



LOVELAND MOUNTAIN CLUB
PO BOX 983, LOVELAND, CO 80539

www.LovelandMountainClub.org

Vol. 46, #1: January, 2023

President's Message

We had a very productive hike planning meeting on Monday, January 9. Forty-two new hikes were added to the January-May 2023 schedule, with 20 hike leaders contributing trips. Some hikes will be co-led by two members which is a good way for new hike leaders to ease into it. As a result, you have a variety of hikes to choose from with diverse locations and a large range of difficulty level. Please look at each month's hike descriptions, pick what sounds good and enjoy the great outdoors with us.

Following the hike planning session was another great program, this one presented by Mary Bollinger, Information Specialist with the US Forest Service. She focused on the Cameron Peak Fire, with its terrible destruction, and the aftermath. The Forest Service is working on erosion control, fuels reduction and trail restoration. Over 1,400 slash piles have been burned to date, and 1,253 volunteers have worked on making trails usable. Also, the Forest Service wants to improve its information delivery system to users by updating their website. The meeting was well attended, with about 40 members and guests.

Some of you may have read about the Rocky Mountain National Park's timed entry reservation system for 2023. The process is like last year's with some minor variations. Modifications include making 40% of all reservations available the day prior at 5 p.m. The reservation system, which begins May 26, will extend through October 22. As before, two types of reservations are available. One is for the Bear Lake Corridor with permits needed from 5 a.m. to 6 p.m. The other is for the "rest

of the park”, which excludes the Bear Lake Corridor, with a permit needed from 9 a.m. to 2 p.m. The permits allow visitors to enter the park within a two-hour window, with no set time for departure. Reservations will be released on the first of each month for the following month, e.g., May 1 for the period May 26-June 30. According to park officials, the system eased congestion and improved visitor experience. However, I remember last summer trails around Bear Lake seemed crowded to me, especially in the afternoons. Anyway, it becomes more difficult to schedule club hikes in the Bear Lake Corridor, with the permit issued to one vehicle, so at most 3-4 can go together with the permit holder. However, the rest of the park will work for larger groups if you get in before 9 a.m.

Keep in mind that “Duuz” are due and our Treasurer, Ted Hartman, really looks forward to your timely payment. The dues run \$20 for a single membership and \$30 for a family membership. New members in 2023 will pay that rate when joining, up until June 30. After that, new members pay ½ the normal rate. Dues can be paid in cash to Ted Hartman at the meetings, or mailed by check, payable to Loveland Mountain Club, to Loveland Mountain Club, P.O. Box 983, Loveland, CO 80539-0983.

Keep in mind the Club Potluck coming up on Monday, Feb. 6, at 6 p.m., at our usual meeting place, Grace Community Church. There will be no program that night to maximize our social experience. We have had some great dishes in the past and this year should be no different. Please read the announcement in this newsletter for more details.

If you have ideas on doing something different about the annual holiday celebration coming up in December, please let us know. We will be working on plans for that soon.

Finally, our Weekend Hike Coordinator, Penny Kragie, has stepped down from that position. Many thanks to Penny for a job well done! Steve Hatcher is the new Weekend Hike Coordinator. Please support Steve as he schedules and organizes hikes and descriptions for Saturdays and Sundays.

Take care, be safe and enjoy the trails!

Tom Bruch

President

tombruch1964@gmail.com

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 a smaller door on the East side next to the main entrance (look for the sidewalk sign next to a side door).

Monday, February 6: Pot Luck Social, 6:00 PM at Grace Community Church

Help us celebrate our 45th anniversary! The annual potluck will be on Monday evening, February 6 at 6:00 pm, at our usual meeting place (Grace Community Church). Bring your favorite appetizer, main dish, side dish, salad or dessert. Also, please bring your own tableware and reusable drink cup. The club can provide hot or cold water but you may want to bring our own beverage. Also, if you can stick around to help with cleanup, that would be greatly appreciated. No RSVP required.

Monday, February 6: Stephen Hornbeck

Stephen Hornbeck is a botanist and nursery manager from the High Plains Environmental Center. His presentation will focus on plant identification and species determination.



Mary Bollinger, USFS, with Tom Bruch, Danielle Raker Brown, and Lynne Neimeyer at the January LMC meeting.

IMPORTANT INFORMATION:

The LMC website (lovelandmountainclub.org) has a wealth of information, but you will need to set up an account in order to access the members only section for some of it. For example, the newsletters and the membership list are only accessible via the members only page. Using the email address you used when you joined the club, you can set up a password protected account to be able to log into this section. If you need help, contact LMC web master John Pape at john.pape@gmail.com; he has been doing an awesome job of keeping it up to date!

