



SADDLE BROOKE

HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

July/August 2000

2000-4

New Club Officers

President: Norm Kyle – 818-0563
Vice-President: Jon Chase – 818-1115
Secretary: Claudia Enea – 825-3830
Treasurer: Bob White – 818-9482
Chief Hiking Guide: Gary Gouvea – 825-3868

A very big THANK YOU goes to all outgoing officers who have served the club during its initial months. To all new officers (and to returning officer, Norm, who has accepted the promotion from VP to President), a hearty welcome and thank you in advance for your willingness to serve.

Hiking Guides' Corner *with Gary*

I'm Gary Gouvea, the club's newly elected Chief Hiking Guide, and I would like to welcome you to the first of a series of bimonthly articles intended to create a communication link between you and the hiking guides of the SaddleBrooke Hiking Club. Our hiking guides will be using this forum to help make hiking more enjoyable for you. In return, I urge you to contact me directly with your suggestions and concerns so that guides can respond to your needs. This includes suggesting hikes you would like to have scheduled. Each

bimonthly newsletter will contain a short article covering subjects which may be of interest to you. This month I talk about hydration and hiking pace.

The American College of Sports Medicine (ACSM) recommends that you drink 16 ounces of fluid two hours before exercise and 5 to 10 ounces every 15 minutes during exercise, depending on intensity and duration. Plain water is good; fluid-replacement beverages or sports drinks are good choices, too, especially for physical exertion lasting over 90 minutes. These preparations replace electrolytes and help get more energy back into your muscles by adding calories for fuel. Electrolytes (especially sodium, potassium, chloride and magnesium) are components of body fluids lost during perspiration and are critical for re-hydration. Avoid fruit juices as well as caffeinated drinks because they can act as diuretics and increase dehydration.

The night before a hike, freeze some water or sports drink in your container (& add the rest of the liquid the next morning) or add ice to the water/sports drink in your container before you leave for a hike. The colder the liquid is, the quicker it is absorbed by the body. Remember to drink a little bit all the time while hiking. If you

wait until you feel thirsty, you already may be slightly dehydrated. When the hike is over don't stop drinking liquids as you may still be somewhat dehydrated. If you haven't urinated in the last six to eight hours, you probably are dehydrated. Other signs of dehydration may include headache, nausea, muscle cramps and fatigue.

Hiking Pace - Beginning with this newsletter, hike descriptions may include information on the pace of the hike. The terms "slow," "moderate" and "fast" will be used. Generally, slow will be 1.5 miles per hour or less, with frequent stops to look at scenery, critters, rock formations and the like. Moderate pace will be in the 1.5 to 2.5 miles per hour range and will include occasional stops for photos, viewing scenery and the like. Fast will be more than 2.5 miles per hour. Of course, pace is not completely defined by miles per hour as steepness of grade, trail surface and other factors will effect how fast or slow you will go. Over time we hope to improve these definitions to make it easier for you to understand what the hiking guide's pace will be. Hike descriptions will also be updated to include information on trail surfaces and/or other conditions which will help you know what to expect on the hike.

Please contact me with any suggestions or questions. I am at 825-3868 or email me at GandMGouvea@cs.com

Spring Potluck Picnic

The April picnic was a great success with around 70 people in attendance in spite of its Good Friday date. The day was warm with overcast skies which kept the temperatures very comfortable, but the gusty winds & clouds of dust-in-the-eyes were not at all comfortable. After several impromptu hikes, the many "dishes to share" were set-out and the food fest began. The dessert table was an array of yummy items to tempt any foodie; "Life is unpredictable – eat dessert first" was overhead at many tables. Blossom Silberman, Social Chairperson, had everything in order and well-organized. She looked to be the perfect chef wielding the bar-b-que tongs.

Before we all chowed-down on the tasty goodies, Bob Wynne, Club Awards Chairman, presented club award patches to members who had taken a total of 25 or more hikes. Those super hikers are: Kay White, Jim Strickler, Bill Leightenheimer and Bob Wynne himself. Bob then gave a congratulatory talk addressed to President Bill Leightenheimer on the incredible success in following his vision of forming the club. In acknowledging the talk and the growth of the club (377 members at this writing), Bill was quick to thank everyone else who has walked this path with him stressing that he could never have done it alone. He thanked all of the other officers, all the hiking guides, the Club Communications Committee, the Social Committee and the Promotions (T-Shirt) Committee. He then introduced the officers elected for the 2000-2001 term. The success of the club surely has been a group effort and many members deserve many thanks.

