



# SADDLEBROOKE

## HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

May/June 2003

2002-3

### WHAT TO DO IF SOMEONE ON THE HIKE EXPERIENCES A RATTLESNAKE BITE

By John Robertshaw

Being new to Arizona, I have worried about what I should do if someone on one of my hikes experiences a rattlesnake bite. I consulted three sources on the matter and this is what I found out from the Arizona Poison Control Center, the Internet and Betty Leavengood's book, *Tucson Hiking Guide*.

The Arizona Poison Control Center said to stay calm and return to your car for transportation to a medical facility as soon as possible. Rattlesnake bites are very rare. Do not apply a tourniquet. Do not apply ice. Do not cut the snakebite because this tends to cause more damage to the wound and spread the venom. Do not suck the venom out. Take rings, watches or other restrictions off because of potential swelling. If you have a snake bite kit, apply the suction device but it has to be almost immediate to be very effective. If there is a severe reaction, perhaps have one member of the group go for help, depending how far you are in the backcountry and the severity of the reaction. Have the victim sit calmly for 20-30 minutes to let the venom localize at the site. It can take several hours to reach a severe state. Many cases coming in for medical attention are 8-10 hours after the snakebite. Most snakebites are "illegitimate" - that is, while someone is playing with a snake.

The Internet source [eNature.com](http://eNature.com) said that venomous snakebites are rare and they are rarely fatal to humans. Of the 8,000 snakebite victims in the United States each year, only about 10-15 people die. However, for any snakebite, the best course of action is to get medical care as soon as possible. Try to keep the snakebite victim still, as movement helps the venom spread through the body. Keep the injured body part motionless and just below the heart level. Keep the victim warm, calm, at rest and transport immediately to medical care. Do not allow the victim to eat or drink anything. If medical care is more than half an hour away, wrap a bandage a few inches above the bite,

keeping it loose enough to enable blood flow (you should be able to fit a finger beneath it). Do not cut off blood flow with a tight tourniquet. Leave the bandage in place until reaching medical care. If you have a snakebite kit, wash the bite and place the kit's suction device over the bite. Do not suck the poison out with your mouth. Do not remove the suction device until you reach the medical facility. Try to identify the snake so the proper antivenin can be administered but do not waste time or endanger yourself trying to capture or kill the snake. If you are alone or on foot, start walking slowly toward help, exerting the injured area as little as possible. If you run or if the bite has delivered a large amount of venom, you may collapse, but a snake bite seldom results in death.

Rattlesnakes typically strike a distance of 1/3 to 1/2 of their overall length. If a snake is two feet long, it could only strike one foot. If a snake is four feet long, it could only strike two feet. Rattlesnakes would rather avoid humans almost as much as we would rather avoid them. Snakebites typically happen when the snake is surprised, so keep alert and avoid surprises. Don't walk or put your hands where you cannot see.

Betty Leavengood's book, *Tucson Hiking Guide*, has a thorough discussion on "Venomous Creatures" as follows: "Arizona reportedly has more rattlesnakes than any other state. Regardless of who's counting, Arizona rattlers have the best press agent! Rarely is there a Western made without a coiled rattler in the center of the trail. The horse rears, our hero pulls his gun and shoots the snake between the eyes, thus averting certain disaster. In reality, rattlers present little threat to riders or hikers."

"True, rattlers thrive in the canyons and mountains around Tucson. Of the eleven species of rattlers, the western diamondback is the most common, and the one you are most likely to see while hiking. The western diamondback is brownish-gray with diamond shaped markings. It has a broad triangular head, and at the end of its tail is a "rattle"—a series of

connected bony segments, which, when vibrated, make a sound similar to a baby's rattle."

Nancy Mellor, Registered Pharmacist and Poison Information Specialist for the Arizona Poison Control Center, reports that the Poison Control Center receives an average of two hundred calls a year regarding rattlesnake bites in Arizona. The majority of bites, according to Mellor, are "illegitimate"—that is, incurred while someone is playing with the snake. Many of the bites happen when people are drinking, leading the staff of the Poison Control Center to say, "snakes are attracted to alcohol!" "Legitimate" bites, those suffered accidentally, are rare, although their number has increased in recent years.

While hiking, observe a few simple precautions. Since most bites happen to the extremities, do not put your hands or feet under a rock or log or anyplace else where a snake might be sleeping. Never sit down without looking. Wear sturdy hiking boots that cannot be penetrated by long fangs and long pants that will hinder the effect of a bite. If you see a snake, assume that it is poisonous and give it a wide berth. If you hear a rattle, stop immediately, determine the location of the snake and get away from it. If you or someone in your hiking party should be bitten, the single most important thing you can do, according to Mellor, is to remain calm and seek medical care. She adds, "Your best defense is your car keys."

Some specialists are beginning to cautiously recommend use of *Sawyer's First Aid Kit—The Extractor*, an inexpensive device that uses a vacuum suction to extract venom. Mellor advises that the kit must be used *immediately* after the bite occurs and that the cup that catches the blood must be continuously emptied. She added that the Poison Control Center is not yet officially recommending the use of the kit until more studies have been conducted. The center does recommend applying a wide constricting band between the bite and the heart, making sure that the band is loose enough so that a finger can be inserted between it and the limb. Complications can occur with an improperly applied band. Also, if possible, immobilize the limb with a splint or a sling.

