

THE HIKER

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Fall 2015

San Diego Hiking Club

Elections are Coming Soon

The Wilderness Association that oversees the Hiking Club has a Board of Trustees. The annual election for Trustees is in October. The annual business meeting of the organization also occurs at the October dinner meetings. There will be one in San Diego and one in Encinitas. We are looking for members who are interested in serving a three year term to manage the business of the club. The board meets 6 times a year, on the third Monday in January, March, May, July, September and November. We manage the finances, keep the membership roster, manage the club newsletter and hiking schedule, plan our annual Founders Day Picnic, and address issues brought to us by the membership. Everyone does a little bit, no one does it all. If you are interested in running for a three year term on the board, please let Karen Eagleton know as soon as possible. Feel free to contact any of the current board members if you are interested in being on the board or would like more information.

Karen Eagleton - sunshinenhugs@yahoo.com - 619-277-0439
Christine Favus - Christine.Favus@med.navy.mil - 858-558-4722
Karen Harris - karen_h92131@yahoo.com - 858-695-2876
Jane Hardy - janehardy@cox.net - 619-820-3540
Jan Mask - jmask@san.rr.com 858-761-3522
Nic Wiseman - niwi@cox.net - 619-298-2888
John Stetson— jkstetson@sbcglobal.net 760-268-0930 or 760-305-2703

*Isn't
Backpacking
Fun?*

This is from
July 2008 in
the Sierra



When Lightning Strikes

Excerpted from Backpacker magazine

1) Myth: You can hide from lightning.

Busted: No place is 100-percent safe in the backcountry, but some spots are better than others.

Top priority: Get low relative to nearby terrain. Uniform forests are safest. Avoid open meadows, lakes, caves, rock overhangs, peaks, or ridges.

Best option: Go inside a building or hard-topped car.

2) Myth: Under clear skies, you're safe from a strike.

Busted: "Bolts from the blue" can travel and strike as far as 25 miles from storm clouds. Check regional forecasts. Be alert for storms within 100 miles of your route; watch the direction they're trending. You're within strike range if you can hear thunder. Look for shelter when (or before) thunder and lightning are 30 seconds apart. Stay under cover until 30 minutes have passed since the last thunderclap.

3) Myth: Once a person's struck, he's dead—and you'll be electrocuted if you touch him.

Busted: About 90 percent of strike victims survive. After being hit, they can't shock you—but will likely benefit from first aid. Administer CPR. Almost all lightning fatalities are due to cardiac arrest. Immediate CPR may restart the heart and save a victim's life. Treat wounds. Look for and address head injuries and fractures. Burn first aid: cool with water, apply antibacterial ointment, and bandage. Immediately evacuate any strike victim to a hospital.

4) Myth: Crouching on a sleeping pad will insulate you from a direct strike.

Busted: Nothing in the backcountry insulates against a strike or ground current (the most common cause of lightning injury). Reduce exposure to both by assuming a tucked, tight crouch. Stay low. Short objects are less likely strike targets. Keep your arms and feet close. Spreading them increases the severity of injuries and burns if you're struck. Don't lie down. Minimize contact with the ground; keep your body's footprint as small as possible.

What You Should Know:

Get off peaks early; descend by 2 p.m. in storm season.

Avoid exposed campsites; tents provide no electrical shelter.

Stay 50 feet from others.

Move off lakes and away from tall shoreline trees.

Flee meadows; even in low terrain the tallest objects attract strikes.

Avoid lone tall trees.

Anticipate nighttime storms; plan a route to safer terrain.

Safer: ditches and dips.

Interesting Facts • An average bolt is five miles long, one inch thick, and has enough energy to power a headlamp for 139,500 years. It takes 5 seconds for the sound of thunder to travel one mile. -

See more at: <http://www.backpacker.com/survival/survival-lightning-myths-busted/#sthash.Y1x1Xhy2.dpuf>



Club Information

THE HIKER is published quarterly by the San Diego Hiking Club. The Wilderness Association sponsors the San Diego Hiking Club that conducts day hikes, car camps, backpacking trips and adventure trips. The Club was founded in 1980 by the late Skip Ruland. He is with us "in spirit" on every trail. We remember and thank Skip for our existence.

Come hike with us to such places as: Anza-Borrego Desert State Park, Cuyamaca Rancho State Park, Cleveland National Forest, Mt. Laguna Recreation Area, Palomar Mountain, wilderness areas of San Diego County, San Jacinto, San Geronimo,

Grand Canyon, Catalina Island, and the High Sierras.

