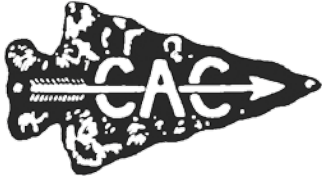


CALIFORNIA ALPINE CLUB

Founded, April 1913 • Incorporated, April 1936



JUNE 2009 - MAY 2010

THE PURPOSES of this Club are: To explore, enjoy, and protect the natural resources of our land, including wildlife, forests and plants, water and scenic values; to support and promote educational programs on these and related subjects; at all times to protect and, as far as we are able, improve the environment in which we live; and to strengthen a sense of community among our Members and Associate Members.

MEMBERSHIP

Contact MarliSS Riddle at marlissriddle@comcast.net or 415-927-1234. Website: <http://calalpineclub.org>

GENERAL INFORMATION

The Club has an Associate Member class as a "gateway" to regular membership. This member-class is assessed \$5/day dues and has an enrollment process. *We cannot accommodate pets. Smoking is not permitted within the facilities.*

LODGES

The California Alpine Club, founded in 1913, owns and operates two historic lodges: Alpine Lodge in Marin County acquired in 1925 and Echo Summit Lodge in El Dorado County acquired in 1952.

ALPINE LODGE is located on the south slope of Mt. Tamalpais at 730 Panoramic Highway, Mill Valley, CA 94941 (about one quarter mile from the Mountain Home bus stop). For accommodations and reservations, call **415-381-4975**. To contact someone at the lodge call **415-388-9940**.



S. Linkwitz

ECHO SUMMIT LODGE is located at the summit of Old Meyers Grade above Lake Tahoe, one mile from U.S. 50 at 9010 Johnson Pass Road. The phone number is **530-659-7274**.



S. Linkwitz

CAC REFERENCE MATERIAL - PLEASE SAVE

OFFICERS

Mae Harms	PRESIDENT	530-333-1058
5941 Garden Park Dr., Garden Valley, CA 95633-9514 maeharms@mindspring.com		
Tony Smith	VICE PRESIDENT	925-933-2403
2345 Tice Creek Dr. #4, Walnut Creek, CA 94595-5210 ..joanne-tony@sbcglobal.net		
Helena Troy	SECRETARY	415-492-9576
134 El Condor Court, San Rafael, CA 94903-3532.....hmtroy@aol.com		
Dennis Ziebell	TREASURER	415-864-4889
2370 Market Street, #503, San Francisco, CA 94114-1521DZBP@aol.com		
Stefan Berlinski	REGISTRAR	831-458-9954
713 Frederick St., Santa Cruz, CA 95062-2231.....alpineregistrar@pacbell.net		

BOARD OF DIRECTORS

Carl Duisberg		415-388-1175
348 Panoramic Hwy, Mill Valley, CA 94941-2668 carlduisberg@hotmail.com		
John Hannum	PAST PRESIDENT	707-525-8108
2309 Avenida De Las Brisas, Santa Rosa, CA 95405-8602 jrhannum@sbcglobal.net		
John Lillich		925-930-9489
901 Kenilworth Ct., Walnut Creek, CA 94596-6031.....jillich@sbcglobal.net		
Vicki Olds		415-221-2830
534 Sixth Ave., San Francisco, CA 94118-3817 volds@studioreflex.com		
Ann Meneguzzi		209-931-3423
9151 Fairchild Ln., Stockton, CA 95215-9593.....tmlann@hotmail.com		
Art Ewart		707-538-3696
1405 Snowy Cloud Way, Santa Rosa, CA 95409-4373.....aewart@sbcglobal.net		