Until recently, experts recommended cutting across the bite and sucking the venom out. Mellor advises NEVER to cut a snake bite. More damage can be caused by the cut than by the actual bite. Other don'ts include: don't apply ice to the bite area; don't give the victim alcohol; and don't waste time catching the snake, because today's antivenins are effective against the bites of all pit vipers, regardless of their kind."

In conclusion, I am now more comfortable that trouble from a rattlesnake bite on the trail is less of a problem than I thought. Rattlesnakes cannot strike from very far anyway and a rattlesnake bite seldom results in death. If a rattlesnake bites someone on the hike, we will stay calm, apply a "loose" constricting band and transport the victim to a medical facility as quickly as possible.

Have some fun - take a hike.

## OTHER VENOMOUS CREATURES

Contributed by John Robertshaw

(From *Tucson Hiking Guide* by Betty Leavengood)

### SCORPIONS

Scorpions also unnecessarily strike fear into the hearts of hikers. Of the thirty species of scorpions in Arizona, only one, the bark scorpion, is poisonous. Although chances of a fatality from a scorpion bite are remote (no deaths have occurred in Arizona in thirty years), caution should nevertheless be observed. Scorpions spend the daylight hours under cover and only emerge at night, and then, only when the nighttime lows exceed 77 degrees Fahrenheit. The bark scorpion never burrows and is commonly found in riparian areas, such as in desert canyons and in groves of mesquite, cottonwood and Arizona sycamore. The bark scorpion is most likely to bite when disturbed by a hiker leaning on a tree or moving a log. Although the bark scorpion can be distinguished from other species, any scorpion bite should be taken seriously. If possible, capture the scorpion so it can be determined if it is a bark scorpion.

The best first-aid treatment for a scorpion bite is to get to a medical facility as soon as possible. If you cannot reach medical assistance within thirty minutes, apply a loose constricting band between the sting and the heart.

### GILA MONSTERS

The Gila monster also has a good press agent. The Gila monster is a brilliantly colored black and yellow or black and pink creature, so rare that it is protected by Arizona state law. Legend has it that once a Gila monster bites, it will not release its victim until thunder is heard. Although Gila monsters are the only lizard in the United States whose bite is poisonous, danger to hikers from Gila monsters is negligible. They are rarely seen in the wild. If one is seen at all, it will most likely be at dusk or after a summer rain in a canyon bottom, where the lizard has access to moist soil. To get bitten by a Gila monster while hiking, you would practically have to fall near one and surprise it. The overwhelming majority of bites have occurred to people handling captive Gila monsters.

Should you or a member of your party get bitten by a Gila monster, you don't have to wait until it thunders. A Gila monster will, however, hold on for at least fifteen minutes, during which time venom is pouring into the wound. The first thing to do is to get the Gila monster to release its grasp so as to limit the amount of venom that is injected into the body. A strong stick between the jaws usually works. If the stick is ineffective, the Gila monster may be encouraged to release its grip if you place an open flame under its jaw. Immersing the wounded extremity and the Gila monster under water might also work. If neither a stick, flame or water is available, grab the Gila monster by the tail and jerk. This will cause more damage to the wound, but anything is better than letting the Gila monster retain its grip.

First aid for a Gila monster bite involves letting the wound bleed freely for several minutes while you flush it with water. Apply a loose constricting band between the wound and the heart. Immobilize the limb and seek medical help as soon as possible. Further information and advice is available twenty-four hours a day from the Arizona Poison Control Center. In Tucson call 626-6016. Outside Tucson, call 1-800-362-0101.

## TRAIL MANAGEMENT AND CONSTRUCTION TRAINING WITH THE ARIZONA TRAIL ASSOCIATION

submitted by John Rendall

Our hiking Club is now Steward for two segments of the AZ. TRAIL. Over the years we have used various sections of the trail for our hikes and, more recently, Bill Leichtenheimer has scheduled a series of hikes for the southern sections. This is a beautiful 790 mile trail which spans from the boarder of Mexico to the Arizona/Utah state line. The entire trail has been built by volunteers over the past 13 years with still a few sections remaining to be completed. We now have an opportunity to lend a hand in assisting with the project, and it is not necessary to be a member of the ATA, although it is a great club with very talented folks and a nice mix of young adults to somewhat 'older than young' as members. We are scheduled for this two day TRAIL MGMT. and CONSTRUCTION TRAINING SESSION in Sierra Vista on May 4<sup>th</sup> - 5<sup>th</sup> (Sat -Sun). The training will be conducted by real professionals and will incorporate a new methodology described as "CONTOURING DESIGN". This new method does *not* use traditional water bars and will require the use of a CLINOMETER for construction. SOUND INTERESTING ??? Call JOHN RENDALL at 825-9395 for an application.

### HELP WANTED

We are still looking for volunteers to fill two key positions in the Hiking Club. -Newsletter Co-Editor and Social Committee Chairperson. The Newsletter Co-Editor gathers information on the hikes and includes that and the hike descriptions in the Newsletter. Also, he maintains the list of member E-mail addresses, E-mails the newsletter to all members as well as sending updates and notices to the members by E-mail. He also prepares the newsletter for entry into the web-site and prepares a text version. The Social Committee Chairperson is in charge of arranging the two semi-annual picnics and the quarterly Happy Hours. If you are interested in either of these positions or need more information, contact Jon Chase at 818-1115.

