



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 in the '80s when I rode horses there" says Liz. "When the Foy's to Blacktail Trails effort began in 2001, I realized our community was at risk of losing these trails. I've been volunteering for this hardworking organization ever since".

In addition to enjoying the trails, Liz enjoys spending time with grandkids, golfing, kayaking, and biking.