



MILE HIGH MOUNTAINEER

May 2019



Get in Shape for Summer Hiking Now!

By Sarah Maurer. Sarah is a CMC Trip leader and DS&L member. She serves as Assistant School Director for the Trip Leader School and is an Assistant Instructor for the Alpine Scrambling Course (ASC).

Hiking is fun — and it's even more fun when you're in great shape and have lots of energy on trail! As trip leaders, we all need to have an extra reserve of strength and fitness to deal with emergencies that may come up. And we often get questions from club members about how to get in better hiking shape. To help you out, here are some workout guidelines for advanced beginners. The following workouts are appropriate for people who can already hike for at least 30 minutes at moderate pace. If you're not quite there yet, check out this blog post to read some training tips for beginners.

These suggestions rely on heart rate or perceived intensity, so they can be adapted to every person's unique fitness level. Try it yourself and share it with your trip participants!

[Read Full Article](#)



2019 Winter Camping School Graduates

Outwitting the freezing temperatures, wind and unusual snowfall, 23 club members graduated from the Winter Camping School this year. The brave and determined souls are:

Jillian Ardrey, Brett Broderick, AJ Bryant, Peter Buttermilch, Georgia Carr, Barbara Chavous, Geimi Chism, Brian Fishman, Maggie Fitzgerld, David Foster, Robert Gelcius, Vincent Kieftenbeld, Julie Luce, Mike O'Connor, Amanda Reeves, Anna Rudenko, Andreas Rueger, Frank Solten, Danielle Suprick, Ari Tokunga, Vien Ton, Don Wick, Greg Willis.

A great appreciation is extended to the enthusiastic help of Sarah Thompson, Jeff Benton, Paul Wefald and Michael Brooks, Maggie Burns, Chip Furlong, Chris Greene, Ken Gurvin, Martina Holzach, Brian Jones, Garrett Pettingell, Boyd Raeburn, Ed Schaefer, Victoria Seacrest, Katie Shea, Matt Silveira, Kim Thornberry, Alex Winning explaining and demonstrating the intricacies of keeping warm in the snowy cold and teaching the art of winter camping.



Trip Leader School Graduates

Congratulations to the following 31 members who successfully completed trip leader school on May 4, 2019: Sean Allison; Barbara Audin; Rick Bell, Noah Bergman, Geoff Berkeimer, Karl Brauer, Christopher Brown, Morgan Dzakowicz, Jeanne Eiss, Julia Fraser, Matthew Gloe, Karin Hensel, Jonathan Hieb, Sonja Hirsch, Rachel Jaakkola, Scott Kramer, Tim Lane, David Langley, Christopher Larson, Christopher Lawrence, Dylan Leighner, Max Lloyd, Mark Maslyn, Ryan McCauley, Michael McMahon, Tim Murray, Robert Richardt, Ken Ruiz, Nancy Ruiz, Daniel Schweissing, and Joan Winstein. This is the largest class of members completing this one-day school in recent memory.

Thanks also to the 9 Instructor Leaders who guided these participants on their Leader-In-Training (LIT) hikes during the afternoon session of the school: Tom Hartzell, Tammy Cullins, Carole Adler, Carol Munch, Jeff Damp, Marshall Hull, Sarah Maurer, Frank Burzinski, Robert Richardt and Kevin Schaal. The LIT hikes were conducted in White Ranch, Beaver Brook, Mt. Galbraith and Lookout Mountain. The next step for these students is to complete their 2nd and last LIT hike with an Instructor Leader, then submit their leader application.

Saturday October 19th is the next time trip leader school will be offered and will be led by Sarah Maurer and Tammy Cullins. Sarah and Tammy are the newly appointed Director and Assistant Director of Trip Leader School. Enrollment to this school will be opening up sometime in August. Please consider joining the leader ranks and help the club put more trips on the calendar. We need lots more leaders and you can help accomplish that goal. For more information, members can contact the CMC office at 303-279-3080 or email Sarah or Tammy.



Quick Start Schools

"Quick Starts" are a series of seminars that highlight topics about recreating in Colorado. They're a great place to learn something new, or refresh something familiar!

Seminars are held at the American Mountaineering Center, local open spaces, or hosted by CMC outdoor community partners. Cost is \$10 for CMC members / \$15 for non-members.

