



Fort Collins Chapter Newsletter

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Your local resource for outdoor adventure

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York, explaining the benefits of the Colorado Mountain Club at the Sustainable Living Fair
(Photo by Don Carpenter).

Inside

**Chairs Corner:
CMC at the
Sustainable
Living Fair**

Page 2

**Leadership
Column:
Mountaineering
Rest Step**

Page 2

**Static Peak -
Mt. Richthofen
Traverse**

Page 3

**Pyramid Peak
Centennial
Celebration
Climb**

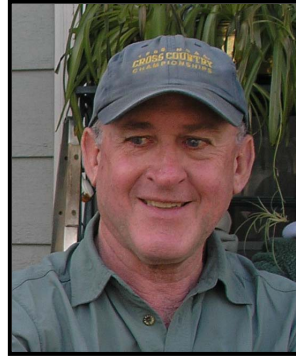
Page 8

CMC at the Sustainable Living Fair

Certainly there could be no other place more beautiful in September than our Colorado mountains. Those sentiments must have been in mind when CMC designated September 8th as Centennial 14ers Celebration Day. Perhaps you were among the CMC members who trekked up the trails to all the 14ers that weekend.

After that weekend we were glad for the opportunity to take it a little easy at the Sustainable Living Fair here in Fort Collins, September 15 and 16. Not quite a mountain top experience, the Fair provided another type of excitement. Planet Bluegrass graciously offered us booth space at the Fair and helped us in our first efforts in this venue to spread the

Chair's Corner



word about CMC. Planet Bluegrass provides sustainable festivals including the Telluride Blue Grass Festival and the Rocky Mountain Folk Festival in Lyons. Although we (Don and York) made a last minute scramble to

set up for the Fair, we see this as a great way to promote CMC in the future. Over 70 people stopped by our booth to chat and pick up literature. Our efforts paid off as we recruited four new family memberships from avid hikers and lovers of the outdoors. Thank you Planet Bluegrass!! We hope to return to the Sustainable Living Fair with reinforcements next year!

Please remember to send in your reservations for our Annual Dinner Meeting ([Annual Dinner Reservation Form](#)), which will be held on November 10th. It promises to be an interesting and enjoyable evening. See you there!

- Don Carpenter, Chair, Fort Collins Group

The Fort Collins Group Welcomes New Members:

August	Ross McConnell
September	Colin Millar; Charlie & Katherine Potter, Keith, Helen, Alisha & Laura Wolfe; Marie Woodring; Ruth, Bruce; Rachel & Rusty Lieurance
October	Adam Redgrave; Brian Bell; Dan Robinson

See you on the trail!

Fort Collins Leadership Column: Mountaineering Rest Step: An Essential Pacing Tool

In the last column, I described the buddy-back system, whereby you keep a group together by having everyone (except the

sweep, of course) keep the person behind them in sight. But because this requires the same pace be used by all, and people

have different stride lengths, some might say that is unnatural. I agree that it is natural to swing your leg, especially with boots,

and thus the length of your natural stride is a function of your leg length.

So here is a puzzle - one essential team element of Expedition Behavior requires everyone to moderate their pace to match that of the slowest member. Rushing that person really isn't an option as driving a person to exhaustion is a certain way to create an emergency later.

Moreover, when hiking up steep terrain, especially when carrying a heavy pack, it is important to pace yourself so that you stay aerobic. Studies (gleaned from my son's nursing physiology text book) have shown that staying aerobic is 10X more efficient energy-wise than going anaerobic. You can judge your aerobic-anaerobic threshold by noting your ability to talk - if you are working so hard that you can't talk, you have probably gone anaerobic. Going anaerobic is a bad thing in the mountains as its extreme energy consumption commonly results in exhaustion ("hitting the wall" or "bonking"). This is dangerous as it can take days to recover from a bonk - trust me, been there, done that.

And sprinting up the slope with repeated rests is simply not a good idea. Just think of competitive long distance runners and cyclists - do they sprint and rest, sprint and rest? No, they maintain an even pace until the end is within reach. And their events are typically much shorter than our mountain outings.

So how does an entire hiking group maintain a steady, reasonable pace for hours on end? The key is the **mountaineering rest step**.

The mountaineering rest step is fairly simple, but does take some practice:

- 1) step forward, planting your leading foot.
- 2) move forward and straighten the leading leg, locking your knee so it takes all of your weight.
- 3) Pause briefly or substantially, depending on your need, with your weight supported by your locked leg. The other leg rests, hanging with a bent knee from the hip, often with the toe of its boot resting lightly against the ground.

- 4) Swing your bent leg forward, plant that foot, straighten the knee, and rest on this locked knee.
- 5) Repeat!

