

Newsletter



Vol. 2016, No. 4 July, 2016

Table of Contents

	From the Editor4
	New Members5
*	Message from the Chair6
*	Upcoming Programs9
	New Trip Leader – Joe Allen11

Table of Contents

	Did You Know?	.16
	Trip Reports	.20
	Snow Climbing Crampon Workshop	.28
	Mountain Hiking School	.30
	Gear Swap	32
*	Parting Shots	33

From the Editor:



Scott Farguhar

What's in this issue?

A message from Ward, congratulations to Joe Allen our new trip leader, information on upcoming programs, tips for leaders, information on Indian Peak Wilderness permit requirements, information on upcoming road closures, an Iron Mountain Trip report, an article on a retired missile site nearby, a report on one of the Snow Climbing and Crampon Workshops, a Final Report on the 2016 Mountain Hiking School, and Gear Swap. WOW, are we good or what!

Also I would like to welcome the 10 new members that have joined the Fort Collins Group since April (see the next page for a listing).

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!

May	Jun
Amanda Cavanagh	Jack Earley
Linda Henderson	Joanie Kenney
Erin Bohler	Eric DeLano
Darcy Owens	Vanay Syme
Aaron Johnson	Edward Taylor

Message from the Chair:



By Ward Whicker

In this message, it seemed appropriate to comment on the wide variety of trips & activities led by our remarkable team of active CMC leaders. One moment I find myself registering for a one-hour yoga session in Rolland Moore Park led by Jessica Auman, and next hearing from Team Orion, headed by Tom Chapel, of their successful summit of Denali (Mt. McKinley) in Alaska. Between these extremes in terms of time & effort commitment, our club offers a great diversity of trips and other activities. Let me take just a brief moment of time to give a few examples of this amazing diversity.

For example, periodic bicycle trips led by York and Scott Farqhuar have visited "Art in Public Places", and a tour of a former Atlas Missile Site in Weld County. These sort of trips are not only good local exercise, but highly educational. Also in the educational category are periodic wildflower hikes led by Eileen Edelman and excursions at various levels of difficulty to remote, "off the radar" peaks by Steve Martin. Eileen knows the plants of our area extremely well; Steve knows the geography and topography of Larimer County, RMNP, Colorado and much more, probably better than any living person.

Message from the Chair: (cont.)

In the milder, less intimidating category, Laurie Folladori offers periodic aspen viewing hikes, a "Chocolate Snowshoe" trip to Montgomery Pass, and an annual "Halloween Costume Event" involving a bike ride or stroll. Jessica Auman offers relaxing yoga outings, as well as evening hikes in our local open space areas. Linda Brisbane and Kate Polk occasionally offer very nice bike rides and mellow hikes. But don't get the wrong impression though; all these ladies are very strong hikers and can do much tougher outings when they want to!

In winter, John Raich leads AT ski trips almost every week when good powder snow is available. He can be trusted to make good decisions in avalanche terrain, and to give advanced skiers all the challenge most can ask for. In terms of ski touring in milder terrain, Don Carpenter, Eileen Edelman and I offer mellow but very enjoyable cross country tours. Many of our leaders offer snowshoe trips, at virtually all levels of difficulty. Occasional ski tours in moderate terrain well-suited for mid-width skis and telemark technique are offered by Scott Farquhar and myself.

Last summer, Kim Cunningham led a hike to the 1943 crash site of a B-17 bomber. Carolyn Hammond led a difficult scramble up the south face of Palisade Mountain in the Big Thompson Canyon. Kevin Willey led a unique, mixed snow & rock scramble from Emerald Lake to Flattop Mtn. Clint Baker led a climb of Longs Peaks and usually offers other 14ers or very remote summits. John Raich is offering a snow climb of Mount of the Holy Cross, directly up the long, steep couloir that provides the name of this 14er.

Message from the Chair: (cont.)

At the extreme level of difficulty and commitment, watch for Tom Chapel's trips. Recent examples include "Mummy Mania" involving 6 peaks, 18 miles and 5,700 vertical feet, or Denali at over 20,000' in Alaska. Denali is the third most-prominent peak in the world and can require 2-4 weeks on the mountain due to it's sometimes deadly weather.

