



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

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

Vol. 44, #7: September, 2022

### President's Message

It's hard to believe that we are well into August already. The Club has had a good selection of hikes this summer which many members have been on. As we shift into Fall activity with cool mornings and warm days, we will strive to provide outdoor opportunities. To that end, a hike planning meeting is scheduled for Monday, August 29 at 6 pm at Grace Community Church. We will work on our hike schedule for September through December of this year. Anyone interested in leading a hike should attend. If unable to attend, let the appropriate hike coordinator know with the title, date suggested and degree of difficulty.

Recently I went into the Timed Entry System for Rocky Mountain National Park to secure a reservation for a September date. No problem since I got on at 10 am on August 1. I imagine much after that time one would be out of luck. This is the third year of the timed-entry permit process. Recreation.gov provided some interesting information: "Visitation to the park has grown dramatically increasing from 3 million visits in 2010 to a peak of 4.6 million visits in 2019. Rapid growth in day-use visitation and changing use patterns in the park have negatively impacted natural and cultural resources, increasing visitor and safety concerns, diminished the quality of the visitor experience and caused a heavy strain on the park's facilities and ability to perform daily operations." It goes on to say that the park tried temporary solutions to relieve the problem but had limited success. Thus, the reservation system was introduced in 2020 and tweaked every year. The goal is to reduce crowding and vehicle congestion and spread use more evenly during the day. Even with timed entry, we all see the increase in crowds at the park. Looks like timed entry, like it or not, will be here in one form or another for years to come.

Our newsletter editor, Melanie Pennington, really outdid herself with the wildflower theme of the August newsletter. On hikes I'm always wondering what certain flowers are. The photos and names will be a helpful resource. Thank you, Melanie, for your time and effort in putting that together.

Please note that the monthly meeting of the club will be on Monday, September 12 this year at 7 pm due to Labor Day falling on the first Monday of the month. Our program will feature a Fluvial Geomorphologist. If nothing else, curiosity about that should spark interest. Hope to see you then!

*Tom Bruch*

President

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

### **Monthly Meetings**

Meetings take place at 7 PM at Grace Community Church, 240 Barberry 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 Barberry Place. It takes a slight left-hand curve and dead ends into the Church parking lot. The entrance is on the East side next to the main entrance (ignore the sign that directs you to the south entrance). Masks are optional at this time, but may become mandatory based on the status of the pandemic in Larimer County.

### **Monday, August 29: Fall Hike Planning meeting**

Our hike schedule is starting to thin out as we get toward Fall. A hike planning meeting is set up for Monday, August 29 at 6 PM at the Grace Community Church where we hold our monthly meetings. Please consider coming if you can so we can fill in the rest of September and schedule hikes October through December.

Fall is always a nice time to get out and there should be lots of possibilities with timed entry coming off in October and many pleasant days ahead plus the start of winter hiking in December.

If you can't make it but have some hikes in mind, please send the name of the hike, difficulty level and suggested dates to the respective hike coordinators:

Tuesdays-Steve Bergstrand - [stevebergstrand73@gmail.com](mailto:stevebergstrand73@gmail.com)

Thursdays-Gail Frasier - [billgailfrasier@gmail.com](mailto:billgailfrasier@gmail.com)

Saturdays/Sundays-Penny Kragie - [pakragie@gmail.com](mailto:pakragie@gmail.com)

## Monday, September 12: Emily Iskin, Fluvial Geomorphologist

Anatomy of a River, will introduce participants to how geomorphologists describe and characterize rivers and how we all can benefit from thinking about rivers in different ways.

Emily Iskin is a PhD candidate working with Dr. Ellen Wohl in the Geosciences Department at Colorado State University. She grew up in Davis and Truckee, CA and earned her BS in Biological Systems Engineering at the University of California, Davis. Her Master's work focused on large wood and wildfire on the Merced River floodplain in Yosemite National Park, CA, and her PhD work focuses on comparing natural floodplain form and spatial heterogeneity across the United States. This summer she finished up her field work on floodplains in Oregon, Montana, and Colorado.

