



# Newsletter



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# From the Editor:



Scott Farquhar

## What's in this Issue?

A message from Ward, congratulations to new Trip Leader Tom Trout, a note on upcoming Monthly Programs, announcing the upcoming Basic Mountaineering Course, a review of climbing skins, information on how to repair climbing skins, a couple of reports on clinics/trips, an interview with one of our new Group Council Members, gear for sale, and a few "Parting Shots" .....Thank you Ward, and Jo Ann for your input!

Next, as I always do, I would like to welcome the 22 new members (actually memberships, my apologies to the family members not mentioned) that have joined the Fort Collins Group since December (see the next page for a listing).

For all of the new members, if you need any help in taking advantage of the resources the club has to offer don't hesitate to contact me or Chris Haugen, our Membership Director. For all of you existing members remember to extend a hearty welcome to any new members you see.

See ya on the trail ..... Scott



# Welcome New Members!

January	February
Laura Paluso & Family	Kimberly Anderson
Ronald Carroll & Family	Sarah Sheets
Chris Kizer	Carol Springberg
John Brinegar	Paul Couget
Jason Barker	Steve Rice
Marge Mercurio	Al Snyder
Jim Tatar	Liz Horton
Rudy Sipnefski	Emily Berganini
	Leslie Van Dyne
	Emily Gates
	Christopher Schmidt
	Shelby Clary
	Brian Uyeno
	Tom Berg

# Message from the Chair:

By Ward Whicker



Motivation for the subject of this message is my preparation to offer an avalanche avoidance workshop, consisting of a 2-hour seminar this evening, February 24, and a full day on snowshoes in the Cameron Pass area two days later. There will be 10 participants in the workshop, but many more in our Group venture out during the winter and spring months on snowshoes or skis and should have the knowledge and experience to avoid avalanche terrain completely. Those who participate in alpine touring (AT skiing) in steeper,

sometimes avalanche-possible terrain are expected to have formal training on avalanche avoidance, snowpack evaluation, decision-making, and the equipment and practice necessary to quickly find and hopefully rescue other skiers that could be caught & buried in a slide. Those of us who lead such trips need formal training and considerable experience to ensure the safety of others. All participants in such AT trips must also have similar training, just in case an unexpected avalanche traps one or more in a ski group, forcing a rapid rescue attempt by any and all others not caught in the slide. This is definitely a team activity that requires group cohesion and considerable trust in one another.

# Message from the Chair: (cont.)

However, the State CMC is currently having discussions as to the level of avalanche training that snowshoers, Nordic skiers, and their leaders should have. Rarely do snowshoers and cross-country skiers venture into potential avalanche terrain, and seldom do these people have the formal training and equipment necessary to carry out an avalanche rescue. And yet, there may be times and places where such people could, unknowingly, be caught in an avalanche originating high (perhaps invisibly) above them, or in a steep gully where even a small sluff of unstable snow can bury a person. So the current question is: Should CMC leaders and participants engaged in snowshoe trips and Nordic ski outings have the same formal training and equipment requirements as AT ski groups? Some might argue “yes”, while others might feel that “no” is the appropriate answer.

Clearly, the distinction between “avalanche” and “non-avalanche” terrain is not always obvious to everyone, and the boundary separating these classifications can vary somewhat, depending on snow conditions and weather history. John Raich and I have discussed this question at some length, and feel that something between the “yes” and “no” answers above might make sense. If the CMC were to require leaders and participants of snowshoe and Nordic ski trips to have something equivalent to AIARE Level 1 training and equipment, we think this would drastically reduce the number of such trips on the CMC calendar. Such training and equipment is not only quite expensive and burdensome to carry; it would rarely if ever be needed in true “non-avalanche” terrain. The key, we feel, is to educate winter/spring leaders of trips on snow, and participants when possible, about how to recognize and completely avoid potential avalanche terrain, as well as minimizing risks of other possible hazards such

# Message from the Chair: (cont.)

as tree-fall, tree-wells, stream & lake crossings, voids in large talus fields, over-hanging cornices, etc. Such education probably need not be nearly as committing as formal Level 1 avalanche training that includes rescue gear and practice.

