

Denver Safety & Leader Newsletter

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A communication for CMC Denver Leaders



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www.hikingdenver.net

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Leader Appreciation Night – Thursday, November 9



DS&L will recognize all leaders at our annual Leader Appreciation Night. All active leaders, emeritus leaders, senior school instructors, and trip leader school grads are invited to the event beginning 5:30 p.m. at the AMC.

The evening will also feature engaging presentations by CMC volunteer, tracker, and natural historian Dan Martel as well as CMCS Board of Director President, and BMS senior instructor Matt Biscan. Martel’s talk is entitled “The Lost Park Buffalo: Poachers and Lessons in Conservation.” Learn how the poaching of one of the nation’s last wild buffalo herds led to posses, lynch mobs, and modern day game protections,

Biscan, who is also a seasoned litigator, will enlighten us about the ways CMC protects its leaders, instructors, and volunteers. The title of his talk is “The Mountains of the Mind: Risks and Rewards of Volunteering.”

Social Hour 5:30-6:30 p.m. Beer, Wine, Chicken and Veggie dishes.

Leader Recognition & Program 6:30-8:30 p.m.

No fee, but please register on-line under EVENTS to have sufficient quantities of food and libations.

New Technical Trip Leader Process and Application

Four major forces have combined to increase the demand for local CMC-led technical trips:

- the modularization of Basic Mountaineering School (BMS)
- the modularization of High Altitude Mountaineering School (HAMS)
- lower dues
- the influx of outdoors-oriented people to the Denver metro area

Graduates of BMS and HAMS are looking for rock, top rope, snow and ice climbing trips. But it has been over five years since any technical leaders were certified and very few technical trips were offered through CMC's on-line Activity Schedule.

That situation is changing for the better. Pat McKinley, former Trip Leader School Director; Larry Post representing BMS and Mike Zyzda representing HAMS and the Directors of both schools have agreed to a Technical Trip Leader (TTL) process and application. **The process and application can be found at: Hikingdenver.net – RESOURCES**

Technical Trip Leaders may be certified in one or more of the following technical disciplines:

- Snow Climbs
- Technical Ice Climbing
- Rope (Top Rope)
- Rock (Traditional Climbing)
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Over 30 existing senior instructors in BMS and HAMS have been grandfathered as TTLs in one or more of these disciplines based on their technical training, experience and a recommendation from either the BMS or HAMS School Director. These TTLs may now schedule trips in the Activity Schedule in any of the four disciplines in which they are certified. As always, participant prerequisites can be established by TTLs for any of the trips scheduled. A TTL offering a snow climb may require avalanche education and rescue equipment on the trip; a TTL offering an ice climb may require the participants have completed specific BMS modules or have completed a specific number of Ice Climbing trips.

Those individuals now grandfathered as TTLs to lead in specific technical disciplines are listed below. Existing leaders who have historically led any of the technical disciplines or are past-instructors in HAMS or BMS may request to be grandfathered as a TTL by **completing the application found at hikingdenver.net RESOURCES.**

All Technical Disciplines – Snow, Top Rope, Rock, Technical Ice

Josh Armstrong, Steve Billig, Dave Covill, Brandon Daniel, Mike Gaudet, Valerie Hawks, Brian Jones, Deb Kirk, Jason Kolcazowski, John Martersteck, Jeff Speake, Mike Zyzda

Snow Climbs – Steve Bonowski, Bob Dawson, Sharon Dawson, Kelly Greaser, Jason Gross, Marshall Hull, Dave Hutchison, Debbie Markum, Sheryl Lampert, Uwe Sartori

Top Rope – Jerry Allen, Bruce Badger, Mat Biscan, Bob Dawson, Bill Haneghan, Tim Hill, Steve Hughes, Marshall Hull, Dave Hutchison, Sheryl Lampert, Debbie Markum, Larry Post, Sam Taggart, John Wethey

Rock (Traditional Climbing) – Jerry Allen, Bruce Badger, Matt Biscan, Steve Bonowski, Bill Haneghan, Tim Hill, Dave Hutchison, Steve Hughes, Marshall Hull, Sheryl Lampert, Debbie Markum, Larry Post, Uwe Sartori, John Wethey

Technical Ice – Jerry Allen, Bruce Badger, Matt Biscan, Bill Haneghan, Tim Hill, Sam Taggart, John Wethey
Congratulations to these TTLs and thanks to all those who have worked diligently on the TTL process that will allow more technical trips to be offered to trained CMC Denver members.

Calling All Trip Leaders - Chipeta Mountain Rededication

CMC has recently received permission from the Forest Service to host a summit hike of the newly renamed **Chipeta Mountain (13,472')** on Monday, October 9. Conservation Director Julie Mach is looking for **3-5 trip leaders** to assist in managing up to 50 climbers on the 7.1 mile, Class 1-2 hike near Salida, CO.

