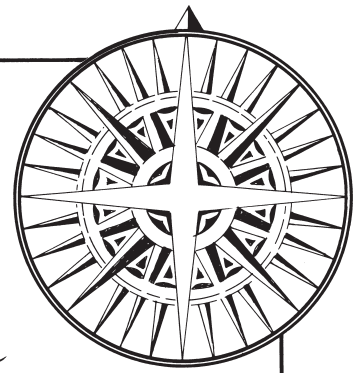




# compass

THE BOULDER GROUP NEWSLETTER



Volume XXV Number 5

May 2009

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### 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.

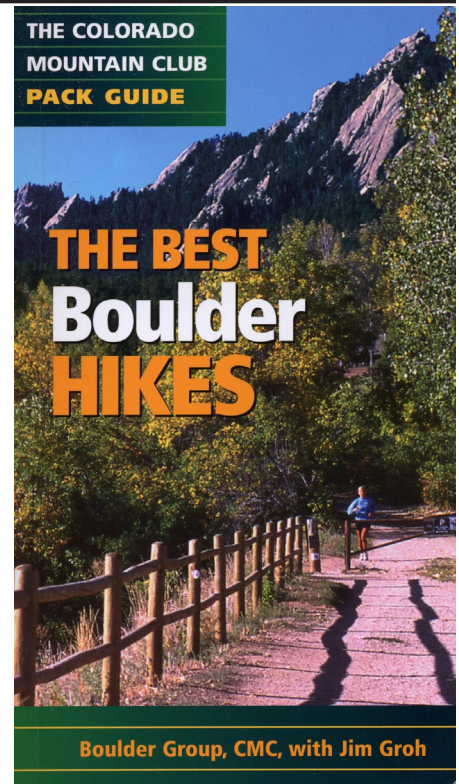
Join Jim Groh, editor of the guide, and several co-authors for a preview and

the story behind the guide's creation on May 12 at the Boulder Group's Monthly Program. The program starts at 7pm with a celebratory toast followed by a short slide show. A pre-program Social Hour starts at 6pm so bring your favorite beverage and snack to eat or share.

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    |



## 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.cmcbooulder.org/trips](http://www.cmcbooulder.org/trips).



*Eric Brehm enjoys the summit of The Slab in the Flatirons*

## 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  
[rockleadschool@comcast.net](mailto:rockleadschool@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](mailto:janine_fugere@yahoo.com)

For more information on these schools or for an application please visit [www.cmcbooulder.org](http://www.cmcbooulder.org) or stop by the clubroom.

## 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 wonderful footwork?" 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*

## Volunteer Opportunities!

*To volunteer call the clubroom or email [clubroom@cmcboulder.org](mailto:clubroom@cmcboulder.org). New volunteer opportunities can now be found on the website by selecting Group/Volunteer Needs.*

### Clubroom Hosts Needed

Clubroom Hosts are needed Monday through Thursday from 5-7 pm

### Clubroom Open House

**May 20, 7- 8 pm** New and prospective CMC members, join us. Experienced CMC members, share your enthusiasm and knowledge of the outdoors. Bring a friend! Bernel Sawyer at [ebsawyer@aol.com](mailto:ebsawyer@aol.com).

**May 21 Mailing Party** Come to the clubroom and help mail out the June Compass. Drop in at 5:30 pm.

### Future Monthly Programs

**June 9** Dave Sutherland, City of Boulder OSMP, shares the location of world class biodiverse hotspots in our OSMP

**July 14** Claudia Lopez: Baruntse Expedition

**Aug 11** Ted Handwerk premieres a short film, Climbing Annapurna IV

**Sept 8** Thomas Rockwood: Exploration and Ascent of Mt. Kilimanjaro

**Oct 13** Members Claim 15 minutes of fame! Open 'mic' night

**Nov 7** Annual Dinner

**Dec 13** Christmas Potluck

## compass

**Editor:** Tessie DeLaney

**Email:** [compass@cmcboulder.org](mailto:compass@cmcboulder.org)

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**Boulder Group Chair:** Dick Munro

**Email:** [chair@cmcboulder.org](mailto:chair@cmcboulder.org)

**Subscribe to GPS e-newsletter:**  
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**Clubroom hours:** Mon. -Thurs., 5 to 7 pm

**Clubroom Telephone:** 303-554-7688

**CMC information:** [bcmc@cmcboulder.org](mailto:bcmc@cmcboulder.org)

**Website:** [cmcboulder.org](http://cmcboulder.org)

**e-Compass subscription:** [cmc.org](http://cmc.org) → login → Personal Data → e-newsletters

We welcome announcements, articles, letters, artwork, and photos, especially from recent CMC trips and events.

