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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172ff13d7aa6ace0faa777640cc1d9310976c52d5fe214568f6feb0668648ce58671055eb18f1a41770f74713c51f6903d1&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239751687%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=QFt5BAysnw986LNlRaaAbG2QuUiWFtpFZwvDZmwirlg%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D09f75d97fd998c497005529bf5eef4be7cd03a24064da482722ac0d05920b95f550b1db62bb64426205bd85b2d71a33be2b84306caee66a56514b28629ac77ebcd08d656378c9c7b8276821b5f968a9f&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239751687%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=KNcJdUW6U57%2Fu3CQxsW4wp%2F9EwyXyIVHk9JBY5l86jE%3D&reserved=0) |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy New Year Foothills Mountaineers!**  We hope everyone had a happy holiday season and is ready to begin another trip around the sun. The New Year is a perfect time to rediscover what supports and nourishes you, and the Foothills Branch has plenty of activities and courses planned to help you discover the beautiful Northwest wilderness. Every day is yours to start brand new, so check out all the Foothills [activity listings](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe21726b1a318bec30c4a7a6a20cb9a439fa062c5f2b1e5179b2458c30a0970e8b6fd7a73c9155b8dcf0d642ac87c651476205&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239761642%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Sdwnqeu07VL5%2FxhsOVQdqNvv0fQQU4b9jXJplStDh5s%3D&reserved=0) and start planning your 2021 adventures now! | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | West Fork Foss River, by Gabe Purpur. |  |  | | --- | | **Virtual Events & Seminars**  All listings 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.  [**Foothills Branch Annual Celebration**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172b534af288e27515affcf800ced9b1cf551582d1cba7c4b5913aeb13d411b1563f5f380044c2825662ed23f8729aa3953&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239761642%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=wepzya7Ots9rxtNNzHgYcplGt%2Bc77NbW4ww61zP9cdE%3D&reserved=0) **| Jan 8** Please join the Foothills Branch for a virtual celebration of our accomplishments in a difficult year. We will welcome new faces, say thank you to those who are passion on their leadership batons, and host a presentation of the Foothills Branch Service Award.  [**BeWild with Bernadette McDonald**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe217218b2878367b4ff7997e43f3cb0d0f202403a1ff039bea98dd0e98e639b8c8626e7036effc8bce41cd7ec60b20cf8e707&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239761642%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=8jmnY7QGEymu0ASwWfvQOVSwOT1qUzzA4h0kfbj%2FhPc%3D&reserved=0) **| Jan 14** The world of high altitude climbing is challenging in any season. In winter, the cold, wind, and isolation take it to an almost incomprehensible level. And yet, there are those who choose to climb some of the world’s hardest peaks in the coldest season. Join Bernadette McDonald, author of Mountaineers Books title *Winter 8000*, as she introduces these “ice warriors” and their adventures on the highest mountains on earth.  [**Introduction to Winter Trail Running**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe217217c44aa29f06b600f4d4fc63309c0505b1e1ba4df4928bbdb734d6f0dacb3192ea77f0d0611eb5f2aa16d3e2b96c1993&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239771601%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2B2WWIg7b4DdEaD59csxqyrveDDGFTcaBARYf%2F3ueruM%3D&reserved=0) **| Jan 19** Running in the winter poses challenges even for the seasoned trail runner. Join us and learn about all things winter trail running, from lighting to clothing and gear choices.  [**Webinar Series: Giving Structured Feedback**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe21726290a5b6e23a22729ff230595f62aa563ec4e0334f835a7f0f53a334cfc520d951a0a891f2bb3ab90bfa88aa9301fff1&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239771601%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=I2PceeA19PPK1FXjuCXDGS9%2BVUWL1i4%2BTYzwSV5pReg%3D&reserved=0) **| Jan 21, 26, 28** Giving feedback can be uncomfortable for anyone. Giving feedback to a volunteer peer can be a challenge all its own. Volunteers are invited to join us for our free three-part webinar series on giving structured feedback, hosted by Tracy Rekart. This webinar will give you the tools to navigate feedback in a positive way.  [**New Hike or Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172892d2eba71c0531330ccb2976529630f2c15f69b49d6766c02d853ef227cabfe20aa73a8cab427efe5ff4a321fa67c57&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239781555%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=CenUlZ2bsYNMRvgnIyuwV9TjsLTmprB29u7i9MjKGi0%3D&reserved=0) **| Feb 4** This 2.5-hour evening course provides experienced hikers or backpackers information they need to become an effective hike or backpack leader for the Mountaineers.  [**Conditioning for Hiking and Backpacking**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172efa38c2bc6ef80a65b205315c8cb5d93cdc49ed6930205b2069fd9b6b99b865810764caa33b2c0f6e45b88785b0985fb&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239781555%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ae%2BrT7R2Tc%2BnCtipFFQR3Ll7V567sL%2BMOjAazwe39o8%3D&reserved=0) **| Mar 10** In this virtual clinic, trekking trainer Sheri Goodwin will share hiking-specific strength training exercises that you can do in a park or in your home, and help you build a personalized strength and fitness training regime to help you get ready for success on the trail this season. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | MAC backcountry skiing trip, by Carl Marrs. |  |  | | --- | | **Courses & Activities**  All listings 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.  [**Skiing Skills Improvement Series**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe217203a9459ad1993497905ed809484220ad581a669a4475bb8e1f19af7900d0fcc3c23e0063d3c7458d1a8f56b1953fa71a&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239791513%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=SE3JQALSvWOB%2FwAhTDsLN5Gpt9HjtVj66PB4ADD6BzE%3D&reserved=0) **| Jan 6-Feb 10** Join as at The Summit at Snoqualmie for a multiweek lesson series that focuses on improving skills you can take into the backcountry. All skill levels from “never skied” to “advanced” are welcome for both A/T and Tele.  [**Wilderness Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe21725a3e86616c5814b647596df9269f1dd01393528411fbd111055569c129af2770e4abd0946a218c7c5c2049d29439db35&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239791513%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=aGCf5IRZRVt%2FOmeJ82E2%2FvMT0G%2B4xUA38Xj%2Fd7Rh50Q%3D&reserved=0) **| Jan 11-Mar 31** The Wilderness Navigation Course prepares students for the rigors of backcountry and off-trail navigation. Students will learn: how to travel skillfully in varied terrain and conditions, both on and off trail; how to maintain situational awareness; skills in using maps, altimeters, compasses, GPS, and emergency communicators.  [**Foothills - Backpacking Building Blocks Course**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe21723ad30a957ed057296d33be1de6a12ba2d1f097bf71dbb22e1c3bc21b3cb99779bf6b96d3f738f0ad991351fa567ca854&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239950816%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=PlkZ2IQdvlcxN7L0wGpcD4QTxIzzL1JFKc%2BF8TNc5a8%3D&reserved=0)**| Registration opens Jan 15**  Ready to jump-start your backpacking? The “B3” course is the most comprehensive backpacking course The Mountaineers offers, providing a full season of learning, practice, and support. Open to members from any branch and focused on beginners and those returning from a long hiatus. Sessions begin March 16.   [**Staying Found: On-Trail Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172f83912eea581a7985ff07d30690dd2f18c78c1ddb84499f3c5318bd7a5a42e5f633c3b4a38bfcebcad72ec90ae4c6af1&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239950816%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=D9jfFFrnLdv3UEHgDxCsc0O1nTpor8bBLrjU7lh3Wx4%3D&reserved=0) **| Registration opens Jan 15** This hands-on course provides focused information and on-trail practice to help students become confident reading a topographic map against the features of the terrain around them, get important information from a compass and altimeter, and maintain a steady awareness of where they are as well as how to find themselves if they are lost.  [**GoHike: Beginner Hiking Series**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe217222e12f1eb6421e8e411dade88ee6c7aff137669ff8a18de6017280e26ab1cdcdbe3ac76b1b3327e9bcd61ab339dd5adb&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239960770%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=kW%2FsVLQj0jvnhvNfvarw%2Bx9G02Qj0MCeBluRUT72MkQ%3D&reserved=0) | **Registration opens Jan 25**  The Foothills Hiking Committee would love to help you make 2021 your year to start a lifetime of hiking with a compatible and fun community of people. We offer low-stress, easy hikes at a social pace in one of the loveliest places in the world for hiking! If you’ve been dreaming of hiking but hesitate due to the fear of not having the “right” gear, or being unprepared, out of shape, or too slow, the new GoHike Beginning Hiking Series will help put those fears behind you.   [**Basic Alpine Climbing Course**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe21728f7138c8140b28b595130fbc2e2e709ec1c3050fc22530becdd51cbe1be8dcdb9fbe50d2ff17c611647cdddd1363a79b&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239960770%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=0ePTbvtzFh7LWfW5TFjhFYx%2BSisSzedXqVr0reRAXyw%3D&reserved=0) **| Jan 26-Oct 15** The Foothills Climbing Committee is excited to announce our new Basic Alpine Climbing Course! In this comprehensive introduction to rock climbing and mountaineering, students will develop the fundamental skills necessary to climb peaks in the northwest.  [**Intermediate Snowshoeing**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172d98a2cc2cce45b2878836dce49ddb05409b60ac9c09fd26b1dbfddbc18657355ec0c2dbe9ae47c4004983d645a80c9f9&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239970724%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=qevF9jEQ5HXZFuoL%2FRiRz5a0pHxwzgC%2FkxziVM%2FU3fI%3D&reserved=0) **| Jan 26-Apr 30** Already an experienced snowshoer and looking to take your adventuring up a notch? Enroll in the Intermediate Snowshoeing course where you will learn to use an ice axe and further develop the decision-making skills needed to stay safe in the backcountry.  [**Youth Avalanche Awareness**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172461d94c2ebb51b45f3f7e7782a8880dc6f6991474eec5d992634e2817116dda4e9577c46b2fd69ba03e2f4265348c379&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239970724%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ISHwqtoc0Cy3K1itCNWBbJrXHkuRVyXLbTurPkKoems%3D&reserved=0) **| Feb 2-Mar 10** This is a free, entry level course for youths ages 15-24 years who would like to learn how to safely experience the backcountry with a group. The focus will be on decision making, how to achieve group consensus in potentially high-risk terrain, what constitutes avalanche terrain, and the formation of avalanches. No previous experience is required. All instructors will be credentialed Northwest Avalanche Center (NWAC) personnel.  [**Ski and Snowboard Mountaineering**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe21728d039b0b51cac84dfa17ad0453f8915971a4e9c5e5167df648277375cfad499ffeb51c8d4afebcd04792c69cc92d5217&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239980683%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xXMGT4Y7lvIAsWcCb4W6URjNZOhUaCv8%2F9ORxHDB4hw%3D&reserved=0) **| Feb 22-Mar 29** This course, which consists of 7 evening online sessions and 3 field trips, will provide experienced skiers or boarders with the knowledge and skills to safely ski or snowboard in most backcountry destinations.   [**Winter Camping**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe217281917006878ccab6c5114fb4f8581245d2c19be82d077fb17bc4e6d3b8e16a14dbe45ecc5732af55c572ddc6b0556a67&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239980683%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=vG2M%2F8HVb2%2F5kPRcDc20xAfxM7pmj7RosdylRAbgAZA%3D&reserved=0) **| Mar 3-Apr 30** The Foothills Snowshoeing Committee is excited to offer a course on winter camping for skiers, snowshoers, and scramblers, where students will learn how to stay comfortable on the snow during winter overnights.  [**Compressed Alpine Scrambling Course**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172d979468f90e2f20bc8e03f6874a786f37a5a93bb04973e7c6f064d5b09835a0c6429fdb657cc8b9d6d341fe6abc94369&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239990637%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=7xDDTPTV1fnrssg5T6w%2FxrQZKsrDVjo1Sog65Hfl%2FQI%3D&reserved=0) **| Apr 6-Nov 1** Looking to reach summits that don't have a nicely defined trail to the top? Consider taking the Compressed Alpine Scrambling Course offered by the Foothills Scrambling committee. This course takes place in May and teaches the foundational skills necessary to be part of a successful alpine scramble. Students will learn safe off-trail travel on both snow and rock as well as how to use an ice axe, allowing you to reach many peaks in the Cascades. If you have already graduated, consider coming back to instruct in the course. It's a great way to keep your skills polished. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | |  |  |  | | --- | --- | --- | | |  | | --- | | Heather Lake. |  |  | | --- | | **News**   * **$135K and counting!** We are overjoyed to share that 750 members, volunteers, and supporters [donated over $135,000](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172fc0a6d97873975b6a240b4a306222a5ebd6c5a72b7aeaaaf344daa6de6a475dfb1146860471a53eac764fde28d980f41&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114239990637%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=hkGjkcs5jDBGX88EwvNWryomgPMVNy5jVe%2FsBSHhSzY%3D&reserved=0) to preserve and enhance the most important services The Mountaineers provides to the outdoor community. * **Introducing the BeWild Speaker Series 2021 lineup!** For eight years, the [BeWild Speaker Series](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe217294e7560eca8c1c594833fef9b2c4a3ced9e964e048bbd3c7b35dc0a6bfbacb555e2f83b9dfd51b00884da5d80c2ba31e&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240000594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=HjJGseM2LscqE2AVyocd%2B03ecKGPE4nW%2FtChpe0nROY%3D&reserved=0) has shared stories of passion and adventure. This year's lineup includes award winning authors, not your average thru-hiker, and a world class alpinist. The 2021 series begins on January 14 with Bernadette McDonald, who will offer us a glimpse into the dizzying world of winter alpinism. * **Are you interested in instructing a course for The Mountaineers?** Join us for a 5-week [Principles of Instruction](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172654e852ee278c9b7f63624360deea794c9d3c6d24e8fda55b2a986436a1946435e5e58a8383f87e2af149048759b516c&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240000594%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=QpuQsjdiDlXY3sPDGyrP3LYxztW5ZMY037U7tmC1EiY%3D&reserved=0) course designed to help you prepare to teach an upcoming course or field trip (January 25-March 1). There is a 90-minute online classroom session and 1-3 hours of independent work each week. We encourage you to enroll with a course in mind that you plan to teach. * **Get your Basic or Advanced Backpacking Badge!** The Foothills Backpacking Committee will help you through the process of applying and qualifying for or [The Mountaineers Basic and/or Advanced Backpacking Badges](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172b0268a475b4d376ca8dfb787186c67352e93443343b85ae8ece23d0d1595438a75a3b551903098d1891845fd09c1ee78&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240010552%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=MuXBD6IiC6eEXCQQh9nmyMxzLroDdOYj22EJIk0GmtM%3D&reserved=0)! These badges can be obtained either through taking one of our backpacking courses or by applying and qualifying for the badge based on your experience and skills obtained outside of a Mountaineers course. * **Is an international backpacking, hiking, or trekking trip on your wish list for 2021?