Day hikes average 4-12 miles and range from easy to strenuous. Backpacking treks are typically 2-7 miles to trail-camp, which serves as a base for day hikes in the area. Boots are required. Each person furnishes his own food and equipment. Carpooling is encouraged with passengers paying drivers 5 cents per mile. A registration form and waiver are required. Sign-ups for hikes are done at meetings.

The **San Diego Chapter** meets on the second Monday of each month at Playa Grill & Margarita

Bar, 2401 Fenton Parkway, San Diego, CA, 92108
 Phone Number: 619-280-0505.
 Dinner is at 6pm and the meeting begins at 7pm. Lois Gottfredson is the Meeting Coordinator.

The **North County Chapter** meets on the second Wednesday of each month in the Banquet Room of Co-co's Restaurant, 407 Encinitas Blvd. (at Calle Magdalena) in Encinitas. Dinner is at 6pm. The meeting begins at 7pm. John Stetson is the Meeting Coordinator.

The **Outings Meetings** are held quarterly on the fourth Monday of January, April, July, and October.

Membership Costs

Annual membership cost is \$24 per person and renews on July 1st. If you join after that time, you pay a prorated amount for the remainder of the year.

If you join in:

July	\$24	January	\$12
August	\$22	February	\$10
September	\$20	March	\$8
October	\$18	April	\$6
November	\$16	May	\$4
December	\$14	June	\$2



The Wilderness Association of San Diego, Inc., PO Box 161068, San Diego, CA 92176. A not-for-profit corporation. Additional information is available at either www.SanDiegoHikingClub.org or www.sdwilderness.org.

SDHC BOARD OF TRUSTEES

Karen Eagleton *Chair*
Karen Harris *Secretary*
Jane Hardy *Treasurer*

Jan Mask
John Stetson
Christine Favus
Nic Wiseman

OUTINGS SCHEDULE—Fall 2015

DATE(S)	PLACE		TYPE	LEADER(S)	SD	NC
October 3	TBD					
October 4	Coronado Bike Ride	30 miles	BR	Tony Devine	Sept 14	Sept 9
	A casual bike ride from Chula Vista marina to Coronado Ferry landing and back, mostly on designated bike paths					
October 9-11	Kitchen Creek to Cibbets Flat		BP	Janet Kenny	Sept 14	Sept 9
	Easy beginner backpack—Boulder Oaks Campground to Cibbets Flat Campground 12 miles round trip, +/-1000'					
October 10	Cibbets Flat to Long Canyon Creek		DH	Janet Kenny	Sept 14	Sept 9
	Hike along PCT in Laguna Mountains 8 miles R/T					
October 17	Valley of the Moon	8 miles +/-900'	DH	Sue Burtchett/Mary Hart	Oct 5	Oct 14
	Hike in the Jucumba Mtns., just east of the San Diego/Imperial County line, south of I-8 near the Mexican border					
October 24	Hollenbeck Canyon		DH	Rhonwyn and Christine Favus	Oct 5	Oct 14
	Moderate 4-6 miles along a river, up to a ridge and through oak grasslands					
October 31	Cuyamaca Lake Loop		DH	Rhonwyn Curtis-Nicholson	Oct 5	Oct 14
	Easy relatively flat 5 mile hike circumnavigating Lake Cuyamaca with lunch afterwards at the restaurant overlooking the lake					
November 7	Bernardo Mountain		DH	Alice Wang	Oct 5	Oct 14
	Fun, 6.5 mile hike with great views of Lake Hodges and Coast					
November 8	Laguna Hike		DH	Sandra Mack	Oct 5	Oct 14
Sunday	Agua Dulce Trailhead. Approximately 6 mile hike					
November 14	Sunset Trail	10 mi. +/- 500 ft.	DH	Margie McGuigan/Jeff O'Steen	Nov 2	Nov 11
	Easy hike: Sunset Trail, Laguna Meadows and Water of the Woods pond. Lunch at Mañana's in Alpine					
November 15	Lake Moreno to Buckman Springs		DH	Rhonwyn Curtis-Nicholson/Ken Abbiss	Nov 2	Nov 11
	Moderate hike along a 6 mile section of the PCT between Lake Morena and Buckman Springs, one way with a car shuttle.					
November 21	Sweetwater Trail		DH	Brittney Como	Nov 2	Nov 11
	Horseshoe-type trail with an overlook of the reservoir near Chula Vista					
November 26-29	Sheep Canyon, Anza Borrego State Park		CC	John and Kathy Stetson	Nov 2	Nov 11
	Thanksgiving day pot luck and 2 great hikes in the Sheep Canyon area of Anza Borrego Desert SP.					
December 5	Agua Caliente Creek	8 miles	DH	Ken Abbiss	Nov 2	Nov 11
	Hike along a portion of the PCT and Agua Caliente Creek, elevation gain/loss of 900', in and out, about 4 hours hiking time					
December 12-13	Bow Willow Campground		DH/CC	Lois and David Gottfredson	Nov 2	Nov 11
	To H*ll With The Holidays - Annual car camp and potluck dinner party. Day hike(s) on Saturday.					
December 19	Double Peak—San Marcos		DH	John and Kathy Stetson	Dec 14	Dec 9
	Suburban day hike from San Eljio Hills in San Marcos. 8 to 10 miles gain/loss 1000 ft					
December 22	Winter Solstice on Cowles Mountain		EH	Carol Radford/Gloria Sturgeon	Dec 14	Dec 9
Tuesday	View the solstice sunrise from a Kumeyaay site on Cowles Mt. easy gain/loss 800'					
December 26	Mt Gower - Ramona		DH	Christine Favus	Dec 14	Dec 9
	About 11 miles with 2000 ft gain/loss.					

