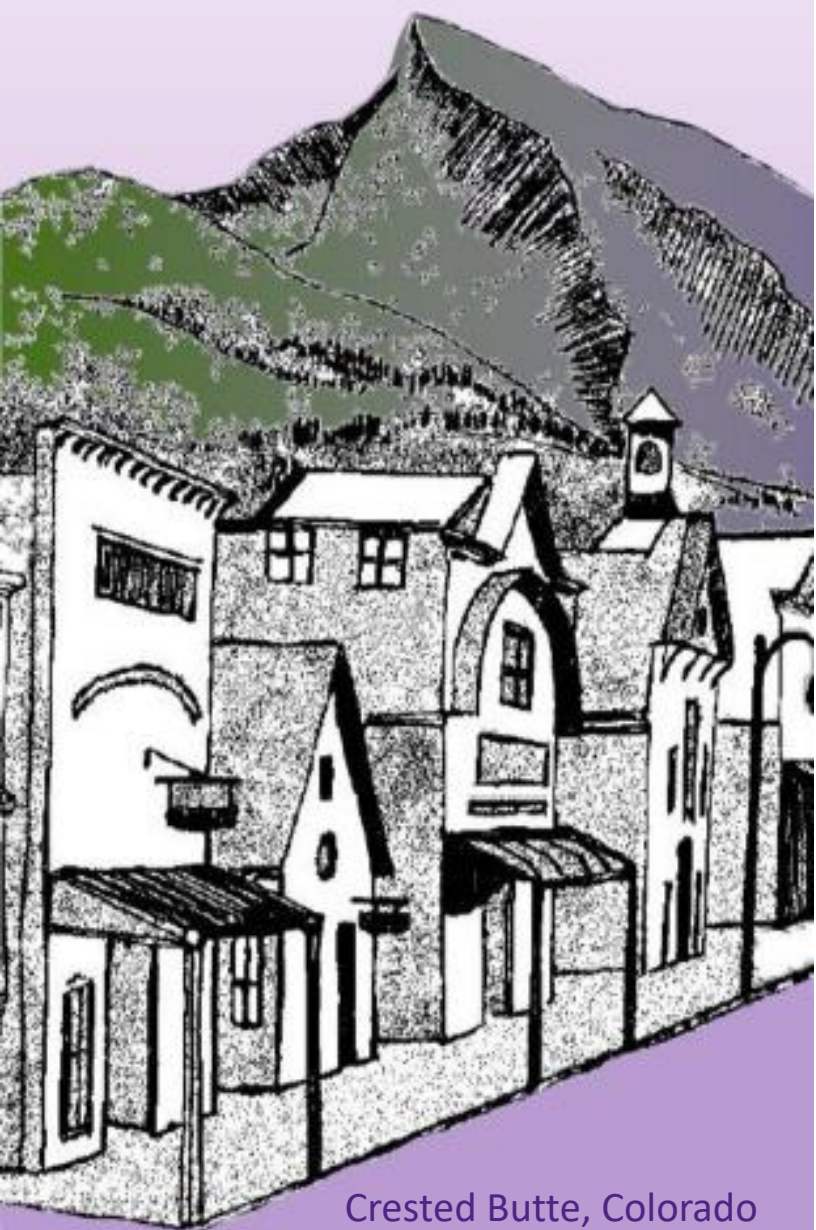


Thirty-Eighth Annual
Crested Butte Mountain
Conference
July 23 - 28, 2023
Conference Program



Crested Butte, Colorado

Welcome
Bienvenidos
Bonjour
Aloha
Shalom

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Important CBMC Information:

Meeting and Workshops:

Many meetings and workshops are held in the three conference rooms located in the Grand Lodge and Resort Hotel and the Ballroom at the Mountaineer Conference Center, which are:

- Gunnison River Conference Room, 2nd Floor
- Taylor River Conference Room, 4th Floor
- Crystal River Conference Room, 3rd Floor

Nightly Speaker Meetings (Mon-Fri) will be held in The Ballroom at the Mountaineer Conference Center.

