

Orientation to Saddlebrooke Hiking Club

(Desert Hiking)

Frank Brier, Walt Shields, Roy Carter, & Jan Wilson

This could happen to you!



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Let's go

- Questions – anytime, but also Q&A session at end
- Caveats:
 - Not professional guides
 - Not professional trainers
 - Low tolerance to hecklers
- Who are you?
 - Name
 - Moved to Saddlebrooke from?
 - When?

In a Nutshell

- Join Club - \$5.00 annual fee
- General Process:
 - Choose hikes from newsletter (more later)
 - Call guide to sign up for hikes
 - Arrive at MV club house parking lot (10 minutes before leave time)
 - Sign-in before departing parking lot (responsibility waiver)
 - Pay donation to driver at end of hike back in parking lot

Getting Started

- Start with fitness walks, D & C hikes
- Choosing hikes – terrain, questions for guide, guide’s questions
- Pace and hike rating system; including use of “!” and “😊” to describe special conditions
- Try different guides
- Goal: matching hiking readiness with appropriate hike and pace
- Snakes and animals

Special Trail Conditions & Hike Difficulty

- Conditions that warrant an “!”
 - Steep and/or sustained climbing
 - Loose Rock
 - Stream crossings/wading
 - Boulder hopping or rock scrambling
 - Exposure to heights/sheer drop-offs
- Conditions that warrant a “😊”
 - Little or no sustained climbing
 - Flat or paved trail

Fitness Walks 1

- **Five Days A Week** (Mon. thru Fri.)
 - Various leaders
 - About one hour, 3 to 4 miles, fast pace
 - No advanced signup required
 - Start at **7:00 a.m. (winter)**; see Newsletter for times
 - Start from the parking lot just west of the SB HOA # 1 Fitness Center
 - 1st Weds. of each month is an Extended Walk at fast pace, 3 to 4 hours

Fitness Walks 2

- **Tuesday/Thursday Walking Group**
 - Led by Judy Barenkopf
 - See Newsletter for start times
 - On Tuesday from the MountainView parking lot
 - On Thursday from the SB HOA # 1 Tennis Court parking lot
 - An hour duration and 3 to 4 miles
 - Call Judy at 825-7077 or e-mail at: mbarenkopf@msn.com

Adjustment to Desert Hiking

- Different climate – dry (except for monsoons)
- Elevation – more of it
- Terrain – thorny and rocky
- Hydration – critically important

Hiking Club Newsletter (every 2 months)



SADDLEBROOKE HIKING CLUB NEWSLETTER

<http://www.saddlebrooke.org>

NOVEMBER/DECEMBER

2009-6

Special Presentation

Hiking Club member Larry Linderman has wanted to see the Himalaya Range of mountains ever since he read about Edmund Hillary's successful summiting of Mt. Everest in 1954. No, Larry didn't follow Sir Edmund to the top of the world but he did get to Nepal with seven of his friends and trekked in the shadows of Mt. Everest and Annapurna last year. Most of the treks were on the approaches used by all of the great climbers and knowing that he walked the same trails and stayed in the same lodges as they did was a thrill in itself.

Larry spent three weeks trekking at high altitude and visiting ancient cities like Kathmandu, Pokara and Namche Bazaar. He also visited famous Hindu and Buddhist temples. When I

Membership Roster of SaddleBrooke Hiking Club

The Membership Roster of the SaddleBrooke Hiking Club listed 421 members at the beginning of October. Did you ever wonder who keeps track of all the club members? This volunteer job has quietly been done by Bob Perez for the past 6 years. When a SaddleBrooke resident joins the club or renews membership Bob makes sure the club has a signed Release of Liability filed and records the member's information into a database. The updated email database is sent monthly to Carole Rossof who sends out the SBHC newsletter and other announcements by email. The updated membership and phone list is sent monthly to hiking club

Newsletter Contents

- Volunteer recognition
- Special programs
- Tips and advice
- Hike ratings, pace, distance & elevation criteria
- Table of hikes offered for upcoming two months
- Hike descriptions

* Available at Desert View & SaddleBrooke Fitness Ctrs.

