100 CLUB HIKING GROUP 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 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 rated **C** or **D** to be strenuous. Monday hikes typically are easier (**A** or **B**), and Wednesday hikes are more difficult (**C**, **D** or **E**), but Wednesday outings 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: We no longer offer paper maps for purchase. However, digital (PDF) maps are available for purchase on flash drives at any time (free if you provide the flash drive). Maps also are posted in PDF format on our website each month.

Hike Leaders and Recorders: There will be a Hike Leader and a Recorder (to register hikers and record their mileage). Know who these people are, follow their instructions, 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, you must receive permission from the leader prior to the hike; otherwise, you will not receive 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 intervals based on GPS measurements. The Hike Leader will designate a "sweep" on the return hike to remove any markers placed.

Hiking Risks: Hiking involves some risk. If you are injured or experiencing a medical emergency during a club hike, notify the Hike Leader as soon as possible. We will try to help you. However, hikers accept full responsibility for their own safety. New hikers must complete and sign a 100 Club release of liability prior to their first outing.

Hike Within Your Limits: Everyone should know their 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, at least one, preferably two, other person(s) must accompany you.

Hiking Alone: For your safety, every hiker must have at least one (preferably two or more) companion(s). 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, elk, bear, lions, etc.), though rare, are less likely when hikers travel in larger groups. Never approach a large animal; they can be dangerous. See **Hiking Mileage Credit**.

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., if deteriorating weather requires an earlier turn-around or deviation from the planned route).

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

1. Clothing: visor cap, protective shirt and pants, hiking boots, extra socks, fleece, rain jacket/pants, gloves, knit hat.

2. Gear: (1) backpack or fanny pack, (2) water bottle(s) or bladder, (3) pocket knife or combination tool, (4) sunglasses, (5) two-way radio, (6) map/compass, (7) loud whistle, (8) space blanket/bivvy sack, (9) non-breakable mirror, (10) bright cloth/towel, (11) flashlight/headlamp, (12) waterproof matches/lighter/fire starter. Optional: trekking poles, GPS/PLB.

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). You should carry more food than you expect to need for a typical day hike.

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 difficulty. 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/trail conditions. If a hike is 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$** column next to **Driving Distance.** on the **Hiking Schedule** for the appropriate amount to reimburse your driver. A 25% surcharge is applied wherever road conditions require 4WD vehicles. Due to fluctuating fuel prices, periodic adjustments in **Fuel$** may be 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 published in PDF format on our website. You should print them and carry them with you on hikes. 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 prior to the hike. 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. However, 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, where required. 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. Annual mileage pins are awarded to hikers in 100-mile increments at the Annual Hikers' Banquet. Pins also are awarded in 1000-mile increments for hikers' cumulative mileage during their 100 Club hiking "career". The following guidelines are applied in calculating your mileage:

1. Extension of a hike for mileage credit is allowed with the leader's permission if it is a logical continuation of the hike (e.g., on the same trail, around a lake or to a point of interest off the main trail).

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, for out-and-back mileage exceeding that of a designated through/loop hike, or for any mileage you hike prior to or at a time other than the scheduled hike, except scouting mileage (see **Item 6** below) or with prior approval of the Hike Leader.

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 if a driver has a reasonable concern about 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, at least two, preferably three or more people should hike together. Solo hikers will receive no mileage credit for that hike.

5. Anyone who knowingly and willfully disregards the instructions of the hike leader will forfeit that day's mileage.

6. Hike leaders, as well as their hike companion, may receive mileage credit for scouting the trail in advance, in addition to mileage credited the day of the hike. However, companion hikers will receive credit for no more than three scouting trips during the year, and hike leaders will receive mileage credit only if they subsequently lead the hike, unless the hike is canceled for reason(s) beyond the leader's control (e.g., weather).

Post-Hike Tailgate Gathering: At the end of the hike, we generally socialize at the trailhead or other designated location. Sharing of food and drink is permissible, but not required. Also, mask wearing is neither required nor precluded. However, if you are sick, we encourage you to stay home for both your benefit and for the benefit of those around you.