Other important locations are:

- Butte 66 Restaurant Deck (8 am AA Outdoor Deck Meeting - Rain Out Location: Taylor River / Grand Lodge, 4th Floor)
- Plaza Condominiums - Alateen Workshops
- Whetstone Building - Kids/Preteen Activities

The Hospitality Room will be open 2:00 pm to 6:00 pm on Sunday and 6:30 am to 6:00 pm Monday through Friday in Trackers, Mountaineer Conference Center, 1st Floor.

The Information Desk will be open daily from 8:00 am to 3:30 pm (and Noon on Friday) in the Grand Lodge lobby for general information, lost & found, literature available for purchase and a message board.

SMOKING IS NOT PERMITTED IN THE CONFERENCE AREAS

2023 Conference Co-Chairs are:
John R., Dallas, TX & Hilary KR., Dallas, TX

SUNDAY, JULY 23

- 2:00-6:00 pm • Hospitality Room Open
Trackers, Mountaineer Conference Center, 1st Floor
- 3:00-5:00 pm • Conference Check-in/
Registration Packet & Badge Pick-up
Ballroom / Mountaineer Conference Center
- 4:00-5:00 pm • Third Step Discussion Meeting (Open)
Gunnison River / Grand Lodge, 2nd Floor
- 5:15-6:45 pm • Welcome to Crested Butte Dinner
Ballroom (in BR Sections: Elko and Floresta), at the
Mountaineer Conference Center
- 7:30-9:00 pm • Crested Butte Open AA Meeting
Speakers: Donna P., CB & Terry C., CB
Crested Butte Community School Auditorium
- 9:30 pm • First-time Conference Attendees Meeting
• Workshop Leaders Meeting
• Discussion Leaders Meeting
Ballroom / Mountaineer Conference Center
- 9:30-10:30 pm
- Alateen Meet & Greet - Closed Meeting
Plaza Conference Room/Plaza Condos, Ground Floor
 - Ala-20's - Moving On! (From Alateen to Al-Anon)
Coal Creek Boardroom, Grand, Lodge 6th floor
 - Solos-in-Recovery Open Discussion Meeting
Gunnison River / Grand Lodge, 2nd Floor

MONDAY, JULY 24

- 7:15-7:45 am
- Meditation - Crystal /Grand Lodge, 3rd Floor
- 8:00-9:00 am
- Closed AA Discussion: Steps 1, 2 and 3
Butte 66 Restaurant Deck
(If rain: Taylor River / Grand Lodge, 4th Floor)
 - Al-Anon Discussion: Steps 1, 2 and 3
Gunnison River / Grand Lodge, 2nd Floor
- 9:30-11:00 am
- Conference Registration, Activity/Tournament
Sign-Up & Badge Pick-up
Ballroom/Mountaineer Conference Center
- 10:30-11:30 am
- Open AA Discussion: There is a Solution
Taylor River / Grand Lodge, 4th Floor
 - Closed AA Discussion: Our Dilemma: Lack of Power
Gunnison River / Grand Lodge, 2nd Floor
- 10:30-11:30 am
- Al-Anon Discussion: Changed Attitudes Can Aid
Recovery Crystal River / Grand Lodge, 3rd Floor
- 1:00 pm
- Crested Butte Trails: Snodgrass/Teddys Trail hike
(Moderate) (See p. 10 for info on hikes)
- 2:00-3:00 pm
- Closed AA Discussion: Spiritual Experience: The
Educational Variety
Taylor/Grand Lodge, 4th Floor
 - Al-Anon Discussion: Unity in Relationships
Crystal/Grand Lodge, 3rd Floor
 - Al-Anon Basics Discussion:
Alcoholism, A Family Disease
Gunnison River / Grand Lodge, 2nd Floor
 - Orientation for Kids (7-9), Preteens (10-12),
and Parents - Camp CB/Whetstone Building

