

# Flatirons Ski Club

Social



An Outdoor Multi Sports and Group

[www.FlatironsSkiClub.com](http://www.FlatironsSkiClub.com)

## August 2023

**SAVE THE DATE for the FSC Membership Picnic on  
September 23<sup>rd</sup>, 2023!  
Location: Louisville Community Park**

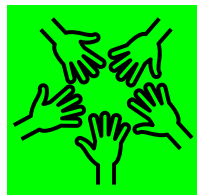
### Message from the President

The Flatirons Ski Club offers lots of activities for members throughout the year, and there are a variety of activity levels so that all can participate in the club. Here are examples of what's on the calendar for the next two months. Check out the calendar at the end of the Newsletter for a listing of hikes. Join the Book Club on the second Monday of the month for an interesting discussion of the selected books. See the article in this newsletter for the August book selection and contact Richard Patnoe for more information about the Book Club. Bike riders are gearing up for the annual mountain ride scheduled for September 5 to 7 in Summit County. Contact Mark Stangl and Richard Patnoe for more information.

Here's an outing for everyone's activity level. Join us on September 23rd at the Louisville Community Park for the annual FSC Membership Picnic.

Enjoy the summer!

Beth Gaffney, President



.... Still searching for a volunteer: **The Fraser House Alpine Center winter trip scheduled for February 27 to March 1, 2024, has an opening for a coordinator.** If interested, please contact Richard Varey, Downhill & Nordic Ski Chair.

## Thursday Hikes May 2023

We continue to meet on Thursdays at the Meadows Shopping Center. We meet at 7:45 AM and leave at 8:00 AM. People can carpool from the Meadows Shopping Center, or they can drive by themselves to the trailhead. The Meadow Shopping Center is at the southwest corner of Foothills Highway and Baseline. We usually park close to the Bank and Remax realty building. Just look for people standing by their cars.

The weather is changeable. Be prepared for all types of weather.

Call Sue Evans or Louisa Young to let us know if you are planning to hike and to confirm that we will be hiking if the weather forecast is questionable.

## 3rd Thursday Hike – August 17, 2023 TBA

Afternoon thunderstorm season is upon us. We will be doing something safe AND interesting. Expect information by email the Sunday before this fabulous hike! Save the day.

Dolores [afainer@yahoo.com](mailto:afainer@yahoo.com)

## TUESDAY EVENING HIKES - July 2023

Meet at trailhead promptly at 6.00 PM. We will hike 60 – 80 minutes. Potluck at trailhead after hike. Bring a dish for 6 – 8 people to share, your own plates, drink, and utensils.

### **Aug 1st - Coordinator Louisa Young**

Potluck at Louisa's afterwards. The gathering location will be the home of Louisa Young. There is very little parking in the cul-de-sac so please park on the street or at Settler's Park, which is 1 long block west of Louisa's house. Feel free to park in Louisa's driveway or one of the 2 visitor spaces.

The trail will be mostly urban with a little bit of mountain path. We will start at Louisa's home and go by sidewalk and hike path to Eben Fine Park. Go to the same trailhead as for Viewpoint but go left where the trail splits. The path ends up near University and 5<sup>th</sup> Street. We will follow sidewalks and bike path to get back to Louisa's house.

**Aug 8th – Coordinator Richard Patnoe**

Meet at Richard’s house at 5.50 pm.

From Jay Road turn North onto 47<sup>th</sup> street, then Left onto Apple Way and Right onto Apple Court. The potluck will be in his back yard (bring a chair).

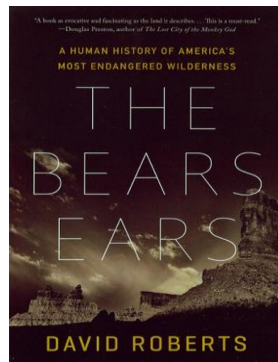
**Aug 15<sup>th</sup> - To be determined.**

**Aug 22 – Coordinator Pat**

Meet at her house, where we will have potluck afterwards.

**Aug 29<sup>th</sup> – Coordinators Karin Campanelli and Dave Diener**

Woodland Lake Area – Meet at shelter at Foothills Community Park, where we will eat after the hike.



**FSC Book Club**

**DATE:** Monday, August 14, 2023, Time: 5:30 PM  
**PLACE:** Maddie Goldhawk’s House  
**DISCUSSION LEADERS:** Caryl Shields and Maddie Goldhawk  
**BOOK:** **The Bears Ears: A Human History of America’s Most Endangered Wilderness**  
by David Roberts

The Bears Ears National Monument in southeastern Utah, created by President Obama in 2016 and eviscerated by the Trump administration in 2017, contains more archaeological sites than any other region in the United States. It’s also a spectacularly beautiful landscape, a mosaic of sandstone canyons and bold mesas and buttes. This wilderness, now threatened by oil and gas drilling, unrestricted grazing, and invasion by Jeep and ATV, is at the center of the greatest environmental battle in America since the damming of the Colorado River to create Lake Powell in the 1950s.



