



Gore Range Group e-News

December 2023

Hello Gore Rangers!

At our November 2nd member's meeting I was honored to be elected as Chair of the Gore Range Group Governing Council. I am looking forward to working with our other Council members and with all of you to make the 2023-2024 season a success! I would like to thank Dale Pfaff for his leadership and guidance as the previous Group Chair. I'd also like to thank Jan Dudley, our Secretary for all of her hard work putting together our successful membership meeting last month.

For those of you who don't know us, my wife Cindy Wolf and I have been part-time residents of Summit County since 1989. We both retired recently and gratefully, the amount of time we spend in Summit County has increased substantially. We are both avid hikers and enjoy downhill skiing at Copper Mountain (I'm a snowboarder), snowshoeing, cross country skiing and cycling. Our Aussie Cattle Dog Ziggy likes to come along with us on many of our adventures.

I'm looking forward to meeting you during the coming year and to working with you, our newly elected Vice Chair Doug Werner, and our hard-working Governing Council to make the coming year a success!

Respectfully submitted, Jim Borgel, Chair

GRG General Membership Hybrid Meeting Nov. 2, 2023

It's been years since we could come together as a Group! Twenty-nine GRG members gathered in person and on Zoom for some social time, business, and a program by Chris Fisher, World Record Endurance Athlete, who presented "Elective Suffering and Climbing Colorado's 14ers in a Single Calendar Winter." (@chrisjfish)
Feedback via Facebook, <https://www.facebook.com/groups/GoreRangeGroup>.

"Great meeting and great photos! Chris' enthusiasm was contagious!"

"Awesome meeting! I found Chris' presentation to be inspiring. His humility and lack of ego were refreshing."

In addition to Chris' program and social time, we amended the GRG Bylaws and elected officers. Welcome to new Council member, Doug Werner, and we express deep appreciation to our outgoing Chair, Dale Pfaff, who has served since 2016! Thank you, Officers and Committee Chairs, for serving the Gore Range Group!



Chair: Jim Borgel
Vice-Chair: Doug Werner
Treasurer: Jim Bradley
Secretary: Jan Dudley

GRG MEMBERSHIP MEETING



Safety – Open position

- Provide recommendations to the GRG Council to maintain adequate safety standards for the GRG and its outings.
- Maintain contact and represent the GRG on the State CMC Risk Management Committee as needed.

GRG COUNCIL MEMBERS

Chair	James Borgel	Jbborgel@yahoo.com	Membership	Maryann Gaug	Megaug@earthlink.net
Vice Chair	Doug Werner	Dwerner@douglasengrg.com	Leader Training	Candace Winkle	Candace.winkle@gmail.com
Secretary	Jan Dudley	Jandudley01@gmail.com	Activities	Barbara Audin	Barbaudin@gmail.com
Treasurer	James Bradley	Bradley-james-07@comcast.net	Social Media	Jan Dudley	Jandudley01@gmail.com
Safety	OPEN		Leader Appreciation	Curt Audin	Chaudin51@gmail.com
State Council	Candace Winkle	Candace.winkle@gmail.com			

NEWS YOU CAN USE

The Wilderness First Aid certification course in November was a great success. Twelve GRG members plus nine others from Rifle to the front range and in-between devoted the entire beautiful weekend to Wilderness First Aid training in Silverthorne. Students included five current Trip Leaders and three Leaders-in-Training for the GRG. CMC trip leaders are required to renew WFA Certification every two years to help keep our adventures safe. This class was expertly taught by Kat @Backcountry Pulse. Many thanks to our facility coordinator, Stephan Horlak, friend of the CMC.

