



LOVELAND MOUNTAIN CLUB
PO BOX 983, LOVELAND, CO 80539
www.LovelandMountainClub.org
Vol. 42, #9: November, 2018

President's Message:

Our **Fall Trail Maintenance Day** on the 4.7 miles of the Round Mountain trail was Saturday, October 6th. Thanks to Jane Davis for organizing the event, and to Ted Hartman, Dick, Roger, Silvia, and Ted Heil for your work for the community on the trail. Hope to see you at the Spring Trail Maintenance.

The November 5th meeting will feature 5 staff members from Rebound Sports and Physical Therapy who will be there to help us prevent and relieve our aches and pains. Don't miss it!

Be sure to sign up for the December 1st Holiday Party at Sylvan Dale Ranch. Included are hikes on this private property in the morning, delicious brunch, and door prizes, all for a great price of \$22 in advance or \$27 at the door. We will enjoy the ambiance at Sylvan Dale Ranch. See details below.

If you are interested and able to coordinate a hike, please plan to attend the **Tuesday/Thursday Planning Meeting on Monday, October 29th at 10:00 AM.** Or email your potential dates (see below for more info).

Only 28 members have organized a hike so far this year and only 14 have led hikes on a regular basis (5 or more hikes), so we need more members to participate in coordinating hikes. See more information about the hike leader meeting in the newsletter. Thanks to all hike coordinators and new members who have starting volunteering.

There are several Open dates each month on the hike calendar. Do something fun if you don't like to go up in the mountains in the winter – such as a timed hike on the rec trail; or a short hike on a nearby trail that you haven't tried before, followed by a stop for hot chocolate!

Happy Trails to You!

Steve Bergstrand

970-292-8804 or 916-600-2209 cell/text, or stevebergstrand73@gmail.com.

Club Meetings:

Monthly meetings are from 7 – 8:30 PM at Trinity Lutheran Church, 3333 Duffield Avenue, Loveland, 80538, on the first Monday of the month (unless otherwise scheduled due to holidays).

Monday, November 5; Rebound Sports and Physical Therapy:

Feeling that muscle ache, back pain or hand cramp after a hike? Coming in November - get advice from the team at Rebound Sports & Physical Therapy! Participants will learn techniques for preventing injury and relieving pain associated with physical activities such as hiking and climbing from 5 of Rebound's clinical staff, including 3 physical therapists, 1 occupational therapist/certified hand therapist, and 1 massage therapist/certified lymphedema therapist.

Monday, October 29: Tues-Thurs Hike Planning Meeting:

Tuesday-Thursday Hike Planning Meeting for January through April 2019 hikes. 10:00 am at Jane & Dan Maddigan's place. The address is 4845 Hahns Peak Drive, #201, Loveland, 80538. The development is called Lakeshore at Centerra. Food and refreshments will be available. Hike leaders may also e-mail hikes to maddigan2@gmail.com if a Tuesday hike or tabruch@msn.com if a Thursday hike. RSVP by 10/25 to maddigan2@gmail.com.

Saturday, December 1, Holiday Brunch: The Holiday Brunch will also serve as the December meeting. See you there!

LMC HOLIDAY PARTY

"Cowboy Brunch" will be served between **11:30 AM** until 1:00 PM

(honey-cured bacon, large sausage links, scrambled eggs, home-style potatoes, fresh fruit display, Sylvan Dale pastries, assorted fruit juices, coffee, hot tea and iced water)

Cost: \$22 per person payable to LMC and mailed to Loveland

Mountain Club, PO Box 983, Loveland, 80539 or brought to the November Mountain Club meeting. If you choose to pay at the door, the price will be \$27 per person.

A hike will be offered prior to the Brunch beginning at **8:30 AM**.

Led by Jim Disney - 3 miles RT, elevation gain 700 ft. - Rated A, (Leisurely Pace)

If the trails are likely to be snowy or muddy, microspikes and trekking poles might be a good idea.

All hikers should meet in the

Sylvan Dale Hilltop Parking Lot at **8:15 AM**.