MONDAY WORKSHOPS

3:30-5:00 pm

- Alateen Workshop - *Closed Meeting*
Plaza Conference Center
- The Trail—From Defiance to God Reliance
Gunnison River / Grand Lodge, 2nd Floor
- Dealing with Grief: AA and Al-Anon
Crystal / Grand Lodge, 3rd Floor
- Surrender and Acceptance (Step 1)
Ballroom / Mountaineer Conference Center
- H.O.W. - Essentials of Recovery
Taylor River / Grand Lodge, 4th Floor

7:30-9:30 pm • Kids' Nightly Activities -
Camp CB / Whetstone Building

8:00-9:30 pm

- AA OPEN SPEAKER MEETING
Ballroom/Mountaineer Conference Center
Speaker: Victor V., Springdale, AR

9:45 pm

- Solos Night Owl Fellowship & Games
Trackers, Mountaineer Conference Center,
1st Floor (Cost \$5, snacks & beverages)
Pre-registration REQUIRED

10:00-11:00 pm

- Open AA Discussion: Serenity Prayer
Crystal River / Grand Lodge, 3rd Floor
- Alateen Night Owl Meeting - *Closed Meeting*
Plaza Conference Ctr.
- Ala-20's Night Owl Meeting
Taylor River / Grand Lodge, 4th Floor

TUESDAY, JULY 25

7:15-7:45 am

- Meditation - Crystal/Grand Lodge, 3rd Floor

8:00 am • Bill Wilson Open Golf Tournament

8:00-9:00 am

- Closed AA Discussion: Steps 4 & 5
Butte 66 Restaurant Deck
(If rain: Taylor/Grand Lodge, 4th Floor)
- Al-Anon Discussion: Steps 4 & 5
Gunnison River/ Grand Lodge, 2nd Floor

8:15 am • Alateen White Water Rafting (See p. 9)

9:00 am • Upper Loop to Crested Butte hike
(See p. 10 for info on hikes)

10:30-11:30 am

- Closed AA Discussion: We Pocket Our Pride p75
Crystal River / Grand Lodge, 3rd Floor
- Open AA Discussion: Into Action - Promises of
Step 5, p75
Taylor River/Grand Lodge, 4th Floor
- Al-Anon Discussion: Lack of Control Is Our Dilemma
Gunnison River / Grand Lodge, 2nd Floor

Noon - 1:00 pm

- Solos Weenie Roast & Root Beer Floats (\$10)
Plaza Deck - Preregistration is Required

2:00-3:00 pm

- *Closed AA Disc: The Alcoholic Leads a Double life*
Gunnison River / Grand Lodge, 2nd Floor
- *Al-Anon Discussion: Who Is in Charge?*
Crystal River / Grand Lodge, 3rd Floor
- *Al-Anon Basics Discussion: HOW: Honest, Open and Willing*
Taylor River / Grand Lodge, 4th Floor

TUESDAY WORKSHOPS

3:15 pm SHARP!

- *Alateen & Ala-20 Group Photos*
Plaza Conference Center

3:30-5:00 pm

- *Workshop for Kids (7-9), Preteens (10-12)*
Camp CB/Whetstone Building
- *Alateen Workshop - Closed Meeting*
Plaza Conference Center
- *3rd Step Promises*
Crystal River/ Grand Lodge, 3rd Floor
- *Spiritual Awakenings*
Taylor River/Grand Lodge, 4th Floor
- *Laughter, Joy and Serenity, Keys to Recovery*
Gunnison River / Grand Lodge, 2nd Floor
- *2nd Step Staying in the Solution for All My Problems*
Ballroom/Mountaineer Conference Center

7:30-9:30 pm

- *Kids' Nightly Activities - Camp CB/Whetstone Building*

8:00-9:30 pm

- **AA OPEN SPEAKER MEETING**
Ballroom/Mountaineer Conference Center
Speaker: Misoon W., Naples, FL

