



Mile High Mountaineer

May 2024



Photo by Peggy Schafer



The ten essentials. Photo by Art Hogling

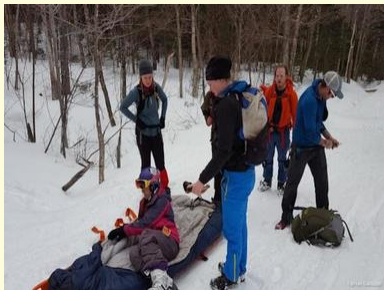
CMC Seminar on Hiking Safety

Learning how to be safe in the backcountry is a major reason many members join CMC. So we've developed a one-evening seminar especially for new members who want to learn the basics of hiking safety or long term members who want a tune-up on the latest safety techniques.

This seminar will cover many aspects of backcountry safety, including subjects such as surviving lightning, forest fires, getting lost, animal encounters (now including wolves), being stranded overnight, and building your safety equipment, The 10 Essentials, on a budget.

Our next seminar will be held at the CMC building in Golden on Wednesday, [May 22](#) at 6:30 PM. The cost is just \$10 for members and \$15 for nonmembers. Family and friends are welcome. Additional sessions will be [June 26](#), and [July 24](#). (To register, click on the date you want.)

To learn more, go to the [Intro to Hiking Safety webpage](#).



Backcountry Incident Management School

Although rare within the CMC, backcountry incidents when they do happen are stressful, confusing, and the wrong activities can potentially compound to make a bad situation even worse. For those who have always wanted a means to review, practice, and improve the skills needed to successfully manage the initial aspects of an unforeseen incident, the CMC offers the Backcountry Incident

Management School.

Date for this all-day event: [Sept 14](#). **Enrollment is open now.** If it's full, sign up for the waitlist; course size may be expanded.

Prerequisites: Successful completion of a recent Wilderness First Aid (WFA) course

Course tuition: \$30

You can get more insight into the class at the BIM School homepage [Backcountry Incident Management School - Denver](#). Within that homepage is a link to enroll in either the May or September session, as well as a link to the [Incident Management Cards](#) for BIM School students and CMC trip leaders .

For more information, email Rich.McAdams@hotmail.com.

Good Trip Descriptions Are Important

By Denver Group Leadership Committee

Writing a good trip description for inclusion in a trip posting on CMC.org is not the easiest thing to do – we all acknowledge that. This article is intended to provide guidelines for improving how leaders and instructors describe their trips.

Why is this important, you might ask? To set expectations for the trip and help insure a successful trip for all.

The following is an example of an actual trip that appeared on the trip calendar, except the names and places were removed to protect the leader who wrote this. This trip simply says:

Starting from the xx trailhead, hike up to the xx Trail Feature, and return to the cars. We'll meet at the xx Trailhead and parking lot at 9 am. This trip was not described well enough to

provide adequate information for a participant to have realistic expectations for a day on the trails.

Trip participants deserve to know more - particularly, members new to the club, or those who are concerned that a certain trip might not be right for them. It's important that trip descriptions provide enough detail so that a participant knows what to expect.

We have found through experience that several things should be included in a trip description:

[Continued...](#)

Fuel your next adventure and support the CMC!

CMC is proud to announce a new partnership between CMC members and local business owners Bill & Joyce Geis. Their coffee business, **Coffee for the Cause**, aims to promote ethically-sourced and delicious coffee while supporting your favorite non-profit! [Find out more.](#)



Member Photo Gallery

Tom Jagger took this photo of the recent eclipse using a Sony full-frame camera looking through his solar telescope. Note the prominence or flare on the left side. This photo was taken in southeast Denver at the time of maximal eclipse around 12:47 PM MDT. The solar telescope provides the red color as it only allows a few wavelengths of red light to go through. The eclipse helped to bring out the flare.



A beautiful spring hike up Mt. Sniktau (13,216'), led by Stan Moore. The group had a fantastic day. The hike was listed as: Early season altitude acclimitizer and leg stretch. The 3.9 miles with an elevation gain of 1,700 ft was definitely a leg stretcher!

Photos courtesy of Peggy Schafer



Carpooling Mileage Reimbursement Guidelines

The Denver Group allows carpool drivers to charge each passenger a mileage rate to defray expenses. It is suggested that carpool trips follow these [Denver Group guidelines](#) in reimbursing drivers for car expenses.

This is a guideline, not a policy, meaning that this is a recommended, but not required, method of sharing costs. Some vehicles are more costly to operate and some vehicles are less costly to drive, so drivers are free to charge what they deem a fair rate. However, the rate must be communicated before the trip starts.

The Denver Group recognizes that this recommendation may differ from that of other CMC Groups.

Thanks for being a considerate carpooler!



Image courtesy of cmc.org

Upcoming Trips, Courses, and Events

Check out the [CMC Calendar](#) to find your next outdoor fun!

[Schools and Course offerings](#)

[New & Prospective Member Night](#)

[Become a Trip Leader!](#)

Denver Group Contacts

COUNCIL

Denver Group Council

Meets Monthly, 2nd Tuesday (usually)

COMMITTEES

Leadership Committee

Schools Committee

Conservation & Trails Committee

Member Initiatives Committee

SECTIONS

Ascending Hikes

Backpacking

Bobcats

Fly Fishing

Over the Hill Gang (RMOTHG)

Photography

Call for Submissions

Have an item you'd like included in a future Mile High Mountaineer newsletter?

The next deadline is the first Sunday of the month. Guidelines:

- Articles should be 200 words or less, **OR** submitted as a PDF
- MHM editor reserves the right to determine what's included in the newsletter and edit submissions for clarity and length
- Photo submissions are welcome, but please include a photo credit and caption
- Submissions must be relevant to the Denver Group of the CMC and/or its members; paid advertisements are not accepted.

Please send submissions to: cmcdgnewsletter@gmail.com.

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



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