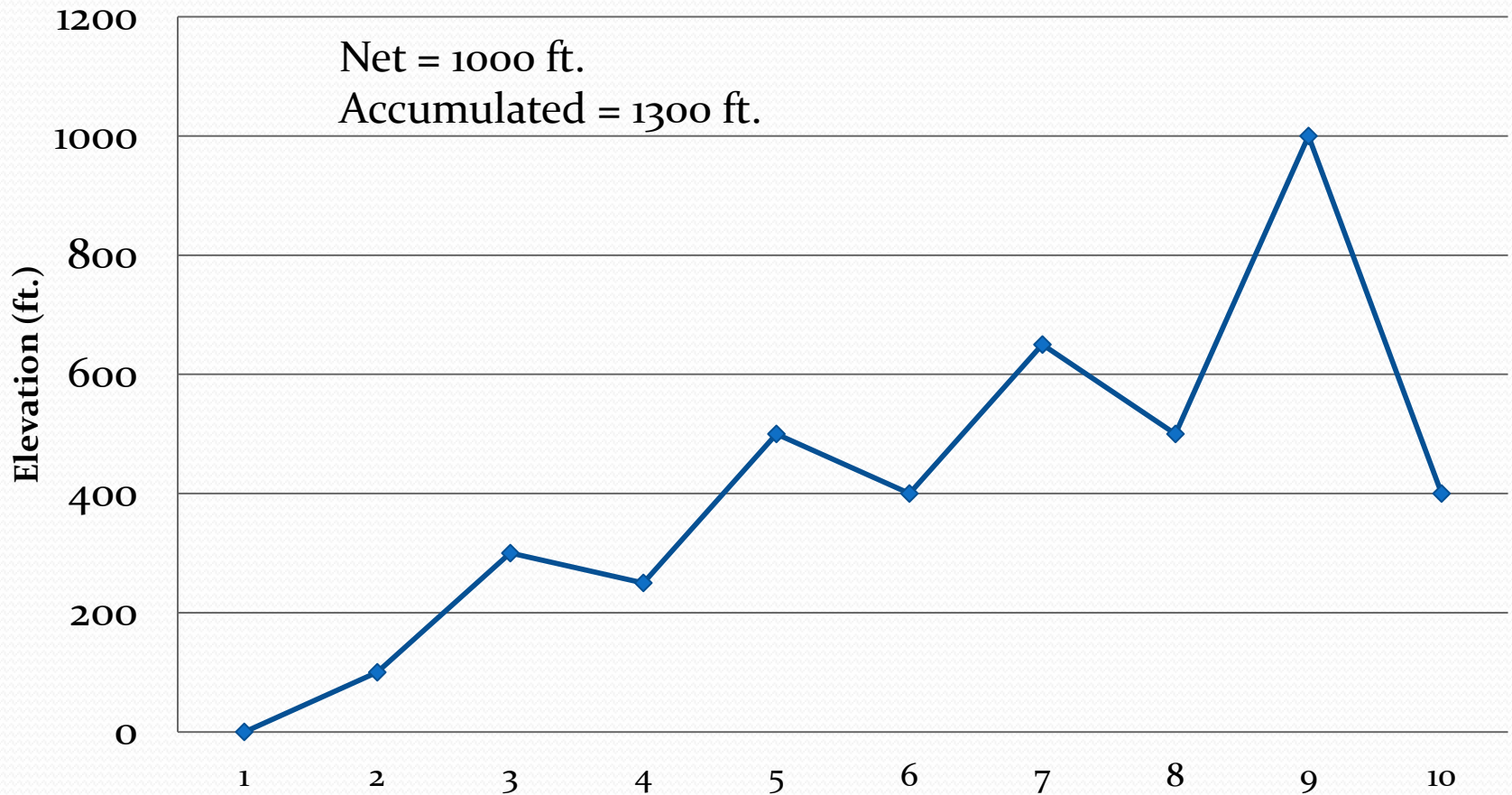
Hikes Offered Table

- Name of hike
- Rating
- Pace
- Leave time
- Leader
- Phone number
- Driver donation

Hike Descriptions

- Why you would enjoy the hike, what you would see on the hike
- Describe trailhead, route of hike, type of hike
- Difficulty rating
- Precautions & special conditions
- Hike data (distance, net elevation, accumulated elevation gain)

Elevation: net vs. accumulated



Preparation for Hiking - Clothing

- Clothing
 - Pants
 - Shirts
 - Jackets
 - Wide brim hat
 - Gloves
 - Bandana
- Layering

Preparation for Hiking - Equipment

- **Packs**

- Back pack
- Fanny pack

- **Water**

- Hydration pack
- Water bottles
- Water bottle with hydration tube

In your pack?

