



December 2016 – January 2017 | No. 230

# Pikes Pique

The Newsletter of the CMC Pikes Peak Group

## PPG Basic Mountaineering School – 2017

Are you seeking to increase your skills and safety in backpacking and climbing 14ers, perhaps even thinking about moving up to the more challenging aspects of snow, rock, and ice climbing? Then consider the courses we have to offer in the 2017 Basic Mountaineering School. This is the perfect way to develop the alpine mountaineering skills you need to tackle anything the Colorado Rocky Mountains can throw at you!



Our Pikes Peak Group offers two tracks, depending on your level of adventure:

### PPG BMS Wilderness Trekking Certificate

- ♦ Wilderness Fundamentals
- ♦ Wilderness Land Navigation
- ♦ Wilderness Backpacking

### PPG BMS Alpine Mountaineering Certificate

- ♦ Alpine Snow Mountaineering
- ♦ Rock Climbing
- ♦ Ice Climbing

More detailed information for these classes is available in this newsletter and on the [cmc.org](http://cmc.org) web site under Calendar, Classes.

(You must complete the Wilderness Trekking Certificate sequence and an Avalanche Level I course to be eligible to graduate from the Alpine Mountaineering sequence.)

Taught by volunteer instructors who have a passion for sharing their knowledge and skills, each module focuses on a different aspect of Colorado mountaineering. We cover gear, nutrition, weather, trip planning, and all the detailed information pertinent to the activity. Courses usually consist of two to three evening classroom sessions, and one or two field sessions (the backpacking class includes an overnight trip). Our instructor–student ratios are typically 1:2 to 1:3. Best of all, BMS introduces you to a fine group of like-minded folks who share the same love of mountaineering that you do. Think new climbing buddies!

With these certificates under your belt, you will open yourself to a world of new mountaineering possibilities. As well, you will be eligible for CMC trips that have a BMS prerequisite. If you have even higher aspirations, the Alpine Mountaineering Certificate gives you the credentials to enroll in our High Altitude Mountaineering School (HAMS).

For further information, email BMS Co-directors [Matt Foster](#) or [Tom Mulcahy](#).



## Your PPG Council

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

## Welcome New PPG Members!

William Brown  
John Doryk  
Brandon Gavett  
Sandra Kemp  
Dustin Kemp  
Edward Magoffin  
Garrett Maki

Edward Maynard  
Gemma Nelson  
Pamela Taylor  
Carl Van Dyke  
David Wasmer  
Linda Wiedel



Also welcome new member Brian Crisp. Here he is on the October 21<sup>st</sup> St Mary's Falls hike. (Photo courtesy Nancy Altmansberger.)

## Your PPG Council Needs You!

We sincerely appreciate all of our Pikes Peak Group members who selflessly volunteer their time and effort leading trips, instructing classes, promoting the Club, and serving on the Council. Have you been a member for a while? Have you benefited from our classes? Have you had fun on trips? Why not consider giving a little back? We currently have (or will have shortly) a few vacant positions on the Council (see sidebar at left) that need to be filled. Come join us for a meeting and see what the Council is about. Sign on as an At Large member and participate in decision making and voting. Think about filling one of those vacant positions. We would love your help! Feel free to contact the Chair, or really, anyone on the Council.

the PPG  
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## Upcoming PPG Classes

### Pikes Peak Hut to Hut Clinic

December 7

So you learned to backcountry ski or snowshoe, and now you want to know where to go. Maybe you are big on backpacking in the summer, but are not prepared for the bitter cold winter nights. You should do a hut trip! Colorado has many huts which offer warm, cozy environments. Knowing how to reserve a hut space and how to get there are key to a successful hut trip. In one evening session, which is free and open to everyone, you will learn about the principles, processes, planning, and particulars of participating in a hut trip adventure.

### Pikes Peak Snowshoe Basics Class

Starts January 3

Learn the gear, maintenance, safety and entry level techniques for this entry into the winter wonderland for many people and a common activity in the winter schedule. This is also a wonderful way of beating the ever rising resort lift ticket fees and crowds. There will be two classroom sessions in Colorado Springs on 03 and 04 Jan from 6:00p to 9:30p and one field session on 07 Jan all day. The course cost is \$20. There are also rental costs if you don't own the gear. A general fitness level to go on a full day snowshoe trip is required for the field session. The first classroom is the same as the BC Ski class. The target audience is someone new to snowshoeing.

