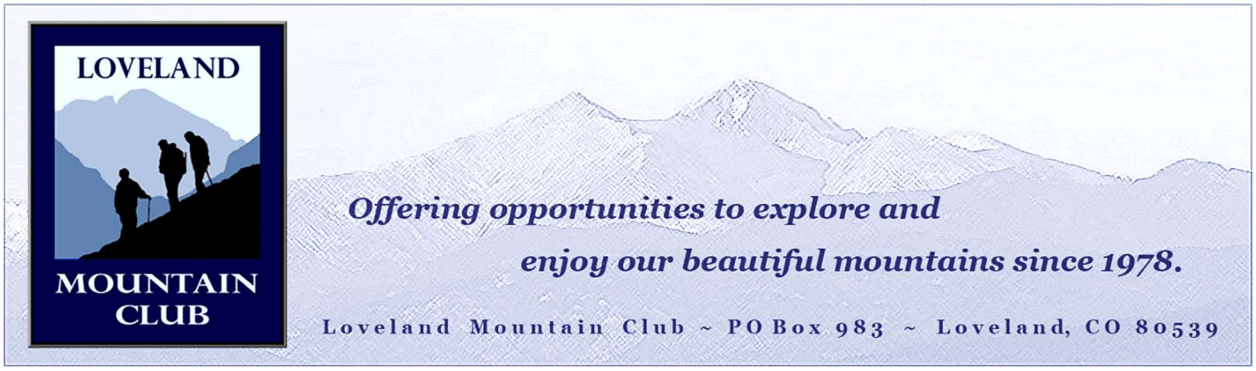


LOVELAND MOUNTAIN CLUB
PO BOX 983, LOVELAND, CO 80539
www.LovelandMountainClub.org
Vol. 46, #5, May 2023

President's Message

With Spring here and Summer on the horizon, we can look forward to warm weather hikes in the mountains. Like last year, there will be timed entry permits in certain areas. Rocky Mountain National Park will have the timed entry reservation system in place running from May 26 to October 22. There will be two types of permits. One will be for the Bear Lake Corridor from 5 a.m. to 6 p.m. The other will be for the "rest of the park" from 9 a.m. to 2 p.m. Reservations will be available at monthly intervals on the first of each month. The Brainard Lake Recreation Area has its own timed entry system which, I assume, will be like last year. It was on a rolling 14-day schedule with reservations opening shortly before Memorial Day. Parking at the lower trail heads is open typically from mid-June to mid-October and the upper trailheads from mid-July to mid-October as the snow melts. Information and reservations can be found for both areas at recreation.gov. The reservation system is on a per vehicle basis which makes it more difficult to schedule group hikes. The club mostly works around it by having hikes in less restrictive areas. It is surprising how many great hikes are available in other areas.

On April 10, we had a hike planning meeting to schedule hikes for the months of May through August 2023. As a result, 46 hikes led by 16 hike leaders are on the calendar. The hikes feature a variety of locations and levels of difficulty so there should be something for everyone. As each month's hike descriptions come out in the newsletter, please look, sign up, and get out there. Many thanks to all who offered to lead hikes.

John Lacher, a seasoned mountaineer, presented the program at our April meeting. He was quite interesting telling us of his adventures in the Colorado mountains. He also focused on the book *Mountains* by W. S. Cooper who ascended difficult summits in the 1904–1908 time frame in Colorado. This was back in the day before specialized boots, synthetic fibers, freeze dried foods, navigation devices, you get the picture. Cooper developed a heart condition and was advised by a

physician to quit hiking. Probably not the advice one would get today. There were also photos from earlier time periods.

Our next meeting is Monday, May 8 (second Monday of May). The program will feature members Ted and Ruth Hartman who will present their experiences of hiking in the Swiss Alps last summer. This should prove to be both interesting and educational.

It is time to start thinking about the July Annual Picnic coming up. Save the date for Tuesday, July 11 at 5:30 p.m. at Fairgrounds Park. The club provides chicken as the main course and members supply a side dish to share. It's always fun to get together in the summer and to renew old friendships and make new ones. More details will be provided as we get closer to the event.