Respectfully submitted by Jan Dudley



If you have become or are currently WFA certified, please let me know if you are interested in a bulk purchase of **individually packaged** recommended WFA medications, or other items as noted:

- Zyrtec 10 mg tablets - allergies
- Pepcid (Famotidine) 20 mg – allergies
- Aspirin, chewable, 324 mg – cardiac event
- Tylenol 500 mg – pain
- Motrin 200 mg – pain
- Aquaphor tubes – to replace antibiotic ointments
- Honey packets
- Electrolyte solution
- Quick Clot, kaolin infused gauze – bleeding
- Small CPR mask
- Sof-T tourniquet with the metal windlass bar (does not degrade over time)

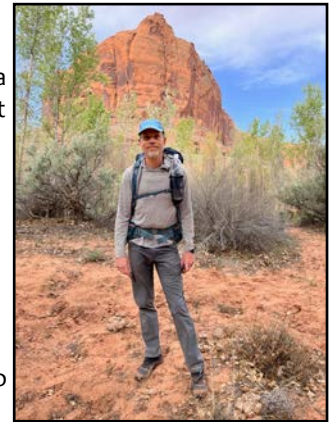
If you are interested in sharing the cost of a bulk purchase of these First Aid items, please email Barbaudin@gmail.com.



MEET OUR NEW GRG TRIP LEADER

Meet one of our newest and young(er) GRG Leaders – Steve Thompson. Steve comes to the GRG from the Denver group, after having honed his skills as a leader for our Front Range neighbors. With a primary home in Highlands Ranch, he has been a CMC member for over ten years. After retiring about 2 years ago, he now has a second home in Frisco, and has transferred his many years of mountain experience and leadership to the GRG. We welcome Steve and are fortunate that he brings his many skills and younger legs to our GRG.

Steve joined the CMC to meet others of similar ability and interests in this fabulous playground of ours. He has joined famed GRG leaders Candace, Jim B, and Mike M on ski trips, and recently lead successful climbs on Parnassus and Keller. His favorite CMC course is the Wilderness Trekking School. This included several days in the field that focused on trekking skills, map skills and navigation, intro to ice axes, and snow travel. His go to navigation app is GAIA, and his favorite ski trail is the Peaks Trail from Peak 7 to Frisco.



Escalante River Canyon 2022

His CMC experience has transitioned to an interest in mentoring CMC members, nurturing their growth, and sharing insider tips that he has learned over the years. He is willing to share his hard learned and self-taught skiing lessons ...

Fall down by choice – find the best location to stop and drop!

Don't drag your poles – if they snag something, you will injure your shoulder!

Distribute your weight evenly over your skis – work on your turns by using the outside ski.

And lastly, watch for hidden obstacles, such as recently fallen trees that are buried in the snowfall.

Steve would like to see the GRG offer more difficult Class 2 & 3 summer hiking trips that are longer, higher, and faster. Stay tuned ...

When Steve is not with CMC family, he is with friends and family on big adventures. He has completed a guided 7 day backpack of the Escalante River with Andrew Skurka, quite gnarly with 20 miles per day, wet trails, and slot canyons. A favorite was the high route of the Wind River Range of Wyoming, 6 days with 12,000' gain, and luckily no bears. Local trips have included backpacking trips in the Lost Creek, Indian Peaks, and Weminuche Wilderness areas. And a long range goal is to backpack the 190 miles of the Sierra High Route.

At the end of a long hiking day, Steve recommends deep dish pizza from Peppino's in Frisco. And the best place to get interviewed is Ein Prosit in Frisco.

Wind River Range in Wyoming 2023



Lost Creek Wilderness with a tarp 2020



IN MEMORIUM



PC: Vail Daily

Marka Moser, passed away on Oct. 28, 2023. Marka was honored at our January 2022 GRG Membership meeting as well as being the recipient of the 2023 Vail Trailblazer Award. Marka was the long-time publisher of our GRG printed, snail-mailed, newsletter.

<https://www.vaildaily.com/news/marka-moser-remembered-as-a-vital-force-in-vail-whod-take-on-just-about-any-task/>

<https://www.vaildaily.com/news/obituaries/obituary-marka-webb-moser/>

A celebration of her remarkable life will be held at Donovan Pavilion on February 19th at 1:30 p.m.