A new CMC member, who was used to dashing and panting her way up the mountain, listened to this description and immediately interjected, "it is just like the bride's slow walk down the aisle!" And so it is, except you seldom get a nice ring at the end of your journey.

If you want to watch a master at the mountaineering rest step, just go on a hike with Steve Martin. He maintains a slow yet steady pace, rarely pausing, that really eats up the miles. With the mountaineering rest step, you can walk for hours without resting, ascend steep passes with a very heavy pack, and deal effectively with the thin air of high altitude. And perhaps best of all, the mountaineering rest step allows you to match your pace to the group's pace without changing your natural stride length, resulting in a smooth and unified transit through our mountains.

- Eric Erslev, Ft. Collins CMC Leadership & Safety Coordinator



October 11 & 12
www.cmc.org/rad
Golden, CO

Radical Reels

Radical Reels 2012: October 11th and 12th

Radical Reels is just week away! **Faster, steeper, higher, deeper!** The most outrageous films from the Banff Mountain Film Festival will thrill and inspire you with big-screen adventures when **Radical Reels** comes to the American Mountaineering Center on **October 11 and 12**. To buy tickets, watch the trailer, or view the list of films, visit www.cmc.org/rad.

Here's our Facebook invite to join: <https://www.facebook.com/events/262744260512363/>

Thurs, Oct 11 and Fri, Oct 12

Cost \$12

Static Peak-Mount Richthofen Traverse

Having had a mountain cabin for many years in the Gould area near Cameron Pass, I have come to know the Never Summer and Rawah Ranges pretty well. I still find them to rival some of the most impressive landscapes in Rocky Mountain National Park, but without the throngs of people and traffic to get there.

One of the perks I get from leading Fort Collins Group CMC trips is being able to choose venues of special interest or personal meaning. Having been on these marvelous peaks before, I could not resist the idea of sharing a

day on this challenging, special route with Club members.

Actually, the genesis of this idea started in the summer of 2011, when I agreed to co-lead this very trip with Mark Lorie, who chose this venue as one in a series of Young Adventurer's trips. Although I am hardly qualified as a "young adventurer", Mark and Kevin McCartney invited me to join in because of my familiarity of the route. As it turned out, I had to abandon my plan to be with the group, for family reasons.

Mark led the group anyway to a successful summit of Static Peak via the east ridge. However, thunderstorms began to unfold and the group decided against the Richthofen traverse because it would be vulnerable to lightning for several more hours. After exploring a few alternative descent possibilities, the group decided to hunker down to wait out most of the storm, before retracing the ascent route back down the east ridge. So, there were some on this trip who did not have the opportunity to complete the Richthofen traverse. Now, on August 18, 2012, they had an-



The view from the trail to the Michigan (American) Lakes. The right-most peak is Static Peak, showing the knife-edge east ridge arising from the Snow Lake moraine. The next peak to the left of Static is Mount Richthofen, then further left is the "Electrode". Photo by Scott Farquhar.



Climbers along the knife-edge ridge leading to Static Peak. Photo by Scott Farquhar.

other chance, and under fine weather as it turned out.

After dropping a car at the Lake Agnes trailhead, we drove to the American Lakes trailhead and started hiking with just enough light to dispense with headlamps. The trail follows an old logging road up and across the Michigan Ditch, and continues along a very scenic meadow lying at the western base of Thunder Mountain. When we reached this point, Lulu Mountain loomed up directly to the south, getting ever larger as we approached it, the sun lighting the upper slopes. The long-abandoned logging road ends at the Middle Fork of the Michigan River, just a two foot wide stream

at this elevation (roughly 10,800'). From here, a good trail winds its way back toward the northwest, gaining the east ridge of the Nokhu Crag at about 11,000' and treeline. The trail next proceeds mostly southwest, passing just north of the Michigan Lakes, also called the American Lakes. A more beautiful trail is hard to imagine, with the Crag, Static, Richthofen, "Electrode", Lulu and Thunder Mountain all in full view across the lush alpine meadows and lakes.

After a relaxing break at the second Michigan Lake, the serious uphill part began with a climb up the terminal moraine which created Snow Lake, lying at 11,516'.