In addition to being a scientist, she's also an artist. Emily is studying graphic design, logo design, illustration and infographics. She enjoys combining her art and science to engage in science communication with the public.

When she's not in the office, Emily can be found hiking or biking on a trail, paddling on a lake, sleeping in a tent, or getting her hands dirty in her garden.

## Monday, October 3: TBA

### Editor's Notes:

I enjoyed all the great feedback about the wildflower issue. If you were curious, #3 was identified as *Rudbeckia laciniata* (Cutleaf coneflower). The other 2 unknowns (# 11 and 23) will remain unknown, as the camera focused more on the insects, making it difficult to identify the plant.

Doing something different with the newsletter sparked an idea: what would you all think about adding a reader's contribution section to the newsletter? It could be for photos, plant or wildlife ID, questions, hike feedback, etc. Let me know if you think this would be interesting or if you would like to contribute, if we decide to do it.

If you are a new hike leader and need some help writing a hike description, please see the attachment that I sent out with this newsletter that has details about writing hike descriptions.

If you need to contact me about special announcements or questions regarding the newsletter, please feel free to use my personal email [melpenning1010@gmail.com](mailto:melpenning1010@gmail.com). I am happy to send out group emails to the membership regarding any hike additions or changes, meeting announcements, etc. Hike leaders should also contact the appropriate hike coordinator (see below) about any additions or changes.

Melanie Pennington, Newsletter Editor

## Did you know?

The LMC web site (LovelandMountainClub.org) has both a public and a member only interface. If you are a paid member, and you have any problems logging into our web site, please contact webmaster John Pape at [John.Pape@gmail.com](mailto:John.Pape@gmail.com) for help signing in.

## Thanks to our August Hike Leaders:

Ted Hartman, Steve Bergstrand, Melanie Pennington, Carol Watt, Gail Frasier, Tom Bruch, Linda Hollingsed, and Pete Langer volunteered to lead hikes last month. Many thanks for your time and dedication to the club!



## Hike Coordinators

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

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)

## **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.

- Disclaimer: A hiker assumes the risk of any injury to person or property resulting from any of the inherent dangers and risks of hiking, snowshoeing or participating in any of the club's activities, including driving or riding to and from the trailhead, and may not recover from the Loveland Mountain Club for any injury resulting from any of the inherent dangers and risks aforementioned.
- All participants must contact the hike leader to participate in a hike. Contact the hike leader at least three days prior to the activity
- Hike leader should notify participants in case of change of weather, etc. Participants should inform the hike leader if they are unable to make the trip
- Participants should refer to the suggested hiking equipment list
- When hiking, lead and rear hikers should be readily seen. Person in front should wait for the slower hikers
- The last two cars of each trip should leave together so no one gets stranded
- Hike leader needs to be assertive as necessary; if in doubt, the hike leader is in charge and should not be questioned
- There should be a minimum of four participants. If there are not four, it is no longer a club activity
- Participants should pay gas money to the driver and bring a change of footwear and a bag for dirty boots

## **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.

- As a reminder, 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.
- 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.

## Hike Offerings

### **Thursday, August 25: Hike to Ouzel Falls in Wild Basin (A)**

This will be a Class A, 5.5 miles round trip hike with 950 ft in elevation gain. Let's see how much water is in the falls in August! We will leave early to secure a parking space in the park and hike at a moderate minus pace. Boosted people only. Contact Linda Hollingsed to participate: [linda@hollingsed.com](mailto:linda@hollingsed.com)

### **Tuesday, August 30: Shelf & Solitude Lakes (B)**

This is a Difficult B hike of 10 miles with 2,300' of gain to two remote alpine lakes in the valley between Arrowhead and Thatchtop Mountains in Rocky Mountain National Park. Waterfalls abound. Max elevation is 11,420'.

