



# Fort Collins Chapter Newsletter

April  
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*Your local resource for outdoor adventure*

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A CMC group scales the summit block on Lookout Mountain during an April 7 trip to Horsetooth Peak and Lookout Mountain (photo by Ward Whicker; see article on pg. 3).

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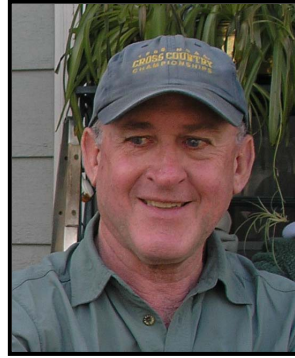
**Leadership  
Column**

## Wonders Great and Small Mark Our Trails

This year's light snow pack and early melting caused me to consider storing my skis and snowshoes much earlier than normal. But in late March we gave winter one final chance and went on a Mike Smilie led snowshoe trip to Lake Agnes near Cameron Pass.

Crunching our way up the trail gave us time to notice small things, like the snow's changing texture and snowshoe hare tracks crisscrossing the trail. As we stopped to investigate the tracks more closely we also noticed black pepper flecks covering the snow. Sand? Dirt? Pollen? They appeared to be moving! A budding entomologist in our group clued us in: snow fleas. Never heard of them! But there they were: small black specks that hopped and flipped when we disturbed them. Our bug expert also suggested that we keep our eyes open for snow spiders, predators that feast on snow fleas.

### Chair's Corner



A post-hike search on Wikipedia revealed more interesting facts about these wee creatures. Turns out that although they are arthropods, they are not fleas at all. While they are related to spiders, scorpions, horseshoe crabs, lobsters, and insects, they are separate from all of these groups.

Specifically, snow fleas are a species of dark blue springtail, *Hypogastura nivicola*. They dis-

play their acrobatics on the surface of the snow on a warm winter day and are considered to be harbingers of Spring.

Their name, springtail, derives from two small appendages at their rear, which fold like a spring under their abdomen. When released, the tail jack-knifes them over the surface of the snow. A glycine-rich protein in their cells acts as an antifreeze to protect them from freezing in sub-zero temperatures. They dine on decaying vegetation. Like all arthropods oxygen in their blood is carried by a blue copper-containing protein, hemocyanin, making them true blue-bloods!

Wonders great and small mark our trails. What wonders mark your trails?

Don Carpenter  
Chair, Fort Collins Group, CMC

## Wilderness First Aid Course

Dates: June 2 and 3, 8:30 am - 5:30 pm on both days.

The state CMC will be helping the Fort Collins Group to put on a 16 hour wilderness first aid course on June 2-3 in Fort Collins. This course follows a standardized program through the Emergency Care and Safety Institute and consists of 8 hours of lectures, 8 hours of practical training, a written test, and practice scenarios. A comprehensive textbook is included in the fee.

The state is asking for \$35 from Fort Collins leaders and leader candidates (who are required to

have WFA to lead C-D trips). The Fort Collins CMC board has decided to reimburse this \$35 for leaders and leader candidates. Non-leaders can enroll for \$50. Either way, this is a bargain as WFA courses usually start at \$175 per person.

If you are interested, please register online using the procedure below (or call the CMC Office at 303-278-3080 X2). If you have any questions, contact Eric at [erslev@warnercnr.colostate.edu](mailto:erslev@warnercnr.colostate.edu).

Online registration:

1) Login to [www.cmc.org](http://www.cmc.org) (upper

right hand side) with your member id and password (call membership services at 303-279-3080 X2 if you don't know this)

2) Click on the Orange bar "Class schedule" on the left hand side  
3) Click on "Adult Education Members"

4) Scroll down to June 2 Select Wilderness First Aid Ft. Collins Leaders and register

We will be trying to fill the course, and may make extra slots available to the general public in mid May, so try to register soon!

