



**LOVELAND MOUNTAIN CLUB**  
**PO BOX 983, LOVELAND, CO 80539**

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

Vol. 45, #9: November, 2022

### President's Message

Fall is a wonderful time of the year with cool mornings, warm afternoons, and calm weather. The club continues to offer great hikes thanks to the efforts of our hike coordinators and hike leaders. We hope, you are enjoying these trips. Recently the club sent out the LMC Hike Leader Guide which provides information on how to lead hikes. This is a valuable resource, especially for those who are thinking of leading hikes for the first time. This was a distillation of the discussion at our program meeting back in June. It is included at the end of this newsletter. Again, we encourage more folks to consider leading hikes and spreading the load out. There are still open dates on the calendar and our next hike planning meeting will be Monday, January 9. Start thinking about hikes to do over the winter months.

One measure of a club's vitality is increasing membership. In September, six new members joined. At the end of September our paid membership stood at 138. The club is doing well and continues to attract more interest. Thanks to all the officers, board members, committee people, web masters, Facebook editor, newsletter editor, hike coordinators, hike leaders and all of you who participate for making this possible.

More folks are discovering the benefits of hiking. According to the National Park Service, benefits range from the physical exercise you get out on the trail to the emotional or mental relief that comes from being in nature. From the physical aspect, hiking gives you a whole-body workout. This includes building stronger muscles and bones, improving your balance, helping your heart, and decreasing the risk of certain respiratory problems. Mental health gets a big boost by being in nature. According to a study done by researchers at Stanford University, being in the outdoors reduces stress, calms anxiety and can lead to a lower risk of depression. The outdoors can also improve your sensory perception. Then there is relational health. Hiking with a partner, or even in a group, can improve your social well-being. Hiking together brings you closer to others. So, when you are on a hike, after several miles or difficult terrain, you are asking yourself "are we there yet" or "how far is it back to the trailhead," just think of how you are benefiting!

Our October meeting featured an excellent program presented by CSU Assistant Professor Kyle G. Horton. He talked about birds from a different viewpoint. With the use of radar, scientists can track the migration patterns of birds. On a given night, millions of birds may be in flight during seasonal changes. One impact of human activity on birds is light pollution at night which can disorient birds who navigate by the stars. Scientists are working to predict peak migration of birds and to suggest a lessening of light from human sources during those days of the year, much like a weather forecast. This was another great presentation from our program committee. Please join us for another fascinating presentation on November 7: Meteor-right or meteor-wrong?

It is not too early to think about coming to our annual Holiday Brunch at Sylvan Dale Ranch on Saturday, December 3. This year due to supply chain issues, the Ranch needs a final headcount by November 17. So please get your reservation in early and not miss this fun Christmas Season tradition. More details are available in this newsletter.

*Tom Bruch*

President

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



## Monthly Meetings

Meetings take place at 7 PM at Grace Community Church, 240 Barberrry Place, Loveland. The Church is located off 14<sup>th</sup> Street SW, east of Taft and west of 287. Turn south onto Valency Drive and take the first right onto Barberrry Place. It takes a slight left-hand curve and dead ends into the Church parking lot. The entrance is on the East side next to the main entrance (ignore the sign that directs you to the south entrance).

### **Monday, November 7: Jerry MagLoughlin**

Colorado State University's associate professor Jerry Magloughlin's talk, "Meteorite or Meteor-wrong?", will be a geologic examination of what is a true meteorite, including those found in Colorado. He will have a slide presentation to illuminate Loveland Mountain Club members regarding his work in this aspect of the field he studies.

