



LOVELAND MOUNTAIN CLUB
PO BOX 983, LOVELAND, CO 80539

www.LovelandMountainClub.org

Vol. 45, #10: December, 2022

President's Message

The weather is changing and with it our hiking experiences. Early in October, I was on a club hike to Crozier Mountain with chilly wind and colorful aspen signaling a change of seasons. Then in early November, on a hike to Brainard Lake, there was snow to break through. Winter hiking is here which opens a new world of beauty. Preparation is key with attention to gear such as warm clothing, proper boots, suitable traction devices and good conditioning. We can get out and enjoy the winter wonderland experience with the right approach.

Each year we celebrate Thanksgiving Day. This is a favorite holiday for me because it is less commercialized and has gratitude as its theme. I have read that being grateful helps health by feeling more positive emotions in life, building stronger relationships, and dealing better with life's anxieties. So, let me express appreciation for all who contribute to the success of our club. This includes the officers, board members, hike coordinators, committee persons, newsletter person, and website technicians. Most of all, thanks to our members for your participation in our activities. Without you, there would be no club! Also, a special thanks goes this month to Jane Davis and her crew who worked on the Round Mountain Trail maintenance project.

We had a great program at the November meeting with CSU Assistant Professor Jerry MagLoughlin presenting "Meteorite or meteor-wrong." This was a slide show with information about meteors falling to earth and their properties. Occurrences are rare and suspected rocks may not be meteorites. Jerry passed around several items such as a moon sample and various meteorites. Although unusual, we should keep our eyes not only on the trails but on the sky for falling objects! We had a good turnout at the meeting with about thirty members which is the most at a meeting in a long time.

Recently, I visited the Jim Disney exhibits at the Loveland Museum which featured his work as an artist and his mountain climbing and hiking achievements. Jim was the founder of our club, and the exhibition was a

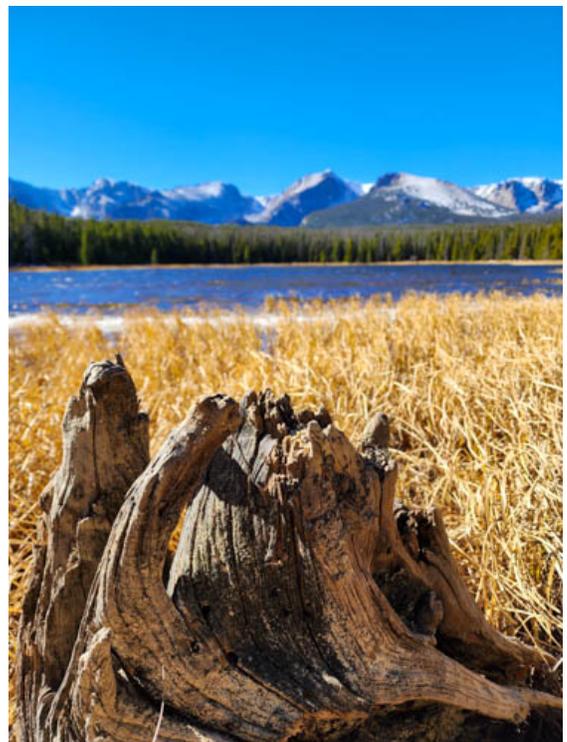
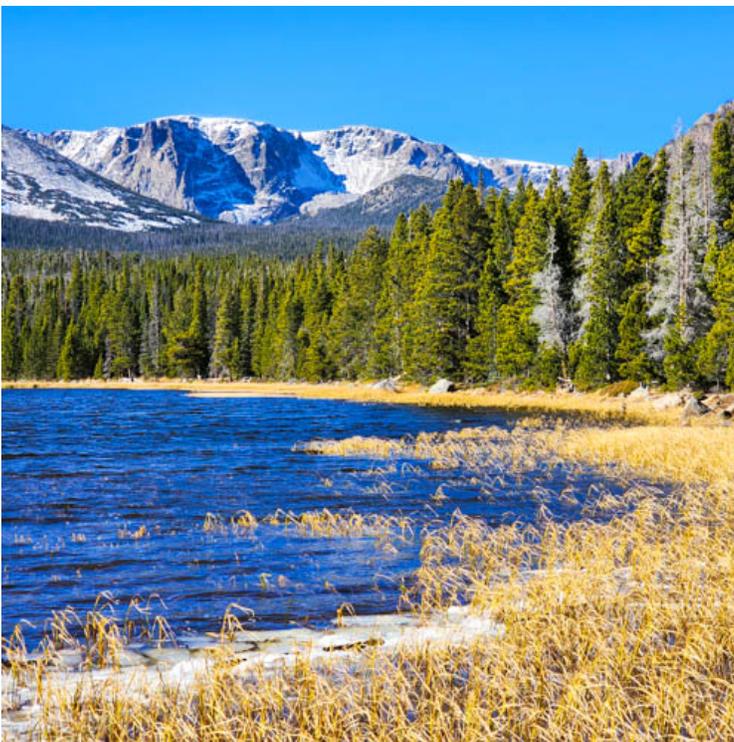
testament to his life. One of our members, Betsy Mosehauer, contributed a poster with memories of Jim's involvement in the club.