### THANK YOU THANK YOU THANK YOU

For all the past committee chairpeople and all others who have so generously and graciously given their time and efforts to the SaddleBrooke Hiking Club last year: thanks to Tom and Bette Hollman for their work as Social Committee chairpersons, to Barb Leichtenheimer for her help as Promotions chairperson, to Walt Faleschini for his dedication as Chief Hiking Guide, to Jim Conklin and Andrea Gray for their efforts on the Hiking Club Newsletter, to John Rendall for his work as Vice President, to Bob White for his expertise as Treasurer, to Jan and Dean Wilson for help as Record Keepers and Awards chairpersons and to Linda Bechky and Norm Kyle for printing and distributing the Newsletters.

Thanks again for all your help. It is really appreciated.

Jon Chase, President

*These stats are courtesy of Dean Wilson our Awards Chairperson:*

As of March 16, 2002,  
Number of hikers who have ever hiked with the Club = 475  
Number of Hikes completed since 9/99 Club inception = 746  
Since Oct 1, 2001, number of hikes = 215  
Of the 215 hikes, "A" = 11, "B" = 33, "C" = 64, "D"=107  
The 215 hikes had a total participation of 1,491 people.  
Since Club inception,  
117 people have completed 10 or more hikes (60 female, 57 male).  
39 have completed 25 or more hikes (24F, 15M)  
19 have completed 50 or more hikes (11F, 8M).  
9 have completed 100 or more hikes (4F, 5M)  
20 Guides have led hikes since 10/1/01.

Note: The Fitness Walks count as "D" level hikes.

### HIKING GUIDES NEEDED

Our Hiking Club is always looking for new Hiking Guides. If you have gained experience hiking with us or elsewhere and have some favorite hikes you would feel comfortable leading, then please contact John Rendall at 825-9395 or by e-mail at [Tucsonrendall@aol.com](mailto:Tucsonrendall@aol.com)

### HIKING GUIDES MEETING/BOARD MEETING

The next Hiking Guides Meeting to schedule July/August hikes will be on Wednesday, June 5<sup>th</sup> at 4:00 PM in the Javelina Room, SaddleBrooke clubhouse. If you can think of a walk or a hike you wish to offer other club members, please come to the meeting. Even if you have no idea of what you would like to do, come anyway just to see how the hikes are scheduled. All club members are encouraged to lead walks or hikes and are welcome to come to the meeting.

The SaddleBrooke Hiking Club schedules Board of Director's

meetings on a regular basis. These are open to the membership of the club, and all members are encouraged to attend. The next meeting will be on Wednesday, June 5, 2002 at 3:00pm, preceding the Hiking guides meeting in the Javelina Room at SBCC.

Minutes of all Board meetings are available from the club Secretary, Bob Perez. You can call him at 818-2111, or email Bob at [azsun65@mindspring.com](mailto:azsun65@mindspring.com)

## SADDLEBROOKE HIKING CLUB OFFICERS

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***Check out our Newcomer's Orientation Guide on the web ([www.saddlebrooke.org](http://www.saddlebrooke.org)) under hiking club.***

## GENERAL HIKING INFORMATION

Call the guide to make a reservation. Assume that the hike will proceed as scheduled unless the guide calls you. Persons who have made a reservation and then find they cannot go on the hike, must call the guide to cancel their reservation at the earliest time. The time listed for the hike is the **departure time**. It is important to arrive 10 to 15 minutes before departure time. Always bring ample water (a minimum of 2 quarts is recommended), sunscreen, and appropriate footwear and headgear. Bring a snack or lunch as you see fit to sustain you. Always bring some sort of ID and medications you generally take.

All hikes leave from the left front parking lot in front of the Mountain View Clubhouse (just east of the tennis courts) unless otherwise noted. Voluntary driver donations, shown at the end of the hike descriptions, include \$1.00 for entry/parking fees where required. There may be additional fees for entry to areas such as National Parks; Monument; Wilderness Areas; Special Exhibits; some State Parks; and for overnight stays, etc. These fees will be outlined by the Hiking Guide. Hiking Guides may also wish to split costs between drivers for drop-offs and/or unequal passenger loads. Small bills are appreciated as the driver may not be able to provide change. Due to automobile

insurance coverage considerations, it is recommended that any payment to the driver be made upon return to Mountain View. Also, please let the guide know ahead of time if you intend to drive and whether or not you have applicable passes.

## GUEST POLICY

**Please note: A guest is a person who is not a SaddleBrooke resident, whether year-round or part-time. A SaddleBrooke resident must be a club member in order to join a hike.** On hikes with limited participants, members have priority over guests. Members must accompany their guest(s), and all guests will be required to sign a Release Form prior to hiking. If the guest is younger than 16 years old, the member must notify the hiking guide, who has sole discretion whether or not to allow minors on his/her hike. Guests under age 18 must have a Release Form signed by their parent or legal guardian to present to the guide prior to hiking.

## HIKE RATINGS AND PACE

- A Hikes > 14 miles or > 3000 foot climb
- B Hikes 8 to 14 miles or 1500 to 3000 foot climb
- C Hikes 4 to 8 miles or 500 to 1500 foot climb
- D Hikes < 4 miles and < 500 foot climb

Slow Pace – Less than 1.5 MPH with frequent stops

Moderate Pace – 1.5 to 2.5 MPS, fewer stops

Fast Pace – Greater than 2.5 MPH

Pace is also governed by trail conditions and the terrain to be covered. Ask your guide for clarification when you sign up.