### **Sunday, December 3: Holiday Brunch (See details below!)**

### **Monday, December 5: No meeting scheduled**



## Loveland Mountain Club Holiday Party

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

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

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

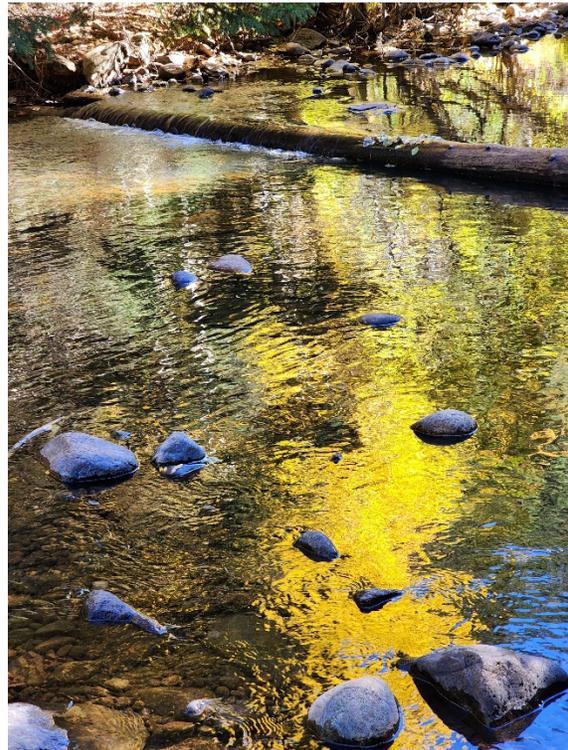
Cost: \$35 per person payable to LMC and mailed to Loveland Mountain Club, PO Box 983, Loveland, CO 80539. If you choose to pay at the door, the price will be \$40 per person. PLEASE write “Brunch” on the subject line of your check. Spouses and guests of members are welcome at the same price for each.

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

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

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

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



South St. Vrain Creek on Ceran St. Vrain Trail

### **Editor's Notes:**

Many thanks to all who responded positively to my request for more timely newsletter item submissions! This month's newsletter was much easier to put together, and I greatly appreciate all who helped me out with it, including Tom Bruch, Ted Hartman, Penny Kragie, Steve Bergstrand, Gail Frasier, Danielle Raker-Brown, and all the hike leaders who submitted hike descriptions for November and early December. Special thanks also to Lauren Hatcher, who helped me brainstorm on easier ways to manage the process of putting the newsletter together.

If you have any late submissions or announcements, please email me and I will be happy to send them out via the club email.

Just FYI, if you have an email that ends in comcast.com, we have found that your system often sends the newsletter to your spam folder (this seems to be related to the newsletter being sent to a BCC list). This month we are trying to separate those emails into a separate folder and send them to a group email, so they won't be sent to spam. This means that your email address will be visible to the others in the group. Please let me or John Pape ([johnpape@gmail.com](mailto:johnpape@gmail.com)) know how this works for you.

I hope you enjoy some of the fall photos I took and included in this newsletter!

Melanie Pennington, Newsletter Editor

[MELPENNING1010@GMAIL.COM](mailto:MELPENNING1010@GMAIL.COM)

# **WE NEED YOU!**

**October 27 and 29: Round Mountain Trail Maintenance: see hike descriptions below. Please volunteer for this activity! It is a lot of fun, and will enlighten you about what it takes to keep a trail healthy.**

## Thanks to our October Hike Leaders:

Tom Bruch, Steve Bergstrand, Melanie Pennington, Gail Frasier, Carol Watt, Cindy Brusko, and Jane Davis 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):**

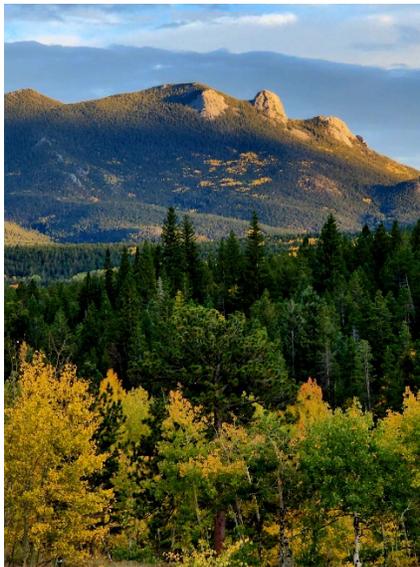
Weekend Hike Coordinator: Penny Kragie - [pakragie@gmail.com](mailto:pakragie@gmail.com)

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

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

## Important Hike Information

Loveland Mountain Club welcomes non-members to join us for any of the hikes we offer. Membership is encouraged after two hikes. Visit [www.lovelandmountainclub.org](http://www.lovelandmountainclub.org) for more information about club activities and membership. Please see the Hike Leader's Guide at the end of this newsletter for information regarding what to expect on one of our hikes!