In the meantime, we will try to start being proactive by offering an avalanche avoidance workshop or two each year for leaders and interested participants who travel into the winter/springtime backcountry on foot, snowshoes or cross-country skis. For those of you who are not able to take this or a similar workshop this year, and those who feel they lack the experience to recognize and avoid “avalanche terrain”, a start is to learn to recognize a few guidelines and “red flags” that are clues to potential avalanche danger:

- Avoid slopes > 25 degrees of angle (slope meters are cheap, and cell phone apps are available)
- Avoid terrain traps where sliding snow can pile up (gullies, flatter areas, trees, large rocks or cliffs below steep terrain)
- Avoid travel below large, open or sparsely treed steeper slopes or gullies
- Avoid travel below steeper areas that accumulate windblown snow (cornices, lee-side of ridges)
- Avoid crossing areas where tree densities have been reduced by historic avalanches
- Scan terrain for recent avalanches, or obvious steep, long gullies without mature trees
- Take extra precautions after large snowfall and/or wind events
- Watch for signs of unstable snow (cracking, whumping, collapsing, hollow-sounding)

# Message from the Chair: (cont.)

- Significant warming or melting of snowpack and rainfall can increase danger
- Don't succumb to peer pressure if you feel in potential danger
- Always have an "escape" or turnaround plan if you encounter unexpected risk
- Study the topography of the area you plan to visit in advance, and identify "no-go terrain"
- Check avalanche danger forecasts from the Colorado Avalanche Information Center (CAIC)
- Check the National Weather Service (NWS) weather forecast for the area you plan to visit

To study the terrain and tree density, see: <http://www.hillmap.com/> using the Caltopo overlay

The websites for CAIC and NWS for Cameron Pass are respectively:

<http://avalanche.state.co.us/forecasts/backcountry-avalanche/front-range/> and

[http://forecast.weather.gov/MapClick.php?lat=40.51745320894504&lon=-105.89103698730469&site=bou&smap=1&marine=0&unit=0&lg=en#.WLCG0\\_IVhB](http://forecast.weather.gov/MapClick.php?lat=40.51745320894504&lon=-105.89103698730469&site=bou&smap=1&marine=0&unit=0&lg=en#.WLCG0_IVhB)

Get out and experience the joys of winter/spring in the snowy backcountry, but please be careful and smart about it.

Ward Whicker

In British Columbia AT Skiing. Serious avalanche terrain lurks nearby!

Editors Note – If you see and avalanche remember to report it on the CAIC link above.





# New Trip Leader – Tom Trout

By Scott Farquhar

Congratulations go out to Tom Trout for completing his Leader-In-Training (LIT) Trip on February 11!!! Tom led a great ski trip to Blue Lake and all participants had a wonderful time. We all look forward to further adventures led by Tom in the future.

Before getting into details of the trip a little background is in order. Tom is a “culturist” for the Poudre River Heritage Area and in this role he gives tours related to the historical water development of the Poudre River. This past summer Tom initiated multiple bike trips along the Poudre Trail for the Fort Collins Group where he shared his wealth of knowledge. Unfortunately, because he was not a CMC Trip Leader he had to contact the Activities Director each time to arrange to have a trip set up by one of the Fort Collins Trip Leaders. Well, Tom felt like this was a very inefficient way of doing things so he set his mind to become a Trip Leader. After taking the Trip Leader Training and a First Aid Course Tom was ready for his LIT trip. The following is a Trip Report on that trip.





# New Trip Leader – Tom Trout (cont.)

Leader in Training – Tom Trout, Mentor – Scott Farquhar

Mileage – 10.9 miles, Elevation Gain - 1700 ft

Time on Trail – 7.5 hours

Tom and I scouted the trip on a warm sunny Thursday .....actually a bit too warm and sunny. The 3-5 " of fresh snow that had been deposited was heavy and sticky which made breaking trail difficult. That combined with the navigational challenges in the wilderness portion of the trail meant that we did not quite make it all the way to the lake. However, valuable information on trail conditions was gained and we hoped for the best on Saturday.

