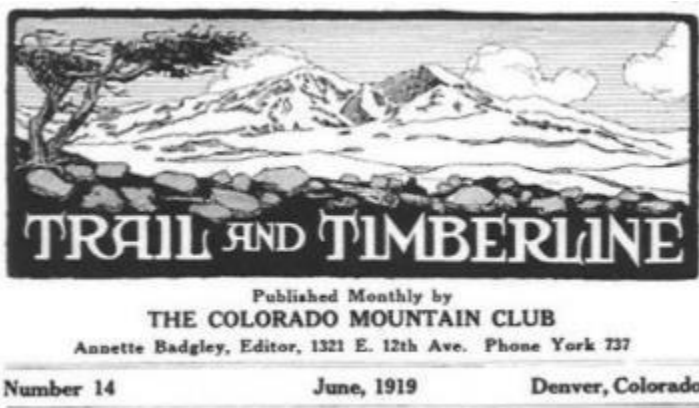




The Newsletter of the CMC's Pikes Peak Group

May, 2022 | No. 289

Pikes Peak Group 103rd Anniversary Celebration



May 1st, 5:30pm–8:30pm

Mash Mechanix Brewing

429 E Pikes Peak Ave, Colorado Springs, CO 80903

Come join us as we celebrate our 103rd Anniversary! Enjoy food and drink at a local brewery as we toast to another year of Pikes Peak Group. Enjoy some sunshine, patio space, and fun with your fellow CMC members. Mash Mechanix will be pouring their finest beers for our club, and Macaw's Food Truck will be serving up arepas and wraps for us, along with yucca fries and churros. PPG will cover the cost of two drinks and a combo meal for members at this event. [Sign up here.](#)

Other Activities of Note

Mile High Youth Corps

Join Mile High Youth Corps for their 2021 Summer of Service (SOS) program! SOS is a team-based, 12 or 14 week-long program for individuals between the ages 18 and 24. SOS participants (called Corpsmembers) serve on environmental stewardship projects on public lands throughout the Southern Front Range region. Corpsmembers will be enrolled in AmeriCorps—a national community service program. This means, **you get paid \$960 biweekly while doing what you love and earn a scholarship at the same time!** Apply on [their website](#).

CMC Car Camping Trip to Dinosaur NM

The Dinosaur National Monument trip utilizes group campgrounds and we currently have 8 registrants from Western Slope and Denver groups but are looking for more CMCers state-wide to join us. The only consideration is the fact that additional members to our current group of 8 will need a 4WD vehicle to reach the Echo Park campground for nights 1 and 2. Night 3 we move to Split Mountain campground. Echo Park, near the confluence of the Yampa and Green Rivers, in the shadow of Steamboat Rock, is the site for the campground and day hikes for Days 1 & 2, then on Day 3 move to Split Mountain Campground in Utah to see the dinosaur fossils and rock art. Hikes, fishing, rock ark viewing, and dinosaur fossil viewing are planned. See a fuller trip description [here](#). Interested campers need to join BPX, which has a \$20 annual membership fee. Funds are used for leader training and recognition. You can "join the pack" either online by adding Backpacking to your interests or by calling CMC Member Services at 303-279-3080. BPX is offering more than 50 backpacking trips and 10 car camping trips this season.

Your PPG Council

Chair – David Kuenzli
813-465-4716, navsareneverlost@gmail.com

Past Chair – Kristen Buckland
419-260-7807, buckie06@hotmail.com

ARCPro Director – Scott Kime
719-235-0939, scott.kime@live.com

BMS Co-Directors – Joe Preiss
719-337-9331, zmqjwp@gmail.com,
Jason Kosola
307-277-9445, jasonkosola@gmail.com