Please call the Leader to cancel whenever you are signed up for a hike and cannot make it.

If you are on the waiting list, it is your responsibility to call the Leader to confirm. The Leader will not call you.

With the high cost of gas, please contribute to carpooling expense to the drivers.

BP—Backpack CC—Car Camp DH—Day Hike SD—San Diego Chapter NC—North County Chapter

EH—very early morning hike, Adv. Trip—Adventure trip BR—Bike Ride

SAN DIEGO HIKING CLUB
The Wilderness Association of San Diego, Inc.
MEMBERSHIP APPLICATION AND WAIVER OF LIABILITY

LEADERSHIP AUTHORITY

I, the undersigned, agree to follow all reasonable directions of the Outings Leader or Co-leader, and to conduct myself in a manner that is considered safe for myself and the other members of the group.

MEDICAL AUTHORIZATION

The San Diego Hiking Club, Wilderness Association of San Diego, Inc., and its leaders are authorized to obtain whatever first aid, medical treatment, or transport is reasonable and necessary for me in the event of my illness or injury. I will assume full financial responsibility for such first aid, medical treatment, or transport, and any subsequent care.

RELEASE AND WAIVER OF LIABILITY

For any and all activities, now and on future dates, I hereby acknowledge that I have voluntarily applied in hiking, camping, mountaineering, rafting, canoeing, backpacking, and other outdoor activities, instruction, or training, hereinafter referred to as "activities".

I am aware that the activities are hazardous, involving risk of serious bodily injury, death, or property damage. I am voluntarily participating in these activities with knowledge of these dangers including, but not limited to, slips, falls, objects or persons falling on persons, equipment failure, injury from pointed objects, injury or illness from flora or fauna or bacteria, high altitude injury, improperly administered first aid, lightning, drowning, hypothermia, and/or heat stroke, and voluntarily assume all risks associated with such activities.

As lawful consideration for being permitted by the San Diego Hiking Club or any of its officers, trustees, leaders, agents, volunteers, employees, or activity participants, hereinafter referred to as "releasers", to participate in these activities or use their equipment, I do for myself, my heirs, executors, administrators, legal representatives, guardians, distributees, and assigns, collectively referred to as "releasers", hereby release, waive, discharge, and relinquish any action or causes of action for personal injury, property damage, or wrongful death which may hereinafter arise from the activities or any pursuit incidental thereto wherever or however said pursuit may occur and for whatever period said activities and pursuits may continue. I further agree that under no circumstances will the releasers prosecute or present any claim against releasees for any causes of action, for personal injury, property damage, or wrongful death, whether the same shall arise by the negligence or non-intentional conduct of any of said releasees from the activities or any pursuit incidental thereto.

I and the remaining releasers hereby agree to indemnify, save, and hold harmless the releasees and each of them from any loss, liability, damage, or cost (including attorney fees) which releasees may incur as a result of my injury, death, or property damage.

I have read and voluntarily signed the release and waiver of liability and indemnity agreement, and further agree that no oral representations, statements, or inducements apart from the foregoing written agreement have been made.

I acknowledge that I have read the foregoing paragraphs and that I am completely aware of the potential dangers incident to engaging in the activities, and of the legal consequences of signing this instrument.

Sign and mail this Entire Document with your membership check to:

San Diego Hiking Club, P.O. Box 161068, San Diego, CA 92176

Name: _____ Phone (H): _____
PLEASE PRINT LEGIBLY

Address: _____ Phone (C): _____

City: _____ State: _____ Zip: _____ Email Address: _____

Medical insurance policy: _____

I hereby apply for membership in the San Diego Hiking Club.

Signature: _____ Date: _____

The Club prints a roster of member's name and phone number to facilitate carpooling. Include your name and number? Yes No