Irene Gomez has also schedule a 2-hour horseback ride for up to 8 riders (with a wrangler/guide) starting at **9:00 AM**. The cost is \$65pp (plus optional tip). Rider max weight limit is 240 lbs. Riders must be at the Sylvan Dale Horse Barn by 8:30 AM to sign a release form. Please contact Irene at 970-646-6160 to reserve a spot.

Donations for door prizes for our party would really be appreciated. Contact Betsy Mosehauer, betsy_mosehauer@msn.com if you can help out.

Deadline for signing up and paying is November 17. Please join us for a fun morning with your fellow LMC members.

Editor's Notes:

If you are like me, you are wondering when you can find time for the next hiking adventure. Our busy lives and hectic schedules can really get in the way of time for a nice hike. My advice to myself, and to you: check out the November schedule and pick at least one hike and sign up for it right away. Commit to giving yourself some time to get on a trail! You will be thankful you did.

Hope you all have a blessed and Happy Thanksgiving.

Melanie Pennington, Editor

"We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face...we must do that which we think we cannot."

Eleanor Roosevelt

Special Thanks to our October Hike Leaders:

Jane M., Pete L., Jane D., Danielle B., Steve B., Reedy P., Laurette T., Carol W., Ron T., Jim and Pam B., Glenda S., and Tom B. gave of their time and expertise to lead hikes last month. Thanks to all for your time and effort!

Hike Coordinators:

Weekend Hike Coordinator for 2018: Penny Kraigie - pakragie@gmail.com or 571-643-6803

Weekend Hike Coordinator for November: Karen G.: 970-231-5883

Tuesday Hike Coordinators: Jane and Dan Maddigan : 412-680-8919

Important Hike Information

Loveland Mountain Club welcomes non-members to join us for any of the hikes we offer. Membership is encouraged after two hikes. Visit www.lovelandmountainclub.org for more information about club activities and membership.

- **Disclaimer: A hiker assumes the risk of any injury to person or property resulting from any of the inherent dangers and risks of hiking, snowshoeing or participating in any of the club's activities, including driving or riding to and from the trailhead, and may not recover from the Loveland Mountain Club for any injury resulting from any of the inherent dangers and risks aforementioned.**
- All participants must contact the hike leader to participate in a hike. Contact the hike leader at least three days prior to the activity
- Hike leader should notify participants in case of change of weather, etc. Participants should inform the hike leader if they are unable to make the trip
- If you want to go on a hike, pay attention to the hike classification (see below) to ensure that you are up to the challenge. Hike leader should discuss individual skills with each participant to ensure they are ready for the hike
- Participants should refer to the suggested hiking equipment list
- When hiking, lead and rear hikers should be readily seen. Person in front should wait for the slower hikers
- The last two cars of each trip should leave together so no one gets stranded
- Hike leader needs to be assertive as necessary; if in doubt, the hike leader is in charge and should not be questioned
- There should be a minimum of four participants. If there are not four, it is no longer a club activity
- Participants should pay gas money to the driver and bring a change of footwear and a bag for dirty boots

Classification ratings

EZ Hikes: Hikes of less than 4 miles and less than 600' of climbing; these hikes will be highlighted in yellow.

- A. Up to 8 miles maximum round trip with elevation gain up to 1200 feet
- B. 8-12 miles maximum round trip with elevation gain of 1200 to 2500 feet
- C. 12-15 miles maximum round trip, and/or elevation gain of over 2500 feet. Steep or rough terrain may be encountered
- D. More than 15 miles round trip, and/or elevation gain over 3500 feet. Trips in this classification may require additional climbing skills
- E. Designates peaks of any classification as dangerous. Basic mountaineering skills and/or the approval of the leader will be required

Some hikes will not exactly fit these ratings and may be designated A/B or B/C, etc. to convey the real nature of the hike. In those instances, pay close attention to the stated distance and/or elevation gain and discuss with the hike leaders when you call them to arrange to join the hike.

Hike Offerings

Tuesday October 23; Lee Martinez-Poudre River Trail:

This is an EZ hike. We will head to Lee Martinez in North Fort Collins and walk along the Poudre trail. Direction and time will be determined. There is no elevation gain. For more details or to sign up for the hike, contact Glenda Seely at 970-669-2347.

