



SADDLEBROOKE

HIKING CLUB NEWSLETTER

<http://www.SaddleBrooke.org>

SEPTEMBER/OCTOBER

2006-5

BE WATER WISE

By Elisabeth Wheeler

In 2002 two young adult hikers died, apparently of heat stroke, in Picacho Peak State Park. Both were carrying two 20-ounce sports bottles. Temperatures reached over 100 degrees that day. They died trying to get back to their vehicle in the parking lot. What can we learn from this tragedy?

Because human beings are 60 - 70% water, it makes sense to pay attention to hydrating. "You can dehydrate and not know it." Your brain doesn't work properly. You're groggy, slow and feel out of it. That's the first obvious sign. More subtly, your body is slowly starting to shut down. Toxins and wastes are backing up in your body. Muscle tone is being lost. Signs of dehydration are: fatigue, loss of appetite, heat intolerance, lightheadedness, dry cough, dark urine with a strong odor, and muscle cramps. The solution is to rest in shade, cool the body, and drink lightly salted fluids. Elevating the legs may also be helpful.

However, drinking too much water is also dangerous. Water intoxication, also called hyponatremia, is deadly. Fluid overload can dilute the sodium in the bloodstream (especially among older adults and women). If sodium levels in the bloodstream fall too much, water cannot move across the membranes properly and dehydration occurs. When that happens you could drink a river of water but the body

wouldn't have enough sodium to move it from the gastrointestinal tract to the blood. Many of the signs resemble heat exhaustion: nausea, vomiting, diarrhea, headache and weakness. Treatment involves replacing electrolytes without adding much fluid.

Maintaining a high level of physical fitness is one of the best ways to maintain circulatory capacity and regulate body temperature. The person acclimated to the heat runs less risk of heat stress. Adjust to hot weather hiking gradually, replace fluids and take frequent breaks. To prevent dehydration, especially in hot, humid weather, eat salty snacks along with your water and supplement your water on longer hikes with a sports drink containing electrolytes.

Paying attention to your physical fitness and drinking the appropriate amount of fluids along with salty snacks will keep you healthy during the hot hiking season. (Information compiled from articles in the Tucson Citizen, US Forest Service brochure and Energy Times magazine.)

BIG THANK-YOU TO BILL

Bill Leightenheimer will be taking a well-deserved break as a leader of the morning fitness walks. Bill has been leading these walks for several years and has contributed many hours to our club. Bill was instrumental in the formation of our club back in 1998. Watch for an article by Bill that will be in the October Progress describing the birth of the

SaddleBrooke Hiking Club.

NEWS YOU CAN USE

| | | |
|----------------------|-----------------------|-----------|
| Social Hour | Sept. 20th | 4:00 p.m. |
| Board Meeting | Oct. 4 th | 3:00 p.m. |
| Hiking Guide Meeting | Oct. 4 th | 4:00 p.m. |
| Hiking Club Picnic | Oct. 17 th | 8:00 a.m. |
| Social Hour | Oct. 18 th | 4:00 p.m. |

Note: Social Hours held at the MV Clubhouse in the bar area.

Hard copies of the Newsletter are available at both the SaddleBrooke and MountainView Clubhouses. They are also available on our web page at www.saddlebrooke.org.

Membership is \$5.00 a year. Send your completed application or renewal to Bob Perez at 65187 E. Desert Sands Court. **Make checks payable to SaddleBrooke Hiking Club.** (Blank applications are placed behind the Newsletters in the clubhouses or are available online at our web page).

NEWS WE CAN USE

New e-mail address: If you change your e-mail address please notify Bob Perez at azsun65@wbhsi.net so you can continue to receive the newsletter and other communications.

