



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

April 2021

Issue 04 - 2021

CHAIR'S CORNER

BPX Section Shoutout - To our CMC BPX family, a huge welcome to the 2021 BPX season! We are cooking with gas. Many of our 51 BPX Trip Leaders - we call them "Pack Leaders" - claimed 57 trips out of the 80 the BPX Committee created for 2021. Of these, 37 are sold out. Many have a Standby list. To think we are only a week into our April 14th BPX Trip launch. Cool. And keep an eye out for more trips to be added as the season progresses.

New Shoes - John Walters, Chair, and Linda Lawson, Secretary/Treasurer, have completed their terms and can be found backpacking this season. Boy, have they earned it! Somebody told me we have some big shoes to fill. No kidding. However, those shoes are moving on with John and Linda. They'll need them for all the trailblazing they have in mind.

A little history. John, Linda, along with Jennie Popovich, and the sponsorship of the CMC Denver Council created the CMC Backpacking Section. It is an early fulfillment of one of the goals and objectives of the [CMC 2025 Strategic Plan](#).

From 3 committee members to 15, from 0 BPX members to a high of over 1,600 and from 0 BPX trips in 2019 to 40 trips in 2020 and now 80 in 2021. We are growing with the sky the limit, thanks to the incredible leadership of, and the work done by John and Linda.

Until Next Month - To all of you, a wish that 2021 is your year to reel in awesome wilderness adventures. To your good health!



Lake Katherine, Mount Zirkel Wilderness

BPX Trip 9/10

BPX TRIP SIGNUP

All scheduled BPX trips are open for registration; this newsletter publishes trips with openings or only 0-1 on standby for the coming 2 months. Continue to check the CMC trip signup for additional trips. To see just the BPX trips, select Backpacking from the Section dropdown and then click on the Search button. Remember registration is initially restricted to 3 trips whether on roster or standby, but BPX members can register for additional trips when the trip start date is less than 30 days out.

May - June Trips With Openings*

May 21-22 Fri-Sat Easy [White Ranch, JeffCo Open Space, 2-day Loop](#)

Jun 9-11 Wed-Fri Easy [Mayflower and Mohawk Lakes, White River NF](#)

Jun 29-Jul 1 Tue-Thu:

Difficult [Willow and Salmon Lakes, Eagles Nest Wilderness](#)

Easy [Zirkel Tour de Lakes, Mount Zirkel Wilderness](#)

Moderate [Crag Crest Trail, Grand Mesa](#)

May - June Trips With 0-1 on Standby List*

May 22-23 Sat-Sun Easy [CT Segment 11, San Isabel NF](#)

(New CMC Member Eligible Trip)

Jun 8-10 Tue-Thu Moderate [Refrigerator Gulch Lost Creek Wilderness](#)

BPX Trails Inventory Joint Trip

Jun 23-25 Wed-Fri Easy [Wigwam Trail, Lost Creek Wilderness](#)

*As Of April 19

SCHOOLS/EVENTS

DENVER QSS BACKPACKING WITH THE CMC - [April 22](#)

BOULDER WILDERNESS NAVIGATION- Online class April 26

- [Field Trip Saturday May 8](#)
- [Field Trip Saturday May 15](#)

DENVER CPR/AED- Socially Distanced Small Class - [May 5](#)

DENVER WILDERNESS SURVIVAL SCHOOL - Starts [May 12](#)

DENVER BACKPACKING SCHOOL (BKPS) - Starts [June 1](#)

PIKES PEAK (PPG) WILDERNESS FUNDAMENTALS

- [June 7](#)
- [September 20](#)

PPG PERSONAL LOCATOR BEACONS and TWO-WAY SATELLITE COMMUNICATION DEVICES - [June 15](#)

PPG BACKPACKING SCHOOL

- [June 14](#)
- [August 23](#)

PPG TRIP LEADER SCHOOL - [October 18](#)

GEAR CHECKS - 3 Overnight Gear Checks with Group Campgrounds reserved so you can check out your equipment, and we'll try to make it as real as possible. A short program focused on various camp skills will be held at each one. Cost is \$20 to cover campsite fees, but free to BPX Trip Leaders--contact CMCBPXTLC@gmail.com to receive discount code.

May 14-15 [Chatfield State Park](#); Bob Dawson will share tips for Lightweight Backpacking

May 21-22 [Chatfield State Park](#); Uwe Sartori, Cheryl Harmel, Leila Murphy will share what they carry in their backpacks

June 18-19 [Mueller State Park](#); Greg Long will share his Long Distance hiking secrets

[Mountain Side Gear Rental](#) in Golden rents backpacking gear or entire kits with a 25% discount for CMC Members.



