



# Newsletter



Vol. 2015, No. 1

January, 2015

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# From the Editor:



Scott Farquhar

*"...and who will help me write the newsletter" said the Little Red Hen."*

This newsletter does not put itself together, members contribute to make it happen. This month I would like to thank Betsy Perna, Don Carpenter, Tom Chapel, and Chris Haugen for the contributions to this newsletter, I would also like to thank Sandy (my wife) and York for their help with editing. Finally I would like to announce that I will be offering "Ellie Adventure Awards" (bribes) to everyone who writes an article for the newsletter. These are handcrafted awards that are great to attach to your pack and will make your friends jealous. So get involved, go on a hike, write an article, and GET YOUR NAME IN PRINT!



Ellie Adventure Award

Note if you have a favorite bottle cap you would like to use for your award, please provide it to our skilled craftsman. Please submit articles before the 10<sup>th</sup> of odd numbered months

On another note, since November 1<sup>st</sup> the Group has added 15 new members. I would personally like to welcome all of you to the club and remind you to take advantage of the resources the club has to offer. For all of you existing members remember to extend a hearty welcome to any new members you see.

As always if you have an suggestions related to communications, feel free to contact me at [fccmkguy@gmail.com](mailto:fccmkguy@gmail.com).

See ya on the trail ..... Scott

# Welcome New Members!

November	December
Dennis Goodwin	Linda Ohischwager
Kristen Peterson	Cathy Kechter
	Indrakshi, Indrajit & Indrani Ray
	Lisa Lesh
	Terrence, Karen, Drew & Gina Barrett
	Bruce Hendee
	Adam & Sara Valuckas

# Upcoming Courses

The outdoors is so much more fun when you have the skills to fully enjoy the experience. The following are a couple of courses the Fort Collins Group is sponsoring in the coming months. Keep watching the Trip Schedule weekly to discover additional courses that may be offered. Note you can also go to the state web page [www.cmc.org](http://www.cmc.org) to find courses being offered by other groups.

## Beginning Cross Country Skiing Workshop

If you have always wanted to try cross-country skiing, if you have downhill skied but never tried the skinny ones, if you have skied in groomed track but have never tried the backcountry, please join us. This workshop is designed to help beginners and novices feel comfortable on skis. We will go to the Moose Visitor Center in the Colorado State Forest State Park near Cameron Pass with its beginner-level trail, warm bathrooms and a dry place for lunch. The class will be offered on January 18<sup>th</sup> and 31<sup>st</sup>. Contact Don Carpenter to register.



File Photo



# Intro to Snowshoeing

By Don Carpenter

CMC's Introduction to Snowshoeing 101 Clinic this year used the Sprague Lake Trail as its classroom.

Before starting out we covered the basics of proper cold weather attire, safety on the trail, the ten pack essentials, and a fine-tuned “essentials” list for winter excursions. We also covered design features of snowshoes and poles: bindings, brand differences, gender specificity, length/width to accommodate weight of user and heavier packs in deeper snow and the efficacy of renting and trying various styles of snowshoes before purchasing. Several of participants had rented gear from the Mountain Shop in Estes Park, which introduced the group to the ease of this process.



# Intro to Snowshoeing (cont.)

The first part of the Sprague Lake to Bear Lake Trail is rated as an easy snowshoe. On the day of our clinic the weather was fairly mild with little wind but, alas, no fresh snow. The initial rise from the trailhead gave all an opportunity to experience the stability provided by the traction devices on snowshoes. As we proceeded up the trail the snow became deeper and the group had plenty of snow depth to practice getting accustomed to our new 'big feet'. We practiced turning around and getting up from a fall. The 'next man up' method of breaking trail was then introduced. This is where the group rotates leaders to the back of the line for rest.

Snowshoeing is a wonderful adjunct to summertime hiking. Less technically demanding than cross country skiing, it affords easier balance and control while ascending and descending snowy slopes and hills. Fort Collins CMC encourages all members who have not made hiking a year-round activity to check our schedule of winter trips, strap on some snow shoes and enjoy the beauty of our winter mountains. If you can hike, you can snowshoe!

# Rocky Mountain National Park (RMNP) Centennial Celebration / Year of the Mountaineer

The Colorado Mountain Club's support of the RMNP Centennial Celebration is on! In fact it actually started in September 2014, as the saying goes "better late communication than never".

Look for "RMNP Centennial" in the title of the hike and keep track of the number of peaks and mileage you complete on these hikes between 9/4/2104 and 9/4/2015. Pack Tags will be awarded for summiting 100 of the 125 named peaks or for hiking 100 miles on designated hikes within this time frame. When you have reached one of these milestones contact the Year of the Mountaineer RMNP Centennial Committee at [www.2015RMNP@cmc.org](mailto:www.2015RMNP@cmc.org); they will send you the Pack Tag after checking records to verify your accomplishment.

