



Newsletter



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From the Editor:



Scott Farquhar

I will make excuses right up front. I was in Australia and New Zealand for a month and my “staff” did not pick up the slack (also not many of you took up my cry for “Help!” in the March newsletter), so the May newsletter is a bit skimpy. Oh well, there are still write ups on a New Trip Leader (thank you Ward), a reference to a boot review, one trip report and photos from the Mountain Hiking School. Hopefully, things will kick back into full swing during the next couple of months.

As I do in every newsletter I would like to welcome the 11 new members that have joined the Fort Collins Group since February (see the next page for the listing). I would also like to apologize, to Sue White who joined in February and did not show up in the last newsletter. Sorry about that, I’m still trying to track down why you did not show up on the report of new members.

For all of you 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!

| March | April |
|--------------------|---------------|
| Michael Hall | Chris Snyder |
| Sandra Kosht | Amy Randell |
| F. Chickering | Rachel Miller |
| Sarah Myers | |
| Leticia Campos | |
| Nathan Smith | |
| John and Ann Blair | |
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Message from the Chair:

By Ward Whicker



In the March 2016 issue of this newsletter, I outlined what it takes to become an official CMC leader in the Fort Collins Group. In that message, I ended with a promise to discuss what it takes for current leaders to become a better at it, or even to be considered **exceptional** by members and peers. My foundation for this discussion is based mainly on the experiences of participating in many trips where I could observe and learn from other leaders, and from my own efforts of trying to become a better leader. For me personally, this goal has been aided significantly by truly enjoying the process of leading, by having more time to explore new geographic areas and learn new skills, and from having several CMC friends (informal mentors, actually) whom I continue to learn from just by sharing time with them in the mountains.

My foundation for daring to offer what I think it takes to become a special leader is based on these situations and experiences. So, here is my personal advice if you are already a leader and wish to further strengthen your leadership skills:

Seek more experience & knowledge. I have learned over many years that nothing builds confidence like experience. Go on trips with more-experienced leaders that might challenge your comfort level a little. Watch those who really know what they are doing and learn by doing. Take any opportunities to learn through mentors and courses. Then, lead trips that you can feel very comfortable with, in terms of technical difficulty, knowledge of the terrain, and what to do in case of an emergency. Exceptional leaders exude confidence, which helps those following to feel secure and comfortable.

Message from the Chair: (cont.)

Be a great communicator. Leading a great trip is very dependent on excellent communication before and during a trip. Be prompt in responding to inquiries about a trip; Make very clear what is expected in terms of skill, fitness and preparation; Provide prompt updates in terms of roster changes, weather forecasts, current conditions and logistical details; Be clear & forceful at the beginning of a trip about the ground rules of staying together, looking out for one another, and what to do in an emergency; Communicate freely during a trip, and make sure to encourage all participants to promptly reveal any needs or problems.

Make smart decisions. Many things can happen on a trip that require leadership and decision-making. Such things include actual or potential weather changes, injury, fitness and/or skill level differences among participants, differences in risk tolerances, equipment failures, unexpected hazards, etc. The over-riding principle for trip leaders is to make decisions in the best-interests of any and/or all in the group, particularly in terms of safety. This may mean giving up on a summit or personal goal, but conservative decisions are nearly always wise for CMC trips. Leaders should never impose their personal risk tolerance on those following them.

Add a bit of spice & adventure. With sufficient experience, leaders can sometimes safely add an extra bit of fun and adventure to trips. This might include going off trail to explore a possibly unknown route with more unique views, interesting (but safe) exposure, a steeper descent, an exciting stream crossing, a patch of snow, a navigational challenge, etc. However, these kinds of spice should only be added when the leader is very confident that all participants can safely negotiate such terrain and are willing to try. This can provide beneficial experience to participants and special memories afterward.

Message from the Chair: (cont.)