Full trip info is available at <http://www.cmc.org/EventDetails.aspxID=39056>. Interested leaders should contact conservation@cmc.org for more details. The hike is part of Chipeta Rising Celebration, during which free public events will pay tribute to Ute culture and rededicate the mountain. More info at www.chipetamountain.com

Conservation – It Keeps CMC on the Trail -by Steve Bonowski



Some years ago, I was talking about conservation work with another Denver Group trip leader. He said we should let the Sierra Club do all this conservation work since all he wanted to do was hike, climb, and ski. My response: “what if the Sierra Club doesn’t have your agenda to hike, climb, ski, in mind?” The look on his face was priceless.

Almost all of CMC’s activities take place on public land. All areas where CMC goes; winter and summer; have management plans in place that allow the agency to effectively manage the land. All plans are subject to change or renewal. Example: the Pike/San Isabel National Forest is presently doing travel planning. The plan decides will where one can go; how you go, including walking; and when (seasonal wildlife closures).

Who reviews all these documents and proposed changes; works with land managers; helps maintain trails; does access work? It’s a Conservation Department of five part time staff based in Salida (three are summer only); and a few long time volunteers, in metro Denver, Colorado Springs, and Grand Junction.

Some trip leaders; like the one in the first paragraph; seem to take for granted that they will always be able to do what they want, when they want; after all, “the mountains are free”. Aren’t they?

Unfortunately, there are nearly four million reasons why the “mountains are no longer free”. That’s the number of people who now live in the Front Range strip, from Wellington down to Pueblo West. And the majority of them want to enjoy the mountains.

More than ever, CMC needs members to step up and be counted. You can help with trail maintenance through the Department’s statewide programs or your local Group. If you want to learn about advocacy, like testifying at the State Legislature, or plan reviews, contact us. If your time is limited, you can still help us out by giving money to Conservation. To use an old quote: if not you, then who; if not now, when?

Members who want get involved should contact Claude Neumann (720-524-1645; claudeneumann@earthlink.net) or Julie Mach (juliemach@cmc.org).

Leading Doggie Hikes - by Bob Watkins



Dogs have been going into the wild with people for at least 15,000 years. Because of this, dogs and people are naturally comfortable together and can communicate with each other relatively easily. Dogs have a special enthusiasm for the outdoors, and many people enjoy that enthusiasm.

A key to having a good experience hiking with dogs is the use of a leash. Before dogs go hiking, they need to already be comfortable with walking on a leash with their people. Leashes have two main purposes: they help keep the canines from leaving their people and getting lost, and they keep the dogs from harassing or getting in trouble with wildlife or with other people or dogs. My dog is used to walking around people, bicycles and other dogs and can obey some simple commands like sit, stay, wait, leave it, and come.

When unacquainted dogs first meet for hike, there can be tension. Dogs are social animals and need to establish their relationships. This can involve some snarling or even nipping. However, my experience is that once the pack of people and dogs starts moving, things settle down.

The doggie hikes I lead tend to be close to town because dogs don't need to ride long distances in the car. Also, it takes more cars per trip to transport people and dogs to the trailhead. It is also critical to make sure you bring enough water for yourself and your dog, especially on trips where there are few streams. Like all CMC trips, 'leave no trace' principles are an essential part of the trip. We don't need to leave anything along the trail except footprints (and paw prints).

The relationship between people and dogs is ancient and natural. There is nothing like the bonding and joy that goes with doggie hiking in nature.

Editor's Note: *Leaders interested in doggie hikes should check out the Denver Group Dog Hikes Policy at hikingdenver.net Resources.*

New Skills Requirement for "B" Trip Leader Classification (reminder)

The growth of CMC Denver membership has led to an increased emphasis on member and leadership training. In response, DS&L has set a skills requirement for all "B" leaders certified after December 31, 2017.

"B" classified trips may require navigation, weather assessments, stream crossings, winter travel, dry land travel over a variety of surfaces (slick rock, talus, scree, and boulders) as well as an overnight bivvy in the case of an accident or injury.

Denver Group Council (DGC) supported DS&L's recommendation that all "B" leaders after December 31, 2017 be trained in the following mountain skills:

- Map and Compass Navigation
- Stream Crossing
- Glissading/Snow Travel
- Dry Land Travel
- Overnight Survival
- Nutrition/Hydration/Sanitation
- Field Weather Observations

These skills may be best learned through completion of Wilderness Trekking School (WTS) or an equivalent, subject to a waiver granted by the WTS Committee, or through skills training offered in other CMC schools. All current leaders with a "B" classification and those certified prior to calendar year-end 2017 are grandfathered from the skills training requirement, but are strongly encouraged to seek training in the above areas if they have not already done so.



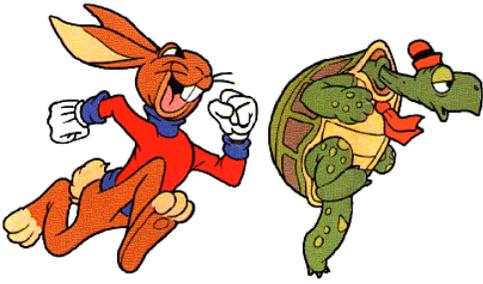
Big Game Hunting Season is Here...