Backpack trips are offered most years by David Wasson to remote parts of Rocky Mountain National Park, and several other leaders will occasionally offer backpacking trips of varying length and difficulty.

Formal courses offered in the past year or two include the Mountain Hiking School directed by David Wasson, and the Alpine Scrambling and Snow Climbing courses offered by John Raich. We hope to offer a comprehensive Basic Mountaineering Course in 2017 under the direction of Kevin Willey and Gordan Thibedeau. A backcountry AT ski clinic was offered last year, and workshops designed for beginning cross-country skiers and snowshoers is offered most years by Don Carpenter and Eileen Edelman. A short course on rope skills is currently under consideration by Kevin Willey.

I might conclude this short summary of the diversity of trips and courses offered by the Fort Collins Group by noting the diversity of people who participate in these activities. Participants range in age from the 20s to the 70s, they represent a very wide cross-section of geography, skill sets, education, careers, fitness level, etc. This diversity leads to extremely interesting discussions among leaders, instructors and participants and basically, a whole lot of fun and enlightenment.

8

Programs!



Bob Dietz Program Director September Program
Mountaineering in Colorado
Dr. James H. Pickering

What: September Program

Where: Senior Center

When: September 28, 7:00 PM

Who: Fort Collins CMC Members AND Public Welcome

James H. Pickering became Estes Park's Historian Laureate in 2006. He received his undergraduate education at Williams College and his M.A. and Ph.D. degrees from Northwestern University. A professor of English, specializing in American literature and American studies, he has taught at Michigan State University, where he served as Director of The Honors College, and at the University of Houston, where he served as dean, provost, and president.

Jim's long adventure with the Estes Valley and its history began in the late 1940s, when he vacationed with his parents and sister in a 1916 log cottage on the lower slopes of the Twin Sisters, high up in the Tahosa Valley. Jim has been a part-time resident in Estes Park since 1992 and has served on the board of directors of the Estes Park Museum Friends & Foundation for nine years.

Programs!

October Program
Poudre Canyon Areas: What Do Their
Names Mean? Why Are They Here?
Carolyn Hammond

What: October Program Where: Senior Center

When: October 26, 7:00 PM

Who: Fort Collins CMC Members AND Public Welcome

When hiking or skiing in Poudre Canyon and other areas around Fort Collins, have you ever wondered how some of the lakes, rivers, passes and other landmarks got their names? The region has a rich history featuring the exploits and misadventures of fur trappers, miners, soldiers, Indians, desperadoes and others whose names still remain on our maps today. In this presentation, CMC member Carolyn Hammond will recount a few of the stories from the early days of Poudre Canyon and other colorful places in the region.

New Trip Leader – Joe Allen !!!

By Scott Farquhar

Welcome Joe Allen as the latest official CMC leader in the Fort Collins Group!!

Joe is relatively new to CMC, but he has jumped right in by taking the Mountain Hiking School (MHS) in 2015, then participated as a MHS instructor in 2016. Joe came to the group already having a wealth of hiking/climbing experience; he is a certified EMT and is member of the Larimer County Dive Rescue Team. Talk about credentials!

Joe's Leader-in-Training (LIT) trip was completed June 25, 2016 with a group of 9. The original plan in the state Trip Calendar was to climb to the summit of Ramsey Peak from the northeast, a trip of 8.6 miles with 2,700 ft elevation gain. This was an off trail route discussed in Lisa Foster's book "Rocky Mountain National Park, The Complete Hiking Guide". The write up described the climb as "Class 2". Joe and I were scheduled to do the scouting trip the Tuesday before the hike, unfortunately (or fortunately for me), Joe had something come up and had to do the scouting trip without me. Apparently this was another case where you cannot always believe everything you



Joe Allen – New Trip Leader

Photo by Lisa Barkley

Joe Allen LIT – Sugarloaf/Ramsey (cont.)

read. Joe discovered that the off trail portion of the hike had an exciting creek crossing and was very difficult going due to a large amount of downfall. Additionally, he found approaching the summit from the northeast was a Class 3 climb not Class 2.

