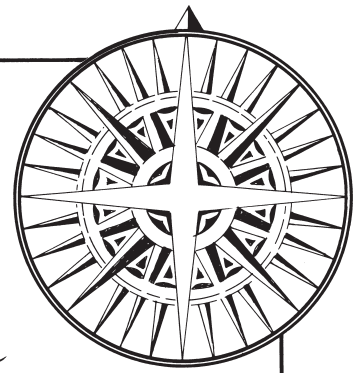




compass

THE BOULDER GROUP NEWSLETTER



Volume XXV Number 10

October 2009

In This Issue

*Program: Open Mic Night
It Only Takes One Step
Annual Dinner Announcement
Winter Schools
Fall Equipment Sale*

Monthly Program: Members' Open Mic Night Tuesday, October 13, 7pm

This could be your 15 (or 5 or 10) minutes of fame. Share your adventures or epics - no adventure too small or misadventure too grand! Please RSVP to monthlyprograms@cmcboulder.org if you're interested in telling a story so we can plan time for everyone. Access your photos from a website via the clubroom computer or bring them on a laptop or portable storage device. Photos are not mandatory and story telling alone is welcome!

Photos Needed for the Annual Dinner Slideshow

Having a running slide show of pictures from CMC members during the annual dinner is part of the fun of this great event. Of course, we don't want to repeat ourselves, so we're asking you to contribute some new photos this year. If you would like to be part of the show (lots of fun to see your shots pop up on-screen!), send your digital photographs as an attachment to an email to dinnerpics@cmcboulder.org with the subject "CMC Annual Dinner pics". Compressed (zip) files preferred for multiple pictures (in Windows, select the files or folder, right-click and 'Send To' compressed folder; easy!).

It Only Takes One Step

~ submitted by Roy Knoedler

On July 7, 2009 Boulder Group member Roy Knoedler fell on his descent from Challenger Point. He suffered serious injuries and survived with the help of two hikers from Indiana and seven Colorado Army National Guard soldiers. His experience underscores the importance of proper safety equipment and skill when traveling on snow and ice in the mountains, as well as the importance of the 10 essentials when things do go wrong. CMC's upcoming Winter Schools (see inside newsletter) teach a variety of skills to help you safely enjoy winter in the Colorado mountains.

I began at the Willow Creek Trailhead and pitched a tent below the lake intending to attempt both Challenger and Kit Carson the next day. I spoke with several descending climbers who said the saddle between the mountains was covered with snow and did not look safe. As it was only 10 am and not a cloud in the sky (I had checked the weather forecast and no rain was expected), I decided to head up and see if a summit attempt of

Challenger might be possible that day. There were a number of other climbers so I was not alone. Around 3:30 pm I began descending a steep talus and scree covered slope at about 12,600 ft. which included several long snow patches. As I approached the fourth snowfield, I suddenly slipped on some soft snow with hard ice just below the surface. I was wearing slip-on "mini-spikes" but the snow kept them from gripping the ice. As I fell I grabbed the bottom of my right hiking pole to self-arrest but could not get enough bite in the ice to stop. I began to turn my head to see where I was headed when I hit a rock. I blanked out momentarily, but quickly woke up to see blood everywhere. I yelled for help to some hikers that were below me. Two men started climbing up toward me. I knew I had a broken arm, broken nose, a large gash on my forehead, and probably a concussion. I tried standing twice but lost balance and collapsed. In my pack I had Mylar emergency blankets, warm clothing, a headlamp, a litre of water, and plenty of food. I asked the men for assistance in putting on my Gore-Tex jacket, rain pants, and gloves as I was