After some discussion, the Board decided to hold the annual December Celebration Event again at Sylvan Dale Ranch on Saturday, December 2, 2023. There were just no other alternatives equal to what we can get at Sylvan Dale in terms of location, hiking opportunity, meal, hospitality, and facilities. The Ranch worked with us to hold the line on costs. So, we hope to see as many of you as possible when the time rolls around.

Donna Pierce resigned the position of Editor for the club's Facebook Page effective April 21. She is moving out of the area. The Facebook Editor receives photos from club hikes, selects, and posts for members to see and enjoy. It is also a good marketing tool. We would like to keep this going so if one or more would volunteer, please let me know. Donna, we appreciate your work over the past year and wish you the best going forward!

Again, thanks to the officers, committee people and members who work to make this the best hiking club in the area!

Tom Bruch

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, May 8: Ted and Ruth Hartman will speak on their hiking trip in Switzerland last year. Please note this is date is changed from May 1st, per a request from the church.

Monday, June 5: Kevin Cook is a local naturalist who has explored and studied the wildlife and ecosystems of Colorado for almost 50 years. To experience the landscapes and lifescapes of Colorado firsthand, he has backpacked and hiked about 35,000 miles through the state's grasslands, shrublands, treelands, and tundras. He has shared his experiences with others through his weekly nature column in the Loveland Reporter-Herald since 1986 and his monthly nature programs at the Loveland Public Library since 1994. Kevin will present a program entitled The Botany Peaks, about three men in the 1800s who were so dedicated to understanding and documenting the plant life of the United States that their work set a new standard of excellence in collegiate academics. Another botanist who collected plants in Colorado's mountains was so grateful for their work that he named three mountain peaks to honor them. To honor those men and their remarkable contributions to our knowledge of Life on Earth, local naturalist Kevin Cook hiked to the top of all six Botany Peaks. June's program, "The Botany Peaks," will tell the stories of those mountains, of those botanists, and of Kevin's commitment to honor them.

Tuesday, July 11: LMC Summer Picnic – Save the Date!

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 does 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:

Well now! We have had a taste of spring, and it was a welcome experience! I don't know about you, but I am so excited to get out on some of these great hikes we have coming up, without having to layer up clothing, hats and gloves. I am hoping the snowy photos in this issue will make way to wildflower photos in the next issue!

Many thanks to Lauren Hatcher for her recent help putting the newsletter together.

Melanie Pennington, Newsletter Editor

MELPENNING1010@GMAIL.COM

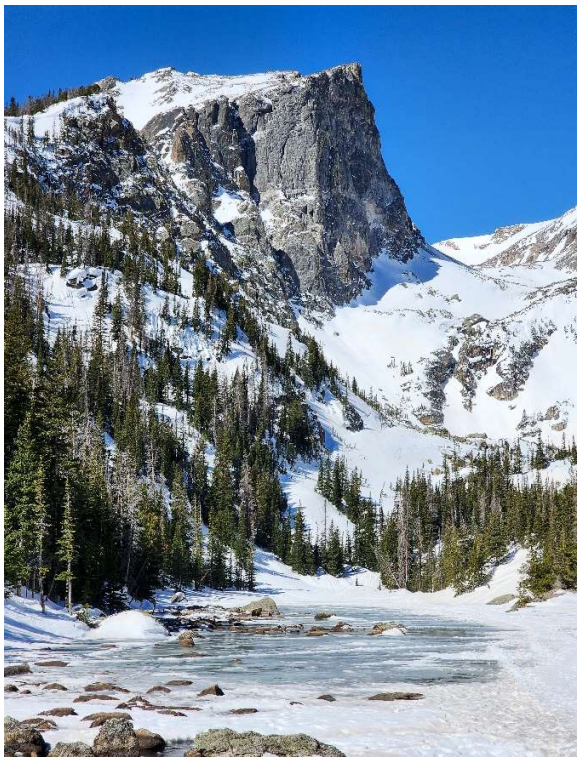
😊 Welcome to New Members! 😊

Ed Andrews

Tom Stuve

Kim Williams

Also, a warm welcome back to Randy Curtis!



Harbinger of Spring: Stellar Jay on the trail to Emerald Lake

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 Coordinator: 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 if you lead a hike.

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.