# 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](http://cmcboulder.org/Trips).*

*To view trips online and register:*

- ▶ Browse to [www.cmc.org](http://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
- ▶ Enter trip selection parameters (CMC group, date range, etc) & click Search
- ▶ 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](http://www.cmcboulder.org)

## Saturday, May 2

*Best Boulder Hikes Mod Bike Tour  
Boulder Creek Path  
Jim Groh 303-604-0024  
[jimgroh@comcast.net](mailto:jimgroh@comcast.net)*

*AT/Ski Mountaineering School  
Field Trip #4  
Cindy Gagnon 303-938-8564  
[gagnonc2@comcast.net](mailto: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](mailto: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](mailto:jimgroh@comcast.net)*

*Hiking 2 Lecture #2:  
Navigation and Route Finding  
Janine A Fugere 303-564-9702  
[janine\\_fugere@yahoo.com](mailto: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](mailto: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](mailto:dickmunro@gmail.com)*

*Wind Tower Tour II Climb 5.6  
Jean Aschenbrenner 303-786-9411  
[jeanasch@hotmail.com](mailto:jeanasch@hotmail.com)*

## Thursday, May 7

*Mesa Trail, End-to-End Moderate A  
Eric Brehm 303-664-5912  
[eric\\_brehm@comcast.net](mailto:eric_brehm@comcast.net)*

## Friday, May 8

*Sport Park Top Roping 5.7  
Bruce Immele 303-903-4517  
[bimmele@msn.com](mailto:bimmele@msn.com)*

## Saturday, May 9

*The Slab I Climb 5.4  
Eric Brehm 303-664-5912  
[eric\\_brehm@comcast.net](mailto:eric_brehm@comcast.net)*

*Dr. Michael Solar II Climb 5.7  
Leader: Gary Schmidt 970-481-1048  
[gsch@friei.net](mailto:gsch@friei.net)*

## Saturday, May 9 or Sunday, May 10

*Basic Snow School Field Trip  
Semi-tech  
Dick Munro 303-499-1489  
[dickmunro@gmail.com](mailto:dickmunro@gmail.com)*

## Tuesday, May 12

*Swanson Arete II Climb 5.7  
Jean Aschenbrenner 303-786-9411  
[jeanasch@hotmail.com](mailto:jeanasch@hotmail.com)*

## Wednesday, May 13

*After Work Social Hike  
Easy A & Mod A  
Marilyn Fellows 303-499-6099  
[Marilyn@Gracie-Realty.com](mailto: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](mailto:amyslaymaker@yahoo.com)*

## Saturday, May 16

*Best Boulder Hikes: Mount Sanitas  
Difficult A  
Marilyn Fellows 303-499-6099  
[Marilyn@Gracie-Realty.com](mailto:Marilyn@Gracie-Realty.com)*

*Best Boulder Hikes : Green Mountain  
Moderate B  
Nickie Kelly 303-579-9629  
[kelly1080@comcast.net](mailto:kelly1080@comcast.net)*

*West Ridge Sampler Area Climb 5.8  
Brenda Leach 303-525-3660  
[brenda\\_leach@yahoo.com](mailto: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](mailto:dtewell@worldnet.att.net)*

*Wind Ridge II Climb 5.7  
Rick Casey 303-345-8893  
[caseyrick@gmail.com](mailto:caseyrick@gmail.com)*

## Wednesday, May 20

*After Work Social Hike Moderate A  
Debbie Tewell 720-304-9572  
[dtewell@worldnet.att.net](mailto:dtewell@worldnet.att.net)*

*-continued on back page*

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## May 2009 Trips & Activities *continued*

### Friday, May 22

*Riviera Top Roping* 5.7  
Gary Schmidt 970-481-1048  
[gsch@frii.net](mailto:gsch@frii.net)



*BMS Instructor Rescue Practice at The Dome  
March 21, 2009 Photo by Thom Phillips*

### Saturday, May 23

*Best Boulder Hikes:*  
*Nighthawk Trail Moderate B*  
Marilyn Fellows 303-499-6099  
[Marilyn@Gracie-Realty.com](mailto: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](mailto:mark@mjn.org) Jenny Ball 303-579-2671

### Wednesday, May 27

*After Work Social Hike Moderate A*  
Karen L Baldwin 303-420-8162  
[karenlbaldwin@hotmail.com](mailto:karenlbaldwin@hotmail.com)

### Saturday, May 30

*Best Boulder Hikes:*  
*Mesa Trail Easy A*  
Samuel Levis 303-665-1310  
[bhs@cmcboulder.org](mailto:bhs@cmcboulder.org)

*Dragontail Couloir Moderate D-E*  
Todd Nelson 303-417-9166  
[toddnelson@comcast.net](mailto:toddnelson@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](http://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](http://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](mailto:clubroomreservations@cmcboulder.org)

### Compass Ad Rates

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