



Gore Range Group e-News

June 2023



Saturday June 24 - GRG Member Picnic!

Come at 8 AM to hike. Stay for the Picnic 11 AM – 2 PM

Guests welcome!

Location: Carter Park, Breckenridge

(<https://www.breckenridgerecreation.com/parks-fields/carter-park-pavilion>)



To sign up for the morning hike, please use this link ...

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-grg-member-hike-from-carter-park-breckenridge-come-at-8-am-to-hike-and-stay-for-the-grg-member-picnic-11-am-2-pm>

To sign up for the afternoon picnic, please use this link ...

<https://www.cmc.org/groups-sections/groups-around-the-state/gore-range-group/calendar/grg-council-meeting-2023-03-20-2023-06-24>

Located four blocks east of Main Street in Breckenridge, at the south end of High Street and adjacent to Breckenridge Elementary School. Carter Park and Pavilion consists of the following facilities and amenities:

- Indoor heated gathering area (by reservation)
- Gas fireplace
- Picnic tables
- Large natural gas grill
- Patio with views of the Ten Mile Range
- Four hard tennis courts free for public use (summer;)
- Lined pickleball courts free for public use, equipment provided (summer)
- Breckenridge Elementary playground
- Youth baseball diamonds
- Public heated restrooms
- Sand volleyball courts (summer; for free reservations, please call 970-453-1734)
- Sledding hill (winter)
- Recreation field/Carter Park Trail
- Public dog park with separate small dog area - fully fenced

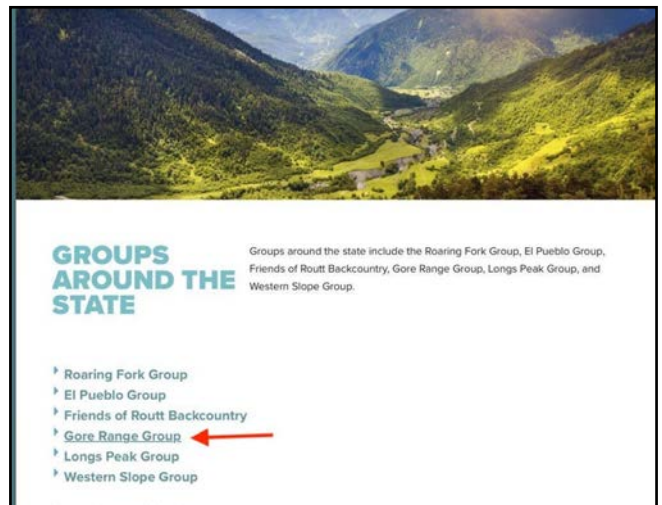
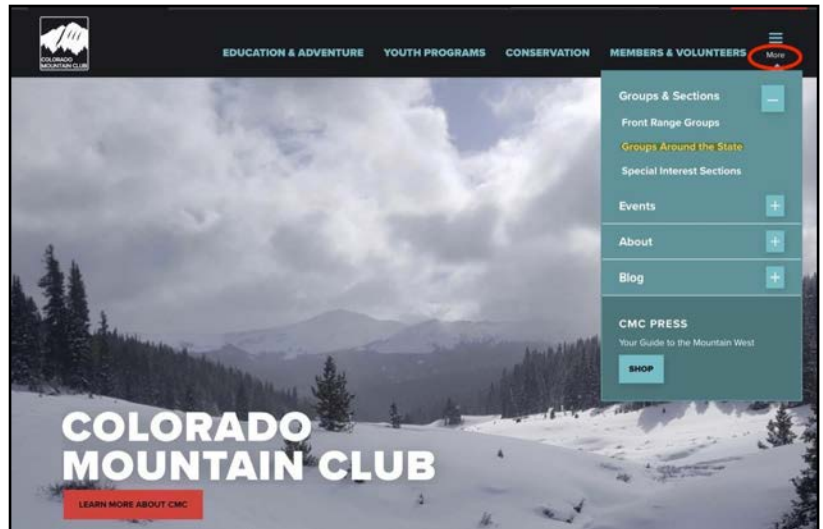
STATE COUNCIL NEWS

How to Find Gore Range Activities in the New CMC Olympus System

Have you had trouble finding all the trips, classes and events for the Gore Range Group? The new system works differently than the prior system so searching for “Gore Range Group” in the activities screen may not show all the scheduled Gore Range Group activities.