Speaking of T-shirts, the picnic was the official debut of the new club logo and T-shirts. On sale were the 100% preshrunk cotton shirts in natural, light gray and light moss green; orders were taken for the 50/50 poly blend, long-sleeved shirts, and the "V" neck ladies' T. Sales were brisk all day, and by close-down time only 8 shirts were left. Needless to say, the Promo Committee was very gratified that everyone seemed to like the logo and the shirts! Follow-up orders by members added another 100 shirts to the sales of this first batch. The next order for shirts will be sometime in the fall and will be announced in a future newsletter.

It had been windy all day and by about 1:30 the wind gusts had taken their toll. People started to pack-up and leave. By 2 p.m. the picnic area was empty and sat in quiet solitude awaiting its next group of happy visitors.

On the Trail with Blossom Silberman

Right in SaddleBrooke's backyard is Charouleau (schar-a-loo) Gap Road. Access to the road is via Lago del Oro Road about a mile or so from SaddleBrooke's gate. If you look up to the

mountains from SaddleBrooke, you'll see a big rock that looks like a giant dinosaur egg. This marks about the half-way point to the Gap and is a great place to stop for a snack and to enjoy the views. It is very still, quiet and peaceful up here with only a bird's chirp to interrupt the silence. Oh, yes, then there is the occasional ORV. The Charouleau Gap Road was opened to ORV's a few years ago, and they enjoy this area as much as those who enjoy the peace and quiet that exists without them.

This is a wonderful, moderate hike which provides great vistas of SaddleBrooke, the golf courses, the Biosphere, and hundreds of saguaros. Bring your binoculars and you can find your own house!

A close-to-home treasure, Charouleau Gap is a fun hike to share with out-of-town visitors. It's a "C-" hike with steady climbing. Winter is the best time to do this hike as it is completely in the open, no shade, and can get very toasty, but if you get out there right at the first light of dawn, you may be able to get much of the hike done before the sun peeks over the mountain.

Announcements

Fun Walks will be offered twice a week, on Tuesdays and Thursdays, beginning Tuesday, June 20th, and continuing at least through August. The walks are geared for C & D hikers and are 1 to 3 miles in length. Be sure to wear walking or athletic shoes, a hat, sunscreen, and bring a bottle of water, perhaps in a fanny pack. Leave from Mountain View Clubhouse parking lot at 6 a.m. To sign-up, call Kay White – after June 17th, please, 818-9482

Fitness Walks will continue at least through August every Monday, Wednesday, and Friday. Maintain your fitness or get into better shape with proper stretching techniques & power walking - deep breathing guaranteed. Wear walking/athletic shoes, sunscreen, a hat, and bring at least a quart of water. Sessions last about 1 hour. Leave from the Mountain View Clubhouse parking lot at 5:30 a.m. Call Bill Leightenheimer, 818-1953

The next **Hiking Guides Meeting** is on August 2nd at 4:00 p.m., Javelina Room, SB 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 may wish to do, come anyway just to see how it all gets done! All club members are encouraged to lead walks or hikes and are welcome to come to the meeting.

Reminders

Monsoon Season generally starts in late June, early July, and goes into September. Flash floods and lightning strikes can pose life-threatening danger to hikers. A flood can occur where it is NOT raining; it may be sunny where you are and be pouring rain in the distance. In fact, the storm may be many miles away, but the result (fast moving, high water) can reach you very quickly if you are in a wash or canyon. Lightning strikes anywhere whether in the mountains or on flat lands. Remember these safety tips if lightning threatens:

Avoid open spaces, water, solitary tall trees.

Avoid high ground, ends of ridges, cliffs, peaks, and shallow rock overhangs.

Avoid all metallic objects.

Avoid close contact with others – spread out far apart – 50 feet between people if possible.

Avoid contact with dissimilar objects (water-land, rock-ground, tree-ground).

Avoid lying on the ground.

Seek low ground.

Seek clumps of shrubs or trees of uniform height, shorter than the trees around them.

Maintain a crouching position with feet together, head on knees, hands on ears to minimize acoustic shock from thunder.

If someone is struck, begin CPR immediately and head for medical assistance.

Please be aware of weather patterns and remain alert for monsoon rains while hiking anywhere in Southern Arizona during this time.