Ted Hartman has been very busy updating and organizing the membership roster. Thanks to his efforts, it is easy to check on the member's only page on our web site to see if your dues are paid, if you have an updated waiver on file, or if your contact info is up to date. Hike leaders can check here to see if the folks signed up for their hikes have a current waiver on file.

Editor's Notes:

I would like to thank Penny Kragie for all the weekend hikes she coordinated and sent to me for posting in the newsletter over the past several years! She made my job a lot easier, especially in the past year when she took on coordinating all the weekend hikes without the help of the monthly weekend hike coordinators. I also want to thank Steve Hatcher for stepping up to take over the job.

Here we are looking forward to February already, and it seems like we just celebrated the New Year! The great turnout we had at our hike leader meeting resulted in a record 20 people volunteering to lead hikes!!! It is awesome to see our club recovering from the pandemic, and to have so many members making my job more interesting by sending me lots of hikes to post.

I recently figured out that I couldn't use the hyperlinks in the hike descriptions to email hike leaders, because I hadn't linked my Google and Microsoft accounts. I am curious if anyone else is having this problem? Let me know...just post a quick email to me, and if I get a lot of responses, I will look into it further! If you received a really old email from me, it was because there were a bunch of old ones stored in my outbox, and when I linked my accounts, away they flew to the recipients! So please ignore them, and I am sorry for the inconvenience.

Melanie Pennington, Newsletter Editor

MELPENNING1010@GMAIL.COM

😊 Welcome to New Members! 😊

Lorna and Scott Ciluffo

Thanks to our January Hike Leaders:

Steve Bergstrand, Gail Frasier, Melanie Pennington, Ruth Hartman, Linda Hollingsead, Steve Hatcher, Tom Bruch, and Carol Watt volunteered to lead hikes last month. Many thanks to these dedicated people for organizing these wonderful hikes!

Hike Coordinators

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

Weekend Hike Coordinator: Steve Hatcher - skhatcher57@gmail.com

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

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

Please note that we have a new weekend hike coordinator.

Our heartfelt gratitude is extended to Penny Kragie, who has stepped down from the Weekend Hike Coordinator position. Penny served the club in this capacity for several years, and all the time and energy she put into organizing weekend hikes was greatly appreciated! If you see her, please remember to thank her in person for contribution to the club!



Winter fun on the Eugenia Mine Trail

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!

THE LMC HIKE LEADER'S GUIDE IS INCLUDED AT THE END OF THIS NEWSLETTER!

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 Wolf Moon rising over McIntosh Lake on our Jan. 6 hike

Hike Offerings

Saturday, January 21: The Loch (Class A/B)

This popular winter snowshoe hike will go up the steep drainage of Icy Brook to The Loch. Once at the Loch, a decision can be made to return the same way or to bushwhack down another drainage back to the trail. For questions or to sign up, contact Jane D at 260-413-2686 or jcdflyfisher@gmail.com.

Tuesday, January 24: Coyote Ridge and Back (A)

This is a simple hike from the parking lot to the first ridge top of Coyote Ridge Trail. There and back is 4 miles with 600 feet of elevation gain, 3/4s of that in the last half mile (three switchbacks). Great for working off stress! I would rate it an easy A hike until the switchbacks. While those are not steep, they are continuous to the top. Give it an A+. We are not out to break any records. My fastest time up and back is 1-1/2 hr. I expect we will take 2 hours at a slower pace, plus stops. And we should see prairie dogs and take time at the top for the views. I strongly recommend micro-spikes and/or walking sticks. It's winter and the trail can be dry, snow-packed, icy, muddy, or all four. Contact Rich Kurz to sign up or with questions at 970-308-2891 or rich@richkurz.com.

Thursday, January 26: Rabbit Mountain (A)

This challenging and rewarding A rated hike in Longmont, CO is a combined hike of approximately 8 miles with a combined elevation gain of approximately 500 feet in the Rabbit Mountain Open Space Area. This hike will feature an out and back hike of the Indian Mesa Trail (4.4 miles round trip with an elevation gain of around 300 feet) and the Eagle Wind Trail Loop which is 2 miles with an elevation gain of around 200 feet. After taking in connectors and all, the combined mileage should be around 8 miles or so. This hike is mostly unshaded and offers outstanding views of the Front Range, which makes for a wonderful excursion on a sunny winter day. Limit is 12 hikers. Contact Stephen Hatcher via email at skhatcher57@gmail.com.