The best way to find ALL Gore Range trips and events is to use the Gore Range **Calendar**. These are the steps to do this:

- Click on the word “More” on the right side of the CMC menu,
- then click the plus “+” sign next to Groups and Sections,
- then select **Groups Around the State** (highlighted in yellow)



Select **Gore Range Group**

GRG COUNCIL MEMBERS

Chair	Dale Pfaff	Daletpfaff@gmail.com	Membership	Maryann Gaug	Megaug@earthlink.net
Vice Chair	James Borgel	Jbborgel@yahoo.com	Leader Training	Candace Winkle	Candace.winkle@gmail.com
Secretary	Jan Dudley	Jandudley01@gmail.com	Activities	Barbara Audin	Barbaudin@gmail.com
Treasurer	James Bradley	Bradley-james-07@comcast.net	Social Media	Jan Dudley	Jandudley01@gmail.com
Safety	OPEN		Leader Appreciation	Curt Audin	Chaudin51@gmail.com
State Council	Candace Winkle	Candace.winkle@gmail.com			

STATE COUNCIL NEWS

This will take you to the Gore Range Landing Page, which also contains links to our Newsletters. To see the Gore Range activities, select **Calendar of Events and Trips** (underscored).

popular and successful activities and events include hiking, biking, mountain-climbing, back-packing, float trips, downhill, telemark and cross-country skiing, snowshoeing, backcountry hut trips, training clinics, picnics and even adventures into the canyons of southern Utah.

Our Group also gives back to our communities by volunteering for highway and trail cleanups. A Gore Range Group Newsletter is sent out 4 times a year and we rely on email for updates about trips.

We welcome adults of all ages, abilities and interests.

NEWSLETTERS

- December 2022
- August 2022
- April 2022
- February 2022
- January 2022

CONTACT US

GROUP CHAIR
Dale Pfaff

FACEBOOK PAGE

VIEW SECTION FEEDBACK

UPCOMING GORE RANGE GROUP EVENTS AND TRIPS

- May 20, 2023
Backcountry Skiing/Splitboarding – North Star Mountain
- April 6, 2023
Mappy Hour: Classic Colorado Hikes with Dr. Jon Kedrowski
- February 22, 2023
BPX Office Hours Trip Leader Olympus Training
- March 15, 2023
2023 4th Annual BPX Members Trip Roll-out
- March 4, 2023
BPX Office Hours Trip Leader Olympus Training

MORE...

Upcoming Trips

[Calendar of Events and Trips](#)

The Gore Range Group Events and Trips will be displayed by month. State-wide events will also be shown. You can change the month using the drop-down menu as shown.

Front Range Groups

- Groups Around the State
 - Rearrange Forks Group
 - El Pueblo Group
 - Gore Range Group
 - Calendar of Events and Trips
 - Western Slope Group
- Special Interest Sections

EVENTS AND TRIPS

January
February
March
April
May
✓ June
July
August
September
October
November
December

2023

month week day


Sun	Mon	Tu	Thurs	Fri	Sat
28	29	30	31	1	2
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
		Hiking – Castle Peak 11,240			Hiking – GRG Member Hike from Carter Park, Breckenridge. Come at 8 AM to hike and stay for the GRG Member Hike

STATE COUNCIL NEWS

If you see an activity that interests you, you can click on it on the calendar for more detail, such as this:

Clicking on the Trip Title will take you to the registration page where you can sign up for the trip!

