



November 2017 | No. 240

Pikes Pique

The Newsletter of the CMC Pikes Peak Group

Pikes Peak Group Annual Dinner – November 11

Doug Ingram – Climbing: Metaphor for Life

Doug Ingram, currently the Senior Director of International Games, U.S. Olympic Committee, will talk about his philosophy on dreams, accomplishments, and being the absolute best you can be at the Pikes Peak Group Annual Dinner. He passionately ties in his own personal experiences climbing Mt Everest with the types of challenges people face every day.



Doug, happily married for forty years, father of two and grandfather of four, has climbed:

- many peaks in the Colorado, Wyoming, and Idaho Rockies including the Grand Teton and several other peaks in this, his favorite range
- all the high volcanic peaks in Mexico, California, Oregon and Washington, including Mt Rainier, his favorite mountain in the lower 48 states, four times by three different routes
- in the Andes in Ecuador, Argentina, and Chile, including the highest point outside the Himalaya: Cerro Aconcagua
- alpine peaks in Austria, France, Germany, and Switzerland, as well as the highest peak in Europe: Mt Elbrus in the Caucasus Range of Russia
- five of the seven Summits (highest point on each continent) including Mt Everest



The Pikes Peak Group's annual dinner will be held on November 11th at 6:00 p.m. at The Warehouse restaurant, 25 West Cimarron St, Colorado Springs. The cost is \$40.

Seating is limited and we expect a large turnout.

Register online at www.cmc.org by November 4th.

If you are unable to register online, please contact **Jackie Crouch**, (719) 231-3513, by November 4th.

Your PPG Council

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Interested in serving on the Pikes Peak Group Council? Please contact the Chair.

Welcome New Members!

Robert Johnston Lola Printz
Benjamin Jones Pia Schalin
Garry Moyer Albert Valletta, Jr.



Important – Trip Leaders

Hopefully you are aware, and if not this is a friendly reminder, that the Pikes Peak Group has a requirement that each trip leader lead at least one trip of any kind for the group every two years. The current two-year period is up on December 31, 2017. If you haven't led a PPG trip yet since January 1, 2016, then there is still time to do that before the end of this year. More than half of our trip leaders lead many more trips than that. This is not a very hard requirement to fulfill if you are an active trip leader. However, those trip leaders that don't fulfill this requirement will be removed from our trip leader list on January 1, 2018. So, don't let that happen—lead a trip!

Text to 9-1-1

In February 2016, the El Paso-Teller County 9-1-1 Authority announced that citizens can send SMS text messages to 9-1-1 in an emergency.

Text to 9-1-1 may be most helpful in these emergency situations:

- By individuals who have speech or hearing impairments, or those who are having a medical emergency that renders them incapable of speech.
- Home invasions, or instances of domestic violence or an abduction.

How to Text 9-1-1 in an emergency

Text to 9-1-1 should be used if you have an emergency, and you are unable to make a voice call.

- Enter 911 in the "To" field.
- Know your location. Text your exact location (street address, mile marker, cross streets, landmarks, etc.).
- Text the nature of your emergency.
- Push the "Send" button.
- Be clear - Send a short text message without abbreviations or slang.
- Stay calm - Answer questions and follow instructions from the 9-1-1 call taker.

Important Considerations

Text to 9-1-1 is an important tool to enhance communications with the public in an emergency, but it has limitations. It is important to keep these things in mind:

- Voice communication is always the fastest way to contact 9-1-1. Call if you can, text if you must.
- Location information will be limited to the cell tower that your cell phone is communicating through. Your location should be the first text you send to 9-1-1.
- A text or data plan is required to text 9-1-1.
- Text to 9-1-1 conversations cannot include more than one person. Do not send your emergency text to anyone other than 9-1-1 (no group messaging).
- Do not abuse Text to 9-1-1. It is for emergency use only.

The Mountains Can Be a Dangerous Place

BY DEAN WAITS

This has been an extremely bad year in Colorado for climbing deaths. Some climbers do not research routes, weather or properly plan for their trip. This should be Mountaineering 101. Recently there have been two incidents of people coming to Colorado to hike and developing severe problems with altitude. One experienced High Altitude Cerebral Edema (HACE) and died while waiting for rescue crews. The other story occurred near Aspen with four hikers going to backpack the beautiful Four Pass Loop. One of the four (we'll call her Karen) arrived from the Midwest in Aspen and on the 3rd day in the mountains suffered from HACE, causing her brain to swell and sending her into seizures. Karen's group thought they did everything right: spending a day acclimating at altitude, avoiding alcohol, staying hydrated, and researching their route and potential problems such as the symptoms of altitude sickness. They were all experienced hikers and backpackers.

