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# FOOTHILLS NEWS

monthly e-news for Mountaineers



## Upcoming Events

### Save the date for the Adventure Wellness Weekend | Sep 20-22

The Adventure Wellness Weekend (or AWW) is an all-inclusive weekend of outdoor adventures, wellness seminars, hands-on workshops and classes, gourmet food, and more at Meahy Lodge. Activities include trail running, scrambling, hiking, yoga, nature walks, foraging, photography, meditation, and workshops/seminars on topics like post-workout recovery and fitness training. Participants can 'choose their own adventure', tailoring their classes and activities to what is most interesting or works best for them!

### Mountainfilm | Sep 28

The Mountainfilm Film Festival is one of the country's premier outdoor-themed film events. This year's World Tour will be shown at the Bellevue Youth Theater, and includes over two hours of amazing films about outdoor adventure, community, inspiration, thrills, humor and natural beauty. Mountainfilm is dedicated to educating, inspiring, and motivating audiences about issues that matter, cultures worth exploring, environments worth preserving, adventures worth pursuing and conversations worth sustaining.

[Buy Tickets](#)

### Foothills Branch Annual Social and Volunteer Recognition Banquet | Oct 8

Join us at the South Bellevue Community Center to meet others in the Foothills

Mountaineers community for dinner and an opportunity to recognize our amazing volunteers (plus a fantastic guest speaker)! Doors open at 6pm.

[RSVP](#)

### **Foothills Speaker Series: Heather Anderson | Oct 14**

Washington's own Heather Anderson is a world-class and inspiring adventurer and thru-hiker. She was recently named National Geographic's "Adventurer Of The Year." In November of 2018 Heather became the first woman complete the "Triple Crown" of hiking – the Appalachian, Pacific Crest, and Continental Divide Trails - in just one calendar year. More precisely, she hiked 7,950 miles in 251 days.

What drives her passion for life on far-flung trails? That is something she asked herself in the days, weeks, and months she walked alone in wild places, facing her fears, loneliness, and physical challenges. Hear Heather tell stories from her new memoir, [\*Thirst - 2600 Miles To Home\*](#), published by Mountaineers Books, and discover what she learned about herself and life on the trail.

Tickets have been regularly selling out for Heather's appearances in the Pacific Northwest, so get yours soon!

[Buy Tickets](#)



**Volunteers Needed for Key Leadership and Support Roles**

## Branch Council Positions

Do you remember that feeling you had after completing your first Mountaineers hike, backpack, or scramble? You can take that exhilaration to the next level by serving in a leadership role in the Foothills Branch Council!

Our all-volunteer Branch Council is behind the success of every program - from that first Mountaineers event, to outdoor activities and advanced courses, to impactful conservation and stewardship initiatives. As a Branch Council member, you can build your team leadership experience and resume, while contributing in a fun and meaningful way to the growth of our exciting programs for adults and families on the Eastside. Your efforts will really make a difference in the lives of our community! We are currently seeking candidates for the positions of [Branch Chair-Elect](#) and [Branch Treasurer](#).

Past branch or committee experience isn't required, and you'll receive plenty of active mentoring and support. Please consider contributing your skills and energy to a leadership role on our Branch Council and help the Foothills Branch continue to grow and thrive. Encourage friends and colleagues to do the same!

To learn more, contact [Volunteer.For.Foothills@gmail.com](mailto:Volunteer.For.Foothills@gmail.com).

## A Mountaineers Program Center on the East Side?

Earlier this year the Foothills Branch was given the green light by The Mountaineers Board to bring forward detailed options for an East Side Program Center, where our members and volunteers can gather in a convenient location closer to home for instruction, skills practice, fun, and community. To move ahead on the project, we need a few volunteers with construction contracting, project management, or related expertise to help our Council evaluate potential properties and build-out costs. Help us make this very worthy project happen - contact Branch Chair Cheryl Talbert at [cascadehiker@earthlink.net](mailto:cascadehiker@earthlink.net)!