Joe felt that this was NOT the trip advertized and was concerned that it would not result in an enjoyable trip for all. So both he and I quickly conferred with Fort Collins Group members to see if there was an acceptable alternative. After considering two or three options Joe decided to approach Ramsey Peak from Sugarloaf Mountain. Since this is a much longer route with significantly more elevation gain Joe sent out an e-mail to notify all the participants of the change AND he indicated that the new goal of the trip would be Sugarloaf Mountain. He made it clear that we would start early enough to make it to Ramsey Peak, BUT we would only do the extra mileage and elevation gain required IF the weather held out and the participants agreed (all signs of good leader planning).

All the participants were up for the challenge so we met at 5:00 am (not so) bright and early in the morning. Joe handled all the details at the meeting location so we quickly made our way to our starting point at the Stormy Peaks Trailhead near Pingree Park. The day was clear and sunny so we quickly made our way up the trail. We passed through the National Forest, Comanche Peaks Wilderness and finally entered





Joe points out his scouting trip route

Joe Allen LIT- Sugarloaf/Ramsey (cont.)



Rocky Mountain National Park. Along the way Joe pointed out the summits we would attempt. He also showed the Ramsey Peak route he had scouted, and, all agreed that we were glad he had put in so much effort to make our trip more enjoyable (of course we had not yet gotten to the steep climbs ©).

As we approached tree line we ran into snow drifts but they were easy to circumvent and we didn't have any difficulty following the trail. Joe had indicated this was NOT the case a week earlier. In just one week the snow had melted quite a bit. Once above tree line Joe pulled the group together to discuss route options. The group decided to contour down off trail towards a drainage, cross the drainage then make our way up the steep slope to a ridge that led to Sugarloaf (we decided on this versus going all the way up to the saddle between Stormy Peaks and Sugarloaf). Joe did a great job steering the group through the brush and the marshy sections near the creek finding just the right location to make our journey as easy as possible. The next step was to lead the group up the steep slope around talus and up to the ridge. The group spread out a bit as quicker hikers forged ahead and others took a more moderate pace. However, Joe did a good job of slowing up the rabbits and encouraging the slower hikers in order to keep all within range.

Joe Allen LIT – Sugarloaf/Ramsey (cont.)

Once on the ridge it was an easy stroll to the 12,101 ft summit of Sugarloaf. After a few photos and a glance at the sky, Joe once again gathered the troops to determine if we should attempt Ramsey Peak. The thumbs up were given so the group started down the over 600 ft drop to the saddle between Sugarloaf and Ramsey. On the way down the clouds started to roll in to the east so the group kept a moderate pace and quickly made our way to Ramsey Peak. After an easy scramble the crew reached the 11.582 ft summit. Since it still looked not too good to the east Joe encouraged us to quickly snap our photos, have a very light snack, and start back up to Sugarloaf. After more than 6 ½ miles the slog back up to Sugarloaf was a challenge for the group. However, all made it at a reasonable pace. After a quick water break near the summit we continued on in order to make our way back towards tree line before the weather turned. Joe once again led us down the steep slope and through the drainage back to the Stormy Peaks trail.

On Sugarloaf Mountain

Still going up!



Photos by Brittany Pennington

Joe Allen LIT – Sugarloaf/Ramsey (cont.)

As we neared the trail, the weather once again cleared so we stopped to have lunch. After lunch the temperature continued to rise and we made our way back down the "never ending trail" to the trailhead. We reached the trailhead after 10 hours; more than 13 miles and close to 4,000 ft elevation gain. The group was tired but savored their accomplishment. All thanked Joe for a great hike, congratulated him on his "New Leader" status and looked forward to hiking with him again on future trips.

Congratulations Joe!!

