

**LOVELAND**  
**MOUNTAIN CLUB**

*Offering opportunities to explore and  
enjoy our beautiful mountains since 1978.*

Loveland Mountain Club ~ PO Box 983 ~ Loveland, CO 80539

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[www.LovelandMountainClub.org](http://www.LovelandMountainClub.org)

Vol. 44, #6: August, 2022

Wildflower Issue



## President's Message

The Club's Annual Picnic on July 11 at the Old Fair Grounds turned out well. We had about thirty-five attendees on a pleasant summer day. The chicken was good and there was a nice variety of tasty salads, side dishes and desserts brought by our members. The best part was the chance to visit with each other and to renew friendships. A big thank you to Karen Goggin and Brenda McGeorge for organizing the event.

The Club provided a broad selection of hikes for the month of July with ones that were easy, intermediate, and challenging. Hopefully, you took advantage of these offerings and enjoyed the Colorado outdoors with like-minded folks. Also impressive were the variety of locations. Thanks to the hike coordinators and hike leaders for organizing these. Please keep thinking of places to go and writing up those descriptions. We welcome suggestions from members on trails to explore.

Back in 2020, Congress passed the Great American Outdoors Act (GAOA) to take care of deferred maintenance needs in the national parks. \$19.9 million dollars will be spent in Rocky Mountain National Park on the renovation of the Moraine Park Campground. If the design work can be completed soon, work will begin next summer on the 244-site area with closure of the campground until 2024. Among the improvements are upgrades to the water and sewer lines, burying of power lines, greater accessibility for people in wheelchairs, and relocation of several sites away from wetlands. The GAOA was the result of advocacy from hiking and parks groups. Also, additional federal funds are coming to assist fuel mitigation in the Deer Mountain area to reduce potential fires spreading to Estes Park. So, we can expect the sound of chainsaws and small controlled fires in that area.

Our next program meeting will be August 1. Hope you can come.

*Tom Bruch*

President

[tombruch1964@gmail.com](mailto:tombruch1964@gmail.com)



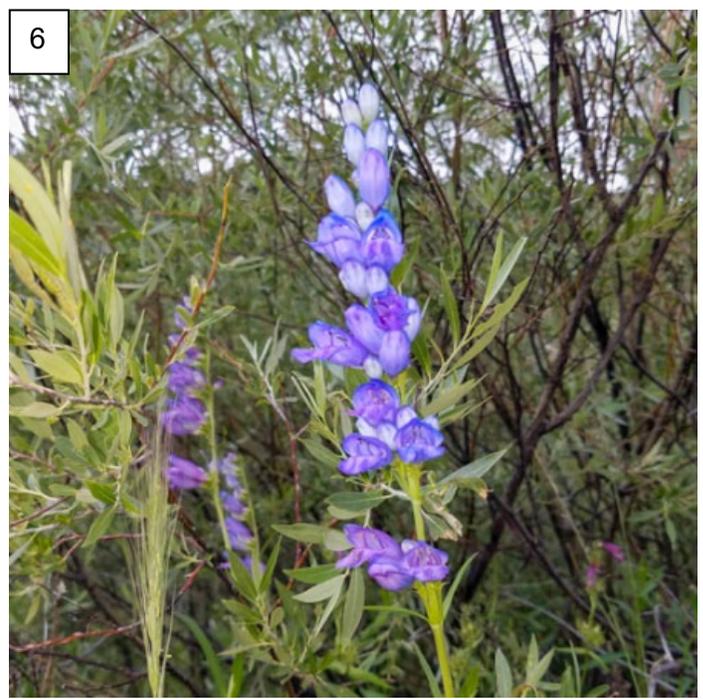
## Monthly Meetings

Meetings take place at Grace Community Church, 240 Barberry Place, Loveland. The Church is located off 14<sup>th</sup> Street SW, east of Taft and west of 287. Turn south onto Valency Drive and take the first right onto Barberry Place. It takes a slight left-hand curve and dead ends into the Church parking lot. The entrance is on the East side next to the main entrance (ignore the sign that directs you to the south entrance). Masks are optional at this time, but may become mandatory based on the status of the pandemic in Larimer County.

### **Monday, August 1: Birding, anyone?**

Sheila Webber is the chairperson for the Fort Collins Audubon Society. She is also a volunteer naturalist with the City of Fort Collins. The natural world is her passion and she has enjoyed emphasizing the bird world in her teaching the past few years. She will present a slideshow featuring local birds.