10:00-11:00 pm

- *AA Open Discussion - Your Own Conception Of God*
Crystal River / Grand Lodge, 3rd Floor
- *Alateen Night Owl Meeting - Closed Meeting*
Plaza Conference Center
- *Ala-20's Night Owl Meeting*
Taylor River / Grand Lodge, 4th Floor

WEDNESDAY, JULY 26

7:15-7:45 am

- *Meditation - Crystal River/Grand Lodge, 3rd Floor*

8:00-9:00 am

- *Closed AA Discussion: Steps 6 & 7*
Butte 66 Restaurant Deck
(If rain: Taylor River / Grand Lodge, 4th Floor)
- *Al-Anon Discussion: Steps 6 & 7*
Gunnison River/Grand Lodge, 2nd Floor

9:30-Noon

- *Alateen Silver Queen Ski Lift Meeting (High Meadow)*
Topic: God As I Understand God
(Note: Alateens are on their own after meeting)

9:30 am • *High Meadow on the Mountain Hike*

10:00 am

- *Painter Boy/ Columbine Trails on Mt. Crested Butte*
(See p. 10 for info on hikes)

Wednesday

10:30-11:30 am

- Closed AA Discussion; Faith Without Works Is Dead
Crystal River / Grand Lodge, 3rd Floor
- Open AA Discussion: Strenuous Effort to Face and Be Rid of Character Defects
Taylor River / Grand Lodge, 4th Floor
- Al-Anon Discussion: Minding Our Own Business
Gunnison / Grand Lodge, 2nd Floor

2:00-3:00 pm

- Closed AA Discussion: Our Real Purpose...Humility
Gunnison / Grand Lodge, 2nd Floor
- Al-Anon Discussion: Being Willing to Ask for Help
Crystal River/Grand Lodge, 3rd Floor
- Al-Anon Basics: What's a Sponsor for?
Taylor River / Grand Lodge, 4th Floor

WEDNESDAY WORKSHOPS

3:30-5:00 pm

- Workshop for Kids (7-9), Preteens (10-12)
Camp CB/Whetstone Building
- Alateen Workshop - *Closed Meeting*
Plaza Conference Center
- Developing a Meditation Practice Within Your Program
Gunnison River / Grand Lodge, 2nd Floor
- Steps 6 and 7; Opening Ourselves Up To Change
Crystal River / Grand Lodge, 3rd Floor
- Giving or Listening to a 4th and 5th step
Ballroom / Mountaineer Conference Center
- Amends -- The Path To Freedom
Taylor River/Grand Lodge, 4th Floor

5:30 - 7:30 pm

- Solos Picnic & Free Concert
Red Lady Stage, Mt. Crested Butte. Bring your blankets, food and drinks. Look for yellow balloons!!

7:30-9:30 pm

- Kids' Nightly Activities
Camp CB/Whetstone Building

8:00-9:45 pm

- ALATEEN & AL-ANON SPEAKER MEETING
Ballroom/Mountaineer Conference Center
Alateen: Vincent F., Colorado Springs, CO
Al-Anon Speaker: Sue L., Broomall, PA

10:00 pm

- Alateen Night Owl Meeting - *Closed Meeting*
Plaza Conference Center
- Ala-20's Night Owl Meeting
Taylor River / Grand Lodge, 4th Floor

10:15-11:15 pm

- AA Open Discussion-Half Measures Aailed Us
Nothing
Crystal River / Grand Lodge, 3rd Floor