Conservation – Tom Mowle
719-216-3932, tommowle@yahoo.com

Education & Training – Eric Hunter
719-266-9647, EHunterCMC@gmail.com

Equipment Manager – Derek Sardinta
719-761-7051, DASardinta@gmail.com

Membership – Dean Waits
281-352-2236, dwaits24@gmail.com

Newsletter – Dave Anderson
719-484-9069, danderso@uccs.edu

Outings – Audrey Burkart
719-510-0481, arburkart10@ole.augie.edu

Programs – Anna Revolinsky
530-957-2960, arevolinsky1@gmail.com

Public Relations – Alan Bridges
850-687-3041, mtnklmbr@prodigy.net

Safety & Leadership – Mike Cromwell
858-395-5986, cromwellc@comcast.net

Secretary – Sarah Hettenbach
785-226-3176, hettenbach.s@gmail.com

Treasurer & State Council Representative –
Glenn Barr, 719-244-3502,
gjb2000@gmail.com

50+ – Christie Lee
719-243-1821, christie80905@gmail.com

At Large:

Bill Allen
719-660-1339, aspenperio@aol.com

Britt Jones
719-661-4777, britt@globalreality.biz

Greg Long (HAMS)
719-659-0345, at_90@yahoo.com

Paul Schoell
719-440-7777, 4paul2@gmail.com

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

Welcome New Members!

Calida Barboza
Sally Jane Edsall
Cecilia Gilbert
Christopher Gilbert
Leslie Gilbert
Julia Hultgren

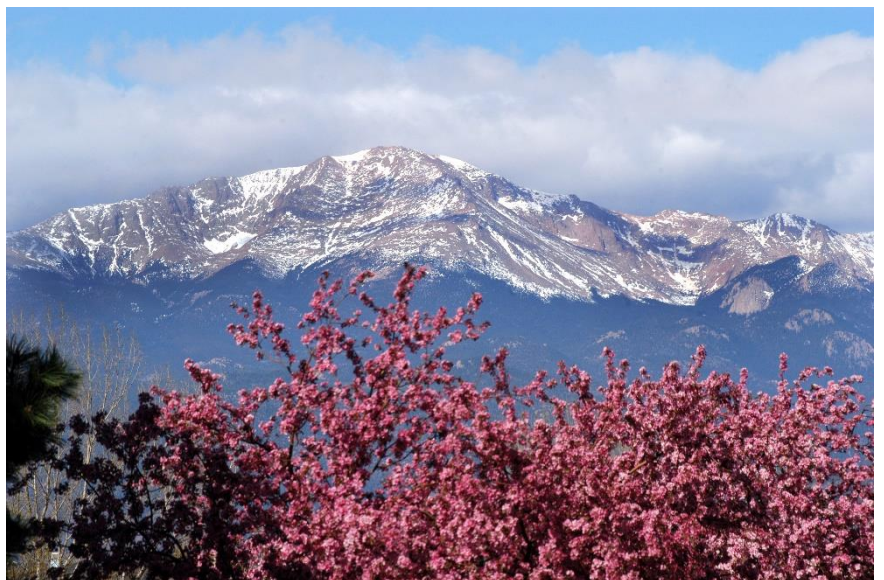
Amy Hunt
Carter Hunt
Spencer Hunt
Robin Lyn-McFalls
Sarah Smith
Steven Zarembo



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



The Pikes Peak Group in Photos

New Member Orientation



L-R: John McClain, Hugh Perry, Barb Collins, Leslie, Andrew and Cecilia Gilbert, Kenji Farinelli, Calida Barboza, and Joe Preiss (leader).
Photo by Dean Waits (leader).

Trip Leader Training School



L-R: Paul P., John G. (co-leader), Kristen P., Natalia G., Teresa F., Julie J., Sarah H. (co-leader).

BMS Alpine Snow Class



Hike to Mt Cutler



L-R: Missy Starks, Richard Legault, Sara Gordon (leader) and her dog Meeko, Barbara Gutow, John McClain, Alan Malone.
Photo credit Dean Waits.

Elderphen Woodland Park



L-R: Barb Collins, Barb Gutrow, and Christie Lee and Daisy.

Barr Camp and Pikes Peak



L-R: Front - Pam Trittin, Glenn Barr, Chris Mattingly, Audrey Burkhart (Leader) with Camp Doggie Cider, Bill Smith. On Porch - Andy Lyon, David Desrochers, and Dean Waits (Co-Lead).