Negotiating Off Trail Rocky Terrain Tuesday 6-18-2019

Ascending and descending our beautiful Colorado peaks often involves travel over difficult and rocky terrain. We encounter talus, scree, loose dirt and other hazards in our off-terrain travel. Ken Yaphe is a CMC Trip leader and Senior Instructor with Alpine Scrambling Course. As our summer hiking and peak bagging season approaches, learn how we can tailor our approach as the terrain conditions change.

[Register](#)

Trip Planning Tuesday 7-9-2019

Do you enjoy participating in the CMC Hikes listed on the calendar? Do you want to learn more about planning your own adventures? Trip planning involves homework. Learn from one of CMC's most popular leaders Carol Munch on how to research and plan a trip, from selecting a hike suitable to your group, making a topographical map, estimating the timeline and checking the weather and other hazards. Carol Munch will speak to creating your own trip plan.

[Register](#)

Intro to Hiking Safety Sessions

Learn how to be safe in the Colorado backcountry. Even if you are a proficient mountaineer from other mountain states, Colorado mountains present very unique challenges. From high altitude concerns, to intensely fast weather changes, learn how to prepare yourself and your group for a fun day in the Colorado mountains. This course is great for anyone new to Colorado or new to the Colorado outdoors.

The Intro to Hiking Safety seminar is a one-evening session held four times throughout the summer months. You will leave the seminar with a basic understanding of the following topic areas:

- Safety Concerns: lightning, avalanche, animal encounters, getting lost (or staying found), cold weather gear, staying warm, hypothermia, and being stranded overnight
- Tools: how to prepare, what you need in your pack, how to respond to safety challenges
- Into to the hands on safety training you can get by taking other CMC courses.

2019 Dates:
July 17, 2019
August 28, 2019

[Learn More](#)



Volunteer Leadership Conference Friday, Aug. 16- Sunday, Aug. 18

The inaugural Volunteer Leadership Summit is a chance for CMC trip leaders, school instructors, and school directors from around the state to gather together in Golden for a weekend of collaboration, learning, and community. It will be held in Golden at the American Mountaineering Center Friday, August 16 - Sunday, August 18, 2019.

The weekend will begin Friday evening with a happy hour and gear expo from the outdoor industry's top brands. Saturday will feature a full day of workshops and clinics and will culminate in a keynote from Chris Warner, a Colorado local and one of the most accomplished mountaineers in the US. Sunday will finish out the weekend with outdoor skills clinics and outings.

This Conference is part of the larger CMC Leadership Project, a statewide program to invest in our volunteer leaders and to recognize their hard work.

[Learn More](#)

Ascending Hikes Series

The Denver Member Initiatives Committee (DMIC) is excited to offer the Ascending Hikes series. This program is geared towards new members and individuals seeking to gradually increase their fitness and hiking difficulty, with the goal of reaching the summit of a Colorado 14er in July 2019. Members can sign up for any hike and do not have to sign up for the series.

The series will begin with a classification of Easy A hikes (up to 8 miles round trip and/or 1200 ft. elevation gain) and progress to a classification of Difficult B hikes (up to 12 miles round trip and/or 2500 ft. elevation gain). Hikes will occur on Tuesday and Saturday.

The second round of hikes will occur on successive Sundays, beginning on June 23 and ending on October 6.

[Register](#)

Social Activities Calendar

Sunday June 2 – Free Day at the Denver Museum of Nature and Science.

Enjoy one of Denver's premier attractions. Go to their website for details: <http://www.dmns.org>

Tuesday June 4 – Free Day at the always beautiful Denver Botanic Gardens. For a preview of the many gardens to see, check out their website: <http://www.botanicgardens.org>

Friday June 7 – “Best view of the city” TGIF at 5:30 p.m. For a better than bird's eye view of the Queen City of the Plains join CMC'ers and friends at the Simms Steakhouse (known as Simms Landing, too). To access its location-high on the hill northwest of the intersection of West 6th Ave. and Simms St. in Lakewood – go from Simms on the 6th Ave. Frontage Rd. (Google Maps street view is helpful) Plenty of parking below the restaurant, 11911 6th Ave. Frontage Rd. Ask for the CMC table on the main floor adjacent to the bar area. Questions are welcome. Email

Clarence: cashinn2@comcast.net

Saturday June 8 - Rail-and-Trail Discovery Walk, 3:00 p.m. (Train leaves at 3:07 p.m.) Meet Bob at RTD's Littleton Downtown Station (Alamo Avenue at Prince Street) where we will assemble by the Clock Tower for a 5-minute ride on the D Line to Mineral Station. From there we will head over to the Platte River Greenway (with a stop at the Carson Nature Center), and walk along the river back to Downtown Littleton. Walking distance is 3 miles. Optional dinner after the walk with great food at The Tavern on Main Street. For details, call Bob Shedd, 720-290-6014, or email Rshedd@aol.com. Be sure to arrive on time as our train leaves at 3:07 PM.