Note the Fort Collins Group has gone back to the four trips completed in RMNP in late 2014 to fix the designation so you can include these hikes in your goal.





# RMNP Centennial Celebration / Year of the Mountaineer (cont.)

## TRIP LEADERS

Note when you are leading a hike in the national park you should indicate in the title that it is a RMNP Centennial hike AND in the second category box choose “Year of the Mountaineer” (“All Trips” goes in the first box). Due to an agreement between CMC and RMNP you also need to include the following statement in the “Notes” section, “There is room on this trip for 2 RMNP Visitors providing they contact the leader and are approved through the leader’s screening”.

Leaders must also make sure that you mark the trip as “Complete” when it is completed and fill out the trip report (you should always be doing this anyway!). For leaders there will be Pack Tags awarded for leading 100, 200, 300, 400, 500 miles of trails within the Park by September 4, 2015.

## MORE INFORMATION

For general information on CMC’s role in the formation of the park go to <http://www.cmc.org/About/YearoftheMountaineer/RMNPCentennial.aspx>.

Want more? Check out Denver’s Mile High Mountaineer (MHM) newsletter archives at <http://www.hikingdenver.net/groupresources/mile-high-mountaineer-archives>. Each newsletter since August contains historical information about how CMCers were Instrumental in having Estes Valley designated as a National Park in 1915.

**YEAR**  
**OF THE**  
**MOUNTAINEER**  
**2015**  
COLORADO MOUNTAIN CLUB  
SINCE 1912

# Did you Know?

## Planning for a Winter Hike

There are a number of sites related to weather and snow conditions to help you plan a winter outing. I have listed a few below. If you need help using one of these sites contact me. Also let me know if there are others you find helpful and I can add them to the next newsletter.

Colorado Avalanche Info Center - <http://avalanche.state.co.us>

Snowpack Data - <http://www.wcc.nrcs.usda.gov/snow/index.html>

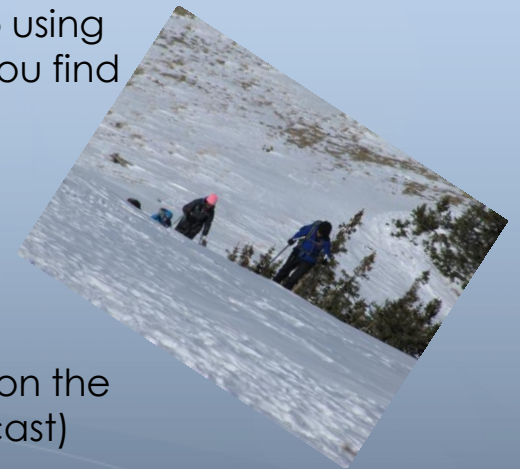
NOAA Weather site - <http://www.weather.gov> (note you can click on the map to get a forecast of summit, lake, etc as well as an hourly forecast)

Weather Underground - <http://www.wunderground.com/cgi-bin/findweather/hdfForecast?query=80528>

Wind Observations and Forecasts - <http://www.windalert.com/en-us/Search/ViewResults.aspx#40.703,-105.352,9,1>

Next month I plan to share sites that provide trip reports.

Photos by Scott Farquhar



# Did you Know?

## Folks like Short Notice Trips

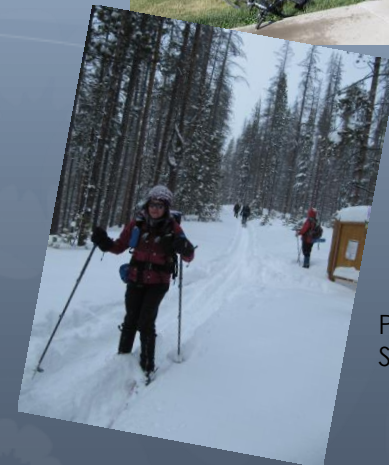
The Fort Collins Group has a lot of “experienced” folks and people who have flexible schedules that can get out during the week or on the week end on short notice. I would like to kick off an effort to allow these folks to communicate with each other.

If you are interested in being a part of this communication network send me an e-mail at [fccmcguy@gmail.com](mailto:fccmcguy@gmail.com). In this e-mail provide your name and the e-mail address you would like to use in the network.

