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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc2d421928238d0458859b0d7006359a2bf4114e0fe18be5bb80eea8d6d5e3bb3dadf85e9ad8da495be567e58a1fcb92f6&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154110806%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=aE29Q51vLQYsrA3vALTOsgQC0IIcPaexD0OczP4cpqI%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3De9ef366051395152c3348bcbc5b62c6c9d895c1fc7720ef2f3c7893f051d351c71cbcfda595948f75feebc9edb6690aac1bebad4bcdd0529feaaf97d26734f351d41d8601151e06b86a1a4ba09543afe&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154121806%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JUnmoJz08qoJDFD5aYoY72P7k52Svb5Sfck%2F%2FtxHQvs%3D&reserved=0)  A yellow rectangular sign with white text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy April, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | April is Earth Month and what better way to celebrate Mother Earth than spending time in nature. Check out all these fun [opportunities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc99bd99c418702fc93b4c384c96e24dd5f8168fbfcba8022065182f02c638b29d5fbee65227623ff852dd57196467e521&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154130836%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=IGZBiCkYvOMKMjrDIeEw1ygs2yFoKS5q%2FSyKt22rC2k%3D&reserved=0) to get outdoors and explore our beautiful planet. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A person in a kayak on the water  Description automatically generated | |  |  | | --- | | Steve Van Patten paddling in Skagit Bay. Photo by Doug Palm. |  |  | | --- | | **Events** |  |  |  | | --- | --- | | |  | | --- | | [**Day Hiking the Columbia River Gorge With Craig Romano**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdccc3c24bff79243a7d40fbc88f7e3153c9b2e882da5c567f700b3d3a02f1cb3ef9d963bb8e713190187bfb8b0aead54f5&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154138254%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qR125b1LFJEx7Fo7Xzrki3%2FLAPS%2F%2FHF7xzS5OyaHHFI%3D&reserved=0) **| Apr 30** Join hiking guidebook author Craig Romano on April 30 at the Newcastle Library and get tips for exploring the beautiful Columbia River Gorge on foot with his new book, [*Day Hiking Columbia River Gorge, 2nd Edition*](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc32be7f87e79edb58d3f9e206d49f0ff833fbccb878107ff885b896962e1dfef8f8aa9e81c05aac112523e4d7acf3a3bd&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154145527%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=vxKfOzwSX5eJv5O1yqx8YB6oBOEXjT6YSCODn8obeDo%3D&reserved=0). Watch a slideshow and get inspired to explore the many scenic paths and waterfalls of this iconic destination.  [**2024 State of the Organization**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc756fbc9d68d0e39b0189fa9dca0ebe848707c9dcfae10497561b84fc416b974401c560db4f5399a165c8410755703659&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154152155%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=bu1ERt35tVixuRsb7D1NiAmS7U11VMyevV4N75NWaME%3D&reserved=0) **| Apr 30** Join Mountaineers staff and board leadership as they share a state of the organization update with The Mountaineers community.  [**Foothills Branch Council Meeting**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdcf4f55cc50d5fb0676a0129b6ccf00c168a2704aef5ca7d08637b43c5e833d6b0538ec70fb08dafc37822cb87daa9d79f&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154158721%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0GJtKXgGt5YAvETLDvs2Qy7DI1V5FXJUUoWaIrRcz9s%3D&reserved=0) **| May 7** Join the Foothills Branch Council at the Mountain Rescue Center in North Bend to hear about upcoming plans and learn how you can get involved.  [**Trail Running Weekend**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc3076510e5fca2fe3386d2766f27bf5ac3ce4a49372766430c1052e27fb6c9ec3e86139e64ad0675cb914f8b90c78e6a7&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154165495%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=X2GR%2Fh58ARLxUfElkIMJAFQPmr%2FMQe0SRNSIqEtAV1Q%3D&reserved=0) **| Aug 9-11** Join the Foothills Trail Running Committee for their second annual Trail Running Weekend at Baker Lodge with great food, new and old friends, and a few more miles on your shoes as you explore some of the most scenic trails through the Mount Baker Wilderness. Whether you’re an experienced runner or just starting out, this weekend is sure to leave you feeling invigorated and inspired.  [**Pasayten Cabin Volunteer Vacation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc9d1e6f16df8332557fde865a7bf690ad26cf130128027ab1a354ebf2217d051ffd553f0cdef264b46dcf75ee7a9e402b&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154172130%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=D2JO8HkhCy%2FWeEEELJ2dT2hnabgCyXLRk3DRC1aMbz8%3D&reserved=0) **| Sep 12-18** Spend a week with the Washington Trails Association (WTA) as they re-open the Boundary Trail for their [Lost Trails Found](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc84c8f7dcb5f59ff8d0f1ebd6ace7e9391841b3017f2d10181f0a86328999f7aca6c8f7f6e9db4f5e084128dae47a9c27&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154179360%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=sjdBBRpfvMAwA7CWpvDFWZztrDdgis5J75TCGwyE0wc%3D&reserved=0) campaign to put backcountry trails back on the map. This stunning trail passes through the remarkable terrain of the North Cascades. The adventure includes a 14-mile hike to camp from Harts Pass, down 3,000 feet into the Middle Fork of the Pasayten River. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people in a room  Description automatically generated | |  |  | | --- | | Basic Climbing Course students practicing crevasse self-rescue at The Mountaineers Seattle Program Center. Photo by Kirsi Luoma. |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  |  | | --- | --- | | |  | | --- | | [**Mentored Backpack Leader Course**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdca2041d2d08baca533c76098d8324a35507c700af89a474ca827683767ca88246371f951dea3535b3976ef33be3cf5bf7&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154185975%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=9CoqoxpNCzk5YnOvxR4lulcymUTLOkPdtw5PnJfUWLE%3D&reserved=0) **| Starts Apr 10** Earn your backpacking leader badge with other aspiring leaders. The course will include an online lecture and hands-on leader training in the field with "Small Instructional Groups" (SIG). Experienced backpacking leaders will walk you through the process of becoming a badged leader and mentor a trip that you lead. An application is required. Applicants must demonstrate basic backpacking proficiency and have completed at least two Mountaineers backpacking trips.   [**Glacier Skiing/Snowboarding and Crevasse Rescue**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc60b5e3f783c256e75cf95e551a49a8215a6424af2715eda09a4fbf8ff3dd86de497f1770c1b4ae617694d2a755cc5b1e&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154192478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=kUiLLQ%2Fpd5uDL7nPYWdedXDLMIROrzfxEtBFfbCKnpo%3D&reserved=0) **| Starts Apr 18** This course is for those with competent backcountry skiing or snowboarding skills who want to safely travel on glaciers and perform crevasse rescues.  [**Essential Trip Planning Skills and Tools for Backpack Trip Planning Clinic**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc2aa4d3710e6b22d00dfd88d1b5ec45e504783d45d1dd28bac6c78c64fd543992a499e348a96487f054855f80fbf8a14c&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154199242%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=syqlWI3HeL6UmVAZwv4ngz3SMXHIfJryjTSyyc9WF0Q%3D&reserved=0) **| Apr 23** This online clinic will help make your season’s backpacking dreams a reality with a solid and achievable plan. The clinic will cover choosing an exciting destination that fits your objectives, capabilities, and timeframe; learning to lay out day-by-day route and camp locations within your distance and elevation gain targets; planning transportation and daily emergency exit options; getting information on expected weather and trail conditions; and building your food plan and gear checklist.   [**Staying Found: On Trail Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc1c475ff8ab58746dd95e59cfa3a759e43a6423599777f88f6e0e601236f364465d054f237779a02613765b41256e8e39&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154205719%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=1Nn17yJ0bwmza4kN6jnHRjkEzbG6mRzjilwnY5b7e%2BY%3D&reserved=0) **| Starts Apr 30** This course is designed to help students become confident reading a topographic map, using a compass and altimeter, and maintaining awareness of their location on a trail. Students will receive detailed information on skills and tools, as well as hands-on practice on the trail. Basic digital navigation with Gaia is also included.  [**Introduction to Trail Running: Fastpacking**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc12f7517a93d2aa94bd875264954aa4cdc90c1889bfb38fc28fea6dd8aee81775cb6d4fc058db54eb1fa66adb9fac6bb4&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154212313%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=aiQsAAiQF1Z5maKee9M7%2BiHFnqdOhjmGxDS7%2Bj8olrw%3D&reserved=0) **| Starts May 1** Fastpacking is where trail running meets ultralight backpacking. Discover ultralight techniques, get tips on gear, and try out a new and fun way to get outside.  [**Urban Walk Leader Pedestrian Safety Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc8411610c52eb0e4d922236e0dbc60f68790bd4b4b09e806eb64d5d1a6e1bd55608a1bca49f1a51a4fef0105b51e8ee43&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154219182%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=a3nXAY%2Fw98xMBQ%2BRL7AwV%2BRfsFiSxfHkNwfKSTFSW%2FQ%3D&reserved=0) **| May 9** This online seminar is for hike leaders interested in earning the Pedestrian Safety Skills Badge required for leading Urban Walk activities and for individuals interested in learning about pedestrian safety. Participants who pass a skills test will earn the Pedestrian Safety Skills Badge.   [**Conditioning for Hiking and Backpacking Level II**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc1b7778663d9fd9b8ed2e2fc1ccec3bb40091b1922c90b8d536f14c051cb3b09a97daab7e71d048d9a291ad5a2eea653a&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154228684%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=E3A36lPSy3xyHWb0L4iWYtGr8aB2caa%2Baqe4Bsx4YrY%3D&reserved=0) **| Starts May 15** Join personal trainer Sheri Goodwin for a series of guided workouts designed to develop the mobility, stability, and strength needed to hike or backpack with ease and prevent overuse injuries. Sessions include [Woodland Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdcc99568eed324aa304e040fed343efe8dbfb04b7223e2180909abe80456d0a98217d9ef2b3b66fef4c3adec3bd847c400&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154237756%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=caeoN6B877lU3GusSKlLoE2%2FOo%2BiAQ3L89BSMrolhA8%3D&reserved=0) on May 15, [Saint Edward State Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc7450d64e6c0acef40218d90cfe2f310eb477dc001cb93d6ebe4be5c38d3793412620f82dfd923f34798afa59c2f4339e&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154244918%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=AUHKCq3ABbdzeoFkUDYKXs4kAiEu9VqXoRVjP3KnmCY%3D&reserved=0) on May 29, [Woodland Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdcab4d759f9bfdb35d398d6a4ca512804b583f4d48059b8cefca2c15774f3bae53a9929ab372b08c64709631b970d2590a&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154251519%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=g2ZXtJFU13D2C97pjJYTmHPqbOaa8Ixwuw1Xps3dZ14%3D&reserved=0) on May 30, and [Saint Edward State Park](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc38a2aa365778d4452ddcb4ebc412cfba907db15896dda9b4f17dde387bf188390bf1585e03984ec57350af54732e38d2&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154259404%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=OMloqbNuLVeEKF%2B3Zdm2Ca%2FvCU8uyOW5rZmoJfOOSyc%3D&reserved=0) on June 3.  [**Tips and Tricks for Women Hikers and Backpackers**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc8d75711f5816c3e22b44d2a8f929b5c155c7e652ce4c393b23850d7999a549ba3f74838db6a10285aa81e85b0dd46dfc&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154266212%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=EJ7o%2BoP7pl42u4Ky1lcs7Htil%2BhnhS%2BO5%2BcMmivoofY%3D&reserved=0) **| May 21** This online seminar focused on female adventurers will discuss trip planning as well as women-specific tips for gear, hygiene, and traveling safely and responsibly.  [**Wilderness First Responder**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdcfd30653ee41364ebe480cba3d66831fc1555ea8c54a538cf66bcf6b8b6d640e2e8f639e0f69cea0a4d7bd2aca6ff5aa4&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154272740%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=L5s020psMuyOOXftVwyHgAqD7aGjrqIvDIBoO6VTSl8%3D&reserved=0) **| Starts Jun 7** This is an intensive 76–80-hour course specifically designed for individuals who want a higher level of emergency medical training for extended backcountry trips or expeditions. Graduates of the course will earn an independent, nationally-recognized first aid certification good for two years and the [Wilderness First Responder](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc051571fabbdd0befcbf384a050b2882ab9e3feadf24d34a7ebc43128b83dd73ff06fd4f3b9e1b5ae6c9034214ab7f051&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154279268%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JoQdJJnpKUACf36XRovxVxD0P4I85n3xPISjk%2BeXyXA%3D&reserved=0) badge. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people in hardhats standing on a path in the woods  Description automatically generated | |  |  | | --- | | Mountaineers stewardship volunteers at Middle Fork on National Public Lands Day. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | **Introducing Relaxed-Paced Backpacking Trips!** The Foothills Backpacking Committee is launching an initiative to offer more [relaxed pace trips](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc503edabcb45b639f190a432316ecb9809dba4603270e340f2cf033ef2e7fda29b21a1394e6a57b14abd570d616528640&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154285916%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=o4O4FB3wj8se8LgcRR%2FyvVmniidWqzs4xsv5he6K6bM%3D&reserved=0) for our members.  **Upcoming Stewardship Opportunities** The Foothills Conservation Committee is stoked to roll out Spring 2024 stewardship opportunities. These activities are organized through our partnership with Mountains to Sound Greenway and are on the second Saturday of the month. Spring events will be in the Middle Fork Valley starting in April. They include:   * April 13: [Granite Creek Trail](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc16206790d8eeb76e235d6105bcabfb0b5b3f51ca642a69fbe7a9819a69b5df03903e57a9212d8a8aac02b3c1b193fdc6&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154292478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=h%2FWUAUYCNfSzAfpCDckaUzYn4nqLClPBQax9YUqudR0%3D&reserved=0) * May 11: [Middle Fork Snoqualmie River](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc8557cc271da5aa35fb84bd662283a84317abf3bac98bc3c287c51d558f721a8ca89e4e647751ba44a1271c3de8c0bd15&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154298981%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=u3vGMwXi327Ei1ZRTOu9NRABiV336AmgHXrDIXJ2I1A%3D&reserved=0) * June 1: [Middle Fork Snoqualmie River](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdcd4adceedbec2166a5a5f5c5a7a9bf4bb565bcd0133eb2f92930fab91d86180204cbf90f4251cb090cebbee4c9e1c6afe&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154305331%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=5WZQTVnPH%2FDcntGS66Q9s2uUo7t1SUocaulhCaZYQm8%3D&reserved=0) * June 8: [Garfield Ledges](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc832d9b3adbea07bbb5c2694440d7450fc55eeea5cf0473b84b00683807ac1bb7ce2735aaca2dc265433569bde84d53a5&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154311653%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=BY%2BO0FvOIGyUo88vR%2FfUdrbsRdV%2BMr4pmYITW7oSWa0%3D&reserved=0)   **Clubwide Stewardship Standards** In March 2024, The Mountaineers formally adopted [Clubwide Stewardship Standards](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc6beca0093ef06a489f8030ffad4a318afaf36f7aae07ac281dff654cddbfdbb80febdf228c6bf94d6215a8c749173233&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154318462%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=2VUlBQHvm5fv4%2Bq1phUsEBM4799dkKTuITAePVHrIsU%3D&reserved=0). Our [How To Lead a Stewardship Activity blog](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc81d24cecc8ebc43006716c3674bd46b63f90d0cf24224655dff80686bc911d904a90a001956fdacee9c6ea870b6f8c75&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154325332%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0TVSR3YfU25bcohWaRa7TZLeKJYuYbZg0b2VBDt0P9Y%3D&reserved=0) provides an overview of standards and addresses common questions from leaders and committees. | | | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | | **Volunteer Spotlight: Jessica Umayam** Meet Jessica Umayam, a Foothills Hike and Scramble Leader and 2023 Super Volunteer with fond memories doing yoga in the evening light at Seward Park during the Yoga for Hikers, Backpackers, and Trail Runners Course. Jessica is working on the Smoot’s List and loves helping people explore new places. | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Jessica](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da2ebed0e20a5efdc8bad53a035070816df8eb6bf94fe5bbf24e6f8fdfd56aaa36f2434d8eb94ec1e54ba0326c49715e4edd26e09c607837d&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154331765%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=aNjqu%2FRw1STxObNU2JMsCKOJfd9hgH89f81EniAuvos%3D&reserved=0) | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | | **Volunteer With Us** |  |  | | --- | | **Become a Safety Officer** The Foothills Branch Safety Officer, Danielle Graham, would like to thank the committee Safety Officers who are serving Foothills. Recent efforts by our Safety Officers include responding to Incident Reports and Near Misses, writing Safety Newsletters, sharing Best Practices on health and safety vis-a-vis respiratory virus transmission, and providing Safety Briefings at committee meetings. If you are interested in serving your committee as a Safety Officer, please reach out to [Danielle](mailto:pedergraham@gmail.com?subject=) for more information. To learn more about overall efforts and the Safety Committee at The Mountaineers, please visit our [safety webpage](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Df10866b87ae34f440810121b9ea819c53654be361a2451ff84ba86af2d65dd55587369b2c222a7a92a7b9d04ba43babf6588c4e3b290ad6a&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154338738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=C1JbJNLPEUHHS1ITjUtX%2BgtkPaTjXOGIskTL6VrUvfw%3D&reserved=0).   Backcountry Skiing: **Position Open** Backpacking/Hiking/Urban Walk: Angela Savarese Climbing: Christina Black Conservation Committee: **Position Open** Cross Country Skiing: **Position Open** Scrambling: Christy Cherrier Snowshoe: Michelle Peterson Trail Running: Andy Cahn  **Staying Found – On Trail Navigation** The [2024 Staying Found - On Trail Navigation Course](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Df10866b87ae34f442dd2037e2409a374e6c65e49aef86ef2922c96175859defd230b056ff2ee3679b0ec6673c77ba23c581293a26483976c&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154345516%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Mc%2BSh%2BI37euHlOh7zsmHCxO17HY0eFeJq%2Fo2EMSOuzc%3D&reserved=0) is open for registration. 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 online class, and leading an in-person group during one of the 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 March 17.   **Communications Committee** The Foothills Communications Committee publishes the monthly newsletter, maintains the branch website, helps develop branch-related blogs and magazine content, and posts branch news to social media. They also help branch members develop communication strategies for new courses and activities. We’re looking for people who are social media savvy or love to write. If interested, contact Lori Heath at [lorieheath@live.com](mailto:lorieheath@live.com?subject=). | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Df10866b87ae34f4491563be4bcecaed06843480b23b8e23b8888714ec4988c5c84f551362ca2549f0e0119d0b7605c19639b40d021ad2938&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154383194%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=6Td132xlFCADB9K%2BEtCdKFphc263RTIsG5uvnjKvfiE%3D&reserved=0)   The Mountaineers enriches the community 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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0727ee1f5d83699308c81a864dbb735043b2320765e2d98ade72eb8b4ce9e9f7e6ec3d21633a5010e7f&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154390849%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=TWL%2BG3eQDqKV9c5Vrp8GNRNv57mDgcj9hcpTjAbNFhU%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0727ee1f5d83699308c81a864dbb735043b2320765e2d98ade72eb8b4ce9e9f7e6ec3d21633a5010e7f&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154398571%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=VZ5Mwb6LJNPZdeWsU19xtD2Z8xgs8xSHvKEFk9Fg4lA%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%3Df10866b87ae34f44009929e082a372a49b1e91c66e76783fc8430119304a328ab4ed1d2a41d9e0ef06f2dacad9ff32f8d23368160a938a23&data=05%7C02%7C%7C4688a492961a46f2dfb408dc57cc0e82%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638481781154406127%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=PahvP5GOltHh2aCKhXoeaW6J8NGlIIqfcE%2FM0wkbx8M%3D&reserved=0) | | | | | | | |
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