From the Bear Lake Trailhead in Rocky Mountain National Park, we'll take the standard trail system past Mills and Jewel Lakes. Beyond Jewel and about half-way to Black Lake, we will leave the trail and make a sometimes-difficult crossing of Glacier Creek where we will pick up a social trail to the lakes. This is a steep route mostly on dirt but occasionally rock. It is cairned in places where the path is not obvious. It'll take us to Shelf Lake - a true gem of a place! It's in-flowing waters from the higher Solitude Lake cascade over white granite walls in multiple places. From Shelf Lake, we'll walk on easy slab granite to the upper Solitude Lake. The broad basin up here invites exploration. We'll look specifically for "Snapping Turtle Rock" - a formation you'd swear was made by humans, but you know could not have been. For lunch, the plan is to make the short climb to the obvious NE ridge of Arrowhead Peak. From this vantage point, we'll be looking down on both lakes and we can look out over the vast Upper Glacier Gorge basin below Longs Peak. Black Lake will be below us - a unique perspective. We will return the way we came but will probably use the "Fire Trail" going back to avoid crowds and shorten the distance.

Meet At: Bear Lake Trailhead, Rocky Mountain National Park at 5:15 AM. A daily use fee or a Park Pass is required for entry into RMNP. Reservations are required to enter Bear Lake Road AFTER 5 AM. You should plan on entering RMNP through the Beaver Meadows Entrance by 4:45 AM which will get you onto Bear Lake Road easily before the 5 AM deadline. Because the Glacier Gorge TH may fill early, we will begin our hike from the Bear Lake Trailhead. Meet at the bus stop pavilion by the Ranger Station at Bear Lake at 5:15 AM. There will be ample parking there. There is a toilet at the trailhead.

We will be starting in the dark and hike the first hour in the dark. Bring a headlamp!

Our pace will be moderate but comfortable to all. It will slow to a near crawl as we climb to Shelf Lake. Expect 8-9 hours car-to-car. The crossing of Glacier Creek requires a long step between two large, flat boulders about 3 feet apart (I measured it). It's more like a "leap of faith" than a step but everyone makes it. The water below is cold and runs fast but we always get across!

For more info or to sign up for the hike, please contact Pete Langer at 970-227-3614 or [langner\\_pete@hotmail.com](mailto:langner_pete@hotmail.com).

Addendum: Perhaps to avoid the very-early start, we could try to get enough permits the day before to get the group through the Bear Lake Road gate in the 5-7 AM period and push the start time out to 7 AM. We can try!

## **Thursday, September 1: Kruger Rock (A) (Rescheduled from August 18)**

This is a 4-mile round trip, Class A hike with a 1,050 ft elevation gain. This hike boasts super views along the way and views of Twin Sisters, Longs Peak, Estes Park and the Front Range. At the top there is a great rock outcropping to climb with a 360-degree view from there. This is a steep hike but quite worth the effort. A fire last fall has taken its toll near the top. Contact Gail Frasier to sign up, [billgailfrasier@gmail.com](mailto:billgailfrasier@gmail.com). Fully vaccinated hikers only please.

## **Thursday, September 8: Sleepy Lion Trail (A)**

It will be a nice time of year to visit Ralph Price Reservoir! The trail is 4.5 miles long with 670 feet elevation gain. This trail offers a variety of foothill flora and enchanting scenery, with views of distant high peaks to the west. For more information or to sign up for the hike, please contact Melanie at [melpenning1010@gmail.com](mailto:melpenning1010@gmail.com) on or before September 6.

## **Thursday, September 15: Sandbeach Lake Trail (B)**

We will hike to Sandbeach Lake in the Wild Basin area of RMNP. The trail is 9.0 miles out and back with 2086' of elevation gain, reaching 10,320' at the lake.

The hike begins with a climb through a ponderosa pine and then through a golden aspen forest. There will be great views of the North St. Vrain Creek valley and the lower contours of Lookout Mountain. The 16.5 acre lake features a large, broad sand beach area and a lake depth of about 50'. From its north shore, 13,176 foot Mount Copeland dominates the view to the southwest and 12,162 foot St. Vrain Mountain dominates to the south. From the eastern shore there is a spectacular view of 13,911 foot Mt. Meeker above the north end of the lake. The top of Longs Peak is visible from the southern parts of the lake.

