



LOVELAND MOUNTAIN CLUB
PO BOX 983, LOVELAND, CO 80539

www.LovelandMountainClub.org

Vol. 46, #1: January, 2023

President's Message

The annual Holiday Celebration at Sylvan Dale Ranch on December 3 turned out well. It started in the morning with a nice hike around the scenic ranch area with two dozen hikers taking part. The weather was chilly to start but warmed up nicely. There was a special treat when a large group of Bighorn Sheep visiting the ranch jumped over the fence before us on their way to Big Thompson Canyon. Later, Sylvan Dale put on their great brunch for 49 attendees. Danielle Brown organized a wonderful slide show with photos contributed by members from 2022 hikes. Afterwards the program featured several awards given out. The outstanding club member recognized was Gail Frasier. Gail joined the club not too long ago and made an immediate impact. She led her first hike in June 2020 and has led many hikes since then. In 2022, she offered to become the Thursday Hike Coordinator. She is a congenial person who takes genuine interest in others and is conscientious about any obligations she takes on. Rich Kurz prepared and performed a song as a tribute to Gail. The club then presented an Erik Stensland book as appreciation to the hike coordinators this year which included Steve Bergstrand, Gail Frasier, and Penny Kragie. Important cogs in our activities are all the hike leaders. Eleven hike leaders were recognized at last year's event with a promise of LMC t-shirts. Better late than never, t-shirts were handed out to those who were present this year. There were 23 hike leaders in 2022; those at the brunch received a custom Loveland Mountain Club hat. We had a great drawing for door prizes with 24 members donating items for the giveaway. Thanks to all who made the event a success and thanks to all who came.

Our next meeting is Monday, January 9 which will be both a hike planning session at 5:30 pm and a regular meeting at 7 pm, taking place at our usual meeting place, Grace Community Church. We will plan our hikes for the next few months, from January 2023 through April 2023, on the usual days of Tuesday, Thursday, Saturday, and Sunday. Hike Leaders, come out and bring your hikes and

suggested dates! If you can't make it, then email your hikes and dates to the Hike Coordinators- Steve Bergstrand, Gail Frasier, and Penny Kragie for consideration at the meeting. This is also a chance for new leaders to learn and take part in doing hikes. The regular program meeting starts at 7 pm and will feature Mary Bollinger from the Canyon Lakes Ranger District.

Notwithstanding a successful holiday brunch this year, we are always looking to improve on the annual gathering. About 1/3 of the membership attended this year's function. We would like to see even more interest and involvement. This could include a different venue, changed menu, new hike, something less pricey, another program format, and more. Let us know what you think and any ideas you might have; or, if you like what we do at Sylvan Dale, let us know that too. The board will consider ideas and decide by next February to plan for the December 2023 celebration.

With a new year, "Duuz" are due. The club depends on a modest dues assessment of \$20 per year to take care of the expenses of running an organization of 148 members. The dues are on a calendar year basis so as of January 1, existing members are asked to mail in their payment payable to Loveland Mountain Club. According to the by-laws, dues will be due for payment by April 31 of each calendar year. After that, nonpaying members will be dropped from the current roster. Per board discussion, 2022 new members who joined before October 1, 2022, will be asked to pay \$20 for 2023. New 2022 members who joined after September 30, 2022, will not pay further dues until 2024. There will be a new policy for members who join in 2023 and later. If you join on or before June 30, dues are \$20 for the year. If you join on or after July 1, dues are \$10 for the remainder of the year. We are using these rules to make life easier for the Treasurer, rather than pro-rate each member based on their date of joining. No bills will be sent; we just rely on voluntary cooperation.

Winter is here. No need to hunker down and wait for warmer weather. We can bundle up, wear warm boots, strap on spikes or snowshoes and go see what a winter wonderland is waiting for us. The club will offer several great winter hikes with experienced leaders. If you are new to this, ask one of the hike leaders how you should prepare.

With the holiday season upon us, I wish everyone a Merry Christmas and a Happy New Year!

Tom Bruch

President

tombruch1964@gmail.com

😊 Welcome to Our Newest Members! 😊

Jane Baumgart
James Hardy
Greg and Kathy Vickerman
Georgia Wilson

We are so excited to meet you all on a hike or at a meeting!

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, January 2: Meeting will be Jan. 9 (New Year's Day Observed)

Monday, January 9, 5:30 PM: Hike Planning Meeting

All club members are invited to join us in planning hikes for the next 4 months. We will meet in the regular meeting area at Grace Community Church. We are happy to welcome both rookie and experienced hike leaders. If you are new, we will help you feel comfortable with leading your first hike, or pair you up with another hike leader so you can co-lead a hike. If you are experienced, please bring a list of hikes and dates that you would like to add to the calendar. Please join us!

Monday, January 9, 7:00 PM: 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

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.

Editor's Notes:

Happy New Year!

If I missed getting your hike into this newsletter, or if you want to add one, please contact me at the email address below and I will send it out to the club members.