NOTE: Sometimes a hike is harder or easier than its rating indicates. In an attempt to pinpoint accuracy, "minus" and "plus" signs have been added to some ratings. **Hikes are much more difficult than a walk around SaddleBrooke. Be sure to ask the guide for details when signing up for a hike. ALL hikes, except the Fitness Hikes and Exploring SaddleBrooke hikes, have some rocks, unsteady ground, etc. Be sure you can handle the hike and the pace of the hike before signing up.**

## SCHEDULED HIKES

NOTE: Hikes marked by a double asterisk \*\* are new additions to our club database. Hikes marked by a double plus ++ are Orientation Hikes. Orientation hikes (OH) are encouraged for all "beginner" hikers and are intended for sharing information and for personal assessment of current physical fitness. Another way to assess ones fitness is to take one or more of the regularly scheduled Fitness Hikes or Exploring SaddleBrooke hikes.

**Exploring SaddleBrooke.** Rating D. Start your day with a brisk walk in and around SaddleBrooke. These are twice weekly hikes along our local streets plus occasionally going into nearby areas of desert to explore new things. The walks provide an opportunity to see how others have landscaped their yards, see how new units are growing, and to meet and talk with others on the hike. The hikes are normally about 1 hour to 1½ hour long and will cover 3 to 4 miles. The elevation change is no

greater than that of any street in SaddleBrooke. Hikes are conducted every Tuesday and Thursday. On Tuesdays, meet at the Mountain View clubhouse parking lot and on Thursdays, meet at the basketball court near the SaddleBrooke clubhouse. The meeting time for May and June will be 7:00AM but that may change as the weather gets warmer. Bringing some drinking water is strongly advised; In May – Mary Richling, 825-5238; In June - Kay White, 818-9482.

**Fitness Walk.** Rating D. Maintain your fitness or get into better shape by joining us for a morning fitness walk. We'll begin and end with proper stretching techniques, learn power-walking techniques, and have some fun. Wear comfortable walking/athletic shoes. Remember the sunblock, a hat, & bring a quart of water. The sessions will last about one hour and are suitable for walkers of all ability levels. Walks conducted every Monday, Wednesday, and Friday in May & June. Meet at Mountain View clubhouse parking lot. Leave at 6:30AM; Bill Leightenheimer, 818-1953.

**May 1 – Wed. American Flag Trail.** Rating C. This hike begins on the old Mt. Lemmon Road and covers a section of the Arizona Trail. We take the American Flag Trail to Oracle Ridge where we have interesting views to the west. We then hike south to a saddle below Apache Peak where we will have lunch and then return. Hike 8 miles; altitude change 1200 feet; altitude at start 4400 feet; pace slow; leave at 7:30AM; driver donation \$3.00; Mary Croft, 825-3804.

**May 2 – Thu. Tortolita Mountains/Wild Burro Canyon.** Rating C. We will take the Rail-X Marble Mine road off Oracle Highway for 5 miles to the county line, then hike on a jeep road to the windmill and into Wild Burro Canyon. The jeep road will take us to a meadow and corral in the mountains. Weather and hikers' agreeing, we may go further along a wash to a canyon lookout. We may get lucky and see some wild horses. Hike 7 miles; climb 600 feet; pace slow to moderate; altitude at start about 3000 feet; leave at 7:00AM; This hike could be shortened to 4 miles if we have enough 4WD vehicles. Driver donation \$1.00; Jan & Dean Wilson, 818-0299

**May 3 – Fri. Thimble Peak.** Rating B. We start at Prison Camp Road (now Gordon Hirabayashi Recreation Site), 7 miles up the Catalina Highway and take the beautiful Sycamore Reservoir Trail down to the abandoned reservoir, connect to the Bear Canyon Trail on the way to Thimble Flat then follow a faint trail to the base of Thimble Peak. Bring gloves to do the fairly easy scramble to the top of the east summit. Enjoy outstanding views from this prominent landmark. We will return by the same route. Hike 11 miles; elevation change 1500 feet; starting elevation 4850 feet; leave at 7:00AM; driver donation \$4.00; Ron Noton, 825-7374.

**May 5 – Sun. Picacho Peak.** Rating B. From Barret Loop trailhead hike up to a saddle then down to Sunset Vista Trail then to the top of Picacho Peak using the permanently installed guide cables to get to the top. Bring cotton or leather gloves for holding on to cables. Return requires a climb down Sunset Vista Trail then up the Hunter Trail again to the saddle. This is a short, strenuous, 'acrophobic' hike & a favorite among hikers.

\$5.00 park entrance fee or a pass (car with up to 4 people); hike 4 miles; climb 2100 feet; elevation at start 1500 feet; limit 8 hikers; leave at 7:00AM; driver donation \$6.00; John Robertshaw, 818-6727.

**May 5 – Sun. Pusch Peak.** Rating A. The first mile of the trail is mostly level then a steep, difficult climb begins. In a few places you may want to use your hands to climb the trail. Bring gloves. Hiking stick desirable. One and one-half miles more and we reach the top. The views of Oro Valley and Tucson are fantastic. This is a very strenuous hike. Hike 5 miles; elevation change 2700 feet; altitude at start 2650 feet; leave at 7:00AM; driver donation \$1.00; Jim Strickler, 825-8735.

**\*\* May 6 – Mon. Esperero Trail to Bridal Veil Falls.** Rating B. We begin on the asphalt road at Sabino Canyon, cross the Cactus Picnic area and a heavily used trail. We then cross Rattlesnake canyon and gain elevation fairly quickly as we proceed to Bird Canyon and cross a section of private land. The trail is well maintained and there are some steep climbs interspersed with short switchbacks which take us to the ridge nicknamed "Cardiac Gap." The trail then drops to the north side heading towards Cathedral Peak, circles the basin which leads to Geronimo Meadow. The last half mile to the Falls is steep and overgrown, but is well worth it if there has been adequate rainfall. Distance 11 miles. Starting elevation 2850, change in elevation 2450. Leave at 6:30AM; driver donation \$3.00; Mary Croft, 825-3804.

