



Newsletter



Vol. 2015, No. 2

March, 2015

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From the Editor:



Scott Farquhar

Once again let me start off by thanking those who helped make this newsletter possible. This month contributors include Ward Whicker, Amanda Stone, Bob Dietz, Pat Berman, Mary Carpenter, and Kate Polk. Thank you for your contributions to this newsletter, it gives folks a break from my “storybook” style of writing (Amanda, Kate and Mary I’ll have to connect with each of you soon to present you with your “award”). I would also like to thank Sandy (my wife) and York for their help with editing.

Next, as I do in every newsletter, I would like to personally welcome the 22 new members that have joined the Fort Collins Group. 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.

As always if you have an suggestions related to communications, feel free to contact me at fccmcguy@gmail.com.

See ya on the trail Scott

Welcome New Members!

January	February
Pieter Kruithof	Karen Gelfand
Bruce Williams	Stephanie Biochowiak
Juston & Neda Ledoux	Jeffrey, Kayla & Josh Bisko
Mary Worrell	Kathy Major
Sarah Bailey	Robert Seward
Marie Schaffner	Mistie Tuck
	Ellen Montague
	Bruce Herron
	Annie Schubert
	Jana & George Newman
	Lisa Cunningham
	Catherine Laughery

Message from your Program Director:

Hiking the Colorado Trail Coming to a Senior Center Near You!



Bob Dietz

March Monthly Program- March 25

What: Hiking the Colorado Trail

Where: Fort Collins Senior Center

When: Social Time 7:00 – 7:30 pm, Speaker 7:30 – 9:00 pm

Who: David Fanning

The iconic Colorado Trail, a nearly 500-mile hike from Denver to Durango, passes over eight mountain ranges, through six Wilderness Areas, close to three 14,000 foot peaks, and tests the hiker with 90,000 feet of elevation gain and loss. It is an adventure of a lifetime and a tour through the most spectacular outdoor landscape Colorado has to offer. Thru-hikes of the Trail are not easy. There is pain, suffering, and, yes, unbelievable hiker stench. These create the crucible by which ordinary experience is transformed into profound experience. No one finishes a thru-hike the same person. If you are up for a test, if you crave adventure, if a little personal transformation sounds like something you could use, come join 2014 thru-hiker David Fanning as he tells his story of spectacular beauty, extraordinary friendship, and youth regained along the Colorado Trail.

Upcoming Courses

Wilderness First Aid

Dates: Wednesday April 22, Thursday April 23 6-9:30 pm,
and Saturday, April 25 9 am-5 pm

This course follows a standardized program through the Emergency Care and Safety Institute and consists of 8 hours of lectures, 8 hours of practical training, a written test, and practice scenarios. A comprehensive textbook is included in the fee. People who fully participate and pass the exam, earn a 16 hour WFA certification.

For more information and to register go to cmc.org, choose "Classes" on the Calendar pull down menu, then change the date to April. Click on Wilderness First Aid on April 22 (now wasn't that easy). Education Department Refund Policy: Sorry no exceptions: No refunds will be issued for cancellations unless requested at least 1 week prior to the first class. A 50% refund will be granted for cancellations requested more than seven days prior to the first class. If the CMC cancels a class for any reason, a full refund will be issued. Fort Collins Group reimburses Trip Leaders the cost of this training following successful completion.

Skills Courses

The Beginning Snowshoe and Cross Country Skills Course were held early this winter and the graduates are now dancing across the snowy landscape. The Mountain Hiking School has begun with 20 new students eagerly honing their mountain hiking skills in the classroom and out in the field. So what is next?

An Ad Hoc Education Committee has been formed and is presently reviewing a list of possible courses with the Fort Collins Group Council. The next step will be to find qualified instructors/directors to lead the courses and make them happen.

So what can you do? First you should have provided feedback by filling out the membership survey that was sent out in February. Next you can contact Fort Collins Group Chair Ward to discuss any skills you have which would qualify you as a director, senior instructor or assistant instructor. This will help the Ad Hoc Committee to fully utilize all the great skills available within the group.

This is an exciting time for the group! Continue to monitor Paul's weekly e-mail, our group Facebook page, our group web page, and this newsletter for more information as it becomes available.



