

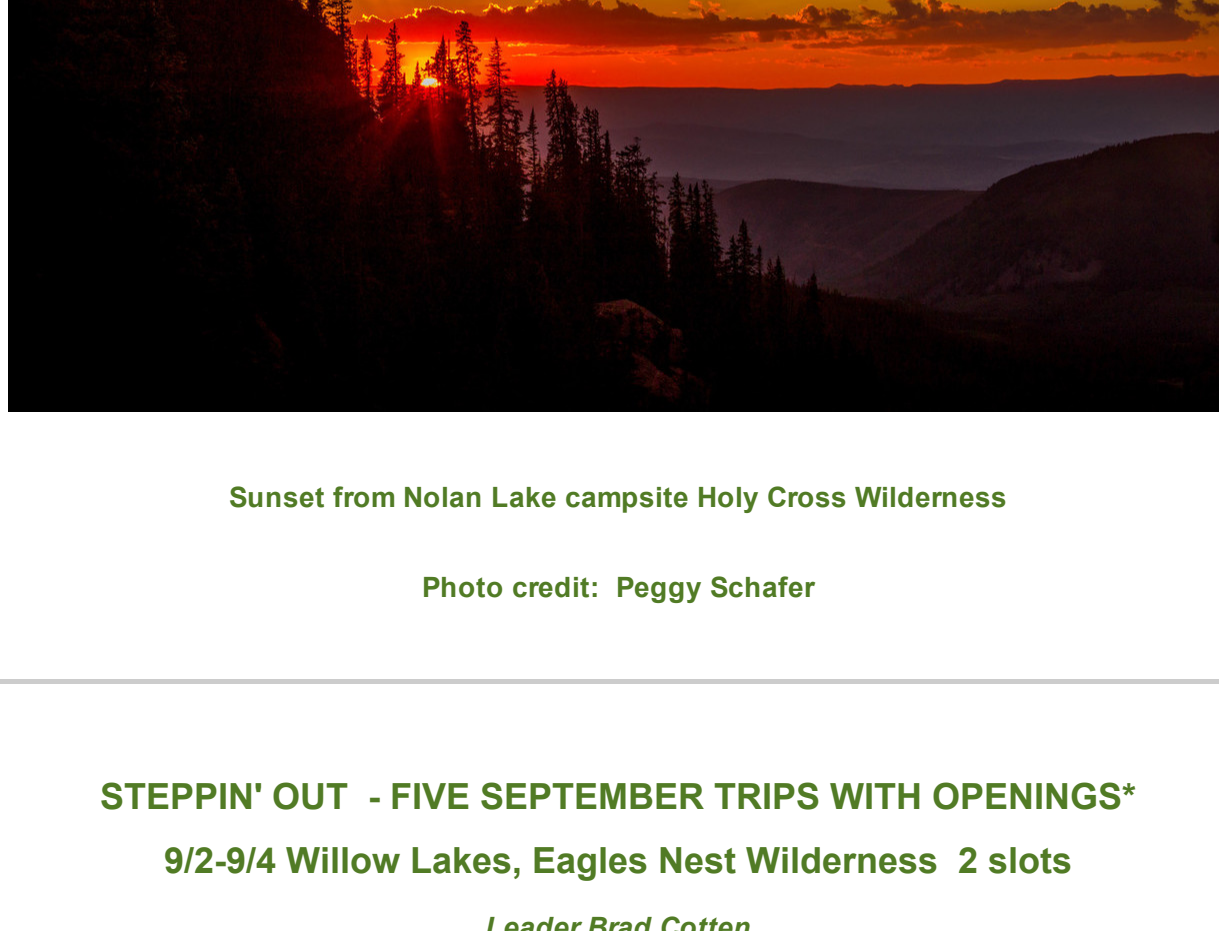


## "BACKCOUNTRY CACHE"

A Newsletter for Members of CMC Backpacking Section

**AUGUST 2020**

Issue 14-2020



Sunset from Nolan Lake campsite Holy Cross Wilderness

Photo credit: Peggy Schafer

### STEPPIN' OUT - FIVE SEPTEMBER TRIPS WITH OPENINGS\*

**9/2-9/4 Willow Lakes, Eagles Nest Wilderness 2 slots**

*Leader Brad Cotten*

**9/2-9/4 Trails Inventory Lost Creek Wilderness 3 slots**

*Leaders Bob LeGrand & Grover Cleveland*