Saturday, January 28: Zimmerman Lake Snowshoe (A)

This Class A hike will go up the trail to Zimmerman Lake located in Poudre Canyon near Cameron Pass. We will loop around it for the return. The lake may be frozen enough to walk on! Distance is about 3.0 miles RT with elevation gain of 518' and maximum elevation of 10,557'. The area starts out in forest and ends up at the lake with great vistas of the surrounding mountains. This relatively easy snowshoe is great for beginners as well as more seasoned trekkers just wanting to get out and enjoy the winter wonderland. Plan on being gone most of the day, due to the driving distance from Loveland. Fully vaccinated hikers please. For more information or to sign up, contact Tom Bruch at tombruch1964@gmail.com.

Tuesday, January 31: Ouzel Falls (A/B)

This is a class A/B hike, 7.6 miles roundtrip from the Wild Basin Winter TH parking lot to Ouzel Falls with 1,200 feet of elevation gain. Limit 10 people. To sign up contact Roger Buehler at rvbw123@gmail.com.

Thursday, February 2, Glacier Creek Trail (A)

This 5-mile total, in and out hike starts at the Storm Pass parking area in RMNP. We will likely need snowshoes along the Glacier Creek Trail to Glacier Gorge and back to Storm Pass parking area. We will be in a forested area, with the creek in and out of our vision throughout. The must-see on this hike is the stunning formations made by snow falling in a concentration of rocks. Lots of winter beauty. Vaccinated hikers only please and please allow all day for this hike. To join this hike, contact Gail at billgailfrasier@gmail.com.

Saturday, February 4: Westridge Trail in Lory State Park (A+)

This infrequently hiked class A+ loop trail is near the western boundary of Lory State Park and offers nice views of the Continental Divide, Longs Peak, and the Indian Peaks to the south. We'll have lunch on a ridge with a beautiful view of mountains in the distance. It will be done at a casual pace and will be 7 miles round trip with an elevation gain of 1400 feet. Vaccinated hikers only. We will probably need traction devices as well. Rideshare will be \$4 per person. Everyone will also need to chip in on the park entrance fee. Call Ted Hartman for meeting place and time at 970-292-8431.

Tuesday, February 7: Mills Lake (A+)

Nestled in Glacier Gorge, this Rocky Mountain National Park lake is named after naturalist Enos Mills. The trail begins at Glacier Gorge parking area and ascends up 760' to the lake with views of towering mountains and the majestic Alberta Falls along the route. Once at the lake, there are dramatic cliffs that loom over it. A notable feature is the "Keyboard of the Winds" which is a series of spires that produce sounds when the wind blows through them. This is a winter hike which will require either spikes or snowshoes. Round trip distance is about 5.5 miles on the regular trail although we may take the winter shortcut. Maximum elevation is 9,980'. The hike is rated A+ to reflect hiking in winter conditions. Limit is 8 hikers due to limited parking at Glacier Gorge. For more information or to sign up, contact Tom Bruch at tombbruch1964@gmail.com.

Thursday, February 9: Pinewood Reservoir (A)

We start this 2.5-mile snowshoe hike at the Ramsey-Shockey Trailhead, cross the dam and take the Shoshone Trail Loop through forested terrain with a stop at the rocky top for views and a touch of history. This is a pleasant little loop that never gets old. Vaccinated hikers only please. To join this hike, contact Gail at billgailfrasier@gmail.com.

Saturday, February 11: Michigan Ditch Snowshoe Rescheduled(A)

This hike was rescheduled from January 19 due to the snowstorm. This Poudre Canyon trail features a gradual incline on a snow-covered jeep road that is used to maintain the Michigan Ditch, part of the trans-mountain water storage system that funnels water from the western slope to the front range. You get views of the Nokhu Crags, Never Summer Mountains, cabins and trees along a snowy landscape. The trail starts at Cameron Pass and can extend all the way to American Lakes but we will go about 2.5 miles up to the junction with the American Lakes trail and turn around for a 5-mile easy Class A snowshoe hike. Starting elevation is 10,248' with about 350' gain. Hike limit is 8 due to limited parking. Fully vaccinated hikers only please. Due to travel distance, plan on a full day. To ask questions or to sign up, contact Tom Bruch at tombbruch1964@gmail.com.

Tuesday, February 14: Sandstone Ranch (A)

Join me for this 5-mile, flat, paved hike along the St. Vrain Greenway in Longmont. The trail does have a gravel side path for those who need to walk on a softer surface. We will walk through the Sandstone Ranch nature preserve, crossing over the St. Vrain River a couple of times, and enjoy the views of Indian Peaks, Mt. Meeker, and Longs Peak as we walk. We will learn a bit about the history and geology of the area. For more information or to sign up for the hike, please contact Melanie at melpenning1010@gmail.com.