Be patient and encouraging. Leading a group of others is a privilege, but it is quite different than going out informally with a couple of well-known friends of similar abilities. CMC leaders have a significant responsibility to each person they have agreed to lead. This means doing all one can to ensure the comfort, safety and hopefully the success, of each group member. It also means being patient and understanding, as well as encouraging, to those in need. Setting a reasonable and appropriate pace is critical (see the October 2010 issue of the Group Newsletter: <http://www.fortcmc.org/newsletters/CMCOctober2010.pdf>). Take time to deal with any problems right away, instead of waiting for them to possibly get worse.

Share trip responsibilities. Effective leaders ask & trust others to share responsibilities. Inviting another leader to co-lead a trip is not only good insurance, it also demonstrates trust and respect. It is a way to get a more-experienced mountaineer to be there if needed in serious terrain, or a way to give a younger or newer leader more experience. Most participants on trips feel good and proud about being asked to lead, do rear sweep, or perform other duties. This also helps build teamwork, which can be critical in any emergency.

Message from the Chair: (cont.)

Share knowledge. Most participants on trips like to learn new things. If you have knowledge about, for example; the area, the terrain, plants and animals, geology, travel techniques, potential hazards, etc., feel free to stop occasionally and share such information. Invite other participants to do so as well. Of course, it is usually wise to keep such information exchanges short & to the point.

Lead a variety of trips. By leading trips, one can get to know quite a good number of CMC members who participate. By leading trips encompassing a wide variety of travel modes and levels of difficulty, one can get to know a much larger segment of the CMC membership. This is very beneficial to the leader because knowing the abilities of many participants can help greatly in forming trip rosters that are compatible. This is also beneficial to trip participants because as they get to know and trust a leader, they are more likely to be willing to expand their experience and comfort level by doing more adventuresome trips with that leader.

Let me conclude by opining that leading trips is like skiing, tennis, or rock climbing—the better you get at it, the more enjoyable it becomes.

Ward Whicker



Programs!



Bob Dietz
Program Director

May Program Rocky Mountain Reflections Presented by Roger Wolfe

What: May Program

Where: Senior Center

When: May 25, 7:00 PM

Who: Fort Collins CMC Members AND Public Welcome

For more than two decades Roger was the Northern Newsroom Reporter for 9News in Denver, covering many stories in Rocky Mountain National Park and the Colorado Rockies. Some of his stories have aired on NBC Nightly News, The Today Show, and CNN. He won an Emmy Award for coverage of Pope John Paul II's visit to Colorado, and an Edward R. Murrow Award for a series on schizophrenia.

In 2011 he was an Artist in Residence at Rocky Mountain National Park which gave him an opportunity to concentrate on producing a documentary - "Rocky Mountain Reflections".

Roger and his wife Deborah live in Fort Collins, Colorado and enjoy hiking, camping, skiing, biking, kayaking and other outdoor activities in the Rockies. They have also traveled extensively throughout Europe as well as Morocco, South Africa, Tanzania, Turkey, Costa Rica, Mexico, Belize, and Ecuador.

Group Picnic



Annual Group BBQ Rolland Moore Park – Shelter #2



What: Annual Picnic

Where: Rolland Moore Park – Shelter #2

When: June 22, 6:00 PM

Who: Fort Collins CMC Members

The club will provide burgers, bratwurst, veggie burgers, drinks, and dishware. Please bring a salad, side, or dessert to share. The picnic will be held at Rolland Moore Park, shelter #2, near the sand volleyball court. Start time is 6:00pm. The BBQ this year will feature sand volleyball and other games!

New FC:CMC Trip Leader Jo Ann Herkenhoff

By Ward Whicker

This is to formally welcome JoAnn Herkenhoff to our great group of official CMC leaders in the Fort Collins Group! Many in the FC-CMC know JoAnn as she has been very active in the Group, having served three years as Activities Director, several years as an instructor in the Mountain Hiking School, and she has participated in many hikes, ski tours, and snowshoe trips. JoAnn has extensive year around experience in the great outdoors, is very fit and athletic, and is a real joy to know and spend time with. She currently works as Development Officer for the Poudre Valley Hospital and Medical Center of the Rockies Foundation.

