|  |
| --- |
| not a member? [join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f2197469274661d19e1ea4fbff06c7f0ac81381c37a2e4cee59b442161e0d088063a32ab2c9c80b3a975a5f4ec5bc1907f946232a1b5&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865550184%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=wIwNv3un7pVpIyRfHsHGK9uKcOjYeFVFt9HPfGBhjFw%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D1211a50cbd6081adb8520c45c397ee66610530a57ab5b9d59b89af501946a7315dd559877153c8b570f14552930ae009bea0ec1bc0af4803b239b720f8f9a00d87d9e1f54cf8be90238cd086258f0682&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865550184%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Ny%2FBetsRmAOecx3rgF92UdfefGR6JAvJe4wveYvn4b8%3D&reserved=0) |

|  |  |  |  |
| --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Hello Foothills Mountaineers!**  It’s been one year since the COVID-19 crisis began to impact The Mountaineers. Find out how we’ve persevered through these challenging times in an [update](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f219746927461ea55892f3f90340c90f8b08fb32db875671bea78620aaf53040bf4a28ad8aaadf7f370197c6ae38178cf68ed04a923e&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865560138%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=cOz02IlRvIAewDJ5iwKPeShtYOf1T89AeKYTxgeBQ08%3D&reserved=0) from our CEO.   Warm weather and sunshine are just around the corner and we have plenty of ways to help you get outside and make the most of it! Check out all the fun [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f21974692746df745b512eb3de0499a111529fca31b3ab4a725c68a784e112af8e25fb582d7e5d6a5db349496e791c2dc86b7886d8f1&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865560138%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6dXxlyfPNg%2FGTfTiLht%2FNnVKRMX6esCjN79xrKd9acI%3D&reserved=0) the Foothills Branch has in store for you this spring. | | | |
|  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **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.  [**Conditioning for Hiking and Backpacking**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f2197469274652f3ff34d6e8b4c6c79c916b2bce8558a4917ab1ba5263d4426f58b1320a3c50cf97b827b5f48fd027726b1f67d4109a&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865570096%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=9oKghnmbp%2F%2F4wNoB4z3PDlNv4J%2FxslBfAsdh7gPJM5M%3D&reserved=0)**| Mar 10, Apr 6** 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.  [**BeWild with Barney Scout Mann**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f21974692746a467b4acb7ea193e5e25ffa9bd878ed5875f975c36f06cce6622edba3baf32b052af86e07845ab15ab06cf6f7278ff71&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865570096%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=j%2F2UV1KajkJ95XeoDqbW7uSvzB2FOviWAX601n1Eotg%3D&reserved=0) **| Mar 11** In 2007 Barney Mann and his wife Sandy undertook the adventure of a lifetime, setting out on the 2,650-mile Pacific Crest Trail (PCT). Unbeknownst to them, the year was fated to hold extreme weather conditions in which only a third of PCT hikers finished. Join us as Barney shares their compelling story, revealing the universality of our humanity and what it means to belong.  [**Backpacker’s Pajama Party: Olympic Adventure 2020**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f21974692746a3cbee402a84b2c902c205bafcf92e810e4d292c5eeddff97404f53d2e341a7914d91733f8089c98c76693f563be32fa&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865580053%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=LMDQgsT%2BEaA3JNDH2hkqfU8x5WNuf2wNyNZIe161Qj4%3D&reserved=0) **| Mar 12** Join long-time Mountaineers hiker, backpacker, and pro photographer Heidi Walker on a virtual tour of her 9-day, 62-mile sojourn through the heart of the Olympics.   [**Walking the Wild: Portugal’s Rota Vicentina with Sheri Goodwin**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f219746927461326f10d22bac8d8812fd6238d2908f7131bf5472f515068230fe852d68fae3d98ae839967a5c984ba62474207644b4f&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865580053%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=7ovCz6jmeW%2FaWAw2KsP8edD8gqkAZFm2i0kFgQwCE58%3D&reserved=0) **| Apr 8** Join Mountaineer, trekking trainer, and international trek leader Sheri Goodwin as she shares photos and trip planning info from her trekking adventure along Portugal’s stunning Rota Vicentina trail system.  [**Lightweight and Ultralight Backpacking Gear Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f21974692746202dafaa59adebd4d34be9f84fa379f693917aa3661233429c43e494dc2d5d973e75d2e5af2991a2bfc1756cb1b992b7&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865580053%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZBSRU1q6QKrE1OKTnC5YkRQSu%2BqD19FVePIE1a0gGw8%3D&reserved=0) **| Apr 13** Learn how to carve 10-50% off your pack weight in an affordable and safe fashion, with the latest trends in lightweight and ultralight backpacking gear and systems.  [**The Mountaineers Virtual Gala**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f2197469274655753861058082f69c8ece22ab38ed32aa7cb1ef535087a59cf79d0d48a6754c598c6358b224aa449917731d6eaab447&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865590007%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=dJPQoABXx8fvP1KIWMt999Yh75hcyZ0iO0lcfWBcrgY%3D&reserved=0) **| Apr 29** This virtual fundraising gala will honor Mountaineers volunteers who helped us through 2020 with a one-of-a-kind awards show. All funds raised will support donor-funded initiatives at The Mountaineers and Mountaineers Books, including scholarships, volunteer support, conservation & advocacy, youth outreach programs, and more.  [**Get Social with Pod Socials**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f2197469274640ef9d5b020cf1e3c724f0ef522499c54b9b5e51efaa35ef32146b74dced77aa044141900a87e6fa07d5669a83631602&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865590007%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=wV0BLHWYLfdLFxWBBIiz7htLpM1nk00FhxTYujdN31E%3D&reserved=0) **| Apr 29** Knock, knock - your social life is calling! Get social before our big fundraising gala on Thursday, April 29 with Pod Socials! Don’t let Zoom fatigue stop you from spending time with your friends. Gather your adventure buddies, coursemates, and furry friends for a virtual hangout before our biggest and most exciting event of the year. Learn more about Pod Socials and how you can register to host your own or join a friend’s today!  [**Lightweight Backpacking Food Planning and Preparation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f21974692746fb851cf4ef3a7c20fa51dd5daf827905097eda274bcb7e08fab33709ebb26891ffdeaa838ef9bd4927929d62f1bebda7&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865599962%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=0u2j56mivOX8nVXpr6yFdYscuOZFxNHnO%2Bv5cxyeKjs%3D&reserved=0) **| May 12** Learn how to plan a tasty and lightweight trail menu that will provide the nutrition you need to succeed on your trip.  [**Essential Trip Planning Skills and Tools for Backpackers**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f2197469274673e177bf1f3fbab63105294591d20e39cf471c1aebbd395b7774b7ab13ffc2ef9507e2548001e66680466ce3b2dcf36b&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865599962%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=c6r0s569OkUKcXsy6xxM5sPCl7M6j0feBW2rmmkNdRg%3D&reserved=0)**| May 18** Learn basic information, skills, and tools to help you plan a successful backpacking trip.  [**Tips and Tricks for Women Hikers and Backpackers**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f219746927464398cd59b448768d979287a719c2608a141f7a9037382a487a2f5a043326c25fb158119916560002cfbd0a974cd8bd76&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865609917%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=U2wEPYGpC6J529PiEacevDrtcSEuFffTk3RxuABC3lI%3D&reserved=0) **| May 20** Join long-time backpacker and all-around adventurer Teresa Hagerty for this discussion of women-specific tips for gear, hygiene, and travel safety.  [**Long Distance Backpacking Clinic**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f219746927464e33c22f95d6c93e88a026f362d8d71733db8c91ebbdca7260e10b09c607ac54c804f54308f249c80a5a42fc05bea349&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865609917%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Lpvf%2Ba88XhHIWdz1HP2%2FPlWFhwjSAXvbnZYTLY76rHI%3D&reserved=0) **| May 26** Join 2018 and 2019 PCT thru-hiker and avid local hiker and backpacker Kathleen Neves to learn the ins and outs of long-distance backpacking. | | | |

