



Bobcats Newsletter

August 2025



A word from Bobcat Chair Jim Guerra

What You Told Us

Thanks to everyone who responded to the Bobcats dues survey back in June.

Welcome New Trip Leaders!

Since the last newsletter, we're thrilled to welcome three new Bobcats Section trip leaders: Rob Kapner, Linda LaRocque, and Theo Lubke. Entire Article [HERE](#)

[Link to June 7th New York Times re benefits of Trekking poles](#)

Bobcat Picnic October 11 Register [site](#)

Mountain Sage by Ed Cotgageorge

Good Walking Technique

Pretty much everyone reading this has been hiking for a long time and gets around pretty darn good with the walking technique that they have. Entire Article [HERE](#)

Words of Wisdom from Dodger

Go Hiking: The Worst-Case Scenario Is You Get Eaten by a Bear [Click HERE](#)

Heel Yeah: How to Beat Blisters Before They Ruin Your Day [Click HERE](#)

Gear for Serious Hikers? Please [Click HERE](#)

Backpacking Without the Knee Pain? Let's Not Get Carried Away [Click HERE](#)

Sole Searching: Boots vs. Running Shoes [Click HERE](#)



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Where we have been, Thank you Leaders!
Thank you to all newsletter contributors!



Lost Creek from Lost Park TH led by Rich Schiebel and pic by Jim Guerra



Windy Pk Golden Gate led by Linda LaRocque pic by
 Phill Straffin Music Video [HERE](#) (viewing on laptop
 may be best)



Lost Creek pic by Jim Guerra



Twin Lk reached off trail from
 Sandbeach Lk pic and led by
 Wayne Howell



Stanley Mt and beyond led by Jean Hart pic by Deb English



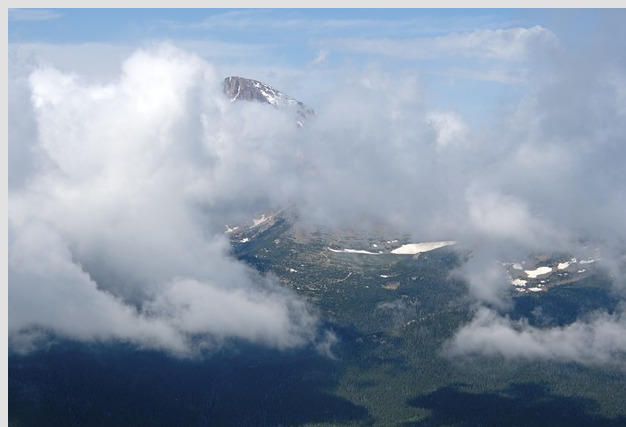
Twin Sisters led by Chris Larson pic by Jim Guerra



**Apres Little Scraggy led and pic by Wayne Howell. Trip
Report [HERE](#)**



Stanley Mt pic by Mario Ascoli



Twin Sisters pic by Jim Guerra



Mt Machebeuf led by Marianne Curtis pic by Deb English



**Roosevelt Lk led by Linda
LaRocque**



**Sandbeach Lk and beyond led by
Wayne Howell [More Info](#)**



Stormy Peaks B17 crash site led
by Wayne Howell more info [HERE](#)

Stanley Mt led by Cheryl Harmel



Berthoud Pass to Second Creek
Via N&S Twin Cones led by and
pic by Jim Guerra

Stanley Mt LIT For Theo Lubke
led and pic by Jim Guerra



Bald Mt led by and pic by Jim Guerra



Read about our new Bobcat Trip Leader [**Rob Kapner**](#)

Wilderness Trekking School Starts Sept 2

*Learn more about WTS on CMC Web site [**HERE**](#) More WTS info [**HERE**](#)*

*To learn more about other CMC Schools click [**HERE**](#)*

Get Your Hands Dirty at Guanella Pass

Join CMC for some trail conservation work this summer!

*To learn more about about volunteering sign up click [**HERE**](#)*

Satellite Communicator Addresses

contributed by Rich McAdams read about [**HERE**](#)

Bobcats Board

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Jere Paulmeno, Secretary

Linda LaRocque, Board Member at Large

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Richard Schiebel, Treasurer

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Bobcat Contact Info

General Information, [click here](#)

Bobcat Newsletter Submissions, [click here](#)

Who are the Bobcats?

The Bobcats' mission is to ensure a variety of adventurous CMC trips, mostly on weekdays, all year long. Our trips tend to be faster-paced, on more challenging routes, and with fewer stops. We foster a strong community of hikers seeking challenge, discovery and camaraderie.

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