### Pikes Peak Intro to Backcountry Skiing

Starts January 3

Learn the gear, maintenance, safety and entry level techniques for backcountry skiing. BC skiing is a great way to enjoy the wilderness with a little more skill and finesse, yet it is still a wonderful way of beating the ever rising resort lift ticket fees and crowds. There will be two classroom and three field sessions for the BC Ski class. The cost is \$60 for the classroom sessions and handouts. There are also rental costs if you don't own the gear and a trail pass for one day at a Nordic Center. BC Ski classroom dates are 03 and 05 Jan from 6:00p to 9:30p in Colorado Springs, and the field dates are 08, 15, and 22 Jan all day. A general fitness level to go on a full day ski trip with a lot of practice time is required for the field sessions. The first classroom is the same as the snowshoe class. The focus of this course is on learning efficient balance and weight transfer to manage an efficient kick and glide, so the target audience is beginner backcountry skiers.

### Pikes Peak Avalanche Level I

Starts January 24

This is the Decision Making in Avalanche Terrain course required for both HAMS and BMS students, and is highly recommended for anyone going into the winter wilderness. The classroom sessions will be held in Colorado Springs, and will teach how to develop a plan for travel on avalanche terrain, how to identify terrain that is avalanche safe, how to make safe terrain choices before and during a trip, and how to make an efficient companion rescue through hands on experience. This is the course to make all the other winter activities safer. Classroom dates are scheduled for 24 and 26 Jan from 6:00p to 9:30p. The field session is scheduled for both 28 and 29 Jan all day. All field sessions are scheduled separately as CMC trips. Attendance at both classroom sessions and both field sessions is required to successfully complete the course. The cost for this class is \$150. A general fitness level is required to spend the day snowshoeing around and digging in the snow. This course will be on snowshoes only. The target audience is anyone new to avalanche skills and anyone wanting to refresh their expired skills. Each student will be required to bring their own 10 Essentials, appropriate clothing for winter travel, and snowshoes. The course will provide beacons, probes, and shovels for use in the field sessions; however, please bring your own to learn from if you have them.

### Pikes Peak BMS – Colorado Ice Climbing

Starts January 30

This is the final module in the 2015 BMS series. Completion of this course allows certification in the BMS Alpine Mountaineering track. Congratulations! This course has a prerequisite of the BMS Rock Climbing module or similar proven skills. Classroom dates are 30 Jan and 2 Feb. The field session is 5 Feb. There will be an optional trip to Ouray on 11-13 Feb. All field sessions are scheduled as CMC trips. The cost for this class is \$70. The optional overnight trip will include additional hotel and travel expenses. Regarding gear: Aside from the normal climbing gear (helmet, harness, belay device, biners, slings, and rigid-soled boots), you do not need additional equipment for this class. Crampons are available for checkout, and ice tools are available for your use. You're of course welcome to purchase these items before the class, but they can be quite expensive (especially the ice tools). It is recommended that you try the tools that the club and instructors bring to the field sessions to see what works best for you before making that kind of investment.



To register for classes or trips,  
go to [www.cmc.org](http://www.cmc.org)



## Upcoming PPG Classes (continued)

### **PPG Technical Ice Climbing School**

Starts February 15

Have you mastered the art of climbing rock, and now that the weather is turning you don't know what you will do with your time? Consider advancing all those skills you learned in BMS rock and ice by taking TICS. The goal of the class will depend on the groups aspirations and existing skill level but will be to teach basic leading on class 3 ice and advanced skills needed for climbing class 4 and 5 ice. If time permits there will also be the opportunity to add some basic mixed climbing instruction as well. The class will be in two parts with one evening classroom instruction and two consecutive days out on the ice in Ouray, CO. Requirements: Completion of BMS Rock and Ice and a lead climbing class preferred. Exceptions can be made for individuals who can show the ability to lead 5.8 or harder safely, and who have ice experience. The evening class will be in Colorado Springs on Feb 15<sup>th</sup>, while the remainder of the class will be a weekend in Ouray, CO. The cost for the class will be \$175. You will be responsible for securing your hotel and meals while on the trip; however, a discounted rate at a local hotel will be secured by the school.

### **Pikes Peak Winter Wilderness Survival Skills**

Starts February 22

So now you have learned from the other classes how to get out and play in the winter wilderness, but what do you do if you get stuck out there for an unplanned night while on a day trip? This classroom session will be held in Colorado Springs and will discuss the gear requirements and concepts of survival in the winter wilderness of Colorado. We will then spend a night in the wilderness to put those concepts to practice. We will build several types of winter shelters and you will have the chance to spend the night in them using just what you carry on a winter day trip, or a bit more if you are concerned. The classroom session is on 22 Feb from 6:00p to 9:30p. The overnight is 25-26 Feb all day both days. All field sessions are scheduled as CMC trips. The cost for this class is \$40. A general fitness level to travel on snowshoes, to be out overnight, and to dig snow shelters for long periods is required. The target audience is anyone who goes on day trips in the winter in any snow environment.