Snow was forecast for the Friday evening before the trip so our optimism seemed justified. However, our hopes were severely tested during the drive up the Poudre Canyon when it started raining. We had faith that the moisture would turn to a fluffier form so we continued the drive up river. Luckily Heikki Lunta\* was with us and it started snowing heavily as we approached the trailhead.

After putting on skis Tom led us through introductions and discussed the route we would be taking including the distance and elevation gain. He noted the difficulty we had days before and cautioned the group that if the snow was heavy we might not make it to the lake.

\* Heikki Lunta is the embodiment of the Finnish snow god character, who originated in the mythology of the Upper Peninsula of Michigan. The Heikki Lunta Snow Dance Song is always played in the weeks leading up to the Michigan Tech University Winter Carnival to guarantee adequate snowfall for the event



# New Trip Leader – Tom Trout (cont.)

With that behind us, the group took off down the trail. The snow had just about filled in our tracks from a few days before and was light and fluffy. We quickly made our way downhill on the first part of the trail to the first of two bridges. After the bridge we skied up the gentle uphill slope to a second bridge at a bit over 2 miles. Shortly after crossing this bridge we entered the Rawah Wilderness Area. Up to this point the trail was easy to follow and is clearly marked by blue diamonds. In the wilderness area the trail is not clearly marked and after a short distance the location of the official trail became a bit fuzzy. However, the drainage to the lake was not that difficult to follow and Tom kept us on track by continuing to check out the lay of the land. I continued to tell the group “We’ll hit the lake as long as we don’t climb Clark Peak or Cameron Peak. “



Taking a break  
Photo by Scott Farquhar

We continued to ski uphill off trail gaining a significant amount of elevation (note that at the second bridge you have only climbed approximately 350 ft of the 1700 ft total for the day). Although conditions were good, the elevation gain and bushwhacking started to take it's toll, so at about 12:30 Tom sensed the group needed to take a break and eat lunch. Having been fortified with provisions, Tom took the time to discuss options with the group. After a short discussion the entire group decided to press on for a bit longer. Before starting out Tom noted a turnaround time that we would stick to for safety reasons.

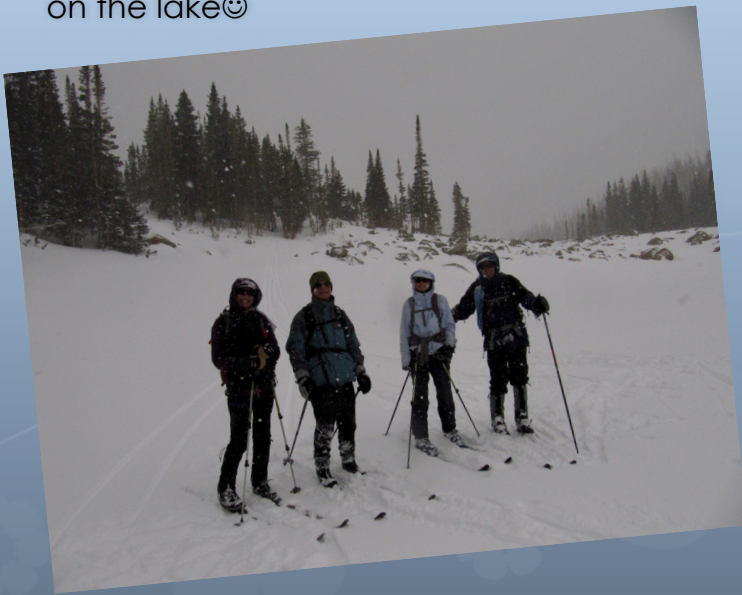


# New Trip Leader – Tom Trout (cont.)

Up the drainage we continued to climb until reaching a large open area that looked to be the last push to the lake. Slowly the group zig zagged up the final hill until we reached a point which overlooked the lake ... Success at Last! At this point Tom was running sweep so I led the group around some boulders and through the trees to a steep downhill run which ended on the lake. At the bottom of the downhill run I deftly demonstrated the perfect “snow angel stop” for the group “for educational purposes”. However, they were slow learners and all of them followed me down the steep incline without making the tumble on the lake☺



After the tumble  
Photo by Lisa Barkley



On Blue Lake  
Photo by Scott Farquhar

It was still snowing fairly hard so we took a few quick photos then started back. After making the short climb out from the lake the real fun began. The group started with a long downhill run in the large open area below the lake. We regrouped at the base of the hill with smiles that would make the Cheshire Cat jealous. Then it was into the trees for a series of short downhill runs down to a small pond. Through the trees each member took their own path so Tom had us regroup at regular intervals (it was not hard to regroup because the whooping, hollering and squeals of joy gave away everyone's position).

