

New Recruit Schedule of Events

MARCH 9 - APPLICATION DEADLINE

MARCH 21 OR 28 - INTERVIEWS

APRIL 3 - ACCEPTANCE LETTERS MAILED

APRIL 22 & MAY 2 - HORSE TRAINING

MAY 6 - KICK OFF NIGHT

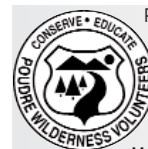
MAY 15 - 17 - **SPRING TRAINING!**

SEPTEMBER 30 - PATROL SEASON ENDS

OCTOBER 18 - END OF SEASON PARTY



Canyon Lakes Ranger District
Arapaho-Roosevelt NF & Pawnee NG
2150 Centre Avenue, Building E
Fort Collins, CO 80526



Poudre Trails is a publication of the Poudre Wilderness Volunteers, a non-profit corporation organized to assist the United States Forest Service in managing and protecting wilderness and other backcountry areas.

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If you like what you see in this newsletter and want to join the Poudre Wilderness Volunteers or support our cause, please mail us at:

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Special Issue for Potential Poudre Wilderness Volunteers

January, 2009

Welcome to Poudre Wilderness Volunteers! This special issue of *Poudre Trails*, PWV's newsletter, is designed to tell potential new members about our organization.

Mission Statement of the Poudre Wilderness Volunteers

The mission of the Poudre Wilderness Volunteers shall be to assist the Canyon Lakes Ranger District of the United States Forest Service in managing and protecting the wilderness and backcountry areas within their jurisdiction. To achieve this mission, the Poudre Wilderness Volunteers shall recruit, train, equip, and field citizen volunteers to serve as wilderness rangers and hosts for the purpose of educating the public, and shall provide other appropriate support to these wild areas.



"The forest is as beautiful as it is useful. ...No one can really know the forest without feeling the gentle influence of one of the kindest and strongest parts of nature. From every point of view it is one of the most helpful friends of man. Perhaps no other natural agent has done so much for the human race and has been so recklessly used and so little understood."
—Gifford Pinchot
First Chief of the USFS

The Wilderness Act

In 1964, Congress passed Public Law 88-577, called the "Wilderness Act." It defines wilderness:

A wilderness, in contrast with those areas where man and his own works dominate the landscape, is hereby recognized as an area where the earth and its community of life are untrammeled by man, where man himself is a visitor who does not remain. An area of

wilderness is further defined to mean in this Act an area of undeveloped Federal land retaining its primeval character and influence, without permanent improvements or human habitation, which is protected and managed so as to preserve its natural conditions and which (1) generally appears to have been affected primarily by the forces of nature, with the imprint of man's work substantially unnoticeable; (2) has out-

standing opportunities for solitude or a primitive and unconfined type of recreation; (3) has at least five thousand acres of land or is of sufficient size as to make practicable its preservation and use in an unimpaired condition; and (4) may also contain ecological, geological, or other features of scientific, educational, scenic, or historical value.

A Chance to Change the World

by Amanda Henderson (Member since 2006, Secretary of the Board 2009-present)

I recently got an email with some glorious insight about how to tell the sex of a bird. Of course, being a joke, the email simply had a picture of one bird (we're assuming the male) standing still, while another bird (supposedly the female) was animated to look as though it were squawking relentlessly in the first bird's ear. Funny as that may be, you know as well as I do that the sex of a bird cannot be determined that way, and that our education about the great outdoors cannot and should not come from joke emails. There are truly people out there who have no idea about the world around them. Please do not take offense if you are one of them; this is your chance to take a personal initiative, learn some new things, and then share your newfound expertise with those less fortunate. Like sharing the flame of your candle with another, sharing our knowledge and love for the outdoors with the people that we come in contact with can allow those people to then pass it on as well. In this way, Poudre Wilderness Volunteers is an organization that can change the world.

Sure, PWV is a very useful tool for the US Forest Service. We patrol hundreds of miles of trails, capture GPS

coordinates, repair damaged trails, clear downfall, and fulfill many other tasks that the USFS simply does not have the manpower to do, but above all, PWV is an educational organization. Through our hiking programs, PWV members come in contact with thousands of people each year; each and every encounter is a new opportunity to educate the public on everything from Wilderness Ethics and Leave No Trace principles to how to properly locate where they are on a map. Our volunteers are trained and given resource materials to acquaint the public with what a noxious weed is and why they are bad, the dangers of altitude sickness, why it is important to bring as much water for a (preferably leashed) dog as for the owner (and how much is necessary for personal use, if they didn't already know). We also have programs that are specifically engineered to immerse children, some of whom have never been in the woods despite living within a few miles of them, in the grandeur of Wilderness. Someone once said "Give me the music of the youth, and I will give you their generation." I daresay that this statement can be true of their education of the outdoors; if we do not successfully educate the next generation about how

to care for our remaining uncultivated land and why to do so, we run the risk of losing those areas permanently. How sad our world would become if our grandchildren's grandchildren where never able to witness animals who were truly wild, or to know that tents belong somewhere other than a sleep-over in the back yard.