Our next regular club meeting will be Monday, January 9, 2023. We will not have a meeting in December due to the annual brunch at Sylvan Dale on December 3. Monday January 2 will be the day after New Year's Day so continue to enjoy your time off. Have a Happy Thanksgiving and I look forward to seeing those of you who signed up for the Holiday Brunch.

Tom Bruch

President

tombruch1964@gmail.com



Bierstadt Lake in the Fall of 2022

Photos by Melanie

😊 Welcome to New Members for 2022! 😊

Nancy Aley

Tina Arminio

Emily Ballinger

Jeanette Benglen

Carol Beck

Cheryl Challman

Deborah Courtner

Matthew Dane

Jim and Wendy Dickie

John Engel

Steve and Lauren Hatcher

Kathleen Markham

Kris Martin

Margi Pruessner

George Ralph

Ann Raycroft

Kim Rodehorst

Bill Rolfe

Chris and Sonja
Rosenberger

Cheryl and Tom Savage

Loretta Shaw

Samuel Skidmore

Tim Smith

Wayne Snodderly

Patricia Stewart

Tom Stuper

Nora Timson

Joyce Weaver

Charlice Wenger

Bruce Williams

Anne Wilson

Kathy Zavela



New members Steve, Ann and Cheryl, with veterans Cine and Melanie, at Bierstadt Lake (Right to left)

Monthly Meetings

Please join us! All are welcome! Our meetings take place at 7 PM at Grace Community Church, 240 Barberry Place, Loveland. The Church is located off 14th 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 (look for the sidewalk sign next to a side door).

Sunday, December 3: Holiday Party (See details below!)

Monday, December 5: No meeting scheduled; join us at the Holiday Party!

Monday, January 2: No meeting scheduled (New Year's Day Observed)

Monday, January 9: Mary Bollinger, US Forest Service

Mary Bollinger is an Information Specialist with the US Forest Service in the Canyon Lakes Ranger District, and currently serves as the North Zone Partnership Coordinator. She will present information we are all very curious about concerning our hiking trails:

- The working landscape of the Canyon Lakes Ranger District
- Recreation opportunities in 2023 – including the change in hiking trail conditions and regulations
- Cameron Peak Fire Recovery – past and future projects
- The new Forest-wide Partnership-based Information Delivery Program

Monday, February 6: Pot Luck Social, 6:00 PM at Grace Community Church (more details TBA)



Loveland Mountain Club Holiday Party

Saturday, December 3, 2022, 10:30-2:30
Sylvan Dale Ranch, Heritage Building

Join us for a fun morning with your fellow LMC members!

“Cowboy Brunch” will be served between 11:30 AM until 2:00 PM
(Bacon, sausage links, scrambled eggs, ranch potatoes, fruit display, Sylvan Dale Ranch pastries. Includes fruit juices, coffee, hot tea, and iced water.)