**9/3-9/6 Blue Lake San Juan Wilderness 2 slots**

*Leader Kevin Galliers*

**9/4-9/7 Devils Causeway Flattops Wilderness 2 slots**

*Leader Randy Blosser*

**9/26-9/28 Ute Trail Gunnison Gorge Wilderness - 1 slot**

*Leader Stan Moore*

### TWO TRIPS WITH NO WAIT LIST OR ONE ON WAIT LIST

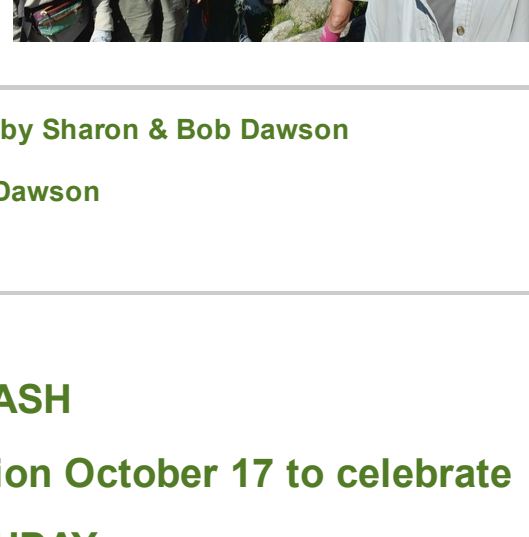
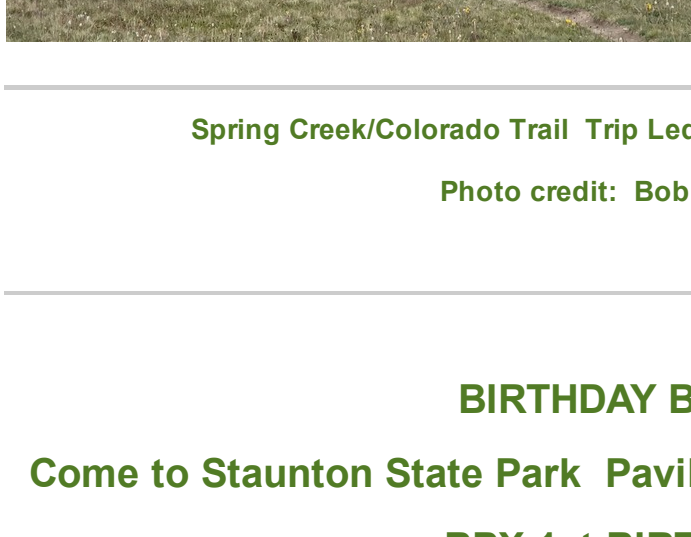
**9/4-9/7 Lost Lake RMNP Wait List 0**