JoAnn's Leader-in-Training (LIT) trip was completed April 24, 2016 with a group of 9, including Mark Lorie, Carolyn Hammond, Sue Ahlberg, Patrick Griffin, Robert Seward, Clint Baker and Phil Straffin. The trip plan was to start at the Roaring Creek TH in Poudre Canyon and hike on-trail to the Nunn Creek Basin, then climb Point 10,202, and finally to connect back to the trail by a different route. The planned trip distance was approximately 11 miles R/T and the expected elevation gain about 2,900', thus qualifying the outing as a moderate C-class trip. The trip did not unfold quite as planned, due partly to expected poor weather and deep snow, but primarily because of dangerously strong winds and the very real threat of falling trees in an area with ample evidence of recent blowdowns and an abundance of large, beetle-killed lodgepole pines.

Photo by Clint Baker



Ward Whicker (LT mentor) and Jo Ann Herkenhoff at the Roaring Creek Trailhead

New FC:CMC Trip Leader Jo Ann Herkenhoff (cont.)

As expected of a LIT, JoAnn conceived & planned the hike, and scouted part of the route ahead of time. She and I entered the trip on the CMC website calendar, and JoAnn handled all correspondence with prospective roster members. She made the important efforts to assure that all participants were qualified and fit enough for the trip. The trip filled fairly quickly, but with some last-minute cancellations (some due to recent snows and a forecast of snow and strong winds) we ended up with all those who wanted to participate despite the challenging weather forecast. The trip was changed from a hike to a snowshoe due to unexpectedly deep snows above 9000'. JoAnn handled arrangements for the car pool and we arrived at the TH about 8:20 am. She made the appropriate comments and introductions at the TH, then led the entire hike. She was very attentive to keeping the group together, checking on individuals, and taking short breaks when needed for clothing adjustments, hydration, snacking, etc. JoAnn was very comfortable with all the terrain, snowdrifts & downed tree obstacles encountered and in her interactions with trip participants. We returned to the TH without notable incidents, and all participants were enthusiastic about the hike, supportive of our decision to turn back, and very supportive of JoAnn as a leader. JoAnn promptly completed the trip report on-line.

New FC:CMC Trip Leader Jo Ann Herkenhoff (cont.)

In summary, JoAnn performed her LIT trip in an exemplary manner, and all on the trip were very impressed with her leadership and people skills. After completion of a Wilderness First Aid Course in May, she will be officially added to CMC's roster of active leaders. I expect that JoAnn will continue to improve her already considerable mountaineering skills, and to lead a variety of trips for our Group. They will likely range from trips of interest to a large number of our members, as well as to those that will likely require exceptional fitness of the participants.

Photo by Clint Baker

Participants at 9000' on the Roaring Creek Trail where the decision to turn back due to roaring winds and substantial tree-fall risk. We heard a large tree crash down not long after that decision.



Did you Know?

Boot Review

The attached link takes you to a review of Hiking Boots by Outdoor Gear Lab. Note that to see the entire review you need to click on the “tabs” (Overview, Ratings, Price vs. Value Chart, Buying Advice, and How We Test). Of course they have not reviewed every boot on the market (they did not include my favorites which are Zamberlans), but it does give you a good idea of some good boots available. If nothing else the Buying Advice section is worth reading. Note that I personally still buy leather boots that I can use both where a lighter hiker would be ok, and with crampons where a heavier boot would be better. It's just the compromise that I make. Enjoy!

