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102529479%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=5RiAos9oekdcQnA4oSXBcTVmvsl%2BePGTZ6QBCNviEQk%3D&reserved=0) to get outdoors and enjoy this beautiful season. | | | |  |  | | --- | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Upcoming Events, Courses, Clinics & Seminars**  All listings 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.  [**Introduction to Backcountry Trail Running**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988ae132478f233e108bce9c0442b2d6ffa652b084373192031604124cc1a5b526169e886adb16df0f6f8507043ccce5075e&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102539435%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=2SMpcoBwhWqoeSMATNVyZ6qkxM%2F0FW3yQk4auW8Vhos%3D&reserved=0) **| Jul 8-Oct 31** Go farther and faster in the backcountry, safely, in this introduction to wilderness trail running. The curriculum focuses on how to travel safely as a runner in the backcountry, offering the knowledge and resources you'll need. It's recommended that you are in shape to comfortably run 6 miles on hilly trails (hiking uphill is okay) in order to have a successful experience on our field trips.  [**Introduction to Fastpacking**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988aec59f51a4aaa12d7602aced0b7e66b6240c1725d9c1f42dc753bf9ed4a4d89675ef3db2822bf5d44764853b90b5c5e7e&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102539435%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=IvrfaVGMlmkYgHJrt1IIryFUR0hV4%2FvQd4HyOqe16f4%3D&reserved=0) **| Jul 19** Learn about fastpacking - how to travel faster, further, and lighter. The self-sufficiency of backpacking meets the freedom and lightness of day hiking or trail running when you're fastpacking!   [**Walking the Wild**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988a2c45957aa7201deb9d2a5bbcf1dcec8f32cc794daf920d835a49c2364e94114e59bea5af76d60e9d32d15388f39f24b1&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102549396%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=DtrPP5rj%2BTCrl%2FP1yBkFkejsVrCdg161dH7flqqdePg%3D&reserved=0) **| August 24** Join Mountaineers leader and world traveler Peter Hendrickson for amazing photos and trip planning information from his December 2019 trek along La Ruta de Pedra en Sec across the crest of Mallorca, a scenic and historic island off the south coast of Spain! Peter will describe his mountainous route, as well as the villages, history, people, and incredible kilns, terraces, and cisterns he encountered. The event will be held in person at The Mountaineers Seattle Program Center, and will also be broadcast on Zoom.   [**Wilderness Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988af0c98c9dcad30fb26167c704e93bae73053973840cd6b47b176e79acb020de5ad793edfaffc42219019a9fea5578001e&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102559360%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Si0WNWwR7AnQIpCVDOE%2BedBYQaaH19wfo5Z8GzRPFlU%3D&reserved=0) **| Sep 5 – Oct 31** Gain the skills and confidence necessary to navigate in the backcountry. Students who graduate from this course earn the Basic Navigation and Basic GPS badges. The Basic Navigation badge is a requirement for many courses including climbing, scrambling, and intermediate snowshoeing. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | |  |  | | --- | --- | | |  | | --- | | **News & Notes**  **Remembering Patti Polinksy** It is with great sadness that we share the news of the passing of Patti Polinsky, a 56-year member of The Mountaineers and long-time volunteer with the Foothills Branch. Patti passed away after a long battle with cancer on June 15, 2021. Our deepest sympathies go out to Patti's husband Dave, her friends and family, and all of her many course and activity participants. Please [read more](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988af7c70be11641bb05704973adfc9a904e56c20f49c8d51b37609f5e8f11fb82fdac883d05efcc04a44b3116abd3ec0724&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102569315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=I6ujxk%2B2ovg5OWvE4AGroGDnunt94cy6hn8ILSxH9Wg%3D&reserved=0) about Patti’s spirit and her many contributions to The Mountaineers.  **New Trail Running Leaders** The Foothills Trail Running Committee is happy to welcome two new trail running leaders to their team: Erin Shannon Starup and Mark Goodro. You may remember reading about Erin in the May 2021 newsletter when we reported on her rim-to-rim run of the Grand Canyon, covering 47 miles and 11,000 ft of elevation gain in 15.5 hours. Erin is looking forward to sharing her love of the wilderness with other trail runners. Mark is a Mountaineers climb leader and Intermediate Climbing co-chair. He regularly runs local trails on Bainbridge Island and has had running adventures in the Cascades and the Olympic Peninsula as well. He brings strong leadership and outdoor skills to our committee. Welcome Erin and Mark!  **Volunteer With Us**  Thinking about giving back to your branch, Foothills members? Take a look at a few new [opportunities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988a8c735c7dd6b428e5b593282e5e3a96956ccbda6b40c983f5d94e38156921639a12dffad9549cf37eeef0d18e3b6fcdfd&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102569315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xUcWS%2B8Ag95vq0MTt686Vl%2BarMcAwrEHdbUaMaCgrj8%3D&reserved=0) to take on a long-term leadership role, dive deeper into the hiking and backpacking community, or become a scramble trip leader. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | **Volunteer Spotlight**  Meet Tom Eng, a leader who brings a wealth of enthusiasm to his courses, is passionate about conservation, and has a hard time choosing his favorite outdoor activity. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Tom](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988a6ce4b28db4826c5ae8ada052281075cbaec985b972dc9ecc923e72783287b31dc5ad98e305a5051f6b44b69aa9e40308&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102579263%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=SoexFZ9pmlP%2BXEnp9c1%2B0Nbe8198QjA5lfJCQO3IQ6I%3D&reserved=0) | | | | | |  |  | | --- | |  |  |  | | --- | | **Three Ways You Can Help The Mountaineers**  The COVID-19 outbreak [has had a significant impact](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988a8d268e116d07d039494d1fbc6514de447f5d3d6b0a9bfb450fdf3b24cafe24d27a2fa179d8873991fdcb0bbd42db9156&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102589220%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2FIhsgfmK7aALX2oURZ8PoXiIVKOz0xW4Vv3ggnKSw8g%3D&reserved=0) on The Mountaineers. All money received during this time is supporting general operations so we can continue offering creative programming and be ready to help you get back into the outdoors again as soon as it’s safe to do so. Together, we can get through this, and we thank you for any help you can provide. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Renew or Join** With your ongoing support, we will weather this storm and come back stronger than ever. Use code ME21TOGETHER through July 31 to get 20% off when you join or renew your membership. Already renewed? Contact Member Services at 206-521-6001 to pay in advance for next year’s membership dues at the 20% off rate. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Join/Renew](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988aae5390833cf3937b33f72461602d48a98bc1309e39929dc466c9cd607dbc8eb3964ac1e7d905e415927ac1d003dd6553&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102599178%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=7N2MiYC2hpXPe4ijNB8fRvSwWeLV9q%2FqnNdaW%2BDC0Qk%3D&reserved=0) | | | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Shop Green Trails Maps** Mountaineers Books is now the exclusive distributor of Green Trails Maps, offering 150+ high-quality backcountry maps. Features include; icons for picnic areas, tent camping, backcountry bathrooms, and more; dot-to-dot trail distances; permit requirements; and much more! Get your Green Trails Maps today. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Shop Maps](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988aa12b424f610395d3e997717f0fe3d506de67b2758d85d38918ef8751c1154d80bd57e5d4dacd921984bc3a76559aea7b&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102609134%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=qft6GRWtn5BVhxaRkHiqtU1jT3u2rhlJgT7YPz7z4Nw%3D&reserved=0) | | | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Give Back with Workplace Giving** Double the impact of your volunteer hours, membership dues, or donations with a matching gift through your company's Workplace Giving program. Many employers sponsor generous Workplace Giving programs for employees, and yours could be one of them. Learn more and give back to your community. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Learn More](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988aec8730f44ecbc400c5152741b2c9cbb1c036e8c963db861a06c5ce3fc2cbb354e98acbc32fefb30bd21b32be4cc8de25&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102609134%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=tw5Ro3tNfTexKjiX2EpvFZqPvWj2KCJ1JmzAlNBllPM%3D&reserved=0) | | | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd2d3208bbbbc988a50dc0309200b18951a287c160fe11afa60dd0e238eca5db22cbee5106880238103b7e21e5e40da805bea7e8c4be65128&data=04%7C01%7C%7C64fc9b5a0ed4416d120a08d9422ffaca%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613596102639003%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Iw2rCgieeWe6tOPXl8n50k2g%2F6aYG3ymTz%2ByLfGrk2E%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.  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