



Gore Range Group e-News

September 2023

GRG General Membership Meeting

Gore Range Group (GRG) members and guests are invited to attend in-person or on Zoom for this General Membership meeting. Long overdue and delayed by the pandemic, we hope you will join us for some social time to meet fellow GRG members, Trip Leaders, and Council officers, followed by a meeting with some agenda items for GRG membership approvals, and concluding with a program by author and mountaineering guide, Dr. Jon Kedrowski, on "Classic Colorado Hikes: Lakes, Loops and High Ridge Traverses".

Join us on Thursday, November 2, 2023 from 05:30 PM to 08:30 PM.

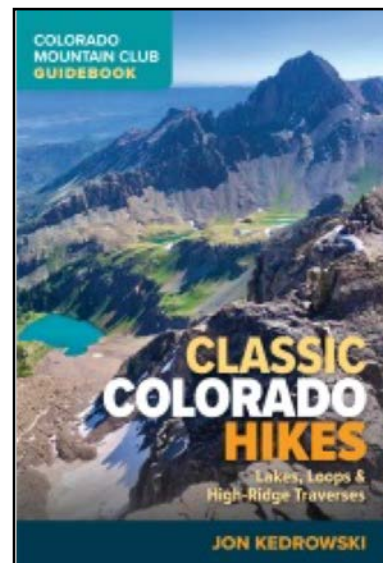
5:30 PM Social time with light refreshments

6:15 PM GRG Membership Meeting

7:00 PM Dr. Jon Kedrowski presents: **"Classic Colorado Hikes: Lakes, Loops and High Ridge Traverses"**

We will offer a Hybrid option to attend the meeting on Zoom, or in-person at the Summit County Community & Senior Center, 0083 Nancy's Place, Frisco, CO 80443. Sign up here to attend!

<https://www.cmc.org/groups-sections/groups-around-the-state/gore-range-group/calendar/gore-range-group-membership-meeting>



More about our speaker: Dr. Jon Kedrowski grew up in Vail, Colorado. Jon first climbed each of Colorado's 14ers in the late 1990s before he turned 18. Over the years, he has skied from every fourteener, and in 2016, he skied each Colorado fourteener during the same winter season. Jon has explored every lake and location in his new guidebook, as his climbing résumé in Colorado includes multiple ascents of the 58 official Colorado 14ers and three hundred of Colorado's 584 thirteeners.

Jon has advised or led climbing expeditions to each of the Seven Summits except for Vinson Massif in Antarctica, which is high on his bucket list. In 2012, Jon summited Mount Everest and has since led five different expeditions to Mount Everest (2012, 2015, 2018, 2019, 2021, guiding clients to the top in 2019 and 2021). He has been featured on several documentaries about his climbing and skiing adventures on the Discovery Channel, Smithsonian, NBC, DatelineNBC, CBS, ABC, FOX, and CNN. In 2019, Jon made the summit of Manaslu (8,163 meters / 26,781 feet) without the use of supplemental oxygen and was part of the first expedition to K2 (8,611 meters / 28,250 feet) in 2021 that put ten Nepali climbers on the summit for the first time ever in winter. He is also a regular contributor to KDVR Fox 31 Denver and KWGN CW2 in Denver for stories about the great outdoors in Colorado. He is the owner of a company called Dr. Jon's Adventures that leads expeditions all over the world.

Dr. Kedrowski has previously presented his lessons from the summits to companies such as Hewlett Packard, Charles Schwab, Raymond James, Edward Jones, and Vail Resorts, with stories about motivation, goal setting, leadership, risk management, and unlocking human potential.

Jon's favorite hobbies include skiing, mountaineering, and photography. He loves to travel, mountain bike, trail run, river raft, play basketball, and play golf while enjoying the gorgeous summer and fall seasons in Colorado. For more about Dr. Kedrowski, visit <https://jonkedrowski.com/> and <http://drjonsadventures.com/> or @drjonkedski on Instagram and Twitter.

