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# FOOTHILLS NEWS

monthly e-news for Mountaineers

## Hello Foothills Mountaineers!

I hope you enjoy reading this month's newsletter. Inside, you'll find information about the exciting activities, courses, and programs the busy Foothills Branch Committees have planned through the next few months. You'll also learn more about the dedicated team of volunteers that keep Meany Lodge running and find out about some great work our Foothills Conservation Committee has been doing to keep our local trails beautiful!

You don't have to go far in search of amazing trails. Some of the best trail running options in Washington can be found just minutes from bustling Bellevue, Redmond, and Issaquah. The Eastside is graced with a sprawling park system and extensive trail network that ranges from gentle paved rail trails to grueling single tracks. Whether you're looking for a trail for an easy jog, long run, or challenging training course, the Eastside has you covered. Discover these spots with local guidebook author Craig Romano's [top recommendations](#) for trail running on the Eastside!



## Backcountry and Nordic Skiing

The Foothills Backcountry Skiing Committee has been busy planning some exciting courses for Winter 2020:

### [Nordic Ski Waxing Clinic](#) | Nov 17

Enhance your cross-country skiing experience this winter by learning how to hot wax your skis to improve your glide and speed. The Foothills Nordic Skiing Committee will host a Nordic Ski Waxing Clinic at the Tacoma Program Center.

### [Wednesday Night Ski Lessons](#) | Jan 8-Feb 12

Enjoy a mid-week break and develop your skills so you can have more fun skiing the backcountry! The Backcountry Skiing Committee has partnered with The Summit at Snoqualmie Snow Sports School for special group pricing on six weeks of telemark and randonne ski lessons at a Professional Ski Instructors of America (PSIA)-certified ski school in Snoqualmie West. There are separate groups and levels for A/T and for telemark. All levels are welcome, the registration deadline is December 15.

### [Backcountry Touring Course](#) | Jan 28-Mar 8

This course teaches the skills and knowledge necessary to become a competent participant on day tours in the backcountry. This course welcomes both skiers and splitboarders who can ski or ride downhill at an advanced/intermediate level or better at a lift-served resort. Participants must be able to make turns downhill safely and confidently in ungroomed variable snow conditions and slope angles.

### **Volunteer With Us!**

Would you like to volunteer to lead a trip? The Backcountry Skiing Committee is offering a course in February 2020 to help you get the training and skills you need to lead successful ski trips. This course includes a lecture and on-snow field trip, where you get to practice leadership skills. This is a great way to share your enthusiasm for snow sports. Visit the Foothills [website](#) and download the leader application for details.

If you would like to become a ski leader, or are currently on the leaders list but did not complete the training last year, please attend the leaders training course, dates TBD based on student interest. Leader training and Level 1 Avalanche training will be free to any leader who commits to leading three trips this winter/spring.

[Email us](#) your completed application or with any questions you may have.

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## Conservation

On September 28, the Foothills Conservation Team, led by Russ Levy, volunteered on the Nature Trail in the Middle Fork Snoqualmie Valley. The team joined up with Mountains to Sound

Greenway, Seattle Outdoor Adventurer's Meetup, Washington Trails Association, a local Boy Scout troop, and many other invested volunteers. A special benefit to performing conservation work on National Public Lands Day in the Middle Fork is the Cheers for Volunteers Celebration put on by REI. Free t-shirts, local beer in stainless take-home glasses, and lunch topped off the event.

The Middle Fork Snoqualmie Valley is a jewel outside of North Bend, which offers options for all. From the 1.5-mile Oxbow Trail, to the Brown Camp-an ADA accessible picnic area and short trail, to the soon-to-be-opened Garfield Ledges Trail, nature abounds and there is enjoyment for everyone!