Photos by Scott Farquhar

Cross Country Ski Clinic

By Mary Carpenter

Kick Kick and Glliiiiide!" The four muffled figures moving to this mantra were not practicing ballroom dancing steps. Tentatively working our way across the snow at the Moose Center on the last day of January, we were participating in this season's second CMC beginners cross country ski clinic. Instructors Mike Smiley and Don Carpenter directed us through exercises designed to get us onto snowy mountain trails as soon as possible this winter.

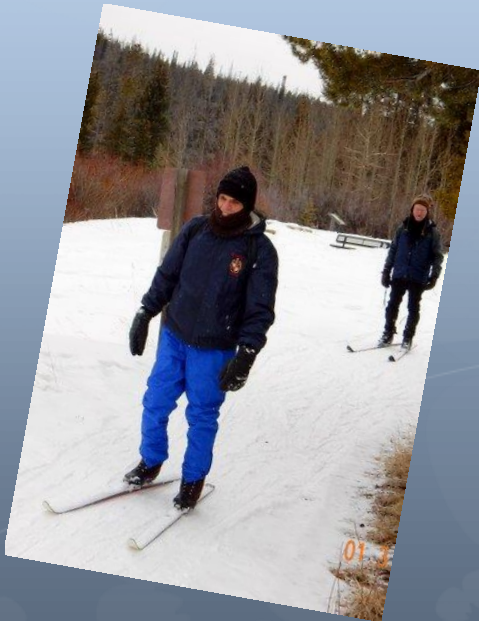


Betsy Munson, Mike Smiley,
Charlie Kop, Bob Link and Don
Carpenter "on track" – Photo by
Mary Carpenter

In the morning we moved quickly through the basics of standing, turning, falling down and getting up again on skis. Then, shedding one ski we set off on the trail, skate board style, pushing with one foot gliding on the other. After we practiced on the other foot, we added the second ski, but still sans poles. We kicked, kicked, & glided and changed our rhythm to combinations of kicks and glides as our instructors critiqued our forms while encouraging us to keep our flailing arms under control. Finally we added poles to our routine. We learned how to 'wear' the poles on our wrists and how to position them beside and behind us. We practiced synchronizing our arm and leg movements.

Cross Country Ski Clinic (cont.)

We tried poling, without using leg strength, first engaging just our triceps, then using shoulder muscles and finally putting our whole core into pushing ourselves across the snow. As our instructors directed and encouraged us in all these exercises, our shuffles became glides and we could hear the lovely soft sound of skis on snow. But it was work and we were glad when lunch break arrived.



In the afternoon we were back on the trail, practicing our kicks and glides, but this time we had a destination ...a hill. We stopped at the top of a gentle slope where Mike and Don reviewed the basic snow plow technique. We crossed a snow-heaped bridge at the base of our hill. We paused to discuss techniques of ascending slopes on skis: using skins, planting skis firmly to grip the snow, the herring bone step, and the side step. We had plenty of practice with each method as we went up and down the hill quite a few times.

Charlie Kop and Bob Link practice without poles – Photo by Mary Carpenter

Cross Country Ski Clinic (cont.)

We snow-plowed and hour-glassed and enjoyed 'slaloming ' through 'gates' marked by handkerchiefs. After a few runs the hill became a familiar gentle slope.

For one more bit of play, before we returned to the Moose Center, we went off-trail. Plunging into knee- high fresh snow we took turns breaking trail until we were exhausted.

A truly great day!

Thanks Mike. Thanks Don. Thanks Fort Collins CMC!



Mike watches Betsy go through a "gate" – Photo by Mary Carpenter

Did you Know?

Planning for a Hike

When you are planning a hike there are a number of sites that provide trail information and/or trip reports. These sites contain valuable information about routes and conditions. A few of these are listed below. If you need help using one of these sites contact me(Scott). Also let me know if there are others you find helpful and I can add them to the next newsletter.

Photos by Scott Farquhar

Info on 14ers - <http://www.14ers.com>

Info on 13ers - <http://13ers.com>

Rocky Mountain National Park Hiking (Park Service) - <http://www.nps.gov/romo/planyourvisit/hiking.htm>

Reviews and Info on Trails - <http://www.everytrail.com>

Poudre Wilderness Volunteers (use Trails pull down) - <http://pwv.org>

Rocky Mountain National Park Hiking Trails (independent site) - <http://rockymountainhikingtrails.com>



Sharing Information

LoJ

Isn't it nice to get information on a hike that you are planning? Aren't you glad that folks in the National Forest Service, National Park Service and other organizations have this information available? Ever wonder where that information comes from? Well, walk into the bathroom and look into the mirror!! Yep, a lot of that information comes from folks like you and me.