John Wesley Powell and his climbing party camped near Sandbeach Lake before making their historic first ascent of 14,259' Longs Peak in August of 1868 via the south side of the mountain.

We will leave at 7:00 AM to beat the afternoon storms. Fully vaccinated hikers please! Contact Steve at [stevebergstrand73@gmail.com](mailto:stevebergstrand73@gmail.com) with questions or to join the hike.

## **Tuesday, September 20: Piper's Meadow (A)**

Piper's Meadow is a loop hike that is approximately 4 miles long with an elevation gain of about 800 feet. We will hike at a casual pace. Fully vaccinated hikers only.

Please contact Ruth Hartman 708-341-8810 between September 9 and September 19th. Rideshare will be \$5.00 payable to the driver.

## **Thursday, September 22: Nelson Ranch (A)**

This will be a class A hike of 6.5 miles round trip with 1,213' elevation gain. This hike is mostly in the open, so going in the fall will be more comfortable. This area features beautiful meadows and a great view of Meeker and Long's at the turn of the ranch loop. At Nelson Ranch there is a nice history board explaining the homesteading and ranching in the area. Your imagination can run wild with what life must have been like here in the 18 and 1900's. Vaccinated hikers only please. To join this hike, contact Gail Frasier, [billgailfrasier@gmail.com](mailto:billgailfrasier@gmail.com).

## **Saturday, September 24: Caribou Ranch (A)**

Caribou Ranch near Nederland, Colorado features great scenery and easy trails. This Class A hike begins through the trees and continues on to a loop up to the Bluebird Mine Complex and then to the DeLonde Homestead and returns to the Trail Head. This area features both history and great views with a mix of

forest, open areas, old structures and a creek. If conditions are favorable, the abundant Aspen may start their turn to gold. Hike is about 5.5 miles with 450' elevation gain and maximum elevation of 8,700'. Covid vaccinated only please. Contact Tom Bruch at [tombruch1964@gmail.com](mailto:tombruch1964@gmail.com) to sign up.

## Thursday, September 29: Disappointment Falls (A)

This will be a class A hike of 5.4 miles RT and 748' elevation gain. We will be hiking from the Lady Moon trailhead near Red Feather Lakes. While the falls will surely be disappointing this time of year, I am hoping the aspen will not. This is a popular and pleasant hike through thick aspen groves. Vaccinated hikers only please. To join this hike, contact Gail Frasier [billgailfrasier@gmail.com](mailto:billgailfrasier@gmail.com).

## Rocky Mountain National Park Reservation System:

Rocky Mountain National Park has a timed-entry permit reservation system. The system will run May 27 to Oct. 10. Here is what you need to know, as planning will be key to entering the park when you want to.

**How to book:** Reservations are on sale through [www.recreation.gov](http://www.recreation.gov) :

10 a.m. MDT Aug. 1 for September and any remaining days in August that have not been booked

10 a.m. MDT Sept. 1. for October and any remaining days in September.

### 2 types of reservations to be offered:

One permit will be for the Bear Lake Road Corridor, which includes that area as well as access to the rest of the park. This reservation period will be from 5 a.m. to 6 p.m.

The second permit will be for Rocky Mountain National Park excluding the Bear Lake Road corridor. This reservation period will be from 9 a.m. to 3 p.m.

Permits issued using the reservation system will allow park visitors to enter the park within two-hour windows of availability. The reservation system will apply to all areas of the park.

Reservations are not required if entering the park before 5 a.m. or after 6 p.m. for the Bear Lake Corridor or before 9 a.m. or after 3 p.m. for the rest of the park. There are areas of the park that do not require a permit (Lily Lake, Wild Basin for example).

If there are any available spots open for the following day, they will be released at 8PM the evening before that day. Reservations can be made on line.

For answers to frequently asked questions and other information, visit

<https://www.nps.gov/romo/planyourvisit/timed-entry-permit-system.htm>

**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.

### **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. Request you do not annotate your pictures, please? Visit our Facebook page Loveland-Mountain-Club to see photos from recent hikes.

### **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 \_\_\_\_\_