



COLORADO MOUNTAIN CLUB

DENVER GROUP

Mile High Mountaineer

November 2024



Photo © Keith Stinebaugh

2024 Denver Group Annual Dinner

On October 19th, the Denver Group held its Annual Dinner and Meeting. It was a sold-out event, one of the last large events held at the former American Mountaineering Center. A delicious Nepali dinner was served by Sherpa's Adventure Restaurant in Boulder. Speakers Andrea Sansone and Andrew Hamilton gave a fascinating presentation on their recent Fastest Known Time (co-ed and supported) summiting the 58 Colorado 14,000-foot peaks. They completed this amazing feat in 12 days, 6 hours, and 43 minutes. Andrea and Andrew explained to the audience "what goes into an adventure like this" (physical and mental fitness, logistics, and luck) and described what went well and what didn't. They had meaningful advice for adventurers of any level at any age.

Volunteer awards were presented to Steve Bonowski (Lifetime Achievement), Rick McAdams (Volunteer of the Year), Louise Campbell-Blair (Exceptional Volunteer Contribution), and several Outstanding Volunteers: Frank Burzynski, Kathy Crawford, Barb Edwards, Wayne Howell, Sheryl Lampert, Erika May, and Tim Musil. Congratulations and many thanks to all of our valuable

volunteers!

New 40-year members were recognized as well: Sally Barton-Higgins (Hitch), Marianne Curtis, and Dave Smith. Thanks so much for your long-term support!

Photos by Sandy Heise



Our last Annual Dinner at the AMC



*Award winners who were present:
Steve Bonowski, Rich McAdams,
Sheryl Lampert, and Wayne Howell*



*Speakers Andrea
Sansone and Andrew
Hamilton*

Special Event - An Evening with SAR/911

Thursday, December 19th, 6-8pm

Have you ever wondered what happens on the search and rescue side when there is a backcountry incident? How do they know where to go? What should they bring? Is it always a mystery so they bring everything? How do they take care of themselves, so we don't start out with one injury and end up with more? How dangerous is dangerous for them? What is their level of commitment to your situation? How do they determine the sense of urgency? What can you do to make them more effective? How can you better support SAR to ensure they are there when you need them?

Have you ever wondered what happens within the 911 team when they get a call from you? How do they handle a garbled, incomplete, or dropped call? How do they work with you to better understand your situation? What is their process to engage SAR? What is the intermediary role of the local county sheriff?

Get the answers at a special session hosted by the Apline Rescue Team at their facility in Evergreen. Space is limited so sign up [Here](#).

ATTENTION: Winter Trip Leaders

The Avalanche Terrain Avoidance (ATA) course is a basic seminar and 1/2 field-day to help you recognize when and where avalanche danger may exist and how to avoid it. Sources of information and methods for planning avalanche-safe routes will be presented. Find out more [HERE](#).

ATA is recommended for all CMC trip leaders (regardless of sport or season) and **required** for leaders who travel in snow-covered areas but do not travel in avalanche-prone terrain. AIARE Level 1 (or equivalent) is required for trip leaders who travel in avalanche prone terrain.

2025 Telemark Ski School

The Telemark Ski School - Denver Group has over 40 years of providing quality instruction to hundreds of students from all over Colorado and beyond! We help beginner, intermediate, and advanced-level telemark skiers learn and/or improve their telemark skiing skills.

The 2025 Telemark Ski School (TSS) offers **3 individual Sunday sessions: January 26, February 9, and February 23**; all sessions take place at Loveland Ski Area. For each session, you'll be grouped with others of like ability and assigned your instructor for the day. The second and third TSS sessions in February may find you in a higher-level class, dependent on your practice and improvement from previous session(s).

The best way to use the School is to take at least two of the sessions and practice in-between. But taking all three is even better! This is YOUR year for telemark skiing--come join the fun!

Registration is now open. For more information or questions answered, contact Marilyn Choske, Co-Director, at 303-905-8510 before 9pm or mjchoske@gmail.com.

2025 Beginner Snowshoe School

Learn about snowshoe selection and fit, appropriate dress, and keeping warm, prepping for a trip, trail techniques, breaking trail, and fall recovery. You'll be able to select a snowshoe trip off the CMC calendar with confidence. Location and carpool details TBD the week before class day depending on where the snow is. **Registration opens December 14th.** For more information go [here](#).

Congratulations to the Denver Group's newest CMC Trip Leaders!

Jeff Lickenbrock and Kurt Sunderland (fly fishing leader) were approved in October 2024.

The Denver Group Council is looking for a few good members!

Give back to the club and volunteer to help manage and influence policies, events/activities, and new directions for our group. We especially need members from the Rocky Mountain Over the Hill Gang and the Bobcats. If interested, email the Co-chairs at cmcdgcc@gmail.com.



Image courtesy of cmc.org

Upcoming Trips, Courses, and Events

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

[Schools and Course offerings](#)

[New & Prospective Member Hike](#)

[Become a Trip Leader!](#)

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



Photo © Sandy Heise

18 months ago, while serving as the Chair of the Denver Group Council, I revived the Mile High Mountaineer from its COVID demise with the hopes of better communicating helpful info to our members. I really had no idea what I was doing, but it seems to be working out. I'll soon be handing it over to Keith Stinebaugh. As a trip leader, instructor, and Council member, Keith is very involved in the club and will be an excellent resource in creating this monthly newsletter.

This function is for you, our members, so please feel free to contact Keith at cmcdgnewsletter@gmail.com with any feedback, suggestions, submissions, or requests. We value your input. The deadline for each edition is end-of-day on the first Sunday of the month.

May your adventures be safe and loads of fun!
Sandy Heise

Denver Group Contacts

COUNCIL

Denver Group Council
Meets Monthly, 2nd Tuesday (usually)

COMMITTEES

Leadership Committee
Schools Committee
Conservation & Trails Committee
Member Initiatives Committee

SECTIONS

Ascending Hikes
Backpacking
Bobcats
Fly Fishing
Over the Hill Gang (RMOTHG)
Photography

Call for Submissions

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

The next deadline is the first Sunday of the month. 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
- Photo submissions are welcome, but please include a photo credit and caption
- Submissions must be relevant to the Denver Group of the CMC and/or its members; paid advertisements are not accepted.

Please send submissions to: cmcdgnewsletter@gmail.com.

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