OFFICERS

President: Susan Robertshaw - 818-6727
jsrobertshaw@wbhsi.net

Vice-President: Larry Dawson - 825-3480
madmaryann2@aol.com

Secretary: Kathy Gish - 818-0918
robkathy@msn.com

Treasurer: Jan Springer - 825-1451
Janet65673@msn.com

Chief Hiking Guide: Elisabeth Wheeler - 818-1547
elisarick@wbhsi.com

VOLUNTEERS

Chief Guide Asst.: Cheryl Werstler - 825-9057
dbwerst@wbhsi.net

Editor: Carole Rossof - 877-9262
crandmr@wbhsi.net

Membership Roster: Bob Perez - 818-2111
azsun65@wbhsi.net

Merchandise: Sally Sample - 825-0985
Newsletter Copies: Open

Publicity: John Robertshaw - 818-6727

Statistics & Awards: Melody Branstrom - 825-5562

Social: Cheryl Straw - 818-3631

Social Assistant: Cyndee Jordan - 825-4640

GENERAL HIKING INFORMATION

Reservations: Call the guide to make a reservation for a hike. Let the guide know if you would be available to drive and whether or not you have a 'park entry pass' for the area. If you are unable to go on the hike after making a reservation, call the guide to cancel. The guide will call if hike canceled.

Arrival Time and Departure Area: The time listed for the hike is the departure time. It is important to arrive 10 to 15 minutes before departure time. All hikes leave from the left front parking lot of the MountainView Clubhouse (just east of the tennis courts) unless otherwise noted.

Medical Conditions: Prior to starting the hike, inform the guide of any special medical conditions or medications you may need.

Voluntary driver donations: Voluntary driver donations are shown at the end of the hike descriptions. Most include the entry and/or parking fees where required, however some hikes may require additional fees. Guides may also wish to split costs between drivers for drop-offs and/or unequal passenger loads. Small bills are appreciated. Due to automobile insurance coverage considerations, it is recommended that any payment to the driver be made upon return to MountainView.

Items to Bring: Every hiker should carry identification and any medical alerts in a waterproof container. Always bring ample water (this can vary from a pint on a winter fitness walk to 3 or 4 quarts on a summer hike). On strenuous hikes or in very hot weather you may need to replace electrolytes (eat salty snacks, add electrolyte mix to water, or use sport drinks). A wide brim hat, sunscreen, sunglasses, and hiking stick or trekking poles are recommended in Arizona. Other suggested items include comfortable hiking boots, whistle, map, compass, tweezers, first-aid kit, and moleskin. Layered clothing works well due to possible changes in weather conditions. In addition, you should bring a snack or lunch depending upon the hike. High complex carbohydrates (nuts, trail mix, and etc.) are good.

Choosing Hikes: Hikes are more difficult than a walk in SaddleBrooke due to elevation change and our Arizona terrain. It is not unusual to encounter rocks, unsteady ground, and steep inclines. It is your responsibility to choose an appropriate hike that matches your physical abilities. The hike description is a great tool. Look closely at the length, elevation change, and comments in the description to determine if a hike is within your physical ability. If you aren't feeling "up to snuff" on the day of the hike, don't hesitate to cancel until a better day.

Assumption of Risk: When you joined the club, you were asked to sign a 'Release of Liability'. **We want to reinforce the fact that by signing the release you acknowledge that participation in the club's activities involves an inherent risk of physical injury and that you assume all such risks. Accidents can happen. Learn about the risks and how to avoid them. Take an active part in protecting yourself and fellow hikers.** We are an organization of volunteers who share their skills and love for the wilderness with one another.

Guest Policy: A SaddleBrooke resident, whether year-round or part-time, 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 under age 18, must be signed by parent or legal guardian). If the guest is younger than 16 years old, you must notify the guide who has sole discretion whether or not to allow minors on the hike.

HIKE RATINGS, PACE, AND SYMBOLS

Rating:

- 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 or less and 500 foot climb or less

Pace:

Refers to the length of 2 steps, the speed you walk/hike, or to the average speed of a hike. When we denote the pace of a hike we are referring to the average speed. This means that from start to finish (excluding lunch) you can expect to be traveling at an average speed of () MPH. The average speed or pace of a hike is affected by speed and length of stride, number of rest stops, incline, type of terrain, and trail conditions. We use the following three categories to describe our hikes.

Slow Pace – Average speed of hike < 1.5 MPH

Moderate Pace – Average speed of hike 1.5 to 2.5 MPH

Fast Pace – Average speed of hike > 2.5 MPH

Symbols:

"+" and "-" after a rating. The plus and minus signs are used to show that a hike is harder or easier than the average hike in that rating category. It may have a plus sign added due to a loose rocky area or perhaps due to an unusually steep area. A minus sign might be added to a hike due to it having a very easy, smooth trail surface.

