Best Boulder Hikes

Book Release Party
Tuesday, May 12, 7pm

For visitors and locals, casual walkers and hard-core mountaineers, Boulder has arguably the best backyard in the country. More than 60 named trails lie in the foothills within a half-hour of town, and scores of more high-altitude trails are within an hour. In 2008 a team of hikers, writers, photographers, and map makers from the Boulder Group of the Colorado Mountain Club selected 20 of the finest trails of all levels of difficulty to include in the *Best Boulder Hikes: A Colorado Mountain Club Pack Guide*. CMC members built many of the trails and pioneered many of the climbing and mountaineering routes in the region in the early 1900s.

The guide is small enough to fit in a pant or pack pocket. The 96 pages include 52 color photos and 31 color maps. Most of the trails were mapped with GPS assistance, uncovering some errors in existing maps and guides. Copies of the guide will be available for viewing at the book release party on Tuesday, May 12 and for purchase later this month. The cost is $12.95 with a special CMC member price of $10.36.

Contributors of the *Best Boulder Hikes* and Boulder Group members will lead trips on the 20 trails this summer for CMC members and non-member guests. You may sign up for the trips no more than 4 weeks prior to the trip date except there will also be an advanced sign up for the hikes at the book release party. It is anticipated that many trips will fill before publication of the summer trip schedule so please sign up early if you’re interested!

Best Boulder Hikes, Authors and Scheduled CMC Hikes

Arapaho and Caribou Pass: Lincoln Gup .................... Leader: Marilyn Fellows, July 25
Bear Peak: Lincoln Gup ............................................. Leader: Cindy Gagnon, date TBD
Black Lake: James Ribniker .................................... Leader and date TBD
Blue Lake: Don Walker ............................................. Leader: Don Walker, June 28
Boulder Creek Path: John Gascoyne ......................... Leader: Jim Groh, May 2
Diamond Lake: Steve Horace .................................... Leader: Anya Byers, July 26
Doudy Draw: Bob Root .............................................. Leader: Deb Tewell, June 7
Eldorado Canyon: Janine Fugere ............................. Leader: Janine Fugere, June 20
Green Mountain: Bob Root ....................................... Leader: Nickie Kelly, May 16
Heart Lake: Terry Hardie .......................................... Leader: Terry Hardie, July 11
Marshall Mesa: Russell Hayes ................................. Leader: Jim Groh, May 5
Meadow & St. Vrain Mountains: Neal Zaun ............... Leader: Neal Zaun, August 1
Mesa Trail: Art Roberts ............................................ Leader: Samuel Levis, May 30
Mount Audubon: Daryl Ogden .................................... Leader: Nickie Kelly, June 27
Mount Sanitas: Marilyn Fellows ............................... Leader: Marilyn Fellows, May 16
Nighthawk Trail (Hall Ranch): Alan Stark .................. Leader: Marilyn Fellows, May 23
Pawnee Pass: Lincoln Gup ....................................... Leader and date TBD
Royal Arch: Jim Groh ............................................. Leader: Jim Groh, June 6
Twin Sisters: Art Roberts ......................................... Leader: Deb Tewell, August 2
Walker Ranch Loop: Francoise Cooperman ................. Leader: Brenda Leach, July 18
A Member’s Perspective ...

**Dihedrals All the Way Up**

I’m a relatively new climber, just four years on the rock, but I’ve already developed a definite predilection. For me, the favored climb is a dihedral. I love pushing out with both feet against the opposing walls, pulling my hips in, taking a calming breath.

In the gym, I can scamper up dihedrals with a confidence I don’t have elsewhere, and I was doing so with a friend on belay in late December. After that climb, I marveled at my friend on an overhang, and afterwards she said, “Give it a try.” I did, but I came off before reaching the overhang.

“What happened to your wonderfulfootwork?” she asked me.

“Well, this isn’t a dihedral,” I said.

“It can be, if you look at it the right way,” said my friend, and she pointed out three spots with footholds that were just far enough apart to generate some opposing pressure if I put my feet in the right orientation. “Once you have that pressure, pull your hips in just like you do on the dihedral. You’re a natural.”