*Leader Steve Wolf*

**9/10-9/12 Big Horn Lake Red Canyon Wait List 1**

*Leader Randy Blosser*

\*As of August 30th



Spring Creek/Colorado Trail Trip Led by Sharon & Bob Dawson

Photo credit: Bob Dawson

### BIRTHDAY BASH

**Come to Staunton State Park Pavilion October 17 to celebrate**

**BPX 1st BIRTHDAY**

Authorized by Denver Group Council on September 11, 2019 we are celebrating

**Our BPX Leaders**

**Over 1400 Members who heeded "Join the Pack"**

**47 Trips Offered**

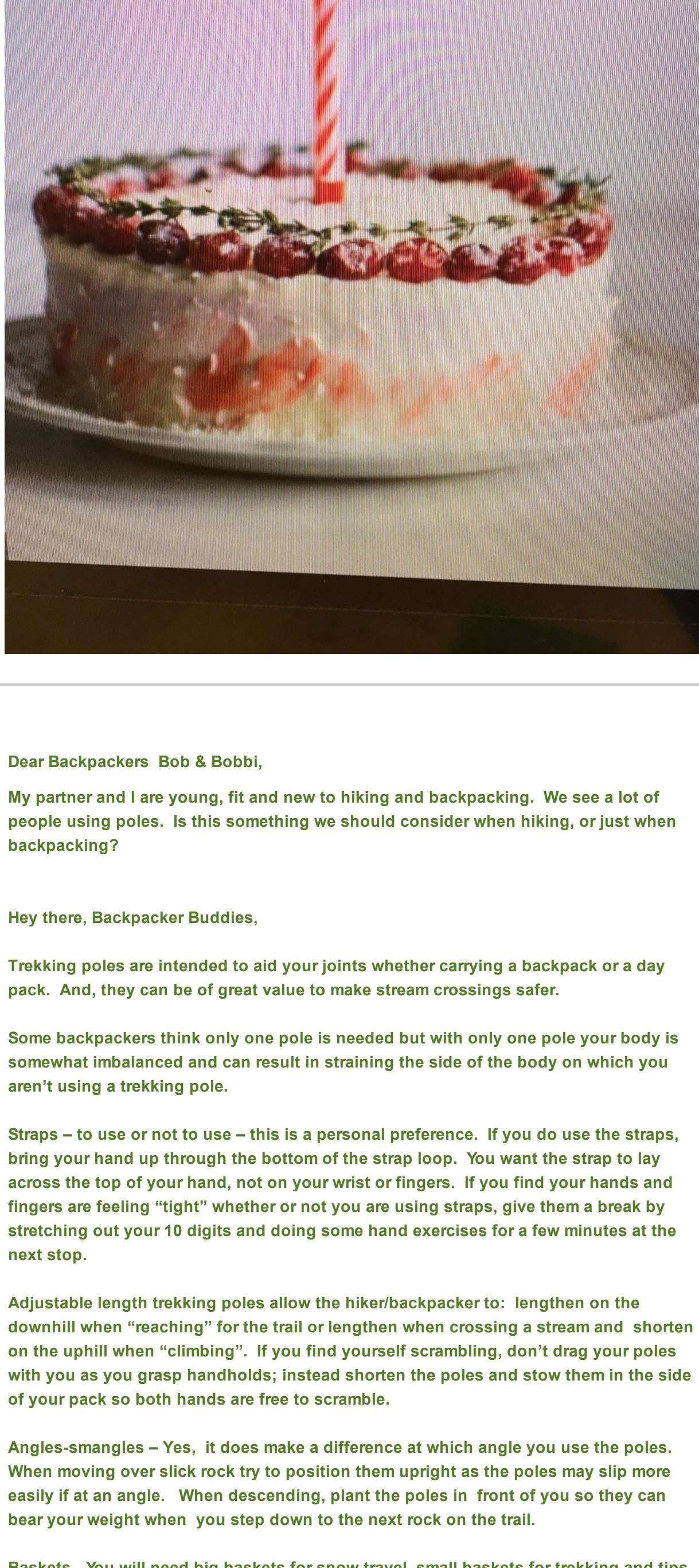
**26 Trips Completed+ Despite CV19 and Wild Fires**

**3 pm - 5 pm Cake, Ice Cream, Beverages\***

+Assumes all September trips completed

\* \$10 registration fee covers pavilion rental, food & beverages

Register on line: <https://www.cmc.org/EventDetails.aspx?ID=50735>



Dear Backpackers Bob & Bobbi,

My partner and I are young, fit and new to hiking and backpacking. We see a lot of people using poles. Is this something we should consider when hiking, or just when backpacking?

Hey there, Backpacker Buddies,

Trekking poles are intended to aid your joints whether carrying a backpack or a day pack. And, they can be of great value to make stream crossings safer.

