|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | not a member? [join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666de748e864d6ae16b0a5973b40dd60f45484dc7d48dbb2afeee44f858e03eab3f5066e3469a8ec935ee0c8a14bda86d89&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074289080%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XhF3nw1RWJHGevQd6QTtuGw%2FD7kyeMehPpvApMjDeQI%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D8770c756070cdd2e947d3bacae79203c5bab31a931335d32f9a8fe113b799d5eed673f909212bc04b4cf004b3165453a74ff32634376bde8fa4a73c0da277b204a7ca3f3aab77dce8937e92ec030ad57&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074301346%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=BFWX%2BEGT9B5uesTWOcIKOEUXGTxEFgPlIx1Hn2VHx%2Fk%3D&reserved=0) |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy June, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Summer is officially here and I'm sure you're excited to get outside and have fun. We have lots of 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%3Dd08b40b10af3166602f6086f769d97386cac7da642abe83458cce9de847bfb95f51902d2f03bc17bec0852ff546bd425cc50b0ed3b42f482&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074308710%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JDVkKX0vzUP7vJbSt8pvdgQMwEYp%2BP9ie8VT3JYuvcM%3D&reserved=0) to get outdoors and make the most of this beautiful season. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people hiking on a snowy mountain  Description automatically generated | |  |  | | --- | | Basic Climbing course students on Sherman Peak. Photo by Tim Egan. |  |  | | --- | | **Events** |  |  |  | | --- | --- | | |  | | --- | | [**Yoga for Mountaineers - Lake Sammamish State Park**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af316661182d462a3c3fd5c48bca0d82cd2350c7822d08f2029ad67a4c89ad829015b8fc224fda8072330dbde6ddfaea07b3f38&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074315018%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=aVI45ySb%2F6KFd2ccgaONe3cpGTH%2F0H6YEd26bYN%2F1Kc%3D&reserved=0)**| Jul 15** Let the physical and mental benefits of outdoor yoga help you develop strength, balance, and awareness to enrich your outdoor activities.  [**Get-Together for Women/Non-binary Scramblers and Climbers**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af316660da331642d86047321885fb15442dde990b8e1a2504a37bcd4a209b04cca977773dbf2b58964ad0a4f6f2bc9e742dec7&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074321103%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2FFqgaSJ3gSvRA3cXHhMDU6%2B3gOb5ydOZdHPeKhNsDPA%3D&reserved=0)**| Aug 28** Join for a social get-together of experienced and aspiring women and non-binary scramblers and climbers. Share stories and experiences, make new friends, and learn about ways to get involved with Foothills scrambling and climbing.  [**Pasayten Cabin Volunteer Vacation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af3166625c7726e2926546e101a05cc404beb4e661f83b86b7ecbd2614194cfd91569953548a2a8e7fd8aead8744b748a7741f8&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074327099%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=JTiGyS3SqOwvuduBv8kVAm7LJGnwfQaBN1nus07f3HY%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%3Dd08b40b10af316661fca07c8bb70c5bbd02c3add5cc806511fb38468c00444fcf9e610fdd0f5b71b662759052e7d3c010392053f1af1cd18&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074333046%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=atCXCPPw2CAg73XHMqZKg7v%2FGnfPB3tuDfQZhimoXx0%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.  [**Foothills 2024 Scramble Celebration**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666276d4cdfa872e675a9f1496c560fe816c3111733e8d2ba9a34a3efe6afa7c312f510b3b7b6d1f25ae3ad4fc49c43e8d0&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074338920%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=X36eD3L8G9IY2lz2N1Pi3GYJsp0L6joVIn6YfNlnWTU%3D&reserved=0)**| Sep 25** Get together to celebrate Foothills Scrambling graduates, leaders, mentors, officers, and volunteers. | | | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people posing for a photo  Description automatically generated | |  |  | | --- | | Mountaineers stewardship volunteers at Northern State Recreation Area. Photo courtesy of Lori Heath. |  |  | | --- | | **Courses & Activities** |  |  |  | | --- | --- | | |  | | --- | | [**Front Country Trail Run - Golden Gardens**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666cbaa7b33bd75f441b5d15804febf7d21ebe0dc18777efe0f998e5083545ef6e3bd53598952e9a8b1aefc7321c4abfc14&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074344814%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0PwRgpeoRf%2BrLxM4ycXFnfTovsIc7VPHGH3TUM6dR1Y%3D&reserved=0)**| Jul 11** Enjoy an early morning fartlek workout on the beach!  [**Day Hike Berkely Park**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af3166684e59e5d14e7dcc2fb7c37bc96ed17660f8e438ca072fecd4d4ef3a8555de9bda88be472eb4354eb2d4ba0d451e4fd80&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074350640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=yopBc7kD2irLjNlyIURrTFlewi%2Bhh0Jc8RsQWiXJZac%3D&reserved=0)**| Jul 16** Hike through flowery Berkeley Park, up to 2nd Burroughs, and along Sunrise Rim. This challenging hike is 11 miles with 2,700 feet of elevation gain. Confidence on snow is required.  [**Stewardship - Shadow Lake Nature Preserve**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666bc0ab130a3add358e0ea47072aa09e7011f52f3973b78488d605af4662c2e9574f3639d38783087b62a4bab0a63a7893&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074356500%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=AGKSsBS68Iyt0pFnB9LSUht3bR4blDRrNKwMG5IZRP8%3D&reserved=0)**| Jul 18** Help beautify this 100-acre preserve and wetland bog by maintaining trails, removing invasive weeds, and planting and pruning native species.  [**Wilderness Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666fe77a0e6d6425c13190a31dcd41f8d20ec062522a296e3f1865ee3fd997380f2d2cf1807d2c4830a380671864318ac2d&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074362308%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=uEt1VYATZA%2FH%2F02KZm6S8toXXrXjm34A0%2Ffhu6iUzko%3D&reserved=0)**| Starts Aug 31** This course focuses on "off-trail" navigation requirements for climbing, scrambling, intermediate snowshoeing, and other more advanced courses. | | | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people in hard hats  Description automatically generated | |  |  | | --- | | Mountaineers volunteers hard at work on National Trails Day. Photo by Matthew Shawhan. |  |  | | --- | | **News & Notes** |  |  |  | | --- | --- | | |  | | --- | | [**Equity & Inclusion Update**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af3166699af9da5496a7b7eb8e2316269aa36082f899d181db2b9fca7475f4b8001c87dcb5ebf10962146e61b09f5474f7c914c&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074368063%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=lbrzMAF6WyZr7fLs2uYgXJOQ7Mr711H2cx5xQZp1vho%3D&reserved=0) The Mountaineers recently released an [update from the Equity & Inclusion Committee](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666cd20f7d5242de50205f77c382b003c0c2a048c61d12362654fa5ea9cc0fa3bd7ef5d0c7bd7a3e1a624afc747267ac85c&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074373914%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=G4ZOzbk%2FuhLor9s0uGCaf%2BLbPb3%2BmQYzUb2jPVII4eI%3D&reserved=0). The update highlights affinity-based courses, including the Foothills Women’s Alpine Scrambling course.  [**Spring Conservation Policy & Advocacy Update**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666ad27b91565c3687ecd8c8e9286bce117ee81486ed297fe250e5ee3736dbebb30f7672d0bf41872fa3f5dc3d4379490f1&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074379759%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=7fHpe8IcRE4USFZ3vq7BByuZxwIBIzJ4wZwP%2BqFKdRw%3D&reserved=0) On June 4, 2024, The Mountaineers conservation team shared updates on policy priorities and how The Mountaineers and partners are advocating for the outdoors. Read the [event recap](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666bca81c85c71345b63ca03cdd994e6253f5a187dae3c501be9405d74243104f8054757cfd21c269e4e5ffdeec312c8be4&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074385597%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=mJ%2Bf71Q3g7GXj8RBZ%2BeztR5iL5n2T0J50rNO%2Fp8buvs%3D&reserved=0) or watch the recording for current and upcoming opportunities to take action to conserve public lands and protect the outdoor experience.  **Stewardship & GoHike Spotlight** The summer 2024 *Mountaineer*magazine featured exciting things happening at The Foothills Branch, including a [spotlight](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666d16a33c123fe816845b75118d976ea20aa908f18189c01ab9b46ee32963eea6d15ba7f4b16c7eab574b9868631954639&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074391381%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=3uJHllrKZoIKyephvWGhWYgeERFY92ChKvhqJhmx4Dw%3D&reserved=0) on work the Foothills Branch Stewardship Committee is doing to care for public lands and waters in the Mountains to Sound Greenway, as well as a conversation with three [GoHike](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af316660f6ca278f968f9946dbdad510b32fa89a56125ea10ed2489e6317764a2dc79ef3aa1d6ea59609a711448ce91fb2ef252&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074397221%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=sBSHaKeUipGXXksWaPlMcsncDQ2CmXl%2Fio6wl51Rg0M%3D&reserved=0) graduates about how the course has influenced their outdoor adventures.  **Foothills Backpacking Committee Updates** Congratulations to our newest backpacking leaders: Leslie Frank, Christy Cherrier, and Elliott Krivenko!  