Thursday October 25; No hike on schedule. Contact Tom Bruch at tabruch@msn.com if you would like to lead a hike on this date.

Saturday October 27; Arthur's Rock:

This is a Class A hike located in Lory State Park. This will be a loop hike consisting of a trek from the trailhead up Arthur's Rock Trail to the top of Arthur's Rock, then a return by the Howard Trail and the Mill's Creek Link to the trailhead. Total length is about 4.6 miles with sections rated as moderate to difficult and elevation gain of 1,072 feet. This hike features great views of upland meadows, forests, shaded valleys, the City of Fort Collins and the 6-mile long Horsetooth Reservoir. For more information or to sign up for the hike, email Tom <mailto:tabruch@msn.com> or call 970-405-7794.

Sunday October 28; Deer Mountain:

This is a Class A hike. 6 miles roundtrip, elevation gain of 1,070 ft. Following a good trail from Deer Ridge Junction up to the summit with nice view. Contact Laurette at lterrell@skybeam.com or (970) 443-2361.

Monday October 29; Weekend Hike Planning Meeting:

Tuesday-Thursday Planning Meeting for January through April 2019 hikes. 10:00 A.M. at Jane & Dan Maddigan's place. The address is 4845 Hahns Peak Drive, #201, Loveland, 80538. The development is called Lakeshore at Centerra. Food and refreshments will be available. Hike leaders may also e-mail hikes to maddigan2@gmail.com if a Tuesday hike or tabruch@msn.com if a Thursday hike. RSVP by 10/25 to maddigan2@gmail.com.

Tuesday October 30; No Hike Scheduled: Contact Jane Maddigan at maddigan2@gmail.com if you would like to lead a hike on this date.

Thursday November 1; Bobcat Ridge-Mahoney Park:

This is a class A hike of between 7 to 8 miles RT. Elevation is less than 1000' gain. It is an easy, slow hike to enjoy the views including the wildlife. Call Lupi at 970-667-7913 for the time and meeting place.

Saturday November 3; No Hike Scheduled. Please contact Karen G. at 970-231-5883 if you would like to lead a hike on this date.

Sunday November 4; Rabbit Mountain:

This is an easy, 4 mile hike with under 400' elevation gain. We will see some beautiful views of the mountains. For more information or to sign up for the hike call Penny Kragie at [571-643-6803](tel:571-643-6803) or email pakragie@gmail.com.

Tuesday November 6; Chilson to Seven Lakes:

This is an EZ hike, mileage under four miles. We will start at the Chilson Center in Loveland and hike the trail to Seven Lakes Park. Coffee stop to be determined. For more details or to sign up for the hike, contact Glenda Seely at 970-669-2347.

Thursday November 8; No hike scheduled. Contact Tom Bruch at tabruch@msn.com if you would like to lead a hike on this date.

Saturday November 10; Eagle's Nest Open Space:

This Class A hike is in the foothills near Livermore, Colorado. This hike will consist of two loops for a total round trip distance of 4.8 miles and an elevation range of 437 feet. Along the North Fork of the Cache La Poudre River, this open space has breathtaking views of the Laramie Foothills and Eagle's Nest Rock. The open terrain features mountain mahogany foothills interspersed with rabbitbrush and ponderosa pine. For more information or to sign up for the hike, email Tom Bruch at tabruch@msn.com or call 970-405-7794.

Sunday November 11; Annual Lake Estes & Shop Till You Drop Hike:

Join the Lovely Ladies of the Loveland Mountain Club for a brisk 4 mile walk around Lake Estes, gather for early lunch at a local eatery, and then do some Christmas shopping while patronizing the local merchants. This is a great way to gear up for the Holidays and enjoy festive camaraderie. Call Carol at 970-685-4943 or email Ruggmor@aol.com

Tuesday November 13; No Hike Scheduled. Contact Jane Maddigan at maddigan2@gmail.com if you would like to lead a hike on this date.