**May 6 – Mon. Tohono Chul Park and Tea Room, "birders walk" and breakfast.** Rating D. Join a Tohono Chul docent for a guided bird observation walk in beautiful Tohono Chul Park. Pace slow. We can continue strolling through the park at our leisure and end with breakfast at the Tohono Chul Tea Room. Hike 1.5 miles; elevation change 50 feet; starting elevation 2700 feet; leave at 7:30AM; driver donation \$1.00 plus suggested park donation of \$2.00; bring binoculars; Mary Richling, 825-5238.

**May 6 – Mon. Josephine Saddle.** Rating B. We start in Madera Canyon (Santa Rita Mountains) and go up Old Baldy Trail to Josephine Saddle. Rest there and return on the Super Trail. This hike can be done in reverse going up the Super Trail and returning on the Old Baldy Trail. Hike, 6 miles; climb 1700 feet; starting altitude 5400 feet; leave at 7:00AM; driver donation \$6.00; Gary Gouvea, 825-3868.

**May 8 – Wed. Oracle State Park Trail Maintenance.** Rating C. General trail maintenance on fairly well established hiking trails. Light to moderate physical activity including brushing, sweeping of the trails, widening, hoeing, raking, trimming, pruning, and brush/debris removal. It also involves erosion control with digging, trenching, and water barrier construction. Tools utilized include: hoes, rakes, shovels, picks, shears, and pruners. Some lifting and bending. Gloves are required and long pants are recommended. Bring lunch and plenty of water. Leave at 7:00AM; driver donation \$1.00; Jon Chase, 818-1115.

**May 10 – Fri. Blackett's Ridge.** Rating B. A relatively short hike between Sabino and Bear Canyons with spectacular views of Tucson and the canyons. We follow the dirt road from Sabino

Canyon Visitors Center parking lot. The first part of the trail is somewhat steep, and then it changes to a gradual, persistent climb. The pace will be slow but steady. Hike 6 miles; climb 1700 feet; altitude at start 2700 feet; leave at 7:00AM; driver donation \$3.00; John Robertshaw, 818-6727.

**May 10 – Fri.** Marshall Gulch/Aspen Loop Trail w/Mt. Lemmon Cafe. Rating C. We will start at the Marshall Gulch Picnic Area and go up the Marshall Gulch Trail to the Saddle. Then left down the Aspen trail back to the Picnic Area. There is a large rock to sit on with a view ¼ mile after we start on the Aspen Trail. After we complete the hike we will stop for lunch at the Mt. Lemmon Cafe in Summerhaven. Good food and great pie. Bring lunch money. Hike 4 miles; elevation change 800 feet; start at 7440 feet; leave at 7:00AM; driver donation \$6.00; Jan & Dean Wilson, 818-0299

**May 11 – Sat.** Prison Camp to Sabino Canyon. Rating B-. This is a beautiful mostly downhill hike from the old prison camp off of the Catalina Highway to Sabino Canyon where we will catch the tram down to the Visitor's Center. Limited to 8 hikers. \$6.00 for the tram. Hike 7.6 miles; elevation change downhill 1763 feet; elevation at the top 4863 feet; leave at 5:30AM; driver donation \$4.00; Bill Leightenheimer, 818-1953.

**May 12 – Sun.** Cactus Forest Trails. Rating C. We will take an easy hike in the Cactus Forest of the Saguaro National Park East and identify 20 plants as we go. We will take the scenic 8 mile Cactus Forest Loop Drive and stop at the 1920's Freeman Homestead Ruins and the National Park Visitor Center. Pack a lunch. Hike 6 miles; climb 200 feet; easy pace; starting elevation 2750 feet; leave at 7:00AM; driver donation \$4.00; Susan Robertshaw, 818-6727.

**May 12 – Sun.** Josephine Saddle. Rating B. 7:30AM; same as May 6 except guide is Karen Gray, 818-0337.

**May 13 – Mon.** Peralta / Geronimo Cave Loop Trail. Rating B-. Peralta Trail to Fremont Saddle viewing Weaver's Needle in the Superstition Mountains. This may be the area's most beautiful canyon. Legend has it that a loner named Jacob Waltz (The Dutchman) found a fortune in gold somewhere within the Superstition Mountains. Dominating the legends and the landscape is Weaver's Needle. The canyon bottom is a jumble of huge, thought-provoking boulders that have tumbled from the cliffs above. It's a steep, rocky trail most of the way. We will make a loop back to the trailhead via the cave trail and explore Geronimo's cave. This part of the hike has spectacular views from cliffs but is not for the acrophobic person (some open-face rock and steep downhill descents). Limited to 14 hikers. Hike 5.1 miles; climb 1400 feet; altitude at the start 2500 feet; leave at 6:30AM; driver donation \$8.00; Gary Gouvea, 825-3868.

**May 14 – Tue.** Wilderness of Rocks. Rating B-. Starting at Marshall Gulch picnic area we climb 550 feet to Marshall Saddle. Then down the Wilderness of Rocks Trail to Lemmon Rocks Lookout Trail. From there we go a further ¾ of a mile to the Lemmon Creek area in the heart of the Wilderness of Rocks. Beautiful rock formation with great views in the heart of the Catalinas. We return by the same route. We climb 900 feet to the saddle and then down the gulch to the picnic area. Hike 7.5

miles; starting elevation 7440 feet; climb up 550 feet, down 900 feet and return (1450 feet total); leave at 7:30AM; driver donation \$6.00; Karen Gray, 818-0337.