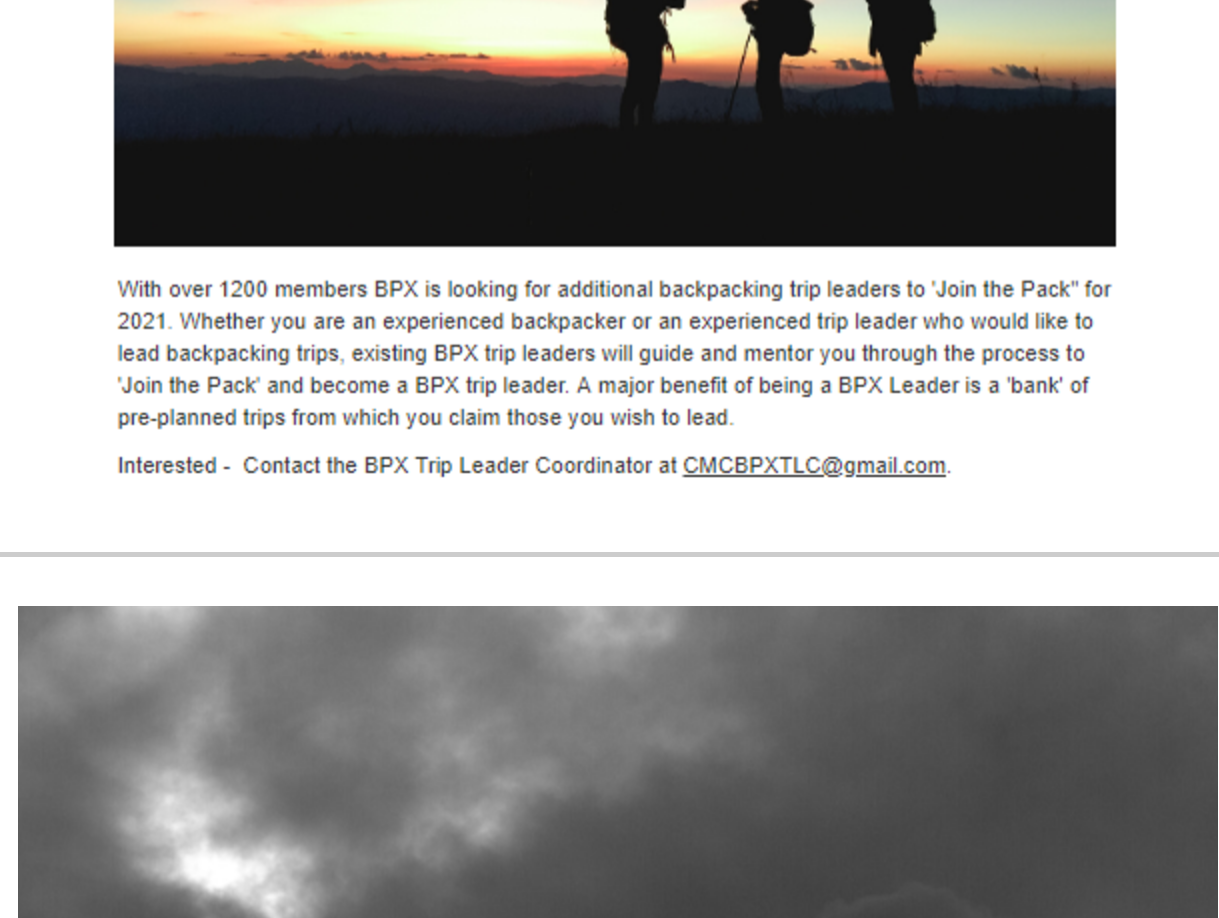
Some backpackers think only one pole is needed but with only one pole your body is somewhat imbalanced and can result in straining the side of the body on which you aren't using a trekking pole.

Straps – to use or not to use – this is a personal preference. If you do use the straps, bring your hand up through the bottom of the strap loop. If you find the strap to lay across the top of your hand, not on your wrist or fingers. If you find your hands and fingers are feeling "tight" whether or not you are using straps, give them a break by stretching out your 10 digits and doing some hand exercises for a few minutes at the next stop.

Adjustable length trekking poles allow the hiker/backpacker to: lengthen on the downhill when "reaching" for the trail or lengthen when crossing a stream and shorten on the uphill when "climbing". If you find yourself scrambling, don't drag your poles with you as you grasp handholds; instead shorten the poles and stow them in the side of your pack so both hands are free to scramble.

Angles-smangles – Yes, it does make a difference at which angle you use the poles. When moving over slick rock try to position them upright as the poles may slip more easily if at an angle. When descending, plant the poles in front of you so they can bear your weight when you step down to the next rock on the trail.

Baskets - You will need big baskets for snow travel, small baskets for trekking and tips for travel on slick rock. Most brands have all three but generally the baskets are brand specific so don't just purchase any ole' brand off the internet. Baskets can come off in the snow or in the mud. Bring an extra basket 'just in case'.