Therefore, I implore you to join us in this, our grand task, of saving the world one tree at a time. With your help, we can make a difference.

Your First Year in PWV

By Dave Cantrell

Some dates first: Applications for new recruits will be mailed February 27, to be returned by March 9. You'll be interviewed on March 21 or 28, and acceptance letters will be mailed April 3. Kick-off Night, May 6, is an opportunity to meet new and veteran PWVs and to prepare for Spring Training weekend.



If you are a stock rider, there will be a meeting April 22 and a Horse Challenge May 2.

Spring Training this year will be from late afternoon, Friday, May 15 through noon on Sunday, May 17. Spring Training is -- we have to just say it -- awesome! The program has become famous. Along with officials from the Washington, D. C. headquarters, we've had observers from as far as Poland and South Africa come to see how we do it. You'll have a great time; you'll learn a lot.

Attendance at Spring Training is mandatory -- no exceptions.

If you can't make it on those dates, we hope you'll apply again next year!

You can start patrolling right after Spring Training. Your first patrols will be with a mentor who will help you apply what you learned at Spring Training to real-life situations on our trails. We help with scheduling and with finding partners. The patrol season this year lasts until September 30.

There is a very strong expectation that you will spend at least six days on patrol every summer.

Through the first summer, you'll also have an opportunity to learn about supplemental programs like the Trail Maintenance Crew, the Weed Crew, our Adopt-A-Highway project, Kids in Nature, and all the behind-the-scenes work that makes PWV effective and fun.

The year wraps up with the End-of-Year party on October 18. Heads up! There will be prizes for the best trip report of the year, and recognition for all sorts of special efforts.

"My career with PWV did not begin auspiciously in 2001: There was a cold rain most of Friday night at Jack's Gulch and I hadn't brought ALL of my fleece. But, having made it through that first night, it's been all uphill from there. PWV remains one of the most rewarding and interesting organizations I've ever been a part of. The "office" is great: You get to be outdoors in some of the most beautiful country in Colorado. And the job is satisfying: You get to hike or ride with interesting people and feel like you're making a difference in how the public treats our national forests. The people are super: Our FS "employers" are very appreciative of our work and many volunteers are uncommonly committed to the organization. I can't imagine what more you could want in a volunteer organization"

**Linda Knowlton
Chair, Board of Directors,
2004-2005, Advisory Director**



Our Contribution

Last year alone, PWV encountered more than 10,000 visitors, during 756 patrols. One hundred and forty-nine of us completed at last six patrols. Trail crews removed over 400 trees which would have blocked trails, and removed tens of thousands of feet of obstructing branches and brush. We contributed 17,400 hours of volunteer service, with an estimated value of \$339,000.

As a member of PWV, you'll patrol two kinds of wilderness.

• *We patrol many National Forest trails that are "wilderness" in the everyday sense that they are relatively uninhabited and close to their natural condition. These trails include some of the most beautiful natural areas in the United States. Visitors come from around the world to enjoy them.*

• *Four areas we patrol have been officially designated as "Wilderness Areas." These areas have special legal status that both reflects their pristine condition and attempts to preserve it.*

How We Educate

We in PWV are teachers, not enforcers.

George Wallace, of Colorado State University, developed the idea of the Authority of the Resource. As you'll see, this new way of thinking transforms a contact with someone who is "breaking a regulation" into an opportunity to teach a visitor about the needs of wilderness. You'll learn about the Authority of the Resource at Spring Training.

We combine the Authority of the Resource idea with the Leave No Trace principles, which give visitors to wilderness guidelines to help them be gentle on the land.

Where We Patrol

We help protect a huge area. The Arapaho and Roosevelt National Forests and Pawnee National Grassland, headquartered in Fort Collins, comprises 1.5 million acres of lands protected by the United States Forest Service (USFS). Roosevelt National Forest stretches from the Wyoming border south nearly to Denver and from the upper reaches of the Rawah Wilderness Area nearly to Fort Collins. We patrol the northern and central section of that vast area; the parts that fall within the Canyon Lakes Ranger District, which contains 650,022 acres. We patrol 67 different named and maintained trails, 40 of which are at least partially inside officially designated Wilderness Areas. In all, we patrol 250 miles of trails, 186 miles in Wilderness Areas, and 64 in non-wilderness.

How PWV Started

Chuck Bell was a ranger for the FS, in an era when there were fewer and fewer rangers on our trails, and more and more damage was appearing. He tells how the idea of PWV came to him:

One day in the summer of 1995, I hiked up the West Branch Trail, dropped my gear at a small, hidden campsite near the intersection with the Blue Lake Trail, then continued on to Island and Carey Lakes. I climbed over the top of the ridge north of Carey, dropped down to Twin Crater Lakes, then took the Rawah South Trail back to the West Branch, and back up to my campsite. During this energetic circuit, I met 113 wilderness visitors. As I lay in my tent that night, reflecting on the day and the dilemma of the USFS budget cuts, it became clear to me that the only realistic chance for managing this beautiful wilderness, and the other wonderful areas in our region, would be to establish a fairly large corps of trained volunteers....

The fledgling organization had its first organizational board meeting in mid-December, 1995.

