



Newsletter



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Table of Contents

❁ From the Editor.....	4
❁ New Members.....	5
❁ Message from the Chair.....	6
❁ New Trip Leader – Sue White.....	10
❁ 2017 Fort Collins Group Council.....	12
❁ New/Prospective Member Meeting.....	13
❁ Upcoming Schools.....	14

Table of Contents

❁	Program Ideas Wanted!.....	15
❁	Backcountry Film Festival?.....	16
❁	Did you Know?	17
❁	Glissading	
❁	Gaiter Review	
❁	Site for Avalanche Information	
❁	Trip Reports.....	20
❁	Meeting your New Council Members.....	22
❁	Parting Shots.....	26

From the Editor:

What's in this Issue? Well, it is jam packed!



Scott Farquhar

A message from Ward, Congratulations to new Trip Leader Sue White, new Group Council Members, a note on upcoming courses, a link to an article on glissading, a New/Prospective Members meeting, the Backcountry Film Festival, a call for Program ideas, a review of gaiters, a note on avalanche information, a trip report on scrambling in Lory, and a few "Parting Shots"Thank you Ward, Joe and Erin for your input!

Next, as I always do, I would like to welcome the 12 new members that have joined the Fort Collins Group since October (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. Our revised web page is fairly new so "ask away" if you have a problem. 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!

November	December
Zachary Flores	Bruce Fries
Zac Poe	Bruce Scott
Alaine Hope	Lynn Crilley
Anya, Roger, Lori & Zoe Davies	Amy Parker
	Sam McGuire

Message from the Chair:

By Ward Whicker



This message is about the dreaded subject of injuries. This has been on my mind a lot of late, probably because my wife April has suffered three debilitating injuries in less than three years' time, the most recent only 3 weeks ago. In addition, I personally know of at least a dozen Fort Collins Group members who have been hurt in the last few years, all doing the outdoor things we love.

Clearly, biking, hiking, climbing, skiing, and such each represents a two-edged sword. Yes, these activities are all extremely beneficial to our physical and mental health. But yes, they each entail risk of injury or worse. For many, the riskier the level of activity, the more exhilarating & satisfying they seem. But when significant accidents happen, there is the awful period of forced inactivity to allow healing, an often discouraging and lengthy period of rehabilitation, and still another period of regaining one's former strength and fitness.

Message from the Chair: (cont.)

Injuries from outdoor activities don't discriminate between ages, gender, or fitness level; anyone can get hurt. The causes are many, and include inattention, too much or not enough speed, a lapse in judgment, mistakes of others, poor equipment, lack of skill, and random natural hazards that we cannot control. But, we all know that the lack of physical activity certainly adds risk to our physical health and mental state. So, we keep on doing physical activity, or if injured, trying to get back to where we were.

So, what can we do to reduce the risks of injury from playing in the mountains? Being strong, fit, and athletic can reduce the risk of accident, as well as the likelihood injury in case of an accidental fall or collision. However, some people, as they get stronger and more skilled, often take on a higher level of risk. The best option for most, might be to seek strength, fitness and skill, then practice a great deal of caution and respect in the face of potential hazards.

Another equally important concept is to be prepared for accidents in case they do happen. CMC leaders are required to have up-to-date first aid certifications, and always carry the "ten essentials", and probably more. That's why their packs are usually heavier ☺! Anyone venturing out, especially in places where getting help might be difficult or impossible, seriously needs to first consider the possibility of an accidental injury and be prepared for such.

Message from the Chair: (cont.)

My wife April's recent accident was at mile 6 of an 8 mile hike. She was doing great, after a nearly 2 year period of recovering from a very serious bicycle accident. We had covered the roughest parts of the hike, going slightly downhill on a fairly smooth trail. All of a sudden, she was down, in great pain, and could barely move. She had not noticed a small rock protruding up on the trail, stubbed her foot, and went down hard on her hip. It was clear that she would need a rescue because she could not even begin to walk.