<http://www.outdoorgearlab.com/Hiking-Boots-Reviews>



Trip Reports – Zimmerman Lake/Meadows Trail – 3/3/16

By Scott Farquhar

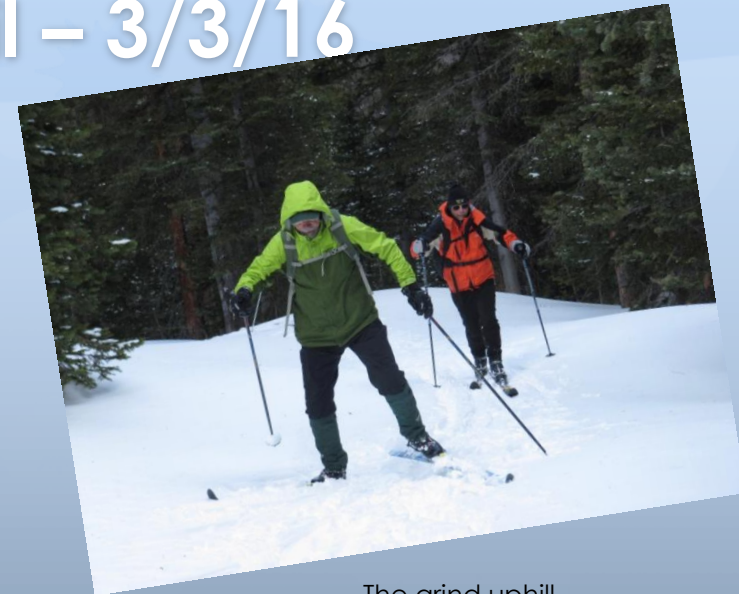
Stats; 5.6 miles, 800 ft elevation gain, Time on trail 6 hr
Leader: Scott Farquhar

The area had not had much snow leading up to the trip and things were looking a little bleak. This led to a few folks to backing out due to snow condition concerns. However, I convinced a few brave souls that I would still be going come heck or high water (or should I say heck or low snow) so the trip was on!

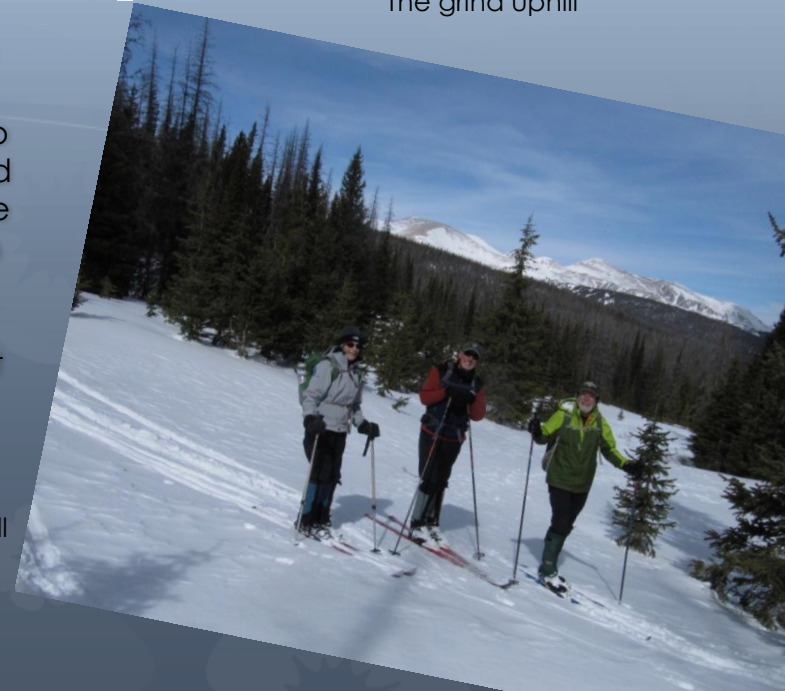
My confidence was boosted just a little when NOAA predicted 1 to 3 inches of snow the evening before the trip. I was not sure about road conditions, but I still set an early start time to avoid warm conditions predicted for later in the day (read on - you will see I was lucky that I had done this). On the day of the trip, six optimistic skiers turned up bright and early to join me on the trip to Cameron Pass. The drive was clear, but there was good news and bad news when we arrived at the Zimmerman Lake Trailhead. The good news was that the area had received over 3 inches of fresh snow and the weather was cool. The bad news was it was pretty cold and the wind was blowing steadily making it a bit uncomfortable for the folks we dropped off at the trailhead to set up the car shuttle.