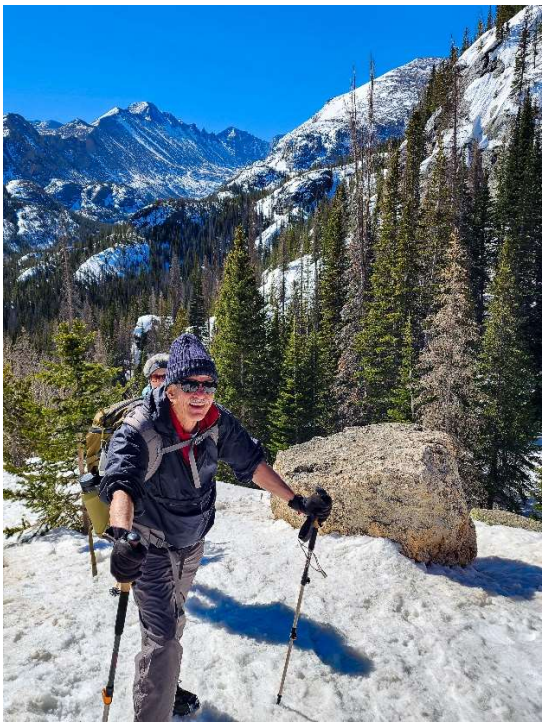
Hike Ratings

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.

I think the trail went this way?



Steve H. and the Keyboard of the Winds

Attention all backpackers!!! One of LMC's illustrious members has obtained a backpacking permit for Chapin Creek Campsite in Rocky Mountain National Park. The dates will be Tuesday, August 15 through Friday, August 18. Possible daytime activities include climbing Flat Iron Mountain and Desolation Peak, fishing the 2 creeks in the area, and climbing Chapin, Chiquita, and/or Ypsilon. Details will be provided at a later date but if you think this is something you might be interested in, please let me know. Jane D. can be contacted at jcdflyfisher@gmail.com. And thank you to Douglas Baxter for obtaining our permit!

Hike Offerings

Tuesday, April 25: Shoshone and Besant Loop Trail at Pinewood Reservoir near Loveland (EZ)

This hike will be between 2.8 and 4 miles with an elevation gain of around 400 feet. The trail may have deer near the reservoir. By the end of April, I hope all icy areas will have melted on the downhill side of the loop. To be safe, please bring poles. This will be a leisurely paced hike. There is a $10 per vehicle entrance fee which requires a credit card. For more information or to sign up, please contact Cindy at cbrown7417@icloud.com

Thursday, April 27: Button Rock Preserve Sleepy Lion Trail/Hall Ranch Antelope Trail/Point to Point Hike (A)

This "A" hike is approximately 8 miles, with a total ascent of 1,050'. It is a point-to-point hike from the Button Rock Preserve trailhead, up the Sleepy Lion Trail and connecting with Hall Ranch Open Space. We'll visit the historic Nelson ranch house, complete the Nelson Loop Trail to circle the house and hike down to the trailhead of Antelope Trail. Vaccinated hikers only please! Contact early if interested and if willing to drive, as the number of hikers participating will be dependent on available drivers and necessary car shuttle plans. Contact Laurette Terrell at lsaterrell@gmail.com

Tuesday, May 2: Ceran St. Vrain (A)

This is an A hike of 4 miles and total elevation gain of 450 feet. The trail, near Jamestown, follows the South Saint Vrain Creek downstream. "Delight in peaceful hiking in the midst of quaking aspens, lodgepole pines, and Douglas firs, while tranquil sounds of whooshing water accompany you" (CMC Pack Guide to The Best Front Range Wildflower Hikes). The trail ends at National Forest System Road 252, a rough four-wheel drive road. If we want, we can hike the road as it climbs 0.5 miles northwest to a four-way intersection, from which it is a steep half-mile to the left up to Miller Rock. Miller Rock is a scenic high-point that offers 360-degree views. Hike will be limited to 8 hikers. Rideshare will be $8 per person from Loveland or $5 per person from Longmont. Please respond to Melanie by Sunday, April 30, at melpenning1010@gmail.com

Thursday, May 4: Curt Gowdy State Park (A+)