Fortunately, we were very lucky to be on the Foothills Trail, near Hughes Stadium, with cell phone coverage. I dialed 911 and within an hour, we had an ambulance and first-responders at the scene. It took six strong people to carefully get her on a litter and then into the ambulance. At the ER, X-rays and CT scans revealed a broken pelvis. Thankfully, surgery was not required, and April is gradually healing and expected to be back doing the outdoor things she loves within a few months.

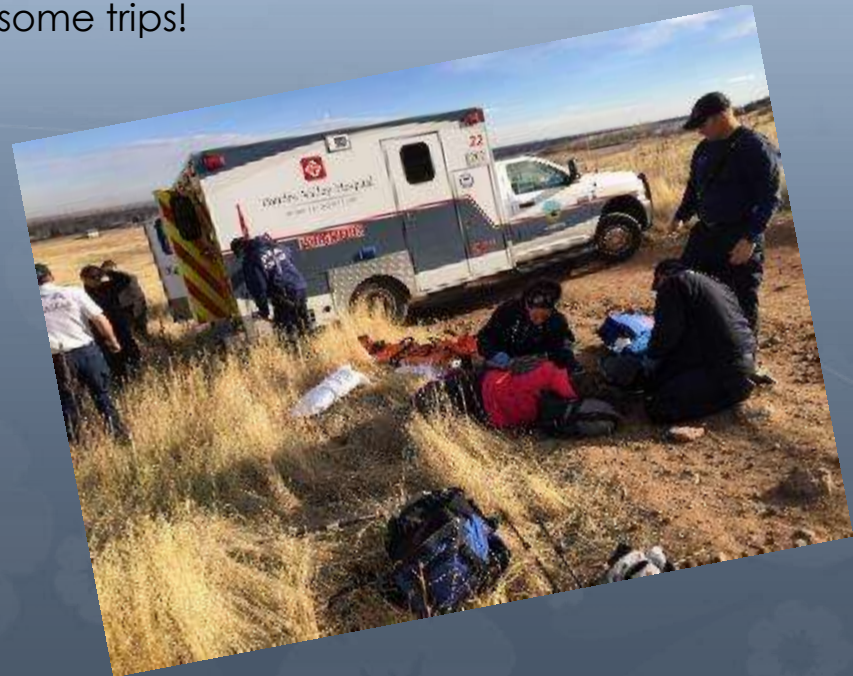
Message from the Chair: (cont.)

It is sobering to think: “What if we had been in the mountains, off-trail, where a 911 call would not have worked?” That is our most likely kind of place to have been, actually. Well, these days I always carry a personal locator beacon (PLB) that can be activated in most remote locations. I would have pressed the red button in this case, without hesitation. Most likely, I would have been able to keep her warm and alive until help arrived. If late in the day, it might have required an overnight stay at the site. But, imagine how bad weather and rugged terrain might have conspired to make a simple misstep a matter of life and death until help could arrive.

P.S. I have a Group-owned PLB for checkout by any of our leaders for specific CMC trips. Please consider borrowing it for those more adventuresome trips!

Ward Whicker

April Whicker's accident scene. She's on the ground in red.



New Trip Leader – Sue White

By Ward Whicker

Please join me in welcoming our newest Fort Collins Group Trip Leader, Sue White, who completed her Leader-In-Training (LIT) hike on December 10, 2016. Sue is a relatively new CMC member, who joined the club in October 2015. Sue is an avid hiker and was a student in the Mountain Hiking School this past summer. Sue plans to lead a variety of A and B hikes, which is very good news because our Group has recently been somewhat lacking in the more modest and casual hikes. Sue has a fun personality and I expect her hikes to be relaxed and enjoyable.

Sue's LIT Hike involved the three trails leading from the Gateway Natural Area in Poudre Canyon: The Overlook, Black Powder, and Seaman Reservoir Trails. The combined distance was about 5 miles, with roughly 1,200' of elevation gain. These trails all lead to good vantage points of the lower Cache la Poudre River, Seaman Reservoir, and the surrounding foothills. The Black Powder Trail is the more rugged of the three, and climbs sharply along a rocky, steep hillside. We had an inch or two of snow that day which demanded a bit of care in a few spots. After coming down from the Seaman Reservoir dam, we hiked off-trail along the North Fork of the Poudre River, and managed to see "dippers" or water pipits which feed underwater on aquatic insects and perhaps other aquatic life. Of course, being a fly fisherman, I was looking more for the delicate rings of trout rising to tiny midges that are active all year. This general area was new to several of the ten participants on the hike, who were pleased & surprised about this very close & pleasant picnic area with clean rest rooms and easy access to some excellent foothills hikes, both on-trail and off-trail.