|  |
| --- |
|  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | MAC backpacking trip to Forbidden Meadow, 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.  Did you know that you can set up your Mountaineers profile to receive automatic notification of selected courses and activities? Just click “My Preferences” on the left-side column of your Mountaineers profile page and scroll down to the “Alerts and Notifications Preferences” section. Select the courses and activities you’re interested in, the sponsoring branch, and the update frequency. Don’t forget to click the “Save” button at the bottom of the page to save your new preferences.  [**Compressed Alpine Scrambling Course**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f21974692746bce35ed26ff37c0aa3873ea55e2d5f6f43cd03ad308acac0a4641108a6d75b181c6bc4fa250fa87a71fbe26122841947&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865609917%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=lO0tqizl945aw0bkrUMOzC7FtUceQViDRSSui28XSzo%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 them 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.   [**Introduction to Trail Running**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f21974692746bc6698863befc43fea3bdc225f4df20fafb939267b291e9e47aa9a011b9d5439dcd0c9fbbbea0ab926370dd26dde3580&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865619876%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AILN%2BDSPuiia59hOt4VKLCmv8Uq8uwc%2FwL4JjI5efn8%3D&reserved=0)**| May 4-Jun 30** Learn how to start trail running on local "frontcountry" trails in the Seattle area and along the I-90 corridor. | | | |