The above suggestions may not cover all safety tips you should know about; you are encouraged to seek further information on your own. For online information on thunderstorms & safety:

<http://www.fema.gov/library/thunderf.htm>
<http://www.lightningsafety.com/>
<http://www.glatmos.com/lightinfo/recommendations.html>

In addition, many books on extreme weather are available in bookstores and libraries.

ABA - Always Bee Aware (This article was first published on the club's web page in April. It was also sent to members via email.)

The following is intended as an FYI - "heads up for hikers" with no intent to frighten people or to create panic. It's a reminder to be cautious and aware when out in nature whether it's being alert for spiders, snakes, wasps, bears or bees.

Africanized Honey Bees live in Southern Arizona along with regular honey bees. Since it's impossible to tell by sound or sight which bee is a honey bee and which bee is an AHB, it is prudent to always be cautious. While hiking during spring and summer in Arizona, please keep aware of bees. AHBs can be aggressive and relentless when disturbed or feeling threatened, but generally they will not bother you if you do not bother them. There is no need to panic – just be aware and don't approach them, walk near where a hive may be, swat at them or interrupt their activity in any way. Other precautions:

1. Wear all light colors. The bees are attracted to anything dark – a black cell phone, a dark-colored pack and even dark glasses.
2. Stay on developed trails. Be vigilant when walking over or near hollow logs or trees, rocks or rocky crevices. These are preferred nesting (hive) places, and the bees are extremely defensive of their hives.

3. Listen! Look! If you hear bees, steer clear of the area; if you see bee activity, do not go closer to have a look. The bees can know you are there as far as several yards away.
4. Do not wear fruity or flowery fragrances or sunscreen and especially not citrus.
5. Do not eat bananas near any area where a hive may be. The banana scent is similar to the pheromones of the queen bee and may attract bees.
6. Be careful when eating any type of fruit or sweets as the smell may attract bees. However, remember that if bees are attracted, it is for the sweet NOT for YOU. They are not necessarily in "attack mode" so you need not panic, but you may wish to set the fruit down and leave the area.
7. Close and pack securely all sweet-smelling or fruit-scented packaging material, garbage, etc.
8. If an entire hive senses "be defensive", it is possible for hundreds of bees to follow the first one that stings you. If stung, cover your head (with something light in color if possible) and run as fast as you can away from any bee activity - into the wind if possible. They may follow for quite a distance.
9. When picnicking or camping, don't use soda in cans. Bees will climb down into the can and be very unhappy when you tip them up to take a sip. Don't burn Citronella candles as the scent may attract bees.
10. If you are hypersensitive to bee venom, carry an EpiPen with you and let fellow hikers know where you have it packed. (This is an emergency auto-injector of Epinephrine to prevent anaphylaxis available by prescription only. Medical treatment must be sought as soon as possible following the use of the EpiPen.)
11. Bees will remain active through the end of summer. In hot weather, they will be more active in mornings and evenings.

The above are a few basic precautions; we may have missed some. You are encouraged to seek further information on your own. For online information about AHBs:

<http://cnas.ucr.edu/~ento/CAAHB/ahb-index.html>
<http://agnews.tamu.edu/bees/whattodo.htm>
<http://www.desertusa.com/mag98/sep/stories/kbees.html>

Many books which discuss AHBs are available in bookstores and libraries. This is one suggestion:

Killer Bees: The Africanized Honey Bee in the Americas by Mark L. Winston

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Whether it's nature's flying critters or nature's light show, your safety is ultimately your responsibility. Be vigilant, cautious and aware of your surroundings when hiking in our beautiful Southwest.

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GENERAL HIKING INFORMATION

Call the guide to make a reservation for the hike and to get the latest information. Hiking groups meet at and depart from the Mountain View Clubhouse parking lot. (As you look at the clubhouse we will be on the left side out by Mountain View Blvd. just east of the tennis courts.) The time listed is the **departure time**. It is important to arrive 10 to 15 minutes before departure time. Always bring ample water, sunscreen, and wear appropriate headgear & footwear. Check with the guide as to whether or not to bring a lunch. Always bring some sort of ID with you. Bring medications for your own conditions.

Driver donation is a suggested amount and is noted for each individual hike. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made at the end of the drive, back at SaddleBrooke. The amount sometimes includes user fees for the Mt. Lemmon Highway and for Catalina State Park.

Passengers are to pay any other user fees and share any parking fees. (Hikers, please let the guide know 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.