COMMITTEE CHAIRPERSONS

Tony Smith	CONSERVATION	925-933-2403
2345 Tice Creek Dr. #4, Walnut Creek, CA 94595-5210..joanne-tony@sbcglobal.net		
Vicki Olds	EDUCATION	415-221-2830
534 Sixth Ave., San Francisco, CA 94118-3817 volds@studioreflex.com		
Dave Maier	FINANCE	831-462-2764
2-1120 E. Cliff Drive, Santa Cruz, CA 95062-4836.....dmmaier@pacbell.net		
Verna West	HISTORIAN	650-854-6349
2190 Mills Ave, Menlo Park, CA 94025-6546.....99swest@earthlink.net		
MarliSS Riddle	MEMBERSHIP	415-927-1234
101 Pepper Ave., Larkspur, CA 94939-2172 marlissriddle@comcast.net		
Ruth Tretbar	OUTINGS	510-836-0108
320 Lee St., Apt 801, Oakland, CA 94610-4320.....rtretbar@yahoo.com		
VACANT	PARLIAMENTARIAN	
Patricia Boyd	PUBLICATIONS	510-883-9929
1705 California St., Berkeley, CA 94703-1205.....boyd4@pacbell.net		
Sonia Bastidas	SOCIAL ACTIVITIES	415-927-7415
110 Buena Vista Ave., Corte Madera, CA 94925-1602 soniabastidas@yahoo.com		

Mary Maier	SUNSHINE	831-462-2764
2-1120 E. Cliff Drive, Santa Cruz, CA 95062-4836mlmaier@pacbell.net		
VACANT	YOUTH ACTIVITIES	

ALPINE LODGE TRUSTEES

Peter Beckmann '10	TRUSTEE CHAIRPERSON	831-426-3610
104 Bronson Street #6, Santa Cruz, CA 95062-3487..beckmann@baymoon.com		
Jennie Bruyn '10		415-456-1877
P.O. Box 1728, San Anselmo, CA 94979-1728		
Arnold Champagne '12		415 282-1704
27 Putman St., San Francisco CA 94110-6213...ArnoldChampagne@yahoo.com		
Hardy Dawainis '12		415-461-4431
100 Corte Ramon, Greenbrae, CA 94904-1229hdawainis@comcast.net		
Eva Libien '11		415-383-5184
2 Eucalyptus Knoll St., Mill Valley, CA 94941-2279elibien@yahoo.com		
Melanie Facen	TREASURER	415-492-0470
30 Golden Hinde Blvd., San Rafael, CA 94903-3817mfacen@sbcglobal.net		
Bob Smith	CALENDAR	510-841-0402
1525 Berkeley Way, Berkeley, CA 94703-1235.....alpinelodge1@yahoo.com		
Alpine Accommodations		415-381-4975

ECHO SUMMIT LODGE TRUSTEES

Jim Nixon '12	TRUSTEE CHAIRPERSON	650-756-7771
50 Seacrest Court, Daly City, CA 94015-4726jimnixon2000@yahoo.com		
Tom Coleman '11		707-992-0650
32 Live Oak Dr., Petaluma, CA 94952travmcgee@comcast.net		
Edie Nelson '11		831-423-5576
140 Archer Drive, Santa Cruz, CA 95060-2443.....edieforsyth@hotmail.com		
Ray Sommer '12		415-472-1229
15 Terra Linda Drive, San Rafael, CA 94903-3730erstock@pacbell.net		
Cindy Toran '10		707-539-4396
932 Ripley St., Santa Rosa, CA 95401.....toranski@aol.com		

CAC FOUNDATION DIRECTORS

Arlin Weinberger	PRESIDENT	415-444-0611
14 Steven Way, San Rafael, CA 94903-2851.....acwein@earthlink.net		
Tony Smith		925-933-2403
2345 Tice Creek Dr. #4, Walnut Creek, CA 94595-5210 ..joanne-tony@sbcglobal.net		
Bill Meneguzzi		916-451-1523
PO Box 1767, Sacramento, CA 95812-1767.....bill.meneguzzi@gmail.com		
David Solbach		415-563-1170
1482 33rd St., San Francisco CA 94112-3143dsolbach@gmail.com		
Reuven Segev		415-479-7682
PO Box 6389, San Rafael CA 94903-0389rsegev@comcast.net		

ALPINE LODGE INFORMATION

Alpine Lodge features a comfortable living room with a rustic stone fireplace, a well-equipped kitchen, a spacious dining porch overlooking a large sun deck, and a huge social hall with gas-lit fireplace and hardwood dance floor. A wheelchair accessible restroom is centrally located. The upstairs sleeps 18 people in two private and four semi-private rooms. The newly remodeled bathroom with two showers, two toilet rooms, and a two-sink vanity is a shared co-ed facility. The Tamalpais Building is down a short pathway and features five rooms that can sleep a total of 13 people. There are two shared bathrooms.