This story has a good ending and shows how helpful people who just happened to be there with Personal Locator Beacons (PLBs) probably saved her life. Two Pikes Peak Group (PPG) club members were in the area to climb four Elk Range 13ers. After Karen had gotten sick, her friends divided her pack contents. While heading down carrying only her empty pack, she had a seizure and fell forward from a standing position and hit the top right side of her head on the ground.

One friend hiked out to get help while the other two stayed with Karen. She met the two PPG men at about 6 p.m. down trail. After learning of the situation, they activated the SOS on their Garmin InReach and provided the information they had. They then hiked up trail to find Karen and three other hikers in addition to her two friends.

Karen's friends had already used a passing hiker's SPOT to alert of an emergency and the location. When the PPG members arrived they sent additional information about Karen's critical condition and requested a helicopter for evacuation.

A ground crew from Mountain Rescue Aspen (MRA) that had been preparing for a training exercise was assembled and quick to the scene, arriving about 8:45 p.m. They immediately gave Karen intravenous fluids and provided medical care. A medical helicopter landed near the site at about 9 p.m. and was airborne about 45 minutes later after getting Karen stabilized and secured. She arrived at St. Mary's Hospital in Grand Junction a short time later and spent three days in the intensive care unit.

As said, this story had a happy ending but if these hikers did not have their PLBs to alert Search and Rescue (SAR), Karen may not have survived. This is not an endorsement for one type of PLB versus another as there are several types, but one that can share two-way communication to give additional information is beneficial.

Having a PLB may be something you want to consider when venturing into the mountains. You can not always rely on cell service. You must realize contacting SAR is a first step, but they will not always arrive within 2 to 3 hours (it's usually longer); however, this is a vital step.

It's also very important to advise people of where you're going to hike, tell when you're planning to return and stick to your plan so they may contact the county sheriff in case you do not return on time. If you like to play in the snowy mountains, up your game by learning about Avalanche Awareness. Our January program will cover this topic. An AV course will follow. Please be safe out there; the mountain will be there tomorrow.

Mount Princeton 2018

MARCH 4–6, 2018

This is an annual weekend of ski, snowshoe, hike, swim, party, and dining adventure at the Mt Princeton Hot Springs Resort in Nathrop, CO, near the ghost town of St Elmo.

It includes two nights' lodging at the resort, dinner on Friday and Saturday nights and breakfast on Saturday and Sunday, two complimentary drinks (beer, wine, or soft drink) on Friday night, all the swimming you can get in on the three days, as well as an informal get together Saturday after dinner. Both Saturday and Sunday, after breakfast, CMC leaders will propose trips for all levels of ability. I do not yet have the rates for dinner and lodging for this winter, but if experience is a guide, they will be slightly up from last year, when they were \$265 for double occupancy and \$350 for single occupancy. Non-CMC members pay \$10 more. This is a fun event, attended by members from several CMC groups.

For more information or to sign up, please contact Gertrud (Getty) Nuhn, (719)473-8868 or Hinuahn@comcast.net, or Becky Zenthoefer, (719) 633-1367 or Beckyzee@comcast.net.

Upcoming PPG Classes

Pikes Peak WFA (Wilderness First Aid)

Starts October 21

This two-day, sixteen-hour ECSI accredited course presents dynamic instruction devoted to teaching the student how to respond to medical emergencies in remote settings where definitive medical care is not readily available. Day one consists of classroom presentations and hands-on training in a variety of medical situations that may be encountered in the backcountry and wilderness areas. Day two continues with a shorter classroom presentation followed by realistic scenarios in the field that simulate the type of medical situations people face in wilderness settings, when calling 911 is not an option. This course satisfies a requirement for trip leaders. The sessions are on 21 and 22 October from 8:00 am to 3:00 pm. A comprehensive textbook and field guide are included and you will receive your WFA certification. *Note:* This course does not teach CPR, which is taught in a separate two-and-a-half-hour class (with separate sign up required) at the same location after the completion of the WFA course.

Pikes Peak CPR Training

October 22

Knowing CPR can be life-saving! Did you know the number four cause of death in the backcountry is heart attack? If you never had CPR training or it's been a while, this two and a half hour American Heart Association accredited training is for you. It includes the latest classroom instruction and hands-on training in CPR/AED for the Adult/Child/Infant (choking, conscious and unconscious). This class is taught at 3:30 pm on October 22 and satisfies a requirement for trip leaders. You will receive a CPR certification good for two years.