### **Monday, September 5: TBA**



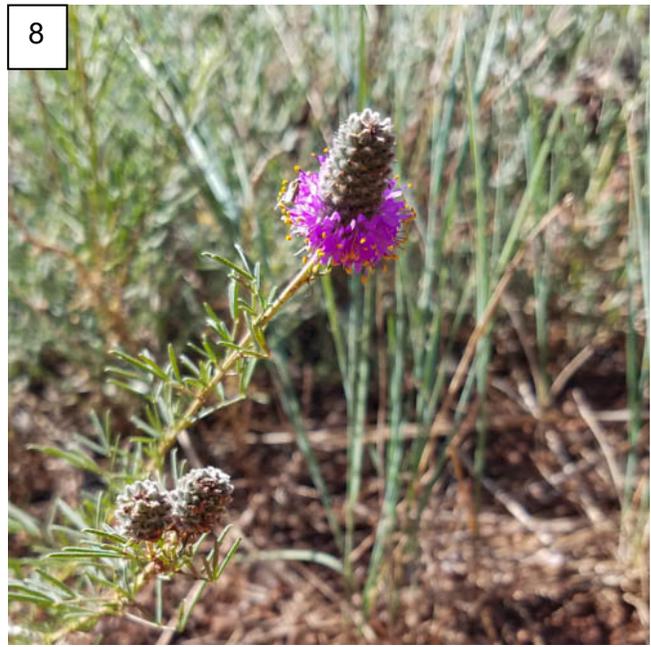
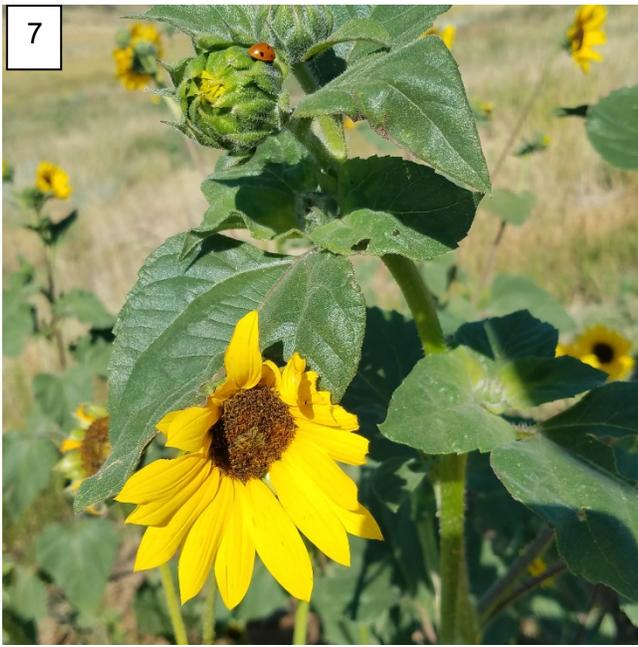
## Editor's Notes:

Welcome to the Wildflower issue! You will find many of my favorite Colorado wildflower photos in this issue! Try to identify them if you can. I didn't include basal leaves or other identifying features to make it harder (also because including all that foliage doesn't make the photo better). They are numbered and the key is on the last page of the newsletter. They aren't all native species, but all can be seen along the trails I frequented this summer. If you don't want to see the flowers, just delete them.

If you are a new hike leader and need some help writing a hike description, please see the attachment that I sent out with this newsletter that has details about writing hike descriptions.

If you need to contact me about special announcements or questions regarding the newsletter, please feel free to use my personal email [melpenning1010@gmail.com](mailto:melpenning1010@gmail.com). I am happy to send out group emails to the membership regarding any hike additions or changes, meeting announcements, etc. Hike leaders should also contact the appropriate hike coordinator (see below) about any additions or changes.

Melanie Pennington, Newsletter Editor





### **Did you know?**

The LMC web site (LovelandMountainClub.org) has both a public and a member only interface. If you are a paid member, and you have any problems logging into our web site, please contact webmaster John Pape at [John.Pape@gmail.com](mailto:John.Pape@gmail.com) for help signing in.

### **Thanks to our July Hike Leaders:**

Tom Bruch, Carol Watt, Gail Frasier, Steve Bergstrand, Jane Davis, Betsy Mosehauer, Renda Restrepo, Jim Shanahan, Cindy Brusko, Donna Pierce, Carol Watt, Ellen Edwards, and Laurette Terrell volunteered to lead hikes last month. That's 12 hike leaders for 12 hikes! Thank you all!