The Lodge is available to Members and Associate Members for day and overnight use. Scheduled CAC events and accommodations preempt individual Member use. Each person needs to bring a sleeping bag/sheets, pillowcase, towel, and toiletries. *Revenue from lodging and CAC events provide funds for maintenance and improvements.*

Sundays on Mt. Tamalpais: The Alpine Lodge is open from 9 am to 4 pm every Sunday for Members and visitors. Sundays are good days for visitors to tour the Lodge. Hikes, hospitality, and afternoon refreshments are offered. Hikes start from the Lodge and times are listed in the Club newsletter *TRAILS*. Carry water, lunch and wear good walking shoes or boots. Rain cancels the hikes. Phone hike leader if you have questions. Golden Gate Transit bus service may be available on weekends and holidays during spring, summer, and fall. For bus information phone 415-923-2000.

RESERVATIONS for Hosted Events: Contact the host listed in *TRAILS* and mail your check as instructed.

OTHER RESERVATIONS: For member accommodations, scheduled day use, and spontaneous overnights, call the Alpine Lodge accommodation phone number at 415-381-4975. A spontaneous overnight offers members informal use of the lodge. Spontaneous overnights may be requested from the Accommodation Agent up to two or three days in advance. Exclusive use is not guaranteed. Refundable security deposit may be required. Proof of insurance is needed for private (non-member) accommodations. Non-hosted accommodations include use of the kitchen, since you are on your own regarding meals. **Host Training will be required for member accommodations and scheduled day use.**

ALPINE LODGE ACCOMMODATION FEES

Overnight Rates: Private, semi-private, curtain room or in your RV. One person in double occupancy room pays the 2-person rate.

Members and Guests	\$18/23 per person
Non-Member	\$23 per person

Day Use for Scheduled Events

Member (1-19 persons)	\$2 per person
Member (20+ persons)	\$50 base fee, plus \$2 per person
Non-Member	\$100 base fee, plus \$5 per person

Rates for Children: No charge for children under age 4. One half the adult rate for children ages 4-11.

Wedding Accommodations: Minimum 24-hour charge (10am-9am) per day

Member	\$1,250
Non-member	\$2,500

CANCELLATION POLICY AT ALPINE LODGE

Dinner Parties: There will be no refund if a cancellation is made fewer than three days prior to the event because the host will have made commitments for food purchases.

Overnight and Longer Stays: You must notify your host if you need to cancel. Refunds are conditional.

- Four weeks or more prior to host-period: Host will refund your fee minus a charge of \$5 per person.
- From four weeks to one week prior to host-period: Host will refund your fee minus a charge of \$5 per person, per day.
- Within one week prior to host-period: Your fee will not be refunded. The reason for the cancellation charge is because the host may have lost the opportunity to fill your space and food supplies have already been purchased.

Hikers' Weekend: is a relaxed way to stay overnight or just enjoy dinner at the Club. It is held monthly on the third full weekend of the month, which is usually on the same weekend as the meetings of the Board of Directors. Check

TRAILS or Alpine calendar on the CAC web site, <http://calalpineclub.org>, for schedule, dinner price, and host. Check-in is at 4 pm on Saturday. Happy Hour begins at 4:30 pm. BYOB and an appetizer to share. A simple dinner and dessert will be served around 6pm. Breakfast will be served Sunday morning. An overnight stay is at regular rates for Alpine Lodge. For reservations, please e-mail (preferred) or call host by Wednesday preceding Hikers' Weekend.