"*" by a hike. Hikes marked by a double asterisk are new additions to our club database or a new 'one time' hike.

"++" by a hike. Hikes marked by a double plus are Orientation Hikes. Orientation hikes are encouraged for all "beginner" hikers and are intended for sharing information and for personal assessment of current physical fitness.

FITNESS WALKS - FIVE DAYS A WEEK

The SaddleBrooke Hiking Club offers morning fitness walks five days a week. These sessions last about one hour and are suitable for walkers of all ability levels. They are a great way to start the day and a great way to meet other SaddleBrooke residents as you enjoy the fantastic views.

Fitness Walks will continue Monday, Wednesday and Friday at **6:30 a.m.** from the parking lot just west of **SaddleBrooke HOA #1 Fitness Center**. Bill Leightenheimer is taking a well-deserved break as a leader. Volunteers will take turns leading these walks and will be coordinated by Dean Wilson.

Dean Wilson and Michael Reale offer fitness walks Tuesday and Thursday at **6:30 a.m.** Meet at the parking lot of the **MountainView Clubhouse**. You may contact Dean at **818-**

0299 or Michael at **825-8286**.

Judy Barenkopf offers fitness walks every Tuesday and Thursday at **6:30 a.m.** Meet at the parking lot of at the **MountainView Clubhouse** on Tuesday and at the parking lot of the **SaddleBrooke Tennis Center** on Thursdays. You may contact Judy at **825-7077** or mbarenkopf@msn.com.

NAME TAGS

A suggestion has been made that any person attending a hike might want to wear a nametag. We have so many new members; it would be a great way for the hiking leader and hikers to get to know the people in their group and to speak to them by name. Often we are introduced to people and quickly forget their names. If you choose to wear a nametag, you can pin it either to your shirt, hat or pack. Once again, this is not mandatory, only a suggestion

HIKES OFFERED

Sept. 1 – Fri. 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 7.5 miles; elevation change 900 feet; starting elevation 4500 feet; leave at **6:30 a.m.**; driver donation \$6.00. Mary Richling, 825-5238.

Sept. 5 – Tues. Fifty Year Trail (South End). Rating D. We will start near the Golder Ranch Gate and hike south to a stream terrace that gives a fantastic view of the Sutherland Wash area and the Santa Catalina Mountains. In addition, there will be good views of Sun City and the Tortolitas. Hike 4 miles; elevation change 400 feet; starting elevation 3200 feet; leave at **7:00 a.m.**; driver donation \$1.00. Susan Robertshaw, 818-6727.

****Sept. 5-7 – Tues.-Thurs. AZT: Babbitt Ranch and Coconino Rim segments. Ratings A+ and A+.** We will stay two nights at a location TBD. Driver donation TBD. Cheryl & Dean Werstler, 825-9057.

Sept. 5 – Tues. Drive up to Cedar Ranch, place car.

Sept. 6 – Wed. Hike Babbitt Ranch segment from Moqui Stage Station to Cedar Ranch. Rating A+. Hike 25.5 miles; cumulative elevation loss 890 ft, gain 620 ft; starting elevation 6,650 ft.

Sept. 7 – Thurs. Hike Coconino Rim segment from Grandview Lookout Tower to Moqui Stage Station. Rating A+. Hike 19 miles; cumulative elevation loss 1,400 ft, gain 500 ft.; starting elevation 7,525 ft.

Sept. 6 – Wed. Miller Peak. Rating A. Miller Peak is the highest point in the Huachuca Mountains. There is a 100-mile view from the top. The hike starts at the Coronado National

Memorial, located within Montezuma Canyon. We take the Crest Trail. We must drive 45 minutes beyond Sierra Vista to the trailhead. Hike 10 miles; elevation change 3400 feet; starting elevation 5800 feet; leave at **5:30 a.m.**; driver donation \$8.00. Don Taylor, 825-5303.

