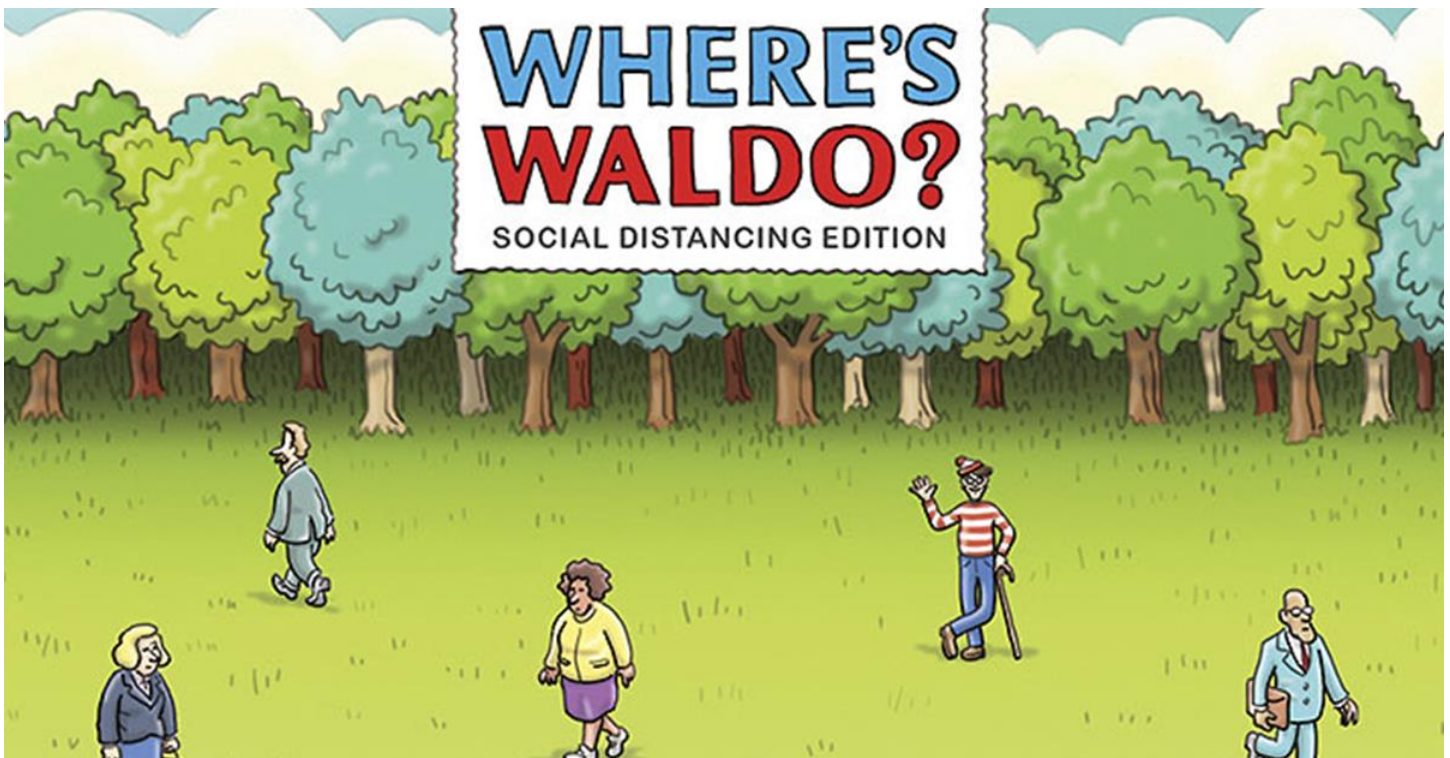




## COVID-19 and Colorado Mountain Club Programming

- From the [Friday, May 8, 2020 Update](#):
  - Full protocols for planning and attending both CMC Trips and CMC Schools after June 1, 2020 can be found below. These protocols are subject to change, postponement, or cancellation owing to evolving COVID-19 guidelines set forth by state and local government officials and public health departments.
  - These protocols were created following expert advice from CDC, state and local public health departments, and guidance from our elected state and local officials. We also consulted Golden Fire Department, first responders, land managers, CMC volunteer leadership, and our members.
    - [Protocols for CMC Trips](#)
    - [Protocols for CMC Schools](#)
    - [Checklist for Participants, Trip Leaders, and School Directors](#)
  - If you have any questions or concerns, please email [office@cmc.org](mailto:office@cmc.org). If you are a trip leader or school director, please email Maddie Miller, Trip Leader Support Coordinator, at [maddiemiller@cmc.org](mailto:maddiemiller@cmc.org).
- Visit the [Colorado Mountain Club Online University](#)! There are videos ranging from 2-15 minutes on a variety of topics so outdoor enthusiasts of all ability levels and sports can brush up on old skills and pick up some new ones.
- Remember that the Trail & Timberline publication is at [cmc.org](http://cmc.org) (scroll to the bottom of the home page.)



## Your PPG Council

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419-260-7807, buckie06@hotmail.com

**Past Chair** – Vacant

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**Treasurer & State Council Representative** –  
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Greg Long (HAMS)  
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Interested in serving on the Pikes Peak Group  
Council? Please contact the Chair.

## Welcome New Members!

Dylan Anderson  
Megan Burchak  
Matt Engel  
Emma Hunnicutt  
Emily Komarny  
Laurel Komarny  
Phil Komarny

Jason Lajoie  
Paul Leavens  
Nyree Lensch  
Christie McDaniel  
Alaina Ramsey  
Walt Wright



## Member Discounts

Adventure Medical Kits

Ajax Bike and Sport

American Mountaineering Museum

Atrevida Beer Co (was Great Storm)