MID-WEEK WORKDAYS: Workdays are usually scheduled for the first Thursday of each month from 9 am to 3 pm. A hearty lunch is provided. Please check TRAILS and sign-up with the coordinator.

SUNDAY WORK PARTIES: Once each quarter work parties are scheduled from 9am to 3pm on Sunday. A hearty lunch is provided. We depend on our Members and applicants for membership to help keep the Lodge buildings in good repair and looking attractive. Look for details in TRAILS.

CAC Members are expected to support the club with participation in at least one work activity per year. The workdays and work parties at the Alpine Lodge are a good way to fulfill this obligation.

HOST TRAINING: Host Training for using the Alpine Lodge and organizing events is offered twice a year, in the spring and fall. Host Training is required of event hosts at Alpine Lodge and Members who want to use the Lodge for private events.

The Host Training manual, which is being updated continually, is available on our web site at <http://calalpineclub.org>. A hardcopy of the manual is available from Alpine Trustees for \$6. The manual contains useful information including: event preparation guidelines, bedroom floor plans, billing and host report forms, instructions on how to use various appliances and systems, and safety instructions. Suggestions for manual updates are always appreciated.

ALPINE LODGE COORDINATORS

Sunday Innkeepers: Selma Bomfim 415-381-4676 selmabomfim@hotmail.com

Hike Leaders: Taren Hamilton 415-378-4240 hamilton@hwiarchitects.com

Hikers' Weekend: Diane Smith 925-935-2869 dianesmith1776@sbcglobal.net

PAST PRESIDENTS

1914	Frank Allen	1952	Harold P. Bodington
1915-16	Al Pinther	1953	Ken Wiltz
1917	Oscar Cook	1954	Hilary Crawford, Jr.
1918	Chas Cavanagh	1955	Herbert Franklin
1919	Harry A. Hertenstein	1956	Dr. Albert Schwifler
1920	Arthur Mauerhan	1957	Jerry Bowers
1921	William Fankhauser	1958-59	Fern Hall
1922	William P. Halliday	1960	Edward Fraser, Jr.
1923	Jules Sigrist	1961-63	Ray Sommer
1924	Timothy Murphy	1964-65	Elizabeth McDonald
1925	Samuel Deal	1966-67	Tom Dishar
1926	Jesse K. Brown	1968	Waldo Wolgamott
1927	Myron Grotyohn	1969-70	Henry Hillman
1928	Joseph Jensen	1971	David Evans
1929	Henry Lidley	1972	Peter Cistaro
1930	Henry Manheim	1973-75	Robert Mugg
1931	George Kemper	1976-77	Marty Scherf
1932	Harold Reams	1978-79	Tom Flowerday
1933	Thomas Pring	1980-81	Winchell T. Hayward
1934	Thomas Jones	1982	Margaret Dormeyer
1935	Howard Henry	1983	George Ossy
1936	Emma Baldwin	1984-85	Helen Ammons
1937	Hilary Crawford	1986-87	Muriel Less
1938	Walter Repp	1988	Gene Kendrick
1939	Walter Newman	1989-90	Mary Kartsounis
1940	Herbert Mauerhan	1991-92	Tom Foote
1941	Henry Perry	1993-94	Roger Goulet
1942	Edward (Pat) Patterson	1995	Frank Marzocco
1942	Olga Madsen	1996	Beverly Heywood
1943	Casper Zwierlein	1997-98	Bob Hanson
1944-45	Alan Critcher	1999	Teri Shore
1946	Bertha Ast Hyde	2000	Edna Trimmm
1947	Cyrus Washburn	2001-03	Laurence Kornfield
1948	Robert Zinns	2004-05	Susan McCarthy
1949	Al Mendoza	2006	Tony Smith
1950	Dr. Budd Smith	2007	Carroll Pearson
1951	Eugene B. Bizzell	2008	John Hannum

ECHO SUMMIT LODGE INFORMATION

Echo Summit Lodge is a large, comfortable, year-round mountain lodge in the Sierra Nevada at an elevation of 7,365 feet. The living room provides a commanding view of the Lake Tahoe Basin and surrounding mountains. It is a perfect gathering place to meet new and old friends. The dining room features family style seating where memorable meals are the norm. Both the living and dining room are equipped with EPA approved efficient wood burning stoves. Overnight lodging includes accommodations in private rooms as well as dormitories.

