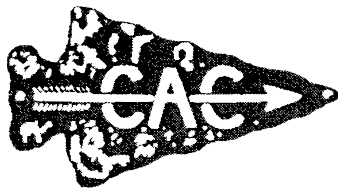


CALIFORNIA ALPINE CLUB

Founded, April 1913 • Incorporated, April 1936



MAY 2013

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 Beverly Leve at <bevron@sbcglobal.net>, 707-539-2902

<http://calalpineclub.org>

GENERAL INFORMATION

The Club has an Associate Member class as a "gateway" to regular membership. This member-class is assessed \$10/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. Call the lodge at 415-380-8250.



S. Linkwitz

ECHO SUMMIT LODGE is located at the summit of Old Meyers Grade, on the southern rim of the Lake Tahoe Basin, one mile from U.S. Hwy 50 at 9010 Johnson Pass Road. Call the lodge at 530-659-7274.



S. Linkwitz

OFFICERS

Jim Nixon	PRESIDENT	650-756-7771
50 Seacrest Court, Daly City, CA 94015		jimnixon2000@yahoo.com
Graham Forder	VICE PRESIDENT (PRO TEM)	415-827-4748
1 Linnet Court, San Rafael, CA 94903		gjfo99@yahoo.com
Doug Evans	SECRETARY	415-282-0901
474 Liberty Street, San Francisco, CA 94114		devans.sf@gmail.com
Bill Mayers	TREASURER	415-785-3516
32 Meyer Road, San Rafael, CA 94901		whmayers@aol.com
Stefan Berlinski	REGISTRAR	831-325-6215
P.O. Box 776, Moss Landing, CA 95039		alpineregistrar@att.net

BOARD OF DIRECTORS

John Hannum	PAST PRESIDENT	707-525-8108
2309 Avenida De Las Brisas, Santa Rosa, CA 95405		jrhanum@sbcglobal.net
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9151 Fairchild Lane, Stockton, CA 95215		tmlann@hotmail.com
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Carlos Miranda		916-446-1161
1041 3rd Avenue, Sacramento, CA 95818		carlosandlori@gmail.com
Helena Troy		415-492-9576
134 El Condor Avenue, San Rafael, CA 94903		hmtroy@aol.com

COMMITTEE CHAIRPERSONS

OPEN	EDUCATION	
Carroll Pearson	FINANCE	408-736-9403
1069 Rockefeller Drive, Sunnyvale, CA 94087		pearsoncmp@aol.com
Verna West	HISTORIAN	650-269-3772
2190 Mills Avenue, Menlo Park, CA 94025		99swest@earthlink.net
Beverly Leve	MEMBERSHIP	707-539-2802
7614 Oak Leaf Drive, Santa Rosa, CA 95409		bevron@sbcglobal.net
OPEN	OUTINGS	
OPEN	PARLIAMENTARIAN	
Susan Patrick	PUBLICATIONS	360-943-6439
1525 Bigelow Ave NE, Olympia, WA 98506		susandpatrick@msn.com
Jim Nixon (acting)	SOCIAL ACTIVITIES	650-756-7771
50 Seacrest Court, Daly City, CA 94015		jimnixon2000@yahoo.com
Valerie Nelson	SUNSHINE	831-688-1524
243 Siesta Drive, Aptos, CA 95003		valallen@cruzio.com
Renee Lee	YOUTH ACTIVITIES	415-331-5642
155 Tomales Street, Sausalito, CA 94965		reeneeslee@comcast.net

ALPINE LODGE TRUSTEES

Dan Larson '15	TRUSTEE CHAIRPERSON	831-465-9645
P.O. Box 273 Capitola, CA 95010		dlarson11@gmail.com
Malcom Russell '16		510-444-3711
821 Stannage Avenue, Albany, CA 95706		evapardee@ymail.com
Ricia Wise '14		510525-8268
831 Stannage Avenue, Albany, CA 95706		riciawise3@gmail.com
Russ Toran '14		707-539-4396
932 Ripley Street, Santa Rosa, CA 95401		toranski@aol.com
Jay Gustafson '16		415-381-7261
4024 Ash St., Mill Valley, CA 94941		jaygustafson@yahoo.com