** Trips are available with openings starting in the summer of 2021, COVID-19-permitting! Destinations include Iceland, Japan, Peru, Patagonia, Chile, and Turkey. Check out the [trip schedule](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172320b685c6ea121afb41b1b56b4b2e0270d8a7936f9ff5e377d9ba7331d08758b900120b2ae3a5da67a3e711d1a3b2f13&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240010552%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=MMRe18Ji%2F3bZ%2BmVYab8ACtQNUgGcuqqGuOgD9Jne7%2Fg%3D&reserved=0) and apply for a spot. | | | |  |  | | --- | |  |  |  | | --- | | **Three Ways You Can Help The Mountaineers**  The COVID-19 outbreak [has had a significant impact](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172b0f144fe822eed0eccb1ec926a81ee98572c6138f2825115686b3eae904bf08e5fff9670a46585f67fa7283f83d9d484&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240020506%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=RCOaPha%2B3sqoKNfo1TVvpjYTbGjv4nknvaZfyB35Ui0%3D&reserved=0) 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 ME21TOGETHER through January 31 to get 20% off when you join or renew your membership. Already renewed? Contact Member Services at 206-521-6001 to pay in advance for next year’s membership dues at the 20% off rate. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Join/Renew](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172ff13d7aa6ace0faa777640cc1d9310976c52d5fe214568f6feb0668648ce58671055eb18f1a41770f74713c51f6903d1&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240020506%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=gS0K3DbC28IIWfO56lT9fo873UwjFMpOUj626FDHTNo%3D&reserved=0) | | | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Shop Green Trails Maps** Mountaineers Books is now the exclusive distributor of Green Trails Maps, offering 150+ high-quality backcountry maps. Features include; icons for picnic areas, tent camping, backcountry bathrooms, and more; dot-to-dot trail distances; permit requirements; and much more! Get your Green Trails Maps today. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Shop Maps](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe21727d8288aefcf01021fc6964ef9c499ffaca2a7a8102b7077d5071b6fead530c9a5fa45dee331a03e79ff5e12c055091fb&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240030464%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=VfqmjYDAs600%2B7Z4BXy0lxovr8NDunHVpRvoUvxkbok%3D&reserved=0) | | | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Give Back with Workplace Giving** Double the impact of your volunteer hours, membership dues, or donations with a matching gift through your company's Workplace Giving program. Many employers sponsor generous Workplace Giving programs for employees, and yours could be one of them. Learn more and give back to your community. |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Learn More](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172d532d122085795c197bf8829a990844d839950341cb81ee3073db04bb08abcec51241684778f5de2ddfee3d67c4e9316&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240030464%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=iAWH9a7Le5Y0uf9aa9GuWh2RW6dwexRFBULrtFja6f8%3D&reserved=0) | | | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Da91682074efe2172de95d945b369f8c29b2c93b64f2c8add17b0a2fb3d7a5793f1cdbfc274b5e187f27f071a05115952461e568f029d6ad4&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240060335%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=qVApKW9IBbUrvPwiR%2FS1X93FgY0B5OCPFlpqL5Q%2BO%2FQ%3D&reserved=0)   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.  [Unsubscribe](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072d79f7a68ed8bfd81ca1b89a948722e1b2b6833d03cbd1c8608cb12b42a3721700e2a0327413bb477&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240060335%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=5Oo9k6m0fCvGllnN2Ncn7TV%2BXJ1sqzpcCG40M6NzeiI%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd072d79f7a68ed8bfd81ca1b89a948722e1b2b6833d03cbd1c8608cb12b42a3721700e2a0327413bb477&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240070288%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=iU4UyqirC8ttLsB8nUcboKaDqNP7fMuplnF8AzTHMPE%3D&reserved=0) | | |  |  |  | | --- | --- | | |  | | --- | | This email was sent to [lorieheath@live.com](mailto: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%3Da91682074efe21728207f2d07be56d1e3c7fb0be2d18a4f69c09e0896e8437677c019e598150ad286113dd2e9b8d09558f94454ee9b0301f&data=04%7C01%7C%7Caa3b2a4e42294a81ad9a08d8b3de3553%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637457114240070288%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xiSdrwGo80vPACOBAojjJ2Pce5%2BxX40pTsR%2FCxCoRiM%3D&reserved=0) | | | | | | | |
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