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## FOOTHILLS NEWS

monthly e-news for Mountaineers

### Hello Foothills Mountaineers!

We hope you're staying healthy and happy during this unprecedented time. With Governor Inslee's phased plan for lifting coronavirus restrictions, it may be some time before we can be outside together enjoying the freedom of the hills. For an understanding of how the COVID-19 pandemic is impacting The Mountaineers, please take the time to read [CEO Tom Vogle's most recent update](#) to members.

Despite staying at home, The Mountaineers provides many ways for us to stay connected with each other and the outdoors. From helping to create online curriculum, hosting a virtual meetup, or expanding your skills through online learning, there's plenty to choose from. This is also a great time to catch up on reading. Check out some of the great new [Mountaineer Books](#) or join the [Mountaineers Online Book Club](#)! With 30 new titles a year, we have something for everyone. And don't forget the [Foothills Mountaineers Branch Facebook pages](#)! Click this [link](#) to find more opportunities to connect

We also invite you check out the [Virtual Education Center](#), which offers everything from gear tips to technical skills. Are you looking to enhance your leadership skills, or want to improve your navigation? Maybe you want tips on some of the latest gear, or to join a virtual hangout? Then this is the place for you. Browse our educational resources, build new skills, and more!

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### Virtual Events, Courses, & Seminars

**All activities, courses, clinics, and seminars are subject to change** and can be cancelled or rescheduled at any time. Please stay up-to-date by visiting our website or reaching out to the appropriate leader.

#### [Arm Chair Global Adventures](#) | Ongoing

Join us for our new Armchair Global Adventures series and experience life-list trekking, backpacking, and skiing destinations around the world with our Mountaineers Global Adventures leaders, all from your favorite chair!

#### [Backpackers' Pajama Party](#) | Friday evenings

Don your onesie and slippers, grab a favorite beverage and some popcorn, and join your fellow backpackers to learn about the best backpacking routes in our fine state!

### [Backpack Trip Planning Clinic](#) | **May 11**

This evening clinic will provide backpackers with valuable information, skills, and tools to help you find and plan the best destination for your trip. Learn how to develop a trip plan that will prepare you for a safe and successful adventure.

### [Birding in Quarantine](#) | **May 12–Sep 2**

Are you watching birds out your window and dreaming about what a birding trip might be like? Join us for our Birding in Quarantine Course, which will keep you entertained in these unusual times and prepare you for your very own birding trip once we return to the outdoors. We will cover about 100 common terrestrial species found in Washington, their identification, their songs, and where they live.

### [Conditioning for Hiking and Backpacking](#) | **May 14**

In this online course you will learn multi-joint, hiking-specific strength training exercises you can do in a park or your home, as well as proper progression for your hiking workouts.

### [800 Miles on the Hayduke Trail](#) | **May 18**

Join us for this virtual event featuring a documentary and lessons about backpacking, filmmaking, and life from Alex Maier's two-month 800-mile backpacking odyssey from Arches to Zion.

### [Trail Running Leader Seminar](#) | **May 19**

This online seminar provides experienced trail runners with information to help them become effective leaders for The Mountaineers. We welcome anyone interested in learning more about becoming a trail run leader.

### [Tips and Tricks for Women Hikers and Backpackers](#) | **May 21**

Join long-time backpacker and all-around adventurer Teresa Hagerty for this discussion of women-specific tips for gear, hygiene, and safety. This event is tailored for those who are familiar with the basics of backpacking. Teens are welcome!

### [Hiking the GR20 Across Corsica](#) | **May 12**

Join Olympia Branch Backpack Leader and Navigation instructor Mike Kretzler as he shares his two-week trek across the crest of this mountainous, Mediterranean island. Learn about the logistics, food, and dramatic scenery of this adventure, from the comfort of your armchair!

### [Hiking in the Dolomites](#) | **May 18**

Steve Johnson will share hut-to-hut and day hiking trips in the iconic Italian Dolomites. Hiking in these mountains can be based in the comfort of family owned hotels in charming valley villages or from huts perched high in the mountains. Travel there with us from the comfort of your armchair!

### **Changes and Cancellations**

Due to the extended stay home guidance from Governor Inslee, the following events have been cancelled or re-scheduled:

### [Adventure Wellness Weekend](#) | **Jun 5-7**

Cancelled. Several of the planned activities may be offered individually later in the summer or this fall. We look forward to planning another AWW in 2021!

**[Staying Found: On-Trail Navigation for Hikers and Backpackers](#) | May 16**

Cancelled.

**[Introduction to Frontcountry Trail Running course](#) | May 7-Jun 18**

Rescheduled. New dates to be determined.



**Join Branch Leadership as Branch Chair!**

The Foothills Branch is seeking a Chair-Elect to join our team this spring! This position is part of a three-year term; the new Chair-Elect would begin ASAP and transition to a one-year term as Branch Chair on November 1, with active support and mentoring throughout. The Foothills Branch is a vibrant and fast-growing community of members and volunteers on the east side of Lake Washington. The ideal candidate for the Chair-Elect position loves to work with and support dynamic teams to deliver great programs, is committed to recruiting, developing and rewarding volunteers, is motivated to support collaboration among committees within the branch and across the club, and is passionate for The Mountaineers mission and supporting our volunteers. If this sounds like you, we'd love to hear from you! Read the full [position description](#) and contact Cheryl Talbert at [cascadehiker@earthlink.net](mailto:cascadehiker@earthlink.net) to find out more!

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## Your Support Will Help The Mountaineers Weather the Storm

In a normal year, The Mountaineers facilitates a month-long giving campaign every May to bring in donations that leverage our mission and boost our programming. In light of COVID-19 and April's organization-wide virtual Gala campaign, we are adjusting our traditional fundraising efforts and reducing regularly-planned electronic communications. The following is an excerpt of a letter from Tom Vogl mailed to longtime members and donors to provide an update on our organization and demonstrate a need for support.

[Learn More](#)

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## Three Ways You Can Help The Mountaineers

The COVID-19 outbreak [has had a significant impact](#) on The Mountaineers. All money received during this time is supporting general operations so we can continue offering creative programming and be ready to help you get back into the outdoors again as soon as it's safe to do so. Together, we can get through this, and we thank you for any help you can provide.

### Renew or Join

With your ongoing support, we will weather this storm and come back stronger than ever. Use code ME20TOGETHER through May 30 to get 20% off when you join

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### Donate to The Mountaineers

If you are in a position to do so, we appreciate any support you can offer during this difficult time. Gifts of any size make a difference, and can help The Mountaineers continue to give back to our

or renew your membership.

Already renewed?

Contact [info@mountaineers.org](mailto:info@mountaineers.org) to take advantage of this deal and we'll extend your membership to 2022.

Join/Renew

bee revolution, or explore a landscapes through Mountaineers Books. With 30 new titles a year, we have something for everyone - and don't forget our Mountaineers merchandise. Save 25% using code TIMETOREAD as a thank you.

community as we learn and explore with you. Donate directly through our website, or contact [development@mountaineers.org](mailto:development@mountaineers.org) to learn about additional ways to give.

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