Sept.6 – Wed. Alamo Canyon to the Water Tank. Rating C. This hike begins at the Romero Ruins trailhead. Elevation change is gradual. We will hike from the ruins through Alamo Canyon. There maybe water at the canyon. We will then go around, down and up and down again to a non-used large water tank. Trail is rocky in some areas. We can return one of three ways of equal distance. Hike 4-5 miles; elevation change 300-400 feet. Leave at **7:00a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

****September 11 - 14 Mon –Thur. Backpack to Rainbow Bridge. Rating A+.** Monday we will drive to the North Rainbow Bridge Trailhead. We will backpack 6 miles through Cha Canyon, Bald Rock Canyon to N’asja Creek where we will camp. We will carry the water we will need for 28+ miles of hiking, 3 dinners and 3 breakfasts. Tuesday we will hike 16 miles round-trip to Rainbow Bridge going around the north side of Navajo Mountain through Oak Canyon and Bridge Canyon to Rainbow Bridge. Rainbow Bridge is one of the great natural wonders of the world and a sacred site to the Navajo. This giant sandstone formation rises 290 feet above and 275 feet across Bridge Canyon. We will filter additional water at Lake Powell. Tuesday and Wednesday nights we again camp at N’asja Creek. Wednesday there would be time to explore massive N’asja Canyon all the way down to the Colorado River (14 miles round-trip) where we can filter additional water. Thursday morning we backpack 6 miles back to the trailhead and drive home. The terrain is rugged throughout this backpack. Backpacking permits and camping fees would be \$30 per person . Driver donation is \$50.00. Leave at **4 a.m.** Elisabeth Wheeler 818-1547.

Sept. 13 – 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; we will hike through an area effected by the Aspen fire; elevation change 1200 feet; starting elevation 4400 feet; leave at **7:00 a.m.**; driver donation \$3.00. Sandra Sowell, 818-0995.

Sept. 13 – Wed. 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. We can continue strolling through the park at our leisure and end with breakfast at the Tohono Chul Tea Room. Bring binoculars. There is an admission fee of \$5.00. Hike 1.5 miles; elevation change 50 feet; starting elevation 2700 feet; leave at **7:45 a.m.**; driver donation \$2.00. Mary Richling, 825-5238.

Sept. 16 – Sat. Blackett's Ridge. Rating B. This hike takes you up to a ridge between Sabino and Bear Canyons. It has spectacular views of Tucson and the canyons. We hike through lower Sabino Canyon to the Phoneline Trail. After 0.4 miles we turn onto the Blackett's Ridge Trail where we begin the ascent.

This trail has several series of steep switchbacks mixed in with some level areas. There are three false summits at the top. Hike 6 miles; elevation change 1700 feet; starting elevation 2700 feet; leave at **7:00 a.m.**; driver donation \$3.00. Jim Strickler, 825-8735.

Sept. 18 – Mon. Sutherland Trail from Catalina State Park. Rating C. A nice trail ending in a very scenic, flat, rocky area, with views. We start at the Catalina State Park trailhead. Hike 6 miles; elevation change 600 feet; starting elevation 2700 feet; leave at **7:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

Sept 18-19 – Mon.- Tues. Mt. Lemmon Backpack Rating A+ This is an overnight backpack from Catalina State Park up to Romero Pass and then to the top of Mt. Lemmon. We will camp overnight at a view spot. The following day we will return to Catalina State Park. Hike 22 miles round trip. Elevation change 6300 ft. **Leave at 5:30 a.m.** Driver donation \$2.00. Elisabeth Wheeler 818-1547.

Sept. 19 – Tues. Linda Vista Loop. Rating D+. Drive to trailhead, 15 minutes from the MountainView parking lot. Trail skirts the base of Pusch Ridge and has great views out onto Oracle Road and environs. Hiking stick recommended as trail is rocky in places. Hike 3 miles; elevation change 300 feet; starting elevation 2680 feet; leave at **7:00 a.m.**; driver donation \$1.00. Susan Robertshaw, 818-6727.