The 40,000 acres of rugged granite peaks and the alpine lakes of Desolation Valley Wilderness area are within easy walking distance for hikers, mountaineers, and fishermen. Echo Lake (a mile from our Lodge) and nearby Lake Tahoe are delightful places in the summer for swimming, fishing, and boating. In winter the area excels for ski touring and snowshoeing. Nearby well-known downhill ski areas include: Heavenly Valley, Sierra at Tahoe, and Kirkwood.

The Lodge is a cooperative hostel operated by volunteer Members who 'host' for pre-scheduled time periods. Each person needs to bring a sleeping bag/ sheets, pillowcase, towel, and toiletries. Each person is expected to lend a hand with cooking and housekeeping.

OUR GOALS INCLUDE:

- Providing Members and their guests with a comfortable, safe, and affordable facility;
- Promoting new memberships and volunteerism founded on the proper use and protection of the Lodge and its environment; and
- Managing the Lodge to be self-financed and in compliance with Forest Service rules.

RESERVATIONS

The list of hosting dates are posted in *TRAILS* along with the host names and contact information.

- Contact scheduled host as early as possible to learn details about the hosting period you wish to join. If contact is made via e-mail, be sure to follow up as e-mail addresses change. The host will tell you how to make reservations and will confirm reservations upon receipt of deposit.
- The amount of deposit (minimum \$10 per person, per day) depends on the length of stay, but the minimum deposit is \$20 per person.
- Host determines the final sign-up dates and number of people that can be accommodated **so reserve early**. Host usually establishes a waiting list to help adjust for cancellations.
- Non-members, invited by a Member, are welcome to attend up to three events. They may either enroll as Associate Members or be the guest of a Member who pays for their stay.

CANCELLATION POLICY

Notify the host if you need to cancel. Refunds are conditional.

- Four weeks or more prior to host-period: Host will refund deposit minus a charge of \$5 per person.
- Four weeks to one week prior to host-period: Host will refund deposit minus a charge of \$5 per person, per day.
- Within one week prior to host-period: Deposit will not be refunded.

The reason for the cancellation charge is because the host may have lost the opportunity to fill your space and food supplies may have already been purchased.

HOSTING

Please contact Cindy Toran at 707-539-4396 or Toranski@aol.com for scheduling hosted events and private member accommodations. She maintains the roster of trained hosts and their preferred time slots, takes requests, and solicits fill-ins in order to optimize occupancy and service. The goal is to have the Lodge open to CAC membership as much as possible, to fill in less desirable time slots with Member events to maximize usage, and to provide income for improvements and repairs.

HOST TRAINING WEEKENDS

Host Training is provided semi-annually for any Member with the desire and initiative to join the pool of trained hosts and thereafter organize and manage a session. It is also available for established trained hosts who need the every-three-year refresher course. The training covers Lodge facilities, meal planning and budgeting, Associate Member services, and bookkeeping details. Newly trained hosts are encouraged to "shadow" an experienced trained host before they "solo."

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political belief and marital or family status. To file a complaint, write the Secretary of Agriculture, U.S. Department of Agriculture, Washington, DC 20250, or call 1-800-245-5340 (voice) or 203-720-1127 (TDD). USDA is an equal opportunity employment employer.

The Echo Summit Lodge is an equal opportunity service provider and permittee of the United States Forest Service, Lake Tahoe Basin Management Unit.