ACTIVITY INFO



Wed, Apr 12, 2023

BACKCOUNTRY SKIING/SPLITBOARDING – STRAIGHT CREEK

BACKCOUNTRY SKIING/SPLITBOARDING TRIP

This is an intermediate...
Difficulty: Intermediate
No Prerequisites


AVAILABILITY:
1 participant
Registration closes Apr 10
Gore Range Group
LEADER: Stephanie Porter-Scheinman

TRIP

Backcountry Skiing/Splitboarding – Straight Creek

This is an intermediate tour of Straight Creek. Exact route will be decided based on weather/snow conditions. This is a leader-in-training trip for Ian Berkland, with mentor leader Stephanie Porter-Scheinman.

- ▶ Wed, Apr 12, 2023
- ▶ Section: Gore Range Group
- ▶ Activity Type: Backcountry Skiing/Splitboarding
- ▶ Audience: Adults
- ▶ Difficulty: Intermediate
- ▶ Leader Rating: Moderate
- ▶ Mileage: 4.0 mi
- ▶ Elevation Gain: 1,800 ft
- ▶ Pace: Moderate



REGISTRATION STATUS

Now that you know about this feature, take some time to scroll through the Gore Range Calendars and find the upcoming trips that interest you!

Any questions contact your Olympian Candace Winkle at candace.winkle@gmail.com.

GRG SUMMER TRIPS

[HIKING – GRG MEMBER HIKE FROM CARTER PARK, BRECKENRIDGE. COME AT 8 AM TO HIKE AND STAY FOR THE GRG MEMBER PICNIC, 11 AM-2 PM.](#)

Please note, our big summer picnic event will be on Saturday, June 24 in Breckenridge.

To sign up for the morning hike, please use this link ...

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-grg-member-hike-from-carter-park-breckenridge-come-at-8-am-to-hike-and-stay-for-the-grg-member-picnic-11-am-2-pm>

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Wed, Jun 7, 2023

[HIKING – TWILIGHT HIKE TO HUNTER'S KNOB FROM THE WILLOWBROOK TH, SILVERTHORNE.](#)

TWILIGHT HIKE with Jan Dudley

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-twilight-hike-to-hunters-knob-from-the-willowbrook-th-silverthorne>

Wed, Jun 14, 2023

[HIKING – WHEELER LAKES](#)

HIKE with Jim Borgel

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-wheeler-lakes>

Tue, Jun 20, 2023

[HIKING – CASTLE PEAK 11,240](#)

HIKE with Candace Winkle

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-castle-peak-11-240>

Wed, Jul 12, 2023

[HIKING – TWILIGHT HIKE AT DILLON NATURE PRESERVE, DILLON, CO.](#)

TWILIGHT HIKE with Jan Dudley

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-twilight-hike-at-dillon-nature-preserve-dillon-co>

Mon, Jul 31–Wed, Aug 2, 2023

[BACKPACK – BPX 3-DAY: MOSQUITO LAKE FROM STILLWATER RESERVOIR WITH DAY HIKE OVER DEVILS CAUSEWAY](#)

BACKPACK with James Borgel

[HTTPS://WWW.CMC.ORG/EDUCATION-ADVENTURE/TRIPS/FIND-TRIPS/BACKPACK-2013-BPX-3-DAY-MOSQUITO-LAKE-FROM-STILLWATER-RESERVOIR-WITH-DAY-HIKE-OVER-DEVILS-CAUSEWAY](https://www.cmc.org/education-adventure/trips/find-trips/backpack-2013-bpx-3-day-mosquito-lake-from-stillwater-reservoir-with-day-hike-over-devils-causeway)

Wed–Fri, Aug 2– 4, 2023

[BACKPACK – BPX 3-DAY: BRADY LAKE FROM SOPRIS LAKE TH](#)

BACKPACK with Candace Winkle

<https://www.cmc.org/education-adventure/trips/find-trips/backpack-2013-bpx-3-day-brady-lake-from-sopris-lake-th>