FEATURED SPEAKER: DR JON KEDROWSKI

More About the Author: Jon Kedrowski

He has written four books, all published by the CMC Press/Mountaineers Books:

- *Sleeping on the Summits: Colorado 14er High Bivys* (2012)
- *Skiing and Sleeping on the Summits: Cascade Volcanoes* (2016), a sequel to his first book
- *Classic Colorado Ski Descents* (2017), his best-selling ski guidebook
- ***Classic Colorado Hikes (2022) NEW SUMMER HIKING GUIDEBOOK***

Jon's Major Climbs and Projects:

- 8 expeditions to 8000m Peaks (Everest 5x, K2, Lhotse, Gasherbrum II, and Manaslu).
- 27 Expeditions to peaks over 5600m/18,000'.
- Climbed/Guided 6 of the 7 continental summits (Denali 3x, Aconcagua 3x, Everest 3x, Mt. Elbrus, Carstenz Pyramid, and Mt. Kilimanjaro).
- 2011: first person to spend the night on the summit of CO's 58 14,000ft peaks. Completed project in 95 days.
- 2014: Skied the 20 highest Cascade volcanoes WA, OR, and CA in 30 days.
- 2016: Skied all of CO's 14,000ft peaks in a single season (160 days, from January - June).
- Over 25 ascents of Mount Rainier (14,410ft), WA
- 2018: Climbing partner/guide to Colin O'Brady's 50HP record – Summitting all 50 state high points in 21 days.
- 2020-2021: Trained Grammy Nominated Singer-Song Writer Mike Posner and guided him to the summit of Everest June 1, 2021.
- 2021 Winter K2 Expedition

Submitted by Jan Dudley

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			

NEWS YOU CAN USE

CMC State Council News

Next meeting October 19 at 5:30 pm by zoom

Would you like to be more involved in decisions being made in the CMC? The CMC State Council is looking for volunteers. If you think this might be of interest to you, you are invited to sit in on the next State Council meeting at 5:30 pm on October 19, 2023. To arrange your introduction to the group and obtain an invitation to the meeting, please contact: Candace.winkle@gmail.com

Risk Management Committee

Representation on the State CMC Risk Management Committee involves:

- Responding to emails for feedback on safety issues and proposals
- Occasionally attending Risk Management meetings, which are scheduled as needed
- Meetings are by zoom
- Attend GRG Council meetings
- Time commitment of approximately 15 hours/year

The GRG has an open Council position for the GRG Safety Committee. If you have an interest in safety and risk management in the outdoors, GRG needs you! What does it involve?

Safety Committee

- * Maintain contact and represent the GRG on the State CMC Risk Management Committee as needed.
- * Provide recommendations to the GRG Council to maintain adequate safety standards for the GRG and its outings.
- * Attend GRG Council Meetings

CMC Benefit Gala

The annual CMC Benefit Gala is coming up soon. Can you attend or donate an item for auction? Information and tickets are available [on the CMC website](#).

CMC Staff Updates

Chief Operating Officer	Madeline Bachner Lane
Chief Education Officer	Stacey Halvorsen
Adult Education Director	Graham Ottley
Web Support and Permits	Mara – new hire coming onboard
Trip Leader Question	Graham Ottley and Ashley Hanlon
Membership Support	Ashley Hanlon, Roger Wendall, Mary Bradley

GRG TRIPS

SIGN UP FOR GRG TRIPS

Sat–Sun, Sep 9–10, 2023

[BACKPACK – BUFFALO MOUNTAIN TRAILHEAD](#)

BACKPACKING TRIP with Dale Pfaff

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

Sun, Sep 17, 2023

[HIKING – HOOSIER RIDGE](#)

HIKE with Robert Walker

This is a hike to overlook part of the area that would be included in the CORE Act, a bill to protect 420,000 acres of public land in Colorado. Scott Miller, the Senior Regional Director for the Southwest of the Wilderness Society, will join us on this hike and will give us an overview of the proposed act. The hike is a 6 mile out and back hike with 2050' of up and down. It will be almost entirely above timberline so we will need to keep an eye on the weather and evaluate as we go.

