



High Profile Advanced Adventure Camp - Colorado
June 8 - 12, 2011

Up – Date #1

May 5, 2011

Having just returned from Buena Vista and Twin Lakes on a final scouting trip, I am so excited and looking forward to returning in just over a month. This is going to be a trip of a lifetime! Unlike past camps, the 2010-2011 winter has seen record snowfall. Currently, the snowpack in the Arkansas River watershed is 159% above average and hasn't begun to melt. Once it does, HUGE and EPIC are going to be the operating words for the rafting on the Arkansas River. The trek to the summit of Mount Elbert will also be affected as snowshoes and crampons will be necessary. To keep current on the summit conditions, reference; www.14ers.com and click on Mt. Elbert and recent trip reports.

The current participants for the camp include the following adventurers and their hometowns:

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|-----------------------|----------------------------|
| 1. Kathy Woods | Zionsville, Indiana |
| 2. Marianne Schroeder | Bettendorf, Iowa |
| 3. Vicki Peters | Kansas City, Missouri |
| 4. Christopher Wilson | Papillion, Nebraska |
| 5. Doug Konrath | St. Louis, Missouri |
| 6. Tom Minard | Villa Park, Illinois |
| 7. Nathan Brinza | Chicago, Illinois |
| 8. David Jackson | Lake Odessa, Michigan |
| 9. Ron Stonitsch | Rock Falls, Illinois |
| 10. Sue Stonitsch | Rock Falls, Illinois |
| 11. Ellie Hernann | Batavia, Illinois |
| 12. April Hernann | Batavia, Illinois |
| 13. Gerry Voelliger | Bettendorf, Iowa |
| 14. John Hobbs | Davenport, Iowa |
| 15. Mike Lester | Colorado Springs, Colorado |
| 16. Gabi Lester | Colorado Springs, Colorado |

It is my understanding that others are interested in attending, if so; please e-mail your interest immediately. Reservations for the raft trip are due and with the anticipated heavy run-off and really fun waters, the raft company is requiring firm numbers now.

HOTEL

We will be staying at the award winning Best Western Plus Vista Inn in Buena Vista. The hotel is new and absolutely beautiful with views of three Collegiate Peaks Range, 14,000' peaks to the west. It is conveniently located to downtown BV and next door to The Trail Head outdoor equipment and bike shop on US Highway 24. The hotel offers free high speed internet access, a full complimentary

continental breakfast and an indoor hot tub and pool. The web site for the hotel is <http://bestwesterncolorado.com/hotels/best-western-plus-vista-inn>.

ROCK CLIMBING – RAPPELLING

We will be spending the day on Thursday, June 9th on Independence Pass just west of the historic town of Twin Lakes. It is an easy 30 minute drive from the hotel to the trailhead. This area is famous in the climbing world as many of the routes were first ascents by soldiers of the 10th Mountain Division in the WWII era. It is also one of the highest alpine climbing areas in the county. The rock is very high quality granite. We will be spending the day at an altitude of 9,500' in the area of Monitor Rock, Outlook Rock, Dump Wall and the Black Slab. All areas have climbs rated at 5.7, 5.8, 5.9 and 5.10. I will be providing all the ropes and rigging and we will be setting the ropes early that morning. Bring snack food for lunch, plenty of water, and sun screen. For more information on the area, go to www.mountainproject.com/v/colorado/independence_pass/105744331 for specific route information. There are many top rope, sport climbing and multi-pitch opportunities. Rappels are in the 100' – 300' range. You will need to bring plenty of clothes. The mornings will be near or at freezing and windy. Depending upon the face aspect of the rock wall, if it is in the shade it will be cold throughout the day. If it is in the sun, it will be hot with intense high altitude sun. Dress in layers. Below is a picture of Monitor Rock I took this past Tuesday.



To get the most out of the experience, I would highly recommend rock climbing shoes. If you don't own a pair, go to www.mountaingear.com. Click on "SALE" at the top of the screen for great prices on shoes.

TREKKING or MOUNTAIN BIKING

New for 2011, is the option for a morning trek or mountain bike ride on Friday, June 10th. We will stay in the Buena Vista area for convenience and easy access to an extensive trail system. At the end of West Main Street is the trailhead to the Midland Bike Trail System and the Barbara Whipple Trail System. The trails are mainly old railroad beds, forest roads with some single tracks and have various distanced loops. As a group, you have the option to either ride or trek. The purpose of this morning is to acclimatize to the altitude and to tweak your gear and pack for the summit attempt. If you would like to rent a mountain bike, The Trail Head has Trek hard tails for rent for \$30 a half day. They have two small, two medium and two large frames for rent otherwise bring your own. The web site for The Trail Head is www.thetrailheadco.com.