**May 15 – Wed.** Madera Canyon Nature Trail. Rating C. This non-desert hike is in the Santa Rita Mountains. We start at 4500 foot elevation from the lower area and ascend 3.2 miles up the canyon to the 5400 foot Roundup Picnic Area. Along the way, we enjoy the shade of Apache pines, Douglas Firs, Emory Oaks, Mexican Blue Oaks, Willows, Cottonwoods, and Sycamores. Our return is by the same route. There are panoramic views from a ridge on a trail breakout. Hike 6.4 miles; climb 900 feet; starting elevation 4500 feet; leave at 7:00AM; driver donation \$6.00; Mary Richling, 825-5238.

**May 17 – Fri.** Mt. Lemmon/Meadow/Fire Lookout. Rating C-. We will drive to the very top of Mt. Lemmon and park by the astronomical observatories operated by the UA, also known as Radio Ridge. We then hike down the Meadow Trail, through Lemmon Park, to where it intersects the Mt. Lemmon Trail that will lead us back to Lemmon Rock fire lookout cabin, which offers spectacular views. We will then hike back to the top of Mt. Lemmon. Altitude at start 9157 feet; elevation change 500 feet; hike 3 miles; leave at 8:00AM. Bring hiking stick, lunch and 2 quarts of water; driver donation \$6.00; Jan & Dean Wilson, 818-0299

**\*\* May 18 – Sat.** Mt. Lemmon to Sabino Canyon via the Mt. Lemmon and West Fork of Sabino Canyon Trails with Tram. Rating A. 5:30AM; Bill Leightenheimer, 818-1953.

**May 19 – Sun.** Hutch's Pool. Rating B. We will take the Sabino Canyon tram to the trailhead. After a moderately steep but brief climb out of the canyon the trail is mostly level. This lovely hike will take us to a permanent pool surrounded by giant Arizona Cypress trees. We return via the same trail except we take the Phoneline Trail down instead of the tram. Bring \$6.00 for the tram. Hike 12 miles; climb 900 feet; altitude at start 3300 feet; leave at 8:00AM; driver donation \$3.00; John Robertshaw, 818-6727.

**May 19 – Sun.** Mt. Wrightson via Super Trail. Rating A. Hike up the Super Trail (8 miles) to the summit and come down the Old Baldy Trail. At the top are 360-degree views from Tucson to Mexico. This is an all day hike to an outstanding mountain. Hike 14 miles; climb 4050 feet; altitude at start 5400 feet; shady; leave at 7:00AM; driver donation \$6.00; Karen Gray, 818-0337.

**May 19 – Sun.** Incinerator Ridge. Rating C. We will begin at the Palisade Ranger station and climb 400 feet to a saddle. Then we will walk along the ridge to reach a viewpoint towards Barnum Rock and Peck Wilderness. This is one of the premier views off of Mt. Lemmon, which truly gives you the concept of a sky island. The pace will be designed to get anyone there who is in reasonable shape. There are a few bailout points along the way. Hike 5 miles; pace slow; climb 900 feet; altitude at start 8000 feet; leave at 7:30AM; driver donation \$6.00; Jim Strickler, 825-8735.

**May 20 – Mon.** Canyon Loop to Montrose Pool. Rating D.

This will be a slow paced hike to Montrose Pools and return in Catalina State Park. We will fork onto the Birding Loop (some water crossing possible) at the end. Hike 4 miles; pace slow; climb 200 feet; altitude at start 2700 feet; leave at 7:00AM; driver donation \$2.00; Mary Richling, 825-5238.

**May 20 – Mon.** Bog-Kent Springs Loop Trail. Rating B. We hike from the Bog Springs Campground in Madera Canyon, Santa Rita Mountains, through three springs areas which are home to bamboo, huge Arizona sycamore, walnut and fir trees. There are great views of Madera Canyon, Green Valley, Kitt peak, and Baboquivari from this trail with strenuous, steep climbs in spots. Limit 15 hikers. Hike 6 miles; climb 2100 feet; starting altitude 5000 feet; leave at 7:00AM; driver donation \$6.00; Gary Gouvea, 825-3868.

**May 24 – Fri.** Garwood Dam. Rating C. This is a slow easy hike in the desert of the Saguaro National Park-East. The pace will be set by the group; no rush. We will hike in the cactus forest of the Park across mostly level terrain. There is some climbing as we near the dam. Our destination is a dam with a history in the foothills of the Rincon Mtns. We will identify 20+ plants along the trail. Hike 6.5 miles; altitude at start 2800 feet.; climb 250 feet; leave at 8:00AM; driver donation \$3.00; John Robertshaw, 818-6727.

**May 25 – Sat.** Butterfly Trail. Rating B-. Starting at Soldier Camp in the Catalinas, we will hike down to the Novio Spring area in Alder Canyon where we will lunch in the vicinity of a 1957 F86 plane crash. All of the steady climb is on the way out. We will be in the shade of very tall Douglas fir and ponderosa pines, up to the saddle and exit at Palisade Ranger Station. Along the way are views of San Manuel to the east. Hike 6 miles; elevation change 1800 feet; altitude at trailhead 7700 feet; pace slow; leave at 6:00AM; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**May 26 – Sun.** Canyon Loop to Montrose Pool. Rating D. 7:00AM; see May 20 except guide is Susan Robertshaw, 818-6727.