Upcoming Pikes Peak Group Classes

PPG Wilderness First Aid (WFA) with CPR/AED

Starts April 21

This eighteen-hour ECSI accredited course presents dynamic instruction devoted to teaching you how to respond to medical emergencies in remote settings where definitive medical care is not readily available and to think creatively in order to make the right decisions. Two evening classroom presentations are followed by an outside field day consisting of hands-on training and realistic scenarios on a variety of medical situations that may be encountered in the wilderness setting (including CPR) where calling 911 is not an option. This course satisfies a requirement for trip leaders. You will receive your WFA with adult CPR/AED certification card emailed to you upon satisfactory course completion. Satisfactory course completion encompasses the attendance policy, online requirement, a score of at least 75% on the multiple choice test, and demonstrating practical knowledge. Cost: \$100 for Leaders, \$120 for PPG members, and \$130 for all others.

PPG ARCPro Intermediate Self-Rescue Class

Starts April 23

This is our next-level Self-Rescue class for those who have completed the Introduction to Self-Rescue class. We will review the basic skills from the Intro class, then move into more advanced self-rescue skills- including skills applicable to multipitch climbing, such as lowering from a top belay, hauling methods, and multipitch tandem rappels. Prerequisites: Students should have already taken BMS Rock climbing and Introduction to Self-Rescue, or have equivalent skills—contact the leader if you have any questions about your suitability for this class. Cost: \$65 for Leaders and \$95 for all others.

PPG GPS Basics Class

Starts May 9

GPS Basics offers students who already own handheld GPS receivers the opportunity to learn more about how GPS works, how to plan an adventure online, how to move that information to a GPS receiver, and how to use the GPS to help with route finding, trip progress, reporting locations in an emergency, and capturing key data for a trip report to share with others. Key terms we will explore: Global Positioning System, satellites, waypoints, routes, tracks, importing, exporting, gpx files, WAAS, Caltopo, BaseCamp, trip computer, GLONASS, Geocaching, coordinates, UTM, position, velocity, circle of error, satellite geometry, and others. This class is intended for those who already have a GPS and want to learn to use it more effectively. Class has one lecture/presentation, homework (field day GPS prep), and one field day. Cost: Free.

PPG Basic Mountaineering School – Basic rock Climbing

Starts May 16

The BMS Basic Rock Climbing consists of one class lecture, an active skills practice session, and two field days. Our discussions include climbing gear, rating a climb, different types of rock climbing, climbing knots, rope management including coiling, care and inspection, anchors, communications, climbing techniques, belaying, rappelling, and building an auto-block. Prerequisite: Wilderness Fundamentals. Cost: \$65 for PPG members, \$75 for all others.

PPG ARCPro Traditional Lead Climbing Class

Starts May 21

The Traditional Lead Climbing Class is part of the PPG Advanced Rock Climbing Program. In this class, students will be introduced to the principles and techniques of placing gear on a “traditional” rock climb. This class builds upon many of the concepts and skills taught in the PPG ARCPro Trad Gear and Anchors Class. By the end of the final field session, students will perform “mock” trad leads- backed up by a top-rope belay. Students will be evaluated for their gear placements and their understanding of key principles of how to ensure safety while leading a traditional climb. Prerequisites: Successful completion of BMS Rock Climbing, the Sport Leading Class, and the PPG ARCPro Trad Gear and Anchors class, or equivalent skills and approval from course leader. Cost: \$65 for Leaders, \$95 for all others.

PPG Basic Mountaineering School - Wilderness Fundamentals

Starts June 6

The Wilderness Fundamentals class is an introduction of important skills and back country knowledge to enable participants to independently plan and safely implement a day’s outing in the great outdoors - away from civilization and all it provides. This class is a pre-requisite for many of our other PPG courses and will provide participants with a copy of *Mountaineering: Freedom of the Hills* that will be referenced in other courses! Make sure you have this one under your belt. Cost: \$35 for PPG members and \$45 for all others.