-Eric Erslev, Fort Collins Group CMC, Leadership and Safety Co-



# Lookout Mountain and Horsetooth Peak

*Editors Note: This is another in our series of articles on Colorado's lesser known and less frequently visited summits:*

Lookout Mountain and Horsetooth Peak are examples of the many challenging, seldom-visited peaks in our area which require bushwhacking, scrambling and navigational skills. A number of these are at lower elevations and can be accessed in winter and other seasons. Such lonely peaks usually offer exceptional and unique views, and exercise the skills needed for the higher peaks normally climbed in summer.

Wind can introduce an element of uncertainty to mountain trips. An April 7th trip to Lookout Mountain (10,715 ft) and Horsetooth Peak (10,344 ft) in Rocky Mountain National Park was just such a situation.

As we gathered at the trailhead ,



Wendy Phillips, Steve Martin, Phil Straffin, Tom Stuve, Laura Hinds, Kevin Willey, Terri Gerard, Bob Dietz on the summit of Horsetooth Peak (Photo by Ward Whicker).

leaders Steve Martin and Ward Whicker warned us of the high potential that the summit of Lookout would be too dangerous to attempt in the predicted 50 mph

winds. It might still be possible to reach Horsetooth Peak, and certainly to enjoy the beauty of the surrounding peaks of Wild Basin, so we went ahead.



Kevin Willey, Steve Martin, Terri Gerard, Tom Stuve, Laura Hinds, Phil Straffin, Wendy Phillips and Bob Dietz, just below summit of Lookout Mountain (photo by Ward Whicker).

The route began by following the Horse Creek trail, near Meeker Park. We followed the trail for about a mile, then turned and went uphill through pine forest interspersed with rocks and snow. At times, we debated the merit of wearing snowshoes. The snow was crusty and mostly able to hold body weight, but some people were post-holing with increasingly frustrating frequency. However, snowshoes were tricky to manipulate around the abundant rocks and fallen logs so some chose to carry them. Neither option was perfect, but we muddled through and eventually found ourselves at the saddle between Lookout and Horsetooth.

We stashed the snowshoes, marked the spot as a GPS way-point, then headed up to the summit of Lookout. The route from this point on consists primarily of woods interspersed with occasional talus with a small pile of granite, requiring a short 4<sup>th</sup> class scramble, guarding the true summit. It was this short section that the wind could have prevented us from ascending, but we were pleasantly surprised to find it had died down and that the sun was shining. Kevin

Willey offered to take a short rope up and belay each person up to the summit in turn and soon each had a turn having a fun, short climb and getting a view from the top.

Now it was time to go for Horse-tooth. Ward led the group across the combination of forest and talus terrain characteristic of these peaks to a point where the scrambling got more serious as we began ascending a gully. At the top of the gully, we had an-

other chance to bring out our climbing skills. We went up a 3<sup>rd</sup> class section then along a near knife-edge ridge. The wind was still surprisingly reasonable, making the summit scramble pleasant.

On the summit, we were treated to views of Lookout as well as the surrounding peaks. After a few minutes on top we headed back the way we came.

-Laura Hinds

## Bighorn Mountain

Former Fort Collins Group Activity Director and BMC Instructor Jeff Eisele was back in Fort Collins recently, visiting friends.

On March 18th Jeff and his friend Liesl Dees participated in a CMC snowshoe hike to the summit of Bighorn Mountain in Rocky Mountain National Park.

The hike was also a homecoming for Laura Hinds and Bob Dietz, former Fort Collins Group trip leaders and BMC instructors who have moved back to the area



Group photo on the summit of Bighorn Mountain: Bob Dietz, Liesl Dees, Terri Gerard, Laura Hinds, Jeff Eisele, and Steve Martin.



after spending some time in Phoenix. We look forward to their future contributions to the Fort Collins Group.

Also on the trip were Fort Collins Group members Steve Martin and Terry Gerard.

approached by two bighorn sheep, attesting that the mountain has been properly named!