|  |
| --- |
|  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | |  |  |  | | --- | --- | --- | | |  | | --- | | Heather Lake. |  |  | | --- | | **News**  [**Trailhead Ambassadors**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f21974692746e30eff535a82d234a7cbe1214035f88101e052749f1889d2413ce8db3f8714cbcf262e1e5afee809123f3685500679da&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865619876%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ZzYOPFC53ULc2QfMDLorPU7BiXWYkiFxUy%2FW90dgSH0%3D&reserved=0), a brand-new volunteer program, is launching this summer in the Snoqualmie Corridor area. This new program is currently recruiting volunteers to educate and empower visitors on trails and public lands within the I-90 corridor. Volunteer Trailhead Ambassadors will serve as a welcoming party at popular trailheads to answer recreation-related questions, promote responsible hiker ethics like Leave No Trace, and collect trail use information for agencies and nonprofits. Volunteers will go through a virtual training that covers topics such as: ways to engage public users, how to provide information about recreational trails, and education about how to play an active role in caring for trails and public lands to ensure safe and sustainable trails for future use. Those interested in volunteering are invited to join [Zoom information sessions](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f219746927469b92620ac78d8d720873474355bbe01df4ca32defeafa219862a587110965e8898495c882cb593936d32fb4ef5cd1192&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865629832%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=nxteqhAVFOfpyMAQmOFcwiVb7gBmvK2X8HvJ2TyHLQ0%3D&reserved=0) on March 9 and March 11. | | | |

|  |
| --- |
|  |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | Foothills scramblers on a trip. |  |  | | --- | | **Leader Spotlight: Louis Zuniga**  This month, the Foothills Mountaineers would like to recognize the contributions of Luis Zuniga! Luis is a new Mountaineer who, with his wife Karla, has developed a passion for the outdoors and all things Mountaineers. He quickly became a Foothills hike leader, is already seeking his backpack leader badge, and has volunteered to be a mentor for the Backpacking Building Blocks course. We're thrilled to have Luis on the Foothills volunteer team! |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Luis](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc5d8f2197469274655b3c446c435a0803b49da08ef9aad60bc6636337de6dfa0a979b169b693bff59a08e75c1d8cf353ed2c09888dc779df&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865629832%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=sGKLbecMfya8ZAvd7jHLr2le71LS3FX0LBE1s1BucWI%3D&reserved=0) | | | | | |

|  |
| --- |
|  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | |  |  | | --- | --- | | |  | | --- | | **Volunteer Opportunities**  Are you interested in becoming more involved with The Mountaineers? The Foothills Hike and Backpack Committee welcomes you! We’ve seen dramatic expansion in the number and breadth of our activities and programs and want to enhance committee structure and processes to make them stronger and more transparent. We’d love to involve more volunteers who are interested in any of the following:   * Family walks, hikes and backpacks   + Program organization   + Activity leads * Communications   + Website, Facebook, marketing * Helping to develop Urban Walk training * Hike and Backpack Committee Officers   + Vice Chair   + Treasurer   + Secretary   + Leadership administration   + Course Chairs   If you want to become more involved, please contact Cheryl Talbert ([cascadehiker12@gmail.com](mailto:cascadehiker12@gmail.com?subject=)) or Nancy Temkin ( [nancy.temkin@gmail.com](mailto:nancy.temkin@gmail.com?subject=)). | | | |

|  |
| --- |
|  |

|  |
| --- |
| **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%3Dc5d8f21974692746a1e933bb68ab74b06ca633b0544430d2561176fb4d0593d2b88d6b50c2e3242edf798833160a0f230dd626d2a9e53bd7&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865639795%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=gxcMCeO4LDzRIwQeiLGcGwOqvLwbzIapRVTSfBCyo3s%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 March 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%3Dc5d8f2197469274661d19e1ea4fbff06c7f0ac81381c37a2e4cee59b442161e0d088063a32ab2c9c80b3a975a5f4ec5bc1907f946232a1b5&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865639795%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=zh0cpXRSPDABxNCchn4fzWVzU8OS2Tnw0V%2B2%2FghDb68%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%3Dc5d8f21974692746fc0ca1870e1a6ebc1f3e1f248dd3c48ecfa35019ba081c0259cb68cf3b0f43d556cd6a423fd73a8f62195188a2bfe0c7&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865639795%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=F4oGiiOUXjSQSOnx35LeumLRbT9ioCFpYefRJ8oVfRA%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%3Dc5d8f21974692746b097b07a9d9199cf6b095ab95825f86b8c2793712aee11c46d188ee14660613bbd09d6017128ad754fd3357de3c1e611&data=04%7C01%7C%7C758545b5f0a044a2588d08d8e23b20e3%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637508090865649751%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Mwav4Og%2FZJRSvI%2F1rlxwoDJS3XMg8eAmHrZb7YuG93U%3D&reserved=0) | | | | | |