



Liz Seabaugh grew up in eastern North Dakota, moved to the Flathead in 1970 and has lived on a farm in Lower Valley since 1973. "I first became aware of the great trails around Herron Park back in the '80s when I trained and competed in horse trials at the equestrian cross-country jumps there" says Liz. "When the Foy's to Blacktail effort began in 2001, I had to help out any way they would let me."

When not at her computer or on the phone volunteering for FTBT, Liz is spending time with grandkids, golfing, kayaking, biking and hiking (on the Foy's to Blacktail trails, of course!).