Tue, Aug 15, 2023

[HIKING – A CHALLENGING 10.6 MILE LOOP HIKE THAT CLIMBS 3,617 FEET TO THE SUMMIT OF PTARMIGAN PEAK IN THE PTARMIGAN PEAK WILDERNESS IN SUMMIT COUNTY. BEAUTIFUL VIEWS OF THE GORE RANGE AND WILLIAMS FORK MOUNTAINS FROM THE SUMMIT](#)

HIKE with Jim Borgel

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-a-challenging-10-6-mile-loop-hike-that-climbs-3-617-feet-to-the-summit-of-ptarmigan-peak-in-the-ptarmigan-peak-wilderness-in-summit-county-beautiful-views-of-the-gore-range-and-williams-fork-mountains-from-the-summit>

GRG SUMMER TRIPS

Wed, Aug 16, 2023

[HIKING – JOIN US AFTER WORK FOR A TWILIGHT HIKE TO VISIT ISAK HEARTSTONE, A 15-FOOT TALL WOODEN TROLL SCULPTURE IN BRECKENRIDGE, FOLLOWED BY A HIKE ON THE ILLINOIS GULCH TRAIL TO THE BRECKENRIDGE SAWMILL MUSEUM AND LOOP BACK TO THE START.](#)

TWILIGHT HIKE with Jan Dudley

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-join-us-after-work-for-a-twilight-hike-to-visit-isak-heartstone-a-15-foot-tall-wooden-troll-sculpture-in-breckenridge-followed-by-a-hike-on-the-illinois-gulch-trail-to-the-breckenridge-sawmill-museum-and-loop-back-to-the-start>

Sat–Sun, Sep 9–10, 2023

[BACKPACK – BUFFALO MOUNTAIN TRAILHEAD](#)

BACKPACK with Dale Pfaff

<https://www.cmc.org/education-adventure/trips/find-trips/backpack-2013-buffalo-mountain-trailhead>

Thu - Mon, Sep 21-25, 2023

[BACKPACK – VIRGIN SPRINGS FROM FULLER BOTTOM](#)

BACKPACKING TRIP with Candace Winkle

<https://www.cmc.org/education-adventure/trips/find-trips/backpack-route-place-tbd-270>

Wilderness First Aid class coming to Summit County! Open to all CMC members and non-members Sunday, November 12, 2023; 9 AM- 6 PM

Tentative location: Angler Mountain Yacht Club, located at 367 Flyline Drive, Silverthorne

This class is sure to fill up. It is open to all CMC members and non-members.

Trip Leaders are eligible for a Leadership Scholarship. By utilizing scholarship funds, you agree to give back to the CMC community by leading 6 trips or school field days over the next 2 years.

Leaders can apply for the scholarship here:

www.bit.ly/CMC-leadership-scholarship.

All CMC members and non-members can register for the WFA class here: https://www.cmc.org/groups-sections/cmc-state/course-templates/wilderness-medicine-school-wilderness-first-aid/copy10_of_wilderness-first-aid-cmc-state-2023

MARK YOUR CALENDAR FOR UPCOMING FALL DATES
GRG General Membership Meeting
11/2 Thursday
Details to come later

GRG NATURE NOTES

Pines of the High Windy Places

by Maryann Gaug ©2023

Reaching the saddle on Mt. Royal near Frisco, a group of pine trees greets you near the saddle cairn. Walk to one and take a close look. Notice the flexibility of the branches with the packets (bundles) of four or five 1-3 inch needles. We call them limber pine, *Pinus flexilis*, because the wind can blow them around mercilessly without them breaking.

They love to grow on dry, rocky slopes in soils with poor nutrients. Living up to tree line, they endure long, cold, windy winters and grow along the spine of the Rocky Mountains in Colorado and from Mexico into Canada. At tree line, they become krummholz (crooked wood), low growing following the direction of the wind. One lone tree may reach toward the sky, hence they can be called flag trees. In that windswept area, they propagate by roots more than by seeds. The taller trees may have branches and needles only on one side, the other side being stripped by the wind.