Part of the group takes a "selfie" on Ramsey Peak

Photo by Brittany Pennington

Denver Safety and Leadership Newsletter

Leaders, did you know the Denver Group has a Safety and Leadership Newsletter. It is a great resource for examples of "lessons learned" by Denver Leaders and for information related to permit requirements. A link to the Safety and Leadership Newsletter Archive is included below:

http://www.hikingdenver.net/trip-leaders/denver-leader-newsletters

Note the March newsletter includes lessons learned when a show shoe was lost, a discussion on the use of poles to minimize injuries, information on wilderness area group size limitations and a notice on permit requirements for the Indian Peaks Wilderness Area (see next page)

Indian Peaks Wilderness Permit Requirements

Indian Peaks Wilderness (IPW) Permits are needed for day trips with eight or more participants. Trips are limited to 12 participants, including the leader. Call the Boulder Ranger district 303/541-2500. Permits are physically mailed to the leader. Thus, about a two-week lead time is necessary but in the summer leaders may want to consider requesting permits a month or more in advance due to the popularity of the area.





US-34 Closures Planned

Starting in July construction in the Big Thompson Canyon on US-34 may cause delays due to rock blasting. From October to June 2017 the road will be closed completely. For details go to the link below.

https://www.codot.gov/projects/floodrelatedprojects/us-34-big-thompson-canyon-1



Member Information – Why it is important!

Many folks are a bit wary of providing too much information these days so they often leave out information or put in fake numbers. However, there are a couple of items in your CMC profile that are important to get right.

The first item is a working e-mail address. This is important so that you can get the weekly e-mails AND because leaders often use the state system to send out detailed information concerning a trip. If your e-mail address is incorrect you may not receive information from you trip leader

The second bit of information that is important is an emergency contact with a working phone number. This would become very important if something were to happen to you on a trip. It allows the leader to contact someone to let them know what happened and where you are being treated.

If you are not sure if your information is correct sign on to the CMC State web page and click on "My Membership" then click on "My Member Info" (in the list on the left side of the page). Here you can check to make sure your information is correct.

Note - When you receive an e-mail from the state system the sender is labeled as "Do not Reply", recently a couple of folks have tried to send a message back to the leader using a "Reply". I am not sure where the message ends up, but I do know the leader does not get it.

Trip Reports – Iron Mountain – 6/18/16

By Clint Baker

Trip Leaders/Mountain Hiking School Instructors Ward Whicker and David Wasson

Ward Whicker and David Wasson led our group of ten on a most enjoyable hike up Iron Mountain. This was the final graduation hike for some of the recent Mountain Hiking School students. Billed as a "true adventure" by Ward, it definitely lived up to his description.

The original plan was to drive to the Long Draw Road and drop a car at the trailhead near Trap Lake for our loop descent via Trap Park, an area known for its ideal moose habitat of meadow, willows and small beaver ponds. Should the Long Draw Road still be closed, we would instead drop a car at Zimmerman Lake to complete the loop up to Table Iron, across to Iron Mountain (12,265') and finish with a summit climb up Flat Top Mountain (11,355') before backtracking to the saddle and dropping into Trap Park.

Uphill through the woods





Most of the group met at 6:00 AM and determined ride shares at Pringles before heading to Ted's Place to connect with the rest of the group. We caravanned up the Poudre Canyon to the planned car drop point. Unfortunately Long Draw Road was still gated for the season so we continued on to the Zimmerman Lake trailhead to leave a car. We then drove to our starting point, Cameron Pass. Diamond Peaks stood to our backs and served as a beacon for our return route throughout the day.

Everyone exchanged introductions, posed for the obligatory group photo, prepared their packs and gaiters, and proceeded across the highway to begin the initial steep, forested hillside ascent on the east side of highway 14. Although the mosquitoes were out in force they really weren't biting yet, but definitely made their presence known. The temperature was pleasant and wind was minimal. So far it was shaping up to be a glorious day.

After about an hour of bushwhacking up the hillside, we emerged onto the alpine meadows. It was here that we saw our initial destination, Table Iron Mountain which is a sub peak to the still hidden Iron Mountain. We took a short break and then proceeded upwards, with Ward and David assigning leadership responsibilities to the MHS students throughout the day. We were also treated to our first emerging views of Mt. Richthofen, Mount Mahler, Static Peak, Nokhu Crags and the American Lakes basin.

