

Denver Safety and Leadership Newsletter April 2019



A Communication for CMC Denver Leaders

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Editor: Durrie Monsma

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Wilderness Survival School Starts in May!

Ever wondered what it would be like – or what you would do – if you were on a day hike and needed to spend a night in the wilderness with only the contents of your daypack? (Suppose someone is hurt or sick, you're lost, or any number of other reasons?) WSS helps you prepare for such an eventuality. WSS is not about seeing who can survive by eating spiders and snakes, but will provide much more insight about the water, nutrition, shelter and other items you'll want to consider when planning your day hike. (Just-in-case!)

SALT Funding is available for this School! Apply here **BEFORE** you sign up for the class:



https://docs.google.com/forms/d/e/1FAIpQLScM_MWRpHXr4MremGCeWqOd0hs3h6yhTgj-d502eIKOYwgawA/viewform

The class fills quickly. Enrollment is available on the CMC website:

<https://www.cmc.org/Calendar/EventDetails.aspx?ID=46587>

More information is available in the link below:

<https://cmcdenver.org/schools-2/wildernesssurvivalschool>

Reminder re Guest Waivers

It is very important to the CMC and to you as a Trip Leader have all trip guests sign the CMC waiver of liability form electronically. It is available at the top of the CMC public calendar. If the guest does not confirm the release has been signed electronically, you should have the guest sign a hard copy of the waiver at the carpool meet spot before joining the trip. We suggest you keep a supply in your car. Then turn the release form into the office immediately after your trip.

The Colorado Mountain Club - Acknowledgement of Risk and Release of Liability is available to file electronically at <https://waiver.smartwaiver.com/w/5ad11e69247c3/web/>.

We suggest you keep a supply of hard copies in your car. Those are available at

<https://www.cmc.org/Portals/0/GoverningDocs/CMC%20Liability%20Form%202014.pdf>

Revised DS&L Trip Leader Manual Available

As a parting gift to us all, just-retired Committee Chair Linda Lawson substantially revised our Trip Leader Manual, as well as the Committee's Policies and Procedures. Check it out. The Manual is available at these locations for your reading or downloading pleasure:

<https://cmcdenver.org/trip-leaders/denver-safety-leadership-committee>

and

<https://cmcdenver.org/groupresources> (under the "Leader and Potential Leaders" tab)

Trip Management System Notes

1. **The Trip Roster "Email to All" Function** is repaired. No more having to download a roster and mail out with your personal email.
2. **Ever see something like this in your roster?** It's a form of SPAM that happens when your trip is not limited to "members only." No worries, just cancel it out like any participant. Remember, we do like to encourage guests.

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180 180
yahoo@yahoo.com
180
Cell: no cell available
Moncler outlet Vendite online shop, il 60-70% FUORII! 180
New York MD [b]url=http://www.womencloats.org/moncler-vendita?url=[b] [b]
[url=http://www.womencloats.org/moncler-outlet/moncler?url=[b] Sconto Moncler 1 Moncler
economico | Economico outlet Moncler on-line Moncler outlet Vendite online shop, il 60-
70% FUORII! US Dollar Euro GB Pound Canadian Dollar Australian Dollar Jappon Yen
Norske Krone Swedish Krone Danish Krone CNY Categorie Moncler Piumini Uomo
Moncler Scarpa & Cappelli Moncler Cappotti Donna Moncler Giacche Donna Moncler
Giacche Uomo Moncler Gilet Donna Moncler Gilet Uomini Moncler Scialle Moncler Stivali
Bestseller Nuovi arrivi! Moncler Giu cappotto con cappuccio antivento Coffe [709]
€1,172.73 €290.16Risparmi: 75% sconto Nuovi arrivi! Moncler Giu cappotto Segnalato
donna pro Windproof [t51] €1,172.73 €276.21Risparmi: 76% sconto Moncler Gilet
unisex con cappuccio Lucido Zip Viala [2x5] €811.94 €174.84Risparmi: 71% sconto
Vetrina - [red] Nuovi arrivi! Moncler Giu cappotto con cappuccio antivento Luce
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€287.37Risparmi: 69% sconto Le novità di dicembreMoncler design Giu Donna Giacche
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3. Simple Trip Management System Hacks

- a. Clicking on the trip leader list and typing a leader's last name in takes you straight to that leader. No endless scrolling necessary
- b. If you want to see all trips by type regardless of leader name and without having to open trips one-by-one, (for example, all the "New Member" trips) just type "Aaro" into the trip leader list and you see a blank line at the top, above Aaro. Click that blank line to see all trips by title.
- c. You cannot delete a trip once it is saved into the system BUT you can "cancel" it at the same pull-down menu as "approved" and "complete." To help statistics compilers and yourself much later if you want to look up your own trips, type "CANCELED" in the beginning of the first title line, then deactivate it. Save all.
- d. Reports recently from trip leaders that their names show up twice in their trip rosters and neither entry can be canceled out. This throws off the roster count. This seems to happen sometimes when you duplicate a trip on which you were a non-leader participant.

Send in Your Own Trip Management System Hacks and Questions to Durrie at djmonsma@gmail.com.



Access Update: Harmonica Arch

The USFS has asked the CMC to limit its trips to this destination due to resource damage from social trails. The Arch is located in the Lost Creek Wilderness and remains open. We're asked to have smaller groups and, if possible, go during the week.