Thursday, November 15; Glen Haven to H Bar G Ranch:

This will be a Class A hike of about 6 miles from Glen Haven to the seldom visited H Bar G ranch. Elevation gain is about 800 feet. It will be done at a casual pace. No dogs, please. Contact Ruth H. for meeting time and place at 970-292-8431.

Saturday November 17; Ramsey Shockey Open Space:

This is a Class A hike around Pinewood Reservoir in the Ramsey Shockey Open Space. We'll take the longer loop around the lake which is 5 miles in length. Pretty scenery and a nice rock overlook for brunch. Contact Laurette Terrell, at 970-443-2361 or lterrell@skybeam.com to sign up for the hike.

Sunday November 18; No Hike Scheduled. Please contact Karen G. at 970-231-5883 if you would like to lead a hike on this date.

Tuesday November 20; Westridge Trail in Lory State Park:

This infrequently hiked Class A trail is near the western boundary of Lory State Park and offers nice views of the Continental Divide and Longs Peak. It will be done at a casual pace, and will be 7 miles round trip with an elevation gain of 1000 feet. Call Ted Hartman for meeting place and time at 970-292-8431.

Thursday, November 22; Thanksgiving Day: No Hike planned. Happy Thanksgiving!

Saturday November 24; Full Moon Hike – Coyote Ridge:

It is going to be an easy Class A hike, slow pace to enjoy the evening. It is going to be 4.1 miles RT with an elevation gain of 964'. Bring your headlamp, dress warm, and bring your snack and water. We will have a fun evening if the weather cooperates. We will wait for the full moon on top of the hill. Call Lupi for time and place to meet 970-667-7913.

Sunday November 25; Lily Lake:

This 2.9 mile, Class A loop hike around and above Lily Lake will offer nice vistas of the lake and a hike through Aspen Brook Valley. The elevation gain will be 913 feet and the hike will be done at a casual pace. If conditions permit, we may also do the flat, 0.7 mile inner loop around Lily Lake. Traction devices may be required. Call Ted Hartman for meeting place and time at 970-292-8431.

Tuesday November 27; Hall Ranch:

This Class A hike is a 7 mile loop up around a historic ranch house, completing a circle around the house. It is going to be an easy hike, slow pace to enjoy the views and the wildlife if the weather permits. Contact Lupi at 970-667-7913.

Thursday November 29; Howard Trail to Arthur's Rock Loop:

This hike is in Lory State Park and is rated "B" because the climb is 1233' in less than 2 miles. The loop is 4.2 miles round trip. We will visit the Howling Cow Cafe in Bellvue after the hike. Email Steve at stevebergstrand73@gmail.com for meeting time and place.

Tuesday November 4; No Hike Scheduled. Contact Jane Maddigan at maddigan2@gmail.com if you would like to lead a hike on this date.

Thursday December 6; No hike scheduled. Contact Tom Bruch at tabruch@msn.com if you would like to lead a hike on this date.

Hike Leaders: Please call the RMNP Backcountry Office at 970-586-1242 and report any changes in trail conditions after your hike. They have requested our help as they cannot cover the hundreds of miles of trails. Also call this number the day before your hike for the latest road, trail and weather conditions at the Park.

Interested in posting your "Club Hike" pictures to the club Facebook page?

Please forward your pictures to Dick Lottes at longs91peak@yahoo.com or Steve Bergstrand at stevebergstrand73@gmail.com prior to the end of the day following the day of the hike. The number of pictures posted to Facebook is limited to 10 so the possibility exists that all your pictures will not be posted. Request you do not annotate your pictures, please? Visit our Facebook page Loveland-Mountain-Club to see photos from recent hikes.

Check out the Loveland Mountain Club website for more information about the club:

www.lovelandmountainclub.org

Useful Telephone Numbers

Rocky Mountain National Park – Backcountry Office 970-586-1242

Rocky Mountain National Park – Emergencies 970-586-1204

Colorado Road Conditions 303-639-1111

Larimer County Emergency Number (connects to Sheriff) 970-416-1985 (or just dial 911)

Links to useful information can be found at Joeandfrede.com/wx/mountain_weather.ppt.