

100 CLUB HIKING GROUP INFORMATION, PROTOCOLS AND GUIDELINES

PROTOCOLS (MOST IMPORTANT)

Hiking Schedule: A hiking schedule is posted on the 100 Club website in PDF format in February for the upcoming season. Occasionally, a scheduled hike may be canceled or replaced by another hike under certain circumstances (e.g., road or trail conditions, inclement weather, etc.). Any changes to the schedule will be published in the newsletter, blog or by email.

Hike Ratings: Hikes are rated on a scale from **A** through **E**, with **A** hikes the easiest and **E** hikes the most difficult. Most people consider hikes graded **C-E** to be strenuous. In general, Monday hikes are easier (**A** or **B**), and Wednesday hikes are more difficult (**C**, **D** or **E**), but may include easier hikes that share the same trailhead.

Meeting Place: The hiking schedule identifies the location(s) where we will meet for each hike. Secondary meeting places (e.g., Rifle, Carbondale) and times for each hike, where appropriate, are described in the **Explanatory Notes**. If additional stops are appropriate (e.g., a rest stop or to pick up additional hikers), Leaders will identify them in advance.

Depart Time: The hiking schedule indicates the time when we promptly depart the **Meeting Place**. Please arrive 10-15 minutes before the **Depart Time** to arrange carpools, load gear and receive instructions from the Hike Leader. If you are not there prior to departure, we will leave without you.

Hiking Maps: Paper maps or CDs are available for purchase. Pre-order paper maps by January 31. No orders will be accepted after that date. CDs are available at any time. Maps in PDF format also will be posted on our website each month.

Hike Leaders and Recorders: There will be a Hike Leader and a Recorder (to register hikers and record the mileage each of them hiked). Know who these people are and give them your cooperation.

Caravanning: Driving from the meeting place to the trailhead, drivers should turn on their headlights and maintain visual contact with the vehicle immediately behind them, pausing if necessary to allow a following vehicle to catch up. Following drivers should attempt to keep up with lead vehicles, without exceeding posted speed limits, as road conditions permit.

Starting the Hike: Do not start hiking until the leader has given the OK to start. Under certain circumstances, with the Hike Leader's permission, you may be allowed to begin a hike earlier than the rest of the group. However, if you fail to ask for and receive the Hike Leader's permission, you will not receive mileage credit for any miles that you hike that day.

Trail Marking: Lead hikers are responsible for marking the route or delegating someone else to do so. Brightly colored ribbons will be placed at critical junctions or where the route would not be clear to those behind the leaders. We advise hikers to follow the ribbons to avoid getting separated from the group. Usually, mile markers will be placed at ½-mile intervals based on GPS measurements. The Hike Leader will designate a "sweep" on the return hike to remove markers.

Hiking Risks: Hiking involves some risk. If you are injured during a club hike, notify the Hike Leader as soon as possible. We will try to help you. However, you must accept full responsibility for yourself. Every hiker must complete a 100 Club release of liability agreement prior to his or her first outing.

Hike Within Your Limits: Everyone should know his/her abilities, strengths and limitations. Don't exceed them. Conserve enough energy for the return trip. If you experience a medical problem, let the Hike Leader know immediately. If you need to turn back under any circumstances, you should have at least one, preferably two, person(s) accompany you.

Hiking Alone: For your safety, hike with at least one companion. If you are alone and become injured, you could be in serious danger. If you become lost, you may put yourself at risk and place a significant burden on the rest of the group. Encounters with wildlife (e.g., moose, bear or elk), though rare, are less likely when hikers travel in larger groups.

When to Turn Back: In general, for out-and-back hikes, hikers should stop walking no later than noon. For one-way hikes (see **Types of Hikes**), hikers who are not roughly halfway to the destination by noon should turn around at that point and return via the same route. Exceptions can be made at the Hike Leader's discretion as conditions allow. Always tell someone of your intention to deviate from the original hike plan and ask someone to accompany you (see **Hiking Alone**). Any changes to the designated turnaround time will be communicated by the Hike Leader at the beginning of the hike or at such time as conditions require (e.g., deteriorating weather requires an earlier turn-around).

Supplies You Should Carry: We recommend that hikers carry the following personal items:

- 1. Clothing:** hat, protective shirt and pants, hiking boots, extra socks, fleece, rain jacket/pants, gloves.
- 2. Gear:** backpack or waist pack, water bottle(s) or bladder, pocket knife or combination tool, sunglasses, two-way radio, trekking poles (optional), GPS (optional). For the possibility that you might become lost: (1) map and compass (2) loud whistle (3) non-breakable mirror (4) bright cloth to attract attention (5) flashlight/headlight (6) waterproof matches/lighter.
- 3. Food:** High energy food, such as granola bars, trail mix, dried and fresh fruit (grapes and other fresh fruit are an excellent source of both nutrients and water).
- 4. Water:** Personal water needs vary; however, to prevent dehydration, hikers should carry more water than they believe they will need for a hike's duration and conditions. Do not rely on others to provide water for you if you run out.
- 5. First Aid:** Sunscreen, Band-Aids, ace bandage, analgesics, antihistamines, prescription medicines, etc.

Inclement Weather Policy: The Hiking Chairman in consultation with the Hike Leader decides if a hike should be canceled due to weather conditions. If a hike must be canceled, you will be notified by email at least one hour before the designated **Depart Time** to avoid a wasted trip for anyone who must travel 40 minutes or more to the designated **Meet Place**. Be sure to check your email before you leave home. If in doubt, please call the Hike Leader or Hiking Committee Chairman.