I suspect that bit about being a natural was to boost my confidence, but the important thing is this: It worked, and I got up to the overhang. “Now, turn your right hip in,” she shouted up. “Drop your right knee and back step to generate that same counter pressure.” And darned if she wasn’t right again. Turned sideways, I was pushing forward with my left foot and backward with my right foot. I took a calming breath.

Until my friend pointed it out, I had been overlooking ways to play to my strength by generating the kind of counter pressure that comes easily on a dihedral. Now, when I look at a challenging climb, I just tell myself, “Be happy. It’s dihedrals all the way up!”

~submitted by Michael Main

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Reinstated Trip Leader

We want to congratulate to Eric Brehm for becoming reinstated as a Group II Rock Climbing trip leader and a C/D Hiking trip leader for the Boulder Group! Eric led many rock climbing trips for the Boulder Group in the 1990s. He was also a Senior Instructor for the Boulder Mountaineering School from 1994 through 2001 and the Director of the Rock Leading School in 1998 and 1999. Thanks to Eric for already submitting several hiking and climbing trips into the activity schedule! We encourage our members to become trip leaders. If you’re interested, go to www.cmcboulder.org/trips.

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Upcoming Schools

**Rock Leading School:** 6/3, 6/13, 6/20, 6/27 You must attend all meetings. Prerequisite: BRS or equivalent
Contact Clint Locks
rockschool@comcast.net

**GPS Navigation School:**
6/16, 6/23, 6/27
Students need their own compass/GPS.
Contact Steve Haymes 303-444-4765

**Backpacking School:**
6/10, 6/13 - 6/14, 7/17 - 7/19
Prerequisite: Hiking 1 and Hiking 2
Contact Janine Fugere 303-564-9702
janine_fugere@yahoo.com

For more information on these schools or for an application please visit www.cmcboulder.org or stop by the clubroom.
May 2009 Trips & Activities

Editor’s note: The following is a list of BCMC trips and events for the month. It is possible for trips to be changed or posted after this issue goes to press. Please check online for current trip status, to see club trip policies, or to learn about becoming a trip leader: cmcboulder.org/Trips.

To view trips online and register:

► Browse to www.cmc.org
► Login with your CMC member number and password. For first time users, the default password is your ZIP code.
► Click on “Trip Signup” in left margin
► To register, click Register
► For Boulder trips, you must contact the leader by phone (preferred) or email; for Denver trips, you may register online.
► Schools require previous signup. Info at www.cmcboulder.org

Saturday, May 2

Best Boulder Hikes     Mod Bike Tour
Boulder Creek Path
Jim Groh 303-604-0024
jimgroh@comcast.net

AT/Ski Mountaineering School
Field Trip #4
Cindy Gagnon 303-938-8564
gagnonc2@comcast.net

Saturday, May 2 or May 3

Basic Rock School     Field Trip #3
Steve Poulsen 303-258-7552

Sunday, May 3

Flying Dutchman Couloir     Difficult D-E
Jack Zuzack 303-447-8898
jackzuzack@yahoo.com

St. Vrain Mtn. 12,162’     Adv. II Ski Tour
Steven Haymes 303-444-4765

Tuesday, May 5

Best Boulder Hikes Series     Easy A
Marshall Mesa     Evening hike
Jim Groh 303-604-0024
jimgroh@comcast.net

Hiking 2     Lecture #2:
Navigation and Route Finding
Janine A Fugere 303-564-9702
janine_fugere@yahoo.com

Wednesday, May 6

After Work Social Hike     Easy A
A relaxing, slow-to-moderate paced, 2 to 3 hour hike close to Boulder. Don’t call-just show up before 6:00 pm at the Boulder Group Club Room.
Debbie Tewell 720-304-9572
dtewell@worldnet.att.net

After Work Social Hike     Moderate A
Steven Haymes 303-444-4765

Basic Snow School Lecture
Dick Munro 303-499-1489
dickmunro@gmail.com

Wind Tower Tour II Climb 5.6
Jean Aschenbrenner 303-786-9411
jeanasch@hotmail.com