Photos by
Scott Farquhar

View near the top of the hill



The grind uphill



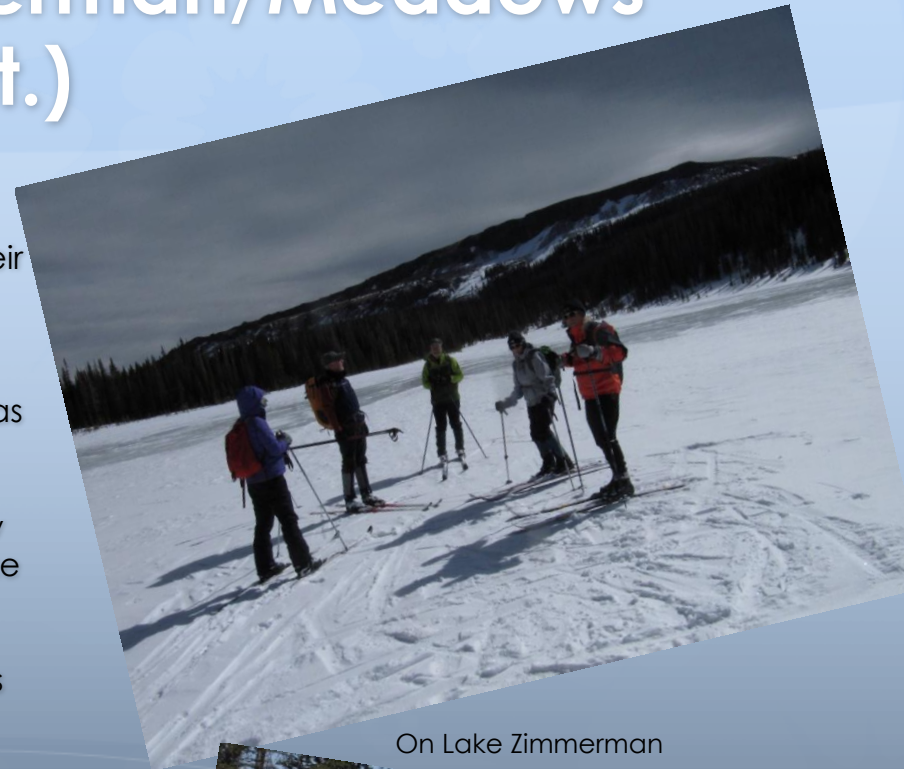
Trip Reports – Zimmerman/Meadows (cont.)

To minimize the discomfort we quickly drove back to the Meadows Trailhead to leave a car and zoomed back to the Zimmerman Lake Trail. The drivers then slapped on their skis and we started the trip. The trail climbed steadily up from the trailhead, but the conditions were wonderful. In the woods we were protected from the wind, we had 3-4 inches of soft powdery snow, and the sky was blue. Life was good.

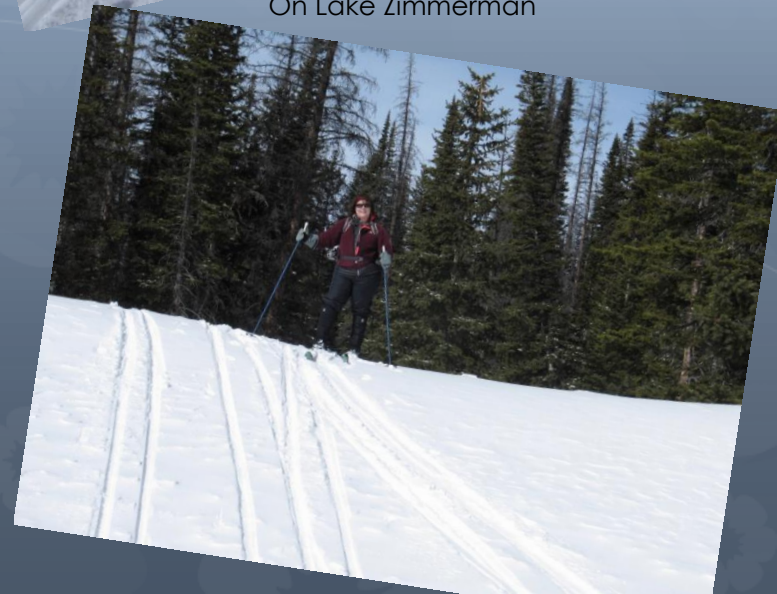
At the top of the hill the group stopped to take in the view and snap a few photos, we then made our way to the lake “to see what we could see”. Conditions were still very good as the group started down the long and winding path through the woods. When we entered the wilderness area the trail was a bit hard to follow because the new snow covered the track completely and the trail signs are not obvious. However, the group managed to generally stay on trail.