ALPINE LODGE SUPPORT

Jayma Brown '13	TREASURER	510-237-0231
525 32nd Street, Richmond, CA 94804		jaymabrown@earthlink.net
Alpine Calendar Online		www.calalpineclub.org/members/calendar
Alpine Reservations/Accommodations		415-381-4975

ECHO SUMMIT LODGE TRUSTEES

Cindy Toran '16	TRUSTEE CHAIRPERSON	707-321-3262
P.O. Box 302, Humarock, MA 02047		cktoran@gmail.com
Tom Coleman '14		707-992-0650
32 Live Oak Drive, Petaluma, CA 94952		travmcgee@comcast.net
Edie Nelson '14		831-423-5576
140 Archer Drive, Santa Cruz, CA 95060		edieforsyth@hotmail.com
Kurt Eichstaedt '15		707-591-3391
12400 Elliot Lane, Sebastopol, CA 95472		kurteichstaedt@yahoo.com
Diane Ryan '15	TREASURER	707-823-3187
5525 Hessel Avenue, Sebastopol, CA 95472		dryan4@comcast.net

CAC FOUNDATION DIRECTORS

Arlin Weinberger	PRESIDENT	415-444-0611
25 Edgewater Court, San Rafael, CA 94903		acwein@earthlink.net
Bill Meneguzzi	SECRETARY	916-213-3246
P.O. Box 1767, Sacramento, CA 95812		bill.meneguzzi@gmail.com
David Solbach		415-563-1170
1482 33rd Street, San Francisco, CA 94112		dsolbach@gmail.com
Allen Utterback		831-688-1524
243 Siesta Drive, Aptos, CA 95003		valallen@cruzio.com
Beryl Kay		415-922-6155
2834 Baker Street, San Francisco, CA 94123		berylkay@berylkay.com

ALPINE LODGE INFORMATION

Alpine Lodge, with its cozy living room and rustic stone fireplace, well-equipped kitchen, spacious dining porch overlooking the big sun deck, and large social hall with gas-lit fireplace and hardwood dance floor, is located above Muir Woods on the south slope of Mt. Tamalpais. A wheelchair accessible restroom is centrally located. The upstairs sleeps 18 people in two private and four semi-private rooms. The remodeled bathroom with two showers, two toilet rooms, and a two-sink vanity is a co-ed facility. The Tamalpais Building is down a short pathway through the garden and features five rooms on two levels 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 events and accommodations preempt individual Member use. Each person needs to bring a sleeping bag/sheets, pillowcase, towel, and toiletries. *Revenue from lodging and events provide funds for maintenance and improvements.*

SUNDAYS AT ALPINE LODGE: In the CAC tradition, Alpine Lodge is open every Sunday from 9am-3pm for Members and visitors, alike. Sunday hikers are hosted by gracious CAC Innkeepers who offer light refreshments (for a nominal fee), and new and prospective members may be offered a tour of the lodge.

Hikes start from the Lodge and times are listed in the Club newsletter *TRAILS*, and posted on our website. Carry water, lunch and wear good walking shoes. Rain cancels the hikes. Phone the scheduled 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 ALPINE LODGE EVENTS: Check *TRAILS*, the CAC newsletter, for scheduled Alpine Lodge events. Contact the Host and mail your check as instructed.

OTHER RESERVATIONS: For Member accommodations, scheduled day use, and spontaneous overnights, call Alpine Lodge Accommodations at 415-381-4975. Spontaneous Overnights allow Host-trained members informal use of the lodge and may only be booked 2-3 days in advance. Exclusive use is not guaranteed. **Host Training is required for Member lodging, scheduled day use, and spontaneous overnights.**

ALPINE LODGE ACCOMMODATION FEES

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

Members	\$21 per person
Non-Member/Guest	\$31 per person
Associate Members	\$21 per person
Children age 12-17	\$21 per person
Children age 4-11	\$10.50 per person
Children under 4 years old	Free

We encourage prospective members to enroll as Associate Members and pay the \$10/day dues to participate in Club events where they might find two members to "sponsor" their enrollment and sign their Membership Application form. Associate Member's \$10/day dues may be credited toward CAC Membership Application fees if incurred within one year of Applicant submission.

