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The image shows a banner for 'FOOTHILLS NEWS' with a logo featuring a mountain and the letter 'M'. Below the banner is a navigation menu for 'THE MOUNTAINEERS' with links for 'ACTIVITIES', 'COURSES', 'CONSERVATION', 'VOLUNTEER', and 'MORE'. The main content area features a scenic mountain background with the text 'EXPLORE · LEARN · CONSERVE' and a 'GET OUTSIDE' button. Below this are two sections: 'ACTIVITIES *get outside with us*' and 'COURSES *learn outdoor skills*'. Each section has a dropdown menu labeled 'Choose an activity ...' and 'Choose a course ...' respectively, followed by a 'FIND' button.

Activity and Course Notifications Now Available

Did you know that you can now sign up to get notifications when activities, events, and classes are posted on The Mountaineers website? Open your profile on the website and scroll down to “Alerts and Notifications”. You can set an update frequency, specify what you want to hear about, and identify your preferred branches. This is something that many of our members have been requesting for a long time. We’d like to give a big thank you to The Mountaineers team for listening and getting this set up for us!

Conservation

The Conservation Committee is excited to collaborate with Mountains to Sound Greenway, Washington Trails Association, and Seattle Outdoor Adventurers on National Public Lands Day on September 28. We will be furthering our work to complete the new Garfield Ledges trail in the Middle Fork Snoqualmie Valley. This will be a large collaboration and volunteers are invited to stick around and join REI at the Middle Fork Campground for their Cheers for Volunteers after party! Enjoy free food, drinks, and fun with your fellow volunteers. Sign up for the work party today!

[Sign Up Now](#)



Hiking and Backpacking

Our hiking and backpacking activities and courses are thriving! So far this year our amazing volunteer leaders have led 153 day hikes (nearly a quarter of the 627 hikes offered by The Mountaineers as a whole) and 37 backpacking trips (over half of the 72 offered across The Mountaineers so far)! We had a great group of students, mentors, and assistants in our seventh year of our Backpacking Building Blocks Course, and 15 students have already completed their requirements to graduate! Join our thriving, fun community! Register for [hikes](#), [backpacking trips](#), or find out how to [become a hike or backpack leader](#) for The Mountaineers!

Conditioning Hiking Series

The After Hours Conditioning Hiking series is about to wrap up another successful year, but there are still a few hikes left! This series, led by Barbara Folmer, consists of moderately-paced hikes along the I-90 corridor on Wednesday evenings from March through October. There is usually a break for a sack dinner at a scenic view point. Remaining hikes for the 2019 season include [Twin Falls](#), [Big Tree Ridge](#), [Wilderness Peak](#), and [Licorice Fern Trail](#).



Snowshoeing

This year the Foothills Snowshoe Committee will be sponsoring Basic Snowshoeing, Intermediate Snowshoeing, and Winter Camping Courses. The Basic Snowshoe Course is now available for enrollment. Last year's course filled up completely, so enroll soon to guarantee a spot!

[Sign Up Now](#)

Trail Running

Trail Running Standards

With assistance from the Safety Committee, the Foothills Trail Running Committee launched The Mountaineers first-ever trail running standards this last spring. We are excited to see momentum gathering around trail running in our branch and across the organization. The Trail Running Committee relied on these standards to develop and offer the club's inaugural Backcountry Trail Running Course, which filled to capacity and already boasts 7 graduates. We also welcomed 14 new backcountry trail run leaders this summer.

Ultrarunning Seminar

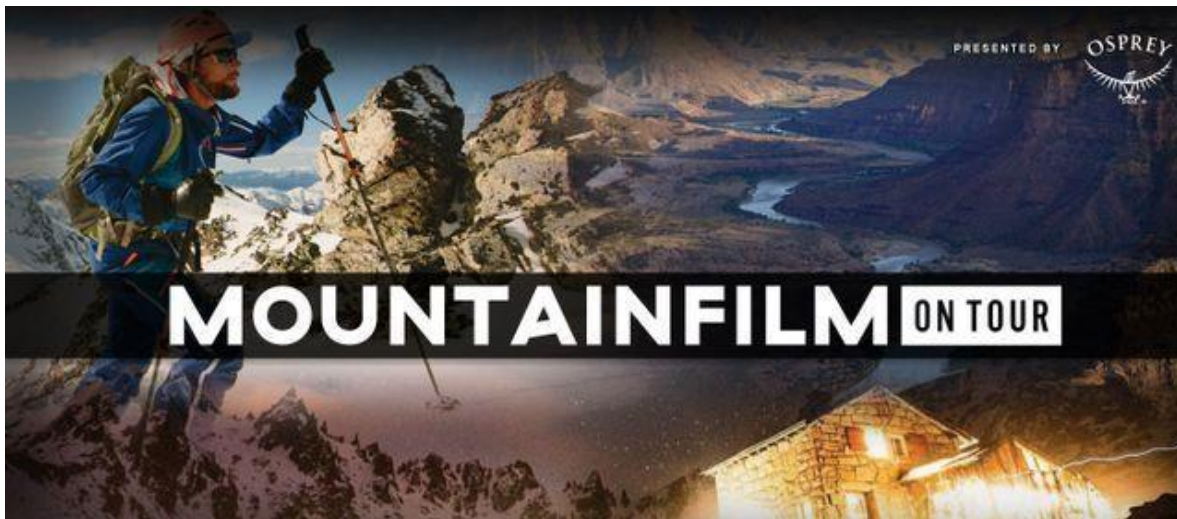
Ever thought of running an ultramarathon? Learn how to get started with an expert panel at the Introduction to Ultrarunning Seminar on September 17, at the Lewis Creek Park Visitor's Center in Bellevue.