Hiking Guides Meetings (next meeting 8/2/00)

All hikes are scheduled at the Hiking Guides Meetings held in the Javelina Room, SB clubhouse, at 4:00 p.m. on the first Wednesday of even-numbered months. If you would like to lead a hike, be sure to complete a Hiking Schedule Form and present it at the next meeting on August 2nd. If you would like to attend the meeting just to "look on" and see how it goes, please feel free to join us! If you have special knowledge about or experience with plants, birds or photography and would like to assist on any hike, please come to the meeting or let Gary Gouvea, Chief Hiking Guide, know of your talents. Gary's phone number is 825-3868.

Catalina Highway Construction

For the foreseeable future (at least through the summer of 2001) there will be roadwork and weekday delays on the Catalina Highway to Mt. Lemmon. Hikes may be scheduled to coincide with pilot cars leading the public through the construction.

Hike Ratings and Pace

- A Hikes >16 miles or >3500 feet climb
- B Hikes 8 to 16 miles or 1500 to 3500 feet climb
- C Hikes 4 to 8 miles or 500 to 1500 feet climb
- D Hikes <4 miles or < 500 feet climb

Slow Pace -- Less than 1.5 MPH with frequent stops.

Moderate Pace -- 1.5 to 2.5 MPH, fewer stops.

Fast Pace -- Greater than 2.5 MPH.

Pace is also governed by trail conditions and the terrain. Ask your guide for clarification.

NOTE: Sometimes a hike is harder or easier than its rating indicates. In an attempt at 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.

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. Due to summer scheduling, there are no Orientation Hikes in July and August.

Summary of Hikes by Rating and Date:

- A Hikes -- None
- B Hikes -- July 20, 24 and 27
August 28
- C Hikes -- July 7, 11, 14, 17 and 29
August 7, 11, 21 and 25
- D Hikes -- August 4 and 19
- + Walks: *Fitness Walks* every Monday, Wednesday & Friday at 5:30 a.m. and *Fun Walks* every Tuesday & Thursday at 6:00 a.m.

SCHEDULED HIKES

PLEASE NOTE:

Summer hikes are subject to last minute cancellation due to monsoons.

Also, the Fitness Walks led by Bill Leightenheimer for July and August will be on Monday, Wednesday and Friday at 5:30 a.m. and the Fun Walks led by Kay White will be on Tuesday and Thursday at 6:00 a.m. All walks leave from the Mountain View Clubhouse. Call Bill at 818-1953 and Kay at 818-9482 to confirm.

July 7th -- Friday. 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 1/2 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 740 feet; start at 7440 feet; leave at 6:15 AM; moderate pace; driver donation \$5.00; Dave Caldwell, 825-3071

July 11th -- Tuesday. Aravaipa Canyon Wilderness - West (short version). May cancel -- depends on weather patterns. Rating C-. Wilderness hiking by special permit. Stream wading, numerous stream crossings (up to knee deep), dense riparian brush. A very special canyon, pristine & natural. No facilities. Wear shorts & shoes (that can get wet) with good traction (for wet rocks); bring dry shoes/shorts/shirt for drive home if desired (and a plastic bag for wet items); hiking stick recommended; hike 4-5 miles roundtrip; 200 foot elevation change; pace slow/moderate; limit 10; \$5 per person to BLM at trailhead. Have exact amount. Leave 6:00 AM; driver donation \$3.00; Bev Caldwell, 825-3071

July 14th -- Friday. Mt. Lemmon/Meadow 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 the intersection of the Mt. Lemmon Trail which leads us back to Lemmon Rock fire lookout cabin with spectacular views. We will then hike back to the top of Mt. Lemmon and to the car. Bring lunch and/or snack. We may stop for dessert at the Mt. Lemmon Café in Summerhaven, bring money. This is a mild C hike with altitude at 9100 feet; hike 4 miles; elevation change 800 feet?; leave 6:15 AM; driver donation \$6.00; Dean and Jan Wilson, 818-0299

July 17 -- Monday. Incinerator Ridge. Rating C. We will begin at the Palisade Ranger station, climb 400 feet to a saddle then go to the Bigelow Mountain lookout. (8550'). From there we go to the top of Kellogg Mountain (8300'). 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 bail-out points along the way. Hike 5 miles; pace slow; climb 900 feet; altitude at start 8000 feet; leave 6:15 AM; driver donation \$5.00; Gary Gouvea, 825-3868

July 20th -- Thursday. Pontotoc Ridge. Rating B- Sometimes called the "Old Spanish Mine Trail," this trail goes up the north side of Pontatoc Ridge to just below some old mines. There are great views of Tucson and the surrounding area on this hike. Hike starts at north end of Alvernon Way. Limited to 12 hikers. Hike 5 miles; elevation change 1450 feet; starting elevation 3000 feet; leave 7:00 AM; driver donation \$1.00; Norm Kyle, 818-0563