RATES

Dormitories

Adults and children over 11 years.....\$ 5 per person, per night

Multiple Occupancy Rooms

Adults and children over 11 years.....\$10 per person, per night

Single occupancy may be accommodated on a space available basis.....\$20 per night

Meals (rates per person)

Breakfast - \$5; Lunch - \$5; Dinner - \$10 (\$20 per day)

No refund for missed or skipped meals

Children

Ages 4 through 11 – one half the adult rates for meals and lodging

Under 4 years - no charge

Please note that Lodging charges are subject to El Dorado County's 10% tax in addition to the listed rates

ASSOCIATE MEMBER ACCOMMODATIONS

Associate Members are charged the Member rate plus a daily dues of \$5 per adult.

MEMBER ACCOMMODATIONS

To optimize occupancy during non-prime time, the Lodge is available for private events to CAC Members who are on the Trained Host Roster. Prime time is defined as:

- Summer June 15 to September 15
- Holidays Legal Holidays
- Winter Weekends January, February, and March

Trained host members wishing to use the Lodge for private use must contact Cindy Toran. A prospective host will obtain a time slot, initiate an agreement (must be signed and returned within two weeks but no earlier than 6 months in advance), and mail a deposit to Edie Nelson (140 Archer Drive, Santa Cruz CA 95060) to lock in the rental. The deposit is the estimated rental amount plus \$100.

The accommodation charge per day (noon to noon) is \$18 per person, including children age 4 and over, for Friday, Saturday and/or Sunday nights with a minimum of \$216 per night. The rate is \$11 per person per day for Monday, Tuesday, Wednesday and/or Thursday nights with a minimum of \$165 per night. These rates include El Dorado County lodging tax. Early bookings are recommended. The accommodations fee is non-refundable except for special circumstances (such as severe weather conditions or death in the family). The deposit, minus any incurred charges, will be refunded after full compliance with the accommodation agreement, and when the end-of-use report is submitted and reviewed by Edie Nelson.

SPONTANEOUS OVERNIGHT STAYS

Trained host members may stay at Echo Lodge with a group of any size for a time to begin no sooner than 10 days hence if the calendar is open by contacting Cindy Toran to make a reservation, arranging for a key, and obtaining the accommodations form. Of course, the leave-no-trace expectation applies. Within one week after the end of the lodge use, the accommodations form and payment must be submitted to Ray Sommer, Treasurer. Cost is as follows:

\$18 per person per night Friday thru Sunday

\$11 per person per night Monday thru Thursday

Minimum charge is \$40, regardless of the number of people.

Non-members must pay the additional \$5 per person per day Associate Member dues.

FALL AND SPRING WORK PARTIES

Echo Summit Lodge depends on two significant volunteer campaigns—Fall and Spring Work Parties—to recover from, and prepare for, the winter and summer occupancy schedules. These work parties can fulfill prospective new Members' required "Work Activity." They also provide each volunteer the opportunity and satisfaction of fellowship, exercise, and accomplishment. They are "free" (funded by revenues earned from Lodge usage) to participants. The dates and details for both events are published in *TRAILS*. Be sure to sign up for one of these events to renew your connection to the beauty of work in the mountains.

CAC Members are expected to support the Club with participation in at least one work activity per year. The Work Parties at Echo Summit Lodge are a great way to fulfill this obligation.

MEMBERSHIP EXPECTATIONS

To maintain and operate our Lodges, Members are expected to regularly contribute time and energy. Alpine Lodge has mid-week and Sunday work parties. Echo Lodge has periodic multi-day work parties. Coordinating a major event, cooking a large dinner, editing TRAILS, accepting a leadership position, participating in special projects, etc., satisfies your work obligation.

TRAIL RULES LET THE LEADER LEAD

The leader is in charge and is responsible for judging the qualifications of participants and determining the route. Stay with the group unless other arrangements have been made with the leader.

RESPECT THE ENVIRONMENT

PLEASE DO NOT pick wildflowers or other plants. Stay on the trails; short-cutting promotes erosion. Every hiker should be sure the lunch site is left clean regardless of how it was found.