## 2023 Wildflower Rambles

The rambles leader core has set additional trips into August. The recent rains are fueling a spectacular wildflower season – though the cooler temperatures have delayed the timing a bit. With warmer temperatures the flowers may explode.

Wildflower Rambles is using an interest list of participants to communicate. A date, destination, and meet-up information will be provided through an e-mail to the interest group list. If you are interested in participating this summer, please drop Linda Paris an e-mail asking to be added. An indication of what you are comfortable doing or specific places that would appeal for rambling are welcome. Would you like to see something special (for example calypso orchids)? More detailed information about place/time, meet up for carpooling and other details will be sent out through the interest list.

The scheduled trips are:

**August 2 (Wed): Anne U. White (out and back) north Boulder foothills (plants preferring shaded and moist Creekside locations)**

**August 18 (Fri): Brainard Lake NRA Winter Parking (no timed entry reservation)**

Wildflower rambles are relaxed and slow-paced trips to allow attention to the details of the flowers and plants and to make identification easier. We also spotlight particular flower groups. Bring sun protection, poles (if you use them), snack/lunch, water, rain gear and field guides. There is a carpool fee payable to the driver.

The rambles leader team of 6 welcomes everyone who likes to look for or wants to find out more about flowers. We recognize that there are many levels of expertise and pace among our ramblers and also recognize that we will get strung out on our route because of that. Some want general information about the flowers and others are into keying them out. Our rambles policy is to provide several leaders to accommodate faster, moderate, and ambling paces. You are welcome to go as far as your interest or physical condition take you.

Rambles are not meant to be hikes. They don't have a specific end time and depend on travel distance to the ramble start, willingness of the participants, and weather.

## 3 Openings remain for the 10th Mountain Division Hut Trip

We are set to go to the Ben Eiseman Hut August 15, 16 and 17, 2023, 3 nights this time. It is near Vail, and there is a spectacular view of the ski area from the hut. Spend a couple of days unplugged from electronics – no TV or radio. Cell phone service may not exist either. There is no question it will be cooler up there than in

Boulder. We will have games and a jigsaw puzzle for extra entertainment.

The cost is \$125 per person which includes accommodation, breakfasts, and dinners. Volunteers have been solicited to plan breakfasts and dinners. Everyone helps with preparation and clean-up. You need to bring your own hike lunches. Mattresses and pillows are provided. Most are bunk beds.

For more information, contact Louisa Young



**September 5 to 7, 2023, Bike Trip**

Coordinated by Richard Patnoe and Mark Stangl

## September Bike Ride Signup

Participants, name(s), email, and phone: \_\_\_\_\_

\_\_\_\_\_

Lodging location and contact info: \_\_\_\_\_

\_\_\_\_\_

Schedule, days coming or leaving if they vary from the schedule: \_\_\_\_\_

\_\_\_\_\_

Special interest in the ride: \_\_\_\_\_

\_\_\_\_\_

Kind of bike: Road, Cross, Mountain, or E-Bike: \_\_\_\_\_

Please be prepared with food, water, sunscreen, rain gear, and clothes to match the weather forecast.

Email completed form and any questions you might have to: Mark [mse@msesystems.com](mailto:mse@msesystems.com) and Richard [rpatoe@gmail.com](mailto:rpatoe@gmail.com)

**Day 1: Tuesday, September 5, 2023:** Tuesday, we would meet in Frisco on the West Main Street area bike park and plan to ride to Copper Mountain then there's an option to continue riding up the Vail Pass or go to Fremont Pass. We suggest you get an early start in the morning in order to make that meeting time at 10:00 am in Frisco. Another option would be to ride from Frisco to Breckenridge and back.

**Day 2: Wednesday, September 6, 2023:** we would drive to Leadville and meet at the start of the Mineral Belt trail for an out-and-back ride of 18-23 miles total. As an add-on option, there is a Turquoise Lake ride loop of 15 miles.  
<https://www.mineralbeltrail.com/mineral-belt-trail> and  
<https://www.alltrails.com/us/colorado/leadville/road-biking>.

**Day 3: Thursday, September 7, 2023:** We meet at the Frisco Marina and ride to Keystone to meet at the Kickapoo Brewery for lunch and then return to the start for our return home journey.

### **FSC Bike Safety Guideline**

The FSC Board has adopted the following Bike Safety Policies. The Safety Chair, Arnie Mullen, came up with these requirements and recommendations for participating in bike rides with the Flatirons Ski Club. This will bring us in compliance with the club's insurance company's requirements.