We lost **Paul Rondeau** in recent years. Paul always held Safety as #1. He taught many GRG Trip Leader classes and provided handouts for safety practices, captured by “Paul’s HANDLES: Heading into the Backcountry? Get a handle on the HANDLES”. Paul is fondly remembered, as we hold Nancy Rondeau in our thoughts. Nancy and Paul were regulars on GRG hut trips, with tele-ski tips and high standards for cooking and hygiene practices in the huts!



PC: Vail Daily



PC: The Mountain Mail

Pete Bond, passed away Oct. 18, 2023. Pete led adventurous CMC trips and shared his ‘lessons learned’ from Alaska wilderness to the adventures of Chaffee County and the Colorado mountains.

https://www.themountainmail.com/obituaries/article_ddad9846-71de-11ee-9cob-9f3b86eb34d2.html

GRG TRIPS

Sat, Dec 9, 2023 – **DATE HAS BEEN CHANGED to 12/9**

[BASIC SNOWSHOE – MAYFLOWER GULCH](#)

SNOWSHOE with Barb

<https://www.cmc.org/education-adventure/trips/find-trips/basic-snowshoe-2013-mayflower-gulch-to-gold-hill>

Saturday, December 16, 2023

AVALANCHE TERRAIN AVOIDANCE

Carpool with Jan Dudley

The Avalanche Terrain Avoidance Clinic teaches you to recognize when and where avalanche danger may exist. More importantly, how to avoid it. Sources of information and methods for planning routes free from avalanche danger. This clinic requires no prerequisites. Participating in the field exercises is required to earn the ATA badge.

This is a half day class in Golden, followed by a half day field outing at Jones Pass.

Contact Jan Dudley if you are interested in carpooling to attend this class.

To register:

https://www.cmc.org/groups-sections/front-range-groups/denver/course-templates/avalanche-safety-school-avalanche-terrain-avoidance/copy4_of_avalanche-terrain-avoidance-denver-2022

Sat, Dec 23, 2023

[BASIC SNOWSHOE – MOONLIGHT SNOWSHOE WITH VIEWS FROM BOREAS PASS ROAD](#)

HIKE with Jan

<https://www.cmc.org/education-adventure/trips/find-trips/basic-snowshoe-2013-moonlight-snowshoe-with-views-from-boreas-pass-road>

Mon, Dec 25, 2023

[RESORT SKIING/SNOWBOARDING – BEAVER CREEK RESORT ON THE CHRISTMAS HOLIDAY.](#)

DOWNHILL SKI with Candace

<https://www.cmc.org/education-adventure/trips/find-trips/resort-skiing-snowboarding-2013-resort-riding-at-beaver-creek-resort-on-the-christmas-holiday>

Tues, Jan 9, 2023

[BACKCOUNTRY SKIING/SPLITBOARDING – BALDY BOWL](#)

BACKCOUNTRY SKI/SPLTBOARD with Candace

<https://www.cmc.org/education-adventure/trips/find-trips/backcountry-skiing-splitboarding-2013-baldy-bowl-1>

Sat, Jan 13, 2024

[NORDIC SKIING – SKI TRAILS AT TENNESSEE PASS NORDIC CENTER.](#)

NORDIC SKI with Jan

<https://www.cmc.org/education-adventure/trips/find-trips/nordic-skiing-2013-nordic-ski-trails-at-tennessee-pass-nordic-center>

Mon, Jan 15, 2024

[BACKCOUNTRY NORDIC SKIING – BLACK CANYON OF THE GUNNISON NATIONAL PARK](#)

BACKCOUNTRY SKI with Jan

<https://www.cmc.org/education-adventure/trips/find-trips/backcountry-nordic-skiing-2013-black-canyon-of-the-gunnison-national-park>

Thu, Jan 18, 2024

[RESORT SKIING/SNOWBOARDING – BRECKENRIDGE SKI RESORT, BRECKENRIDGE, CO](#)

RESORT SKI/SNOWBOARD with Curt

<https://www.cmc.org/education-adventure/trips/find-trips/resort-skiing-snowboarding-2013-breckenridge-ski-resort-breckenridge-co>