At this point, I always think "Am I really going to climb that ridge?" It is steep, exposed, and intimidating. However, once the steep climb to the south actually begins, roughly 150 vertical feet above Snow Lake, I find it less intimidating and not all that difficult. Depending on the actual route chosen, the terrain is mostly Class 2, with Class 3 moves needed in a few spots. I asked Co-leader Eric Erslev to lead this section, which he enthusiastically did, and did well. The ridge gradually narrows and makes a sharp turn to the right, heading west across a long knife edge section. Here, we took a breather and, as Gerry Roach advises in his climbing guide,



Our group on the summit of Static Peak. Standing from left to right are Carolyn Hammond, Péter Bodig, JoAnn Herkenhoff, and Ward Whicker; sitting left to right are Scott Farquhar, Eric Erslev and Ron Rosenberg. Photo by tripod, technology and Scott's knowhow.

considered our future.

At this point, I suggested that Péter Bodig be given the chance to lead. Péter is a CMC leader from the Durango CMC Group with lots of climbing experience. The knife edge portion of Static's east ridge is very exposed on both sides and quite narrow, but I have found this part to be exhilarating, fun, and relatively comfortable Class 3 terrain. Strong focus is needed here, and I doubt that many if any people at this point would worry about their bills, work or love life. I sensed that everyone in our group truly enjoyed this part, dutifully following Péter along a straightforward

and interesting route. I asked Péter to select the safest passage, although more "sporting" ones are readily available, some of them mere inches left or right. Luckily, the "knife" is not as sharp as it could be.

After a couple of hundred yards of knife edge, the terrain mellowed and an easy scramble over large talus soon found us on the summit of Static Peak. Weather of the day presented no worries, so we took a leisurely break and refueled for the next section.

The route from Static to Richthofen is straightforward: A slow descent over relatively

loose, large talus to the start of the broad saddle, a continuation over a rocky ridge along much of the saddle, down to a small dip at the south end of the saddle, then a long, tiring climb over more loose talus to the summit of Richthofen. We found a faint, discontinuous trail near the north ridge, where the going was sometimes a little easier. After what seemed a long time, we finally emerged on the summit and the horseshoe-shaped rock shelter, likely formed decades ago by wind-blown climbers. Again, a longer break was welcome. Nowhere to go from here but down, down, down. The views from both Static and Richthofen are as-

tounding, especially looking south down the spine of the Never Summer Range. Peaks, jagged spires and ridges, forests and meadows, all too numerous to count; too much to fully absorb. On this day, distant ranges to the southeast, south, west, and north were visible despite haze from western forest fires.

Next, we needed to drop into a small, steep gully directly west of the summit to get onto Richthofen's west ridge. Individuals chose their own routes here, but due to loose rock, we climbed down one at a time, which of course takes time. After this, it was a matter of following the ridge west to a "false summit", then a tedious descent down a

broad, steep scree and talus slope to the saddle or col dividing Richthofen from Mount Mahler.

From here, we turned north toward Lake Agnes and negotiated more scree and talus until we were able to access a mostly alpine meadow/stable rock terrain by veering east of the main col. Our rate of progress increased as we approached the southeast corner of Lake Agnes. The easiest and shortest way around the Lake is along the east shore, where a semblance of a trail is obvious across the steep talus slope fed by rock fall off the Nokhu Crags. We encountered the first humans outside our group that day, fishing at Lake Agnes. I'm sure they wondered

where in the world our group had come from. The well-travelled trail from Lake Agnes to our car at the trailhead was very welcome after so many hours of balancing on frequently unstable rock.

Upon our return to the Lake Agnes TH, my GPS registered 3,400' of elevation gain in a bit over 8 miles. Not terribly impressive numbers for over 11 hours of hard effort! Of course, this is not really surprising given the terrain and our need for several well-deserved rest stops. The next day, my body thought the distance was more like 14 miles and 4,500' elevation, but I best believe the GPS.



JoAnn Herkenhoff dropping into the steep gully just off the summit of Mount Richthofen. Lake Agnes is visible, as well as the ridge leading from Static Peak to the Nokhu Crags. Photo by Scott Farquhar.

Anyway, I think the group felt a real sense of accomplishment and I offer my congratulations to all for a fine mountaineering effort.

My advice to anyone wanting to try this route, is to not underestimate it, and to realize that one is very exposed to weather, well-above treeline, for 5-6 hours, with essentially no chance for a quick

escape. Ah, but so rewarding in the end!

- Ward Whicker

Pyramid Peak Centennial Celebration Climb

The Colorado Mountain Club began its 100-year anniversary celebration in the summer of 2011 with a call for trip leaders to participate in the Centennial Celebration Climbs program with a goal to climb all high 100 peaks in Colorado during 2011 and 2012. For such a special occasion, I decided to lead Longs Peak since it's so close to Fort Collins. With my sister, Susan Baker, as co-leader we successfully led a group of 6 climbers on August 16, 2011 up the popular keyhole route. Wow – that was great, but now what can we do during the summer of 2012 to really put the icing on the birthday cake? How about Pyramid? Now that would be a real challenge to lead a group up this class 4 mountain! So we began to plan for our next epic adventure – Pyramid in honor of the CMC's 100 year anniversary on Fourteener Challenge Day.