This moderately challenging hike takes place in a scenic Wyoming State Park west of Cheyenne. The area features towering hills, unique rock formations, trees, lakes and streams. We will do a loop going around the hills above Crystal Reservoir with a mix of easy and more challenging trails including Crystal Ridge, Canyons and Cliff Hanger. Aptly named Cliff Hanger is short and involves a walkable ledge above a drop-off with grab chains, doable by most folks. But, if you are not a fan of heights, you should pass on this outing. The hike is A+ with 7 miles RT, 1,250' elevation gain and maximum elevation of 7,230' in mostly open areas. Due to travel distance, this is an all-day outing. To sign up or for more information, send an email to Tom Bruch at tombruch1964@gmail.com

Saturday, May 6: Red Mountain Open Space: Multiple Trails Loop (A+)

This moderately challenging and rewarding A-rated hike will encompass multiple trails in the Red Mountain Open Space. After taking in connectors and all, the combined mileage should be around 8.5 miles or so, with a cumulative elevation gain of approximately 800 feet. This hike encompasses several trails including the Sinking Sun Trail (1.5 miles with an elevation gain of 288 feet), part of the Big Hole Wash Trail (0.5 miles with an elevation gain of around 250 feet), the Salt Lick Trail (2.2 miles with an elevation gain of 234 feet) and the Ruby Wash Trail (3.1 miles and mostly downhill). This hike is mostly unshaded and offers outstanding views of crimson and tan rocks, sandy washes and rolling grasslands, which makes for a wonderful excursion on a sunny spring day. If interested, please let me know if you are willing to drive. Vaccinated hikers only please. Limit is 8 hikers. Contact Stephen Hatcher at skhatcher57@gmail.com

Tuesday, May 9: Mill Creek Basin Trail to Bierstadt Lake A+

This hike starts at the Hollowell Park Trailhead off of lower Bear Lake Road in Rocky Mountain National Park. It is about 6.2 miles and 1258' of elevation gain to Bierstadt Lake, which is at 9400'. E-mail Steve with questions or to sign up at stevebergstrand73@gmail.com

Thursday, May 11: Black Lake (B)

This is a 10-mile round trip with a 1,500 feet elevation gain. Potential snowshoe hike departing from Glacier Gorge and hiking up to Mills Lake with outstanding views of Longs Peak and the Keyboard of the Winds. Please contact Douglas at 970-672-7629 or douglasbxtr@gmail.com

Saturday, May 13: Trail Work on Round Mountain.

Join the LMC for a day of giving back to our community! We need people to help clean out water bars and trim back vegetation on the Summit Trail on Round Mountain. Tools will be provided. Participants need to bring eye protection, work gloves, snacks and water. Two crews, one starting early to go up to the 4-mile marker and work down the trail, the other starting a bit later and working up the trail. Contact Jane at jcdflyfisher@gmail.com

Tuesday, May 16: Homestead Meadows (B)

This is a gem of a hike where you can enjoy a beautiful meadow but also journey back through time. We will visit both the Brown and Irvin Homesteads, where buildings and artifacts are still part of the landscape. We will take the Moose Meadow Trail in Hermit Park to access Homestead Meadows. This will be a 9-mile loop trail with 1115-feet elevation gain and will be hiked at a casual pace. We will share the $9.00 fee to enter Hermit Park for each car and the rideshare will be $8.00. Vaccinated hikers only please. Contact Ruth Hartman for more information at 970–292-8431.

Thursday, May 18: Nelson Ranch (A)

This moderately challenging, 1,213 ft elevation gain, 6.6-mile hike takes us through rolling hills to a 1945 ranch house with a root cellar and a fascinating silo out back. There we will find a wide tree and rocks to sit on for lunch. Nelson Ranch has a history board that tells us all about the activities that took place here. It's a lovely site for fantasizing about homestead life. There are great view of Long's and Meeker Peaks at the top of loop. Warning: it is also a popular place for bikers. Vaccinated hikers only and allow the whole day for this one. Contact Gail Frasier, billgailfrasier@gmail.com

Saturday, May 20: Lory State Park - Multiple Trails Loop (B)