Near the summit, the group was - *Steve Martin*



Having fun on Bighorn Mountain! Background painting by beginning art students depicts Mt. Chapin, Mt. Chiquita, Ypsilon Mtn., and Fairchild Mtn.

## Fort Collins Group Leadership Column Different Stroke for Different Folks (and Trips)

Expedition behavior, as defined in last month's leadership column, requires that you serve the mission and goals of the group, be as concerned for others as you are for yourself, treat everyone with dignity and respect, and support leadership and growth in everyone. These goals require you to buy into and support the leadership style and model of the trip organizer(s) – otherwise, you should not be on that trip.

As leadership models vary signifi-

cantly with trips and leaders, being an effective participant requires you to be flexible. Some leaders are better adapted to one style than another – it is not a participant's role to "should" on them. One of the first CMC trips that I attended had a very simple leadership model: the leader was always first and no one passed him. That worked pretty well for keeping the group together on his leisurely hike as he was the slowest hiker in the group. But it certainly did not

spread the leadership role to others and allow them to grow their leadership experience.

The CMC now requires a sweep (or rear leader) on every trip, essentially requiring two leaders. Thus, the leader in either the point (front) or sweep position is a common model, with a co-leader or recruited participant filling the other role. One negative to this model is that it puts the leader out of contact with the middle of the group and unable to

see if issues are developing. Moreover, if the leader is in the front, they can be preoccupied with navigation or tired out by trail breaking. Exhaustion of your trip leader is to be avoided at all cost as the whole group will depend on his/her clear thinking in an emergency.

A third model is one I learned in NOLS 42 years ago. In this model, there is a sweep in back and a scout/pacer in front, with the primary leader free to roam the middle of the group. This way, the leader can check in with each participant – there is nothing like a person's voice to indicate if they are under stress.

In off-trail bushwacking, you may need both a pacer, concentrating on an efficient, steady pace for the entire group, and a scout/navigator, who finds an optimal route by a wandering a bit ahead and/or consulting with a GPS unit. I personally like this model as it distributes leadership oppor-

tunities to several people, and typically I try to let nearly everyone on a trip have a turn at some leadership role.

The appropriate leadership model can change with the situation. On last year's Static-Richthofen traverse with the Young Adventurers, Mark Lorie and Kevin McCarthy did an admirable job leading us to the peak, switching between point and sweep roles.

At the peak, however, we were faced by gathering cumulus clouds. After consultation with the group, Mark and Kevin decided to try to go directly to Lake Agnes to avoid exposure to lightning on Richthofen. Unfortunately, the gulley we were aiming for was questionably accessible, so another participant and I volunteered to scout a route while the rest of the group stayed in a sheltered spot near the peak. After much exertion (I was sore for days after that trip), we signaled

to the group to return over Static and retrace our steps.

Mark and Kevin, having preserved their own energy and that of the group, successfully led them back over the summit and down the knife edge ridge. They adjusted leadership formats several times, (1) designating a sweep when Mark needed to spend one-on-one time with a participant struggling on the slippery descent and (2) splitting the party in two once we hit the trail to allow a fast group to collect the vehicle left at the Lake Agnes trail head.

All in all, it was a great display of leadership models, as well as the need to use both directive/authoritarian and facilitative/collaborative leadership styles. More about leadership styles next month!

-Eric Erslev, Fort Collins Group CMC, Leadership and Safety Coordinator

## Colorado Mountain Club Electronic Newsletters

The Colorado Mountain Club offers monthly electronic newsletters on the topics of conservation, the back country snow sports initiative, and general information (the Rucksack).

You may sign up for any of these newsletters by going to the lower left-hand side of the main

page of the [www.cmc.org](http://www.cmc.org) webpage and clicking on the line: CMC e-Newsletters. This will bring up the newsletter registration page where you will need to provide your First Name, Last Name, and Email address. You may sign up for all three newsletters or a subset of them as you desire.