GUIDELINES

Carpooling: Drivers should try to drive with a full load of passengers. If you need a ride, look for a driver who does not have a full load. Ask the Hike Leader to assist you, if necessary. Some roads are unsuitable for 2WD passenger vehicles. If the route to a trailhead requires 4WD or high ground clearance, owners of such vehicles are encouraged to drive.

Sharing Transportation Costs: Consult the **Fuel\$** column next to **Road Dist.** on the **Hiking Schedule** for the appropriate amount to reimburse your driver. A 25% surcharge is applied wherever road conditions require 4WD vehicles. Due to fluctuating fuel prices, there may be periodic adjustments in cost announced at the **Meet Place** prior to departure.

Parking at the Trailhead: Park in a manner that will not block any public or private road. You may park 2-3 vehicles deep, if necessary, to conserve space. However, do not obstruct any vehicle that is not part of our group. Vehicles parked at popular trailheads have been burglarized. Leave no valuables in view in vehicles parked at meeting places and trailheads. Take your driver's license, some cash and a credit card with you, and be sure to lock your car.

Hike Preparation: Know how to get to the trailhead and the route of the hike. Maps of all hikes are available at a nominal cost. They also are published in PDF format on our website. These maps are not waterproof (a zip-loc bag can be used for this purpose). The Hike Leader will have a map and will be glad to review it with you. Familiarity with this information may save you and the rest of the group the hardship of you becoming lost.

Trail Etiquette: Permit faster hikers to pass you on the trail. Be considerate when you pass. Horses always have the right of way (stand to the side of and below the trail, if possible). Hikers have the right-of-way over mountain bikes and motor vehicles. Be courteous, and do not assume they will yield to you. Get off the trail, and allow them to pass safely. Obey all trail closures, and respect private property. Do not shortcut switchbacks; doing so can aggravate erosion.

Leave No Trace: Do not discard waste in the wild. Pack out all waste, including human waste. Solid human waste disposal kits are available for a nominal cost from most outdoor stores that sell backpacking gear.

Radio Etiquette: Hikers are encouraged to carry walkie-talkies. We use channel 6, code 6. This channel should be used for "official" communication only (e.g., directions and other advice from the Hike Leader, hiker health/injury status, etc.), NOT for casual social conversation. If you wish to engage in social conversation, please select another channel. Keep your necessary communications succinct, so others can respond. As long as you are talking, no one else can reply.

Types of Hikes: Most hikes fall into two broad categories: out-and-back hikes and one-way hikes (through, crossover, and loop hikes). Out-and-back hikes start and end at the same trailhead. The outbound leg is the same as the return leg. Through hikes have different starting and ending trailheads and involve a car shuttle; the entire group travels in the same direction. Crossover hikes involve two groups hiking in opposite directions from different trailheads, with a key exchange in the middle. Loop hikes start and end at the same trailhead, but the return route differs from the outbound leg. Hikers who choose not to complete a one-way hike may hike out and back, but will receive mileage credit for no more than the length of the one-way hike (see **Hiking Mileage Credit**). Some hikes may have dual **Depart times** to allow stronger hikers to cover a greater distance or complete a more difficult hike by departing earlier. Slower hikers also may choose to start with the earlier group. The noon turn-around policy also applies to these hikers (see **When to Turn Back**).

Hiking Mileage Credit: We compile every hiker's cumulative annual mileage. Mileage pins are awarded at the November dinner for these annual milestones: 100, 200, 300 and 400 miles. Pins also are awarded for cumulative mileage during one's 100 Club hiking "career" in 1000-mile increments. The following guidelines are applied in calculating your mileage:

1. Continuation of the hike for extra mileage credit is allowed if time permits and it is a natural extension of the hike (e.g., along the same trail, around a lake or to a point of interest off the main trail). However, turn-around by noon still applies.
2. Mileage is not credited for repeating any portion of a hike (e.g., making more than one lap around a lake), for miles traveled off the designated route while lost, for out-and-back mileage exceeding that of a designated one-way hike, or for any mileage you hike prior to or at a time other than the scheduled hike, unless the Hike Leader grants permission.
3. At the discretion of the Hike Leader, up to ½ mile each way may be credited for hiking on the access road to the designated parking area/trailhead, if there is insufficient space at the designated parking area or a driver has a reasonable objection to driving his/her vehicle on a rough road to the designated trailhead. Some hikes may have separate 2WD and 4WD trailheads. Ask the Hike Leader if your vehicle is suitable for anticipated road conditions.
4. During overnight trips, switching hike days or adding unscheduled hikes may be allowed, with prior approval of the Trip Leader and/or Hiking Chairman, but only during the scheduled dates of the trip. Hikes completed prior to or after a scheduled overnight trip (e.g., weekends before or after a scheduled M-F trip) will not receive mileage credit. For safety, there should be at least two, preferably three, people on any hike (see **Hiking Alone**).

More on Hike ratings: Some hikes may have multiple ratings, for example if the first few miles are easier (A or B), but the trail becomes more difficult (C+) beyond. These hikes might be rated (A/B, C/D, etc.). Short trail sections may be more difficult than the overall rating. Ratings within parentheses () signify trails for which the degree of difficulty is uncertain; these ratings are approximations.

Post-Hike Tailgate Gathering: Each hiker is expected to bring tailgate refreshments on an alphabetical rotation by last name (i.e., A-K, L-P, or R-Z for Monday hikes, A-Z for Wednesday hikes). Assignments are published in the monthly newsletter. If you are scheduled to furnish refreshments and fail to do so, you will not receive credit for the miles you hiked that day unless you purchase them at the rate of \$1.00 per mile to be donated to the Roaring Fork Outdoor Volunteers.