Sept. 20 – Wed. Arizona Trail (AZT)-Oracle State Park (OSP) Work Session. Rating C. This is our Hiking Club committed work day in helping to develop, maintain and report condition of the trails for which we have responsibility. Generally the work is light in nature and may involve brushing, hoeing, raking, trimming, pruning and usually requires some bending and lifting/carrying tools. On rare occasion we must rebuild water bars, design and develop new trails, build small bridges, erosion control devices and other special projects. All tools are supplied and kept at OSP. Gloves, hat and long pants are always recommended. For the most part it requires a 4-6 hour block of time, therefore you should bring snacks/lunch/water. We are responsible for all the trails in OSP and the 13.5 mile section of the AZT described as "Segment 14A - Black Hills/south". This segment is just north of OSP with the trailhead on Tiger Mine Road. Come join in the fun--it's nice to work side by side with other hiking members and it certainly gives you a feeling of pride and accomplishment along with a way of 'giving back' for all the trails we hike and take for granted so often. Leave at **8:00 a.m.**; driver donation \$ 2.00. Jim Strickler, 825-8735.

Sept. 20 – Wed. Hiking Club Social, 4:00 p.m.

Sept. 21 – Thurs. Sweetwater Trail to the Saddle. Rating C+. We start from the trailhead at the end of El Camino del Cerro on the East Side of the Tucson Mountains. From there we hike up through some of the prettiest Saguaro forests in the area. Along the way there will be good views of Tucson and Wasson Peak. We end at the saddle where the trail joins the King Canyon trail. The King Canyon trail goes down to the Desert Museum or up to Wasson Peak. We will have lunch at the saddle before heading back to the trailhead. Hike 6.8 miles;

elevation change 1200 feet; starting elevation 2800 feet; leave at **7:00 a.m.**; driver donation \$4.00. Sandra Sowell, 818-0995.

Sept 25-26 - Mon.-Tues. Humphrey's Peak. Rating A. Climb to the top of Arizona. We will attempt to place as many of our club members on top of Humphrey's Peak (12,633') as possible. This is a very difficult hike through a beautiful area. It requires staying overnight in Flagstaff. Hike 9 miles; elevation change 3800 feet; starting elevation 8833; leave at **12:00 p.m.**; driver donation \$TBD. Jim Strickler, 825-8735.

Sept. 27 – Wed. 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 ¾ mile round-trip hike to the upper pools. We will have lunch there. Park entrance pass required. Hike 6 miles; elevation change 1200 feet; starting elevation 2700 feet; leave at **7:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

Sept. 29 – Fri. Tortolita Trail (medium). Rating C. Come explore part of the 12-mile multipurpose Tortolita Trail. The trail is near the Tortolita Preserve below Dove Mountain. It took outdoorsman and amateur trail designer Chuck Boyer, age 66, more than two years to carve out this 12 mile recreational trail using only hand tools. Hike 6 to 8 miles; elevation change <500 feet; starting elevation 3600 feet; leave at **7:00 a.m.**; driver donation \$1.00. Jan Wilson, 818-0299.

Oct. 1 – Sun. Fifty Year Trail Area. Rating D. We will follow a jeep road to Sutherland Wash then loop back on a ridge that has great views, beautiful saguaros, and interesting rock formations. Hike 3+ miles; elevation change 200 feet; starting elevation 3200 feet; leave at **7:00 a.m.**; driver donation \$1.00. Susan Robertshaw, 818-6727.

Oct. 3 – Tues. Dripping Springs from the Sutherland Trail. Rating C-. We follow the Sutherland Trail past the wilderness sign then turn off at a Sutherland Trail sign. There are large rocks laid out in a row on the right (east) side of trail. The hike then veers to the right and follows a small canyon where there is a beautiful waterfall (depending on recent rains). Much of this part of the trail is sandy with several water crossings. After entering the wilderness area the trail is somewhat rocky. An old abandoned mine is visible to the left of the canyon. Hike 4 miles; elevation change 500 feet; starting elevation 2700 feet; leave at **7:00 a.m.**; driver donation \$2.00. Jan Wilson, 818-0299.

Oct. 4 – Wed. Canyon Loop, Birding and Nature Trails. Rating C. Start at main trailhead in Catalina State Park. First hike the Nature Trail, then the Canyon Loop Trail and then the Birding Trail. This is a 4mile hike with about 200 feet elevation change. If we are real ambitious we will swing through the Canyon Loop Trail the opposite way we came for a total of 6+ miles. Leave at **8:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

Oct. 4 – Wed. Hiking Club Board Meeting, 3:00 pm.

Oct. 4 – Wed. Hiking Guide Meeting, 4:00 p.m.