Day Use for Scheduled Events

Member (1-19 persons)	\$3 per person
Member (20+ persons)	\$50 base fee, plus \$3 per person
Non-Member	\$100 base fee, plus \$6 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)
Member, per day \$1,600

NOTE: Rates may change during the year. Please check for the latest published rate information in the Green Sheet, available on our website.

ALPINE LODGE CANCELLATION POLICY

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 because the host may have lost the opportunity to fill your space and food supplies may have already been purchased.

HIKER'S WEEKEND: Enjoy an overnight stay for a relaxed weekend of hiking at the Alpine Lodge—or just come for dinner on Saturday. Hikers' Weekend is held on the third full weekend of the month, and usually coincides with the meeting of the CAC Board of Directors. Check *TRAILS* or the Alpine Calendar on the CAC website for schedule, price of dinner, and host information. Check-in is at 4 pm Saturday with Happy Hour at 4:30 pm. BYOB and an appetizer to share. A simple dinner and dessert is served around 6 pm. Lodge rates: Dinner, overnight, and a hot breakfast served Sunday morning—all for about \$40. For reservations, please email (preferred) or call the Host by the Wednesday preceding Hikers' Weekend.

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

WEEKEND WORK PARTIES: Once each quarter, work parties are held from 9am to 3pm on a Saturday or Sunday. A hearty lunch is provided. We depend on our Members and applicants for membership to help keep the Alpine Lodge buildings in good repair and looking attractive. Check the Alpine Calendar in *TRAILS* or on our website.

HOST TRAINING: Host Training for use of the Alpine Lodge and to organize 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 updated continually, is available as a download on our website. A hardcopy of the manual is available from the Alpine Trustees for \$6. The manual contains useful information, such as the following: event preparation guidelines, bedroom floor plans, billing and host report forms, instructions for operation of appliances and facility 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: Pauline MacDonald, 415-381-2870 luddite48@comcast.net
Hikers' Weekend: Nuala Caulfield, 415-922-6775 ntcaulfield@msn.com

WWW.CALALPINECLUB.ORG

PAST PRESIDENTS

1914	Frank Allen	1934	Thomas Jones
1915-16	Al Pinther	1935	Howard Henry
1917	Oscar Cook	1936	Emma Baldwin
1918	Chas Cavanagh	1937	Hilary Crawford
1919	Harry Hertenstein	1938	Walter Repp
1920	Arthur Mauerhan	1939	Walter Newman
1921	William Fankhauser	1940	Herbert Mauerhan
1922	William P. Halliday	1941	Henry Perry
1923	Jules Sigrist	1942	Edward (Pat) Patterson
1924	Timothy Murphy	1942	Olga Madsen
1925	Samuel Deal	1943	Casper Zwierlein
1926	Jesse K. Brown	1944-45	Alan Critcher
1927	Myron Grotyohn	1946	Bertha Ast Hyde
1928	Joseph Jensen	1947	Cyrus Washburn
1929	Henry Lidley	1948	Robert Zinns
1930	Henry Manheim	1949	Al Mendoza
1931	George Kemper	1950	Dr. Budd Smith
1932	Harold Reams	1951	Eugene B. Bizzell
1933	Thomas Pring	1952	Harold P. Bodington

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ECHO SUMMIT LODGE INFORMATION

Echo Summit Lodge (ESL) 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 dormitory settings. Bathrooms are shared.