Cost: \$35 per person payable to LMC and mailed to Loveland Mountain Club, PO Box 983, Loveland, CO 80539. If you choose to pay at the door, the price will be \$40 per person. PLEASE write “Brunch” on the subject line of your check. Spouses and guests of members are welcome at the same price for each.

Tom Bruch will lead a group hike prior to the Brunch beginning at 8:30 AM. The hike will be around the Sylvan Dale property up the ridge and down by the water feature and cliffs with a return to the building for a total of three miles and elevation gain of 550’ on mostly easy trails taking about 2 hours. Dress appropriately for chilly weather. No need to sign up. Meet in the Sylvan Dale Hilltop Parking Lot at 8:15 AM.

Danielle Raker-Brown will be doing a slide show of pictures from your hikes this past year. Please send your pictures to Danielle at draker55@yahoo.com, along with the date & location of each picture, by November 19.

Donations for door prizes for our party would really be appreciated. Contact Tom Bruch at tombbruch1964@gmail.com if you plan to bring a door prize to the event so we know how many will be available.

Deadline for signing up and paying is November 17. Please mail in your payment by November 14 to allow time to reach us. PLEASE write “Brunch” on the subject line of your check. If you plan to pay at the door (\$40), please email Tom Bruch by November 17. We need to provide a final count to Sylvan Dale by that date. Join us for a fun morning with your fellow LMC members!

Editor's Notes:

The holidays are once again upon us! I recently learned of this blessing to foster resilience, and I want to pass it on to you, as my small way of wishing you happy holidays:

May you be happy.

May you be healthy.

May you feel safe.

May you live life with ease.

Melanie Pennington, Newsletter Editor

MELPENNING1010@GMAIL.COM

Thanks to our November Hike Leaders:

Tom Bruch, Steve Bergstrand, Melanie Pennington, Cindy Brusko, Gail Frasier, Steve Hatcher, Ted Hartman, Gabi Miles, Penny Kragie, and Jane Davis volunteered to lead hikes last month. Many thanks to these dedicated people for organizing these wonderful hikes!

Special thanks to our newest hike leader Steve Hatcher, who has been in the club just a few months now, but has become a very active member of the club and is already leading some great hikes!

Hike Coordinators

(Volunteers who gather hike information and send it to the newsletter editor):

Weekend Hike Coordinator: Penny Kragie - pakragie@gmail.com

Tuesday Hike Coordinator: Steve Bergstrand: stevebergstrand73@gmail.com

Thursday Hike Coordinators: Gail Fraser: 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 for more information about club activities and membership. Please see the Hike Leader's Guide at the end of this newsletter for information regarding what to expect on one of our hikes!

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.
- 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 and you are not vaccinated.
- 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.

THE NEW HIKE LEADER'S GUIDE HAS ALREADY NEEDED AN UPDATE! CHECK IT OUT. IT IS INCLUDED AT THE END OF THIS NEWSLETTER!

Hike Offerings

Sunday, November 20: Mills Lake (A)

This destination in RMNP, boasts beautiful views of Longs Peak, Keyboard of the Winds, and Pagoda Mountain. The class "A" hike is about 5.5 miles round trip with about 850' of elevation gain. To sign up, send an email to Jane D. at jcdflyfisher@gmail.com.

Tuesday, November 22: Four Lake Loop at Rocky Mountain Nat'l Park (A)

We will start this hike at Bear Lake and take a 6.8-mile loop visiting Lakes Haiyaha, Dream, Emerald and Nymph. Elevation gain is 1332'. Traction devices will be required. Ride share will be \$8 per person. Fully vaccinated hikers only please. Contact Steve at stevebergstrand73@gmail.com.

Saturday November 26th: Triple Bar and OT Trail Loop (A)

This relaxing and rewarding A rated hike near Livermore, CO is a loop of just over 5 miles with an elevation gain of approximately 825 feet. This hike is in the Eagle's Nest Open Space, which is one of Larimer County's gems. This hike is largely unshaded, which makes it a wonderful excursion for late November when cooler temperatures prevail. The local landmark Eagle's Nest Rock has been home to nesting golden eagles for over a hundred years. Along the North Fork of the Cache La Poudre River, this open space has breathtaking views of the Laramie Foothills. The mountain mahogany foothills interspersed with rabbitbrush and ponderosa pine provide a diverse habitat for a wide variety of wildlife. Although not required, bringing a leftover Thanksgiving turkey sandwich for lunch is highly recommended! Limit is 8 hikers. Contact Stephen Hatcher via E-Mail at skhatcher57@gmail.com.