### **Hike Coordinators:**

Weekend Hike Coordinator for 2022: Penny Kragie - [pakragie@gmail.com](mailto:pakragie@gmail.com)

Tuesday Hike Coordinator: Steve Bergstrand: [stevebergstrand73@gmail.com](mailto:stevebergstrand73@gmail.com)

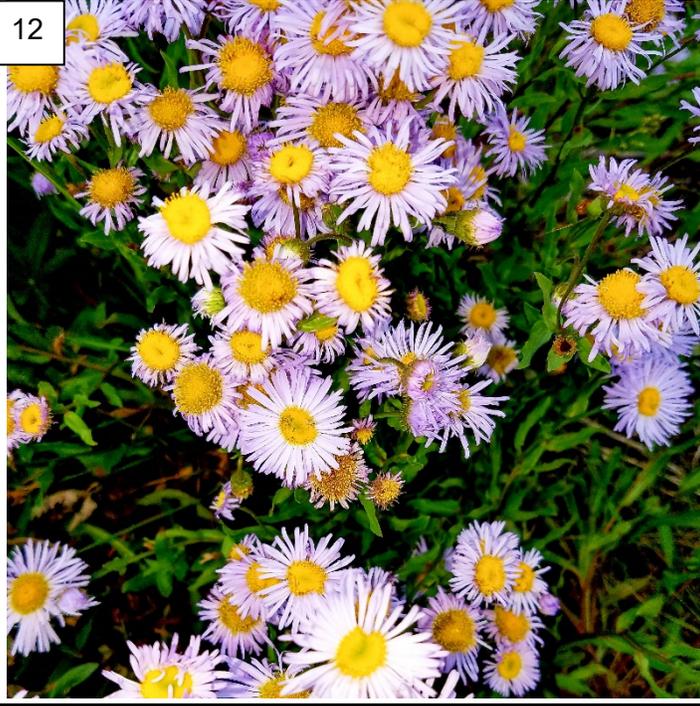
Thursday Hike Coordinators: Gail Fraser: [billgailfrasier@gmail.com](mailto:billgailfrasier@gmail.com)



### **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](http://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
- 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

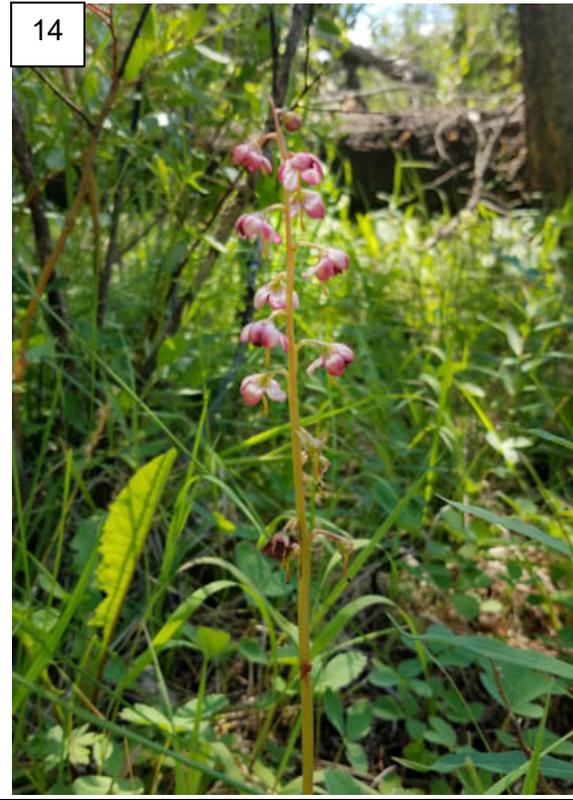


## Covid Related Protocols for Loveland Mountain Club Hikes

(Update May 15, 2022)

The Loveland Mountain Club (LMC) makes the safety of our members a priority. The following guidelines are made with the health and well-being of our members in mind.

- In general, the LMC does not require masks or reduced capacity at hikes and events. However, leaders may require more restrictive guidance for their hikes and events. This may include:
  - Limit on the size of groups participating
  - Separate carpooling for unvaccinated participants
  - Limit participation to only the fully vaccinated
  - Require masks when carpooling inside vehicles.
  - Any requirements for participation need to be published in the hike descriptions so folks will know what to expect.
- As a reminder, Covid-19 still exists. The CDC has detailed guidelines on what to do if you have been exposed, tested positive or are feeling unwell. For LMC purposes, please cancel from a hike or event if you have tested positive for Covid 19, are feeling any symptoms associated with Covid-19 or have had contact with anyone known to have symptoms in the last 10 days.
- Hike and event leaders must honor all local, county, state and federal Covid-19 requirements that may be put into place depending on circumstances.
- Sign the Loveland Mountain Club Waiver of Liability-2020 if you have not already. Hike leaders should bring a few extra waivers with them, and submit any completed waivers you collect at your hike to Ted Hartman.