Bentgate

Breckenridge Nordic Center

City Rock

Friction Labs

Frisco Nordic Center

Gearonimo

Gold Camp Brewing

Golden Bike Shop

Ken's Anglers

Lumiere Telluride

Moosejaw

Mountain Chalet

Mountain Equipment Recyclers

Mountainsmith

ProMotive.com

R&W Rope

ROCK'n & JAM'n

Rocky Bob's Fly Fishing Rods

Summit Terragraphics

The Custom Foot

The Mountaineers Books

The Trailhead

TrailRunner Magazine

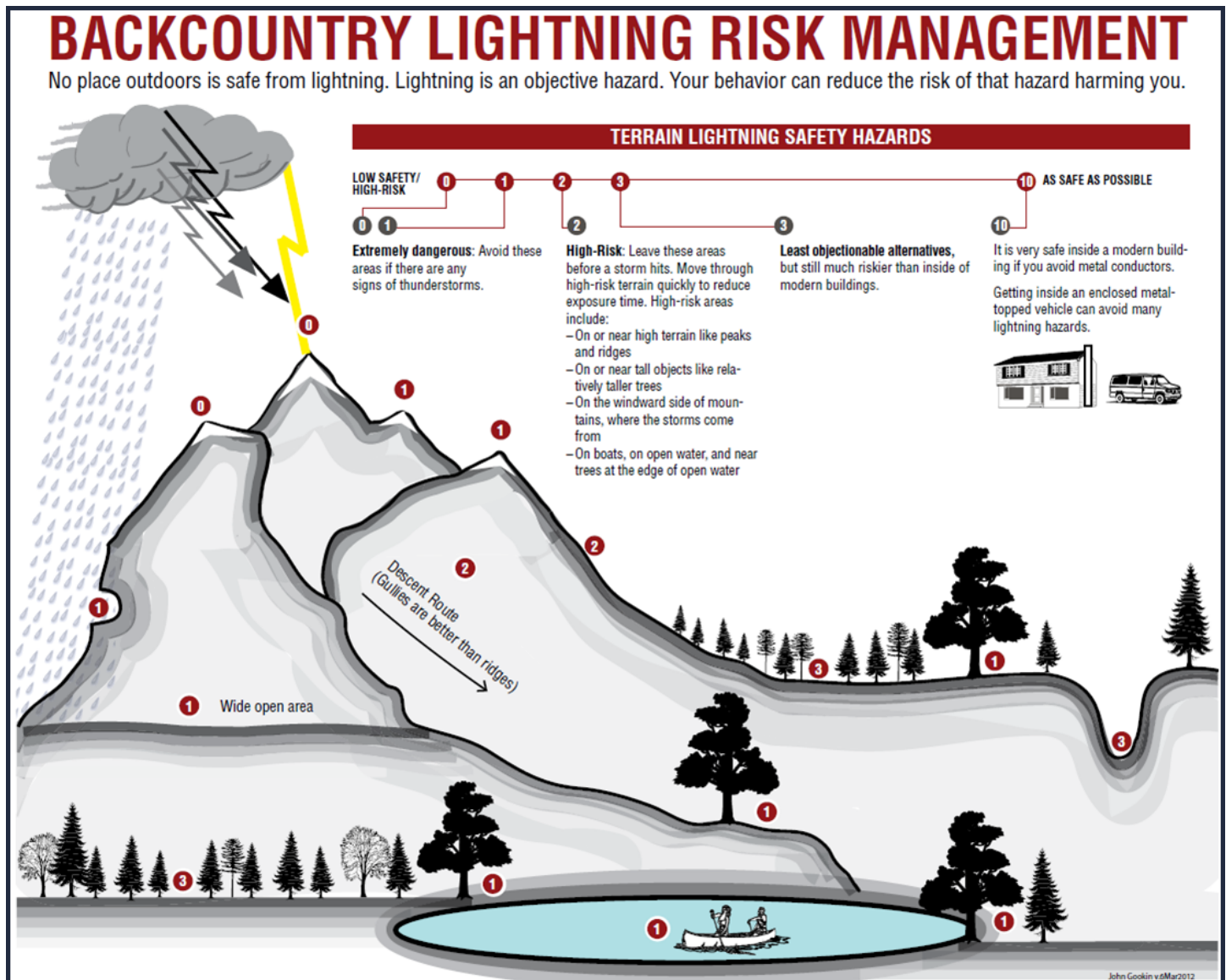
Vagabond Ranch Huts

Wilderness Exchange Unlimited