Make Your Submissions to our CMC Track Library

User-Friendly,

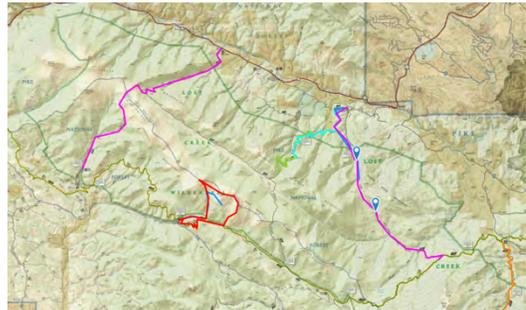
from your friendly Track File Manager, Jeff Stevens, drjeffstevens@gmail.com

We now have 180 track recordings in our coffers, mostly from around the Front Range but even some Moab trips. The main purpose of collecting these recordings is to give our trip leaders an accurate source of inspiration for new trips.

There are several ways in which a trip leader who is also a Track File Manager user (see below) can use our system to find and use a saved recording. In future,

I will discuss several of them, but for now I want to focus on only one, since it will depend on you doing one more thing when you close out your trip.

The idea here is that you can help others find your work simply by adding a short comment to the CMC trip description box when you go to close out your trip at CMC Trip Management.



What I recommend you do it this:



When you go into the Edit Trip form page to change the Status to Complete, consider added a paragraph or two to the Details box indicating that:

"A recording of this trip is available at the Track File Manager. If you are a TFM user, open your Google Drive, then open the Shared with Me folder, then open the Tracks folder and search for the following file: xxxxxxxxxxxx. You can then download the GPX file and import it to your GPS device.

If you are not yet a registered TFM user, you can become one by sending an email to cmctracks@gmail.com indicating in the body of the email your CMC member ID."

(The xxxxxxxxxxxx should be the name of the track you will then send to the TFM.)

Continue with the remainder of the trip closing process, then click "Update." Also, don't forget to attach your track recording to an email and send it to cmctracks@gmail.com.

Note that with this addition to your trip definition box, if a subsequent trip leader decides to Duplicate your trip, she will get the Details information duplicated for her new trip. Moreover, if she leaves this information in the Details, other CMC members will be able to read it and even act on it. Which is to say that they will be able to fetch a copy of the recording and load it onto their GPS device and use it to navigate.

As we all get familiar with the TFM system, here's hoping it will make trip planning easier!

Get in Shape for Summer Hiking Now!

by Sarah Maurer. Sarah is a CMC trip leader and DS&L member, where serves as Assistant School Director for the Trip Leader School. She also is an Assistant Instructor for the Alpine Scrambling Course (ASC). This article can be found at CMCDenver.org/groupresources.



Hiking is fun — and it's even more fun when you're in great shape and have lots of energy on trail! As trip leaders, we all need to have an extra reserve of strength and fitness to deal with emergencies that may come up. And we often get questions from club members about how to get in better hiking shape.

To help you out, here are some workout guidelines for advanced beginners. The following workouts are appropriate for people who can already hike for at least 30 minutes at a moderate pace. If you're not quite there yet, check out this blog post to read some [training tips for beginners](#).

These suggestions rely on heart rate or perceived intensity, so they can be adapted to every person's unique fitness level. Try it yourself and share it with your trip participants!

Use aerobic interval training to increase your hiking fitness

To find the right workout intensity for this program, you need to find your aerobic threshold, which is the effort level at which your body shifts from mostly burning fat for energy to burning some sugar.

Aerobic threshold test

Use a heart rate monitor to do a graded exercise test on a treadmill. Warm up, and then increase the workout intensity gradually (0.5 mph) every 2 minutes. At the end of 2 minutes, try to recite the Pledge of Allegiance out loud. Your aerobic threshold is the heart rate (HR) at which talking becomes a little difficult (though you can still speak).

Based on this HR, we can establish two training zones for you:

- Zone 1: The 10-beat range just below your aerobic threshold
- Zone 2: The 10-beat range just above your aerobic threshold

So, if Suzy's aerobic threshold is HR 130, her zones look like this:

- Zone 1: HR 120-130
- Zone 2: HR 131-141

If you don't have a heart rate monitor, Zone 2 should feel like a 5 or 6 on the 1–10 effort scale, with 10 being all-out effort. Be sure to retest your aerobic threshold every month or so, as it will rise as your fitness increases.

Workout Guidelines

- Start with 3–4 cardio workouts per week. These can be performed by walking, jogging, hiking, or using an exercise machine. Gradually progress to 4–5 workouts per week. You can replace 1–2 of your weekly workouts with hikes.
- Begin each workout with an easy 10-minute warm-up.
- After warming up, perform some Zone 2 intervals. Increase your effort level so that your heart rate rises a little above your aerobic threshold and hold this intensity for one minute. Then slow down so that your heart rate drops into Zone 1 and recover for 3 minutes.
- Gradually decrease your recovery interval (2 minutes, 1.5 minutes, 1 minute) until you hit a 1:1 work-recovery ratio.
- You can also gradually increase the length of your Zone 2 intervals (up to 5 min.) using the same work-recovery ratios (1:3, 1:2, 1:1.5, 1:1).
- Increase your total cardio time by about 5–10 percent each week (less when you're increasing your interval length or frequency).
- Once you're really rocking the intervals, do one workout a week all in Zone 2 (no rest intervals).
- Your hiking "workouts" can be less structured but try to keep the intensity in Zones 1 and 2 throughout. That means keeping your heart rate elevated, but not to the point where you're panting or gasping.
- Finish each interval workout with an easy 10-minute cool-down and stretching session.

After a couple of weeks, you'll really start to see gains in your aerobic capacity and endurance. You'll be able to hike longer and sustain a faster pace without wearing out. You may also notice some fat loss, especially if you're combining your cardio with resistance training and a healthy diet.

If your goal is to hike for fun and fitness, this workout will get you in solid shape. But if you're going to be tackling more strenuous climbing and mountaineering objectives, check out this [blog post](#) for some [advanced training tips](#).

So, there you have it. A hiking fitness plan to take you from absolute zero to absolute hero. Happy training and enjoy your spring and summer adventures!