# New Trip Leader – Tom Trout (cont.)



A downhill run!  
Photo by Lisa Barkley

We continued down a drainage going into the trees when we came to exposed water or when it looked like there was some fun to be had by taking advantage of a downhill slope in the woods. As we neared the last long downhill section at the Rawah Wilderness border, the group started to split. Some steered towards the drainage, some followed the trail, and some started into the trees between the two. Before separating Tom made us do a “voice count” and made it clear we would meet at the bridge near the wilderness border. One by one each of us made our way to the bridge. Some of the group had a bit more of an adventure than they had planned on, but the smiles on everyone's face indicated a good time was had on all paths.

At this point the trail became much tamer and we prepared for the long section of up and down runs back to the trailhead. As we skied Tom continued to monitor the group and stopped when it was appropriate for a bit of a breather. We glided along eating up the distance back to the cars until we reached the final push uphill to the trailhead. Although the group knew it was coming, the final uphill run made for a tough ending to a long day. However, there were high fives all around at the finish and we all thanked Tom for a wonderful trip.

Congratulations Tom Trout for a spectacular Leader in Training Trip, we all look forward to following you into the woods again some time soon!



Down the drainage  
Photo by Lisa Barkley



# Monthly Programs

## March

**What:** A Presentation on the Larimer County Search and Rescue

**Where:** Fort Collins Senior Center

**When:** March 23<sup>rd</sup> at 7:00

A presentation will be given by Jill Reynolds on Larimer County Search Rescue. The presentation will cover basic operations, mission statistics, search and rescue K9 operation, a short K9 demonstration, what to do if lost or injured, how to avoid getting lost, how to join LCSAR, plus Q&A period.

Note this is a Thursday evening.

—



# April

**When:** April 26<sup>th</sup> at 7:00

Note this is a Wednesday evening.





# Basic Mountaineering Course

The Basic Mountaineering Course will be offered by the Fort Collins Group starting on April 20th. For more information go to the following link.

<http://www.cmc.org/Portals/0/Documents/Fort%20Collins/BMC%20Information.pdf>

If you are interested in signing up use the application form at the following web page

<http://www.cmc.org/Groups/FortCollins/BasicMountaineeringSchool.aspx>

Note the applicatin is a WORD document so it will not open. A copy will be downloaded to your computer.



# Did you Know?

## Climbing “Skins” for Back County Skiing

After a ski trip one of the members asked my advise on skins ... mohair, vs. mixed vs. nylon ..... recommendations on different brands.....

Wellll, I own a set of skins however, I do not know that much about the different options. Of course I could not admit that!! So I traveled to the Internet to see what I could find .... “Voila” - Outdoor Gear Labs had an article covering this subject. The link to the article is included below. My advice is to go to the Buying Advice Tab first for some background information before looking at the different options.

It is late in the season, but I figured this is still timely for folks who ski in the backcountry.

<http://www.outdoorgearlab.com/Climbing-Skins-Reviews>



# Did you Know?

## Repairing Climbing Skins

While leading a backcountry ski trip one of the participants was having a bit of trouble with her climbing skins because the glue did not seem to be sticking very well (hey, I have to lead trips to come up with ideas for the newsletter). Knowing that skins are so expensive I got curious about what one could do!! So once again I jumped on my magic box and traveled to the Internet. I shared what I found with the individual and asked some of the more experienced Fort Collins Group members what their experience was with the product. The following links take you to what I found out ...

