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BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

January 2023

CHAIR'S CORNER - Uwe Sartori

ZOOOOOOOoooooom. Nope, not as in another Zoom meeting, but as in faster than a speeding bullet, the new year is upon us! 2023, bring it on!

How about an update on what's cooking with the CMC Backpacking Section (BPX) in 2023? We are building out our 2023 BPX Trips Catalog on Olympus. A *herculean* effort by committee members Randy, Steve, Lisa, and Louise. BPX Trip Leader Craig Townsend has been pitching in, too. A shout-out to the CMC staff, especially, Roberta, Ashley and Roger. They have been awesome and gracious in working with us. We're looking forward to the BPX Trip Leader BPX Catalog Rollout, "Stake Your Claim" on February 15th.

We have new leaders psyched to do their first BPX trip, plus many leaders who have led 1 or many trips through all 3 seasons. Last year we offered approximately 71 exclusive trips to our members, including 7 camping trips. I'd love to see that at an even higher number--100 sounds pretty good to me. It can be done if all our BPX Trip leaders lead this year.

Daniel Schweissing, BPX Trip Leader, is working with Lisa and the committee in developing our new BPX product, *Winter Backpacking* --a logical addition to our offerings. There are several currently posted below. We expect this to grow and be in demand. There are great winter destinations to be had in Colorado.

Enjoy the great snow. Be safe. Train hard. Get ready for another season of great backpacking adventures, led by a cadre of awesome BPX Trip Leaders. A huge thank you to you for your support and engagement. We've built a great community together. Let's keep it rocking and growing!

2023 BPX TRIP CATALOG ROLLOUTS

BPX Trip Leaders: The 4th Annual Stake Your Claim (SYC) event to kick off another great season of backpacking is February 15th! This is an exclusive event for the BPX Trip Leaders to have first access to the BPX Trip Catalog. This year's SYC is a hybrid event, so leaders can either join in person at the AMC in

Golden or via Zoom--please indicate when signing up. Support BPX by showing up on this special night put together by the Backpacking Section Committee! Register [here](#).

BPX Members: "Save the Date" for the 2023 BPX Trip Catalog Rollout event March 15! This will also be a hybrid event, with the option to either attend in person at the AMC in Golden or virtual on Zoom. Stay tuned for more information about this event in the February Newsletter.

UPCOMING BPX TRIPS

Looking for a winter backpacking fix? BPX is pleased to offer THREE winter camping trips this year: [January 27-28](#), [February 17-18](#), and [March 10-11](#).

Location for January's trip will be the Burning Bear Trail, just north of Grant, Colorado. **Registration closes at the end of day on January 23rd.**

Location for the other trips is TBD depending on snow conditions. Options under consideration include Abyss Lake Trail, Kenosha Pass or, a bit less likely but still possible, Indian Peaks Wilderness or Rocky Mountain National Park. Regardless of location, you can expect a ~2-3 mile snowshoe to the campsite, some sort of optional dayhike from camp (probably 3-6 miles) and then ~2-3 miles back out to the trailhead. More details and equipment requirements are included in the trip description links above.

Winter Camping School or equivalent and leader permission is required. Email dschweissing@gmail.com if you are interested in joining one of these trips.



BPX TRIP REPORTS

Winter Camping Gear Check at Staunton State Park

Trip Leader Daniel Schweissing - Denver Group

BPX hosted its First Annual Winter Camping Gear Check at Staunton State Park's walk-in campground earlier this month. Designed for BPX members who want to go camping during all months of the year,

this trip provided an opportunity to test out our backpacking gear in sub-freezing temperatures while completing an overnight practice run in anticipation of more serious winter camping trips after the holidays. And, as a bonus, we enjoyed clear, moonlit skies at night and a couple of great day hikes with wintry views.

Trip Stats: 1 night, 2 days; 12 degrees nighttime low; 45 degrees daytime high; 8400' campsite elevation

Day Hikes: Davis Ponds Loop (2.5 miles, 240'); Bear Paw Loop (8 miles, 1400')



Please share your BPX Adventures, Trip Reports, and Photos with the rest of us, your backpacking community. You can add them directly to FB and Instagram or send them to maggie.burns1@gmail.com, and she will post them for you on FB. Send them to cmcbpxnewsletter@gmail.com to publish in the BPX Newsletter.

BACKCOUNTRY INCIDENT MANAGEMENT COURSE

Should you take the Backcountry Incident Management Course (BIM)? **Yes**, even if you think you are already well prepared to handle an unprecedented backcountry emergency. Many of us have had Wilderness First Aid, and some of the older-version WFA classes had a sprinkling of incident management activities built in. But that was then and much has changed. Each summer the BIM School holds a June, July, and August field day to review and practice scenarios for handling emergencies. Tuition for this 1-day class is minimal, the homework very do 'able, and the equipment is what you will want in your day pack anyway. For more information on the BIM course, click [here](#).

The BPX Committee believes this is a high value educational program for our BPX Trip Leaders. The BPX Committee has scholarships to cover tuition. Please contact Lisa Shroyer, BPX Trip Leader Coordinator, at cmcbpx@gmail.com to see if you qualify.

SCHOOLS/EVENTS

Winter is upon us with lots of outdoor adventures waiting for you. If your adventures in snow involve the Colorado backcountry, avalanche education is a good first step. The club offers great courses: Avalanche Terrain Avoidance (ATA), AIARE 1 and 2, and AIARE Avalanche Companion Rescue are yours for the taking. Denver, Boulder, and Pikes Peak Groups all offer avalanche education classes. Check it out [here](#).