RAFT TRIP

On the afternoon of Friday, June 10th we will be rafting the Arkansas River. The raft company that we will be using this year is Wilderness Aware Rafting in Buena Vista. The company is highly regarded and has twice been honored as the Colorado Company of the Year. The web site is www.inaraft.com. We are planning on a ½ day trip on the Numbers section of the Arkansas River. This steep and rocky 6 mile stretch of the Arkansas is the most extreme class IV-V whitewater on the river and one of the most extreme in the state of Colorado. With the high run off expected due to the heavy snow pack, I am anticipating an EPIC trip. If this stretch of the river is too fast and furious, we will be moving downstream a bit to the Narrows area.

Where to Meet

The trip departs from the Wilderness Aware office at 12600 US Hwy 24 and 285, Buena Vista, CO (3 miles south east of Buena Vista) Look for the mountain shaped sign on the north side of the highway, just east of the river and Johnson Village at mile marker 213.8.

What to Bring

- Do Not Wear Cotton on the River (no jeans or sweats)
- Wetsuit (Required)
- Swimming Suit and/or Shorts
- Sunglasses with Securing Strap
- Waterproof Sunscreen
- Waterproof Camera
- Hat or Visor
- Tennis Shoes or Secure Sandals (no flip-flops or Crocs)
- Fleece Jacket or Synthetic Insulating Layer
- Change of Clothes and Towel (for after the trip)
- Cash for Souvenirs and Tipping Your Guide
- Water Bottle (If you don't want to share)

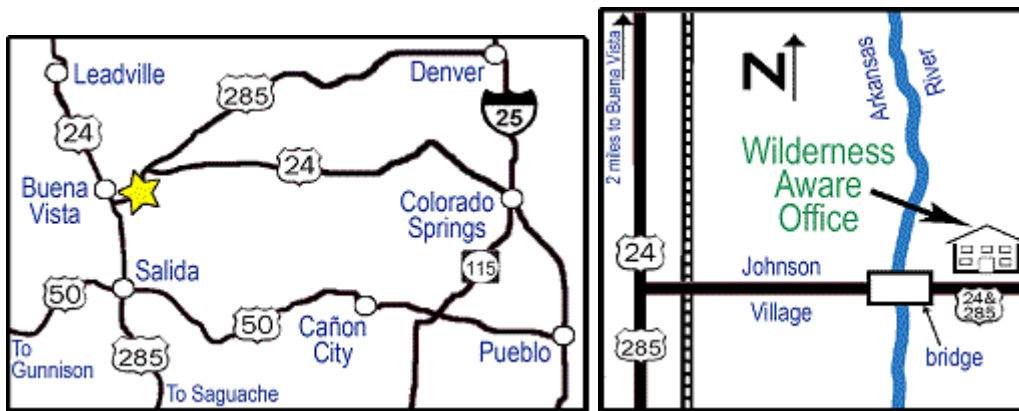
Wilderness Aware Provides

- A Senior Guide on Each Raft and Rafting and Safety Equipment – Including Helmet
- Shuttle from their Office to the River and Back
- Comfortable Changing Facilities

Rentals

- Wetsuits – \$10/day or \$7/half-day
- Wetsuit Booties – \$5/day or half-day
- Splash Jacket – \$5/day or half-day
- Be Warm! Package \$17/day or \$14/half-day (Includes wetsuit, booties and splash jacket)

Note: The raft trip is included in the package price of the trip. The wetsuit, booties, and splash jacket are not included and are at your expense prior to the raft trip.



ORIENTATION: Prior to boarding your raft, you will receive a complete safety orientation.

LIABILITY RELEASE: Everyone will be required to sign a liability release form prior to trip departure. Youths not riding with their parents will need to provide a copy of our liability release signed by one or both parents. You can download a copy of our liability release from [here](#). These completed liabilities must be presented to us upon check-in.

TIPPING: Tipping is appropriate, particularly if you have received exceptional customer service. If you believe that a tip is appropriate we recommend an average tip of \$10-\$15/guest/day. We always appreciate hearing from you so that we can recognize extraordinary customer service and we also appreciate hearing from you if you feel that there are areas that we can improve upon. We strive to exceed your expectations!

ALCOHOLIC BEVERAGES: We do not provide alcohol on our trips, and alcohol is not permitted while on the river. Guests who have been drinking prior to their trip will not go on the river and will not receive a refund.

WETSUITS: Wetsuits are required on class V whitewater for your safety. Hypothermia can set in

quickly if you fall out of the raft.

NON-SWIMMERS: We provide U.S. Coast Guard approved personal floatation devices designed to float you face-up in whitewater. Personal floatation devices are required to be worn at all times. Due to the nature of the whitewater on this trip we strongly recommend that participants be able to swim.

HELMETS: Helmets are required and provided on the Arkansas River.