I will send out a spreadsheet to all interested parties. They will need to fill out what type of trips they are interested in (A, B, C, D Trips (both hikes and snowshoe); X-country skiing; backcountry skiing; AT skiing; fly fishing; road bike trips; mountain bike trips (note level); easy bike trips; rock climbing; others?

I will share the completed spreadsheet with everyone on the list. Then if you get an urge to plan something last minute you can refer to the list and send out an e-mail to see who is interested. I will update the list to add new people and to remove folks who are no longer interested or drop out of the club. I realize this may not be a perfect system, but it is a start and we can always improve upon it later.

This would be run purely as a communication tool and trips would not be “official” CMC trips, but could be if a leader attends and completes the registration process.



Photos by  
Scott Farquhar



# Trip Report – Signal Mountain

***“The Rockies it is said make you cover your head when the gales of November come early ...”***

***Gordon Lightfoot (sort of)***

By Scott Farquhar

Stats – 11.8 miles, 3150 ft elevation gain, 9 hours on trail. Lead - Ward Whicker, Co-lead – Scott Farquhar



On the summit; Scott Farquhar, Chris Haugen and JoAnn Herkenhoff

Photo by Derrick Page

***It was a dark and stormy night*** .....in fact it was so stormy that Ward and I decided to delay the trip a day. Temperatures the week before the trip were very pleasant, but on Saturday the forecast called for temperatures to drop like a rock to below 0 F and 2" to 6" of snow. It seemed a bit harsh for the first winter hike of the year.

On Sunday the forecast called for sunny conditions, but with a start temperature below zero at the trailhead and wind gusts up to 60 mph on the summit. A somewhat smaller band of hearty souls showed up for the hike early Sunday morning due to the drastic conditions and the change in schedule. After a slow drive up Pingree Park road the group arrived at the Signal Mountain Trailhead. We quickly assembled our gear and debated whether to take our snowshoes. Having been a Boy Scout, I noted it was much worse situation if you needed them and didn't have them than if you took them and didn't need them (words that would come to haunt me latter in the day). Having settled that issue we took off.

# Signal Mountain (cont.)

The trail was covered with snow, but only with a couple of inches so we proceeded with our snowshoes attached to our packs. At the start it was relatively easy to follow the trail even though it was covered with snow. We made good time quickly passing a set of old abandon cabins, crossing a large bridge over Pennock Creek and continuing our hike on the north/east side of the creek. The trail turned east and we entered the Comanche Peak Wilderness at mile two. The group gingerly crossed the creek on slippery logs approximately  $\frac{1}{2}$  mile later. The trail then started to gain elevation and it became a bit more difficult to follow due to deeper snow. We had to be especially careful in areas where trees had fallen across the trail.



Near Backpacker Rock  
Photo by Derrick Page



A Conference near tree line;  
Ward, Scott, and JoAnn  
Photo by Derrick Page

All the participants took turns leading and Ward “graded” our ability to keep a pace which suited the entire group (report cards are due out soon). The snow was drifted in some areas, but not enough to require us to put on our snowshoes (the “Boy Scout” heard a few comments about the extra weight that was being hauled up the hill).



# Signal Mountain (cont.)

At just over 4.5 miles we reached the huge monolith that I call Backpacker Rock (because it looks like a backpacker from Signal Mountain) and we were exposed to the full force of the wind. Yikes! It was sunny but the force of the wind pushed us around and bit at our faces. Most of us passed up the photo opportunities and continued past the formation into the woods to the southeast.

Photo by Scott Farquhar

Backpacker Rock (on a day in 2013 when the weather was a bit more cooperative)



View from the summit  
Photo by Derrick Page

Once in the protection of the woods, the trail was difficult to follow, but we followed compass and GPS to a saddle at the intersection with Lookout Mountain Trail. At this point the group turned to the south and picked their way through the snow up the Signal Mountain Trail. Once again the trail was tough to follow in the snow, but generally the group was able to follow it through the woods up to tree line. Just below tree line we could see that the wind was howling so everyone donned face protection and goggles to avoid an unexpected "present" from Jack Frostbite. There wasn't much snow on the trail, but you could barely stand upright due to the wind so we followed a thin line of trees west of the trail.

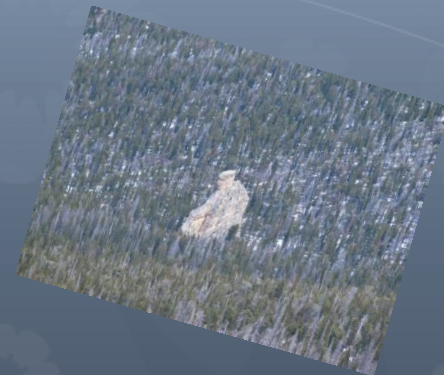
# Signal Mountain (cont.)

