Academics
CMC is one of the national leaders in incorporating outdoor leadership training in the context of college degree programs. We can confidently state that we are leading the standards by which all other colleges are judged. The faculty are highly qualified in their fields of expertise and maintain nationally-recognized certificates of competency.

Instructor Profiles
If you take our Trail Running program, you will be coached by Amanda McIntosh with knowledge and skills that she has learned through nearly ten years of providing conditioning and training for runners of all levels. Her techniques have aided novices through competitive ultramarathoners in becoming stronger and healthier runners. Amanda stands as proof of her coaching abilities, having won such prestigious races as The World Masters Association 100k in Argentina and Leadville Trail 100,...and she just keeps going.

If you choose to participate in our boating programs, you will have the opportunity to study under Eric Riley. Eric is a seasoned whitewater boater who has guided throughout the country and currently guides for OARS Idaho. Eric supplements his seemingly infinite knowledge of the water with an amazing ability to educate others. In addition to teaching for CMC, Eric is the River Rescue Coordinator for Desert Mountain Medicine and an American Canoe Association (ACA) advanced swiftwater instructor. Whether you are looking to become a professional guide or a recreational boater out on your own, Eric Riley can teach you the skills that will allow you to achieve your goals.

Safety
At CMC we are proud of our excellent safety record. Our faculty serve on the National Wilderness Risk Managers Committee www.nols.edu/wrmc and we are serious about teaching and promoting a safety frame of mind to all of our participants. There are, however, inherent risks in traveling, teaching, living, and working in the outdoors but, as in all respected outdoor leadership training organizations, the recognition of and the ability to deal with hazards are among the things we emphasize. After all, Backpacker Magazine named us one of the top 5 schools in the country to get an outdoor education!

At 10,200 feet, this is truly Higher Education
### Summer Course Offerings

#### Trail Running I, II, III
**TR I** – June 9-10, **TR II** – July 7-8, **TR III** August 3-4. All classes 8AM – 4PM
These courses aim to provide you with an introduction into the techniques affiliated with trail running. In addition to actual running techniques, courses will also address nutrition, proper stretching, and cross training. Trail Running II & III will include conditioning, weight/core training, rest & recovery techniques, and race tactics. Take classes independently or as a series to hone your skills.

#### Mountain Biking I & II
**MB I** – June 16-17, **MB II** July 21-22. Both classes 8AM – 4PM
These seminars provide instruction in basic mountain biking skills and techniques. Students develop skills and techniques for all riding situations, review bicycle anatomy, and basic maintenance and repairs. The MB II course covers efficient climbing, technical descending, cornering, and the use of berms, drop-offs, and step-ups.

#### Whitewater Rafting
**June 20-21, 23-24, July 2-3, 6-7, and 14-15**, all classes 8:30AM – 4:30PM
Whitewater Rafting teaches you boating safety, hazard evaluation, whitewater river reading skills plus raft paddling and rowing techniques. Instruction will also include the basics of capturing a raft and basic rescue techniques.

#### Mountain Photography
**June 30, 8AM – 4PM**
A day of fly fishing in the trout-infested Arkansas Headwaters, which includes an introduction to selection and use of the appropriate equipment, fly-casting techniques, basic fly-fishing entomology, and reeling ‘em in.

### Continuing Education Opportunities

#### Backcountry Navigation
**June 1-3, Friday 4:30 – 6:30, 8AM – 6PM**
In this course, participants will spend two days traveling through the backcountry learning the skills necessary to navigate both on and off trail.

#### Introduction to Top Rope Site Management
**June 11-14, 8 AM – 4 PM**
This course is designed to provide systems & rescue training for individuals who wish to set-up and manage Top Rope rock climbing sites in an institutional setting.

#### Mountain Ecology
**June 23, 12-4PM**
An afternoon of easy hiking in the Sawatch Range will provide students with hands-on exploration of the ecology of Aspen forests, wetlands, and pine ecotones.

### Group Outings

#### Hiking through History
**July 1, 8 AM – 12 PM**
Students will hike through Leadville’s mining district to learn about its colorful history painted upon the larger backdrop of an era of mining and its cultural & environmental implications.

#### LNT Trainer
**July 10 – 12, Tues. 4:30 to 6:30, Wed., and Thurs., 8 AM – 6 PM**
This course will teach you to become a Leave No Trace Trainer. This certificate will allow you to teach your own LNT courses for any group that needs to know how to travel through the backcountry with minimal impact.

#### Wildflower Walk
**July 21, 8 AM – 12 PM**
In this course, you will spend the day enjoying and identifying one of the most beautiful aspects of summer in the mountains—the wildflowers!

#### Astronomy
**August 12, 9 to 11 PM**
Students will spend a short evening out during the New Moon examining the unimpaired night skies of the high alpine. Topics of instruction will focus on identification of prominent stars and their affiliated constellations, along with the stories assigned by various civilizations to describe their luminous fate in the sky.

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**CMC Timberline Campus, Leadville**

[www.coloradomtn.edu • 719.486.4222](http://www.coloradomtn.edu)