**\*\* May 28 – Tue.** Mt. Lemmon to Oracle Ridge Trailhead via Canada del Oro Trail. Rating A. This hike begins atop Mt. Lemmon and descends to Catalina Camp at 6000 feet. We will climb up to Oracle Ridge at Dan Saddle and return to the Oracle Ridge Trailhead. This is a beautiful hike with many great views. Hike 15.5 miles; elevation change 2350 feet; starting elevation 9157 feet; leave at 5:30AM; limit 6 hikers; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**May 28 – Tue.** Kitt Peak Observatory Evening Program. Rating D. If you are interested in astronomy, don't miss this trip. We arrive at the visitor center at 6:30PM. Light box meal provided. Hear lectures. Learn how to use star charts. Look through telescope at objects in the night sky. Program is over at 9:30PM. Kitt Peak has the largest number of telescopes, 24, in the world. Bring warm clothes. Binoculars provided. 55 years and older - \$25 per person. 54 years or less - \$35. It's well worth it. Limited to 12 persons. Bring warm clothes - no shorts or sandals. 7100 feet elevation; leave at 4:00PM; driver donation \$8.00; Gary Gouvea, 825-3868.

**\*\* May 30 – Thu.** Box Camp Trail to Sabino Canyon Overlook. Rating C. Starting at the Mt. Lemmon Highway Trailhead, after a short uphill climb, it is a downhill hike for 2½ miles to a prominence with a marvelous, panoramic view of the Sabino Canyon area where we will have lunch, then return slowly uphill to our trailhead. Hike 5.0 miles, descend 800 feet; starting elevation 8000 feet; leave at 7:30AM; driver donation \$6.00; Jim Strickler, 825-8735.

**\*\* May 31 – Fri.** Oracle Ridge Trailhead to American Flag Trailhead. Rating B. 5:30AM; Bill Leightenheimer, 818-1953.

**\*\* June 1 – Sat.** Mt. Lemmon to Sabino Canyon via Romero Pass with the Tram. Rating A; We will hike from the top of Mt. Lemmon down to Romero Pass and from there, eastwards down the west fork of the Sabino Canyon Trail to Sabino Canyon. This is a beautiful hike with many great views. Bring \$6.00 for the tram. Hike 15.1 miles; elevation change -5807 feet; starting elevation 9157 feet; leave at 6:00AM; limited to 6 hikers; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**June 2 – Sun.** Romero Pools. Rating C+. The hike begins in Catalina State Park and follows Romero Canyon Trail into the foothills. Trail crosses open desert then climbs steeply until it reaches a saddle and then down the canyon area where several pools are located. An option is a ¼ mile round-trip hike to the upper pools. We will have lunch there. \$5.00 park entrance fee or a pass (car with up to 4 people). Limit 14; hike 6 miles; climb 1200 feet; altitude at start 2700 feet; leave at 8:00AM; driver donation \$2.00; John Robertshaw, 818-6727.

**June 3 – Mon.** Madera Canyon Nature Trail. Rating C. 7:00AM; see May 15.

**June 6 – Thu.** Seven Falls. Rating C+. Starting at the Sabino Canyon Visitors Center, hike from the parking lot to lower Bear Canyon. Then along the Bear Canyon Trail to Seven Falls and return. Falls may be dry depending on spring rains. Hike 8 miles; climb 900 feet; starting altitude 2800 feet; leave at 7:00AM; driver donation \$3.00; Karen Gray, 818-0337.

**June 7 – Fri.** Picacho Peak. Rating B; 7:00AM; see May 5.

**June 8 – Sat.** Mt. Lemmon to Catalina State Park via Romero Pass. Rating A. We start at the top of Mt. Lemmon and follow the Mt. Lemmon Trail to Romero Pass then take the Romero Canyon Trail to the trailhead in Catalina State Park. Most of this hike is downhill but is difficult in places with some short but rigorous uphill sections. We will be driven to the top and spot cars in CSP. Hike 11 miles; descent 6300 feet; altitude at start 9100 feet; leave at 6:00AM; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**June 8 – Sat.** Incinerator Ridge. Rating C. 7:00AM; see May 19 except guide is Walt Faleschini, 818-6644.

**++ June 9 – Sun.** Honey Bee Canyon. Rating D. We will walk Honey Bee Canyon at Vistoso. We'll see Hohokam petroglyphs, grinding holes, and pioneer adobe ruins. For those exploring Honey Bee for the first time this is a real eye opener. Limit 12;

hike 2 miles; 100 foot elevation change; starting elevation 2700 feet; leave at 8:00AM; driver donation \$1.00; Susan Robertshaw, 818-6727.

**June 9 – Sun.** Mt. Lemmon/Meadow/Fire Lookout. Rating C-; 7:00AM; see May 17 except guide is Dave Caldwell, 825-3071.

**June 10 – Mon.** Marshall Gulch/Aspen Loop Trail. Rating C. We will start at the Marshall Gulch Picnic Area and go up the Marshall Gulch Trail to the Saddle. Then left down the Aspen trail back to the Picnic Area. There is a large rock to sit on with a view ¼ mile after we start on the Aspen Trail. A great spot for a break or lunch. Hike 4 miles; elevation change 800 feet; start at 7440 feet; leave at 6:45AM; driver donation \$6.00; Gary Gouvea, 825-3868.

**\*\* June 15 – Sat.** Mt. Lemmon to Mt. Lemmon Fire Station via Canada del Oro Trail. Rating A. 6:00AM; Bill Leightenheimer, 818-1953.