Good places to get up close and personal with limber pines is on Mt Royal and other high areas around Summit County as well as along Trail Ridge Road in Rocky Mountain National Park. Remember to be gentle with the trees. They survive extreme conditions, but humans can destroy them quickly. Never gather wood from krummholz because the wood protects the branches growing downwind.

Perhaps you've heard, read about, or seen bristlecone pines, the ancient trees of many high areas. *Pinus aristata* also loves to grow in high windy places in rocky soils. They do love sun, but endure the extreme temperatures and winds of winter. Bristlecones don't grow natively in Summit County to the best of my knowledge. In Colorado, they can be found south of I-70. However they are popular trees to plant at homes in our area. They don't live as long in a backyard as they do in their native high, windy, and cold places.



Two good places to find bristlecone pines are in the Windy Ridge Bristlecone area near Alma and at Mt. Goliath by the Dos Chappell Nature Center on the road up Mt. Evans. The trees on Windy Ridge are estimated to be 1,000 years old. In other Colorado locations they may have been growing for over 2,500 years. In places like California and Nevada they can live to be over 5,000 years old.

GRG NATURE NOTES

Think of what a 2,500 year old bristlecone has seen in its lifetime. It started growing around 475 CE, when the Ancestral Puebloans and other indigenous people lived in Colorado. So much has changed in Colorado over the last 2,500 years!



Bristlecone pines are fairly easy to recognize. Typically they have branches on top, and below them the bark may be twisted and missing hunks. The trunks can be polished on one side by ice crystals and blowing dirt. The rigid needles are about 1 inch long, and 5 needles grow together in a packet or bundle. The needles can hang on to their branches for up to 10 years. In a windy area, they must have a good grip. With short needles in groups of 5, they look like a bottle brush. Female cones start out purple and slowly open over time to disperse seeds. The older cones have a bristle-like prickle at the end of each bract and look like many other pines cones. The real give away is the sticky drops of resin on both the cones and on the needles.

A fun tidbit: *aristatus* in Latin means having awns, i.e. ears of corn or the bristle or beard of barley, oats, grasses, etc. Thus bristlecone pine.

When life gets really tough, bristlecone shut off one or two of their branches, effectively killing them, to make sure the rest of the tree has energy to survive. They grow very slowly, which produces very dense wood that helps protect the tree against insects, disease, and fire. When a tree succumbs after a thousand years or more, its twisted contorted ghost with hues of gray to brown to black makes for spectacular photographs.

Hugh Prestwood wrote a song, Bristlecone Pine, which aptly describes the tree.

"Way up in the mountains on a high timberline, there's a twisted old tree called the Bristlecone Pine. The wind there is bitter, it cuts like a knife. It keeps that tree holding on for dear life."

Enjoy these wonderful trees, both limber and bristlecone, that live so long in what seems to be unlivable conditions. Be kind to them so they can live out their natural life cycle, and other humans can come to honor them.

Photos courtesy of the author, Maryann Gaug

'TIS NOW THE SEASON TO BEWARE OF LIGHTNING

It is that time of year when lightning strikes and kills. Be smart and take action to protect yourself and others while you recreate in the CO mountains and plains.

NOAA's lightning website contains good information about lightning safety, which you can access at this link:

<https://www.weather.gov/safety/lightning>

Lightning information specific for the State of Colorado can be found with this link:

<https://www.weather.gov/pub/lightning>

Beware of high wildfire risk that is often caused by lightning strikes. The National Weather Service will issue Fire Weather Watches or Red Flag Warnings. Knowing what to do if you see or smell smoke while you are recreating will save your life. You can find wildfire information at this NOAA link:

<https://www.weather.gov/safety/wildfire>

GRG SPRING FUN



Snowshoe trek into Jay Hut



Curt helps lead a snowshoe RMOTHG trip to Jay Hut



Enough snow for Mitchell Creek Ski trip with Jim



Jay Hut



Candace leads a final ski trip to North Star



Jan leads the summer kick off on Oro Grande