Two great trail mottos to keep in mind: "Leave No Trace" and "Take Nothing but Photographs, Leave Nothing but Footprints."

COURTESY AND CONSIDERATION

Please arrive at the meeting place on time and be adequately prepared. If a leader is unable to lead a scheduled trip, he or she should find a substitute or notify the Hiking Coordinator as soon as possible. Report any lost or found articles to the leader.

NO SMOKING, PETS, OR RADIOS ON CLUB HIKES.

HIKE CLASSIFICATION SYSTEM

Most hikes are classified with grade and class codes to assist hikers in evaluating their ability.

Grade 1: Up to 6 miles

Class A: Less than 1,000 ft

Grade 2: 6 to 10 miles

Class B: 1,000 to 2,000 ft

Grade 3: 10 to 15 miles

Class C: 2,000 to 3,000 ft

GUARDIAN OF THE MOUNTAIN

The Tamalpais Conservation Club (TCC) helped to establish Mt. Tamalpais State Park. Since 1918 TCC has helped to maintain the scenic trails that we enjoy. We now have the opportunity to join them on work parties and do our share. Work tools are provided. Contact TCC at PO Box 2272, Mill Valley, CA 94942, 415-389-9914, Administration@Tamalpais.org.

**CAC is a Member of the Federation of
Western Outdoor Clubs**

CALIFORNIA ALPINE CLUB VOLUNTEER HIKE LEADER GUIDELINES

Before the hike starts:

- Appoint a REAR LEADER.
- Announce your name to the hikers. Tell them the grade and length of the hike, as well as the approximate time of return. If there are new hikers, inform them that hikers are to have had prior hiking experience and be able to hike at a moderate pace (i.e., two miles per hour). If, during the first 10 minutes of a hike, the leader notices that a hiker is not capable of keeping up, he/she should ask the participant not to continue on the hike.
- SIGN UP SHEETS are optional. You may find them useful. You should at least know the number of persons starting the hike to ensure that no one gets lost from the group along the way.
- Stress that no one should leave the hike without informing the leader or the rear leader. The hike leader has the option of permitting hikers to get ahead of the leader. Notify them that they must wait at the next junction or they are considered to be off the hike
- Stop and wait for hikers to catch up if there is a large gap between them.
- Remind hikers that they should carry sufficient water, personal first aid items, and lunch if the time of the hike warrants it.
- Carry a CELL PHONE, if possible, with the phone numbers of the State Park ranger, MMWD ranger, and Throckmorton Ridge Fire Station in memory. Be aware, however, that not all cell phones can operate on the mountain. MMWD emergency is (415) 472-0911. State Park emergency is (415) 388-2070 or (415) 388-3653. Throckmorton Ridge Fire Station (415) 388-5414.

During the hike:

Stop at all junctions and do not resume the hike until the rear leader is in sight and count the number of hikers who started.

After the hike:

Wait for the rear leader and see that everyone has returned safely, and that no one is stranded.

Substitute Leaders:

If a leader is unable to do the scheduled hike, it is his/her responsibility to obtain a substitute. Should this be impossible, the leader must post a cancellation sign on the Club door or ask someone to appear at the starting point to inform participants that the hike is cancelled.

CAC ITEMS FOR SALE

CAC T-SHIRTS, POLOS, SWEATSHIRTS

Youth and Adult Sizes
\$10 — \$18

Available for sale at Alpine Lodge.
Contact **Renee Powers** 415-648-4940 or
reneepowers@comcast.net

CAC DRINKING CUPS

"Sierra Club" style drinking cups with CAC logo are available for trail use or fundraisers. They are \$5 by mail or \$3 at the Alpine Lodge. Make purchase arrangements with **Win Hayward** at 415-386-6544 or winhayward@mailbug.com
208 N Willard St., San Francisco, CA 94118-4120.

ECHO H₂O BOTTLES

Approved, plastic, "Born in Granite" Echo H₂O water bottles are available for \$3 each. Durable, reusable, and environmentally friendly. Purchase from the Echo Host.