The Foothills Backpacking Committee is bringing back our popular Backpackers Pajama Parties under a new name and focus: “Trail Tales: Adventures in Backpacking.” We’re looking for Mountaineers backpackers interested in sharing their adventures backpacking in the PNW. Your photos, digital maps, and logistics are valuable and can help others plan their own amazing trips. We welcome your trail stories, challenges, and personal victories big and small! You don’t need to be a professional photographer or writer – we’ll give you a template and help you build your story. If interested, contact [Christina Buckman](mailto:christina.buckman.2011@gmail.com?subject=) or [Cheryl Talbert](mailto:cascadehiker12@gmail.com?subject=).  **Foothills Conservation Committee Updates** The Foothills Conservation Committeehad a robust spring stewardship season with partners Mountains to Sound Greenway and Skagit Trail Builders. Eighteen Mountaineers teamed up with Mountains to Sound Greenway for National Trails Day on June 1 to construct over 300 feet of new trail in the Middle Fork area and perform maintenance at Garfield Ledge. The committee also collaborated with the Skagit Trail Builders on three stewardship activities at the Northern State Recreation Area in which 65 Mountaineers volunteered 455 hours to complete Hill Creek Loop Trail. Thanks to these efforts, visitors to Northern State Recreation Area can enjoy a level, compact trail surrounded by trees, grass, and wildflowers. The committee is grateful for the amazing teamwork and dedication that have made such a positive impact on our trails!  **Foothills Urban Walks Committee Update** The Foothills Urban Walks committee is pleased to welcome new Urban Walks leader, Christina Buckman, and would like to thank Kelley Chaddock for mentoring Christina.  [**New Heat Risk Index**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af3166677030e189cfd308248e09ca049aefece9551704551a7938f01d89ca1f121ebcb037a3038842d33da4beb5e437ed2b428&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074402980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=81iV%2BMaq5Rji6rt9%2BOE67Ceuao3orBFWAqNP1IxGyxs%3D&reserved=0) Foothills Safety Officer, Danielle Graham, would like to share a new [heat risk index](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af316663f342b92c4fa60ec40a0f30f2edf3583125b8eee6e2f16290c5fb6765b69bef11e0e88ebae55fa849f17456e23ba17f4&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074408748%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=FNpE8feMQlhgx2a1RuEwNg3G9czoKxGjugMccrnc8qM%3D&reserved=0) that NOAA is piloting. The index assesses how unusual the heat is for the time of year, the duration of the heat, and if temperatures pose an elevated risk of heat-related impacts. In addition, Mountaineers are advised to “keep up their guard” after completing any hard section of an activity, as slips and falls often happen on the way back to the trailhead when we are fatigued.  [**Snow Bridge Safety**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af316663a723202c254b8ce7b7995aef7d3fa046e4d16063e70d4b63678816d9c2a0baf6a41a9c84078a4362ce7b7de6a630624&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074414622%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=pC5VkY%2B%2B9g8g88W2i5nvntcTt3riaOOF3fIUX9SNBUs%3D&reserved=0) How much do you know about one of the most feared and dangerous hazards mountain-goers can encounter? Learn how to recognize [snow bridges](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666aa908dfc880936387f5f2d759a141847250a4155486dfcbc963aed9bc5414a1c95a7c641db7714aaed6aa9a6fb3c7cea&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074420433%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=XzUgAC%2FFghIhsJMwx9E3nFIyyER3fObBWl3V%2FRMWKps%3D&reserved=0) and navigate them safely. | | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dd08b40b10af31666731be5b39b32725b58645a7d32b8ca7cb427afdceea6256de7d0d3b1238b18eb4b40cb67a4ac6d22ca5955d81606274a&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074452244%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=HQH34YjY7kZMMOnNS9nJtdVC7INRmz0jQIHXV%2Bdjh2g%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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd07297a5638440fa57599f27d27bda3baa1f3d12b68d0ddea3ebc350a896a0ba0a7d72bb0b06d55bbb1c&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074458291%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=eg7JlafdaKSrsyuDuxpy2XyXSwkQEnDQqOZ1Dzl4lVo%3D&reserved=0)| [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd07297a5638440fa57599f27d27bda3baa1f3d12b68d0ddea3ebc350a896a0ba0a7d72bb0b06d55bbb1c&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074464646%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=oZ8TXXR7Kpl%2Bd7QT5T2uVMcJZMbH4BYG7G9uUCWXWUI%3D&reserved=0) | | |  |  |  | | --- | --- | | |  | | --- | | This email was sent to 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%3Dd08b40b10af316669d7ab1f90b067cf12bd224bb83dd7c4eaeb3a044094860183eb6083c8a0ebc8393d4137f58412893adaf6b5348ca5591&data=05%7C02%7C%7C3238c7758a374ae54b9208dc9f4e1b0f%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638560405074470755%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=78iUFIQkW1AEip9%2Fb4fes7mtYqNBcwmhtmkXFEEj80c%3D&reserved=0) | | | | | | | |
|  |