[RSVP](#)

Trail Running Leadership

Interested in becoming a trail run leader? You don't have to be super-experienced, just willing! We will mentor you. Join us at the Trail Running Leader Seminar at the Seattle Program Center on September 24. This 2-hour evening seminar provides experienced trail runners with information to help them become effective leaders for The Mountaineers.

[RSVP](#)



Events

Adventure Writing Workshop | Sep 17

We're delighted to host Charlotte Austin, a Seattle-based adventurer, travel writer, and mountain guide, for her seventh writing workshop! Learn the tricks of the trade, share secrets of the travel writing industry, and discover helpful hacks to craft your individual story. No experience is necessary; just bring an open mind, laptop or pen and notebook, and your sense of curiosity. Whether you're brand-new to writing, interested in blogging, or want to pursue publication, you'll leave this workshop one step closer to meeting your goals.

[Sign Up](#)

Adventure Wellness Weekend | Sep 20-22

Join us for a weekend of activities celebrating wellness and the outdoors at Meany Lodge, hosted by the Foothills Trail Running Committee. Activities include trail running, scrambling, hiking, yoga, nature walks, foraging, photography, meditation, and workshops on topics such as post-workout recovery and fitness training. Participants can 'choose their adventure', tailoring their classes and activities for what is most interesting or works best for them!

[Sign Up](#)

Mountainfilm Returns to Bellevue | Sep 28

Mountainfilm is one of the country's premier outdoor-themed film festivals. 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.

Join us at the Bellevue Youth Theatre for a festival of films, people, stories, and ideas that celebrate indomitable spirit, educate and inspire, and motivate us to advance solutions for a livable world.

[Attend Mountainfilm](#)

Volunteer Recognition Banquet | Oct 8

Have you marked your calendar for our annual Foothills Branch Volunteer Recognition Banquet? We will be gathering at the South Bellevue Community Center to celebrate our wonderful, dedicated volunteers. This event will include a summary of our branch progress, a talk from guidebook author Craig Romano on his new book [Urban Trails: Eastside](#), and a delicious buffet dinner. This event is exclusive to current or prospective volunteers at our Foothills branch, as well as their spouses and partners.

[RSVP](#)

Foothills Speaker Series: Heather Anderson | Oct 14

Washington's own Heather Anderson is a world-class adventurer and thru-hiker. She was recently named National Geographic's "Adventurer Of The Year" after becoming the first woman to complete the "Triple Crown" of hiking in one calendar year, completing the Appalachian, Pacific Crest, and Continental Divide Trails. Heather hiked almost 8,000 miles in just 251 days, an almost unheard of accomplishment.

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. Join us at the Bellevue Botanical Garden to hear her story, and grab your tickets soon – Heather’s events have been selling out fast.

[Get Tickets](#)



We Love our Volunteers!

You often hear how volunteers make all of our branch programs possible - and *they do!* The team of volunteers who planned the Adventure Wellness Weekend is a fantastic example!

THANK YOU to Samantha Sanders, Amalija Kopac, Nataliya Semez, Gabrielle Orsi, Walter Hicks, Tom Eng, Lori Heath, and the amazing team at Meany Lodge.

These volunteers contributed countless hours and creative energy, as well as their unique skills and experiences, to help plan an exciting weekend that includes a multitude of activities to help

our members experience nature in a new way.

This team has counterparts all across the branch that we'll tell you about in future newsletters. Foothills volunteers not only share the accomplishment of making programs happen, but their shared volunteer experience builds strong friendships and a sense of community that truly enriches their lives. Whatever your skills - teaching, writing, photography, marketing, leading trips, event planning, supporting stewardship efforts, or admin skills like finance, accounting, or project management - we have big and small opportunities for you to pitch in, build new relationships, and make a difference! [Learn more about our Foothills committees](#) and contact a committee chair, or email us at Volunteer.For.Foothills@gmail.com to explore the possibilities with us!

Volunteer Needed – Outdoor Leadership Committee Chair

Do you have a background in outdoor leadership that you'd like to share with us? Our most outstanding Outdoor Leadership committee chair, course co-developer, and lead instructor Carole Olivier has had to take sudden retirement from The Mountaineers. We would like to offer Carole a huge THANK YOU for all of her amazing contributions to the branch and our programs! Her sad departure leaves us with an exciting opportunity for someone with a background and interest in teaching outdoor leadership to step in and help with leading our Outdoor Leadership Committee and running our biannual full-day seminars for our dedicated volunteer leaders. This extremely rewarding position will allow you to put your stamp on a great set of course materials that are already in place. Think you might be interested? Contact Branch Chair Cheryl Talbert at cascadehiker@earthlink.net for more information!

Thank you for subscribing! Follow us online:



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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