The group post holed a bit in the drifted snow and struggled to reach tree line. At this point some decided that they would wait to summit Signal Mountain on a nicer day and the less intelligent of us fought our way the short distance to the summit. I am not sure if the wind gusts were actually 60 mph, but they were strong enough that once on the summit we needed to take care to avoid being blown over. Needless to say we did not spend much time at the top. Some of our cameras shut down due to the cold, but others were able to snap a few photos before we quickly made our way back to tree line. From there we traced our tracks back to the trailhead. After a long day and a tough introduction to the 2014 – 2015 winter hiking season we were glad to turn up the car heaters full blast and enjoy the drive home.



Chris and JoAnn brace in the wind  
Photo by Derrick Page

Backpacker Rock from the summit during more "favorable" conditions in 2013  
Photo by Scott Farquhar





# New Member Hike

By Scott Farquhar

Ok, it wasn't an epic hike, but there were still 11 new and prospective members that had a good time at Bobcat Ridge. It was also a learning experience. We found out;

- The home the Ranger lives in was originally built in 1896 by the Hyatt family and is older than the cabin which was built in 1917.
- The first Non-native American Families moved to the area after unsuccessful attempts to mine gold in the 1860s.
- Edward Milner one of the first settlers was a member of Colonel Chivington's Calvary troop and an "unwilling spectator" to the Sand Creek massacre. His experience resulted in broken health, spiritual restlessness and a short life.
- John Spence pieced together most of the smaller parcels that make up Bobcat Ridge. John Spence earned a teaching degree in Ohio before moving to Colorado as a BICYCLE RACER (wonder if he also brewed beer?!). However, the Smith family would not allow him to court their daughter unless he went back to a respectable job like teaching and ranching.
- Native Americans inhabited the land for generations. Pioneers to the area found a number of artifacts and there is still a Stone Circle which is thought to be a tipi ring.

My thanks go to the City of Fort Collins and the D.R. and Virginia Pulliam Trust for this wonderful Natural Area. If you are interest you can find more information at;

<http://www.fcgov.com/naturalareas/pdf/bobcat-history-booklet.pdf>

<http://www.fcgov.com/naturalareas/pdf/bobcat-historical-record.pdf>



Photos by Scott Farquhar



# Turkey Sandwich Hike

By Betsy Perna

Devil's Backbone Open Space: It was the day after Thanksgiving. Jackets were zipped all the way up; the gloves came out of their hiding places. We didn't have to worry about the mayonnaise going bad in our packs that morning.

This is a popular hike, and I asked Trip Lead Eileen Edelman why... "There are treasures close to home," she exclaimed, "and it's a nice start for the winter season...Everybody's smiling on the Turkey Sandwich Hike!"

Our destination was to complete the Indian Summer Loop, starting from the parking lot off U.S. Highway 34 and returning on Blue Sky Trail—about 8 miles. We passed the keyhole, bearing left at each fork: Hunter, Laughing Horse, and Indian Summer Loops. It was a fairly easy hike, until we stopped for lunch!



Photos by Bruce Hollenbaugh



# Turkey Sandwich Hike (cont.)

I was comfortably settled onto a lichen-covered rock, as I sipped hot broth from my bamboo thermos. But it was nothing compared to Oklahoman Chuck Streit's portable easy chair and mega-sized turkey leg! Suddenly, just as someone else dove into what appeared to be a quarter of a pumpkin pie; the wind cruelly engaged a crusade to steal sandwiches, snacks and sit-upons. WHOOSH!! We packed up and pressed on, still smiling. Eileen noticed a second person stagger, blown off their feet. She made the call to turn around, having completed about 40 percent of the Indian Summer Loop. We headed back, really smiling! Eileen took the rear slot, and Co-lead Pat Berman was at the front.



Back in the parking lot, we wished each other well--no groaning about not making it all the way. What better sights than clear views of Pikes and Indian Peaks, not to mention Longs Peak and Meeker, among others! Eileen likes leading hikes because it's giving back in exchange for the pleasure she has received as a participant on Colorado Mountain Club hikes.

Photos by Bruce Hollenbaugh

"I enjoy sharing places with others," she said, smiling. According to Eileen, lots of folks return each year for the Turkey Sandwich Hike, and I plan on being one of them.

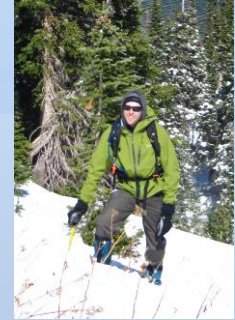




# Meeting the Council Members

This is a continuation of the series to introduce the Fort Collins Group council members. This month we cover Chris Haugen the Membership/PR Director and Tom Chapel the Leadership/Safety Director.