It's called quarantine coffee. It's just  
like normal coffee but it has  
margarita in it and also no coffee.



# Lightning Safety Tips for Hiking in Colorado



By Josh T, Posted on June 29, 2018

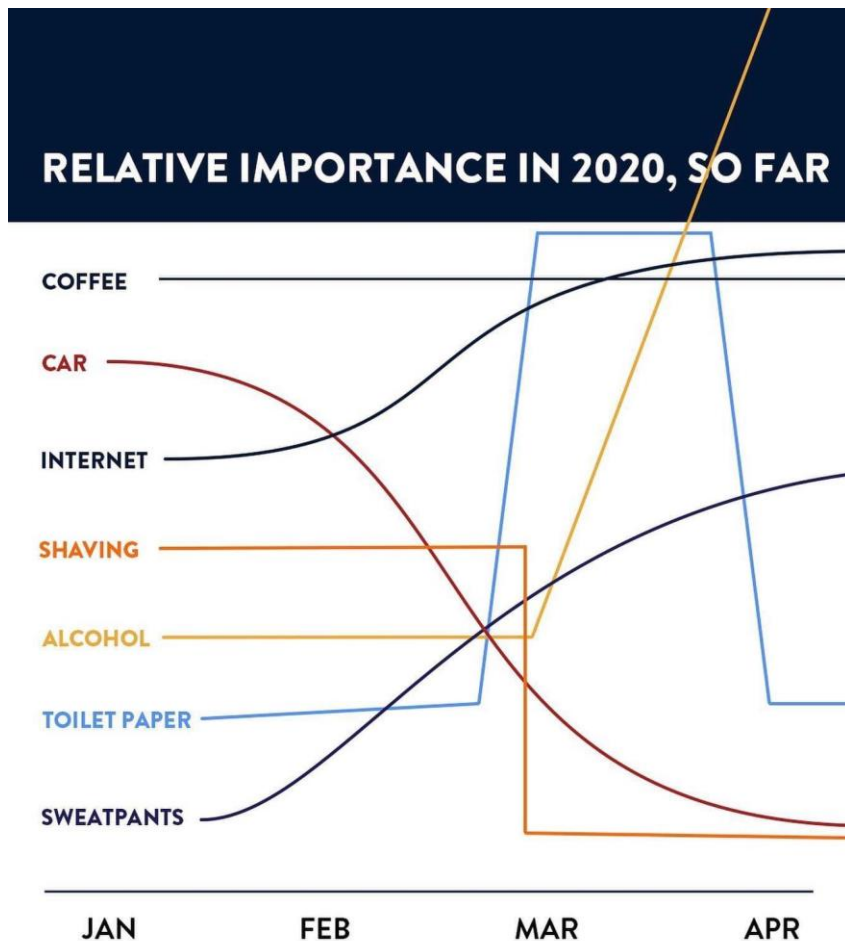
Nearly one hundred people are killed each year from lightning strikes. So, how do you stay safe during a storm that produces ground to cloud electricity? The following lightning safety tips provide guidance on how to minimize risk during a severe, lightning-filled storm:

- **Recognize that electricity is in the air.** Even if clouds have yet to produce lightning, electricity may still be in the air. The best method of detecting danger is to closely observe your or your hiking partner's hair. If you see that hair is beginning to raise into the air, you know it is time you high-tail it out of the area you're in and seek shelter.
- **Always follow the "30/30 Rule."** Upon first sight of lightning, count the seconds that pass until you hear thunder. If the number of seconds is 30 or less, seek shelter immediately. Stay put for 30 minutes after the last lightning flash or rumble of thunder. The National Weather Service estimates that 50% of all lightning deaths are sustained after the storm has passed.
- **Avoid dangerous locations.** Stay near shelter during a storm; avoid terrain above timberline and bodies of water. If lightning moves in, try to avoid being within 100 yards of any body of water. Thunderstorms in Colorado have a propensity to build up steam between 12:00 p.m. and 3:00 p.m. Realistically, if thunderstorms are in the forecast, you should never be above timberline after 1:00 p.m. If you are above tree line when a storm rolls in, rapidly descend to shelter. Avoid caves – they actually channel electricity fairly well and are extremely dangerous to be in during a storm.
- **Avoid isolated trees and high points.** It is always better to seek shelter in a thick forest versus an isolated stand of trees. Lightning favors small groupings of trees over dense stands.



- **Choose your camp wisely.** Do not pitch your tent next to the tallest trees in the area. Lightning-filled storms can develop during the middle of the evening. Once again, it is best to locate camp in a thick stand of trees instead of next to an isolated grouping.
- **Discard metal objects.** Drop all metal objects during a storm. Such objects might include an internal or external frame backpack, trekking poles, etc. Furthermore, you should get off a bicycle if you are mountain biking or road biking and a storm is closing in.
- **Avoid open fields.** However, if you are stuck in an open field and cannot find shelter, find the lowest possible area. Crouch with your head low and keep your feet together. Never sit or lie down on the ground. Both of these positions facilitate greater ground-body contact, which gives lightning a wider space to travel through.
- **Spread out.** If lightning is imminent and you are in a group, try to spread out. This will minimize the chance everyone in the group will be struck. It is important to ensure at least one person will be able to respond to an emergency situation.
- **Remain calm if someone is struck.** If somebody is hit by lightning, provide the proper first aid. If the victim is not breathing, provide mouth-to-mouth resuscitation. However, if the person no longer has a pulse, the responder should attempt to provide cardiopulmonary resuscitation (CPR). Someone from the group should stay with the victim until help arrives.

These lightning safety tips can save your life or the life of a loved one. Do you have a story you'd like to share? Feel free to comment or provide additional lightning safety tips below. Be sure to check out all of Nomad Colorado's [hiking tips](#).



## Pikes Pique

June, 2020 | No. 268

*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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Colorado Springs, CO 80901  
[cmcpgrp@gmail.com](mailto:cmcpgrp@gmail.com)  
[CMC PPG web page](#)

### 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](mailto:danderso@uccs.edu)

The deadline for submissions is the 14<sup>th</sup> of each month.

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