# Covid Related Protocols for Loveland Mountain Club Hikes

(Update May 15, 2022)

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

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

## Hike Ratings

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

- A. 4 to 8 miles maximum round trip with elevation gain up to 1200 feet
- B. 8-12 miles maximum round trip with elevation gain of 1200 to 2500 feet
- C. 12-15 miles maximum round trip, and/or elevation gain of over 2500 feet. Steep or rough terrain may be encountered
- D. More than 15 miles round trip, and/or elevation gain over 3500 feet. Trips in this classification may require additional climbing skills
- E. Designates peaks of any classification as dangerous. Basic mountaineering skills and/or the approval of the leader will be required

Some hikes will not exactly fit these ratings and may be designated A/B or B/C, etc. to convey the real nature of the hike. In those instances, pay close attention to the stated distance and/or elevation gain and discuss with the hike leaders when you call them to arrange to join the hike.

**CHECK OUT THE NEW HIKE LEADER'S GUIDE INCLUDED AT THE END OF THIS NEWSLETTER!**

## Hike Offerings

### **Sunday, October 23: Fern Lake (B)**

This is a 7.6-mile round trip B-hike to a very popular scenic lake above Bear Lake. We will also pass by the impressive Fern Lake Falls. Good views, and colors should still be vivid. To sign up e-mail [Ruggmor@aol.com](mailto:Ruggmor@aol.com) or call Carol Watt at 203-943-2590.

### **Thursday, October 27: Trail Maintenance on the Round Mountain Trail.**

This will be a 9.5-mile round trip hike to the top of Round Mountain to perform regular trail work from the 3-mile marker to the summit. I will need people to clean out water bars and people to trim vegetation. I will provide tools, you need to bring eye protection, work gloves, lots of snacks and water! There will be about 2750' of elevation gain on the day. For further questions or to sign up contact Jane D. at [jcdflyfisher@gmail.com](mailto:jcdflyfisher@gmail.com).

### **Saturday, October 29: Trail Maintenance on the Round Mountain Trail.**

Join the LMC for a day of giving back to our community! I need people to help clean water bars and to trim vegetation on the lower 3 miles of the trail. I will provide tools, you need to bring eye protection, work gloves, snacks and water. Send an email to Jane D. to sign up: [jcdflyfisher@gmail.com](mailto:jcdflyfisher@gmail.com).



Plaque acknowledging the LMC volunteer work



Vista from the Round Mountain trail



Water bar in need of maintenance



## **Sunday, October 30: Chasm Falls Halloween Hike (A)**

This is a 3-mile round trip A-hike up Old Fall River Road - in Halloween costume, please. The falls are impressive and we can always stop in Estes on the way back. Email [Ruggmor@aol.com](mailto:Ruggmor@aol.com) or call Carol Watt at 203-943-2590 to join the fun.

## **Thursday, November 3: Bierstadt Lake (A)**

This will be a Class A hike of about 4 miles and 700 feet elevation gain. Geologically speaking, Bierstadt Moraine is a lateral moraine leftover from the ice age when glaciers sculpted the landscape. Lateral moraines are parallel ridges of debris deposited along the sides of a glacier. This beautiful lake lies between the moraines. We might take an extra small loop toward Bear Lake to extend the hike to the 5-mile mark, if the weather permits.

Please bring traction devices and hiking poles. Hopefully we won't need snow shoes but this hike can be a great snowshoe hike if it is necessary. If there is snow on the roads, I will need volunteer drivers who have snow-worthy vehicles.

Fully vaccinated or COVID-experienced hikers only please! Hike will be limited to 8 hikers. Ride share will be maximum of \$7 per person plus park fees. Please respond to Melanie by November 1 at [melpenning1010@gmail.com](mailto:melpenning1010@gmail.com). (This hike is currently full but email me if you want to be on the wait-list)