40,000 acres of rugged granite peaks and the alpine lakes of Desolation Wilderness area are within easy walking distance. 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, 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 for details. The Host coordinates reservations and will confirm reservations upon receipt of deposit.
- The amount of deposit (minimum \$15 per person, per day) depends on the length of stay, but the minimum deposit is \$30 per person.
- Host determines the final sign-up dates and total 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 because the host may have lost the opportunity to fill your space and food supplies may have already been purchased.

HOSTING

Please contact ESL Trustee Cindy Toran at cktoran@gmail.com or 707-321-3262 until 7:30pm PST to schedule a hosted event or private member accommodation. She maintains the roster of trained Hosts and their preferred, scheduled times. She takes requests, and solicits schedule fill-ins to optimize ESL occupancy and service; the goal being to have the lodge open to members as much as possible throughout the year to provide income for ESL improvements and repairs.

HOST TRAINING WEEKENDS

Host Training is provided semi-annually for members with the desire and initiative to join the pool of trained lodge hosts, and thereafter organize and manage a session. Trained hosts may join for a required every-three-year refresher course. 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 \$ 6 per person, per night

Multiple Occupancy Rooms

Adults and children over 11 years \$11 per person, per night
Single occupancy may be accommodated on a space available basis \$22 per night

Meals (rates per person)

Breakfast - \$6; Lunch - \$6; Dinner - \$10 (\$22 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: ESL lodging charges are subject to El Dorado County's 10% tax in addition to the listed rates. Rates may change during the year, so to be certain, please download the latest CAC Quick Reference (aka Green Sheet) from our website at www.calalpineclub.org.

ASSOCIATE MEMBER ACCOMMODATIONS

Associate Members are charged the Member rate plus Associate Member dues of \$10/day 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 50% of 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 \$13 per person per day for Monday, Tuesday, Wednesday and/or Thursday nights with a minimum of \$182 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 ESL Hosts 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, arrange for a key, and to obtain applicable accommodations form. Of course, the Leave-No-Trace expectation applies. Within one week after the end of stay, all forms and payment must be submitted to Diane Ryan, Treasurer, as follows:

\$18 per person per night Friday thru Sunday

\$13 per person per night Monday thru Thursday

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

Non-member adults must each pay the additional \$10/day Associate Member dues.

FALL AND SPRING WORK PARTIES

Maintenance and improvements at Echo Summit Lodge (ESL) depends on two significant volunteer campaigns—the ESL Fall and Spring Work Parties—to recover from, and prepare for, winter and summer occupancies. Participation in these multi-day work parties qualifies for prospective new-members as a "work" activity, and are a biannual volunteer opportunity for member fellowship, exercise, and accomplishment. They are "free" (funded by Lodge usage revenues) to participants. The dates and details for both Fall and Spring Work Party events are published in *TRAILS*. Sign up for one or both of these events to renew your connection to the beauty of work in the mountains.

MEMBERSHIP EXPECTATIONS

CAC lodges are maintained and operated by the membership. In order to keep our low, co-op prices, Members are expected to contribute to Club operations at least once a year. Alpine Lodge holds mid-week and Sunday work parties; Echo Lodge throws bi-annual, multi-day "fun and work" parties. To coordinate a major Club event, host at Echo Lodge, cook a large dinner, coordinate the clean-up for Club events at Alpine Lodge, edit our TRAILS newsletter, proofread CAC documents, fulfill a leadership position, join a committee, and organize a wilderness hike or camp-out are just some of the other ways to satisfy this annual work obligation.

TRAIL RULES LET THE LEADER LEAD

For almost 100 years, the California Alpine Club has organized hikes on Mt. Tamalpais every Sunday. Most all Sunday hikes begin and end at Alpine Lodge, unless otherwise posted/announced by the CAC hike leader. The hike leader may ask for input but is ultimately responsible for judging the physical abilities and safety of hike participants and will determine a suitable route for the group. Please don't get lost—as this is easy to do—and stay with the group unless you have made specific arrangements with the hike leader. Then, return to Alpine Lodge at the end of the day, for light refreshments and commiseration.