~continued on p.2



Roy with Colorado Army National Guard rescue crew

concerned about going into shock. Then they wrapped me in the Mylar blankets (which are amazingly effective). They managed to get through to 911 and Global Rescue, but all three of our cell phones' batteries were low and eventually went dead so we could not keep in contact with rescue groups. Small helicopters flew by around 6:30 pm and 8:30 pm but could not find a place to land. Sometime before 8 pm we discussed trying to climb down to the lake area while it was still light. I reluctantly agreed as long as they could do something to stop the blood running into my eye from the gash in my head. When Craig, a former EMT, pulled back my hatband I heard him gasp. Apparently he could see part of my skull. He dressed the wound with a large gauze pad but stated firmly that we should stay put. By 9 pm it was dark and we hunkered down expecting to spend the night in the cold. The two men had minimal warm clothing but I had extra and they emptied my pack to use as a sleeping bag. After midnight we saw a large helicopter coming towards us. We clicked off camera flashes and the helicopter signaled back. Soon it was hovering overhead and lowering an Army medic with a pallet. They quickly started strapping me into the pallet, a tough task on a 40 to 50 degree slope. They stacked up rocks to keep it somewhat level and from sliding downhill. It took so long that the helicopter, which had been hovering nearby, had to fly to Colorado Springs for more fuel. Sometime between 3 am and 4 am they lifted us out and flew to a soccer field near Alamosa where a Flight-For-Life helicopter was waiting to take me to a trauma hospital in Pueblo. There they found I had multiple skull and facial fractures, a broken nose, a 6 inch gash on my forehead, a broken right arm, lots of cuts and bruises, chipped teeth, and missing fillings. As bad as it sounds, I should recover fully and with some pretty noticeable scars. I was very lucky that the two men were within voice range and willing to help, that the Army National Guard was nearby and so incredibly skilled, that the 911 and that the Sheriff's department did such a great job in coordinating rescue efforts. Yes, I could have been more careful. Maybe I should have worn a helmet and had an ice axe. But in the end it simply came down to not effectively executing one step. ♦

Backyard Collective Project at Eldorado Canyon

On August 21, the CMC Conservation Department joined the outreach arm of the Conservation Alliance, for a special "Backyard Collective" trail work and weed removal project at Eldorado Canyon State Park. The Conservation Alliance is a conservation-focused foundation comprised of outdoor industry companies. The CMC was asked to organize and lead this project to engage the employees of Conservation Alliance member companies in giving back to Colorado's public lands. The project helped fulfill Colorado State Parks' critical need for trail work, as this year's budget cuts for prevented Eldorado S.P. from hiring a trail crew to maintain its hiking and climbing access trails, which are used by over 300,000 people a year. Over 100 volunteers, led by CMC leaders from the Boulder and Denver Groups, removed non-native, invasive weeds throughout the Park, installed 10 new wooden steps on the Eldorado Canyon Trail, and built stone steps on the Shirttail Peak Climbing Access Trail. After the project, volunteers joined representatives from local non-profit organizations for a fun celebration, which included a nonprofit information fair, food, beverages, music, and an outdoor equipment raffle. This project was hugely successful in raising awareness about the CMC's conservation and trail stewardship work, and helping to maintain a popular State Park. ♦



Volunteers from local outdoor companies enjoyed giving back to Eldorado Canyon's trails.

Volunteer Opportunities!

To volunteer call the clubroom or email clubroom@cmcboulder.org

Marketing Internship

Interested in a career in marketing? This part-time, unpaid internship will provide an opportunity to be a part of the inner workings of a local non-profit organization and a chance to develop professional skills in a "real world" setting. The intern will serve as Marketing Committee Chair for the Boulder CMC. Please contact John Fernandez, BCMC Vice-Chair, at jfasterix@gmail.com or 303-726-5189.

Fall Equipment Sale

Volunteers are needed to help with pre-sale setup, sale monitoring, cashiering, and post-sale cleanup. Hours needed for volunteers: Thursday, October 15, 4-7pm and Friday, October 16, 3:30-8:30 pm. Pick a few hours you can help and contact Zoe Katsulos by email (preferred) at zfoto@aol.com or phone, 303-666-7672.

Clubroom Hosts Needed

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

Wanted: Your Stories!