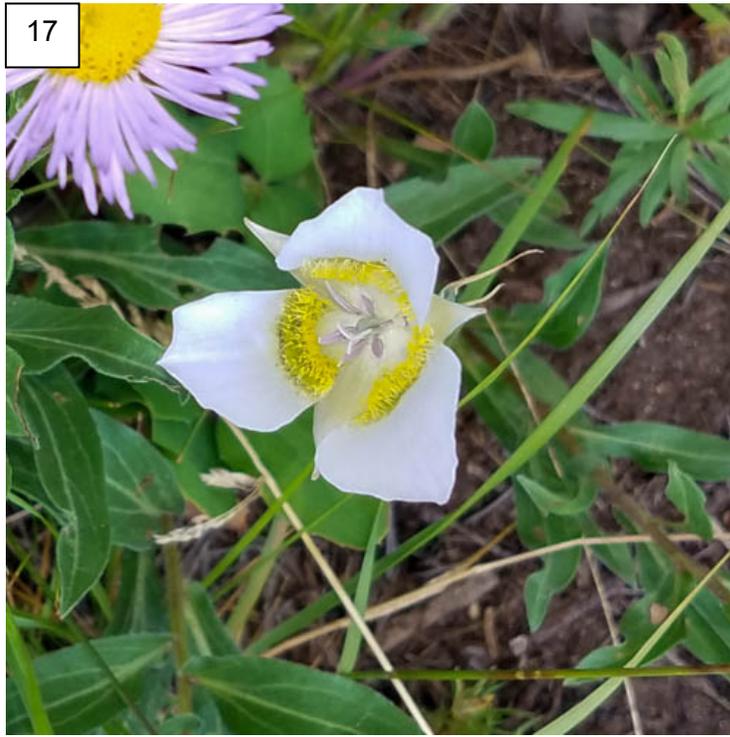


### Hike Ratings

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

- A. 4 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**

## Thursday, July 28: St. Vrain Mountain (C)

Beat the heat this summer by hiking this 12,162' mountain, just south of Longs Peak! The trailhead is close to Allenspark, and after hiking through the Aspens and past Meadow Mountain, we head off-trail and up the rocky south face of St. Vrain. The hike is almost 10 miles in length (round trip) and there is close to 4,000 feet of elevation gain to access the wonderful views of the Indian Peak Wilderness to the south and the Longs Peak area to the north. Ride share is \$8.00. COVID vaccinated hikers only, please. To sign up send an email to Jane Davis [jcdflyfisher@gmail.com](mailto:jcdflyfisher@gmail.com).



## Thursday, August 4: Mount Lady Washington-West Slope (C)

This hike will be a challenging trek up the East Longs Peak Trail to the boulder field, and ending with a half mile, off trail boulder hop to the summit of Mount Lady Washington. The hike will provide beautiful views of the East Face of Longs Peak and a superb downward view of Chasm Lake. The hike will be 12.6 miles round trip with an elevation gain of 3,881 feet. The summit is at 13,281 feet. The hike will be done at an intermediate pace. Be ready for a long day! The cost will be \$7 per person to the driver. Fully Covid vaccinated hikers only. There will be a maximum of 8 hikers on this trip. Call Ted Hartman at 970-292-8431 July 21-25 to sign up for the hike.

## Thursday, August 11: Brainard Lake Rec Area, Wapiti and Sourdough Trail Loop (A)

We will hike from the outer parking lot north with a view of Beaver Reservoir and loop back on the Wapiti Trail. Much cooler at 10,000 feet plus in the Indian Peaks Wilderness! Vaccinated hikers only please.

Rideshare and parking fee share (\$14/car) will depend on how many hikers per vehicle.

Email Steve at [stevebergstrand73@gmail.com](mailto:stevebergstrand73@gmail.com) with questions or to join the hike.