As expected of a LIT, Sue conceived & planned the hike, and scouted the route ahead of time. She and I entered the trip on the CMC website calendar, and Sue handled all correspondence with prospective roster members. She made the important efforts to assure that all participants were qualified and fit for the trip, which filled fairly quickly. Sue handled arrangements for the car pool for the drive to the trail

New Trip Leader – Sue White (cont.)

head 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. Sue was very comfortable with the terrain, snowy trails, and in her interactions with trip participants. We returned to the trail head without notable incident, and all participants were enthusiastic about the hike, and very supportive of Sue as a leader.

In summary, Sue performed her LIT trip in a fine manner, and all on the trip were impressed with her leadership and people skills. I expect that Sue will continue to improve her already considerable hiking skills and that her trips will be popular with club members.



Sue points out the sights to hike participants: L-R standing, Rudy Schmiedt, Lucie Johns, Carol Seemueller, Caroline Schmiedt, Sue White, Jeanne Patton, and Janet Cook; L-R sitting, Anne Chalmers and Joan Avens.

Photo by Ward Whicker

Your 2017 Fort Collins Group Council

The following are the 2107 Fort Collins Group Council Members were elected during the 2016 Annual Dinner. Note that the web page has been updated to reflect the new council.

Chairperson	Ward Whicker
Secretary	Jo Ann Herkenhoff*
Treasurer	Erin Ann Bohler*
Activities Director	Sheila Dielman
Leadership & Safety	Joe Allen *
Membership & PR	Chris Haugen
Communications	Scott Farquhar
Program Director	Anita Wright**

If you have an issue don't hesitate to contact one of the council members (contact information is available on the Group Web page)

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

•- New to the Council..... Well ok for some they are back after taking a break ☺

** - Anita stepped up and volunteered after finding out at the Annual Dinner that the Nominating Committee could not find a willing person. Per Group By-Laws she was voted on by the Council and was unanimously accepted.

New/Prospective Members Meeting

The Fort Collins group of the Colorado Mountain Club will host its next New and Prospective members meeting Thursday, 12 Jan 2017, beginning at 6:00 p.m. at the Harmony Library Community Room.

The presentation will be geared towards new and prospective CMC members, but all are welcome to attend. We will discuss topics including: trips calendar on cmc.org website, signing up for trips, analyzing trip descriptions and difficulty levels, expectations of trip participants, and much more.

So you know of a new member or



Upcoming Schools

Two courses are presently listed on our activities page

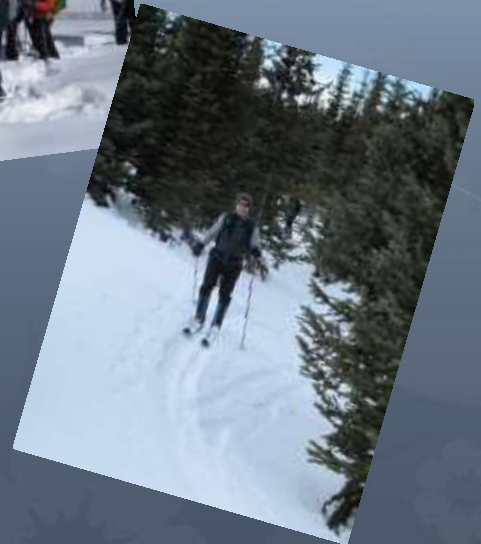
1. The Mountain Hiking school (Contact David Wasson at wasson3@msn.com to sign up).
2. A Beginner Snowshoe Clinic January 14th

Another course rumored to be in the works is a Backcountry Ski Clinic by Ward Whicker and John Raich

So look for these courses on our Activities Page!!!!