Devils Causeway, Flat Tops Wilderness Area

BPX Trips 6/18 and 8/13

BPX AND CV19 PROTOCOLS

State and county CV19 protocols are changing as more individuals are vaccinated. Maybe you have been waiting to register for a BPX trip because you are unsure of protocols that will be in effect when the trip is scheduled, or driving is not your thing, and you would like to carpool but are not certain if carpooling is safe, or even if CMC recommends carpooling.

The most recent (April 1, 2021) CMC CV19 Protocols do not recommend carpooling, but because carpooling is not under CMC jurisdiction, BPX has developed its own travel protocols. In BPX 2020 leaders completed 29 trips with no known instances of COVID infection. In accordance with [CDC's current protocols](#), BPX offers these carpooling guidelines:

Fully vaccinated trip participants may ride together in private vehicles without masks or distancing restrictions, and another non-high risk trip participant may ride in the same vehicle.

Individual BPX Pack Leaders may elect to follow more stringent COVID guidelines. Of course, any participant is welcome to drive his/her own vehicle with no passengers but realize that parking at some trailheads is limited.

Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

After seeing the BPX Trip Matrix, I am really psyched about going on some backpacking trips. But I'm suffering from the pandemic spread (gut/butts/belly, not virus). Do you have any advice for getting into shape for hiking and backpacking?

Out'a Shape

Dear Out'a,

Staying in shape has certainly been a challenge in these pandemic times, but it's important to be physically prepared before heading out on your first backpack of the season. Otherwise, a fun backpack can turn into a miserable experience of a sore, tired body.

Bobbi and I start our conditioning by focusing on our leg and core muscles since these are the ones that carry the weight of our packs. You don't have to belong to a gym to do this. We do many exercises at home or in a park, with little or no equipment, to build strength and endurance like squats, lunges, wall sits, planks, and step-ups. We throw in some cardio too. And don't forget to work on your balance--Bobbi practices by standing on one leg when she brushes her teeth. The CMC YouTube Channel has several videos focusing on getting into shape for mountain adventures in their [Fitness and Nutrition Playlist](#). You can find an REI article [here](#). The important thing we've found is to come up with a workout plan and stick to it.

Since we are getting close to backpacking season though, the best way is by just hiking. We start with short hikes around our neighborhood during the week with longer hikes on weekends. Our plan is to increase the intensity of our weekend hikes by adding more mileage, elevation gain, and/or challenging terrain. As our fitness levels increase, we will also start carrying more weight in our packs so there isn't that "oh crap" moment when we heave on our loaded backpack for our first outing. Once we do start backpacking, we will begin with shorter, easier ones and build up to longer, more difficult outings. Thanks to BPX, we have plenty of choices!

*See ya' on the trails,
Bob & Bobbi Backpacker*

BPX MEMBER INFO

BPX FACEBOOK - The BPX Section has our own Facebook Group where members can share trip reports, photos from backpacking trips, and ask questions to fellow outdoor gearheads: [BPX FB](#)

BPX LINKS - Click [here](#) to go to the BPX web page, [here](#) for BPX Member Benefits, and [here](#) for CMC Member Benefits.

CMC COVID PROTOCOLS - Check [here](#) for the latest CMC COVID-19 updates for Trip Leaders and Participants.

COLORADO STATE PARKS PASS - CMC members can now order your discounted passes directly from the CMC [here](#) for \$56 or round up to \$60 to support the CMC.

NAVIGATION - Check out CMC YouTube [Navigation Playlists](#), and COTREX Mapping Recorded Webinars [Module 1](#) and [Module 2](#). And here's a link to an article in Hyke & Byke about [How to Use a Compass](#).

LEAD THE PACK

We are actively recruiting new BPX Trip Leaders from all groups. BPX is open to all CMC members and recruits leaders from all CMC Groups statewide. There are a variety of paths to becoming a BPX Trip Leader. See which one fits [YOU](#)

BPX HELP WANTED

COMMUNICATIONS COORDINATOR - Seeking a volunteer with free time from marketing or advertising career who has experience writing, editing, planning, and implementing communication strategies. For position description and discussion contact: lk114er@comcast.net.

Want to contribute to "The Pack"? Send your backpacking photos and articles to CMCBPXNewsletter@gmail.com so we can feature it in our Backcountry Cache Newsletter. For photos please include your name, location, and date.

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.

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