DENVER

DAY HIKER SCHOOL Virtual Alternative to WTS. More info [here](#)

TRIP LEADER SCHOOL More info [here](#)

WINTER CAMPING SCHOOL Starts [Jan 31](#)

WILDERNESS TREKKING SCHOOL Starts Apr 4. More info [here](#)

PIKES PEAK (PPG)

WILDERNESS FUNDAMENTALS Starts [Feb 6](#)

TRIP LEADER SCHOOL More info [here](#)

WINTER WILDERNESS SURVIVAL [Classroom Mar 8](#), [Field Session Mar 11-12](#)

STATE

WILDERNESS FIRST AID Multiple Offerings - Check CMC Calendar [here](#)

NAVIGATION Virtual Courses: [Nav1](#) [Nav2](#)

AVALANCHE TERRAIN AVOIDANCE FOR CMC LEADERSHIP More info [here](#)

ANNUAL LEADERSHIP SUMMIT Weekend of May 13th

Continue to check the CMC website for courses as instructors are still entering their classes in the new system.

BPX TIP OF THE MONTH

Why Consider Trail Runners for Backpacking

Many of us started backpacking wearing boots. Boots are still the best bet for difficult terrain or winter conditions where you need torsional stability, protection from rocks and prickly bushes, and warmth. But trail runners can be a good choice for outings on well-established trails. Here are some advantages to wearing them:

- Can make your feet less susceptible to blisters. This is because they are breathable, giving sweaty feet a chance to dry out. Also, because low-cut, non-waterproof trail runners drain and dry faster than boots in wet conditions like rain and stream crossings. Even waterproof boots don't help when you step in in water higher than your boot top. In addition, trail runners like those from Altra have more room in the toe box, avoiding crammed toes, especially as your feet swell.
- They have little to no break-in time. Plus they are less expensive than boots, so even if they don't work out for you, you don't have as much of an investment. A downside, however, is that they are less durable, only good for 300-500 miles.
- May make you less susceptible to twisted ankles. Conventional wisdom is that you need the support of boots to protect your ankles, especially when carrying a heavier backpack, and boots do help keep your ankle from swelling if you do hurt your ankle. But a boot's stiff sole and higher cut top can limit your range of foot and ankle movement, and this can lead to a weakening of the tendons and muscles supporting your ankle. Furthermore, the more flexible, lower to the ground sole of trail runners can provide more connection and feel of the ground, resulting in less strain on the ankle, and, therefore, making you less likely to twist it.
- Weight. There's the old adage that every pound of weight on your feet equals 4-6 pounds on your back. The average running shoes weigh around 1 ¾ pounds and the average hiking boots about 3 ¾ pounds. That means with boots you're lifting an extra pound with every step. Since the "average" is about 2000 steps a mile, you're lifting an extra ton every mile.

Click [here](#) for the survey results of the Top Footwear on the AT for 2022.

If you have a backpacking tip you would like to share or a suggestion for something you would like to learn more about, please email cmcbpxnewsletter@gmail.com.

FIRST TO COMPLETE “COLORADO X”

CMC member, India Wood, may be the only person ever to hike a double-diagonal “transect” of Colorado. On May 12, 2020, she set out from the sparsely populated, seldom-traveled southeast corner of Colorado and headed northwest for 732 miles over the next 65 days. Two years later, she completed another epic “criss-cross” of the state by walking 739 miles over 70 days, from northeast to southwest. Click [here](#) to read the full article.

BPX MEMBER INFO

BPX FACEBOOK: [BPX FB](#) Send Photos and Trips Reports to post on BPX Facebook Page to: maggie.burns1@gmail.com

BPX INSTAGRAM: [@co_backpacking_bpx](#)

BPX LINKS: Click [here](#) for BPX web page, [here](#) for BPX Member Benefits, and [here](#) for CMC Member Benefits.

COVID PROTOCOLS: Check [here](#) for latest CMC update on December 9. In the new system there is an optional COVID-19 badge you can request added to you profile indicating you are fully vaccinated.

COTREX WEBINARS: [Module 1](#) [Module 2](#)

FIRE INFO: [National Interagency Fire Center News](#) [Colorado Fire Restrictions](#)

For foothill outings, remember to check the website for your trip to make sure there are no closures due to mud, hunting, wildlife calving, etc.

LEAD THE PACK

WELCOME NEW BPX TRIP LEADERS

Daina Ruiz, Denver
Holly Myers, Denver
Jim Borgel, Gore Range

BPX is always looking for awesome CMC Trip Leaders from ALL CMC groups interested in expanding their trip repertoire by leading backpacking trips. Email your interest and experience to cmcbpx@gmail.com. More info on becoming a Leader can be found [here](#).

BPX COMMITTEE NEEDS YOU!

The *BPX Committee Secretary* position is waiting to be filled by you, the extraordinary CMC volunteer. We have monthly committee meetings every second Tuesday via Zoom, and sometimes in person. Expect 4-8 hours per month of volunteer work; sometimes more. Business/committee/non-profit organization experience desirable, but not required. Reach out to find out more at cmcbpx@gmail.com.

CMC Backpacking Section Supports Leave No Trace

CMC connects Coloradans with more than 3,000 trips, hikes and activities annually. Members also receive huge deals on outdoor gear, lodging, events and more.

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