****Oct. 5-7 – Thurs.-Sat. AZT: San Francisco Peaks and South Rim segments. Ratings A and A.** We will stay two nights at a location TBD. Driver donation TBD. Cheryl & Dean Werstler, 825-9057.

Oct. 5 – Thurs. Place car at Cedar Ranch.

Overnight in Flagstaff area.

Oct. 6 – Fri. Hike San Francisco Peaks segment from Snowbowl to Cedar Ranch. Rating A+.

Hike 21 miles; cumulative elevation loss 3,060 feet; starting elevation 9,300 feet. Drive to South Rim of Grand Canyon.

Oct. 7 – Sat. Hike South Rim segment from Kaibab Trailhead to Grandview Lookout. Rating A+.

Hike 20+ miles; cumulative elevation gain 1,200 ft., loss 860 feet; starting elevation 7,180 feet. Stay additional time at South Rim or return home.

Oct. 11 – Wed. Canyon Loop to Montrose Pool. Rating D.

This hike goes through a nice Sonoran Desert area in Catalina State Park up to the Montrose Pools, then returns. We will fork onto the Birding Loop at the end. Depending upon the season, some water crossings are possible. Hike <4 miles; elevation change 200 feet; starting elevation 2700 feet; leave at **7:00 a.m.**; driver donation \$2.00. Mary Richling, 825-5238.

Oct. 11 – Wed. Arizona Trail in Oracle State Park. Rating C.

We will hike down part of the Arizona Trail through Oracle State Park. The trail heads northeast on rolling hills, with wide open views and interesting rock formations among the low desert plants. This route is fairly level with little elevation change. Hike 5 to 7 miles; starting elevation 4400 feet; leave at **8:00 a.m.**; driver donation \$2.00. Marv Rossof, 877-9262.

Oct. 14 – Sat. Deer Camp. Rating C.

We will start at the Equestrian Center on the 50-Year Trail. We hike through beautiful rock formations with many saguaros to a camp at the base of Mt. Samaniego. Hike 7 miles; elevation change 975 feet; starting elevation 3200; leave at **8:00 a.m.**; driver donation \$1.00. Jim Strickler, 825-8735.

Oct. 15 – Sun. Oracle State Park Exploration. Rating D.

We will explore some of the trails at Oracle State Park. Enjoy the interesting boulder groups, oak woodlands, manzanita stands, and desert grasslands found in this new state park. Hike 4 miles; elevation change 200 to 400 feet; altitude 4350 feet; leave at **7:00 a.m.**; driver donation \$3.00. Susan Robertshaw, 818-6727.

Oct. 16 – Mon. Rams Creek Basin. Rating C.

We hike up the wash on a new trail through nice vegetation and then climb 560 feet to a watering tank. There are some great views of Rancho Vistoso, Tortolitas, SaddleBrooke, and the Biosphere. We then continue on to a waterfall where we will have lunch. Return via same route. Hike 5 miles; elevation change 1000 feet; starting elevation 2600 feet; leave at **8:00 a.m.**; driver donation \$1.00. Marv Rossof, 877-9262.

Oct. 17 – Tues. HIKING CLUB PICNIC.

The fall picnic will be held at Catalina State Park in the large group picnic area. It will be a potluck-plus-chicken lunch. The club will provide the chicken, plates, utensils, ice and cups. You will need to bring a side dish, salad, or a desert to share and your own beverages

plus \$2.00 per person if you plan to have the chicken. **PLEASE CALL CHERYL STRAW AT 818-3631 PRIOR TO OCT. 9TH IF YOU WOULD LIKE THE CHICKEN.** Hikes of various levels will begin at 8:00 a.m. followed by a Business Meeting and Lunch at 11:30. Sign-ups for the hikes will be the morning of the picnic.