### **PPG Basic Mountaineering School – Colorado Wilderness Fundamentals**

Starts February 28

There are two class lectures covering the topics of gear, trip planning, nutrition, conditioning, conservation practices such as Leave No Trace, the Ten Essentials, weather evaluation, safety, emergency planning protocol, and case studies of wilderness accidents. There is a CMC Rating Trip designed to reinforce principals and techniques discussed in class. This class is a pre-requisite for many of our other courses and will provide a copy of *Freedom of the Hills* that will be referenced in other courses. Make sure you have this one under your belt!

### **Pikes Peak Trip Leader Training**

Starts March 9

This course provides the necessary training and satisfies part of the requirement of becoming a CMC trip leader for the Pikes Peak Group. (Completion of a Wilderness First Aid course, a CPR course, and practice trip leading are the other requirements for becoming a trip leader.) The classroom sessions are on 9 and 23 March from 6:30 pm to 9:00 pm. The field session on the morning of 26 March will be scheduled as a CMC trip. Prerequisite: Must have taken BMS Wilderness Fundamentals and Land Navigation or posses equivalent demonstrable knowledge/experience and be a PPG member for at least one year.

### **PPG ARCPro Gear and Anchors Class**

Starts March 9

In Gear and Anchors, students will learn about the various types of rock protection, including: natural protection, passive protection (nuts, hexes) and active protection (cams); and how to place and incorporate pieces of protection into anchors. We will discuss climbing anchors, to include top-rope, belay, and rappel anchors. The student will learn the concepts of building a safe climbing anchor to include placement and evaluation of protection, fall forces, direction of pull, rigging methods and knots for anchoring. By the end of the final field session, participating students will be expected to be able to build trad anchors that meet an instructor-team evaluation for gear placement and anchor safety. They will rappel off of anchors they have built and rigged. Prerequisites: Registrants should have already taken BMS Rock Climbing, or have the equivalent basic rock climbing skills. Please contact the leaders for any questions as to your suitability for this class and the ARC Program in general.

### **PPG Basic Mountaineering School – Colorado Wilderness Land Navigation**

Starts March 29

There are two class lectures. Our discussions include maps, compass, orienteering, estimating distance, interpreting map symbols, properly reading topo contour lines, learning about declination, sighting, taking a bearing, and technologies such as GPS. You'll also participate in class exercises using a map and compass. There is a CMC rating trip which is designed to reinforce principals and techniques discussed in class. You'll be given a map with markers. Your team's job will be to find them.

### **PPG ARCPro Self Rescue Class**

Starts April 1

Ever wondered how you might react if your climbing partner were injured? What about if you were injured- would you be able to get down safely as a team? In the PPG ARCPro Self-Rescue Class, you will learn tips and techniques to deal with unpleasant situations in the mountains. Whether you are an alpine climber seeking endless ridgelines, looking to break into multipitch ice this year, or a seasoned rock climber with regular days at our local crags- this course is for you!

## Upcoming PPG Classes (continued)

### **Pikes Peak WFA (Wilderness First Aid)**

Starts April 22

This two-day, sixteen-hour ECSI accredited course consists of instruction devoted to medical evaluation and treatment in the wilderness setting where definitive medical care is not readily available. Day one consists of classroom presentations and practicals on a variety of situations you might encounter in the backcountry and wilderness areas. Day two continues with a short classroom presentation followed by almost a full day of practicals and hands-on training in the field. This course satisfies a requirement for trip leaders. The sessions are on Saturday, 22 April and Sunday, 23 April from 8:00 am to 3:00 pm. A comprehensive textbook and a field guide are included and you will receive your WFA certification. Note: This course does not teach CPR, which is taught in a separate two-and-a-half-hour class (with separate sign-up required) at the same location after the completion of the WFA course.

### **Pikes Peak CPR Training**

April 23

Knowing CPR can be life-saving! Did you know the number four cause of death in the backcountry is heart attack? If you never had CPR training or it's been a while; this two-and-a-half-hour American Heart Association accredited training is for you. It includes the latest classroom instruction and hands-on training in CPR/AED for the Adult/Child/Infant (choking, conscious and unconscious). This class is taught at 3:15 pm on April 23 and satisfies a requirement for trip leaders. A CPR card good for two years will be issued upon completion.