### **Help Us Make the Family Hiking Program a Reality**

Do you have kids who you've been taking hiking since they were small? Are you a parent who routinely gets their kids out on the trail? We'd love to have you help us share your tricks and meet other parent-kid hiking teams as a co-organizer and trip leader for a new hiking program for young families on the east side! We hope to include:

- A short evening or weekend morning seminar on gear
- Tips and tricks and places to go
- Fun, close-by, and short hikes with things for kids to see and do along the way
- A 'hiking passport' with stickers to serve as a children's trail journal

We'll help you gain the necessary credentials to be a family hike leader. No special technical expertise is required - if you've been getting out on the trail with your kids already, you have the expertise we're looking for! If you think you might like to take part in the formation of this fun new program, or have an interest but still some questions, contact Foothills hiking chair [Cheryl Talbert](#).

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## Navigation

The Navigation Committee continues to gain momentum. In the past year, we've helped over 150 Mountaineers become safer and more comfortable in their outdoor travels. We currently offer two courses and two seminars open to all members - see what's currently available for sign-up on our [courses page](#) and get a quick description of our offerings below:

### Digital Trip Planning and Navigation

This course teaches participants how to plan trips and navigate using the latest digital tools through a series of interactive webinars.

### Wilderness Navigation

This comprehensive basic navigation course is focused more on off-trail navigation. It's comprised of GPS, map, and compass online training. It includes an evening in-person workshop to review and practice what you've learned with experienced navigators, as well as

an all-day field trip where you'll hone your new skills in the wild.

### **Staying Found**

This is a Foothills original seminar! Designed for the on-trail hiker or backpacker, it provides you with map and compass basics so you always know where you are. Staying Found is an all-day seminar consisting of a morning lecture and an afternoon practice hike at Tiger Mountain.

### **Winter Navigation**

We offer this seminar for the experienced navigator. Here you'll expand your navigation skills by learning the key points of winter travel.

We hope to continue offering these courses and seminars, as well as adding advanced seminars as the need is identified. If you have an idea or see a need, please [email us](#).

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### **Scrambling**

The Foothills Mountaineers are pleased to announce a new [Compressed Alpine Scramble Course \(CASC\)](#) to begin March 2020. This course covers the same curriculum as the regular Scramble Course but in a compressed format, with instruction taking place over one half-day lecture, a full weekend (Saturday and Sunday), and a field trip. This course is currently open for instructor registration and will open for student registration on November 1.

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## Snowshoeing

Looking to get out this winter? Consider one of the courses or trips offered by the Foothills Snowshoeing Committee. If you've never tried snowshoeing and want to see what it's like, sign up for a beginner-level trip. These trips do not require a badge or any previous snowshoeing experience and are an easy way to decide if snowshoeing is right for you.

If you're interested in learning more, take the comprehensive [Basic Snowshoeing Course](#), starting in November, to learn all about safe winter travel on snowshoes. Graduates will be eligible to participate in easy and easy+ rated snowshoe trips with the confidence of having a solid foundation in snowshoeing. Already an experienced snowshoer and looking to take your adventuring up a notch and go on our intermediate-level snowshoe trips? Enroll in the [Intermediate Snowshoeing Course](#), where you'll learn to use an ice ax and develop decision-making skills needed to stay safe in the backcountry. Finally, we are excited to offer a course on [Winter Camping](#) for skiers, snowshoers, and scramblers, where you'll learn how to stay comfortable on the snow during winter overnights.

Are you an experienced snowshoer, scrambler, or climber and interested in leading snowshoe trips for the Foothills Branch? If so, please [reach out to us](#) to inquire about our leadership development initiatives for new and established leaders. We are actively recruiting for enthusiastic leaders eager to run trips at any or all levels.

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## Trail Running

The Foothills trail running committee has had a busy summer - we welcomed 15 new backcountry trail run leaders, with more candidates pending. We would like to encourage anyone interested in becoming a trail run leader to contact us or submit a [trail run leader application](#).

Our inaugural Introduction to Backcountry Trail Running Course wrapped up the first weekend of September with a special excursion to the North Cascades. Despite some rain on our second day of trail running up north, fun was had by all as we explored Cutthroat Pass and Thunder Creek. Many thanks to Nataliya Semez, Tom Eng, Travis Prescott, Amalija Kopac, Olga Grunskaya, Jerimiah Wedding, Charlie Quinn, Rich Leggett, and Marcus Nagamatsu for their help leading the course.