PPG ARCPro Basic Climbing Anchors

Starts June 18

This class is for those who have taken an introductory rock climbing class and want to learn how to set up their own top-rope and sport anchors. We will teach climbing anchor fundamentals that can also be applied to traditional rock, snow

and ice anchors. Prerequisite: Registrants should have already taken BMS Rock Climbing, or have the equivalent basic rock climbing skills. Leading skills are not necessary. Cost: \$30 for Leaders and \$45 for all others.

PPG Basic Mountaineering School - Intro to Backpacking

Starts July 6

Backpacking is another way to experience the outdoors—whether as a means to get to a distant location from the trailhead to enjoy an activity (summit attempt, alpine lake fishing, etc.) or as the main goal itself (hiking a long trail like the Colorado Trail). Carrying all the gear you need to travel, eat, sleep, stay dry, treat injuries, stay found, cook food, treat water, and enjoy yourself may be intimidating—but taken one step at a time—is very manageable. This class focuses on the basics in a lecture/discussion format and concludes with an overnight backpacking trip to put our new knowledge into action. Safety and fun are key elements of this class. Prerequisites: PPG CMC Wilderness Fundamentals and Land Navigation Course completion. Cost: \$25 for PPG members and Leaders, \$35 for all others.

PPG ARCPro Multipitch Concepts Class

Starts July 30

Students will learn techniques applicable to climbing multipitch routes, including: preparation, anchors, belaying, cleaning gear, belay transitions, descending, and climbing with a 3-person team. Prerequisites: Students should have basic rock climbing skills, such as taught in our BMS Rock Climbing or the equivalent, to include belaying, rappelling, and climbing communication. Leading skills are not absolutely necessary, but it is recommended that participants in this class take the ARCPro Trad Gear and Anchors Class and Traditional Lead Climbing Class prior to this class, as students may practice placing trad gear and building trad anchors in this class. However, this class will be beneficial to anyone looking to climb multipitch routes—to include leaders and followers. Exact class content and student practice sessions will be tailored to the individual student's skill level and goals. Cost: \$65 for Leaders and \$95 for all others.

May Pikes Peak Group Trips

Mt Cutler Overlook (Dog Friendly)

Sunday, 5/1/2022

Moderate B

Leader: Sara Gordon, 719-749-8444, sara.flashgordon@gmail.com

Trail Mileage 6, Elevation Gain 800. Location: North Cheyenne Canon, Colorado Springs, CO. Meet at the Starsmore Discovery Center, 2120 S Cheyenne Cañon Rd, Colorado Springs, CO 80906. Details: Park in main lot next to Starsmore center. Meet in front of Starsmore Discovery Center. Head up Lower Columbine trail, part of the Middle Columbine trail, and split off along the new Creekside trail to get to the traditional Mount Cutler trailhead. Hike up the Mount Cutler trailhead up to the overlook at 7,050' (Mt Cutler = 7,200'). Great location to explore, eat a snack, and then head back down. Bring water, snacks, poles (if applicable), dog waste bags (if bringing a fur companion), wind/weather protection, and (of course) your 10 essentials. As traditional Colorado hiking goes, there is a lot of areas with scree that can make this hike slippery in areas. Also, plan to bring micro-traction/spikes in case of icy/snowy conditions. Dogs are welcome to come but must be leashed. (Pack out poop.)

Family Creek Play at Bear Creek Park

Sunday, 5/1/2022

Easy A

Leader: Joanna Zaremba, 719-505-3319, joannazaremba@gmail.com

Trail Mileage 1. Location: Bear Creek at Bear Creek Regional Park. Details: Calling all CMC members with kids! Let's celebrate the Pikes Peak Group's 103rd anniversary with some time to play in Bear Creek! It's a true delight to see kids exploring and engaging with water. You never know what you'll discover. This trip is for parents and caregivers of kids of any age that would enjoy getting a little wet, digging in the dirt and mud, skipping rocks, building with sticks and rocks, and noticing what nature provides that day. I will bring my seven-year-old son, who always loves playing in Bear Creek. We will likely walk along the creek to various spots to explore and play, depending on where the kids are drawn to. There will be time for snacks, and we might end the day at a small playground near the cars if the group wants to. We'll plan on wrapping up by 11:30 am or 12 pm. Non-members are welcome. We have played at this stretch of Bear Creek in all four seasons. May 1 can bring all sorts of weather, but we won't cancel unless it's raining or snowing. If it's a chilly day, you'll want to try to keep your child from getting water inside their rain boots. That's a sure-fire way to cut the day short. My son enjoys walking through the creek in his boots, so that might be an option if your kids are old enough and you're ok with it.