<https://www.cmc.org/education-adventure/trips/find-trips/conservation-2013-hoosier-ridge>

Wed - Sat, Sep 20-24, 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>

Fri–Sun, Sep 22–24, 2023

[BACKPACK – EASY 1 MI BACKPACK TO A PERMIT CAMP SITE AT GSDNP. OPTIONAL VISIT TO "ORISONS" OUTDOOR SCULPTURE INSTALLATION. DAY HIKES FROM CAMP SITE TBD.](#)

BACKPACKING TRIP with Jan Dudley

<https://www.cmc.org/education-adventure/trips/find-trips/backpack-2013-easy-backpack-to-a-permit-camp-site-at-gsdnp-optional-visit-to-orisons-outdoor-sculpture-installation-day-hikes-from-camp-site-tbd>

Sat, Sep 30, 2023

[HIKING – LOST LAKE IN EAGLE COUNTY](#)

HIKE with Candace Winkle

<https://www.cmc.org/education-adventure/trips/find-trips/hiking-2013-lost-lake-in-eagle-county-1>

WILDERNESS FIRST AID – CMC STATE

Sat – Sun, November 11-12 from 9 AM- 6 PM

Location: Angler Mountain Ranch HOA Community Center at 367 Flyline Drive, Silverthorne

This class is sure to fill up. It is open to CMC members and non-members for a fee. Trip Leaders and School volunteers, see this link to apply for a Leadership Scholarship:

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

For Scholarship applicants, wait until you get your Scholarship link with instructions before you register.

CMC Members and Non-members can register 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

WILDERNESS FIRST AID CLASS IN SILVERTHORNE



The Gore Range Group (GRG) is hosting a Wilderness First Aid (WFA) class in Silverthorne on November 11-12, 2023. This is your chance to improve your skills and knowledge for recreating in the backcountry. CMC Trip Leaders are required to maintain current certifications in WFA and other skills for pertinent trips. This training can be useful on your personal adventures and family trips, extending far beyond CMC trips.

From the CMC website

“A wilderness medicine course prepares you for the possibility of a backcountry emergency and is your first step toward becoming more self-sufficient on the trail. You’ll learn how to assess patients, provide effective treatment for common outdoor illnesses and injuries, and make evacuation decisions.

The CMC offers Wilderness First Aid and Wilderness First Responder classes through [Backcountry Pulse](#). All Backcountry Pulse programs are taught to the current internationally accepted wilderness medicine guidelines and are continually updated to reflect the latest evidence-based practices. All courses are globally recognized.

Earn college credit for CMC Wilderness Medicine classes through Red Rocks Community College! Earn 1 credit (WFA) or 4 credits (WFR) through the RRCC Outdoor Education Program. CMC Wilderness Medicine classes taught by Backcountry Pulse can be approved for credit. Not all WFA or WFR courses may be approved.”

Course Overview

The WFA course teaches students the skills to anticipate risks and hazards, identify medical, traumatic, environmental problems, recognize life-threatening issues, initiate basic care and deliver a cohesive report. The curriculum forces students to think creatively, adapt to ever changing situations, and learn valuable leadership, decision making, and communication skills.

The course will focus on:

- Rescuer, patient and bystander mental health
- Inclusive and compassionate patient care
- Prevention of potential problems
- Performing a basic physical exam, identifying abnormalities and life-threatening problems, obtaining vital signs, patient history, and writing and verbalizing a report for a walk-out evacuation or hand-off
- Treatment and stabilization of emergencies, improvising splints, bleeding and wound control, management of heat and cold illnesses, hydration problems, drownings, lightning injuries, spinal cord protection, basic patient lifts and transfers
- Cardiopulmonary resuscitation and special considerations for the wilderness, Epinephrine administration, and first aid kit planning for specific activities and needs

Please note, while CPR techniques are discussed in the WFA course, students will not earn a CPR certification. The CMC offers a separate [CPR/AED course](#).