## **Saturday November 5th; Ginny Trail-D.R. Trail Loop: (B)**

This challenging and rewarding B rated hike near Masonville is a loop of approximately 12 miles with an elevation gain of approximately 1,700 feet. This hike is in the Bobcat Ridge Natural Area which is very close to Loveland. The loop goes clockwise with the largest segments comprised of the Ginny Trail and the D.R. Trail. The Ginny Trail is 5.4 miles long with an elevation gain of approximately 1,400 feet, but the gently meandering switchbacks and constant views of the granite outcroppings above and the valley below take much of the sting out of the elevation gain. The D.R. Trail is 3.2 miles long and moves steadily downhill with views of the trees and valley below. This hike is akin in some ways to a more desert-like adventure and is largely unshaded, which makes it a wonderful excursion for early November when cooler temperatures prevail. The myriad of views includes sagebrush plains, front range peaks, granite outcroppings along with sparse pine tree coverage. The highest elevation point will be at approximately 7,000 feet. It is interesting to note that David Rice (D.R.) and his wife Virginia (Ginny) were the previous owners of the Bobcat Ridge property. One year for D.R.'s birthday, Ginny had a dirt road built to Mahoney Park, which was one of their favorite spots. D.R. loved it so much that he named it after his wife, hence the Ginny Trail! This area was homesteaded by pioneering families and there is an historic cabin which we

will be visiting towards the end of the hike. Limit is 10 hikers. Contact Stephen Hatcher via E-Mail at [skhatcher57@gmail.com](mailto:skhatcher57@gmail.com) or via cell phone at 970 803-4052.

## **Tuesday, November 8: Brainard Lake Loop (A+)**

This hike located near Ward will be a loop of about 8 miles over trails with elevation gain of 1,112' earning an A+ designation. We will start at the Gateway Trailhead just outside the recreation area and head east on the Sourdough Trail. Then go up on South St. Vrain Trail and end up at the lake. The lake is in a scenic setting nestled in front of a band of evergreen trees and rugged snowcapped mountains. Elevation at the lake is 10,397'. We will return via the Waldrop Trail which features some rocky spots and easy creek crossings. Trails are mostly in the trees which will be helpful if the day is windy. Fully vaccinated hikers only. If interested contact Tom at [tombruch1964@gmail.com](mailto:tombruch1964@gmail.com).

## **Thursday, November 10: Pinewood Lake Trail (EZ)**

The Pinewood Lake trail is located above Carter Lake. It is an easy loop trail with some woods and open area near the pond. The trail is approximately 4 miles with an elevation gain of about 500 feet. The starting elevation is about 6500 feet. We can do a shorter version if the group prefers. Hike limit is 12, fitting everyone into 3 cars. Fully vaccinated hikers only please. To sign up, contact Cindy Brusko at [cbrown7417@icloud.com](mailto:cbrown7417@icloud.com).

## **Thursday, November 10: Embryo Lake (B)**

This small pond is at the base of Thatchtop Mountain and is accessed from the far side of The Loch. The hike is on trail to the Loch and then there is about 3/4 mile of off-trail hiking. This moderately paced hike is 7 - 8 miles round trip distance with about 1400 feet of elevation gain. Send an email to Jane D. to sign up. [jcdflyfisher@gmail.com](mailto:jcdflyfisher@gmail.com)

## **Tuesday, November 15: Jurassic Park Climbing Area (A+)**

This hike will be a short, steep hike on a faint trail up to a rock-climbing area by Lily Lake in Rocky Mountain National Park. We will get great views along the way and at the top. No technical climbing will be done. This will be an A+ hike of a few miles and around 1000' feet elevation gain and will require hikers to be comfortable with significant scrambling and some off trail hiking. If conditions permit we will also ascend a nearby cliff with similar hiking requirements. Traction devices will be required. Due to the nature of the hike only 6 hikers will be taken. Vaccinated hikers only please. The hike will be done at a slow pace due to the steep terrain. Rideshare will be \$7.00 per person. Contact Ted Hartman at 708-341-8809 before November 13 to get details.

## **Thursday, November 17: Cub Lake Loop (A)**

This 6-mile loop in RMNP has an elevation gain of around 750 feet. The trail follows the Big Thompson River to the Pool, where it crosses the river, and then climbs up to the ridge above Cub Lake. It follows the shore of the lake and then descends through forest and marshland to return to the Cub Lake trailhead. Limit 8 hikers, Covid vaccinated and boosted. Contact Gabi Miles and Penny Kragie at (571) 643-6803.