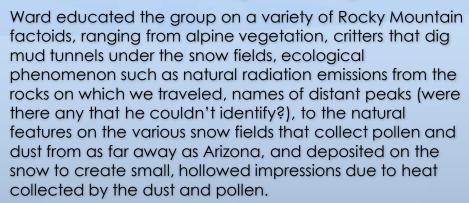




Great Views

Photos by Clint Baker





One of the most interesting lessons that Ward taught was when he was standing on what looked like solid ground and he started sinking, almost up to his knees. After slogging his way out of the alpine "quicksand", with a grin on his face, a twinkle in his eye and boots and legs covered in an orange-brown slime, Ward informed the group, "This is called fellfield" - which comprises the environment of a slope, usually alpine or tundra, where the dynamics of frost and of wind give rise to characteristic plant forms. The fellfields are populated by cushion plants that grow close to the ground - and clearly give way when a human stands upon them. We were all sensitized now to the spongy feeling as we proceeded upwards. There were a few close calls, but Ward, with poise and conviction, demonstrated the proper technique to enter and exit a fellfield trap – move swiftly and don't linger in one spot too long.

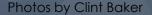
Photos by Clint Baker

As we approached Table Iron mountain, Ward said there was a natural arch somewhere along the route and the first person to locate it would win a lollipop. Tony was the winner, however, Ward forgot to bring along a lollipop for a prize so Tony had to settle for a solo photo framed by the natural arch.

We continued down from Table Iron, and up the steep slope of Iron Mountain. The last section offered presented some spectacular views along the surrounding cliff bands. We reached the summit around noon, making the leisurely one way trek in about 4 hours. After taking summit photos and enjoying lunch for about an hour, we began the journey down.

Students honed their leadership skills in navigation and route finding (and avoiding fellfields). Ward quizzed the group to determine what to anticipate in terms of hiking conditions based on what we observed in visible sections of the mountains, and compare to the contours of the map for our hidden decent route.

Why are the summits always up?





It turned out that the expected conditions would be deep snow followed by marshy terrain near the lakes near our loop exit point, so the decision was made to return via our ascent route and not complete the planned loop hike. Rather than re-summiting Table Iron, the group contoured around to reconnect with our ascent path.

The descent route was pleasant, the weather was warm and not a cloud in the sky. Snow patches were easy to navigate both in the alpine meadows and in the forest, and the wildflowers were spectacular. Our group had the entire mountain to ourselves with no other hikers in sight. Encounters were limited to a single elk and a ptarmigan. We were back to the cars around 4:30 for a total out and back time of about eight and a half hours.

Many thanks to Ward Wicker and David Wasson for planning and leading this spectacular trip, and congratulations to all of the recent Mountain Hiking School students on a most successful graduation hike.

On the summit

Photos by Clint Baker



Relaxing



Trip Reports – Missile Site/Poudre River Trail – 6/20/16

By Scott Farquhar

Trip Leader – Scott Farquhar

Just like the combinations of "Wine and Cheese", "Chocolate and Peanut Butter", "Astaire and Rogers", mixing a tour of the Missile Silo outside of Windsor with a bike ride on the Poudre River Trail was great!

Missile Site Tour

We made our way to Missile Site Park just before 10:00 to meet our tour guide. We waited patiently for a few minutes while he finished off the tour that had started before ours. Our tour started off with a stroll around the top of the concrete bunker. At this point the tour was interesting, but the best was yet to come as we made our way around to the steel doors that opened up to the underground facility. There we went through tunnels to the command center and all of the other areas required to run the early 1960's era Atlas ICBM facility. Our tour finished off in the large room that had stored the missile on it's side. Although the silo does not presently have a real missile on site, the "mock up" missile still provides a good idea of the scale of the Atlas Rocket and the machinery required to pivot it upright for launching.



Trip Reports – Missile Site/Poudre River Trail (cont.)



Rocket stored horizontal

Missile Site Tour (cont.)