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

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Program Ideas Wanted!

You have heard the saying two heads are better than one..... well what about 300 heads??

The group has about 300 members and many of you probably have great ideas for a monthly program! So if you get a idea DON'T DELAY, send an e-mail to the Program Committee so they can see if they can make it happen.



Send ideas to Anita Wright at
adwright2001@yahoo.com

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Backcountry Film Festival

CMC is helping to bring the Backcountry Film Festival to Odell's in Fort Collins on January 30-31. Come check out these unique films aimed to inspire winter adventures



Go to the following link for more information, a list of films being shown, and to get tickets (note you have to click on the specific day to get tickets).

<http://www.cmc.org/bcff>

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Did you Know?

Considerations when Glissading

The November issue of the Denver CMC Group Safety and Leadership Newsletter has an interesting article on things to consider when you glissade. Use the link below to access the newsletter. The article starts on page 2.

Three important considerations (although there are more) include 1) What does the run out zone look like, any rocks/water? 2) What is the slope, is it too steep? And 3) What are the snow conditions, will an ice layer cause problems?

<http://www.hikingdenver.net/wp-content/uploads/2016/11/2016-November-DSL-Newsletter.pdf>



Did you Know?

A Review of Gaiters

It's that time time to pull out those gaiters. If your old gaiters have seen better days OR if you are new to this "winter activity" stuff, then you may want to check out the following link. It will take you to an Outdoor Gear Labs review of gaiters. So check it out, get out and "get on your gaiter".

<http://www.outdoorgearlab.com/Gaiters-Reviews>



Did you Know?

BE CAREFUL OUT THERE!! –

Colorado Avalanche Information Center (CAIC)

I got the following note from the CAIC on December 14th, it is another reminder that all of us need to take care during the winter.

“In the past 8 days there have been 22 reported human triggered avalanches in Colorado. Of those, 14 people have been caught and 4 have been fully buried. Fortunately, no one has been seriously injured or worse. Additionally, there have been 2 fatal avalanche accidents in other western states. Areas where the snowpack is similar to what we have in Colorado.

The forecast is calling for more snow and wind over the next 5 days and with that we expect dangerous avalanche conditions to persist. “

I get updates because I have made a donation in the past. Even if you do not make a donation you can get avalanche information go to the CAIC web page at <http://avalanche.state.co.us>

Note CMC Groups offer Avalanche Classes go to <http://www.cmc.org/Classes/CMCClassesandSchools.aspx> (note you must scroll down). A quick Google search indicated there are also other options if you are interested.

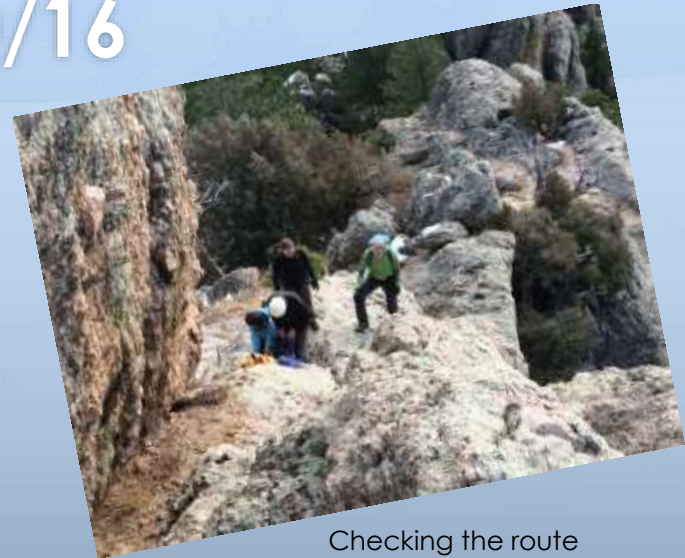
Trip Reports – Arthur's Rock Scrambler – 11/20/16

By Scott Farquhar

Mileage – 3.4 miles, Elevation Gain - 1000 ft
Leader – John Raich

Who says that the trails at Lory are boring! With a little ingenuity and imagination any trail can be exciting. At least that is what John Raich proved when he led a hardy group of climbers to scramble up the east side of Arthur's Rock. I have to admit that I have done this before on my own, but the trip was much more exciting with a group. The company was great and with a group we were able to take a more challenging route.

