



PEAK CHALLENGE

Conditioning Hike #1

Mount Audubon

June 20, 2009



- Date:** Saturday, June 20
Time: 7:00 am, please arrive 10 minutes early for check in, be ready to climb
Location: Take Colorado highway 72 from Nederland north (sign says west but the road goes north) to a turnoff just north of Ward. Go west on Brainard Lake road for about 4.5 miles to the lake. Turn right on the one-way loop around Brainard Lake. Cross a bridge over the outlet. In about ½ mile, turn right on the road toward the Mitchell Lake trailhead. The Mt. Audubon trailhead is at the end of this road, at the Northwest corner of the Mitchell Lake parking area. Parking is \$8 per car so talk with your contact about people to carpool with. **PLEASE DON'T BE LATE!!**
Length: Approximately 7 miles round trip
Elevation: Starting 10,480' Ending 13,223' Elevation Gain: Approx. 2,743
Leaders: Steve Van Meter
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Please let us know if you need to cancel. Remember that your practice climb leaders have volunteered their time to do this. **RSVP** to Jamie at 303.237.6865 x10 by June 15th **BEFORE 4PM**. If an emergency arises after these hours please call Jamie at 303.582.4147 (c), prior to the hike so she can let the leader know you will not be there.

Dear Peak Challenge Participant,

Our first conditioning hike, up Mount Audubon, is scheduled for Saturday, June 20, 2009. Your leader for the day will be Steve Van Meter. Because it is one of the many Indian Peaks, the views from the summit are especially dramatic. Two-thirds of the trail lies above timberline so the views and the alpine en route are magnificent. The final scramble to the top involves some talus but the summit is fairly flat & large. Be prepared for possible snow drifts.

Please notify all members and potential members of your climbing team so that they may sign-up to attend at least one practice climb. Remember that all climbers must attend at least one conditioning hike unless the requirement is waived by your leader. We encourage you to sign up as an alternate for as many hikes as possible so that you will be prepared when Peak Challenge weekend arrives (August 1 & 2).

Please come prepared for a moderate to strenuous day hike. The "10 essentials" listed in the Peak Challenge handbook is a great reference for what you will need. (contact your leader if you haven't reviewed/received the handbook). In addition, each climber should bring 2 or 3 quarts of water and a lunch. Fruits and other snacks will be provided after the climb. It is important to get your climbing pack together well before Peak Challenge weekend so that you can get used to hiking with the weight. Be sure to dress appropriately, with waterproof hiking boots and layered clothing.

REMINDER: If you have not yet contacted your leader, please do so as soon as possible. They will play a vital role in assisting your group with the logistics of Peak Challenge, as well as events prior to the weekend climb. **Do not forget to fax (303-237-6873) or mail your signed waiver** indicating your training climb peak(s) and sponsored peak, prior to your first climb.

If you have any questions or need more information, please contact Jamie Sachtjen at 303-237-6865 x 10 or Jamie.sachtjen@griffithcenters.org.

NO DOGS OR CHILDREN UNDER 18 ARE ALLOWED ON CLIMBS!!!!!!