This moderately challenging and rewarding B-rated hike will encompass multiple trails in Lory State Park. After taking in connectors and all, the combined mileage should be around 8.5 miles or so, with a cumulative elevation gain of approximately 1,500 feet. This loop hike will encompass several trails, with the bulk associated with the Howard Trail, the Timber Trail and the Westridge Trail. The first half of the hike will be a gradual ascent via the Howard and Timber trails, while the second half will be a gradual descent via the Westridge and Howard trails. This hike is a mix of shaded and unshaded sections and offers wonderful views of the valleys, foothills and the Horsetooth Reservoir, which makes for a wonderful excursion on a sunny spring day. If interested, please let me know if you have a State Parks

Pass and are willing to drive. Vaccinated hikers only please. Limit is 8 hikers. Contact Stephen Hatcher at skhatcher57@gmail.com

Tuesday, May 23: Spruce Lake (B)

This hike is located in the Fern Lake area and offers beautiful views of Castle Rock and Gabletop Mountain. It will be a Class B, 9.6-mile round trip hike with 1,510 feet of elevation gain and will be done at an intermediate pace. Spruce Lake's elevation is 9,660 feet. There will be some hiking along unimproved trails once we are past Fern Falls. Traction devices may be required. There will be a maximum of 8 hikers because of limited trailhead parking. Fully Covid vaccinated hikers only please. Call Ted Hartman at 708-341-8809 before May 21 for more information.

Thursday, May 25: Dunraven Trailhead/North Fork Trail (A)

This will be an out-and-back hike of about 5 miles total, with about 500 feet elevation gain. Much of this scenic hike is along the north fork of the Big Thompson River, crossing over a number of bridges. The timber comes close to the trail for most of the length, and there are a couple of places where it becomes a bit of a ledge. The trail footing consists of rock, alternating with pine needle-laden dirt. The month of May should bring many mountain bird species, along with possible sightings of deer, elk or moose, as all have been spotted along this route. Limited to 8 hikers. Contact Georgia Wilson at geomountains@gmail.com

Saturday, May 27: Red Mountain Open Space (A)

North of Ft. Collins, it lies between the mountains and plains and features gorgeous scenery with red and tan rocks, rolling grasslands and sandy washes. This A-rated hike consists of two loops starting with the Bent Rock loop, trekking over to K-Lynn Cameron, and then completing Bent Rock. Both loops feature notable rock formations, canyons and scenic vistas. The trails are relatively easy with a total distance of 7 miles, elevation gain of 587 ft. and maximum elevation of around 6,800 ft. To sign up or for more information, email Tom Bruch at tombruch1964@gmail.com

Sunday, May 28: Lady Moon/Disappointment Falls Wildflower Hike (A)

This is a 4.5 to 5-mile hike with a total elevation gain of 531 feet. This trail near Red Feather Lakes involves a short, gentle hike through open, dry ponderosa pine forest and a large attractive meadow (which could be muddy). We may have to cross an intermittent stream, so make sure your hiking boots are waterproof. Disappointment Falls is not a disappointment in the spring when the water flow is high. Since this will be a wildflower identification hike, it will be at a slow pace. The Rideshare will be $8 per person. If you have questions or would like to join us, contact Betsy Mosehauer at betsy_mosehauer@msn.com

Tuesday, May 30: Kruger Rock (A)

This 4-mile round trip hike in Hermit Park is one of my very favorite! With an elevation gain of nearly 1,000 ft, there are super views along the way. The trail is a bit steep, especially at the top but well worth the effort. Scrambling up the rocks on top will give us a 360-degree view of the Front Range, Long's Peak, and Estes Park. The rock climb is not as scary as it looks, with lots of space on top. Vaccinated hikers only. Contact Gail Frasier, billgailfrasier@gmail.com

Thursday, June1: Blue Sky Trailhead to Devil's Backbone Trailhead (B)

This moderately challenging and rewarding hike is a one-way shuttle hike from the Blue Sky trailhead in Fort Collins to the Devil's Backbone trailhead in Loveland. It 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 steadily climb 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 late spring 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 at skhatcher57@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)

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, lightening, 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 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. Please respond by June 19th. Contact Tom Bruch tombruch1964@gmail.com.

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 Coordinator: 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.