Tuesday, November 29: Deer Mountain (B)

This is a 6 mile out-and-back trail with 1400' elevation gain, earning it a class B moderately challenging classification. This trail is a steady incline, which will help us keep warm in November, and only considered really steep the last yards to the top where we'll find steps to help. Bring traction devices. The trailhead is just inside Rocky Mountain National Park, and the views are panoramic. Contact Gail Frasier at billgailfrasier@gmail.com.

Thursday December 1st; Lory-Horsetooth Valley Loop: (B)

This relaxing and rewarding B-rated hike near Laporte, CO is a loop of approximately 9.5 miles. This hike encompasses several trails, with no one trail exceeding 300 feet in elevation gain. The hike is primarily within Lory State Park and will include the West Valley Trail, the South Valley Trail Loop and the East Valley Trail. The hike will also extend into the Horsetooth Mountain Open Space via the Shoreline Trail and coming back via the Nomad Trail. This hike is almost entirely unshaded, which makes it a wonderful excursion for early December when cooler temperatures prevail. The hike is a nice meandering stroll linking several valley hikes, and you will have wonderful views of the valleys, foothills and the Horsetooth Reservoir. Vaccinated hikers only please. Contact Stephen Hatcher at skhatcher57@gmail.com.

Saturday, December 3: Sylvan Dale Ranch Holiday Brunch Hike (A)

Tom Bruch will lead a group hike prior to the Brunch beginning at 8:30 AM. The hike will be around the Sylvan Dale property, up the ridge and down by the water feature and the cliffs, with a return to the building for a total of three miles and elevation gain of 550 feet. It will be on mostly easy trails and take about 2 hours. Dress appropriately for chilly weather. No need to sign up. Meet in the Sylvan Dale Hilltop Parking Lot at 8:15 AM.

Tuesday, December 6: Odessa Lake from Bear Lake Trailhead (B)

This is an 8.3-mile out-and-back hike with elevation gain of 2004' starting at 9500'. Great views in both directions and stunning Odessa Lake is the reward. Traction devices will be required. Poles recommended for the downhill parts, which may be icy. \$8 ride share. Fully vaccinated hikers only please. Contact Steve at stevebergstrand73@gmail.com.

Tuesday, December 13: Ladies Shop 'til You Drop, at Estes Park (A)

Whether you are just starting or finishing up your Holiday present buying, join us for the Annual Lake Estes and Shop Til You Drop Ladies Hike. We dress festively to first do the easy hike around the lake. Then we stroll through the shops, and finally meet for lunch and socializing at a designated time and place. Since this is a popular event, we will most likely need extra drivers. It's always a great time! Looking forward to seeing you! To sign up contact Carol Watt at Ruggmor@aol.com.

Thursday, December 15: Coyote Ridge to Rimrock/Blue Sky Overlook (A)

This will be a 7-mile out-and-back hike with 1,076 elevation gain. Looking west from Wilson Ave in Loveland, Coyote Ridge looks barren and boring, but hike beyond that first ridge and the world opens up! I counted 5 ridges, each with its own unique view from green, grassy meadow to red, rocky bluffs. At the top of Rimrock, we'll overlook the Blue Sky Trail that runs from Devil's Backbone to Fort Collins. To join me on this hike, contact Gail Frasier at billgailfrasier@gmail.com.

Tuesday, December 20: Spring Creek Trail in Horsetooth Park (A)

This will be a casually paced, class A hike of 4 hours down a trail in Horsetooth Mountain Space. Views include some very pretty meadows, dramatic views of Horsetooth Rock, and a side trip to Horestooth Falls. We will hike about 4 hours including a lunch break. There will be a \$9 park fee per car and \$3 per person for gas. Fully vaccinated hikers only please. Call Ted Hartman before December 18 at 970-292-8431 for more information.