## Saturday, August 13: Betasso Preserve (A)

This is a 6.5-mile hike with about 700 feet elevation change in the beautiful rolling hills above Boulder. Mountain vistas, views of golden plains, scenic trails, diverse habitats, and a rich heritage make Betasso Preserve a favorite destination in the foothills. Saturday is a no-bike day so we can enjoy a peaceful hike. We will start early to avoid the heat. Contact Melanie at [melpenning1010@gmail.com](mailto:melpenning1010@gmail.com) for more info or to sign up for the hike.

## Tuesday, August 16: Lawn Lake (C)

Another beautiful lake, nestled at the foot of Mummy Mountain with spectacular views of Hague's Peak and Fairchild Mountain, Lawn Lake is a 13 miles/roundtrip Class C hike with 2447' elevation gain. It begins at the Alluvial Fan parking area and follows the Roaring River up. This is a long hike, necessitating an early departure. Email Carol at [Ruggmor@aol.com](mailto:Ruggmor@aol.com) to sign up.



## Thursday, August 18: Kruger Rock (A)

This is a 4-mile round trip, Class A hike with a 1,050 ft elevation gain. This hike boasts super views along the way and views of Twin Sisters, Longs Peak, Estes Park and the Front Range from the top. At the top there is a great rock outcropping to climb with a 360-degree view from there. This is a steep hike but quite worth the effort. A fire last fall has taken its toll near the top. Contact Gail Frasier to sign up, [billgailfrasier@gmail.com](mailto:billgailfrasier@gmail.com). Fully vaccinated hikers only please.

## Tuesday, August 23: Big South (A)

This hike is located up Poudre Canyon not too far from Chambers Lake. The trail begins near Highway 14

and follows the Poudre River upstream south to Peterson Lake. We won't go that far but will go about 3.5 miles before turning back. This trail varies with flat strolls at river level, climbs above the gorge formed by the river and crosses rock traverses over talus areas. What stands out is the sight and sound of the river rushing over rocky cascades. The area is noted for wildflowers and forest scenery. There will be visible impact from the Cameron Peak Fire and we will see the process of regeneration. The hike is rated A with about 1100' elevation gain and RT of 7 miles. Cost to passengers is \$9 payable to the driver. Max of 8 hikers due to limited parking. Fully vaccinated hikers please. Contact Tom Bruch, [tombruch1964@gmail.com](mailto:tombruch1964@gmail.com)

## Thursday, August 25: Hike to Ouzel Falls in Wild Basin (A)

This will be a Class A, 5.5 miles round trip hike with 950 ft in elevation gain. Let's see how much water is in the falls in August! We will leave early to secure a parking space in the park and hike at a moderate minus pace. Boosted people only. Contact Linda Hollingsed to participate: [linda@hollingsed.com](mailto:linda@hollingsed.com)





## Rocky Mountain National Park Reservation System:

Rocky Mountain National Park has a timed-entry permit reservation system. The system will run May 27 to Oct. 10. Here is what you need to know, as planning will be key to entering the park when you want to.

**How to book:** Reservations are on sale through [www.recreation.gov](http://www.recreation.gov) :

10 a.m. MDT July 1 for August and any remaining days that have not been booked for July

10 a.m. MDT Aug. 1 for September and any remaining days in August that have not been booked

10 a.m. MDT Sept. 1. for October and any remaining days in September.

**2 types of reservations to be offered:**

One permit will be for the Bear Lake Road Corridor, which includes that area as well as access to the rest of the park. This reservation period will be from 5 a.m. to 6 p.m.

The second permit will be for Rocky Mountain National Park excluding the Bear Lake Road corridor. This reservation period will be from 9 a.m. to 3 p.m.

Permits issued using the reservation system will allow park visitors to enter the park within two-hour windows of availability. The reservation system will apply to all areas of the park.

Reservations are not required if entering the park before 5 a.m. or after 6 p.m. for the Bear Lake Corridor or before 9 a.m. or after 3 p.m. for the rest of the park. There are areas of the park that do not require a permit (Lily Lake, Wild Basin for example).

For answers to frequently asked questions and other information, visit

<https://www.nps.gov/romo/planyourvisit/timed-entry-permit-system.htm>

**Hike Leaders:** Please call the RMNP Backcountry Office at 970-586-1242 and report any changes in trail conditions in RMNP 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 [LMCphotos98@gmail.com](mailto:LMCphotos98@gmail.com) with Hike Destination and Hike Leader in the subject line of email, by 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.