## **Sunday, November 20: Mills Lake (A)**

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

## **Tuesday, November 22: Four Lake Loop at Rocky Mountain National Park (A)**

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

## **Saturday November 26<sup>th</sup>: Triple Bar and OT Trail Loop (A)**

This relaxing and rewarding A rated hike near Livermore, CO is a loop of just over 5 miles with an elevation gain of approximately 825 feet. This hike is in the Eagle's Nest Open Space, which is one of Larimer County's gems. This hike is largely unshaded, which makes it a wonderful excursion for late November when cooler temperatures prevail. The local landmark Eagle's Nest Rock has been home to nesting golden eagles for over a hundred years. Along the North Fork of the Cache La Poudre River, this open space has breathtaking views of the Laramie Foothills. The mountain mahogany foothills interspersed with rabbitbrush and ponderosa pine provide a diverse habitat for a wide variety of wildlife. Although not required, bringing a leftover Thanksgiving turkey sandwich for lunch is highly recommended! Limit is 8 hikers. Contact Stephen Hatcher via E-Mail at [skhatcher57@gmail.com](mailto:skhatcher57@gmail.com) or via cell phone at 970 803-4052.

## **Tuesday, November 29: Deer Mountain (B)**

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

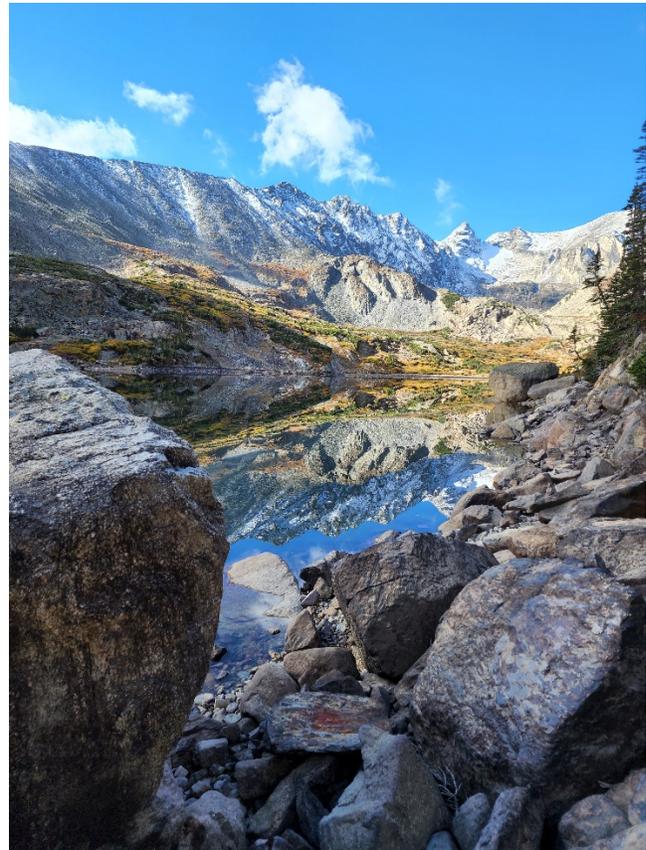
## **Saturday, November 3: Sylvan Dale Ranch Holiday Brunch Hike (A)**

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

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

This is a 8.3-mile out and back hike with elevation gain of 2004' starting at 9500'.

Great views in both directions and stunning Odessa Lake is the reward. Traction devices will be required. Poles recommended for the downhill parts, which may be icy. \$8 ride share. Fully vaccinated hikers only please. Contact Steve at [stevebergstrand73@gmail.com](mailto:stevebergstrand73@gmail.com).



Lake Isabelle

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

Please forward your pictures to [LMCphotos98@gmail.com](mailto:LMCphotos98@gmail.com) with Hike Destination and Hike Leader in the subject line of email, by the end of the day following the day of the hike. The number of pictures posted to

Facebook is limited to 10 so the possibility exists that all your pictures will not be posted. 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](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 15<sup>th</sup> 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.
- 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.

### **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.
- 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](mailto:LMCphotos98@gmail.com) with Hike Destination and Hike Leader in the subject line of email, by the end of the day following the day of the hike. The number of pictures posted to Facebook is limited to 10 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 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.

## 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 15<sup>th</sup> 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](mailto:pakragie@gmail.com)

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

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

### 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.