...and with it, the need to take precautions. Although Colorado requires only hunters to wear blaze orange (or fluorescent pink) attire, all outdoor users are strongly advised to wear blaze orange hats, vests, pack covers, and/or jackets during this time of year. Dogs should also be outfitted with bright orange vests or bandanas.

Hunters must wear daylight fluorescent orange and/or pink garments covering at least 500 square inches above the waist, including hats or head coverings, that are visible in all directions.

Leaders should check out hunting dates and rules for specific areas of a planned hike and remind members via pre-trip emails to wear appropriate hunter orange and/or fluorescent pink attire, particularly if they are venturing off-trail. Leading by example can help ensure safe hiking and snowshoeing through the end of big

game hunting season on December 14, 2017. Further information can be found at <http://cpw.state.co.us/Documents/Hunting/HunterEd/HuntPlanner.pdf>



Trip Pace - by Robbie Monsma, Denver Group Council and Trip Leader

New CMC members often ask: “How do I know what kind of hike I can do? I’m afraid I won’t be able to keep up!” The short answer is: “Everyone needs to figure that out for themselves,” so we’re trying to educate all members about what to expect when they check hike listings.

The factor most overlooked when selecting a trip is “pace” or “average moving speed.” Pace is average hiking speed NOT counting rest stops and lunch breaks. You may be able to hike 10 miles but can you do so going steadily uphill for the first 5, stopping for just a few minutes at a time, at a speed set by someone else, at high elevation, and so forth?

In contrast, “overall trip speed” or “total trip time” includes all moving time PLUS stops. A typical Moderate B hike (10 miles/2000’) by a typical trip leader probably maintains close to a 2.0-2.4 mph “moving trip speed,” plus 5 minute stops every half hour or so for clothing adjustments, water, or bio-breaks. Lunch breaks are usually no more than 20-30 minutes – - less if the weather is poor. So, typical “overall trip speed,” including stops, could average about 1.5 mph. That’s what the leader should keep in mind when setting time expectations for returning to the TH.

Further, depending on the fitness of the group and the steepness of the climb, consider an additional factor of as much as 30 minutes for each 1,000’ of ascent, especially if most of the climb is at the beginning before leg muscles have a chance to warm up. Most of us need that warm-up time, so the trip leader should consider setting a slower pace with more frequent stops the first half-mile or so. This keeps people from getting discouraged.

To illustrate the climbing factor, that 10-mile trip with 2000’ elevation gain could theoretically take about 5 hours moving time, plus stops, so maybe 6.5 hours trailhead to trailhead. However, the group may slow down significantly on the ascent, so it could take as much as an additional hour going up, but at least some of that time can be made up going down when people tend to move faster and stop less often. So total trip time could exceed 7 hours.

New leaders might ask: “I get all that, but how do I rate my trip?” Trip leaders usually list a trip’s pace as Casual, Moderate, or Fast. Although pace is independent of hike classification, in reality “A” hikes are slower than “B” hikes, which are slower than “C” hikes, because typical members who sign up for these hikes are progressively faster as their hiker rating rises. Most trip sheets list pace as Moderate, but individual leaders will set a pace that suits the leader and the terrain.

“Casual” is rarely listed, and is usually an emphatic statement by the trip leader that he or she intends to go slowly, and may make many stops. Nature or wildflower hikes fit this description and perfectly prove the overall point. A flower hike’s “overall trip speed” may be 1.0 mph, while the leader’s moving average pace can approach 3.0 mph as the group moves from place to place.

You will seldom, if ever, see a “C” trip with “Casual” pace listed even though there might be a steep ascent where everyone will slow down. When everyone on a hike is fast, the group goes fast regardless of the listed pace. But if one person can’t keep up, some or all of the group will slow down to accommodate that person. That’s part of CMC etiquette, particularly for new members just figuring out what they can do. Since “fear of slowing down the group” is one of the most frequent reasons new members give for not signing up for trips, keep that in mind if a new member signs up. Let everyone know your other trip members will help out.

It's important to recall that members don't need a matching rating to sign up for an A, B, or C trip. So if you don't know a roster member with a hiker rating lower than the hike rating, you should call to make sure the trip is appropriate for them. Encourage your hikers to file the paperwork necessary to get a proper Hiking Classification Rating. Explain how it and WTS completion or waiver are critical first steps to taking full advantage of our Schools. I carry copies of the form on my New Member trips and once the rules are explained, people want them.

To summarize, Average Moving Speeds:

Casual: 0.5 to 1.4 mph

Moderate: 1.5 to 2.4 mph

Fast: 2.5 to 3.0 plus mph



Former Denver Group Council member and current DS&L member Kevin Schaal has taken on the additional role of Trip Leader School director. He relieves Pat McKinley, who accomplished much during his three years as director. Thank you, Pat!

CMC school instructors who lead field sessions in Colorado State Parks are reminded that they need to have current Wilderness First Aid (WFA) and CPR certifications. Check hikingdenver.net for upcoming WFA schools. A one-day refresher is open on Nov. 5.

inal Thought

Knowledge is understanding based on what has been studied and learned. Wisdom is understanding what has been felt and experienced. – Simon Sinek

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