The point I am trying to make is that all of us should try to do a better job of providing feedback to agencies and organizations after we have completed a trip. On the previous page there are links to the web pages of many other organizations that would love to have your feedback. Additionally, you can contact the Individual Forest Service offices to provide feedback. Some of the links are provided below.

Rocky Mountain National Park - http://www.nps.gov/romo/planyourvisit/trail_conditions.htm

Arapaho & Roosevelt National Forests - <http://www.fs.usda.gov/arp>

Indian Peaks Wilderness- <http://www.fs.usda.gov/recarea/arp/recarea/?recid=80803>

Comanche Peak Wilderness - http://www.fs.usda.gov/detail/arp/specialplaces/?cid=fsm91_058246

Rawah Wilderness - http://www.fs.usda.gov/detail/arp/specialplaces/?cid=fsm91_058256

Provide feedback on the web page, call, or e-mail. I'm sure they would be happy to receive the data.

Trip Report – Sheep Mtn. & Bridal Veil Falls Winter Adventure

By Amanda Stone

Stats – 7 miles, 2015 ft elevation gain, 6.5 hours on trail. Lead – Steve Martin

It was a beautiful day for a snowshoe hike to Sheep Mountain. With mostly clear skies, we had scenic views of the many mountain peaks surrounding us as we hiked. The temperatures were mild, just below freezing, with hardly a breeze in the air. By the last few miles of our hike the snow began to fall softly, a nice finishing touch to the day.



Steve preparing the group for what is to come
Photo by Joe Skelton

We had a wonderfully diverse group of adventurers -- as is the case with so many CMC hikes. This is one of my favorite parts of a group hike – meeting new people. Our group was widely assorted in age, education, differing backgrounds, hometowns and professions... As we hiked through the snow, discussions covered such a wide variety of subjects, connecting on so many different levels. Nine different people from nine different environments, yet together one day to share the same common goal – to enjoy the incredible Colorado outdoors and make it to the top of Sheep Mountain!



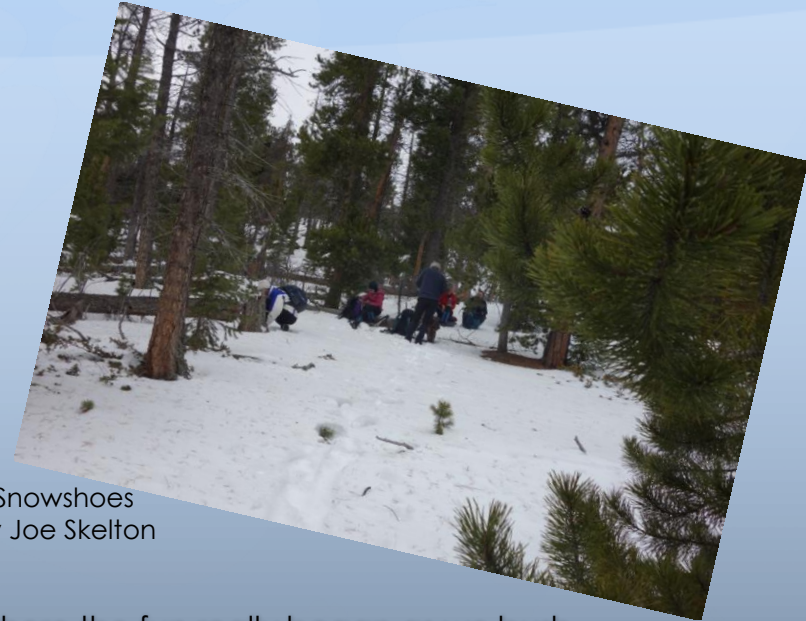
Happy Hikers
Photo by Joe Skelton

Sheep Mountain (cont.)

We began our day hike at the historical McGraw Ranch. After passing by the wooden cabins and out buildings of the ranch, we started up the Cow Creek Trail. Soon we turned north onto the North Boundary Trail, which is the border line on the north edge dividing Rocky Mountain National Park and Roosevelt National Forest. We continued up the Boundary Trail on packed snow, hiking upward to the saddle on the east side of Sheep Mountain.