Thursday, December 22: Winter Solstice Hike, Ceran St. Vrain Trail (EZ)

Solstices have been celebrated throughout all human history by our ancestors in some way. The winter solstice is considered the seasonal dark night of the soul. On the days of December 21 -24, we experience the least amount of sunlight and the most amount of darkness. Traditionally this is known as the “return of the sun”, when the amount of sunlight starts to gradually increase each day. Spiritually, it’s a time to honor both the light and the darkness that resides within each of us.

Join us for a hike to a special Solstice Tree that we found on the Ceran St. Vrain trail last Fall. As a group, we will celebrate the return of the sun. Jim Disney used to lead a winter solstice hike each year, so this is also a nod to him, the founder of our club. We will share some of Jim Disney’s special recipe “Teton Tea” (many thanks to Betsy Mosehauer and Lupe for the recipe). If you would like, please bring some food or a treat to share with fellow hikers. We will make notes of the things (thoughts, ideas, habits, etc.) we want to leave behind us or let go of in our lives, and then we will set intentions for how we would like to feel or act moving forward, to improve our lives and the lives of others.

This will be an EZ trail hike of about 2 miles, on a rocky trail with about 200 feet elevation gain. No limit to the number of hikers, but if we have a very large group, we will split into smaller groups to make sure everyone has a good experience. Traction devices and hiking poles will be needed. Fully vaccinated hikers only please. For more information, or to sign up for the hike, please contact Melanie at melpenning1010@gmail.com.

Thursday, December 29th: Devil’s Backbone Loop: (A)

This moderately challenging and rewarding A-rated hike in Loveland, CO is a loop of approximately 6 miles, with an elevation gain of approximately 715 feet. This hike is in the Devil’s Backbone Open Space. The Devil’s Backbone itself is one of the most impressive and visible geologic landmarks in Larimer County.

This hike encompasses several trails including the Wild Loop Trail, the Hunter Loop Trail and the Laughing Horse Loop Trail. Most of the elevation gain is associated with the Hunter Loop Trail and the Laughing Horse Loop Trail. The A-hike rating mostly pertains to the Laughing Horse Loop Trail which can be quite rocky and uneven at times, but is only 1.2 miles in length. This trail is in a more remote area of the Devil’s Backbone Open Space and offers wonderful views. Sturdy hiking shoes should mitigate any concerns. This hike is almost entirely unshaded, which makes for a wonderful excursion on a sunny Winter day. The hike features wonderful views of the valleys, grasslands, foothills and towering rock formations. Hopefully, we will see some red-tailed hawks soaring above.

We will make stops at a scenic overlook and at “The Keyhole” for a group picture. Vaccinated hikers only please. Limit is 10 hikers. Contact Stephen Hatcher at skhatcher57@gmail.com.

Saturday, December 31: New Year's Resolution Hike, Lory State Park (B)

This hike will be a good workout at a moderate pace in a scenic winter environment conveniently located near Fort Collins. We will do a loop starting out from the Homestead Trailhead going up Well Gulch, then to Timber to Arthur's Rock. Depending on the conditions, we can go up Arthur's Rock for a great view of Fort Collins and Horsetooth Reservoir. From there, take Howard Trail to Mill Creek Connector, down Arthur's Rock Trail to West Valley for the return. This hike is rated "B" due to distance of about 9 miles and about 1,500' elevation gain and maximum elevation of 6,800'. The trails are in a mix of trees and open areas. Traction devices may be needed. For more information or to sign up, email Tom Bruch at tombruch1964@gmail.com.

Tuesday, January 3: Lake Helene in Rocky Mountain National Park (A)

This is 6.1 miles total out-and-back hike from the Bear Lake Trailhead to Lake Helene, with an elevation gain of 1341 feet. The trail will be icy in spots and possibly snow covered. Bring both traction spikes and snow shoes. Rideshare for gas will be \$8 per person. Fully vaccinated hikers only please. To sign up or for more information contact Steve at stevebergstrand73@gmail.com.

