



MILE HIGH MOUNTAINEER



Ascending Hikes 2021

The Colorado Mountain Club's Ascending Hike Series is an opportunity to make new friends, explore more of Colorado's hiking trails, and increase hiking speed and stamina.

For preparation, check out this [helpful PDF](#) for members.

We'll even offer a couple of 14er climbs just for Ascending Hikes participants at the end of the season!

Hikes start off easy and gradually progress in length and difficulty so you're ready to tackle a new challenge by the end of the summer.

No big commitment. You can jump in or out anytime.

For questions write cmcasendinghikes@gmail.com.

[Hike Calendar](#)

Denver Group Contacts

COUNCIL

[Denver Group Council](#)
Meets Monthly, 2nd Wednesday

COMMITTEES

[Safety and Leadership Committee](#)
[Schools Committee](#)
[Conservation Committee](#)
[Trails Committee](#)
[Member Initiatives Committee](#)
[Classification Committee](#)

SECTIONS

[Backpacking](#)
[Bobcats](#)
[Fly Fishing](#)
[Over the Hill Gang](#)
[Photography](#)
[Trailblazers](#)

[CMC Structure \(Graph\)](#)

[Denver Group Organizational Chart](#)

[CMC Staff Organizational Chart](#)

Denver Group CPR/AED Course - May 5, 2021

The CMC Denver Group's Wilderness First Aid School (WFA) is offering a 2.5-hour CPR and AED (automated external defibrillator) evening outdoor class at the AMC/CMC. There are limited spaces for this course. The cost of the course is \$40. Click here for more information and registration links for CPR/AED courses. Additional classes are planned for this summer.

Students receive a two-year CPR/AED certification upon completion of the class. The ECSI course is comparable to the American Heart Association's (AHA) HeartSaver certification, and meets the latest 2020 AHA CPR Guidelines. The ECSI course is recognized as meeting industry standards for CPR/AED courses.

The class will be held indoors at the CMC with a limit of up to six students. Each student will be socially-distanced by at least six feet apart. A separate mannequin and AED trainer will be provided to each student to work individually on CPR and AED skills. Students will not work in groups as is done in our normal, pre-COVID-19 CPR/AED classes. We now teach hands only (chest compression) without mouth-to-mouth breaths. Our certified CPR/AED Laura Zaruba instructor will also be teaching the class. Students completing the class will receive a two-year Adult CPR/AED certification from ECSI. Please note that the CMC State WFA course does not include CPR/AED certification (although CPR/AED is discussed during the course).

NOTE: Leaders and prospective leaders seeking to have their CPR costs covered under the Support Aid for Leader Training (SALT) program, should NOT register here. Rather, you MUST first apply through the Denver Safety and Leadership committee – see <https://goo.gl/DhBZfM> for the SALT application and tuition coverage program. SALT does not provide for reimbursements for students who self-pay in advance of the class.

This course includes CPR in wilderness environments. The class also covers how to relieve choking victims. (Please note that this course does not qualify for the AHA Basic Life Support (BLS) for Health Care Professionals). The course is taught by a Wilderness First Responder.

Please contact WFA School Director Jeff Flax at Jeff@JFlax.com, or CMC Membership Services at 303-279-3080, ext.2 for additional information regarding Wilderness First Aid and WFA CPR/AED course.

Call for new MHM Editor

Do you have a background in email marketing, journalism, or related field, or are just passionate about spreading crucial info the fellow CMC members? The current Mile High Mountaineer editor is moving on at the end of the summer, and the Denver Group Council is currently seeking a replacement!

Interested individuals, please send an email to milehighmountaineer@gmail.com with a brief introduction.

Ascending Hikes Trip Leaders Wanted!

Join the Ascending Hikes program as a trip leader and help CMCers reach new heights.

[DETAILS \(PDF\)](#)

CMC COVID Protocols Updated April 1

As counties move to loosen restrictions, CMC remains conservative with its protocols. Please continue to move class content online, wear masks, wash hands, socially distance, and monitor symptoms.

[Current COVID Protocols](#)

2020 Colorado Mountain Club Foundation Fellowship and Grant Recipients

Since 1982, the Colorado Mountain Club Foundation has awarded fellowships for research consistent with the statement of purpose adopted by the founders of the Colorado Mountain Club in 1912:

To unite the energy, interest, and knowledge of the students, explorers, and lovers of the mountains of Colorado; to collect and disseminate information regarding the Rocky Mountains in behalf of science, literature, art, and recreation; to stimulate public interest in the mountain area; to encourage the preservation of forests, flowers, fauna, and natural scenery; and to render readily accessible the alpine attractions of this region.

The Foundation solicits applications from students enrolled in colleges and universities conductin research in the Rocky Mountain region. The Foundation awards grants ranging from approximately \$500 to \$2,000, in disciplines such as biology, archaeology, chemistry, environmental studies, forestry, geography, geology, and history, and law. Although fellowships are normally awarded to graduat students, undergraduates are also eligible. Students in colleges or universities outside of Colorado are welcome to apply as long as their research is carried out in the Rocky Mountain region and supports the CMC Statement of Purpose

The top three outstanding applicants are awarded a named fellowship: either the Neal B. Kindig Fellowship, in honor of the late Dr. Kindig, a graduate of West Point and Stanford University and professor of electrical engineering at the University of Colorado, as well as an active member of The Colorado Mountain Club and The CMC Foundation; the Kurt Gerstle Fellowship, in honor of the late Dr. Gerstle, a professor of engineering at the University of Colorado, a long-time member of CMC, and the founder of the Foundation's Academic Fellowship program; or the Al Ossinger Fellowship, in honor of Dr. Ossinger, a graduate of Stanford University, a long-time member of CMC and the Foundation, and retired chair of the Academic Fellowship Committee.

In 2020, despite the economic challenges from the pandemic, the CMCF was proud to support the research of seven students from colleges and universities throughout the country.

[READ FULL ARTICLE \(PDF\)](#)

It's Still Avy Season

Don't let your guard down! Though the temperature is rising, remain vigilant in regards to avalanches. The spring season is primetime for wet slides. Start early, know how to safely travel in avalanche terrain, and check the CAIC forecast before heading out.

[Avy Forecasts](#)

Call for Submissions

Have an item you'd like included in a future Mile High Mountaineer newsletter? **The next deadline is Friday, May 21.** Guidelines:

- Articles should be 200 words or less, **OR** submitted as a PDF
- MHM editors reserve the right to determine what's included in the newsletter and edit submissions for clarity and length
- Submissions must be relevant to the Denver Group of the CMC and/or its members; paid advertisements are not accepted (please contact cmcpres@cmc.org for information on advertising in *Trail & Timberline* magazine)

Please send submissions to: milehighmountaineer@gmail.com.

Questions, comments or submissions? E-mail milehighmountaineer@gmail.com.

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