If you ever need to opt out of a newsletter you've subscribed to, use the link provided at the bottom of every newsletter.

Play and Think Hard!

- York  
The Red Lion

## Upcoming CMC Hosted Events

### EVENT #1

**Learn to Trail Run from the Pros!**

**Date:** Saturday, June 2

**Time:** 9:30 am to noon

**Tickets:** [www.cmc.org/trailrunning](http://www.cmc.org/trailrunning)

**Cost:** FREE to members and nonmembers

**Location:** Boulder Group Clubhouse in the CMC Table Mesa Shopping Center 633 South Broadway,

Unit K & Table Mesa Trail Head.

**Description:** Join Katie Blackett--three-time Olympic Trials qualifier, overall winner of the Eugene Marathon, National Marathon, St. George Marathon, Tucson Marathon, and Big Sur Marathon, two-time runner for Bolder Boulder Professional team, 7-year Saucony sponsored athlete and CMC CEO-- and the Boulder Group of the CMC for a FREE trail running clinic followed by a trail run on the Mesa Trail.

The clinic will start at 9:30 am at the Boulder Group Clubhouse in the CMC Table Mesa Shopping Center 633 South Broadway, Unit K in Boulder. Katie will be joined by Matt Schneider, physicians assistant and trail runner, who will also lead a portion of the clinic on injury prevention. Following the clinic, participants will carpool from the clubhouse to the trail head at Table Mesa right across the street from the gas station as you head into Eldorado Canyon.

No experience is necessary and all abilities welcome. Runners will be separated based on ability at the trail head with professional/elite level trail runner leaders. Trail runs can vary from 2 to 8 miles but you are welcome to go longer!

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## **EVENT #2**

**Majka Burhardt Presents: Additive Adventure Beyond Exploration in Africa and Cuba**

**Date:** Thursday, June 7

**Time:** 7:00 to 9:00 pm

**Tickets:** [www.cmc.org/burhardt](http://www.cmc.org/burhardt)

**Cost:** \$10 members/\$15 nonmembers

**Location:** American Mountaineering Center, Foss Auditorium 710 10<sup>th</sup> Street, Golden, CO 80401

**Description:** What's Additive Adventure? It's Majka's term for when adventure extends beyond exploration to create cultural and environmental connection. From the roots of coffee, to rock climbing expeditions in the Horn of Africa, to an unflinching look at cultural use and misuse in Namibia, Additive Adventure takes a global look at the individual's role in larger issues and communities. Can the grandest adventure create the smallest conversation with the largest impact? Can being a global citizen begin with a question? Can your passion lead you to your greatest impact? Majka takes on these tough questions when she takes us on a journey to go local by going to origin; by going to Additive Adventure.

Majka takes on these tough questions when she takes us on a journey to go local by going to origin; by going to Additive Adventure. Join in the conversation with Majka--accomplished author, climber, filmmaker & guide--at the Colorado Mountain Club's speaking benefit for the Youth Education Program.

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## **EVENT #3**

**Wild & Scenic Film Festival**

**Date:** Friday, July 13

**Time:** Doors open at 6:00 pm

**Tickets:** [www.cmc.org/wsff](http://www.cmc.org/wsff)

**Cost:** \$15 nonmembers/\$10 members

**Location:** American Mountaineering Center, Foss Auditorium 710 10<sup>th</sup> Street, Golden, CO 80401

**Description:** This July, the Colorado Mountain Club's Stewardship Program is hosting the 11<sup>th</sup> Annual Wild & Scenic® Film Festival World Tour with another incredible selection of films to change your world. For the second year in a row, the CMC was awarded a grant to host the festival. The Wild & Scenic® Film Festival, draws top filmmakers, celebrities, leading activists, social innovators and well-known world adventurers.