Cairn at the summit
Photo by Joe Skelton



Time for Snowshoes
Photo by Joe Skelton

This is where the fun really began as we bush wacked through the trees, breaking our own trail in the snow as we headed up the east slope route of Sheep Mountain. The snow was deeper at this point and some of us broke out our snowshoes. We continued westward up to the forested summit of Sheep Mountain at 9,794 feet elevation. We located the cairn at the top of the mountain and took a break for lunch and a few photo opportunities.

Sheep Mountain (cont.)

After refueling ourselves, we continued to head west and descend down the other side of Sheep Mountain. This enjoyable route was a bit steeper with little or no snow in many areas. So, off came the snowshoes. During both the ascent and decent of this mountain, we had the trail to ourselves. The only tracks found in the snow were non-human. Such an exhilarating feeling – as if the mountain was all ours for the day.



Testing out our tracking devices on the way down
Photo by Joe Skelton



Photo by Joe Skelton
Bridal Veil Falls

We descended down the west side and returned to the Cow Creek Trail, following it onward to Bridal Veil Falls. After admiring nature's stunning ice sculpture, we returned to the Cow Creek Trail for our final leg of the journey. With a somewhat icy trail, many of us opted to add more traction with Yaktraxs or ice crampons. This was a great hike to try out our many footwear options!

The Cow Creek Trail brought us back to the McGraw Ranch and our awaiting vehicles. After a satisfying journey through the snow we were ready to relax and call it a day. I enjoyed getting to know more fellow CMC members and lovers of the outdoors. As always, I look forward to the next mountain adventure...

Another Great Snow Mtn. Ranch Trip

By Scott Farquhar

Thanks to Ruth Billings the Fort Collins CMC Group enjoyed another great three day trip to Snow Mountain Ranch/YMCA of the Rockies in the beautiful Frazier Valley.

Using three cabins as a base camp folks broke into smaller groups to snowshoe, backcountry ski, Alpine ski, cross country ski on the groomed trails at Snow Mtn. Ranch, "take the waters" at Hot Sulphur Springs, you get the picture. Pat Berman captured the action on two of these trips in the articles that follow. Here I am just sharing a few of the photos which show the "careful" planning sessions held during the gatherings each night.

I can't speak for the others, but I am already looking forward to next year!



Photos by Sandy Farquhar



Photos by Garry Forte



Trip Reports – Backcountry Ski Trips/Snow Mountain Ranch

By Patrica Berman

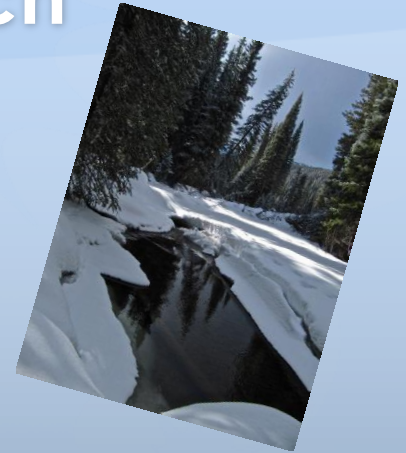
RMNP – Shipler₁ Cabin - 1/12/15

Stats; 6 miles round trip, Leader Eileen Edelman, Participants –Pat Berman, Sheila Dielman, Leslie Edmondson, Lucie Johns, Nela Lewis, Janet Cook, Nora Forte, Lynn Hull and Marilyn Kopp

Our ski day was on the Colorado River Trail, close to the headwaters of the Colorado River. Our destination was not certain, only to go past the Shipler Cabins which are 2.5 miles from the trailhead. After climbing over a pesky “bump”, we got occasional glimpses of the snow covered river, with one open stretch right next to the trail. The gurgling of the river broke the quiet and stillness for just a moment. We paused to look at a saucer shaped iceberg that had settled itself in the middle of the river.

The trail at times stretched far ahead across meadows then we skied into the forest where snow lay on all the tree branches. The cabin served as a good stopping point for a break to eat chocolate and rest. Four CMC snowshoers were also enjoying the Colorado River Trail that day and we passed them on our way up. They left us a message in the snow. We returned to the trailhead pleased that we had spent the day skiing with good friends.