Rock Climbing Cheyenne Canon

Monday, 5/2/2022

Rock Climbing

Leader: Kristen Buckland, 419-260-7807, buckie06@hotmail.com

Trail Mileage 1, Elevation Gain 300.

Details: *Dependent on road construction closures.* After work rock climbing in North Cheyenne Canon. We will most likely climb at the South Buttress or Pinnacle which has a handful of routes from 5.8-5.10. You are welcome to lead or top-rope, leading will be encouraged. Meet at 4:30pm at Pullout 28 on the left side as you drive up the Canon. It is the same parking area for Army Slab and the Graduation Boulder. If you plan to arrive later, email the leader for directions and just meet us at the climbing wall. You must have completed BMS Rock or equivalent to join, knowledge of climbing knots, belay, and climbing commands is required. Email the leader with your experience to sign up. Bring your own climbing gear—you can lead or climb on top-ropes. Bring a climbing rope if you have one. You will need to have signed the climbing waiver for the City of Colorado Springs Parks found online (required every calendar year by the City). *Helmets and headlamps required.*

Gripstone Climb Night

Wednesday, 5/4/2022

Top rope

Leader: Alan Bridges, 850-687-3041, mtnklmbr@prodigy.net

Location: [Gripstone Climbing & Fitness](#), 6220 Tutt Blvd, Colorado Springs, CO 80923. [Sign the waiver online](#) and save time at the door. Details: Join us for Colorado Springs CMC Climb Nights Series: Come on out anytime from 4:00–6:00 pm for an evening of climbing, friends, and fun. Members that sign up through the CMC website get \$15 tickets, and non-members get tickets for \$20. If you are currently a member of Gripstone, no ticket fee applies. Just use your Gripstone membership to climb and build your CMC community! Notes: Sign up through the CMC website to reserve your spot, but Gripstone will be collecting payment at the door.

Single Track MTB Ride Cheyenne Canon Chutes Trail No-drop Ride

Wednesday, 5/4/2022

Moderate

Leader: Charles Cromwell, 858-395-5986, cromwellc@comcast.net

Trail Mileage 15, Elevation Gain 1500-2000, Driving Distance Varies; trailhead SW Colorado Springs. Location: Meet at Stratton Open Space East Trailhead at 5:30 pm, 1504 Ridgeway Ave, Colorado Springs, CO 80906. Details: Mid-week night MTB ride to warm up for a weekend hike or climb with the club. This is a no-drop ride recommended for both beginner and experienced MTB riders. Time and interest permitting we can review some basic single track MTB skills prior to the ride; neutral/ready/attack riding positions, proper braking, rider position, bike body separation, etc. Helpful if you are comfortable on single track with some moderate elevation gain and intermediate (blue) MTB trails. 10-15 miles and ride should require no longer than 1 1/2 hours with a couple breaks. Average speed 6-7 mph for total trip is desired. Primary trails for ride include: Chamberlain / Chamberlain Connector / Ladders / Gold Camp / Spring Creek / Columbine / Chutes. (Specific trails ridden will be adjusted based on experience level of riders.) Reference [mountain bike project](#) for details on specific trails and overview of riding area. MTB setup recommended: Full Suspension XC or Enduro; drop post is also very helpful. However, if experienced a front suspension only is very doable if you normally ride with this setup.