## Committees and Programs

### Conservation Committee

Join fellow Mountaineers and partners from the Mountains to Sound Greenway and Seattle Outside Adventurers meetup to continue our joint effort to build a new trail to Garfield Ledges! Our next stewardship event there is on August 10, [sign up today](#).

### Family Hiking Program

Are you one of those individuals who feels strongly about nurturing the next generation of Mountaineers? Do you want to support The Mountaineers mission of education and exploration? If so, please consider becoming involved with the Foothills Family Hiking Program and help us launch a hiking series devoted to families and their children.

The Foothills Family Hikes are for children ages 5 to 13 accompanied by a parent/guardian. The hikes will have a theme and each child will receive a "passport" to record their experience at the end of each hike. All hike leaders must be a [Qualified Youth Leader](#) (a very easy online process) and will be provided with reference materials to aid them on their hikes. Please contact Tom Harvey at [tkharvey0312@live.com](mailto:tkharvey0312@live.com) to discuss how you can contribute to this exciting new program. We guarantee you'll get back much more than you give!

### Navigation Committee

The Navigation Committee has been busy planning events for the Wilderness Navigation Course. The online components of this class, an eLearning Workshop and a GPS Module, start on August 15. In-person workshops at Bellevue Botanical Garden begin in September and course field trips at Raging River State Forest occur in October.

Of course, none of this can happen without volunteers. The Foothills Navigation committee is offering the following "perks" to those for who volunteer this important, high demand course:

- **Badge renewal:** Basic Navigation Badges can be renewed by instructing at one in-person workshop and one Raging River field trip.
- **Free GPS Badge:** Moving forward, all instructors are required to have a Basic GPS Badge in addition to the Basic Navigation Badge. To help, we are offering free GPS training (starting Aug 1) to those instructors who help at one in-person workshop and one Raging River field trip.
- **New Navigation Badge:** Volunteers who do not have their Wilderness Navigation Badge can receive free enrollment in the Spring 2020 Wilderness Navigation course. To qualify, volunteers need to help at both in-person workshops and Raging River field trips.
- **The joy of teaching:** What else can be said!

If interested in volunteering for this course, please contact Alan Davey at [awdavey@hotmail.com](mailto:awdavey@hotmail.com).

### Snowshoeing Committee

The Foothills Snowshoeing program is looking for senior and junior instructors for an upcoming Basic Snowshoeing course and a Winter Camping course in 2020. If interested, contact [foothillssnowshoeing@gmail.com](mailto:foothillssnowshoeing@gmail.com).

## Trail Running Committee

Ever thought of running an ultramarathon? Learn how to get started with an expert panel at the [Introduction to Ultrarunning Seminar](#) on September 17 at the Lewis Creek Park Visitor's Center in Bellevue.

Or if trail running is more your speed, become a trail run leader! You don't have to be super experienced, just willing! We will mentor you. To get started, please submit your online application or join us at the [Trail Runner Leader Seminar](#) at the Seattle Program Center on September 24.

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## Find More Courses by our Amazing Foothills Volunteers

Did you know that since the first of the year, our amazing Foothills volunteers have offered 276 activities for our members? This includes 140 day hikes, 40 trail runs, 22 backpack trips, 22 cross-country trips, 11 backcountry ski trips, 18 scrambles, 15 snowshoe trips, and more! That doesn't even count the 40 courses, clinics, and seminars we've offered. Have you thanked a Mountaineers volunteer today?

Now you can receive automatic alerts and notifications of new activities led by Foothills volunteers. An Alerts & Notifications section has been added to membership profile page, where members can choose to receive an email when new content is added to The Mountaineers website. This system is set up to alert members and guests to new trips immediately, in a daily digest, or in a weekly digest.

[Learn More](#)

Thank you for subscribing! Follow us online:



[www.mountaineers.org](http://www.mountaineers.org)

The Mountaineers enriches lives and communities by helping people explore, conserve, learn about and enjoy the lands and waters of the Pacific Northwest and beyond.

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