Thursday, February 16: Lake Helene (RMNP) (B)

This will be a snowshoe hike of 6.5 miles total distance with 1,200 feet of elevation gain, starting at the Bear Lake Trailhead in Rocky Mountain National Park. The difficulty of this hike will depend on the snow conditions, with the possibility of having to break trail if we have new snow fall near the time of the hike. Please allow all day for this hike. Please contact Douglas at 970 672 7629 or douglasbxtr@gmail.com.

Tuesday, February 21: Hidden Falls (A)

Hidden Falls is located in Wild Basin and is relatively unknown to the average hiker. During the summer it is a weeping wall but during the winter it is transformed into a beautiful frozen waterfall. Our hike will be a 4 mile out and back hike done at a casual pace hike with 400 feet elevation gain and loss. We will pass a frozen Copeland Falls as we approach Hidden Falls. If we are lucky, we might be able to see ice climbers ascend Hidden Falls 100-foot ice column. Traction devices (including snowshoes) will be required. Vaccinated hikers only. Ride share will be \$8.00. Please call Ruth Hartman at 970-292-8431 for more information or to sign up for the hike.

Thursday, February 23: Embryo Lake (Class B)

Total mileage for the hike will be between 6 and 7 miles and expect about 1400 feet of elevation gain. This small pond is southwest of The Loch. We will first snowshoe up the drainage to The Loch and then cross the lake and bushwhack to Embryo Lake. The return trip can be back the same way or can be a bushwhack down a different drainage back to the trail. Ride share will be \$6 per person. Please allow all day for this hike. To sign up, call Jane D at 260-413-2686 or email at jcdflyfisher@gmail.com.

Tuesday, February 28: McIntosh Lake - Dog Friendly Hike (leashes required) (EZ)

McIntosh Lake is located on the westside of Longmont. This trail has great views of Long's Peak and other front range peaks. The loop around the lake is 3.5 miles and is flat. Some of the trail is gravel and some is concrete. This is a pleasant winter hike on a sunny, mild day. For more information or to sign up for the hike, please contact Cindy at cbrown7417@icloud.com.

Saturday, March 4th: Crosier Mountain (B)

Our approach to this challenging in-and-out hike begins from Glen Haven on a short dirt road. We will head past a stable and residences, and the road leads us to a narrow path that marks the start of the hike, at an elevation of 7,240'. From here, the Crosier Mountain trail climbs up the hillside along a deeply rutted trail and descends and crosses a creek that flows from Piper Meadows. It then climbs up to a lovely open meadow where it is common to see deer and elk. The trail traverses along the edge of the meadow, providing wonderful views of RMNP's magnificent Mummy Range to the northwest. The trail becomes considerably steeper and rises through an amazing dense lodgepole pine forest. At the trail junction we follow the sign and hike for 1.3 miles to the spur trail. At the spur trail we go west up a 0.5-mile climb that ascends 480 vertical feet to Crosier Mountain. The trail negotiates several steep switchbacks, with some false summits, and climbs to a level, open area topped by a small rock outcrop that represents the zenith of this forested mountain. Views of Longs Peak and the eastern skyline of RMNP are stunning. Contact Karen Goggin at 970-231-5883 or karenrae.angel@yahoo.com.

Tuesday, March 7: Coyote Ridge and Back (A+)

This is a simple hike from the parking lot to the first ridge top of Coyote Ridge Trail. There and back is 4 miles with 600 feet of elevation gain, most of that is in the last half mile (three switchbacks). Great for working off stress! I would rate it an easy A hike until the switchbacks. While those are not steep, they are continuous to the top. Give it an A+. We are not out to break any records. My fastest time up and back is 1-1/2 hr. I expect we will take 2 hours at a slower pace, plus stops. And we should see prairie dogs and take time at the top for the views. I strongly recommend micro-spikes and/or walking sticks. It's winter and the trail can be dry, snow-packed, icy, muddy, or all four. Contact Rich Kurz to sign up or with questions at 970-308-2891 or rich@richkurz.com.

Thursday, March 9: Bobcat Ridge Natural Area, D.R. Trail, Powerline Trail (B)

This "B" hike features an 8.6-mile loop and an ascent of 1644'. The hike begins at the trailhead in the Bobcat Ridge Natural Area. We will be ascending the D.R. Trail to Mahoney Park, and then stop for lunch. We continue hiking down the Powerline Trail back to the valley. Vaccinated hikers only please! Contact Mario Figueroa at mfig34@yahoo.com or Laurette Terrell at lsaterrell@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**

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 (check the member list available on the members only part of the website).
- Respond in reasonable time to a request to go on the hike (no later than 3 days). The response may be admission to the hike, placement on a waitlist if filled, or a decline if physical or other requirements are not met. Provide details regarding the time, meet-up location etc. to the participants at least 2 days before the hike.

- 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 2023: Steve Hatcher: skhatcher57@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.