BPX 2-Day Backpacking Trip to Great Sand Dunes NP

Saturday, 5/7/2022

Moderate A

Leader: Dean Waits, 281-352-2236, dwaits24@gmail.com

Trail Mileage 6, Elevation Gain 700, Driving Distance 340. Location: Carpooling encouraged within CV19 protocols. All participants must be fully vaccinated. Carpooling and pick ups to be arranged. A maximum of 2 cars are covered on our permit, so carpooling will be necessary. Details: This special sand dune adventure involves hiking over the first ridge (“high dune”) in Great Sand Dunes National Park, then continuing to a low spot to be chosen by the trip leaders upon arrival based on weather conditions, location of other groups, and scenic value of available campsite options. Spending the night among the dunes with wide open views of the stars above provides a uniquely peaceful experience. Great Sand Dunes is a certified International Dark Sky Park, offering spectacular night sky viewing. On the date of this trip, the moon will be in its waxing crescent phase, just 36% illuminated, meaning it will be visible, but not bright enough to detract much from great views of the stars above. *Please note:* Although this hike is short, it will be in deep, loose sand, which adds considerably to the effort required. The Park Service rates this hike as ‘moderate’, and with a heavy backpack, it will require significantly more effort than a typical hike of this length. The first section of the hike involves crossing a shallow seasonal creek—be prepared to get our feet wet! In addition to normal backpacking gear, each participant will be *required* to bring: sand stakes and/or bags to use as sandbags for holding down their tent. Minimum 1 gallon of water. No water sources are available in the dune field or along the way. There may be 6 miles hiking with a full pack and 5 miles on day hikes.

Pikes Peak - Chimney Couloir

Saturday, 5/7/2022

Moderate II

Leader: Shane Kramer, 210-595-9575, shane.kramer@gmail.com

Trail Mileage 5, Elevation Gain 1500-3000, Driving Distance 30. Location: We will be climbing the Chimney (backup of the Little Italy Couloir) from Glen Cove along the Pikes Peak Highway. Details: Enjoy a moderate snow climb in our own backyard, conditions permitting. We will decide on climbing Chimney vs. Little Italy based on conditions and group preference. Options for climbing Pikes/Little Pikes and glissading the Bowl back to the car. Avy gear, crampons, ice axe are required. Contact Trip Leader for registration code.

Rock Climbing Cheyenne Canon

Monday, 5/9/2022

Rock Climbing

Leader: Kristen Buckland, 419-260-7807, buckie06@hotmail.com

Trail Mileage 1, Elevation Gain 300.

Details: *Dependent on road construction closures.* After work rock climbing in North Cheyenne Canon. We will most likely climb at the South Buttress or Pinnacle which has a handful of routes from 5.8-5.10. You are welcome to lead or top-rope, leading will be encouraged. Meet at 4:30pm at Pullout 28 on the left side as you drive up the Canon. It is the same parking area for Army Slab and the Graduation Boulder. If you plan to arrive later, email the leader for directions and just meet us at the climbing wall. You must have completed BMS Rock or equivalent to join, knowledge of climbing knots, belay, and climbing commands is required. Email the leader with your experience to sign up. Bring your own climbing gear—you can lead or climb on top-ropes. Bring a climbing rope if you have one. You will need to have signed the climbing waiver for the City of Colorado Springs Parks found online (required every calendar year by the City). *Helmets and headlamps required.*

Rock Climbing Cheyenne Canon

Monday, 5/16/2022

Rock Climbing

Leader: Kristen Buckland, 419-260-7807, buckie06@hotmail.com

Trail Mileage 1, Elevation Gain 300.

Details: *Dependent on road construction closures.* After work rock climbing in North Cheyenne Canon. We will most likely climb at the South Buttress or Pinnacle which has a handful of routes from 5.8-5.10. You are welcome to lead or top-rope, leading will be encouraged. Meet at 4:30pm at Pullout 28 on the left side as you drive up the Canon. It is the same parking area for Army Slab and the Graduation Boulder. If you plan to arrive later, email the leader for directions and just meet us at the climbing wall. You must have completed BMS Rock or equivalent to join, knowledge of climbing knots, belay, and climbing commands is required. Email the leader with your experience to sign up. Bring your own climbing gear—you can lead or climb on top-ropes. Bring a climbing rope if you have one. You will need to have signed the climbing waiver for the City of Colorado Springs Parks found online (required every calendar year by the City). *Helmets and headlamps required.*