First off, the skins may not need new adhesive, they might just need to be cleaned. The following video shows how to do this (Thank You John Raich for the link)

<https://www.youtube.com/watch?v=Cdiv-lzHcjQ>

John Raich indicated he has successfully used tubes of Black Diamond Climbing Skin adhesive. I found the following video on how to apply the glue. In this video they use a different technique to remove the old glue and they also show how to apply adhesive using transfer sheets.

[https://www.youtube.com/watch?v=\\_rdJNjjN7S0](https://www.youtube.com/watch?v=_rdJNjjN7S0) (Note this video also indicates you could move to Switzerland or Liechtenstein to repair your skins ☺ )

# Did you Know?

## Repairing Climbing Skins (cont.)

Finally I found a product from Black Diamond called Glue Renew Transfer Sheets (no one I asked had used these). The instructions on how to remove old glue and apply the new adhesive is provided in the following link. Note they recommend using an iron on a wool setting with paper bags to remove the adhesive.

[http://demandware.edgesuite.net/aakn\\_prd/on/demandware.static/-/Sites-bdel/default/dwe29935d5/files/MM5828\\_F\\_Skin\\_Accessories\\_IS\\_WEB.pdf](http://demandware.edgesuite.net/aakn_prd/on/demandware.static/-/Sites-bdel/default/dwe29935d5/files/MM5828_F_Skin_Accessories_IS_WEB.pdf)

So there you have it, you're now an expert on the repair of your climbing skins!

P.S. – As you might have gathered I am NOT an expert on this procedure and I thank John Raich once again for his input. Note if anyone else feels like they have relevant input they would like to share with the entire Group, just let me know and I can include it in the next Newsletter.



# Beginner Snowshoe Clinic, 1/14/17

By Scott Farquhar

A good time was had by all during the Beginner Snowshoe Clinic in January. Chris Haugen and Scott Farquhar went over the basics of equipment, winter clothing, going uphill/downhill, how to get up from a fall, and misc. winter hazards. In addition to all the talk, the group had a great time practicing their skills on a trip up to Lake Agnes.



# Trip Reports – Gould Mountain – 1/22/17

By Scott Farquhar

Mileage – 5.6 miles, Elevation Gain - 1370 ft

Leader - Ward Whicker, Co-Leader Jessica Auman

Time on Trail – 5 hours

The day was bright and sunny as we unloaded our gear. We were barely off the road at a spot where the snowplows had left an extremely small pull off. In the summer it would be the turnoff to the Ranger Lakes Campground. I was excited because the “Sage of Gould” (Ward) was planning to take us up into an area that I had never been to.

After crossing over to the north side of CO-14 we started to make our way up a gated road. The road had a barely discernible “packed” path where a snowmobile had gone a week before, but it was covered with new snow and we were happy to follow it to avoid sinking deeply into the powder.

We turned every now and then to “take in” the views back towards the Continental Divide and many in our group also salivated over the low-density wooded slopes and open meadows that looked perfect for a future backcountry ski trip.



On our way up

Views behind us





# Gould Mountain (cont.)

After following a drainage for a bit the group broke off the road and started uphill to the north-west. We made our way around a knob to a beautiful high meadow with spectacular views back towards Nokhu Craigs. From the meadow the group made it's way down to a saddle where we found a sunny spot sheltered from the wind to have lunch.

After lunch it was into the woods and up a ridgeline to the summit of Gould Mountain. Welll, the views from the summit reminded my of Sheep Mountain, in other words the summit is still wooded so there really isn't much of a view. However, it was still a magical place ..... and the trees did look far enough apart that this could also be part of a future ski trip.

We took a while to bask in our accomplishment then started back downhill the way we came up. It continued to be a blue bird day and on the way back we faced the spectacular views most all the way down. Going downhill also gave many of us the chance to channel our inner child by galloping quickly downhill through the fresh powder.

Alas all things must come to an end and before long we found ourselves back at the trailhead. We thanked Ward and Jessica for a great trip to a hidden secret and looked forward to coming back for more fun in the future.