### **[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 [http://joandfrede.com/wx/Mountain Weather.ppt](http://joandfrede.com/wx/Mountain_Weather.ppt)

#### Wildflower Answers:

1. Yellow Stonecrop (*Sedum lanceolatum*), Wild Rose (*Rosa woodsia*), Rocky Mountain Pussytoes (*Antennaria parvifolia*), others?
2. Blanket Flower (*Gaillardia aristata*)
3. ?
4. Salsify (*Tragopogon dubius*)
5. Larkspur (*Delphinium nuttallium*)
6. Tall Penstemon (*Penstemon unilateralis*)
7. Annual Sunflower (*Helianthus annuus*)
8. Prairie Clover (*Petalostemum* spp)
9. Prickly Poppy (*Argemone polyanthemus*)
10. Prairie Coneflower (*Ratibida columnifera*)
11. ?
12. Aspen Daisy AKA Aspen Fleabane AKA Showy Daisy (*Erigeron speciosus*)
13. Monkshood (*Aconitum columbianum*)
14. Bog Pyrola (*Pyrola rotundifolia*)
15. Whorled loco (*Oxytropis splendens*) and Common Yarrow (*Achillia millefolium*)
16. Beardstongue?
17. Mariposa Lily (*Calochortus gunnisonii*)
18. Showy Milkweed (*Asclepius speciosa*)
19. Showy Milkweed (*Asclepius speciosa*)
20. Western Scarlet Gilia (*Ipomopsis aggregata*)
21. Sulphur Flower (*Eriogonum umbellatum*)
22. Mountain Harebell (*Companula rotundifolia*)
23. ?
24. Rocky Mountain Bee Plant (*Cleome serrulata*)

If you can identify any of the ones I couldn't, please let me know!

Melanie

# **Loveland Mountain Club Waiver of Liability, Assumption of Risk, and Indemnification – 2020**

Signed waivers can be submitted at the next club meeting, to your hike leader, or mailed to the club address: LOVELAND MOUNTAIN CLUB, PO BOX 983, LOVELAND, CO 80539.

**Parties and Definitions.** The individual whose name appears at the bottom of this waiver shall be referred to as “Participant.” Loveland Mountain Club, Inc., is a Colorado non-profit corporation duly organized under the laws of the State of Colorado and registered with the Colorado Secretary of State. Loveland Mountain Club, Inc., including its employees, agents, volunteers, instructors, guides, officers, directors, and members shall be referred to as “Released Parties.” Loveland Mountain Club and its employees, agents, volunteers, instructors, guides, officers, directors, and members either partially or wholly sponsor, organize, direct, conduct, or pay for various recreational activities, events, and trips that include, but are not limited to: hiking; snowshoeing; mountain biking; skiing and geocaching (collectively referred to as “LMC Activities”).

**Specific Activity if Not a Member of LMC:** \_\_\_\_\_

**Waiver:** Participant desires to participate in LMC Activities. In consideration and exchange for allowing Participant to participate in LMC Activities, Participant, for him/herself, heirs, personal representatives and assigns, agrees **not to sue the Released Parties, and to hold harmless and release any Released Parties from any and all liability and/or claims for any injury, death, accident, illness, property damage, or property loss** arising from Participant’s engagement in the LMC Activities, including, but not limited to, those claims based on any **Released Party’s alleged or actual negligence or breach of any express or implied warranty.**

**Assumption of Risk.** Participation in any recreational activity or LMC Activities carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another. Some risks include but are not limited to: 1) minor injuries such as scratches, bruises, and sprains. 2) major injuries such as broken bones, eye injury or loss of sight, joint or back injuries, heart attacks, and concussions. 3) catastrophic injuries including paralysis and death. 4) exposure to unstable, steep, slippery terrain, wild or poisonous animals, insects or plants, altitude sickness, lightning, cold weather, avalanches, various other forces of nature, extreme remoteness from medical facilities, and/or equipment malfunctions and/or 5) contraction of or exposure to airborne illness and infectious diseases. I understand and agree that I am solely responsible for my own safety and well being while participating in LMC Activities.

**I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in participating in LMC Activities. I hereby assert that my participation is voluntary and I knowingly assume all such risks.**

**Indemnification and Hold Harmless.** I also agree to **indemnify and hold** Released Parties **harmless** from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities including attorneys’ fees brought as a result of my involvement in any LMC Activities and to reimburse the Released Parties for any such expenses incurred.

**Severability:** Participant expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Colorado and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**Acknowledgement of Understanding:** I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

**PARTICIPANT**

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

If Participant is a minor under the age of 18 please *also* fill out the legal guardian's information below.

**PARTICIPANT'S LEGAL GUARDIAN**

Print Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_