PPG - Basic Rock Climbing Castlewood Canyon

Saturday, 5/21/2022

Top rope

Leader: Jason Kosola, 307-277-9445, jasonkosola@gmail.com

Trail Mileage 2, Elevation Gain 200. Location: This trip is intended only for students in the 2022 Pikes Peak Group BMS Rock class. Castlewood Canyon – The Grocery Store Walls. Details: Please bring all the gear listed on the first page of the gear supplement. Bring your 10 essentials, snacks, lunch, and water. Be prepared to spend the day outside.

PPG - Basic Rock Climbing Castlewood Canyon

Sunday, 5/22/2022

Top rope

Rock Climbing Cheyenne Canon

Monday, 5/23/2022

Rock Climbing

Leader: Kristen Buckland, 419-260-7807, buckie06@hotmail.com

Trail Mileage 1, Elevation Gain 300.

Details: *Dependent on road construction closures.* After work rock climbing in North Cheyenne Canon. We will most likely climb at the South Buttress or Pinnacle which has a handful of routes from 5.8-5.10. You are welcome to lead or top-rope, leading will be encouraged. Meet at 4:30pm at Pullout 28 on the left side as you drive up the Canon. It is the same parking area for Army Slab and the Graduation Boulder. If you plan to arrive later, email the leader for directions and just meet us at the climbing wall. You must have completed BMS Rock or equivalent to join, knowledge of climbing knots, belay, and climbing commands is required. Email the leader with your experience to sign up. Bring your own climbing gear—you can lead or climb on top-ropes. Bring a climbing rope if you have one. You will need to have signed the climbing waiver for the City of Colorado Springs Parks found online (required every calendar year by the City). *Helmets and headlamps required.*



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



May Pikes Peak Group Trips

Y Couloir - Pikes Peak

Monday, 5/30/2022

Difficult

Leader: David Kuenzli, 813-465-4716, navsareneverlost@gmail.com

Trail Mileage 3.4, Elevation Gain 2680, Driving Distance 60. Location: Pikes Peak (14,115') - Y Couloir (likely Direct Route) via Rumdoodle Ridge. Details: Down-climb Rumdoodle Ridge to Bottomless Pit. Climb up the Y Couloir, likely Direct Route, visit the new Summit House, then hike back to the cars. This classic, physically demanding, somewhat dodgy alpine climb on Pikes Peak north face is intended for recent BMS Alpine Snow and Avalanche Level 1 graduates. Expect moderate pace, route-finding, class 3 rock scramble, and steep snow. Mandatory additional equipment includes helmet, alpine axe, crampons, beacon, probe, and shovel. Mandatory school completion of BMS Alpine Snow and Avalanche Level 1. Register with leader by emailing me:

- Confirm graduate of Alpine Snow and Avalanche Level 1
- Confirm possession of mandatory equipment
- List of climbing or hiking experience within the two years which would illustrate you'll be capable on this type of terrain
- Sample of your weekly fitness routine. For example, "I exercise 5 days per week. I complete a muscular strength or endurance workout twice per week and aerobic capacity workout three days per week. One of those aerobic sessions is hiking with elevation gain."

Pikes Peak Group members have priority. All others meeting the above screening will be waitlisted.

Conservation and Stewardship

Horsethief Park Trail Work: June 18 & 19

We are partnering with Friends of the Peak to reroute a section of the trail to Horsethief Park and Pancake Rocks (Trail 704). We would like to finish all the work in one weekend, so please sign up and make it happen! The main workday will be on [Saturday June 18](#), with [Sunday June 19](#) to finish up as needed. Please sign up for both, but especially for Saturday!

This project is open to non-CMC members, so please share the event with friends who like trail work. Nonmembers need to complete the [guest waiver](#).



Pikes Pique

May, 2022 | No. 289

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:

CMC Pikes Peak Group
P.O. Box 2435
Colorado Springs, CO 80901
cmcppgrp@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

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

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