Considered the largest film festival of its kind, this year's films combine stellar filmmaking, beautiful cinematography and first-rate storytelling to inform, inspire and ignite solutions and possibilities to restore the earth and human communities while creating a positive future for the next generation. Festival-goers can expect to see award winning films about nature, community activism, adventure, conservation, water, energy and climate change, wildlife, environmental justice, agriculture, Native American and indigenous cultures.

This year's selections will not only take audiences to some of the most remote and beautiful places on the planet, but introduce them to the magnificent animals that inhabit these places and the

courageous individuals who are working to protect and preserve both for future generations. The films instill a deep appreciation and a sense of wonder for the natural world that surrounds and supports us.

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#### **EVENT #4**

#### **CMC Centennial Celebration Fest**

**Date:** Saturday, July 21

**Time:** All Day

**Tickets:** [www.cmc.org/centennial](http://www.cmc.org/centennial)

**Cost:** Members-Adult Admission \$25/ General Public-Adult Admission \$30/ Kids Admission \$10

**Location:** McPhelemy Park in Buena Vista, Colorado

**Description:** This Centennial Celebration Fest has it all! Hiking, climbing, fly fishing, cycling, kids events - all led by CMC leaders from across the state. Horseback riding, rafting and kayaking are available through local vendors. Following a day of recreation that you select, meet up in McPhelemy Park in the Heart of Buena Vista. From 4pm -6pm there will be kids activities in the park managed by CMC YEP Staff.

A catered Southwestern Buffet will begin serving from 4pm to 7pm and will include a 100th Anniversary Birthday Cake. Vegetarians should be able to meet their dietary requirements from the buffet. A beer is included in the ticket price. Water, lemonade and iced tea are available to all as part of the ticket price. Music from the Mountain Holler Blue Grass Band will have you clapping your hands and stomping your feet from 4pm - 8pm. You can bring your own beverages.

Registration deadline: July 6th. No registrations for Celebration Fest at McPhelemy Park will be taken after this date.

Tables and chairs will be set up to accommodate 100+ but participants are encouraged to bring their own blankets and lawn chairs to set up in the park while listening to the Mountain Holler Bluegrass Band.



**Fort Collins CMC wishes to thank businesses that have previously supported us with paid advertising in our newsletter. However, due to a policy change, we will no longer be including paid commercial advertising.**

This newsletter is published by the Fort Collins Group of the Colorado Mountain Club. Please send submissions to [jgw311@hotmail.com](mailto:jgw311@hotmail.com) by the 10th of the month to include in the next month's edition. Please call the CMC State Membership office at 800.633.4417 to notify them of address changes.

*Editors note: the following list identifies officers for the 2012 calendar year.*

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Treasurer	Bob Link	(970) 631-8600	<a href="mailto:robertlink97@comcast.net">robertlink97@comcast.net</a>
Activities	Mike Smilie	(970) 231-2923	<a href="mailto:mssmilie@frii.com">mssmilie@frii.com</a>
Leadership and Safety	Eric Erslev	(970) 231-2654	<a href="mailto:erslev@warnercnr.colostate.edu">erslev@warnercnr.colostate.edu</a>
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Trails	Vacant – need volunteer		
Mountain Hiking School	David Wasson	(970) 207-1795	<a href="mailto:wasson3@msn.com">wasson3@msn.com</a>
Trip Leadership Course	Eric Erslev	(970) 231-2654	<a href="mailto:erslev@warnercnr.colostate.edu">erslev@warnercnr.colostate.edu</a>
Basic Mountaineering Course	Gordon Thibedeau	(970) 223-1758	<a href="mailto:gthbedeau@uwaylc.org">gthbedeau@uwaylc.org</a>
Rock Leading Course	Vacant – need volunteer		



Colorado Mountain Club  
Fort Collins Group  
Website: [FortCMC.org](http://FortCMC.org)  
Facebook: [www.facebook.com/groups/fortcollinscmcgroup](http://www.facebook.com/groups/fortcollinscmcgroup)