Saturday, September 8th was the officially designated Colorado Fourteener Challenge day. The goal was to have CMC trips up all but two of the 54 fourteeners in Colorado (two of the mountains could not be climbed due to restricted access). There would be camera crews along on several of the trips with an ongoing media blitz, aircraft circling peaks to catch a glimpse of the climbers, and weather forecasters and emergency first aid contacts available at the CMC command center in Frisco. Phone numbers

were exchanged between the CMC command center and trip leaders to provide real-time updates and photos of the climbs. Anticipated start, end, treeline and summit times were communicated when cell phone cover-

age allowed, and posters at the command center highlighted progress of the various groups as they checked in throughout the day. All systems were "go".

Pyramid is located in the Maroon



Ledges. Photo by Clint Baker



Steepness. Photo by Clint Baker

Bells wilderness area. Therefore our group size was automatically limited to 10 and we knew it would be a popular trip for many CMC members who wanted to climb this spectacular mountain – we were right. Shortly after posting the trip in the schedule, it was full. Our team included members from the Fort Collins, Boulder and Denver groups. We had a brother and sister team (Clint and Susan Baker), father and son – Ken and Casey John, husband and wife teams – Bob Dietz and Laura Hinds, and the CMC’s Chief Executive Officer and her husband – Katie Blackett and Matt Schneider. We also had CMC Foundation vice-president Steve Bain from Denver and another individual who unfortu-

nately had to cancel within 24 hours of the trip.

Plans were set, campsites reserved and the excitement was in the air. The Saturday morning 4:00 AM wakeup call in the Silver Bar campground came much too early, but we were ready! With headlamps on and helmets in the packs, we headed up the trail before 5:00 AM. Still in the dark, the switchbacks up to the amphitheater below Pyramid’s north face were relentless. As dawn began to emerge, we were treated to the spectacular sight of the early morning sun lighting up the Maroon Bells with their reddish glow and the aspens in the valley shimmering with the changing fall colors. Life is good!

Now the real work began. Once in the upper basin, we wore our climbing helmets and started up very steep scree gullies to the northeast ridge saddle. Here we decided to take a much deserved break while scoping the upper reaches of Pyramid with an obstructed view of the summit. Here’s where the major climbing begins. Pyramid has very loose rock but the upper section of the mountain has many ledges along the route that were very well marked with cairns. As the climb continued, we were treated to encounters with several mountain goats who showed remarkable agility on the rocky ledges. We had to watch out to be sure they didn’t knock any rocks down



Pie with Bells

on us.

Scrambling high on the mountain, the climbing became steeper but

this really didn't bother anyone on the team. We pressed forward making steady progress and ensuring that everyone was safe. Crossing an exposed ledge was a highlight for several in the group – the photos make this look a lot scarier than it really was. Before long, we were on the summit – WOW!!!! What a spectacular feeling to be standing on this majestic mountain, looking across at the Maroon Bells, Snowmass and Capitol. We truly were on top of the world.

Now, what are we celebrating today? Of course, the Colorado Mountain Club's 100 year anniversary. But wait, there's more. After everyone had performed the mandatory high fives, hand shakes and taken summit

photos, Susan opened her pack and pulled out a peach pie, complete with candles! The icing on the top said "Happy Birthday Casey and CMC". In fact, today was also Casey's 20th birthday – what a special treat to celebrate your birthday on the summit of Pyramid and have your group sing Happy Birthday to you. Lighting candles on a fourteener is a real challenge.

To round out the summit experience, the team then assembled and we asked another hiker to photograph the group with our official Colorado Fourteener Challenge – Pyramid Peak poster.

Heading down the mountain, we encountered more climbers and



Pyramid Peak Summit Photo: Front row - Ken John, Susan Baker; Middle row - Matt Schneider, Katie Blackett, Clint Baker, Casey John; Back row – Laura Hinds, Steve Bain, Bob Dietz