Can't wait for our courses next summer? We have developed an equivalency process for members to earn the new backcountry trail running badge. Members who are interested in taking part in backcountry trail runs should contact the Foothills Trail Running Committee.

We plan on continuing to explore new ways to share our passion for trail running during the fall and winter, including winter trail running clinics, guest speakers, and a running conditioning series. Look for updates in future newsletters!

We are also hosting an adventure and wellness weekend at Meany Lodge in spring 2020 - stay tuned for more details!



## Events

### [Foothills Speaker Series: Heather Anderson](#) | Oct 14

Washington's own Heather Anderson is a world-class adventurer and thru-hiker. Heather was the first woman to complete the "Triple Crown" of hiking (Appalachian, Pacific Crest, and Continental Divide Trails) in one calendar year, is a record holder on the PCT, and was named one of National Geographic's "[Adventurers of the Year](#)" in 2019.

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!](#)

### [Expedition Journaling Workshop](#) | Oct 21

In this unique one-time workshop, join two professional outdoor storytellers - adventure writer Charlotte Austin and mountain artist Claire Giordano - to explore the potential of your own nature or expedition journal. Whether you're brand-new to writing, interested in blogging, want to pursue publication, or are curious about the state of the outdoor storytelling industry today, this workshop will share helpful tools and ideas to kickstart your creative practice. No experience in writing or art is necessary.

### [Hiking and Backpacking Leader Social](#) | Dec 12

Mountaineers hike and backpack leaders are invited to join us at our next leader social, jointly sponsored by the Foothills and Seattle branches! We'll be broadening our invite to leaders from all branches this time. We got great feedback from the last session in July, in which we had a great group of leaders enjoying getting to know their counterparts, a presentation from Mountaineers Leadership Development Manager Sara Ramsey on some of the latest happenings in the club that impact leaders, and small group discussions on topics of interest. [RSVP](#) now!

### [Methow Valley Winter Trails Weekend](#) | Jan 3-5

Join the Foothills Mountaineers for three days of cross country ski trips, with the opportunity to snowshoe, take a sleigh ride, and much more!

### [Spokane Nordic Ski Weekend](#) | Jan 17-19

Join the Foothills Nordic Ski Committee for a winter weekend of cross-country skiing and snowshoeing in Mt. Spokane State Park! Enjoy this winter wonderland setting on a mountain with stupendous views of Idaho mountain ranges and the Canadian Rockies.

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## **Meany Lodge - New Courses and Love for our Volunteers**

[Meany Lodge](#) offers an outstanding range of activities during the winter, including drop-in ski lessons, private ski lessons, and an all-day introduction to uphill travel with touring equipment, all delivering excellent value. There is also overnight lodging with meals available for those wishing to spend a full weekend. But none of this would be possible without the incredible team of volunteers who keep Meany Lodge running! This talented and dedicated team includes:

- Michael, who has been diagramming the electrical system of the lodge
- Jerry, our sanitation engineer for many years
- Jim, who can always find a meaningful project for work party volunteers
- Alex, the mechanic extraordinaire who can design a fix for every vehicle at Meany and who has been coming to Meany since he was 7 years old!
- Chuck, our Meany Lodge Chair

Would you like to join this great group of volunteers? There's always more work to be done! Come make new friends and learn what it takes to operate a ski area, prepare trails, fix machinery, and improve the lodge. Participation in work party weekends is free and provides stewardship credit. We will be hosting work party weekends [Oct 19-20](#) and [Nov 2-3](#).

### **Snowboarding, Backcountry Uphill Travel Lessons Now Available**

Beginning in January 2020, Meany Lodge will add snowboarding to the busy schedule of weekend ski classes. Also new in 2020 is a Backcountry Uphill Travel Course every Saturday. This course is limited to only 2-6 attendees, so each participant has the opportunity to receive individual attention. Stay up-to-date on the exciting activities at Meany Lodge on our [activities page](#).

Thank you for subscribing! Follow us online:



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

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