RESPECT THE ENVIRONMENT

"LEAVE NO TRACE"

"TAKE NOTHING BUT PHOTOGRAPHS, LEAVE NOTHING BUT FOOTPRINTS."

- **PLEASE DO NOT** pick wildflowers or other plants.
- Stay on the trails; short-cutting promotes erosion.
- Let's be sure our lunch site is left clean, regardless of how it was found.

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.

In order to promote and protect the serenity of our CAC hikes, hike leader ask that there be no smoking, pets, or radios on Club hikes, please.

HIKE CLASSIFICATION SYSTEM

Most hikes are classified to assist hikers in evaluating their ability.

Grades: 1 = up to 6 miles; 2 = 6 to 10 miles; 3 = 10 to 15 miles

Classes: A = < 1,000 ft; B = 1,000 to 2,000 ft; C = 2,000 to 3,000 ft

GUARDIAN OF THE MOUNTAIN

The members of the Tamalpais Conservation Club (TCC) helped to establish Mt. Tamalpais State Park. Since 1912, TCC has organized generations of volunteers to maintain the scenic trails surrounding Alpine Lodge that we enjoy. We are invited to join the members of this venerable organization during their work parties and do our share for the mountain that we love. Please contact the TCC at P.O. Box 2272, Mill Valley, CA 94942, 415-389-9914, administration@tamalpais.org or visit their website, www.tamalpais.org for more information.

**CAC is a proud and founding member of the
Federation of Western Outdoor Clubs
www.federationofwesternoutdoorclubs.org**

NON-DISCRIMINATION POLICY

CAC is committed to treating every individual with respect. This organization shall not discriminate on the basis of age, color, ethnicity, gender, national origin, disability or handicap, race, religion, sexual orientation, veteran status, or any other present or future protected status. This policy will include, but is not limited to recruiting, membership, organization activities, and opportunities to hold office. Further, CAC will not tolerate verbal, physical, and sexual or any other form of harassment that belittles or demeans any individual on the basis of any status or condition protected by applicable state or federal laws. This policy applies to all members at CAC facilities and sponsored activities no matter his or her authority or position.

Further, the President advises: "If you are discriminated against or harassed within CAC, or suspect discrimination to another person, including harassment, please report it to a CAC Board member."

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 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 allowing hikers to go ahead. Let them know that to avoid being considered "off the hike," they must wait at the next junction.
- 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 is 415-388-5414.

During the hike:

Stop at all junctions and do not resume the hike until the Rear Leader is in sight and all hikers are present.

After the hike:

Wait for the Rear Leader to see that everyone has returned safely and that no one has been stranded.

Substitute Leaders:

If a Leader is unable to lead a 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 go to the starting point to inform participants that the hike has been cancelled.

Thank you, and have a wonderful time!

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PAST PRESIDENTS

1953	Ken Wiltz	1983	George Ossy
1954	Hilary Crawford, Jr.	1984-85	Helen Ammons
1955	Herbert Franklin	1986-87	Muriel Less
1956	Dr. Albert Schwifler	1988	Gene Kendrick
1957	Jerry Bowers	1989-90	Mary Kartsounis
1958-59	Fern Hall	1991-92	Tom Foote
1960	Edward Fraser, Jr.	1993-94	Roger Goulet
1961-63	Ray Sommer	1995	Frank Marzocco
1964-65	Elizabeth McDonald	1996	Beverly Heywood
1966-67	Tom Disher	1997-98	Bob Hanson
1968	Waldo Wolgamott	1999	Teri Shore
1969-70	Henry Hillman	2000	Edna Trimm
1971	David Evans	2001-03	Laurence Kornfield
1972	Peter Cistaro	2004-05	Susan McCarthy
1973-75	Robert Mugg	2006	Tony Smith
1976-77	Marty Scherf	2007	Carroll Pearson
1978-79	Tom Flowerday	2008	John Hannum
1980-81	Winchell T. Hayward	2009-10	Mae Harms
1982	Margaret Dormeyer	2011-present	Jim Nixon