1. Always wear a helmet. Biking gloves and protective eyewear are recommended.
2. Use hand signals when stopping, slowing down, and turning. Point at obstacles or hazards on the road (such as broken glass, branches, trash, etc.) so those following will be aware of them.
3. Don't wear headphones or any device that would prevent hearing sounds from other vehicles, pedestrians, runners, cyclists, dogs, and anything else that might be on the road or trail.
4. When passing pedestrians, runners, or other cyclists, use a bell or call out well ahead of time "on your left" or "on your right" and do not pass any closer than is necessary.
5. At intersections, before proceeding, observe traffic signals and make eye contact with vehicle drivers. Do not start to cross under the assumption that you have the right of way. You could be DEAD right.
6. If riding after dark, wear reflective clothing and use flashing lights.
7. Carry a spare tire tube, tire pump, gas cartridges for tires, and the tools necessary for minor repairs. Have the tools and knowledge required. If necessary, take a bicycle mechanics class.
8. Inspect your bike before each ride-tires, brakes, shifters, and lubricate the chain and sprockets periodically.



9. Agree on a route and an end point. The leader shall stop periodically and make sure everyone in the group is accounted for. Carry your cell phone and have it charged up and turned on.
10. The leader should review these rules with the group before each ride.



**October 10 to 13, 2023 (3 nights)  
Avalanche Ranch**

Our much-anticipated trip to Avalanche Ranch is coming up this October and those, who have been eagerly waiting to join this fun trip, can now sign up **by mailing me their checks made out to FSC for \$220**. We have nineteen spots. You can find my mailing address on the Club roster. **Payment is due by September 1**. Please remember the club policy regarding refunds. Refunds are only made if you are able to find someone to replace yourself. Otherwise, please do not expect a refund if you cancel for any reason.

Avalanche Ranch is located along the Crystal River Valley, about twelve miles south of Carbondale, and about three miles from the historic town of Redstone. The Ranch has a series of cabins. The club has reserved three - Catch and Release, Sunflower, Westward Ho, plus the Ranch House. You can check the Ranch website for descriptions of each cabin. Please let me know who your roommate preferences might be, and if you would be open to the possibility of sharing a bed or futon with someone else. Three of the cabins have lofts that have either a queen size or full-size bed. Let me know if you are willing to sleep in a loft. This involves climbing a ladder up to your perch.

The Club provides vegetarian chili on the first night and asks members to contribute cornbread, salad, and desserts. We plan to have happy hour gatherings each

evening. Please bring snacks to share. On the second night the club will provide salmon and we ask members to add contributions like salad, side dishes, and desserts.

This is a great venue to enjoy the fall colors and there are opportunities for hiking and biking. The Ranch has wonderful on-site hot spring pools that are open 24/7, so bring your bathing suits and flashlights as the walk to the pools are dark and can be slippery.

The Ranch requires everyone to sign a waiver: <https://avalancheranch.com/waiver-and-release-agreement/>. Please sign and submit it.

Looking forward to another fun and safe FSC trip. If you have any questions, you can refer to the Avalanche Ranch website, or ask me.

Tom Cannon - Avalanche Ranch Trip Coordinator

### **FRIDAY AFTERNOON CLUB**

FAC has been an FSC tradition for many years. Everyone is welcome. We meet at Rincon Cocina Y Tequila starting at 4:00 p.m. every Friday. The restaurant is on Arapahoe just west of the intersection of Folsom and Arapahoe. Hope to see you there.



## August 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tuesday Hike 6:00 PM	2 Wildflower Ramble	3 Thursday Hike 7:45 AM	4	5
6	7	8 Tuesday Hike 6:00 PM	9	10 Thursday Hike 7:45 AM	11 FAC 4:00 PM	12
13	14 Book Club 6:45 PM	15 10 <sup>th</sup> Mountain Tuesday Hike 6:00 PM	16 Division Hut	17 Trip 3 <sup>rd</sup> Thursday Hike 7:45 AM	18 Wildflower Ramble FAC 4:00 PM	19 FSC September Newsletter submittals due
20	21	22 Tuesday Hike 6:00 PM	23	24 Thursday Hike 7:45 AM	25 FAC 4:00 PM	26
27	28	29 Tuesday Hike 6:00 PM	30	31		

### Board Members

President	Beth Gaffney		
V. President	Louisa Young		
Secretary	OPEN		
Treasurer	Martha Parks		
Publicity	Linda LaGanga		
Newsletter	Marianne Bachmann		
Membership	Linda Giandinoto		
Social Chair	Elease Miller		
Safety Chair	Arnie Mullen		
Downhill & Nordic Ski Chair	Richard Varey		
Activities (Co-Chairs)	Dorothy Cohen Maggie Livingston		

### Members at Large

Mailing	Roger Briden	303.402.0682	<a href="mailto:webmaster@flatironsskiclub.com">webmaster@flatironsskiclub.com</a>
Webmaster	Roger Briden	303.402.0682	<a href="mailto:webmaster@flatironsskiclub.com">webmaster@flatironsskiclub.com</a>