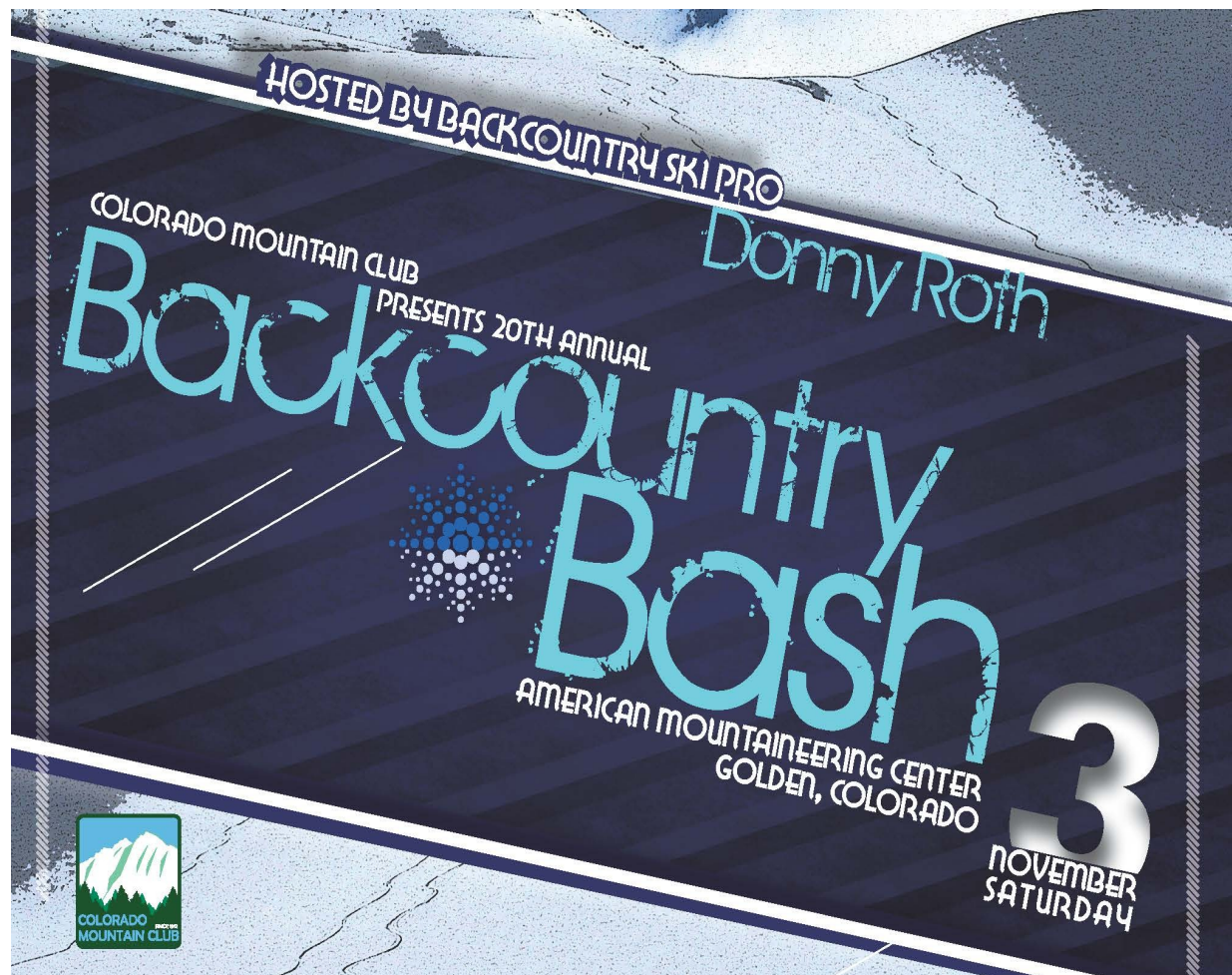
mountain goats along the way. The afternoon sun again highlighted the spectacular fall colors below Pyramid and the Maroon Bells. Everyone arrived safely back at the parking lot around 4:30 making this an eleven and a

half hour hike. What an incredible and unforgettable way to celebrate the club's 100 year anniversary.

Thanks to the CMC - members and supporters - for everything

you've done to protect and preserve these majestic mountains, today and for future generations.

- Clint Baker



Support quiet winter backcountry recreation at the 20th annual Backcountry Bash!

Join us on Saturday, November 3rd for the 20th annual Backcountry Bash. The event supports the Backcountry Snowsports Initiative program and the Colorado Mountain Club's conservation work. The Backcountry Snowsports Initiative works to protect the winter backcountry and human-powered recreational opportunities. Hosted by pro backcountry skier Donny Roth, the Bash will feature beer by Avery Brewing Company, food by Chipotle Mexican Grill, a great lineup of ski films, and an incredible auction of gear and hut trips. This year's films include a festival cut of Jeremy Jones's films *Further* and *Skiing the Void*, from Sweetgrass Productions. Visit www.cmc.org/Bash to view the trailer and to buy tickets! Cost: \$35

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 by the 10th of the month to be included 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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Rock Leading Course	Vacant – need volunteer		



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