The group met in Fort Collins at a reasonable time, no need for an Alpine Start when your trip is so close. From there we drove to the Arthur's Rock Trailhead in Lory State Park. We proceeded up on the Arthur's Rock Trail to a switchback with a marked overlook. At that point we wandered slightly off trail toward "The Rock". John pointed out a crack in the rock where we would scramble up on to the monolith. Once the route was pointed out he "made like a mountain goat" and scrambled up to a flat area above. This was an experienced group so everyone quickly followed one by one up to the bench.



Checking the route



Making our way up

Arthur's Rock Scramble (cont.)

From here the group moved back and forth across the rock face to find short Class 3 scrambles. Near the top John moved the group to the left where we scrambled up a short section with a bit of exposure. At the very top some of the group chose to walk around to the west side to climb up the "normal" route. Others of us decided to take one last more challenging (but still Class 3) route from the east.

After high fives at the summit we settled in for a snack, taking in the views of Horsetooth Reservoir and Fort Collins. Once we were done with lunch the group quickly returned down to the trailhead "on trail". A great morning of scrambling with a great group.

The A bit of exposure



The top of a short section



Photos by Scott Farquhar

Meet Your New Council Members

At the November Annual Meeting of the Colorado Mountain Club Fort Collins Group we elected three new members to the council. This is a conversation with Joe Allen the new Leadership and Safety Director and Erin Ann Bohler the new Treasurer (next month we will talk to the new Secretary and Program Director)



Joe Allen, Leadership & Safety Director

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

I've been a CMC member since the summer of 2014, I had moved back to Colorado after an extended absence. I was excited to get back into the mountains, and thought that the Club would be great way to do that.

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

The best thing about the Ft Collins CMC group is definitely the people. Friendly and welcoming, and there are folks interested in any kind of outdoor pursuit you can imagine, so no matter what your interest, there is someone else who wants to go do it too.

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

The mountains are my favorite, but I also love the water. I volunteer on the Larimer County Dive Rescue Team and have been involved in Public Safety Diving for over 10 years. When I'm at home, I like to make things out of wood (mostly furniture).

Meet Your New Council Members

Joe Allen, Leadership & Safety 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'm pretty much retired now, though the furniture-making keeps me busy. In the past, I've been a biologist, a teacher, a paramedic, and federal law enforcement officer. Still trying to figure out what I want to be when I grow up, I guess.

5. What do you see as the most important responsibility as the new Leadership & Safety Director?

Ensuring our Trip Leaders are prepared in terms of logistics and safety training is top priority. We want everyone who goes out on a CMC trip to know they are in good hands.

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 Leadership & Safety Director?

Now that the State CMC is mandating more First Aid training for Trip Leaders, I'm hoping to help make that more available to our leaders, and other members.

7. Do you have any closing comments?

I'm honored to have been chosen for the position and I welcome any suggestions for improvements from the Club. Hope to see you all out on the trails!

Meet Your New Council Members

Erin Ann Bohler, Treasurer

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

I'm a CMC babe, just a member since April.

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

Meeting mountaineers that inspire me :)

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

Alpine and ice climbing, very lazy Sundays.



Meet Your New Council Members

Erin Ann Bohler, Treasurer (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 work at Social Security. It's exciting stuff!

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

Accuracy, budgeting for the future of the club. Bringing ideas to make membership even more valuable

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 Treasurer?

I'd like to encourage more women to learn to lead in trad and multipitch climbing.

7. Do you have any closing comments?

I'm so excited to be a part of CMC. I can't wait to get out and meet more members.

Parting Shots

Miscellaneous FC Group Photos



On the way down Roaring Creek



View of Poudre Canyon
hiking up Roaring Creek



Looking down on Blue Lake from Clark
Peak