1. Joseph L. Shipler was a silver mining pioneer along the North Fork of the Grand River (now the Colorado River). He built a cabin in Shipler Park in 1876 which had the distinction of being the first structure in the valley. In 1914 the Colorado Mountain Club made the trek from Grand Lake to Shipler Park where Mr. Shipler extended warm hospitality to the campers.



The Mighty Colorado River

Photos by Scott Farquhar



FC CMC ski group passes the FC CMC snowshoe group

Trip Reports – Backcountry Ski Trips/Snow Mountain Ranch

By Patrica Berman

RMNP – Green Mtn, & Tonahutu Trails

Stats; 6.5 miles round trip, Leader Eileen Edelman, Participants –Pat Berman, Sheila and Steve Dielman, Leslie Edmondson, Lucie Johns, Nela Lewis, Scott Farquhar, Rob Werge

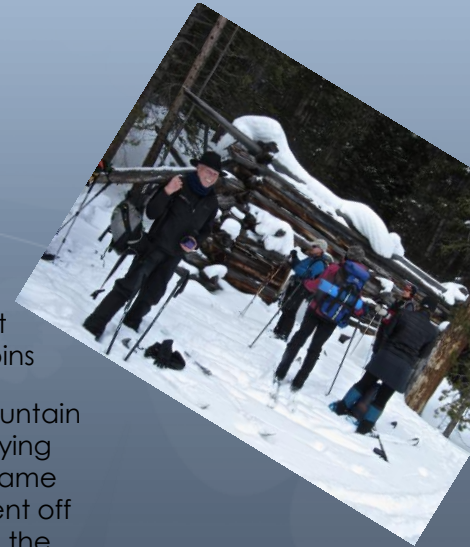
Eileen really wanted to do this one way ski, so we followed her. Later in the day some in the group might say “like sheep to the slaughter”.

We started our ski day climbing up the Green Mountain trail for two miles to Big Meadows. Most of us used climbing skins that made it easier to tackle the hills. The group soon made it to the end of the trail where we had a short detour to Sam Stone's cabins at the edge of the meadow. Both structures have weathered but remain mostly intact.



The Group takes off at the trailhead

Photos by
Scott Farquhar



History lesson from Pat at
one of Sam Stone's Cabins

1. The Green Mountain Trail once was a wagon road used to haul hay from Big Meadows to Green Mountain Ranch. The log ruins at the edge of the meadow are the remains of Sam Stone's turn-of-the-century haying operation. One structure was a barn, the other a cabin. Stone plowed part of the meadows, but little came of his attempt at development. He fell under the influence of a women spiritualist and together they went off to find gold in Paradise Park (now on the park's southern boundary). Fortunately there was no gold and the park remains unspoiled and true to its name.

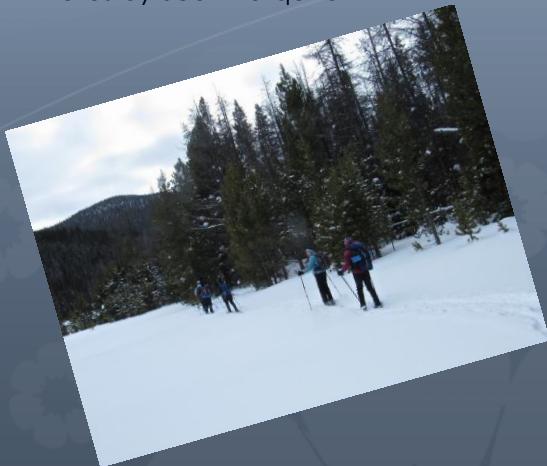
Trip Reports – Backcountry Ski Trips/Snow Mountain Ranch

RMNP – Green Mtn & Tonahutu Trails (continued)



Big Meadow View

Photos by Scott Farquhar



Skiing out of the Meadow

Upon our return to the junction, we headed east on the Tonahutu Trail. It was an easy ski following the edge of Big Meadows and faint tracks. Occasionally we stopped to find an orange marker on a tree to make sure we were heading to the Kawuneeche Visitor Center. Our mellow ski came to an abrupt end at a steep downhill on a shelf, with very little room to snowplow on the slick hard pack. Lucie did a slide to the left and went off the trail. Some of the group had stopped ahead as Steve had fallen on the trail. He needed time to gather himself together and hoped that nobody ran into him. Lucie and Eileen had taken their skis off and I decided to join them on a short downhill hike. Of the nine skiers only Nella did not fall. She deserves a reward for that. Gratefully we all made it down the hill and our turn off towards the Visitors Center came shortly after that. We were greeted at the visitor center by a FC CMC snowshoe group that had gone to the Shipler Cabins that day (a popular place). Hot Sulphur Hot Springs was our next destination and we all appreciated the soak. A beautiful day on the trails of RMNP with lots of laughs and hardy ski partners.