THURSDAY, JULY 27

- 7:00 am • Dr. Bob's Annual Fishing Tournament
 Departs from Grand Lodge parking lot at 7:00 a.m.
 Fishing starts at 8:00 a.m.
- 7:15-7:45 am
- Meditation - Crystal / Grand Lodge, 3rd Floor
- 8:00-9:00 am
- Closed AA Discussion-Steps 8 & 9
 Butte 66 Restaurant Deck
 (If rain: Taylor / Grand Lodge, 4th Floor)
 - Al-Anon Discussion-Steps 8 & 9
 Gunnison River / Grand Lodge, 2nd Floor
- 8:00 am
- Lost Scarp Ridge Hike
 (See p. 10 for info on hikes)
- 9:30 am
- High Meadow on the Mountain Hike
 (See p. 10 for info on hikes)
- 10:30-11:30 am
- Closed AA Discussion: Half Measures Aailed Us
 Nothing
 Crystal River / Grand Lodge, 3rd Floor
 - Open AA Discussion: Gifts of Sobriety
 Taylor River / Grand Lodge, 4th Floor
 - Al-Anon Discussion: Forgiveness Is the Key to
 Freedom
 Gunnison River / Grand Lodge, 2nd Floor
- 2:00-3:00 pm
- Closed AA Discussion: Amends: Talk or Action
 Gunnison River / Grand Lodge, 2nd Floor
 - Al-Anon Discussion: Boundaries: Who Are They For?
 Taylor River / Grand Lodge, 4th Floor
 - Al-Anon Basics: The Values of Serenity
 Crystal River / Grand Lodge, 3rd Floor

THURSDAY WORKSHOPS

- 3:30-5:00 pm
- Workshop for Kids (7-9) & Pre-Teens (10-12)
 Camp CB, Whetstone Building
 - Carrying the Message of Recovery
 Taylor River / Grand Lodge, 4th Floor
 - Variations On a 10th step
 Ballroom/Mountaineer Conference Center
 - Sponsorship
 Crystal River / Grand Lodge, 3rd Floor
 - Emotional Sobriety
 Gunnison River / Grand Lodge, 2nd Floor

Thursday / Friday

5:15 - 6:45 pm

- Alateen Gratitude Meeting - *Closed Meeting*
(Alateens & " Family " Only)

Plaza Conference Center - Food Sign-Up
w/Sponsors

7:30-10:30 pm

- Kids' Nightly Activities
Camp CB/Whetstone Building

8:00-9:30 pm

- OPEN AA SPEAKER MEETING
Ballroom/Mountaineer Conference Center
Speaker: Tami P., Chatsworth, CA

9:45-11:00 pm

- Alateen Pizza Party - Plaza Conference Center

10:00-11:00 pm

- AA Open Discussion- Acceptance: It's Happening
Crystal River / Grand Lodge, 3rd Floor
- Ala-20's Night Owl Meeting
Taylor River / Grand Lodge, 4th Floor

FRIDAY, JULY 28

7:15-7:45 am

- Meditation - Crystal River / Grand Lodge, 3rd Floor

8:00-9:00 am

- Closed AA Discussion: Steps 10, 11 & 12
Butte 66 Restaurant Deck
(If rain: Taylor River / Grand Lodge, 4th Floor)
- Al-Anon Discussion: Steps 10, 11 & 12
Gunnison River / Grand Lodge, 2nd Floor

9:30 am • Butte Scoot 5K Run starts

10:00 am

- Historic Walking Tour of Crested Butte
(See p. 10 for info on hikes)

10:30-11:30 am

- Closed AA Discussion: Steps 10 and 11: Our Daily
Reprieve. pp84-88
Crystal River / Grand Lodge, 3rd Floor
- Open AA Discussion: From Hideous 4 Horseman
(p151) to Rocketed into the 4th Dimension (p25)
Taylor River / Grand Lodge, 4th Floor
- Al-Anon Discussion - Living a Full Life
Gunnison River / Grand Lodge, 2nd Floor

1:00-2:00 pm

- Regional Conference Representatives Meeting
(Open to All! Join us for more info about
Becoming a CBMC Regional Representative)
Ballroom/Mountaineer Conference Center