**June 16 – Sun.** Marshall Gulch/Aspen Loop Trail. Rating C. 7:30AM; see May 10 except guide is Karen Gray, 818-0337.

**June 17 – Mon.** Wilderness of Rocks. Rating B-. 6:45AM; see May 14 except guide is Gary Gouvea, 825-3868.

**\*\* June 19 – Wed.** Box Camp Trail to Sabino Canyon Overlook. Rating C. 7:30AM; see May 30.

**June 21 – Fri.** Bog-Kent Springs Loop Trail. Rating B. 7:00AM; see May 20 except guide is John Robertshaw, 818-6727.

**\*\* June 22 – Sat.** Mt. Lemmon to Oracle Ridge Trailhead via Red Ridge Trail. Rating B. The hike begins at the Red Ridge Trailhead at 8000 feet and descends steeply to Catalina Camp. From there, we will climb to Dan Saddle and up Oracle Ridge to the trailhead. This hike has great views of the Reef of Rock and Mt. Samaniego. Hike 7.3 miles; elevation change 2350 feet; starting elevation 8000 feet; leave at 5:30AM; limited to 6 hikers; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**June 23 – Sun.** Pima Canyon. Rating C. The trailhead is at the end of Magee Road. The first mile or so of trail is across open desert along the south side of Pusch Peak. It then enters a beautiful rugged canyon. The rocky trail passes through a grove of large trees providing welcome shade before emerging again in the open. We will hike to a rocky open area in the canyon beyond a small dam near Indian grinding holes and then return to the trailhead. Hike 6 miles; climb 800 feet; altitude at start 2900 feet; leave at 7:00AM; driver donation \$1.00; Susan Robertshaw, 818-6727.

**June 27 – Thu.** Mt. Wrightson - Old Baldy Trail. Rating A. This will be the shortest route to the top (9453') of Mt. Wrightson. Hike 11 miles; climb 4000 feet; altitude at start 5400 feet; leave at 6:00AM; fast pace; driver donation \$6.00; Bill Leightenheimer, 818-1953.

**June 30 – Sun.** Mt. Lemmon/Meadow/Fire Lookout. Rating C-. 7:30AM; see May 17 except guide is Jim Strickler, 825-8735.

**June 30 – Sun.** Garwood Dam. Rating C. 8:00AM; see May 24.



# SaddleBrooke Hiking Club

## MEMBERSHIP APPLICATION AND RELEASE

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

**Your name, phone number and e-mail address will be listed in the membership directory.**

**Do you want your address listed in the directory: Y/N**

**\$5.00 Annual Dues must accompany this Application.**

**The release below must be read and signed by all members.**

**Mail To: Bob Perez, 65187 E Desert Sand Court, Tucson, AZ 85739**

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### UNCONDITIONAL RELEASE OF ALL CLAIMS (SaddleBrooke Hiking Club)

1. The undersigned individual ("Hiker") states his/her intention to participate in hikes organized or sponsored by the SaddleBrooke Hiking Club ("Club").
2. Hiker acknowledges and agrees that the SaddleBrooke Hiking Club does not maintain any liability, medical, property or other insurance for the benefit of Hiker in connection with the hikes and he/she assumes all responsibility and risk of injury or illness in connection with or participation in the hikes.
- 3 - Hiker does hereby and unconditionally release, remise, and forever discharge, waive and acquit the SaddleBrooke Hiking Club and all of its members, directors, officers, hiking guides, employees and agents (collectively, Released Parties), and any other person, firm, corporation or entity which may be liable or responsible for the Released Parties, with respect to the Trips, including, but not limited to 21 SaddleBrooke Homeowners Associations #1 and #2.
4. Hiker represents and warrants that no representations have been made to him/her by or on behalf of any of the Released Parties to influence or induce the execution of this Release other than contained herein, and that he/she has fully read this Release and has executed the same upon independent advice and counsel of his/her own choosing, agreeing to release the Released Parties as provided herein.
5. Hiker acknowledges that he/she is capable of participating in and completing a hike of beginning/intermediate /advanced difficulty as defined by the SaddleBrooke Hiking Club ratings system which Hiker acknowledges having read and understood and further acknowledges that he/she has no known medical or other condition which could be damaged or aggravated in any way by participation in such level of difficulty. Hiker assumes the responsibility of informing the leadership of the Club in writing of any change in his/her hiking ability or of any incipient medical condition which would in any way limit or endanger participation in such hikes. Hiker acknowledges sole responsibility for insuring he/she does not attempt hikes which difficulty level exceeds that asserted in this Release.
6. This Release contains the full and complete understanding and agreement of the parties and supersedes all prior understandings or agreements whether oral or in writing, relating to the subject matter contained herein
7. In the event legal proceedings are commenced between the parties to this agreement for the matters contained herein then each party in such action shall be responsible for and pay its own expenses and attorneys' fees. In the event of any dispute, venue shall be the courts of Pinal County Arizona and this Release shall be governed by the laws of the State of Arizona.
8. This Release shall be continuing and shall remain in full force and effect until cancelled at will by either party upon proper written notice to the other. Notice posted by the U. S. Mail to the Hiker at his/her residence address in SaddleBrooke shall be deemed completed notice to him/her.

IN WITNESS WHEREOF, Hiker has executed this Release effective as of (date) \_\_\_\_\_, for the benefit of the Released Parties.

\_\_\_\_\_  
(SIGNATURE OF HIKER)