### **PPG Basic Mountaineering School – Colorado Alpine Snow Mountaineering**

Starts April 25

Prerequisite: Wilderness Fundamentals. There are two class lectures. Our discussions include evaluating weather and snow conditions, terrain and avalanche risk assessment, gear, trip planning, using crampons, proper climbing techniques, snow travel, including proper use of ice axe, self-arrest, glissading, determining slope angles, and route finding. We will demonstrate and practice snow anchors and rope techniques if time allows. There is a CMC rating trip which we typically do at Pikes Peak Glen Cove which is designed to reinforce principals and techniques discussed in class. You will attend both days.

### **PPG ARCPro Crack Climbing Class**

May 6

This class will focus on crack-climbing techniques for climbing finger- to fist-sized cracks, along with touching on chimney and off-width techniques. We will not be teaching any gear placement or lead climbing in this class; we will focus on climbing techniques while on a top-rope belay. Prerequisites: Students should have basic rock climbing skills, such as taught in our BMS Rock Climbing class or the equivalent, to include belaying and climbing communication. Leading skills are not necessary.

### **PPG Basic Mountaineering School – Colorado Rock Climbing**

Starts May 25

Prerequisite: Wilderness Fundamentals. There is one class lecture and one indoor climbing session. Our discussions include climbing gear, rating a climb, the different types of rock climbing, reviewing climbing knots, rope management including coiling, care and inspection, anchors, communications, climbing techniques, belaying, rappelling, and building an auto-block. There are two CMC Rating Trips which we typically do at Red Rock Canyon Open Space and Castlewood Canyon. We may also go to 11-Mile Canyon depending on the weather.

## Save the Date

### **Mt Princeton 2017**

This is an annual weekend of ski, snowshoe, swim, soak, and dining adventure at the Mt Princeton Hot Springs Resort in Nathrop, CO, near the ghost town of St Elmo. It includes two nights' lodging, dinner on Friday and Saturday, breakfast on Saturday and Sunday, two complimentary drinks (beer, wine, or soft drink) on Friday night, all the swimming you can get in on the three days, as well as an informal get-together Saturday after dinner. Both on Saturday and Sunday after breakfast, CMC leaders will propose trips for all levels of ability. The cost is \$265.00 for double room occupancy and \$350.00 for single occupancy. Non-CMC members pay \$10.00 more. This is a fun event, attended by members of several mountain club groups. For more information and to sign up, please contact Gertrud (Getty) Nuhn at [Hinuhn@Comcast.net](mailto:Hinuhn@Comcast.net) or (719) 473-8868 or Becky Zenthoefer at [Beckyzee@Comcast.net](mailto:Beckyzee@Comcast.net) or (719) 633-1367. We hope to see you there again.



## December–January PPG Trips

### Beginner Skate Skiing Clinic

Saturday, 12/3/2016

Ski

Leader: Denise Snow, 719-687-9576, [denisedansnow@q.com](mailto:denisedansnow@q.com)

Location: The Frisco Nordic Center in Frisco. Details: Learn the basics of this wonderful sport seen in the Winter Olympics. It is incredibly aerobic and can take years to master. However, one session can show you the basics. It is recommended that you have prior experience roller/ice skating, downhill skiing, or Nordic skiing. You must use specialized skate ski equipment that you can rent at the Nordic Center. Plan to meet in the Nordic Center at 9:00. The instruction will take place in the morning, then you will have the afternoon to practice what you learned.

### SESI - Singles Over 50

Saturday, 12/3/2016

Moderate B

Leader: Christie Lee, 719-243-1821, [Christie80905@gmail.com](mailto:Christie80905@gmail.com)

Details: Cheyenne Mountain State Park. Faster pace. Contact leader at least two days prior to the trip.

### Intermediate Skate Skiing Clinic

Saturday, 12/3/2016

Ski

Leader: Denise Snow, 719-687-9576, [denisedansnow@q.com](mailto:denisedansnow@q.com)

Location: The Frisco Nordic Center in Frisco. Details: This is an intermediate skate ski class. You must have previous experience skate skiing to take this class and be aware that this is an aerobic sport. Instruction will be in the afternoon and equipment can be rented at the Nordic center. Plan on meeting at the Nordic Center at 1:00.

### SESI - Cheyenne Mountain State Park

Sunday, 12/18/2016

Moderate B

Leader: Christie Lee, 719-243-1821, [Christie80905@gmail.com](mailto:Christie80905@gmail.com)

Details: Medium pace. Contact leader at least two days prior to the trip.