The Compass newsletter wants to hear from you! Please consider sharing your personal stories or consider writing an article of interest for a future issue. Email compass@cmcboulder.org.

compass

Editor: Tessie DeLaney

Email: compass@cmcboulder.org

Published: Monthly by Boulder Group, Colorado Mountain Club, 633 South Broadway, Unit N, Boulder 80305

Boulder Group Chair: Dick Munro

Email: chair@cmcboulder.org

Subscribe to GPS e-newsletter: cmcboulder.org → Publications → GPS → E-GPS

Clubroom hours: Mon. -Thurs., 5 to 7 pm

Clubroom Telephone: 303-554-7688

CMC information: bcmc@cmcboulder.org

Website: cmcboulder.org

e-Compass subscription: cmc.org → login → Personal Data → e-newsletters

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

October Trips

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
- ▶ 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

Friday, October 2

Odessa Lake 10,000', Moderate B
Ruth Eastman 303-652-3097
ruthanneastman@msn.com

Saturday, October 3 – October 4

Basic Rock School Field Trip #3

Tuesday, October 6

Hiking 2 Lecture #3

Saturday, October 10

Hiking 2 Field Trip

Sunday, October 11

Hiking 2 Field Trip

Future Trips and Activities

Death Valley Hiking, 2/28-3/5, 2010
Enjoy the beauties of Death Valley next spring. During the week you will visit the park Visitor Center and Museum, conduct several A or moderate B hikes as well as visit Scotty's Castle. Costs are \$998 including transportation to and from Las Vegas airport, hike transportation, lodging, meals. Non-refundable deposit due 9/15. For more information contact Terry Hardie tjhardie@msn.com or Sharon Silva ssilva@q.com

Winter Schools

Winter Schools Announced

The Boulder Group is excited again to offer a variety of clinics and schools for this coming winter season. On the winter schedule are the following clinics: Intro to Cross Country Skiing, Telemark Skiing, Avalanche Training Level 1, Basic Ice Climbing and Winter Camping. In addition, we are offering four advanced schools: Avalanche Level II, Telemark/AT Backcountry Skiing, Advanced Mountaineering School (AMS) and Ski Mountaineering School (SMS). Signups for all clinics begin Nov. 4 at the Boulder Group Clubroom. All the advanced schools are by application only and have various application deadlines. Please check out our website at <http://www.cmcboulder.org/bms/winterSchedule.html> for the schedule and more information. Applications for all schools can also be found on the web.

Advanced Mountaineering School (AMS)

Applications for the 2010 session of the Boulder Group's Advanced Mountaineering School (AMS) are available online now (<http://www.cmcboulder.org/bms/ams.html>) and are due Monday, October 26. The AMS teaches mountaineers to successfully plan and climb peaks in high altitude winter conditions all over the world. Four field trips cover glacier travel, crevasse rescue, winter camping, snow structures, ice climbing, fixed lines, and expedition planning. Students plan and execute an overnight peak ascent in winter conditions for their fourth field trip. Five lectures supplement the field trips with topics such as expedition planning, equipment, high altitude physiology and first aid, training, group dynamics and examples of high peak and expedition climbs. AMS field trips are long, cold days with 4 am start times. Two of them are overnight field trips involving strenuous activity and camping in cold winter conditions. Minimum prerequisites for the school are BMS or BRS and SNOW or equivalent, intermediate snow practice or equivalent; knowledge in placing and using rock anchors; adequate physical fitness; and significant mountaineering experience consisting of multiple peak climbs including technical and snow routes, backpacking, and

participation in various winter activities. Enrollment is on an application basis and is limited. Applications and information about the school may be obtained from the clubroom at 303-554-7688. For additional information contact the AMS director, Val Hovland at sailinval@yahoo.com or 720-331-026.