Nolan Lake Campsite

Photo credit: Peggy Schafer

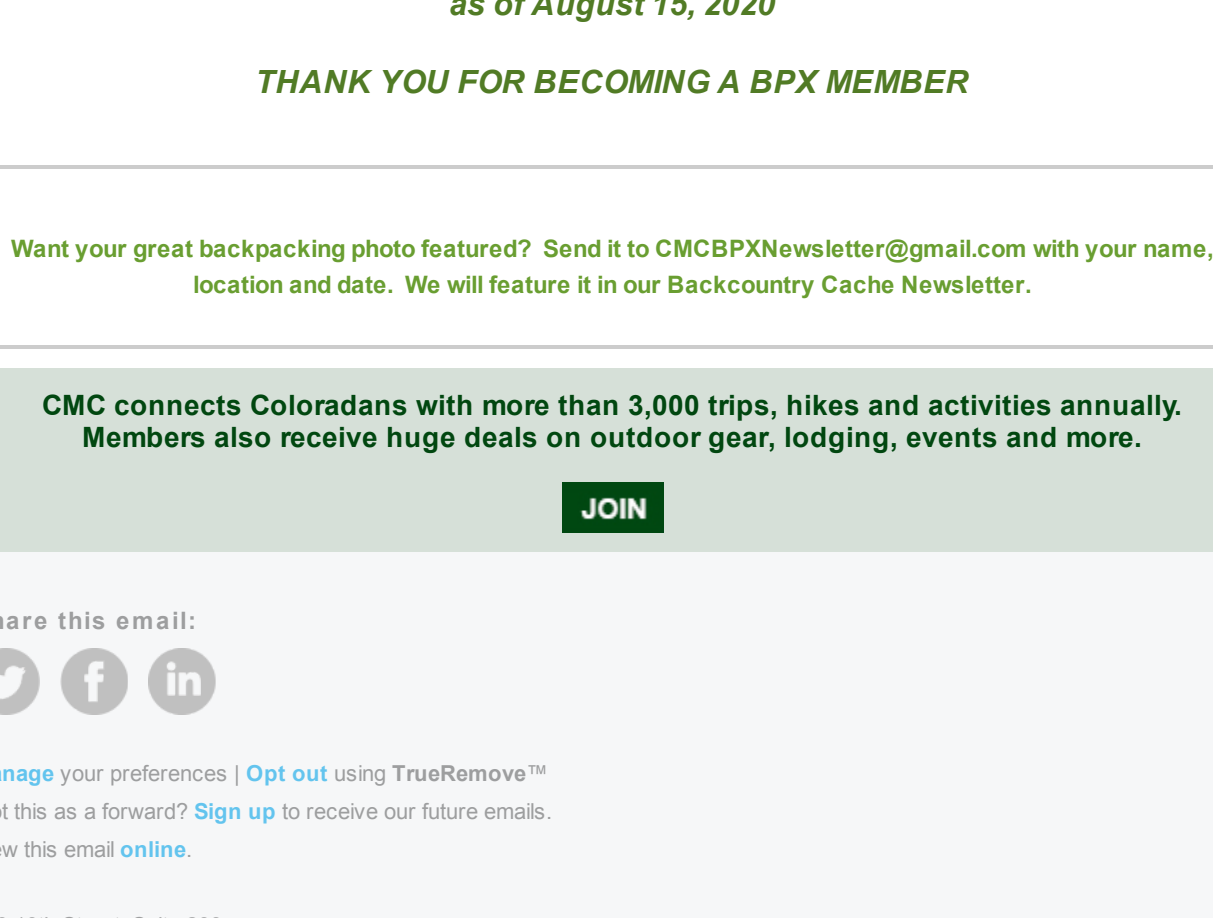
### Welcome to the BPX Research Team

Louise Campbell-Blair, Research Coordinator, Cheryl Harmel and Mike Holden, Research Assistants, form the BPX Research Team and will be utilizing available data to aid the BPX Operations Committee to develop future pre-planned trips as well as comparing offerings by other mountain recreation organizations to BPX. Thanks to each of the Research Team who heeded our call to "Join the Pack".



With over 1200 members BPX is looking for additional backpacking trip leaders to "Join the Pack" for 2021. Whether you are an experienced backpacker or an experienced trip leader who would like to lead backpacking trips, existing BPX trip leaders will guide and mentor you through the process to 'Join the Pack' and become a BPX trip leader. A major benefit of being a BPX Leader is a 'bank' of pre-planned trips from which you claim those you wish to lead.

Interested - Contact the BPX Trip Leader Coordinator at [CMCBPXTLC@gmail.com](mailto:CMCBPXTLC@gmail.com).



In the 108 years since its founding, the CMC has weathered some serious storms —two world wars, Spanish Flu, the Great Depression, the Vietnam War, the Cold War. These events were separated by decades, but they had something in common: the CMC survived each of them because of our dedicated community. Now we are in a new storm - the novel Coronavirus Pandemic. And we need your help. Will you help us weather this storm?

Support CMC  
<https://secure.ggiv.com/for/cmc>

**Over 1400 MEMBERS have heeded our slogan**

**"Join the Pack"**

**as of August 15, 2020**

**THANK YOU FOR BECOMING A BPX MEMBER**

Want your great backpacking photo featured? Send it to [CMCBPXNewsletter@gmail.com](mailto:CMCBPXNewsletter@gmail.com) with your name, location and date. We will feature it in our Backcountry Cache Newsletter.

**CMC connects Coloradans with more than 3,000 trips, hikes and activities annually. Members also receive huge deals on outdoor gear, lodging, events and more.**

**JOIN**

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