Friday, January 6: Wolf Moon Hike at McIntosh Lake

Join us for an EZ 4-mile hike around Lake McIntosh in Longmont to watch the rise of the Wolf Moon, which is the first full moon of the year. Wolf Moon likely got its name because wolves are known to breed in January and their howls are more prevalent during this time of the year. We will celebrate this event by eating moon pies, having our own wolf howl, and perhaps going out for dinner afterwards at one of Longmont's fine restaurants. The hike will start at 4:30 pm; the moon rise starts at 4:28 pm and will be easily visible over the lake, weather permitting. Bring warm clothes as there will be no sun to warm us, bring a headlight or flashlight, and be prepared to have a howling good time! No limit on the number of hikers. For more information or to sign up for the hike, please contact Melanie at melpenning1010@gmail.com.



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

Please forward your pictures to 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. Please do not annotate your pictures. Visit our Facebook page Loveland-Mountain-Club to see photos from recent hikes.

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.

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://joeandfrede.com/wx/Mountain_Weather.ppt

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 _____



Loveland Mountain Club **Hike Leader Guide (11/2022 updates are highlighted in yellow)**

How do I find a hike to lead?

- Past experience: your own or ask other club members for suggestions
- Guidebooks: Colorado Mountain Club publications, Erik Stensland's guide to Rocky Mountain National Park Trails, etc.
- Hiking apps such as COTREX (free), All Trails (can get limited info for free, but need a subscription for details), REI Hiking Project, etc.
- LMC Website: <https://www.lovelandmountainclub.org/index.php/outdoor-activities/where-to-hike>

What is my role as a hike leader? You will be expected to:

- Pick a hike and know the trail details so you are prepared to lead it (trailhead location, route finding, starting elevation, elevation gain, distance, description of the terrain, special attractions, etc.) If possible, scout out the trail ahead of time.
- Assign a hike difficulty classification to your hike (EZ, A,B,C, or D; see below)
- Check the available hike dates with the hike coordinator (see below) and pick a date for your hike
- Choose a time for your hike, based on the weather, parking availability, etc. For example, avoid being above tree line in the summer months when thunderstorms are likely (after noon).
- If you need to make a reservation for timed entry to a park, you will be responsible for doing this for yourself and for the number of cars that you are taking with you.
- Write a brief hike description (see below) and send it to the appropriate hike coordinator by the 15th of the month before your hike. If your hike is very early in the month, send it in a month early and it will get posted on the month previous to the hike as well as the same month as the hike. **If your hike description is not submitted by the 15th of the month, it might not make it into the newsletter.**
- After your hike is posted in the newsletter/on the website, collect names and phone numbers from people who contact you and want to do your hike, and make sure they have signed the 2020 liability waiver.
- There should be a minimum of four participants for the hike to qualify as a club activity.
- Share your phone number with the group for last minute communications.
- Coordinate drivers, car pools and meeting place and time with the group. We usually meet at JAX West in Loveland, where we are allowed to park, but you can choose a different place if

appropriate. Typically, we caravan to the trailhead together. If there is limited parking at the trailhead, limit the number of hikers to avoid not having enough places to park, and time your hike to start early.

- Figure out rideshare: Maximum of \$.10/mile per person. For example, if the round-trip distance from JAX to the Trailhead is 30 miles, the rideshare is \$3 per person. Add on any entry fees and reservation fees. Drivers have the discretion to charge less but not more.
- Advise your group if there are any special items needed, such as snowshoes or traction devices, and if they should bring a snack or a lunch.
- Check trail conditions a day or two ahead of time (most can be checked on line).
- Hike leader should notify participants ahead of time in case of change of weather, postponement, etc.
- Hike leaders should be aware of and follow the club's Covid-19 guidelines.
- Hike leaders should refuse participation by someone if they judge that the hiker's fitness is not suitable for the level of hike involved.
- If the hike leader decides to allow dogs on their hike, this should be stated in the hike description, in order to inform all hikers ahead of time.

