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[join now!](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d590cc1f8bba4b7c7c20119812ba8b2207ac358e0598471d333664d6ec8d4bf9f8d7db7ed2a53567c734d9ce190131a9eb8&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=lcATjVO3kQQVrG235WfEDM8NQG%2BL0xjYQEWKGLdeWEI%3D&reserved=0)               [view as a web page](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fview.s7.exacttarget.com%2F%3Fqs%3D13a17408e18ef5661c2b05f7b6e62bfb3a6391c002e12c1e6a547dacd362226ab60d094efacf330026a24c02b929795702389c64e4dc4949d31119a1870f40b28fb6be136c0823645952215a6b23dd69&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hdA021XhkVDdfJhg2nnkFruJEYBDSNmvzHm69olL49o%3D&reserved=0)  Graphical user interface, text  Description automatically generated |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Happy March, Foothills Mountaineers!** | | | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Spring is almost here, and with it comes plenty of beautiful days to spend outdoors. If you think you might need some training before hitting the trails, then check out the [Conditioning for Hiking and Backpacking seminar](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59dafcd94e08214c06bc9b02688d163f6504ae157009f9538ae59cf209b894e4eb6bc88bbced037d585d44eeed95632075&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6eU1YEoVzMavMjwVEeXz9sytjGqAEoEPPSWB5eJqXiU%3D&reserved=0) on April 5. Worried about getting lost on the trails? Then you may want to join the [Staying Found: On-trail Navigation Course](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d597e5b63fe38d240622fbd8fb526764550fa7430dbd17797297f4178dda2349de6a135704be380a307285c3ccd5088d69d&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=TivfBYiMWoftxV6YAexk4VugmJI8yHRSXwLvDUrZPi0%3D&reserved=0) starting on May 1.   Check out all upcoming Foothills [activities](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59acbc316872604a42dd77f465bb44b404c6efb97633647f5496aa36f6a6bdf8e8061726592accbd87a53ac0ce645b218a&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dFFSYM2YcOyTfJy7p9Fm1fgUHyC5SljLKw9HdiB%2F720%3D&reserved=0) and start planning your next outdoor adventure. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Text  Description automatically generated | |  |  | | --- | | **Events** |  |  | | --- | | [**Movie Night at Mule & Elk Brewing Co.**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59643fb92b43531619be38c35b60da45e405856a45fb9d7242d8a2a50b246c9c3de3a597298ea2810b747b083e13791dd5&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BeryHHOskbDW9nocm0%2BGPSkbmcQreqLnIet73cTWlkc%3D&reserved=0)**| Mar 10** Head on over to Mule & Elk this Friday for the second installment of their monthly film series, Reel Rock 5. Enjoy stunning cinematography highlighting the greats, including Chris Sharma, Dean Potter, Alex Honnold, and Peter Croft. Admission is free and $1 of each pint sale is donated to The Mountaineers.  [**The Mountaineers 2023 Gala**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59122e1cdb92ef3882351f57a9bbf4da95fd1aa8fddc766341dfecb36a77ae51f7239dea5283ec2dd827e4a5064129587d&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=5W5PVod6w0Ah9CvtpcNDfqs6dmmHVSBvZFeAd54sKtc%3D&reserved=0) **| Apr 1** The countdown is on for the biggest Mountaineers event of the year! Our annual Gala on Saturday, April 1 will raise funds to help people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond. We’re bringing back the virtual experience this year so that anyone in our community can join. Claim your [virtual ticket](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5988109c05db6a1ce606a8dc6cbe149918aeb13e59bc206935af0202c8c7ed9acd8832b1de30144273bbc0de4f498d4854&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3C9QsjWVdbZNOwS8rgxjpoo39J8FkIrZqZQ7TysxCMM%3D&reserved=0) to be inspired by our speakers and access the live and silent online auction from the comfort of your home.  [**Walking the Wild: Idaho Sawtooth and White Cloud Mountains**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d599d925d684ed86e09e1d17020ccef773d9dcd2838c955549b10868f0d64cf66a91628d7440cbc5e2b0b2361fb88cbd94c&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=q4db%2F6Jxf9tlqVsM3IcplHLNFfqfqd3pIMQ2GO0qq6A%3D&reserved=0) **| Apr 20** Join Mountaineers hike, backpack, ski, and snowshoe leader Dick Lambe as he shares photos and trip beta from recent backpacking trips in Idaho’s Sawtooth and White Cloud Mountain ranges.  [**Mount Baker Trail Running Weekend**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59e9e94a7af0feb2cc17fdf1beef2cd195c8808040422cc553d973cd883a3c3392a3bed08ab83267c97cc15b8eb2f8b6f2&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=BLob3xlTeY6KWHII%2B1nxWOCop9x0tP0Zh7eJPfY75Y0%3D&reserved=0) **| Aug 11–13** Enjoy a weekend retreat at the Mount Baker Lodge dedicated to trail running, great food, and exploring new trails with friends. There are plenty of adventures and fun activities suitable for all levels and paces! | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A picture containing snow, outdoor, sky, mountain  Description automatically generated | |  |  | | --- | | **Courses, Clinics, & Seminars** |  |  | | --- | | [**Leadership Development Series Seminars**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5989d50cc625a52c681c60751beb6676cec167e46e482f6de1467eef9bf8d73aafe8ecced67e33af923ff27557142745e9&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=V2CnGYYxlDZ2NDQRbNf4onwBXzq1gWydw4ykGAMNMtw%3D&reserved=0) **| Ongoing** Join The Mountaineers Leadership Development Series webinars to connect with other Mountaineers, learn from presenters from various sectors of the outdoor industry, and expand your leadership skillset. There are many exciting webinars planned for March and April.   * March 13 - [Doing the Work: How to make outdoor programs more inclusive and affirming for LGBTQ+ folks](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5921db8575f28dc1fda73e4d23288fcece4668bd931330029e0495bffa92ae79476f4c1c4ac915ad28ea742e14fdbfcdda&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095191505%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=xhtBxwh0yUaJyDkciHsqSGcgnC%2Bf9PmB60y9GolLyc8%3D&reserved=0) with rza allen * April 6 - [The Big 3: Planning For, Assessing, and Implementing Effective Instruction](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5949099d66908dade8ef90d412346143d5aa50435e4a6e64d4f1813e714a8da7b264495a81c853d6bb92f878e2a3f9aec5&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ODjQ9A1xNivYlcubUdt0Q404Byv1TVor%2BD5o3vz%2Fg48%3D&reserved=0) with Ben Brown * April 11 - [Is the Scene Safe: Addressing Psychological Safety](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59b391a8fd0feab264adc0c1a1a352436f2ba1f2e96cb04bb7950b5be1977456b6995abdb4c2af02528906fa2e9852ba01&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=TWDpBUXTOv08Tw2%2BVZF7XlxoD9w2v5jo3l54lPq99Ps%3D&reserved=0) with Katja Hurt * April 13 - [Risk Management Mindfulness: Raising Awareness of your Innate Cognitive Illusions](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59280238adcd63ff051a27934036c646498b6332578a85f7ca7cf4c20f7d1133e4044c3a55ac86ab80dc230695f09aef6a&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Cld1yi%2BgzHJV5zTwtLeyVxVH0qobzDArUADspBu8HsM%3D&reserved=0) with Paul Dreyer   [**Emotional Safety in the Outdoors**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59dca6dea63903fa4e2d3e3b796e98a744b6334566b40765cdd32a100bb60b47be711ebeb44a1d1576b84230ce5fa7f412&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=a0jthKRUTzDNbRmohck9puK2w%2B69G3wc2JJz47mS9qc%3D&reserved=0) **| Ongoing** This course is designed for current and future volunteer trip leaders and instructors with the goal of fostering environments where all people feel belonging. The course builds on the principles established in our [Foundations of Leadership](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5960e592aaee98f866e2faef870aa3bc5b107ee89958a0ca300c4332b2a3ea7523ddba0b00dabb797e2df47ec28e07431a&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=YaYE905RGWW%2FenxVE3nrar9jBIoLJp%2FIE0TId1viVNU%3D&reserved=0) and [Foundations of Instruction](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59513a0c983f5dcb849948d57c633e6a88b1eab1e9d249826880e60fadcab8a5497dc5a002ca2c921bc4ecbe8054a65530&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=s5x1wUBq9aOUr%2FtNUBcsSZQOLfTQmSxZ1IHdIH5a5hg%3D&reserved=0) courses. We suggest starting with one of those two courses before taking this Emotional Safety in the Outdoors Course.  [**Introduction to Trail Running Racing**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59eabc23159ff498d41a3225676b61a52648a6fce4a3cfaa8792df40ecb8fa71b6173e378914423b754d97a918cb3cdd8c&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cq%2FA%2Bv8zC5XiUJpAGWCqK%2BQKFRk1z3UIcJZzEmM6zes%3D&reserved=0) **| Starts Mar 23** This course is designed to help participants prepare for a local trail race. Distance options include 5K, 10K, or half marathon. The course will focus on building a training schedule, nutrition, hydration, gear, and race logistics. At the end of the course we will run a local race together.    [**Introduction to Trail Running: Backcountry**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d591d12cdf7c75873ee67d36981fb34d8f48056b1c8c6008bc85ed919835f92601da420b786635c2c2ac7d394215eab9cef&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nRwWctVvGkChaZa0cB9DomO2OelWOStEyhRjTr19wqo%3D&reserved=0) **| Registration opens Apr 1** This course is designed to introduce participants to trail running in more remote wilderness locations. The curriculum focuses on how to travel as a runner in the backcountry safely, and the knowledge and resources you'll need. Wilderness First Aid and Basic Navigation are required to graduate from this course.  [**Ultralight Backpacking Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59515534ab442acdfa7ac6a007887d7e6a573cc5a4c5a7942fa0415f77f7f60906344425165a89852f239ccb25dcb8be2e&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=08MczgPonJD8fPbo8usPU9qFLMh4lHT6oHGYLa2GNQM%3D&reserved=0) **| Apr 4** Join this online seminar to learn how to carve 10-50% from your pack weight in an affordable and safe fashion, with the latest trends in lightweight and ultralight backpacking gear and systems.  [**Conditioning for Hiking and Backpacking**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5937dc232422e2eda8ce72666312e824ef48a08f79b89d4ed42ec2d324baba2898fa89188e3ebd2e94437a921574e49cab&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=vX7VYzfy6DS%2FJxjGyucnqyb3yCnX4OArwBusNByi%2Fdw%3D&reserved=0) **| Apr 5** Join this online seminar to learn exercises that strengthen major muscles used during hiking and backpacking trips. Gain mobility, stability, and strength to travel the trails with ease and help prevent unnecessary falls and injuries this hiking season.  [**Backpacking with Kids**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59ac96ed04654067e6a8bdaf09cd0695f178ea23ff6e24aea57952464b7d9571988966c41c4cc6e9d92f8911c7b6bfbcc4&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GzCPnMqAmrL3fEU8HxVhaKzGaOEc%2FXBtPEtm%2B4idohc%3D&reserved=0) **| Starts Apr 12** This course is for parents with some backpacking experience who want to take their children (little ones to teenagers) backpacking. Learn more about trip planning, trail tips, kid-oriented food, gear, and safety recommendations.  [**Introduction to Trail Running: Frontcountry**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59240b07f623e4254ffb54c4f63ca20b773a868963797b2800fdf3c82a5da55f06d61604b8c3b15f18cc67972cbb3f2152&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=EBLvin0Zx1dg6Y4jvsm83FvqjJjFXG%2FeIdRAIPjovK8%3D&reserved=0) **| Starts Apr 12** This course is designed to introduce participants to trail running gear, frontcountry trail navigation, nutrition options, safety, and basic trail running techniques. Field trip distances vary from 3 to 6 miles. Runners at all paces, including hike/run, are welcome.   [**Lightweight Backpacking Food Planning and Preparation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5958352316945881cd2ff0d1b6166214f4c45763c54fc87983071350ce2f9c0a3d114e678bb8129f61bee3b6457123ad50&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=bt9KOwDaUIP0MudW4jkk9XWgrW%2F1FaBCuRCIcOqEw4o%3D&reserved=0) **| Apr 18** Learn how to expand your ability to eat well and maintain your energy on the trail with minimum cost, weight, cooking time, and cleanup!  [**Glacier Skiing/Snowboarding and Crevasse Rescue**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5931231f9499133c5372ac30a584cc3d35defcf6893f2da76d019e3846c2a88ef783a5a2749155b725231bad4b4e717c26&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095347727%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fL93kv%2FVanzzzeUdAtBvz4lf%2BSe7PV2XRg38lS1KXtA%3D&reserved=0) **| Apr 25** This course is for those with competent backcountry skiing or snowboarding skills who want to safely travel on glaciers and perform crevasse rescues.   [**New Hike-Urban Walk-Backpack Leader Seminar**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d591ca480fbfa1c3502d1a604e93ae16c2e9d8be2a5d83f123fd03789d012f7f98f28ea9b76c7941cfbbfea3d9f3f225438&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=o2Do1CCi3wGXR8zRqnLFIiczFVR%2Fw%2BKMwyCsPHOnWW4%3D&reserved=0) **| Apr 26** This 2.5 hour online seminar is designed to provide experienced Mountaineers hikers, urban walkers, or backpackers with information and practice to be successful hike, urban walk, or backpack leaders.  [**Essential Trip Planning Skills and Tools for Backpackers**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d5959a40caff45c1c9768b79ca92366b47c5f34d24435d956e1e3abe686cc4daf0a2e35d7371938c73022658229df5cbe09&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3fkaWL%2FJXxriVLlG2CO7q9%2FAe78rbro8BAn4BE%2F04Z0%3D&reserved=0) **| Apr 27** This online clinic will provide valuable information, skills, and tools to help you prepare for a safe and sucessful adventure. Topics include: finding the best destination for your trip, learning how research expected weather, trail, and smoke conditions, and developing a trip plan including route, gear, food, transportation, and an emergency plan.  [**Staying Found: On-trail Navigation**](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59601e70af72e603097de81ca9a8a929d98cec7720062063c17246df85b1374357ac4f41a6f1ceca60432c130e8515c0d9&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RgVnRAbs%2BB4b4gZvU4Zzrpsf0lyReWcB0sbPNcVc23g%3D&reserved=0) **| Starts May 1** This course is focused on learning and practicing key skills to maintain an ongoing awareness of where you are and how to find yourself if you get lost on even the most complicated trail system. | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | A group of people in kayaks on a lake  Description automatically generated with medium confidence | | |  |  | | --- | | **News & Notes** |  |  | | --- | | **The Foothills Conservation Committee** is pleased to announce a stewardship collaboration with the [Snoqualmie Tribe Ancestral Lands Movement](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d595f68c5d1af68dcf05723350f9103a4bcffb568d083380f850e49e91c2bf285da5abf82ba6f54538a3cddd509d81d8ade&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=us9RXz0QX3RN2TAQkbfQ6nMdkiuf6FetRzE5EYJ4%2FNY%3D&reserved=0)  during 2023. We are still looking for volunteers interested in providing an educational component during stewardship event lunch breaks. If you or your committee are interested in being a part of this unique opportunity, please contact the Foothills Conservation Committee Chair, Deloa Dalby, at [deloadalby@outlook.com](mailto:deloadalby@outlook.com?subject=).  **The Conservation Committee sponsored a stewardship event at Shadow Lake Nature Preserve** on February 23. Eight volunteers knocked out some blackberry patches in the upland restoration sites of the preserve. We had lively conversations spanning a range of topics, and before we knew it our time was up. I had to convince some folks that it was okay they didn't get to every one of the stickery devil vines... this time. There's always next time! | | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  | | --- | | **Volunteer With Us** |  |  | | --- | | **The Mountaineers staff is looking for help with a website management project.