New Leader: Jessica Auman

By Ward Whicker

Congratulations to Jessica Auman, our newest leader for the Fort Collins Group. Jessica completed her leader-in-training (LIT) hike, a snowshoe trip, on January 17. Becoming a CMC leader involves considerably more than simply leading a formal, sanctioned hike. Usually, leading the LIT hike is the most enjoyable of the many requirements, despite the considerable responsibility it entails. Jessica has excellent credentials for becoming a leader in the Fort Collins Group, as she is very fit, loves the mountains, and has completed recent Group courses such as the Mountain Hiking School and Skills for Leaders. Her background includes chemistry, long-distance running, and yoga. Presently she is teaching yoga for various organizations and independently.



Jessica Auman on her Leader-in-Training hike to Black Lake

New Leader: Jessica Auman (cont.)

Jessica's LIT trip was originally scheduled for Meadow Mountain on the southeastern boundary of RMNP. We did a scouting trip up in the area to make sure we were aware of any access or other issues. All looked good, until the morning of the trip. We arrived in Estes Park to blasting winds and blowing snow at the higher elevations. With the winds coming directly from the west, it was obvious that the relatively open areas along the canyon of our planned route, which has an east/west orientation, would present very uncomfortable travel. Furthermore, the extremely exposed ridge above treeline that leads to the summit would likely have been subject to "white-out" conditions. While not impossible, overcoming that scenario was not the purpose of the LIT hike.

Photos by Scott Farquhar



After some discussion, the group decided to alter our destination to Black Lake in Glacier Gorge. This canyon has a roughly north/south orientation, with the massive Thatchtop Mountain to the immediate west, offering some protection from the prevailing west winds. So, starting from the Glacier Gorge trailhead on snowshoes, we ascended the "winter trail" that takes one up a relatively protected canyon to the junction of the Mills Lake and Loch/Sky Pond trails. Once we arrived at Mills Lake and the forested area above it, swirling winds were still present, but much reduced in velocity. As we were the first group up into the Glacier Gorge that day, we had the job, and pleasure, of breaking trail through a few inches of new snow all the way to Black Lake.

New Leader: Jessica Auman (cont.)

Because of the new snow and winds, the regular trail was difficult to find in several places, especially in the massive blowdown area. This forced a fairly difficult and convoluted route, but Jessica did a fine job of getting us safely through this challenging area. At times, we were atop piles of dead trees with considerable amounts of air below the snowpack, necessitating caution. The final approach to Black Lake was somewhat west of the normal trail, and it made for a steep but very interesting and fun route. Once at the Lake, we were again blasted from time to time by the winds, but the scene was breathtaking! We headed for the southeast corner of the Lake, where a small grove of trees offered some protection. Kevin Willey found a beautiful ice formation covering a cliffy area. Of course, this was the perfect place for him to test the ability of his ice axe, a prototype of his own unique design, to hold his weight on very steep ice!

Kevin Willey, testing his
prototype ice axe at Black
Lake. - Photo by Ward
Whicker



New Leader: Jessica Auman (cont.)

The trip back was pleasant and uneventful, which is usually a good thing. The weather generally improved through the afternoon, as did the views.

Jessica leads the group across Jewel Lake, with Pagoda Mtn. & keyboard of the Winds providing a backdrop – Photo by Scott Farquhar



The trip required 6-7 hours and the group (Steve & Sheila Dielman, Kevin Willey, Diane Quinn, Lucy Johns, Andrea Zanchuk, Scott Farquhar and Mary Jackson) was in good spirits at the finish. We enjoyed socializing over coffee in Estes Park on the way home. All agreed that Jessica did a fine job of organizing and conducting the trip to a successful conclusion. The LIT trip was preceded by training from Tom Chapel (Leadership & Safety Director), first aid training, trip planning & registration, and communications with participants. Jessica was recommended as having the skills necessary to join the ranks of leaders in the CMC, and the paperwork to make that happen should be completed by the time this Fort Collins Group newsletter issue is available.