- **FOOD**

- Hand sanitizer
- Energy snacks with salt (nuts, gorp, energy bars)
- Lunch (typically sandwiches)
- Hint: for warm weather hiking try freezing a sport drink and place it in with the sandwich to enjoy a cold drink and a fresh sandwich at the lunch stop

- **ELECTROLYTE REPLACEMENT**

- Liquids: Gatorade, G2 water
- Powders: Gatorade powder pack

Food



In your pack?

- Sunscreen and lip balm
- Gloves(optional)
- Toilet paper
 - Carry in a large sealable baggie along with hand sanitizer
 - Pack out used TP in the baggie

In your pack?

- **First aid kit**
 - Mole skin
 - Assorted band aids including butterfly bandaids
 - Antibacterial ointment
 - Duct tape
 - Small knife
 - Tweezers
 - Comb
 - Ibuprofen or Alleve
 - Antihistamine (benadryl)
 - Aspirin 320 mg tablet

In your pack?

- **Other**

- Identification: name with emergency contact
- List of medications and allergies
- Cell phone
- Cash to cover driver donation



- **Optional**

- Disposable rain poncho
- Inflatable seat cushion
- GPS
- Headlamp

Boots & Poles



On a Hike

- Drink water before and during a hike
- Snack to keep up energy
- Let guide or sweep know if you need a bathroom break or are having a problem
- Guides don't provide medical care, but will adjust hike and give suggestions for staying hydrated and nourished

Internet Resources

- Trails:
 - www.localhikes.com – (easy to use, 80 Tucson hikes)
 - www.hikearizona.com – (harder to navigate , but loaded)
 - www.googleearth.com - (fantastic aerial photography)
 - www.marana.com -(good source for Tortolitas)
- Mapping Software:
 - National Geographic TOPO! (accurate 1:24,000 USGS maps, great for displaying GPS data)
 - GPS based (Garmin, Delorme, Magellan)

Weather Information

- www.wunderground.com - (great information & animated local & regional radar images, real time weather data from a station located in SB)
- www.weather.com - Weather Channel, good predictions by hour up to 10 days)
- www.weather.gov - (NOAA's Nat. Weather Service, great data, a little tedious to navigate)

SBHC Web Site

- Use Resident Login (HOA # 1 and HOA# 2 slightly different, but get to the same place)
- Under ***Clubs and Activities***, choose ***Clubs***, then ***Hiking***
- Mission Statement and Bylaws
- Hike Database
- Copies of current and most recent newsletters
- Info. about upcoming special programs
- “Happy Trails “ archive

Highlights of Special Programs/Activities in 2010

- Walking Tour of Historic Florence – January
- Understanding Habitat in the Sonoran SW - February
- Emergency Preparedness & Map Reading – March
- Spring/Fall Hiking Club picnics – March/October
- Guided Tour of Upper Cliff Dwellings, Tonto NM – March
- Desert Southwest Wildflowers - April
- Grand Canyon NP Club Trip – May
- Week of AZT hiking on Mogollon Rim – June
- Crestate (Crested) Saguaro Cacti of AZ – October
- Maps and GPS Fundamentals Seminar – November
- Wild Cats of the Sky Islands- November
- Peruvian Adventures, Machu Picchu – December
- Guided hike in Baboquivari Mtns – December

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Questions & Summary

- Joining the club, hiking club socials, trail work days, picnics
- Have fun exploring and enjoying the outdoors with our volunteer guides

- 
- Extra slides from here on, use if desired and enough time.

Weather Information

(www.wunderground.com)