** In January, The Mountaineers added a new "Naturalist" activity type to their offerings, replacing the "Exploring Nature" activity type. Transitioning website content from "Exploring Nature" to "Naturalist" is a manual process involving a lot of different website content (committee pages, route/place pages, course/activity templates, etc.). If you have a little time and would be willing to assist, please reach out to Sara Ramsay ([sarar@mountaineers.org](mailto:sarar@mountaineers.org?subject=)) for more details!  **Seeking Leaders for Staying Found: On Trail Navigation**  The [Staying Found: On Trail Navigation Course](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d591bd192954e633d3ae2b9fc16e98abb6f1efbbe8b69b31d1e16966098c02cf9f2397cf1d73e34b2a0ae9b02aa86556459&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=eWRICUclaTaUl8r6H1DjAhf8FOETx9gAcDil5SmvWKk%3D&reserved=0) will start May 1. Any graduate of Staying Found or Wilderness Navigation is invited to volunteer as a course leader. Responsibilities include attending an online leader orientation on May 2, attending a leader practice field trip on May 6, leading a break-out group in the student online class on May 16, and leading a group of around six students during one of the student field trips on May 20 or May 21. New leaders will be paired with an experienced leader during the student field trip. If interested, please contact Lori Heath at [lorieheath@live.com](mailto:lorieheath@live.com?subject=) by April 10.   **The Foothills Hiking and Backpacking Committee** is looking for volunteers! We're looking for someone to help plan and organize hiking or backpacking related events, such as lectures, seminars, or casual get togethers where participants can share insights and experiences from their time on the trails. We're also looking for someone to create and manage award badges to recognize hiking and backpacking accomplishments such as hiking or backpacking a variety of destinations throughout the PNW. If interested, please reach out to Cheryl Talbert at [cascadehiker12@gmail.com](mailto:cascadehiker12@gmail.com?subject=). | | | |  |  | | --- | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Volunteer Spotlight**  Meet Karla Munguia, a Foothills backcountry and frontcountry trail run leader, hike leader, and backpack leader. Karla has been recognized for her leadership and contributions to the Foothills Branch with Super Volunteer badges in 2021 and 2022 and a Key Instructor badge in 2022. | |  |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [Meet Karla](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d59d1c7e552de0074f552cab108ce266e388a34e86f4d80ca724140416d8ddd00de178bc76ec96b006830b0c4f4b9075c6f&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fDdZ2lOJhJSU46ZDh%2FTgztE2c5OgLnDE0135MaXNPD4%3D&reserved=0) | | | | | | | | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.mountaineers.org](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2F%3Fqs%3Dc0ae6a739f4c4d597b2f17fc5fb9dae0dde0195ee66e8c2223e384c6a1c12132975aae65fd606887fedd81469b3d605b63d0a1ecc502f27e&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=vpWztVvGie0s10%2Br6HPhjyMKQQ30XUamdWNL02fFrcA%3D&reserved=0)   The Mountaineers enriches the community 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%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0729954486ff65e4da47509e16a41d420cc9626d2621df4ec354531ba93af643e9a683eb79ebe86b37c&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CHspeLInwZmTmxJn2ia5EN8GX%2B2guf59EgK2%2F46kQNg%3D&reserved=0) | [Update Preferences](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcl.s7.exct.net%2Fprofile_center.aspx%3Fqs%3D38d6e54d348d940cc6739160734451fee4f37fcaa1dbd0729954486ff65e4da47509e16a41d420cc9626d2621df4ec354531ba93af643e9a683eb79ebe86b37c&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CHspeLInwZmTmxJn2ia5EN8GX%2B2guf59EgK2%2F46kQNg%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%3Dc0ae6a739f4c4d5993638a3e1e2b1c64d7f756bef85f2eb743f25633e5e8cb372bd08f79939180c1500a3698fde9a7352b36a18a043b6e09&data=05%7C01%7C%7Cef693d89df6d4876412708db1fdde34c%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638138810095503938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=YS1%2Bgk7qOlpber%2BHyE7S2YxOweG%2BJyPWjHnP%2FS1JqsI%3D&reserved=0) | | | | | | | |
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