Wilderness First Aid is 2 day in-person 16 hour training that covers environmental, medical, and traumatic injuries with a focus on inclusive care and rescue, patient, and bystander mental health.

- \$250 for CMC members
- \$300 for non-CMC members*

*Non-members, consider the benefits of joining the CMC: Individual- \$85/yr, Family- \$125/yr, Under 30-\$50/yr. Use the savings from the member discount toward the cost of your membership and take advantage of more CMC trips and classes.

Register here for the Wilderness First Aid class:

https://www.cmc.org/groups-sections/cmc-state/course-templates/wilderness-medicine-school-wilderness-first-aid/copy10_of_wilderness-first-aid-cmc-state-2023

For other CMC Wilderness Medicine classes, see <https://www.cmc.org/education-adventure/schools-courses/schools-classes-overviews/wilderness-medicine>

GRG MEETINGS

MARK YOUR CALENDAR FOR GRG MEETING DATES

GRG Members are welcome to attend all GRG Meetings. Meetings are posted in the GRG Calendar. Click on the link to register. Jan will send a zoom link prior to the meeting. Let's make things happen!

10/4 GRG Leader Planning Meeting from 6:30 – 7:30 PM by zoom

Winter Trip Leader Planning

Zoom meeting for GRG Trip Leaders to plan the fall-winter-early spring season trips.

GRG members are welcome to join the meeting.

<https://www.cmc.org/groups-sections/groups-around-the-state/gore-range-group/calendar/winter-trip-leader-planning#:~:text=Special%20Interest%20Sections,Winter%20Trip%20Leader%20Planning,-Zoom%20meeting%20for>

10/17 GRG Council Meeting from 6:30 to 8:00 PM

GRG Council Meeting

Zoom meeting for GRG Council to review ByLaws and complete prep for Membership Meeting.

GRG members are welcome to join the meeting.

<https://www.cmc.org/groups-sections/groups-around-the-state/gore-range-group/calendar/grg-council-meeting-1#:~:text=Special%20Interest%20Sections,GRG%20Council%20Meeting,-GRG%20Council%20members>

Thu, November 2 from 05:30 PM to 08:30 PM

Gore Range Group Membership Meeting

<https://www.cmc.org/groups-sections/groups-around-the-state/gore-range-group/calendar/gore-range-group-membership-meeting>

Registration opens 10/2 at 7:00am

This meeting is for all members and guests of the GRG-CMC. Come for updates on the GRG activities and Council! Social time, meeting and a program.

Hybrid, in-person in Frisco and on Zoom

GRG Member Hike and Picnic

We were blessed with perfect weather for our GRG member hike and picnic in Breckenridge on June 24! Hikers (21) broke into “Long” and “Moderate” groups to hike up from Carter Park. After the hike, Chair Dale grilled burgers and everyone brought food to share for an outstanding offering! We were so busy catching up with our CMC friends that we forgot to get any photos of the food and picnic area. Thank you to all who provided food and service for cooking, set-up and clean-up. Thank you to: Chief organizer Jan; hike leaders Candace, Dale and Jim Borgel; Jim Bradley, venue arrangements; and to everyone for their delicious contributions!



GRG SUMMER FUN



Summer evening hikes to Dillon Nature Preserve and Breck troll with Jan



Scrambling on Castle Peak with Candace



Redemption at Mahan Lake



GRG SUMMER FUN



Fearless leader Jim guides a group to Ptarmigan ...



... and to beautiful Wheeler Lakes



New Leader Steve guides a group to Parnassus

Meanwhile ... in a far and distant land, Jim and Dick enjoy a sail up the Maine coast, and visit with Barb and Curt in Boothbay Harbor!



Do you have a travel adventure to share?
Please email
Barbaudin@gmail.com