Views on the return trip

Into the woods



# Meet Your New Council Members

## Jo Ann Herkenhoff, Secretary

### **1. How long have you been a club member, and what got you interested in joining the club?**

*I joined the CMC in November 2010 at the prompt of a fellow CMC member, who has since become a very close friend and mentor to me. I wanted the opportunity to maintain my active lifestyle, learn new skills and push my comfort level. I have since learned that I have desire to help the club meet its challenges and opportunities.*

### **2. What do you like most about being a Fort Collins CMC member?**

*While I do value the chance to get out and be active, I also appreciate learning more about this wonderful playground in which we live. I have also found the friendships developed through the club very rewarding.*

### **3. Other than CMC activities what are your other interests?**

*I'll try anything! I really love anything that pushes my body. In addition to those activities regularly offered by the club, I like to cycle, mountain bike, run and whitewater raft. Gardening and taking care of the acre and a half that surrounds my home also bring me great pleasure, as does routine walks in the park with my husband and four-legged companion, Moki.*



# Meet Your New Council Members

## Jo Ann Herkenhoff, Secretary (cont.)

### **4. What do you do for a living (you know those pesky times when you have to do something to pay the bills)?**

*Who would have thought that you can get paid for expressing gratitude? My role as stewardship officer for the Poudre Valley Hospital and Medical Center of the Rockies Foundation does just that! In addition to donor stewardship, I manage our funds and programs.*

### **5. What do you see as the most important responsibility as the new Secretary?**

*Maintaining consistency is equally challenging and important with a volunteer organization. Documenting the good work we do to foster membership and outstanding leadership provides framework for years to come.*

### **6. One of the good things about changing up officers is that new people bring new perspectives, what do you think you would like to do differently as the new Secretary?**

*Adding new members to council brings a whole new dynamic to the group. I look forward to lively discussions with my peers as we tackle the opportunities and challenges of the future of Fort CMC!*

### **7. Do you have any closing comments?**

*Word of mouth is our greatest recruitment tool. If the CMC has been a fulfilling experience for you, please share it!*



# Gear Swap

Note this page is ONLY for Fort Collins Group CMC Members (not stores or personal businesses) AND the intent is for advertising used gear (selling or swap?) or looking for used gear NOT for services or selling new products (since I put together the newsletter I have total control ..... BawHaaaaaaa). If you have something you would like added to the newsletter send the information to [fccmcguy@gmail.com](mailto:fccmcguy@gmail.com) . Note I complete the newsletter during the first couple of days every other month (on the odd numbered months) so please send the information before then.

## For Sale - Women's Gregory Jade J38 Pack

- small frame
  - fog gray
  - integrated rain cover
  - 2 waist belt pockets
  - 2 stretch water bottle pockets
  - ventilated
  - new with tags, never worn
  - Paid \$179. Asking \$90
- contact: Linda Warner  
970 396-0325  
[lindaawarner@comcast.net](mailto:lindaawarner@comcast.net)

# Parting Shots

## Miscellaneous FC Group Photos

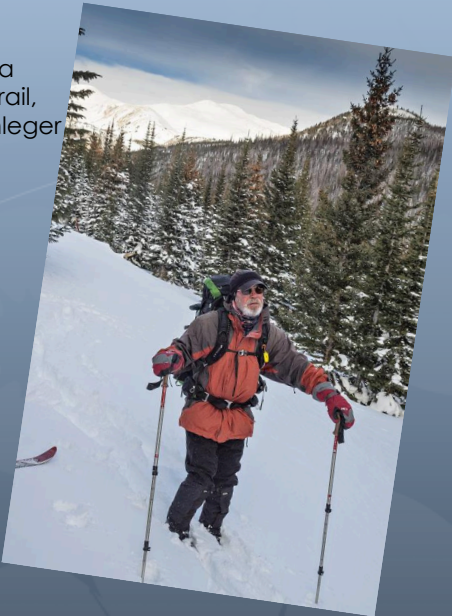
On the Wintersteen Trail, photo by  
Derek Schutt



In the Powder off trail above Sawmill,  
photo by John Wullschleger



"Grizzly Adams" takes a  
break on the Sawmill Trail,  
photo by John Wullschleger



An off trail AT Trip, photo by  
John Wullschleger