Pikes Peak High Altitude Mountaineering School (HAMS)

The PPG High Altitude Mountaineering School (HAMS) is upon us. This is a course designed for those climbers who want to go beyond the 14ers to take on high altitude (15,000'-plus) and glaciated mountains. Classroom sessions will take place on Thursdays 10/26, 11/2, 11/16, 11/30, 12/7 and include such topics as equipment, medical concerns, nutrition and menu planning, fitness and training, organizing an expedition, and group dynamics. Field sessions will be on 1/7, 1/21, 2/10-11, and 3/3-3/4; they will cover such topics as roped travel, crevasse rescue, climbing alpine ice, and winter camping. A graduation climb of Mt. Rainier will take place at the end of the course. Completion of Basic Mountaineering School (all modules) or equivalent, plus experience putting those skills into practice in the field are prerequisites for the course. Cost for the class is \$160.+

November PPG Trips

SESI - Friday Art Walk

Friday, 11/3/2017

Easy A

Leader: Christie Lee, 719-243-1821, Christie80905@gmail.com

Trail Mileage 2. Location: Old Colorado City. Details: 2 miles total trip length unless weather is bad, then 1/2 mile. Contact leader for meeting time and place.

Eric's Lunch Rock 10,250 Loop

Saturday, 11/4/2017

Moderate C

Leader: Eric Hunter, 719-266-9647, EHunterCMC@gmail.com

Trail Mileage 14, Elevation Gain 2500. Location: Cheyenne Cañon, Colorado Springs, CO. Details: This is a strenuous hike and a full day. We will hike up the Seven Bridges Trail to the Forester Trail and up to Frosty Park. There is an excellent lunch spot with a view atop the rocks when we reach the Forester Trail. We will then take the Forester Trail to the Pipeline Trail and back to Seven Bridges to complete our loop. This hike will pass many sites of historic homesteads and interesting features. Nat Geo Map 137. 14/2,500'. Register with leader.

2nd Annual Section XVI PRR Loop Snackluck hike

Saturday, 11/4/2017

Easy A

Leader: Y Mason, youdew@aol.com

Trail Mileage 6.25, Elevation Gain 1000. Location: Section XVI - Palmer Red Rocks Trailhead is located one mile west of the intersection of 26th Street and Gold Camp Road in Colorado Springs, CO. Details: Specific meet-up and hike details will be emailed to registered CMC members several days prior to the hike. No rabbits (fast paced hikers) please. Notes: This Snackluck hike invites registered members to bring enough of their favorite snack items to share with 6-8 other club hikers. Leader will provide small paper plates and plastic utensils.