Melanie Pennington, Newsletter Editor

MELPENNING1010@GMAIL.COM

Thanks to our December Hike Leaders:

Tom Bruch, Steve Bergstrand, Melanie Pennington, Gail Frasier, Steve Hatcher, Ted Hartman, 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: Penny Kragie - pakragie@gmail.com

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

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



Triple Bar-OT Loop Hike in the Eagles Nest Open Space on December 10, 2022

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.



Bobcat Ridge Hike December 1, 2022

Hike Offerings

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.

Thursday, January 5: Eugenia Mine, RMNP (A)

This is a moderately challenging hike of under 4 miles out and back with a 540ft elevation gain. The first half mile is steep but the trail evens out after that. The Eugenia Mine is tucked back off the Long's Peak Trail. In winter, the trail wanders up through a snow-covered forest so snowshoes will be a must. This is a good hike to try out your snowshoeing skills grown rusty over the summer.

From 1905-1912, the Eugenia mine produced copper sulphide and gold ore but was never considered successful. Carl Norwell, his wife and two daughters lived in the log cabin now covered with snow. A shining spot for family and locals was the piano in the Norwell home. This mine of music produced hours of joy to those who listened.

Fully vaccinated hikers only please. Also, because we never know how a hike will go, please plan on a full day. To join this hike, contact Gail Frasier at billgailfrasier@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.

Saturday, January 7: Arthur's Rock in Lory State Park (A)

This is a 3.4 mile out and back, challenging class A hike in Lory State Park. Elevation gain is 1100 feet. There is a scramble to the top where you will have panoramic views of the surrounding area. The pace will be casual and traction devices are required. Vaccinated hikers only. Hikers will pay their driver \$4 for gas plus their share of the park entrance fee. Please call Ruth Hartman at 970-292-8431 for meeting time and place.

Saturday, January 8: Bitterbrush Trail and Nelson Loop

Hall Ranch: 8 miles, 1,500 ft elevation gain. Hike is out of Lyons. Come see the old Nelson Ranch plus put your input into what an old piece of machinery might be. A landscape of rolling grasslands and sandstone buttes. We will cut off a mile at the end by walking down a road. Please contact Linda Hollingsed at linda@hollingsed.com.

Tuesday, January 10: H Bar G Ranch (A)

This is about a 6-mile hike going from Devil's Gulch up to the most beautiful and comprehensive view of the Front Range. We go through Pines and Aspens on a nice trail even if snowshoes are called for. Contact Carol Watt at Ruggmor@aol.com or leave a message at 970-685-4943 to sign up. Answering machine sounds screwy but it will take your message.

Thursday, January 12: Blue Sky Trail from Fort Collins through Devil's Backbone (B)

This moderately challenging and rewarding B rated one-way shuttle hike from the Blue Sky Trailhead in Fort Collins, CO to the Devil's Backbone Trailhead in Loveland, CO is a hike of approximately 9.5 miles, with a net elevation gain of approximately 780 feet. The hike will commence from the Blue Sky Trailhead near the Horsetooth Reservoir and will gently meander down to the valley below while offering constant

views of the valley and the surrounding hogback rock formations and foothills. Traversing the valley floor will be very pleasant, and we will then gently meander uphill to the trails of the Devil's Backbone Open Space, and then take those trails to the Devil's Backbone Trailhead. The Devil's Backbone itself is one of the most impressive and visible geologic landmarks in Larimer County. The most significant elevation gain will be when we near the end of the Blue Sky Trail and link up with the Laughing Horse Trail, but it is pretty steady and not very hard. However, this section can be quite rocky and uneven at times, but is only 1.5 miles or so in length. Sturdy hiking shoes and hiking poles 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. Vaccinated hikers only please. Limit is 8 hikers. Again, this will be a shuttle hike so if interested, please indicate if you have a Larimer County Pass and would be willing to drive. Contact Stephen Hatcher via E-Mail at skhatcher57@gmail.com

Tuesday January 17th; Cub Lake Trailhead to Fern Lake Trailhead: (A)

This moderately challenging and rewarding A rated loop hike will take us from the Cub Lake Trailhead to the Fern Lake Trailhead in Rocky Mountain National Park and is a hike of approximately 7 miles, with an elevation gain of approximately 750 feet. We will park at the Fern Lake Trailhead (for the ample parking) and walk to the Cub Lake Trailhead. From there we will hike up to Cub Lake (where we will have lunch), and then slowly climb upwards and around back of Cub Lake, and then gradually descend to The Pool and then back to the Fern Lake Trailhead. The hike features wonderful views of rivers, meadows and moraines, and is a nice hike for a sunny winter day. Vaccinated hikers only please. Limit is 8 hikers. Please indicate if you have a National Parks Pass and would be willing to drive. Contact Stephen Hatcher via E-Mail at skhatcher57@gmail.com.

Thursday, January 19: Michigan Ditch Snowshoe (A)

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 tombruch1964@gmail.com.

Thursday, January 26: Rabbit Mountain Trail (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.

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.
- 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.