July 24th -- Monday. Wilderness of Rocks. Rating B-. Starting at Marshall Gulch picnic area, we hike to Marshall Saddle then down the Wilderness of Rocks Trail to Lemmon Rocks Lookout Trail. From there it's another 3/4 of a mile to the Lemmon Creek area in the heart of the Wilderness of Rocks. We return by the same route. We climb 550 feet then descend 900 feet. The return requires us to reverse the climb and descent. After the hike we will stop at the Mt. Lemmon

Café for a snack or lunch, bring money. Hike 7.5 miles; starting elevation 7450 feet; climb 900 feet; leave 6:15 AM; driver donation \$5.00; Karen Gray, 818-0337

July 27th -- Thursday. Pima Canyon to the Saddle. Rating B. 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 past a small dam to a springs and saddle to give a superb view of the entire Montrose and Romero canyon drainage, the most inaccessible region of the entire Catalina Mountains. Hike 11.2 miles; climb 3450 feet; altitude at start 2900 feet; leave 7:00 AM; driver donation \$1.00; Norm Kyle, 818-0563

July 29th -- Saturday. Maiden Pools. Rating C. We'll start at the parking lot past the employees' parking lot and use the new Forest Service trail into the canyon. The trail is rocky in places with some steep climbing. Hopefully, we will be rewarded for our efforts with spectacular views of the east side of Tucson. Lunch at the pools and return. Hike 5 miles; climb 1100 feet; starting elevation 3000 feet; leave 7:00 AM; moderate pace; driver donation \$2.00; Dave Caldwell, 825-3071

August 2nd -- Wednesday. Hiking Guides Meeting. 4:00 PM in Javelina Room.

August 4th -- Friday. Ventana Canyon. Rating D. We will hike along the bottom of Ventana Canyon until the trail starts a steep climb towards Maiden Pools and Window Rock. The trail will take us below massive cliffs of metamorphic stone slanting skyward to sharp points above the canyon floor. Hike 3 miles; climb 400 feet; starting elevation 3000 feet; leave 6:00 AM; driver donation, \$2.00; Bev Caldwell, 825-3071

August 7th -- Monday. Palisade Trail/Mud Spring. Rating C+. Starting at the Girl Scout camp we will hike down the trail to the spring. Near the spring is a grand lunch site. Most all of

the climb is on the way back. Moderately shady. Hike 6 miles; pace slow; climb 1400 feet; altitude at trailhead 7800 feet; leave 6:15 AM; driver donation \$5.00; Gary Gouvea, 825-3868

August 11th -- Friday. 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 1/2 mile after we start on the Aspen Trail. A great spot for a break or lunch. We may have dessert at Summerhaven after the hike, bring money. Hike 4 miles; elevation change 740 feet; start at 7400 feet; meet at 6:15 AM; driver donation \$5.00; Dean and Jan Wilson, 818-0299

August 19th -- Saturday. 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. Guided walk at 7:00 AM. 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 6:30 AM; driver donation \$1.00 plus suggested park donation of \$2.00; bring binoculars; Mary Richling, 825-5238

August 21st -- Monday. Maiden Pools. Rating C. We'll start at the parking lot past the employees' parking lot and use the new Forest Service trail into the canyon. The trail is rocky in places with some steep climbing. Hopefully, we will be rewarded for our efforts with spectacular views of the east side of Tucson. Lunch at the pools and return. Hike 5 miles; climb 1100 feet; starting elevation 3000 feet; leave 7:00 AM; moderate pace; driver donation \$2.00; Norm Kyle, 818-0563

August 25th -- Friday. 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 1/2 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 740 feet; start at 7440 feet; leave at 6:15 AM; moderate pace; driver donation \$5.00; Karen Gray, 818-0337

August 28th -- Monday. Finger Rock Trail to Linda Vista Saddle. Rating B. This hike starts on level ground for about 1 mile then sharply climbs 2500 feet. Scrambling is necessary at some points, & coming down is just as difficult. The pace is very slow with lots of rest stops to enjoy the beautiful vistas as they spread out below and into the distance. Hike 5.8 miles; 2500 foot elevation change; starting elevation 3100 feet; leave 7:00 AM; driver donation \$2.00; Norm Kyle, 818-0563