1:00 pm

- Annual Softball Championship - See p.12

2:00-3:00 pm

- Closed AA Discussion: Step 12; Spiritual Awakening:
Path to Principled Living in All Our Affairs
Crystal River / Grand Lodge, 3rd Floor
- Al-Anon Discussion: For Fun and For Free
Taylor River / Grand Lodge, 4th Floor
- Al-Anon Basics: Detaching with Love
Gunnison River / Grand Lodge, 2nd Floor

FRIDAY WORKSHOPS

3:30-5:00 pm

- Workshop for Kids (7-9) & Pre-teens (10-12)
Camp CB/Whetstone Building
- The Spiritual Life Is Not A Theory
Ballroom/Mountaineer Conference Center
Speaker Panel:
 - Victor V. - Springdale, AZ (AA)
 - Misoon W. - Naples, FL (AA)
 - Sue L. - Broomall, PA (Al-Anon)
 - Tami P. - Chatsworth, CA (AA)
 - Mike A. - Nashville, TN (AA)

5:30-6:15 pm

- Open Alateen Speaker Panel
Ballroom/ Mountaineer Conference Center
Open to ALL Conference Attendees!!!

7:30-9:30 pm

- Kids' Nightly Activities
Camp CB/Whetstone Building

8:00-9:30 pm

- OPEN AA SPEAKER MEETING
Ballroom/Mountaineer Conference Center
Speaker: Mike A., Nashville, TN

10:00-11:00 pm

- What This Conference Meant to Me
Closing Conference Candlelight Meeting
Crystal River / Grand Lodge, 3rd Floor
- Alateen Night Owl Meeting - Closed Meeting
Plaza Conference Ctr
- Ala-20's Night Owl Meeting -
Taylor River / Grand Lodge, 4th Floor

*The Conference ends after the 10:00 pm meeting.
The 2024 conference is July 21-26.*

SOLO ACTIVITIES

(For any Solo Travelers and Singles age 18+)

SUNDAY, JULY 23

- Solos in Recovery Open Discussion Meeting
9:30-10:30 pm - Gunnison River / Grand Lodge, 2nd Floor

MONDAY, JULY 24

- Night Owl Fellowship* (Cost \$5, snacks & drinks)
9:45-11:00 pm - Trackers, Mountaineer Conference Center, 1st Floor

TUESDAY, JULY 25

- Weenie Roast w/ Root Beer Floats* (cost \$10)
Noon-1:00 pm - The Plaza Deck

WEDNESDAY, JULY 26

- 5:30-7:30 pm-Free Concert
Picnic at the Red Lady Stage, Mt. Crested Butte.
Bring your blankets, food and beverages.
Look for our yellow balloons!

THURSDAY, JULY 27 • No Events Scheduled

FRIDAY, JULY 28 • No Events Scheduled

*You MUST pre-register at Monday Activity Sign-up.
No late registrations accepted.

KIDS ACTIVITIES

(5 YEARS TO 14 YEARS)

CAMP CB Camp CB (ages 5 to 14) costs \$72 per day (includes lunch). Programs provide kids an adventure around the mountain with hikes, adventure park access and crafts.

Camp CB is located at the Whetstone Building and is open from 9:00-4:00 Monday thru Saturday. Camp CB counselors will accompany on all activities.

****Campers should bring hiking shoes, water bottle, sunglasses, sun hat, sunscreen, and fleece jacket for all activities.****

Workshops at Camp CB / Whetstone Building (ages 7-12)
3:30-5:00 pm- Costs included in conference registration
The afternoon Kids' Workshops are run by parents/ volunteers assisted by Board Members. When registering your child you are indicating that you will volunteer for one workshop.

Nightly Activities

Camp CB hosts the evening activities for ages 5 to 12 years. Children are divided by age and each group have their own activities. The cost is \$50 per child per night. The conference will contribute \$25 to the nightly cost, making your portion \$25 per child per night. Reservations are required!