Jessica hopes to lead a variety of hikes and snowshoe trips, mostly at B and C levels. In addition, watch for any yoga hikes she may offer. Having attended her weekly yoga classes for several months now, I can attest to her teaching skills and the utility of various poses taught for balance, core strength, stretching and relaxation; all of which can greatly enhance our mountain experiences.

Meeting the Council Members

This is a continuation of the series to introduce the Fort Collins Group council members. This month we cover Bob Dietz the Program Director and Kate Polk the Treasurer.

Bob Dietz, Program Director



Bob Dietz
Program Director

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

My wife, Laura, and I joined in 2005. We joined after hearing about the CMC from a friend. She was in the Basic Mountaineering School for Denver or Boulder. We wanted to hike and explore more in the wilderness, but felt we might lack essential skills to do this safely. After our first real hike with the club, an epic 22 mile hike into the Mummy range, we were hooked.

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

The vast array of skills and experiences that can be tapped for adventures in Colorado and the world are a huge draw to me. The other benefit is the safety of the groups. With the CMC, you know that you are not hiking with someone that has no training or experience. Each of the trip leaders gets training and meets minimum requirements to be able to lead trips. If you have ever hiked with a group like Meetup, one can get a wide variety of leaders and the size of the group can get out of control. CMC regulates these risks and generally makes trips more enjoyable.

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

Other than hiking, cycling (mostly road, but a little mountain), rock climbing, fishing, hunting, computers/electronics, home brewing beer and mead, visiting breweries, home improvement (currently remodeling the kitchen), and taking the dogs for walks and hikes.

Meeting the Council Members

Bob Dietz, Program 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)?

When I am not looking for winning lottery tickets on the ground, I work in the Information Tech field at a veterinary medical company.

5. What do you see as the most important responsibility as the new Program Director?

Program Director is a unique position in the group. It doesn't directly pertain to hiking, but more of an entertainment and education job. It also gives members a chance to discuss and experience trips that might be either out of their skill level or price range. The presentations are also a great opportunity for members to learn new skills, about other cultures or regions of the world.

6. Bob you are not new to this office, but with the coming of a new year, is there anything you are thinking of doing differently?

For the coming year, I plan to get an earlier start for the annual dinner. With the experience I have garnered from the previous year, I will know the equipment to bring and demands to make.

7. Do you have any closing comments?

Please come and experience one or more of the monthly programs. The speakers are always interesting and we provide snacks.

Meeting the Council Members

Kate Polk, Treasurer



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

I have been a member for 10 years. I went through some difficult life changes and decided I needed to do something good for myself. One of the good things I wanted to do was spend more time in the outdoors.

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

Being able to explore areas that I would never have ventured to on my own.

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

I am a League Cycling Instructor and teach classes for Fort Collins bikes. I also have been a Hospice volunteer for many years, have a trained therapy dog, and I am currently trying to train my "Wild Child" puppy.

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

I have owned my own business (medical practice management) since 1987 and in my "previous life" I was a surgical tech.

Meeting the Council Members

Kate Polk, Treasurer (cont.)

5. What do you see as the most important responsibility as the Group Treasurer?

Keeping track of our finances and making sure that we spend our monies wisely.

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

I plan to set up a budget, update the check writing system and purge some of the very old, obsolete paper records.

7. Do you have any closing comments?

I have learned so much from so many members and have made many good friends. Joining CMC was one of my best decisions 10 years ago.

Member Feedback!

Additional Reader recommended links

In the January newsletter I listed some web sites that are useful for planning winter trips. York pointed out that another site helpful in “getting to the trailhead” is the Colorado Dept. of Transportation site (CDOT). Thank You York! The link to that site is:

<http://www.cotrip.org/home.htm;jsessionid=FA5D6DB8083AA8BC71A57A5B18A3111D.node1>

Use this to find out road closers, construction and to view web cams

Short Notice Trip Contact List

Weeeelllllll, about six folks indicated interest in being on the contact list and only one has filled out the spreadsheet indicating what type of trips they are interested in. If you are interested in being on a “Short Notice Trip Contact List” (see article in the January newsletter) please contact me at fccmcguy@gmail.com.

Happy Hiking!