Enjoy your hike! Here are some day-of-hike guidelines to remember:

- Give the other drivers a good description of your route to the trailhead, in case you get separated.
- Introduce hikers to each other and assign drivers and passengers so all feel welcome.
- All hikers should have emergency contact info readily available in their day packs, including name, phone number, relationship, etc. for a person they want to be contacted in case of emergency.
- When you get to the trailhead, review the route at the start of the hike.
- Assign a sweep person
- Hiking pace: the lead and rear hikers should be able to see each other. Person in front should wait for the slower hikers. Allow time for rest breaks, clothing adjustments, snack time, etc.
- Leaving the trailhead:
 - Mention rideshare payment, photos to LMC, any post-hike stop.
 - IF the parking area is icy, encourage hikers to keep their traction devices on until they get to the car.
 - The last two cars of each trip should leave together so no one gets stranded.
- Safety: You are in charge of the hike and you make the final decisions regarding safety, route changes, postponements, etc.
- The goal is to have an enjoyable experience for all!
- Photos: After the hike, please send photos to 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 per hike. Other members of your group can also send in photos if you didn't take any.

Can I choose other activities to do before or after my hike?

- Yes, you can plan to go to lunch, visit a historic site, commemorate a special date, go shopping, go to a museum, go kayaking, go biking, lead a dog hike, etc. If the hike leader decides to allow dogs on their hike, this should be stated in the hike description, in order to inform all hikers ahead of time.
- If you do go to a restaurant, please avoid alcohol and ask your designated drivers to do the same.

What should I do in case of an emergency?

- Remain calm
- Assess the situation quickly
- Call 911 if you have cell phone service and give them your name, phone number, location, and describe the situation. If you are unable to reach 911, send someone for help (send two people if you can), and remain with the victim until help arrives.
- If there is a medical emergency and you are trained in CPR or first aid, do what you can until help arrives. You will be considered a Good Samaritan which releases you from liability in the State of Colorado.

Writing a Hike Description

Please use the following format to write up your hike for the hike coordinator and newsletter editor:

Day, Month, Date: Name of Hike (Hike classification rating)

Brief description of the hike, including how many miles it is, how much elevation change there is, at what elevation the hike starts, special sites to see on the hike, if you will be taking lunch along or stopping somewhere to eat afterwards, if there is a limit to the number of hikers, if you have COVID restrictions, and what the carpool rideshare will be for gas and entry fees. Finally, include your name and how you want to be contacted (email address and/or phone number) and if you have a deadline for signing up.

Here is a good example:

Tuesday June 21; Twin Sisters Peaks: (B)

This challenging and rewarding B hike near Estes Park begins in a canopy of trees, skirts across a massive landslide from the 2013 flood, emerges above timberline with great vistas and ends up on top with commanding views from either peak of Longs Peak, Mt. Meeker, Estes Cone and the Continental divide. This B rated hike consists of 7.5 miles round trip with elevation gain of 2,516' and top height of 11,428'. The trails are moderate to difficult so the pace will be adjusted but hikers should be reasonably fit. We will start early to secure parking and avoid the 9-3 RMNP timed entry requirement. Cost to passengers is \$5 payable to the driver. Covid vaccinated participants only please. Limit is 8 hikers. Contact Tom Bruch tombruch1964@gmail.com or 970-405-7794.

All hike descriptions should be submitted to the appropriate hike coordinator by the 15th of the preceding month. If your hike is very early in the month, send it in a month early and it will get posted on the month previous to the hike as well as the same month as the hike.

Hike Coordinators:

Weekend Hike Coordinator for 2022: Penny Kragie - pakragie@gmail.com

Tuesday Hike Coordinator: Steve Bergstrand: stevebergstrand73@gmail.com

Thursday Hike Coordinators: Gail Fraser: billgailfrasier@gmail.com

Hike Classification ratings

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

- F. 4 to 8 miles maximum round trip with elevation gain up to 1200 feet
- G. 8-12 miles maximum round trip with elevation gain of 1200 to 2500 feet
- H. 12-15 miles maximum round trip, and/or elevation gain of over 2500 feet. Steep or rough terrain may be encountered
- I. More than 15 miles round trip, and/or elevation gain over 3500 feet. Trips in this classification may require additional climbing skills
- J. 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+, etc. to convey the real nature of the hike.