DAY GEAR: Each raft is equipped with a waterproof bag for any small items that you may need during the day.

DRINKING WATER: We carry drinking water on each raft. If you don't wish to share with others, feel free to bring your own water bottle.

RETAIL STORE: We have a retail store for those last minute items such as sunscreen and waterproof cameras. Plan to check out our t-shirts, hats and souvenirs after the trip.

PHOTOS: Photos will be taken of every raft. Digital copies will be available to view or purchase at www.inaraft.com/your-rafting-photos.php.

ALTITUDE: You will be rafting at 8000 feet above sea level. Most people don't have serious problems here, but shortness of breath and dehydration are possible. Come a day or two early to acclimatize yourself if you can. We recommend that you drink plenty of water during your stay.

PREGNANCY: We cannot take you rafting if you are pregnant. This is for your own safety and that of your unborn child.

CANCELLATION POLICY: If you cancel more than 10 days prior to trip departure we will refund all of your deposit less a \$5/person cancellation fee. If you cancel less than 10 days prior to trip departure there is no refund. We reserve the right to reschedule, move or cancel any trip.

SUMMIT ATTEMPT – MOUNT ELBERT (14,433’)

On Saturday, June 11th at 0300 a.m. we will be leaving the South Elbert Trailhead located at 9,620'. We will follow the East Ridge Route, which is the standard route and rated Class 1. The trail head has a nice sized parking lot with no rest room facilities. It is accessed paved Lake County Road 24. The trek to the summit is approximately 11.2 miles round trip. For up to date weather and trail conditions and to read trip reports, go to www.14er's.com . The web site also has a free Android app available for download. As of Tuesday, May 3rd, there has been no snow melt at the high altitudes. It was full on winter! Prepare for winter alpine conditions with cold, high winds, and deep snow. Therefore, I am highly recommending snowshoes and crampons or Kahtoolas along with trekking poles. Quite possibly, we will encounter conditions unlike other great peaks throughout the world. Keep in mind, Mount Elbert is the highest peak in Colorado and the fourth highest in the continental U.S., surpassed only by Whitney in CA, Rainier in WA, and Denali in Alaska. The plan is to be on the summit before noon and off the mountain by 3:00 p.m.

AFTER SUMMIT PARTY – Hosted by Active Endeavors

A tradition started in 2009 with the summit of Torrey's and Gray's Peaks, Matt Ostrom the owner of Active Endeavors in Davenport is once again hosting a celebration of spirits and appetizers. The location of this year's party is at the Eddyline Restaurant and Brewery located in South Main, on the banks of the Arkansas River. This is an incredible microbrewery which offers healthy, fun foods and outstanding brews. Go to www.eddylinepub.com to view the menu and beers on tap.

BUENA VISTA

BV has become one of my favorite places on earth! Located at 8,000' elevation in the Arkansas River Valley, a mild year round climate, it is famous for being the capital of white water kayaking and rafting in Colorado. Recently, it has gained fame as a mountain biking, adventure racing, and rock climbing Mecca. It is also famous for being the gateway to 15, 14,000' peaks in the Sawatch Range. The town has all of the conveniences you would want and need. Go to www.buenavistacolorado.org. A new residential and commercial development on huge interest is "South Main". Located in the parks of South Main are bouldering problems. International bouldering competitions take place on the artificial boulders. South Main is known for "new urbanism", sustainability, and green buildings. The architecture of the buildings uses the "old" look of buildings in Colorado. Streets are cobblestone and transportation is by bike. It is so cool! Go to www.southmainco.com to see for yourself.

Other favorites in BV include: The Buena Vista Roastery at www.bvroastery.com for great coffee and lattes. An option for late afternoons on any day is to go soak in the outdoor hot springs at Cottonwood Resort at www.cottonwood-hot-springs.com. For paddling gear featuring NRS is CKS. The web site is www.coloradokayak.com.

FINAL THOUGHTS

I need to stress that with just over a month to go, it is imperative that you focus your training and preparation on the rigors of summiting a 14,000' peak. I would recommend long walks with a 15-20 pound pack, walking/running stairs or stair machine (concentrate on 2' high step ups), biking or spinning, and fine tuning your gear. The gear list which is posted on the web site is accurate with the recommended gear. Breaking in shoes to prevent blisters is absolutely essential NOW! Anticipate the worse in weather conditions, winds over 30 mph, blowing snow, bitter cold, and slippery rock. Hope for a relatively warm, clear day. Be prepared to survive and enjoy both. With proper preparation, both mentally and physically, you will be able to accomplish one of the life's most difficult and satisfying activities.

I am extremely excited by the challenge and especially with the group of adventurers who will be joining me. I will provide further updates as necessary. Be safe in your preparations! See you soon.