Thu, Jan 18, 2024

[RESORT SKIING/SNOWBOARDING – EASY TRAILS - BRECKENRIDGE SKI RESORT](#)

RESORT SKI/SNOWBOARD with Barb

<https://www.cmc.org/education-adventure/trips/find-trips/resort-skiing-snowboarding-2013-easy-trails-breckenridge-ski-resort>

Sat, Jan 20, 2024

[NORDIC SKIING – BACKCOUNTRY NORDIC SKI IN THE MITCHELL CREEK AREA AT TENNESSEE PASS.](#)

NORDIC SKI with Steve

<https://www.cmc.org/education-adventure/trips/find-trips/nordic-skiing-2013-backcountry-nordic-ski-in-the-mitchell-creek-area-at-tennessee-pass-we-will-ski-in-on-the-continental-divide-trail-through-fun-rolling-hills-going-as-far-as-conditions-allow-with-a-side-trip-up-wurts-ditch-road-before-heading-back-we>

GRG TRIPS

Tues, Jan 23, 2024

[NORDIC SKIING – PEAKS TRAIL: FRISCO - BRECKENRIDGE](#)

NORDIC SKI with Steve

<https://www.cmc.org/education-adventure/trips/find-trips/nordic-skiing-2013-peaks-trail-frisco-breckenridge>

Thu, Feb 1, 2024

[INTERMEDIATE SNOWSHOE – BAKER'S TANK LOOP WITH BOREAS PASS ROAD](#)

SNOWSHOE with Barb

<https://www.cmc.org/education-adventure/trips/find-trips/intermediate-snowshoe-2013-bakers-tank-loop-with-boreas-pass-road-intermediate-snowshoe>

Tues, Feb 6, 2024

[BACKCOUNTRY SKIING/SPLITBOARDING – LOCATION TBD FOR BEST SNOW](#)

BACKCOUNTRY SKI/SPLTBOARD with Candace

<https://www.cmc.org/education-adventure/trips/find-trips/backcountry-skiing-splitboarding-2013-location-tbd-for-best-snow>

Thu, Feb 8, 2024

[RESORT SKIING/SNOWBOARDING – KEYSTONE SKI RESORT - KEYSTONE, CO](#)

RESORT SKI/SNOWBOARD with Curt

<https://www.cmc.org/education-adventure/trips/find-trips/resort-skiing-snowboarding-2013-keystone-ski-resort-keystone-co>

Wed, Feb 14, 2024

[NORDIC SKIING – B&B MINE TRAILHEAD](#)

NORDIC SKI with Steve

<https://www.cmc.org/education-adventure/trips/find-trips/nordic-skiing-2013-b-b-mine-trailhead>

Mon, Mar 4, 2024

[BACKCOUNTRY SKIING/SPLITBOARDING – OPHIR MOUNTAIN](#)

BACKCOUNTRY SKI/SPLTBOARD with Candace

<https://www.cmc.org/education-adventure/trips/find-trips/backcountry-skiing-splitboarding-2013-ophir-mountain>

Fri, Mar 8, 2024

[NORDIC SKIING – COPPER MOUNTAIN SKI RESORT](#)

NORDIC SKI with Jan

<https://www.cmc.org/education-adventure/trips/find-trips/nordic-skiing-2013-copper-mountain-ski-resort>

FEATURED TRIP

Sat, Jan 20, 2024

[NORDIC SKIING – BACKCOUNTRY NORDIC SKI IN THE MITCHELL CREEK AREA AT TENNESSEE PASS.](#)

NORDIC SKI with Steve

<https://www.cmc.org/education-adventure/trips/find-trips/nordic-skiing-2013-backcountry-nordic-ski-in-the-mitchell-creek-area-at-tennessee-pass-we-will-ski-in-on-the-continental-divide-trail-through-fun-rolling-hills-going-as-far-as-conditions-allow-with-a-side-trip-up-wurts-ditch-road-before-heading-back-we>

GRG FUN