Welcome to Weather Underground : Weather Underground

Page 1 of 2

US

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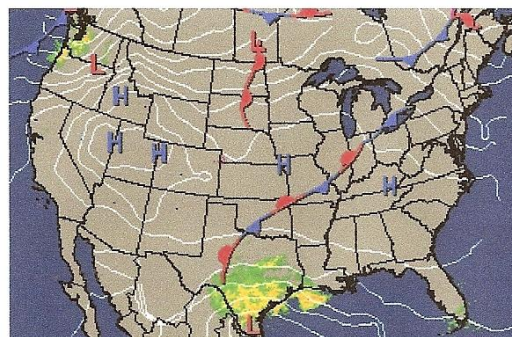
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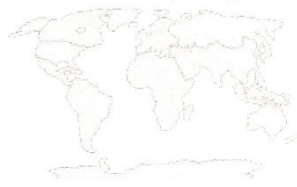
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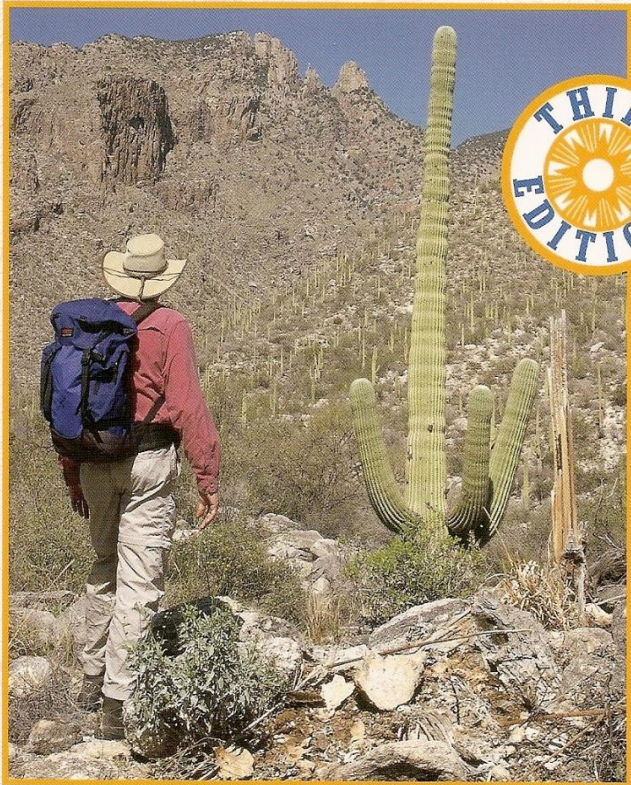
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\$ 895

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SANTA CATALINA MOUNTAINS

MAP 2886S: HIKING/MTN BIKING/EQUESTRIAN TRAILS



Mountain View Golf Club

- 
- If time, talk about ratings criteria, and get the group to rate hikes to drive home the point about ratings and special conditions

Hike Ratings

Rating	Distance (mi)	Accumulated Gain (ft)
A	>14	>3000
B	8 to 14	1500 to 3000
C	4 to 8	500 to 1500
D	<4	<500

Pace

Pace	Average Speed (mph)
Leisurely	<1.5
Slow	1.5 to 2.0
Moderate	2.0 to 2.5
Fast	>2.5

Rate That Hike!

- **Alamo Canyon. Rating ?** The hike begins at the Romero Ruins Trailhead in Catalina State Park. Other than one short area by the wash, the elevation change is gradual. This is a lovely hike up to Alamo Canyon Falls and return. Water may be present in the canyon after rainy periods, but there are no water crossings. Hikers will stop by the Romero Ruins and take the informative loop trail from there. Hike 3.4 miles; trailhead elevation 2700 feet; net elevation change ___ feet; accumulated gain 423 feet; RTD 24 miles.

Rate That Hike!

- **Samaniego Peak. Rating ?** The hike starts along the Baby Jesus Trail. The trail follows cairns along a dry creek bed and through an ocotillo grove, past an ancient Cholla tree, up slick rock and continues up an “arm” that stretches down from Samaniego Peak. The final 1.5 miles follow cairns through pinion and ponderosa pines, and involves a long, steep and slippery climb on loose rock and sandy soil. This is a very difficult, all day hike intended for the very fit hiker. Hike 10 miles: trailhead elevation 3200 feet; net elevation change 4635 feet; accumulated gain 5006 feet; RTD 12 miles (dirt).

Rate That Hike!

- **American Flag. Rating ?** The hike begins at the American Flag Trailhead on the old Mt. Lemmon Road and covers a section of the Arizona Trail. Hikers take the American Flag/Cody Trail to its intersection with the Oracle Ridge Trail, where there are great views to the west of Biosphere II and the Tortolitas. On the return, we may swing by the grounds of La Casa del High Jinks, the site where Bill Cody staked his gold mine in 1912. Hike 7.4 miles; trailhead elevation 4400 feet; net elevation change 950 feet; accumulated gain 1200 feet; RTD 41 miles.

Rate That Hike!