Cross Country Ski Clinic

If you've not tried backcountry ski touring or would like to improve your technique, this is the class for you! It's aimed at beginners (never been on skis), novices (some downhill or cross-country experience) or beginning intermediate (some experience but want to improve your skill level). The evening seminar covers an overview of the sport, clothing, equipment, technique and rentals in a lecture at Neptune Mountaineering on Tuesday, Dec 1, 7-9p.m. Field trips are held the two Saturdays of Dec 5 and 12 working on the diagonal stride, uphill and downhill techniques, and turns. Field trip participants must be fit enough to handle a full day of moderate exercise at altitude. We encourage beginners to attend both field trips. Call Bob Olson for more details at 303-443-3280. Anyone can attend the classroom seminar but participation in the field trips is limited to club members who pay the \$40 class fee and complete the application form, which is available at cmcboulder.org, at the Clubroom, and Neptune's beginning Nov. 4. The class filled last year at the winter schools registration night so sign up early if you want to participate!

2009 High Altitude Mountaineering Seminar

The Denver Group will present this seminar beginning October 7. Experienced climbers will present lectures on topics as diverse as organizing an expedition, fitness and conditioning, nutrition and menu planning, high altitude and cold weather medical issues, and group dynamics. To register call the CMC office, sign up online with your credit card, or send your name, address, phone number, and check made out to "CMC" to the CMC office. Please note "HAMS Seminar" on your check. For more information, contact either Margaret Turner at paskaturn@msn.com or Michele Graves at hikinggirl@me.com.

compass

Colorado Mountain Club
Table Mesa Shopping Center
633 South Broadway, Unit N
Boulder, CO 80305

Address Service Requested

Non-Profit
Organization
U.S. Postage
Paid
Boulder, CO
Permit No 528

printed on 100% post-consumer
recycled paper

Please check your mailing label for
your membership expiration date

Sign Up For The E-Compass

This issue you are reading will be the last hard copy (paper version) of the Compass you will receive. Beginning in November, the Compass will be published in its electronic version only (the *e-Compass*). The decision was based on the substantial cost of printing the newsletter and will align with the club's conservation efforts to reduce paper production. The Compass will be sent to your email each month. Also, current and past Compass issues are always available on the Boulder CMC website. If you have not already done so, please sign up to receive the *e-Compass* by following the steps below.

1. Login to cmc.org
2. Click 'Personal Data' in left panel.
3. Ensure your email is correct.
4. Scroll to bottom. Click 'Go Paperless'

Questions: chair@cmcboulder.org

Fall Equipment Sale

The Fall Equipment Sale will be Friday, October 16, 6-8 pm at the American Mountaineering Center in Golden in the conference room on the ground floor. **SELLERS:** For each item you are selling, attach an envelope with your name, item, selling price and whether you will accept a check. Attach envelope to item.

All items must be tagged before bringing them to the sale. Bring your items to the AMC on Thursday, October 15 between 4 and 7pm or Friday, October 16 between 2:30 - 5:30 in the conference room on the ground level. All unsold items must be picked up from the clubroom the night of the sale by 8:30 pm unless prior arrangements are made with the Sale Coordinator. Any items left after sale on Friday night will be donated. The office staff will retain sale envelopes for one week after the sale. Any monies not picked up by then will be donated to the CMC. Any outdoor gear that might be used on a CMC trip is appropriate for the sale, technical clothing only, no street clothes. Also no older model straight downhill skis. All monies go directly to sellers. If you want to donate the sale of your item(s) to the CMC, please note "CMC" on the envelope with the price; checks to be made payable to CMC. CMC is not liable for lost/stolen sale items or items left behind after the sale pick up deadline. It is suggested you keep a list of items in the sale to keep track. **BUYERS:** Bring varying bill denominations or checks for purchases. No change making by CMC will be available. Doors for sale will open at 6:00 pm; no "early birds" (including sellers dropping off items). Questions? Contact Zoe Katsulos by email (preferred) at zfoto@aol.com or phone, 303-666-7672.

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	