### Ouray Ice Park

Thursday, 1/5/2017

Top rope

Leader: Darren Funk-Neubauer, 719-597-2397, [darren.funkneubauer@csupueblo.edu](mailto:darren.funkneubauer@csupueblo.edu)

Location: The trip leader lives in Colorado Springs and can carpool from there. Participants can carpool from other locations or meet the trip leader in Ouray. Details: Come ice climbing in the Ouray Ice Park from Thursday January 5<sup>th</sup> to Sunday January 8<sup>th</sup>. Participants are not required to attend all four days; you are welcome to attend any part of the trip. Beginners are welcome; however, participants must have ice climbed at least once before and be proficient with basic top-rope climbing procedures. Participants are required to have helmet, harness, belay device, locking carabiner, crampons, crampon-compatible boots, and warm clothes. Participants are not required to have ropes and ice tools. Leader will bring at least two ropes and at least two pairs of ice tools to share. We will be staying in hotels in downtown Ouray and lodging details will be worked out closer to the trip date.

### Snowshoe Clinic Field Trip

Saturday, 1/7/2017

Moderate BI

Leader: Eric Hunter, 719-273-1018, [ehunter67@yahoo.com](mailto:ehunter67@yahoo.com)

Location: Pikes Peak Region. Details: This snowshoe field session is for those who have completed the two required classroom sessions with the Pikes Peak Group. During this trip you will have the opportunity to practice out in the field, swap snowshoes to figure out differences between models, and ask questions about gear and winter trips.

### BC Ski Nordic Center Practice

Sunday, 1/8/2017

Moderate I

Leader: Eric Hunter, 719-273-1018, [ehunter67@yahoo.com](mailto:ehunter67@yahoo.com)

Trail Mileage: 8, Elevation Gain 200, Driving Distance 260. Details: This field session is for those who have completed the two required classroom sessions with the Pikes Peak Group. The first of three field sessions, this trip will focus on balance and weight transfer with tracked skis at a Nordic Center by demonstrating and practicing drills. If time permits, we will begin progressing to low hills both up and down.

### Mount Elbert MLK Weekend Overnight

Saturday, 1/14/2017

Difficult D

Leader: David Gibson, 719-337-1958, [coloradoclimber@comcast.net](mailto:coloradoclimber@comcast.net)

Trail Mileage: 12, Elevation Gain 4826, Driving Distance 260. Location: South Mount Elbert Trailhead. To register for this trip, send your request along with your HAMS status, a short description of your winter camping and climbing experience, and your current fitness level to the leader. Details: *Be prepared for challenging winter conditions.* We will meet at the South Mount Elbert trailhead at noon on Saturday 14 Jan and backpack up to tree line near 11,680' following the snow-covered East Ridge route. We'll camp on snow Saturday night. Sunday we will leave camp at sunrise and hike up to the top of Colorado. We'll return to camp and pack out leaving the trailhead mid to late afternoon. HAMS or equivalent winter experience is required. Standard winter gear including snowshoes, microspikes, and goggles are required. Sleds are not appropriate for this route. Participants must enjoy being cold. ☺

## December–January PPG Trips (continued)

### BC Ski Turquoise Lake Practice

Sunday, 1/15/2017

Moderate II

Leader: Eric Hunter, 719-273-1018, [ehunter67@yahoo.com](mailto:ehunter67@yahoo.com)

Trail Mileage: 12, Elevation Gain 500, Driving Distance 300. Details: This field session is for those who have completed the two required classroom sessions and the Nordic field session with the Pikes Peak Group. The second of three field sessions, this trip will focus on endurance with efficient kick and glide on a packed road. If time permits, we will also continue to build hill skills both up and down.

### BC Ski Bemrose Ski Circus Practice

Sunday, 1/22/2017

Moderate II

Leader: Eric Hunter, 719-273-1018, [ehunter67@yahoo.com](mailto:ehunter67@yahoo.com)

Trail Mileage: 12, Elevation Gain 1800, Driving Distance 200. Location: Bemrose Creek, CO. Details: This field session is for those who have completed the two required classroom sessions and the two prior field sessions with the Pikes Peak Group. The third of three field sessions, this trip will focus on endurance and technique on a packed trail. We will spend a lot of time building skills for harder hills in tighter turns.

### PPG Avalanche Level 1 Field Practice

Saturday, 1/28/2017

Moderate C

Leader: Eric Hunter, 719-273-1018, [ehunter67@yahoo.com](mailto:ehunter67@yahoo.com)

Trail Mileage: 5, Elevation Gain 400, Driving Distance 200. Details: This two-day field session is for those who have completed the two required classroom sessions with the Pikes Peak Group. This trip will focus on avalanche evaluation, safe travel skills, and team rescue skills. We will be returning to town between the two field sessions.

## Member Discounts

Adventure Medical Kits

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## Pikes Pique

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*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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### 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.