## Chris Haugen, Membership/PR Director



Chris Haugen  
Membership/PR Director

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

*I joined the Colorado Mountain Club in January 2013 shortly after moving to Fort Collins from Austin, TX, primarily to meet other hikers who shared my interest and familiarize myself with the hikes that are available within a reasonable driving distance from Fort Collins.*

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

*CMC membership has many advantages, but mostly I enjoy getting to know the trip leaders and the availability of lots of trips for all different skill levels; some days I want a challenging Moderate C with some scrambling, other days I prefer an easy snowshoe in the park.*

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

*Other than participating in CMC events, I enjoy indoor rock climbing at Miramont North every Wednesday and on the weekends. I've only been climbing for about six months and feel very comfortable on 5.9 routes and have progressed to be able to do many of the 5.10 and some of the 5.11 routes. I'd like to continue training and take that experience outdoors in the coming summer.*

# Meeting the Council Members

**Chris Haugen, Membership/PR Director, (cont.)**

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

*I've been an IT professional most of my adult life and currently work as the Senior Network Operations Center Technician at Front Range Internet, working on network and systems engineering/administration.*

**5. What do you see as the most important responsibility as the new Membership/PR Chair?**

*My primary function as New and Prospective Member chair is to recruit new members to the club and keep existing members interested so they'll continue to renew their memberships and participate in CMC activities for many 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 Membership/PR Chair?**

*I'd like to change the format of the new member meetings to be more interactive by posing questions to new and prospective members and gearing the presentation to information that will suit them best. I've also been informed that existing member renewals are declining so I'd like to begin reaching out to existing members to see what interests them and find new ways to keep them active in the club.*

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

*I'd like to thank all of the members who continue to volunteer their time for the betterment of the club and am honored to have been chosen for a leadership position. Here's to a fantastic 2015!*

# Meeting the Council Members

## Tom Chapel, Leadership and Safety Director



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

*I have been a member About 10 years I think. I wanted to connect with other like-minded outdoor enthusiasts*

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

*I like the opportunity to connect with other like-minded outdoor enthusiasts and the opportunity to teach and mentor others in outdoor skills, experiences, routes, etc.*

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

*I love all sorts of outdoor activities: trail running, mountaineering, backpacking, hiking, peak bagging, alpine climbing, ice climbing, rock climbing route finding, road biking, and backcountry skiing on AT skis. I also enjoy reading, writing, home brewing and oh yes occasionally I do enjoy sleeping.*

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

*I am a consulting Civil Engineer.*

# Meeting the Council Members

## Tom Chapel, Leadership and Safety Director (cont.)

### **5. What do you see as the most important responsibility as the Group Leadership and Safety Director?**

*Provide opportunities for members to develop leadership skills and become trip leaders, facilitate other training like first aid training, and connect leaders in training (LIT) with existing leaders to "mentor" them on their LIT trips.*

### **6. With the coming of a new year do you think you would like to do anything differently?**

*I believe the existing system has worked well, so I plan to continue a similar methodology: solicit new leaders by word of mouth, club notices and the electronic scheduler to provide training when and as demand indicates the interest is there.*

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

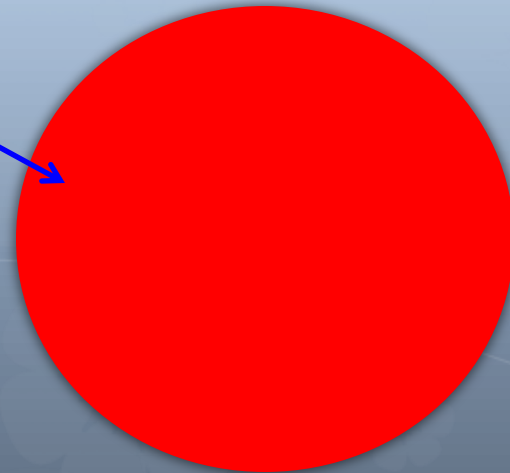
*Looking forward to another great year in paradise, hope to see many of you on a trip sometime soon!*

# Member Feedback!

## 1. What trip would you like to see on the Trip Schedule this Winter?

In November I asked members to feedback what trips they would like to see on the schedule this winter. The pie chart below shows the results of the feedback I received

No response – 100%



There is still time, if you have a trip you would like to see on the schedule this winter let me know by sending an e-mail to [fccmcguy@gmail.com](mailto:fccmcguy@gmail.com)

Happy Hiking!