What Poudre Wilderness Volunteers Do!

We do a lot! We hike, backpack or ride trails in the Canyon Lakes Ranger



District of the United States Forest Service. We teach visitors how they can be easier on our wild areas. We are eyes and ears for the Forest Service. Some of us clear and maintain trails. Some of us help control invasive weeds. Some of us inspire kids to be our future wilderness stewards. You'll hear PWVs say again and again that volunteering is a way to give Wilderness something back for all it gives us. Poudre Wilderness Volunteers is a 501(c) non-profit corporation. We are managed by an all-volunteer, elected Board of Directors. We're proud that we

are an all volunteer group, with no paid staff.

"I joined PWV in its first year back in 1996, with the idea of giving something back for my past use, and probably abuse, of Forest Service lands. It has been a wonderful 12 years of being in the out-of-doors, making many new friends and working with co-volunteers. Although I have been involved with Board of Directors work, the highlight has been patrolling, clearing the dead fall, building stringer bridges, and cleaning water bars on the Canyon Lakes Ranger District trails. As a retired engineer and manager, it is great fun to look at a large dead-fall tree across a trail as a problem to be solved, with the immediate satisfaction of seeing the tree removed and the trail clear.

**Garin VanDeMark
Board of Directors 1998 – 2003,
Advisory Director, Former Chair**



The Leave No Trace Principles

- * Plan Ahead and Prepare
- * Travel and Camp on Durable Surfaces
- * Dispose of Waste Properly
- * Leave What You Find
- * Minimize Campfire Impacts
- * Respect Wildlife
- * Be Considerate of Other Visitors



Preparing Your Body for Hiking/Riding

By Kandi Lagas

There are many different approaches that you can take to prepare yourself for a season of hiking; whether you belong to a gym or not, there are numerous different exercises that you can use. For health and fitness gains you will only need to train once a week with 1-3 sets consisting of 12-20 repetitions with less than 70% of your one repetition maximum. You should always focus on your entire body, however, listed below are some strength training techniques focusing on just your lower body.

Always warm up for 5-10 minutes with some light walking and then take a moment to stretch before beginning your work-out routine. Doing so will help to avoid injuries and get the blood flowing to your muscles, never stretch a cold muscle. You will also want to cool down for another 5 minutes followed by more stretching after you have completed your work out. This routine will help you avoid unwanted aches and pains.

The following are a few stretches that should be done before and after a work-out, focusing mostly on your lower body:

Stretches:

1. Glute/Hamstring Stretch: Lay back flat on a mat and pull one knee to your chest while the other leg is flat on the floor. When you feel a comfortable stretch hold for 15 seconds.
2. Hip Flexion Stretch: Sit on a bench/chair with your feet flat on the ground. Slowly bend forward at the waist and reach down toward your toes. When you feel a comfortable stretch hold for 15 seconds.
3. Groin/Lower Back/Hamstring Stretch: Sit tall on a mat, open your legs out wide with knees flat on the floor. Slowly bend forward at the waist reaching down towards the center, towards the right leg and finally the left leg. When you feel a comfortable stretch hold for 15 seconds.
4. Quad Stretch: Stand tall, pull one ankle up towards your rear with the same side hand. When you feel a comfortable stretch hold for 15 seconds.

The following exercises can be done at home or a gym using dumbbells, medicine balls or a barbell:

Lunges: (Dumbbells, medicine balls or

barbell) 1. Stand with your left foot forward 12 inches, and your right foot back about 12 inches. 2. Keep your arms fully extended at your sides, palms in. 3. With your upper body remaining straight, slowly lower yourself until your left thigh is parallel to the floor. The heel of your right foot will raise but your foot should not move. 4. Slowly raise yourself to the starting position. 5. Repeat with the other leg.

Squats: (Dumbbells, medicine balls or barbell) 1. Stand upright, feet wider than hip-width apart, arms relaxed to your sides. 2. Squat down keeping your shins perpendicular to the floor until your thighs are parallel to the floor. 3. Look forward and keep your back straight. 4. You can extend your arms in front of you while you squat for balance. 5. Slowly stand up to the starting position.

Leg Pull-in: (dumbbells)

1. Lie on your back on the floor, legs extended, hands under your buttocks, palms down. 2. Hold a light dumbbell between your feet. 3. Bend knees, and pull your legs toward your chest. 4. Slowly return to the starting position.

The following exercises can be done at a gym using the strength training equipment available at most fitness centers:

Machines: 1. Leg Press Machine, 2. Leg Extension Machine, 3. Leg Curl Machine

Along with strengthening your muscles, you will need to work on your heart as well. The general rule of thumb for cardio is 3-5 sessions per week for duration of 20-60 minutes. The key to cardiorespiratory exercise is to work at an intensity of 65-90% of your maximum heart rate. The following are examples of cardio equipment that will assist you in preparing for those hills:

1. StairMaster 2. Step Mill 3. Treadmill (Running/Walking) 4. Stationary Bike

You are now on your way to rocking those mountains at a pace that both your body and heart can handle.

NOTE: Kandi Lagas is an ACE Certified Personal Trainer.