- **Pusch Ridge to 1st Overlook. Rating ?** From the trailhead at the east end of Linda Vista Blvd, the trail proceeds part way up Pusch Ridge to a great overlook. The first mile of the trail climbs gradually along a wash. The final 0.5 miles is difficult with stretches of slippery footing, rock scrambling, and exposed, narrow, steep paths. Gloves are recommended. The trail passes four man-made dams. The overlook provides excellent views north and west. Hike 3 miles; trailhead elevation 2650 feet; net elevation change 1100 feet; accumulated gain 1100 feet; RTD 28 miles.

Awards Program

- From Trail Sign-in Sheets, record hikes and fitness walks taken by each member
- Statistics kept on the number of hikes taken and other pertinent data
- Used to plan hikes offered and compare with previous years
- Congratulations letter is sent at 10 and 25 hikes
- Rocker, for placement around the SBHC patch, is sent at 50, 100, 250, 500, and 1000 hikes
- Names of members earning rockers acknowledged in the newsletter

Pace and Enjoyment of Hikes¹

By Roy Carter

Pace is the average speed walked over the course of a hike. It is determined by the length of stride, steepness and condition of the trail, hiker physical condition, and some other factors. I think club members would agree that a hike is most enjoyable when all hikers proceed along at relatively the same speed and need about the same number of rest stops. A hiker who struggles to keep up with the group becomes frustrated and may overreach their level of conditioning. On the other hand, a hiker that wants to go faster than the pace set by the guide may get upset, concerned that they aren't getting enough of a workout, will be late in returning, etc.

Recognizing this, the club has set guidelines for pace, which are presented elsewhere in this newsletter, to help club members in deciding which hikes they would like to attempt. The problem is that hiking is not an exact science. Although our guides try to follow the guidelines, one guide's normal (or what they think is normal) pace may markedly differ from another guide's perception of normal pace. Also, one guide may routinely hike at the low end of a range, whereas another may hike at the upper end. Hikers should determine which guides set a pace that is comfortable for them. Club members, if they don't already know from the grapevine or by personal experience, should ask the guide about expected pace when signing up for a hike. A good rule of thumb is to try every guide once to see how well his or her pace fits your preferences.

Luckily, we have an excellent cadre of guides who cover a wide range of paces. Get out there and try them. The club encourages you to advance your hiking skills by trying harder hikes, but, for your pleasure and safety as well as the comfort of the rest of the hikers in your group, please check with the hiking guide before signing up for hikes that are beyond your current level of conditioning. Similarly, check before signing up for a hike that will be too slow for you to enjoy. Be aware that guides (especially one that you have not hiked with before) may ask a few questions when you call to sign up to determine whether the hike is suitable and safe for you. Please don't take offense if this occurs; they are merely looking out for your safety and are trying to ensure a relatively homogeneous group.

We also appreciate that hikers, like hiking guides, can have varying goals. Some desire a strong aerobic workout, whereas others may enjoy an opportunity to "smell the flowers." Most hikes contain a mix of these extremes, and our guides try to strike a balance between them. So, a bit of tolerance and understanding is required by all. For example, those seeking to maximize their aerobic workout must understand that some hikers need to catch their breath every so often, and those who enjoy stopping to take photos need to limit the amount of time they hold the group up while they pursue their hobby. These precautions will help keep frustration to a minimum and heighten enjoyment of the hike experience for all members on the hike.

Handout

- **PACK ESSENTIALS**

- Water appropriate to length of hike
- Energy bars
- Salty snacks ; nuts, gorp
- Lunch, typically a sandwich (hint: in warm weather freeze a small G2 water and place in with sandwich to enjoy a cold drink and fresh sandwich at the lunch stop)
- Hand sanitizer
- Electrolyte replacement in hot weather: Gatorade, G2 water or Gatorade powder pack
- ID with emergency contact / list of allergies and medications
- Sunscreen
- Lip balm
- Disposable rain poncho
- Cell phone
- Cash for driver donation

- **First Aid Kit**

- Mole skin
- Assorted bandaids
- Antibacterial ointment
- Duct tape
- Tweezers
- Pocket comb
- Ibuprofen or Alleve
- Antihistamine (Benadryl)
- Aspirin 320 mg

- **OPTIONAL ITEMS**

- Toilet Paper (carry in a large sealable plastic baggie along with hand sanitizer. Used TP is packed out in the baggie)
- Seat cushion
- Headlamp
- GPS
- Gloves