Kids/Preteen Schedule

MONDAY, JULY 24

*9:00 am-3:30 pm • Camp CB Whetstone Building

2:00 pm-3:00 pm

- Parent/Child Orientation & Group Photo

NO WORKSHOP

7:30 pm-9:30 pm

- Nightly Activities at Camp CB/Whetstone Bldg

TUESDAY, JULY 25

*9:00 am-3:30 pm • Camp CB/Whetstone Building

3:30 pm-5:00 pm

- Workshop at Camp CB/Whetstone Building

7:30 pm-9:30 pm

- Nightly Activities at Camp CB/Whetstone Bldg

WEDNESDAY, JULY 26

*9:00 am-3:30 pm • Camp CB/Whetstone Building

3:30 pm-5:00 pm

- Workshop at Camp CB/Whetstone Building

7:30 pm-9:30 pm

- Nightly Activities at Camp CB/Whetstone Bldg

THURSDAY, JULY 27

*9:00 am-3:30 pm • Camp CB Whetstone Building

3:30 pm-5:00 pm

- Workshop at Camp CB/Whetstone Building

7:30 pm-9:30 pm

- Nightly Activities at Camp CB/Whetstone Bldg

FRIDAY, JULY 28

*9:00 am-3:30 pm • Camp CB Whetstone Building

3:30 pm-5:00 pm

- Workshop at Camp CB/Whetstone Building

7:30 pm-9:30 pm

- Nightly Activities at Camp CB/Whetstone Bldg

*** Indicates Fees in addition to
Conference Registration Fee.**

ALATEEN SCHEDULE

(13 YEARS TO 19 YEARS)

NOTE: During Monday Activity Sign-up, Parents/Guardians must sign Conference Permission Forms for teen to participate in any activity and must also be Registered for the conference.

(Alateen Meetings are closed unless otherwise noted)

SUNDAY, JULY 23

9:30-10:30 pm

- Alateen Meet and Greet - Plaza Conference Room

MONDAY, JULY 24

9:30 am- 11:00 am

- Pick up Registration Packet and Activities Sign-up Ballroom/Mountaineer Conference Center

3:30-5:00 pm

- Alateen Workshop - Plaza Conference Room

10:00-11:00 pm

- Night Owl Meeting - Plaza Conference Room

TUESDAY, JULY 25

8:15 am

- White Water Rafting (\$100) *Sign Up on Monday*
(Meet 30 minutes earlier at designated location.)

3:13 SHARP! - Alateen Group Photo - Plaza Conference

3:30-5:00 pm

- Alateen Workshop - Plaza Conference Room

10:00-11:00 pm

- Night Owl Meeting - Plaza Conference room

WEDNESDAY, JULY 26

9:30 - Noon

- High Meadow Meeting

Meet at Silver Queen Ski Lift at 9:00 a.m.

Topic: "God as I Understand God"

Sign up on Monday at Activities Sign-up

(Note: Alateens are on own after the meeting)

3:30-5:00 pm

- Alateen Workshop - Plaza Conference Room

8:00-9:45 pm

- Alateen & Al-Anon Speaker Meeting

Ballroom/Mountaineer Conference Center

10:00-11:00 pm

- Night Owl Meeting - Plaza Conference Center

THURSDAY, JULY 27

5:15-6:45 pm

- Alateen Gratitude Meeting
(Alateens & " Family " Only)

Plaza Conference Center - Food Sign-Up
w/Sponsors

9:45-11:00 pm

- Alateen Pizza Party

Plaza Conference Center

FRIDAY, JULY 28

9:00 am

- Butte Scoot 5K Fun Run - See page 12 for details

5:30-6:15 pm

- Open Alateen Speaker Panel

Ballroom/Mountaineer Conference Center

Open to ALL Conference Attendees!!!

10:00-11:00 pm

- Night Owl Meeting

Plaza Conference Center

NATURE WALKS AND HIKES

(Register for these on Monday at 9:30-11:00 am in the Ballroom of the Mountaineer Conference Center)

Bring your own water, snacks, sunscreen & proper hiking equipment.