Our tour guide was a veteran who had been associated with missile facilities during his tour of duty, although he did not work directly in one of the silos. Due to his experience he was able to present many insights on the people and inside workings of this type of operation (and he promised he would not have to kill us after giving us all this information). Presently he is a Weld County employee and is caretaker of the records that are stored in the silo as well as the expert tour guide.

Poudre River Trail Bike Trip

After completing the tour the group hopped into cars and drove to the Kodak Watchable Wildlife Area Trailhead of the Poudre River Trail. Note I chose to do this rather than ride CO-257, which did not look like much fun. From here the group rode east 5.4 miles to the Poudre Learning Center. Along the way we saw herons, egrets, pelicans, and cormorants. Note: in this section of the trail there is a portion that the river has washed out completely. We were able to walk in the grass to get around the washed out section, but be careful if you ride this trail.

Trip Reports – Missile Site/Poudre River Trail (cont.)

At the Learning Center we ate lunch in the gardens, used the "indoor" facilities and once again proceeded east. After passing through the Signature Bluff canyon we reached the "Barn" at the Poudre River Ranch natural Area. Here the water covered the trail so we decided to turn around and retrace our ride. When we arrived back at the cars the decision was made to do a few more miles so we continued to bike to the west on trail. On this section of trail we passed numerous ponds, a giant wooden Pelican, a beautiful community garden before arriving at the Frank State Natural Area. Here we learned how Native Americans had used bluffs in the area to hunt bison. We also observed a Great Blue Heron and a Kingfisher practicing their fishing skills.

At this point it was starting to get hot so we biked the 4.7 miles back to the cars and called it a day. Visions of the Cold War mixed with wildlife filled my head that night. A strange combination, but then again people may have thought the same about Rogers and Hammerstein before they became famous.

The Missile Silo is located in Missile Silo Park off of US-34 Business, it is a park run by Weld County. Go to the following link for more information on the Weld County Missile Silo Park and for information on how to set up a tour.



Snow Climbing and Crampon Workshop Mt. Mahler Saddle/Couloir - 6/12/16

A good "alpine start", some sunny weather, and a robin's egg blue sky graced the Fort Collins group as made our way up the sometimes snowy trail past the Nohku cabin to Lake Agnes. From the east side of Agnes, we attached crampons, helmets, and axes and began to skirt along the eastern edge heading southward toward our Mount Mahler objective. After some switch backing and layer changes, we had arrived at an apron to begin the ascent of the couloir. A quick 700' of climbing found the group at the Mahler and Richthofen saddle and the group enjoyed a short lunch, as the skies were quickly darkening.



Mt. Mahler Saddle/Couloir (cont.)

29



A sunny climb



Near the saddle

We're coming

Photos by John Wullschleger

The group lucked out, however, as the rain never fell and we enjoyed a cloudy and fun glissading descent back down near Lake Agnes (not too shabby, for a 70% chance of rain) as we made our way back to the trailhead. A big Thank You goes out to the Leadership and other Instructors for a fun and successful Snow Climb trip!



Glissading down

Mountain Hiking School 2016

By Scott Farquhar

Two additional Graduation Hikes were held, a hike to the Summit of Steep Mountain and a hike to the summit of Iron Mountain. All told there were 14 graduates of the Mountain Hiking School this year a new record!!!!! Congratulations to all the new graduates, I hope to see you on a hike soon.

Photos of the Steep Mountain hike follow, a full Trip Report of the Iron Mountain Hike is include in this

newsletter.



A bit breezy near the summit

Mountain Hiking School 2016 (cont.)

Photo by David Wasson



On the Summit of Steep Mountain

Gear Swap

Note this page is ONLY be 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 BawHaaaaaa). If you have something you would like added to the newsletter send the information to 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 (i.e. this newsletter was completed on July 2).

For Sale

Men's MSR Lightning Ascent 30

in. Snowshoes Original

price: \$289.95Asking: \$95.00

Contact: Rich Enenstein

303-388-6305

renenste@comcast.net

Parting Shots

Miscellaneous FC Group Photos





Misc Snow Climbing Course Photos by John Wullschleger



Navigation Day – Mountain Hiking School Photos by Brittany Pennington