Sunday June 9 – Hudson Gardens Summer Concert Series. Visit their website to view their entire summer schedule of entertainment. <http://www.hudsongardens.org>.

Friday June 14 – Frisco's BBQ Challenge. Enjoy one of Colorado's most fun and beautiful mountain towns while the tastiest of BBQ is offered on six blocks of its Main Street. For the hours and more details access: <https://www.townoffrisco.com>

Saturday June 15 - Jay Fell's Evergreen hike. Experience the visual wonders along Evergreen's Sculpture Trail. Sculptures of wildlife, people, and more make up an outdoor art gallery set in the natural beauty of the surrounding landscape. You are welcome to bring a friend or two along to enjoy the views and the fun. Find and sign up for this short, easy A level hike at: www.cmc.org/calendar listed as "Sculpture Trail Hike."

Sunday June 23 - Dotsero plays at City Park Jazz. These free summer concerts at Denver's City Park are a popular Denver tradition. Dotsero is a contemporary jazz group well known across the country as well as here in the Rocky Mountains. The complete City Park Sundays schedule is accessed via their website: <http://www.cityparkjazz.org>

Saturday June 29 – Movie adventure at the Chez Artiste Theater in University Hills. Email Patricia Leslie by Thursday to review the film choices, showing times, and other details. pl Leslie@gmail.com (At the time of this newsletter publication a full list of "coming attractions" is not yet available.)

Friday July 5 – Jay's TGIF at the Blackbird at 5:30 p.m. The amazing Friday specials are listed on the website: <https://www.blackbirdpubhouse.com/specials/>. 305 South Downing (corner of Alameda and Downing, near Washington Park. New members are always especially welcome. Bring some friends along, too.

Questions? Pl Leslie@gmail.com.

PREVIEWS – Mountain towns celebrate July 4th

Breckenridge: July 4th-6th Art Festival – <http://www.GoBreck.com>

Frisco: "Frisco's Fabulous 4th of July" – details at <http://www.townoffrisco.com>

Bobcat Picnic

SAVE THE DATE - 4th Annual Bobcat Picnic Tanglewood Park (near 20th & Youngfield St.) **Sept. 13, Friday 5:00 - 8:00 PM**

Sign up opens May 10, 2019.

[Sign-Up](#)



The OutThere Colorado Podcast

Grizzlies in Colorado? Alligator wrestling? Will the Internet Destroy the Outdoors? The OutThere Colorado Podcast covers a wide range of important topics related to outdoor recreation in Colorado.

[Click Here](#)

Earn Money for the CMC While Shopping at King Soopers!

A longtime program where CMC members could use the King Soopers gift card program to earn money for the Denver Safety & Leadership Committee is getting even easier! As of April 1, gift cards can no longer be used to help fund DS&L – because now all you need is your Loyalty Card or associated Alternate ID.

In order for DS&L to get benefits from the use of your loyalty card/alternate ID you MUST:

- Go to <https://www.kingsoopers.com/topic/king-soopers-community-rewards>
- Click on Enroll Now, then you will be prompted to log in to your King Soopers account
- You will then see a page where you can choose your organization
- Choose Colorado Mountain Club either by name or by designation number **DK603**

Your spending at King Soopers will now automatically earn money for DS&L, at no additional cost to you, when you swipe your loyalty card or Alternate ID while shopping. THANK YOU!

Call for Council Candidates

The CMC Denver Group Council is requesting candidates to fill open positions. The Denver Group Council meets every 2nd Wednesday of the month to discuss and implement critical policy decisions affecting the Denver Group of the CMC. Council positions are an excellent way to volunteer and serve the CMC in a leadership role. Elections will take place in July. Please submit a one paragraph bio to be published on a future date. Email Leah Rosenthal (Secretary) at: milehighmountaineer@gmail.com with bios and/or questions.

Call for Submissions

Have an item you'd like included in a future Mile High Mountaineer newsletter? The next deadline is Friday, June 21st. Please send submissions to milehighmountaineer@gmail.com.

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