Photos by Scott
Farquhar

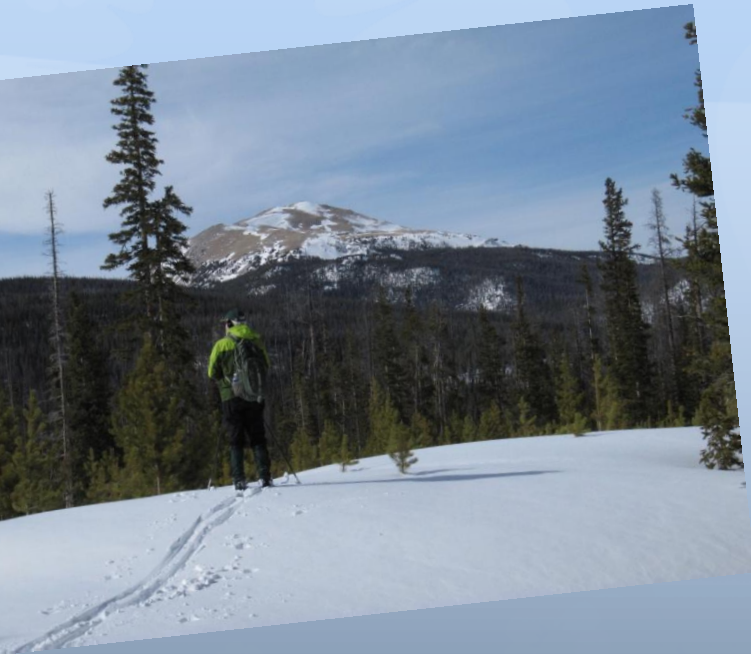
Down to the Lake



On Lake Zimmerman



Trip Reports – Zimmerman/Meadows (cont.)



A little off trail

I thought we were all having fun making our way down the hills and through the trees, right up until we stopped to “regroup”. I knew the last of the group were not far behind, but after waiting a significant time I decided to ski back to see what the issue was. It turns out that one of the participants did not feel well. We were a bit more than ½ way through the trip and it was more downhill in the direction we were going so the decision was made to continue to go slowly forward. One of the participants was carrying a small set of “cat paws” (small snowshoes) and the woman felt better using them than her skis so she made her way slowly down the trail on them.

The trip continued, on the fun sections folks sped down through the curves then waited to regroup. Due to the slower pace we did not get to do the off trail runs that I had listed as an optional opportunity, but some still managed to do a little bit off trail as they waited to regroup.



Great views near the end

Photos by Scott Farquhar

Trip Reports – Zimmerman/Meadows (cont.)

In the end we made it safely to the trailhead where I gave the woman something to settle her stomach (she was afraid it might make things worse on the trail) and we loaded up the cars for the trip back home.

So it was not a perfect day. However, we had great snow, sunny blues skies, and it was a great group. I cannot say enough about how patient the group was given the situation. They stayed together and waited for the person that was having issues without complaint (well at least not by the time I came up on them ☺). Thanks

Carrying skis creates a "High Load"



Mountain Hiking School 2016

By Scott Farquhar

It has been another great year for the Mountain Hiking School. So far eight students have completed their graduation hike and six more are planning to participate on their graduation hike in early June. Congratulations to all the participants! Thank you David Wasson for once again running this program. Thanks also go out to the other instructors involved; Joe Allen, Scott Farquhar, Chris Haugen, Jo Ann Herkenhoff, Brittney Pennington, and Ward Whicker (wait am I suppose to thank myself?).

Photos by Scott Farquhar



Mountain Hiking School 2016 (cont.)

Photos by Scott Farquhar



Mountain Hiking School 2016 (cont.)

Photos by Brittany Pennington



Mountain Hiking School 2016 (cont.)

Photos by Brittany Pennington



Parting Shots

Miscellaneous FC Group Photos

Photos by Timo Nagel

Round Mountain Hike led by
Diana Quinn