Raspberry Mountain Loop

Saturday, 11/18/2017

Moderate C

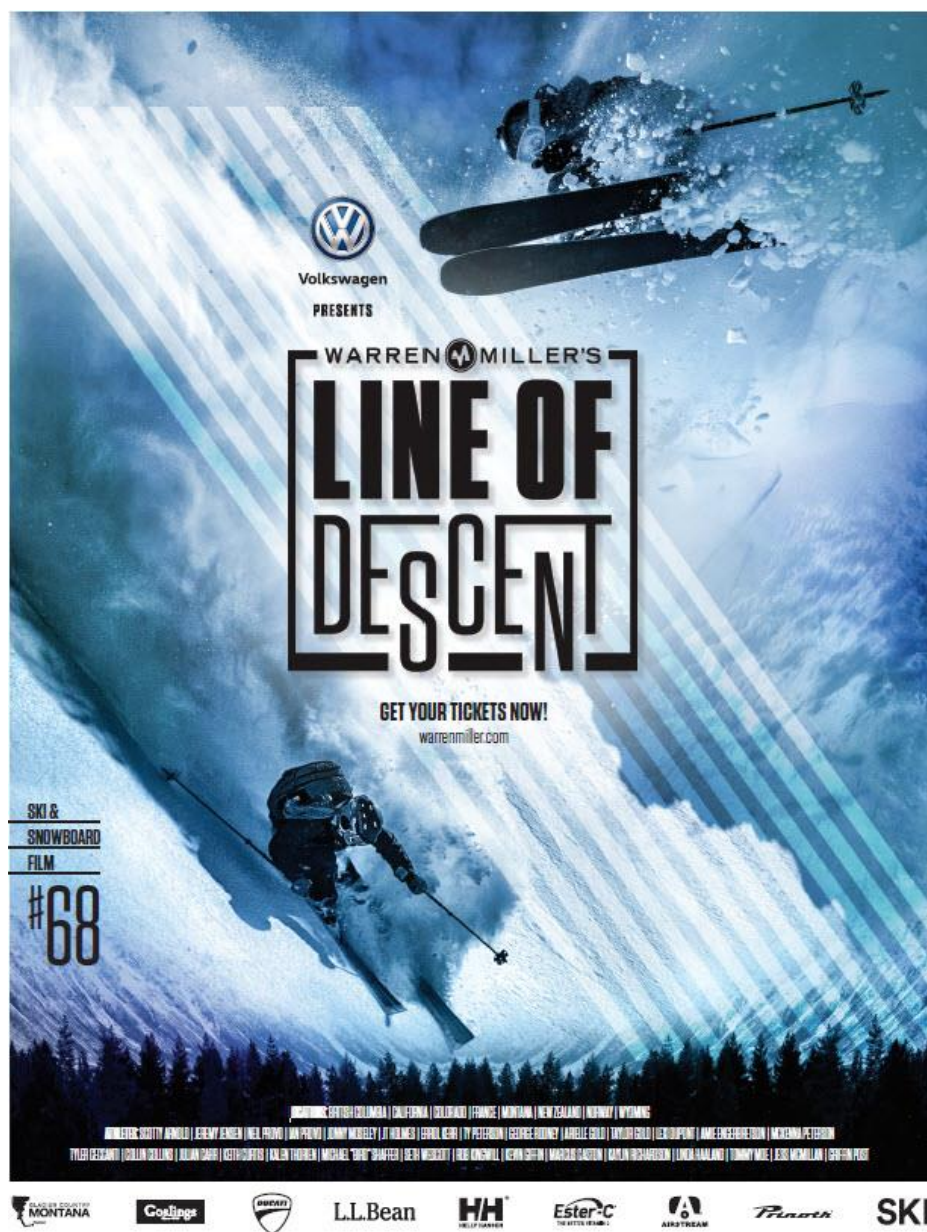
Leader: Eric Hunter, 719-266-9647, EHunterCMC@gmail.com

Trail Mileage 11, Elevation Gain 1500. Location: Catamount Ranch Open Space, Colorado Springs, CO. Details: This is long loop hike connecting Catamount Ranch Open Space to a historic CCC Camp, over Raspberry Mountain and back through Catamount Ranch Open Space. This hike will pass historic sites and interesting features. Nat Geo Map 137. 11/1,500'. Register with leader.



To register for classes or trips,
go to www.cmc.org

Upcoming Warren Miller Film



For Sale

Big Agnes Fly Creek UL 1-person tent – \$ 180

Big Agnes Lithia Spring SL 15 women's sleeping bag (petite) – \$180

REI Trail 40 liter backpack – \$ 30

Sea to Summit compression sack (small) – \$20 (in original package)

Interested, please email yolanda at youdew@aol.com.

the PPG
FOLLOW US ON 

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Pikes Pique is the monthly newsletter of the Pikes Peak Group of the Colorado Mountain Club. It is a forum for enhancing skills for backcountry travel in the Colorado mountains and communicating information, news, and upcoming events to members and interested parties.

The purpose of the CMC is to unite the energy, interest, and knowledge of the students and lovers of the mountains of Colorado; to collect and disseminate information regarding the Rocky Mountains on behalf of science, literature, art, recreation; to stimulate public interest in our mountain areas; to encourage the preservation of flora, fauna, and natural scenery; and to render readily accessible the alpine attractions of this region.

PIKES PEAK GROUP CONTACT INFORMATION:

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cmc.org/About/CMCGroups

CLASSIFIED ADVERTISING

Members:

- Text: \$2 per line, \$10 minimum
- Ads: ¼-page - \$25, ½-page - \$50

Non-members:

- Text: \$3 per line, \$15 minimum
- Ads: ¼-page - \$30, ½-page - \$60

WE WANT TO HEAR FROM YOU!

Have a fun story or trip you want to share? Please submit your articles, along with pictures, to be considered for publication in the next *Pikes Pique* newsletter.

Please send to:

David Anderson, editor
danderso@uccs.edu

The deadline for submissions is the 14th of each month.

Use the above contact information for corrections and comments as well.