Thursday, May 7

Mesa Trail, End-to-End     Moderate A
Eric Brehm 303-664-5912
eric_brehm@comcast.net

Friday, May 8

Sport Park     Top Roping 5.7
Bruce Immele 303-903-4517
bimmele@msn.com

Saturday, May 9

The Slab     I Climb 5.4
Eric Brehm 303-664-5912
eric_brehm@comcast.net

Dr. Michael Solar     II Climb 5.7
Leader: Gary Schmidt 970-481-1048
gsch@frii.net

Saturday, May 9 or Sunday, May 10

Basic Snow School Field Trip
Semi-tech
Dick Munro 303-499-1489
dickmunro@gmail.com

Tuesday, May 12

Swanson Arete     II Climb 5.7
Jean Aschenbrenner 303-786-9411
jeanasch@hotmail.com

Wednesday, May 13

After Work Social Hike
Easy A & Mod A
Marilyn Fellows 303-499-6099
Marilyn@Gracie-Realty.com

Hiking 2     Lecture #3:
Navigation and Route Finding

The Owl     II Climb 5.7
Amy Slaymaker 720-530-6703
amyslaymaker@yahoo.com

Saturday, May 16

Best Boulder Hikes: Mount Sanitas
Difficult A
Marilyn Fellows 303-499-6099
Marilyn@Gracie-Realty.com

Best Boulder Hikes : Green Mountain
Moderate B
Nickie Kelly 303-579-9629
kelly1080@comcast.net

West Ridge Sampler     Area Climb 5.8
Brenda Leach 303-525-3660
brenda_leach@yahoo.com

Saturday, May 16 or May 17

Hiking 2 Field Trip:
Navigation and Route Finding

Saturday, May 16 – May 18

AT/Ski Mountaineering School
Field Trip (Ski)

Sunday, May 17

Hall Ranch Open Space     Easy B
Debbie Tewell 720-304-9572
dtewell@worldnet.att.net

Wind Ridge     II Climb 5.7
Rick Casey 303-345-8893
caseyrick@gmail.com

Wednesday, May 20

After Work Social Hike
Moderate A
Debbie Tewell 720-304-9572
dtewell@worldnet.att.net

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May 2009 Trips & Activities continued

Friday, May 22

Rivera Top Roping  5.7
Gary Schmidt 970-481-1048
gsch@frii.net

Saturday, May 23

Best Boulder Hikes:
Nighthawk Trail  Moderate B
Marilyn Fellows 303-499-6099
Marilyn@Gracie-Realty.com

Saturday, May 23 – May 24

Jackson Creek Dome  South Platte 5.7
Mark J. Nelson 720-279-4258
mark@mjn.org Jenny Ball 303-579-2671

Wednesday, May 27

After Work Social Hike  Moderate A
Karen L. Baldwin 303-420-8162
karenibaldwin@hotmail.com

Saturday, May 30

Best Boulder Hikes:
Mesa Trail  Easy A
Samuel Levis 303-665-1310
bhs@cmcboulder.org

Dragontail Couloir  Moderate D-E
Todd Nelson 303-417-9166
toddlnelson@comcast.net

Reserve or Rent the Clubroom!

If you have a CMC EVENT where you need to use the clubroom, remember to reserve it first. Go to www.cmcboulder.org/calendar.html to check the schedule.

If you have a NON-CMC EVENT, you will need to rent the clubroom. See our rental policy at www.cmcboulder.org/clubroomPolicy.html. We have audio-visual projection, seating for about 60, kitchen, wireless internet connectivity and the best room rates in town!

For info or to request your reservation: clubroomreservations@cmcboulder.org

Compass Ad Rates

| $245 | full page |
| $150 | half page |
| $90  | quarter page |
| $55  | eighth page |
| $45  | business card 2x3” |

- all ads need black and white version, (color can be used in e-Compass)
- ads must be prepaid and in PDF or JPG format.
- contact: compass@cmcboulder.org