Oct. 18 – Wed. Arizona Trail (AZT)-Oracle State Park (OSP) Work Session. Rating C. This is our Hiking Club committed workday in helping to develop, maintain and report condition of the trails for which we have responsibility. Generally the work is light in nature and may involve brushing, hoeing, raking, trimming, pruning and usually requires some bending and lifting/carrying tools. On rare occasion we must rebuild water bars, design and develop new trails, build small bridges, erosion control devices and other special projects. All tools are supplied and kept at OSP. Gloves, hat and long pants are always recommended. For the most part it requires a 4-6 hour block of time, therefore you should bring snacks/lunch/water. We are responsible for all the trails in OSP and the 13.5 mile section of the AZT described as "Segment 14A - Black Hills/south". This segment is just north of OSP with the trailhead on Tiger Mine Road. Come join in the fun--it's nice to work side by side with other hiking members and it certainly gives you a feeling of pride and accomplishment along with a way of 'giving back' for all the trails we hike and take for granted so often. Leave at **8:00 a.m.**; driver donation \$ 2.00. Jim Strickler, 825-8735.

Oct. 18 – Wed. Hiking Club Social, 4:00 p.m.

****Oct. 19-22 – Thurs.-Sun. AZT: Mazatzal Divide, Red Hills, and Whiterock Mesa segments. Ratings A+, A+, A, and A+.** We will stay in the Payson area 3 nights. Driver donation TBD. Cheryl & Dean Werstler, 825-9057

Oct. 19 – Thurs. Leave car at Mt. Peeley Trailhead, drive to Barnhardt Trailhead. Hike from Barnhardt to Mt. Peeley, completing part of Mazatzal Divide Segment. Rating A+. Hike 20 miles; cumulative elevation gain 6,230 feet, loss 4,730 feet; starting elevation 4,230 feet. Drive to Payson.

Oct. 20 – Fri. Drive to City Creek Trailhead. Hike from City Creek to Barnhardt Trailhead, completing the rest of the Mazatzal Divide segment and part of the Red Hills segment. Rating A+. Hike 22 miles; cumulative elevation gain 5,955 feet, loss 5,165 loss; starting elevation 3,475 feet.

Oct. 21 – Sat. Drive to Twin Buttes Trailhead. Hike to City Creek Trailhead, completing the Whiterock Mesa segment. Rating A. Hike 17 miles; cumulative elevation gain 1,125 feet, loss 3,520 feet; starting elevation 5,850 feet.

Oct. 22 – Sun. Start at City Creek Trailhead. Hike the Mazatzal Divide (City Creek) trail south to the intersection with the Red Hills segment. Loop around to the Forest Service rd. that continues north to the LP Ranch and leave the AZT going south on that road five miles back to City Creek Trailhead. Rating A+. Hike 22+ miles; cumulative elevation gain 5,565, loss 5,600; starting elevation 3,465.

Oct. 25 – Wed. Dripping Springs from the Sutherland Trail. Rating C-. We follow the Sutherland Trail past the wilderness sign then turn off at a Sutherland Trail sign. There are large rocks laid out in a row on the right (east) side of trail. The hike then veers to the right and follows a small canyon where there is a beautiful waterfall (depending on recent rains). Much of this part of the trail is sandy with several water crossings. After entering the wilderness area the trail is somewhat rocky. An old abandoned mine is visible to the left of the canyon. Hike 4 miles; elevation change 500 feet; starting elevation 2700 feet; leave at **8:00 a.m.**; driver donation \$2.00. Marv Rossosof, 877-9262.

Oct. 26 – Thurs. 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. Park entrance pass required. Hike 4.2 miles; elevation change 2100 feet; starting elevation 1500 feet; leave at **7:00 a.m.**; driver donation \$6.00. Dean Wilson, 818-0299.

Oct 26 – Thurs. Picacho Peak to Saddle. Rating C. We will hike the Hunter Trail from the Barret Loop trailhead up to the saddle. Terrific views of surrounding area. Park entrance pass required. Hike <3 miles; elevation change 960 feet; starting elevation 2000 feet; leave at **7:00 a.m.**; driver donation \$6.00. Jan Wilson, 818-0299.

Oct. 27 – Fri. Wasson Peak Loop, Rating B. Start at King Canyon Trailhead. From King Canyon Trail, hike Esperanza Trail over to Hugh Norris Trail, up to Wasson Peak, then back down King Canyon wash to trailhead. We will have stops for lots of different views and a variety of scenery. Hike 9.5 miles; elevation change 1900 feet, starting elevation 2800; leave at **8:00 a.m.**; driver donation \$4.00. Jim Strickler, 825-8735.

