



Mile High Mountaineer

June/July 2023

Welcome to the rebirth of the Denver Group newsletter! You asked and we listened. We hope you find it informative and useful. We don't have a dedicated newsletter editor yet so please be patient with us while we figure all of this out. In the meantime, we're open to kind, thoughtful feedback and requests. If you'd like to volunteer as the MHM editor, please contact the Denver Group Council at cmcdgcc@gmail.com.

Happy adventuring!

Your Denver Group Council

Take a very short survey about our Denver Group Annual Meeting

Please take this short [survey](#) (60 seconds max) to help us plan our Annual Meeting in October.



New Fee at Eldorado Canyon State Park

Eldorado Canyon State Park has added an additional fee for each participant on a CMC trip in the park. All trip leaders will now need to set up their trips to Eldo with a required "ticket" so that participants can pay the nonrefundable fee of \$5.00 when they sign up for the trip. The state office will then remit the fees to ECSP.

Contact Roberta Farrington at roberta@cmc.org for more info. If you're a trip leader and aren't sure how to add the fee to your trip webpage, please contact the CMC office for help. office@cmc.org or 303-279-3080 ext 1.



Parking at The Fort for CMC Trips

The parking situation at The Fort Restaurant in Morrison has recently changed. For those of you who use this location for a carpool meeting place, please be aware of these changes and follow the rules and signage. Now, the only non-customer parking available to the public extends from the southernmost entrance southward. The parking north of that is no longer available to non-customers. **See the photo above.** Alternatively, parking is available at the Morrison Park 'n Ride at the NE intersection of West Morrison Road and South Rooney Road near C-470.



Octo Hikes: A New CMC Hiking Series

Octogenarian (Octo) Hikes are in their third successful year as a CMC hiking series. With 11 hikes posted at the beginning of the season, every spot is now filled. But, if you're interested in joining, don't hesitate to register and be placed on a waitlist.

Although anyone may join an Octo Hike, they are designed for CMC members in their 70s and 80s who age out of normal CMC hikes. Octo Hikes offer shorter mileage (around 5 miles), less elevation gain (around 500'), a slower pace (around 1.5 mph moving average), and more frequent stops.

Two trip leaders are used so that the primary leader has help should someone be injured or ill on the trail. Satellite communicators are also carried to get help on scene more quickly if needed. Long-time CMC members who age out of regular CMC hikes enjoy reconnecting socially with old friends or making new ones. Several have even rejoined the CMC to get back into the mountains with fellow Octos.

Trip leaders are needed to continue this series after its founders pass the baton. **This is a great opportunity for new trip leaders to gain experience on easier hikes with another trip leader to share responsibilities. To volunteer, please call the CMC Office at 303-279-3080.**



Upcoming Denver Group Trips, Courses, and Events

Check out the [Denver Group Calendar](#) to find your next outdoor fun!

[Schools and Course offerings](#)

Become a Trip Leader!

Stay active, explore more places, and make new friends.



July is Parks & Recreation Month

Since 1985, people in the United States have celebrated Park and Recreation Month in July to promote building strong, vibrant, and resilient communities through the power of parks and recreation and to recognize the more than 160,000 full-time park and recreation professionals — along with hundreds of thousands of

part-time and seasonal workers and volunteers — that maintain our country's local, state, and community parks. This year's theme is "Where Community Grows."

Denver Group Contacts

COUNCIL

[Denver Group Council](#)
Meets Monthly, 2nd Tuesday

COMMITTEES

[Leadership Committee](#)
[Schools Committee](#)
[Conservation & Trails Committee](#)
[Member Initiatives Committee](#)

SECTIONS

[Ascending Hikes](#)
[Backpacking](#)
[Bobcats](#)
[Fly Fishing](#)
[Over the Hill Gang \(RMOTHG\)](#)
[Photography](#)

Newsletter Volunteer Needed

Looking for an experienced newsletter editor to take over the Mile High Mountaineer.

Contact:
cmcdgcc@gmail.com

Call for Submissions

Have an item you'd like included in a future Mile High Mountaineer newsletter?

The next deadline is Friday, July 21. Guidelines:

- Articles should be 200 words or less, **OR** submitted as a PDF
- MHM editor reserves the right to determine what's included in the newsletter and edit submissions for clarity and length
- Submissions must be relevant to the Denver Group of the CMC and/or its members; paid advertisements are not accepted.

Please send submissions to: cmcdgcc@gmail.com.

All photos, except The Fort, Schools, © Sandy Heise.

Questions, comments, or submissions? E-mail cmcdgcc@gmail.com.