Monday - Crested Butte Trails: Snodgrass/Teddys Trail - Free (Moderate difficulty) Meet At Mt CB Transit Center 12:45 pm: The Mountain Express Bus Departs at 1:00 pm.

Leader: Kay PC.

Bus Departs from Bus Stop at the Mountaineer.

Approximately 4 miles. Dogs are ok with own transportation.

Tuesday - Upper Loop to Crested Butte - Free (Long)

8:45 am Meet up. Bus departs 9:00 am

Leader: Larisa F.

Bus Departs from Bus Stop at Mountaineer Square. Ends in town. No dogs.

Weds. & Thursday - High Meadow on Mountain (Moderate)

9:30 am: Leaders: Judy M. & James S.

Depart from Silver Queen Lift 9:30 am. This is a 2-mile hike from top of lift, steep grades, Climb to peak optional. Recovery meeting held off the main trail to respect other hikers. No dogs on the Lift.

REQUIRES LIFT TICKET that you purchase at the Crested Butte Rental and Demo Center.

Wednesday - Painter Boy/Columbine/Meander Trails on Mt. Crested Butte (Moderate)

10:00 am Leader: Kay PC.

Meet at Red Lady Lift. No dogs on the Lift.

Approx. A 4 mile mainly downhill hike. REQUIRES LIFT TICKET that you purchase at the Crested Butte Rental and Demo Center.

Thursday - Scarp Ridge (Difficult) 5 Mile Loop

8:00 am Return by 4:00 pm.

Leaders: Kay PC. & Zach H.

Meet at the Grand Lodge at 8 am to Carpool to Trailhead

Scarp Ridge is a challenging but extremely rewarding hiking experience. This 5 Mile Loop offers wildflower covered hillsides and awe- inspiring mountain vistas in every direction. A good portion of the trail follows the ridge-line for spectacular views of Oh Be Joyful Valley and Peeler Basin. Hike will be limited by how many vehicles we have for carpool. No dogs.

Friday - Historic Walking Tour (Easy - 2 hours)

10:00 am \$15 Fee Min: 5 people

Leader: Glo Cunningham

Historic Walking Tour of downtown Crested Butte (Easy)

Departs from in front of the Crested Butte Mountain Heritage Museum on the corner of 4th and Elk Ave. Learn more about the history of the wonderful Town of CB and the Valley.



ACTIVITIES

(Register for these on Monday at 9:30-11:00 am in the Ballroom of the Mountaineer Conference Center)

TUESDAY, JULY 25

8:15 am • Alateen White Water Rafting Trip with Three Rivers Resort (\$100)

(Meet 30 minutes earlier at designated location. Transportation will be provided by Three Rivers Resort)

THREE RIVERS RESORT

FLOAT TRIPS*

Scenic class II float trips down the Lower Taylor River. Six-mile float trip from Almont takes 3.5 hours. \$65 fee for all ages. Each participant must weigh at least 30 pounds.

FLY FISHING TRIPS*

Fly fish the Gunnison, Taylor, and other high mountain rivers! Walk/wade trips depart from Three Rivers Resort in Almont. Walk/Wade trips start at \$375 for half-day and \$450 for full day. Float trips start at \$525 for half-day and \$625 for full day. A Colorado fishing license is required for all anglers age 16 and over.

WHITE WATER RAFTING *

Exciting, class III white water trip on the Upper Taylor River! Trip takes approximately 3.5 hours. \$100 per person includes transportation to the river, wet-suit, booties, paddle and jacket. Rafters must be at least 12 years old.

WHITE WATER KAYAKING *

White water kayaking on inflatable kayaks (All gear included) Trips take approximately 2.5 hours on easy, class II to class III rapids. Fees start at \$90 per person.

Please Note

You must provide your own transportation to Almont. We do not allow pets on any guided trips. For more information: Call Three Rivers Resort in Almont (970-641-1303)

CBMC DISCOUNTS

THRIVE YOGA

Thrive Yoga Crested Butte. CBMC participants can get a 3-class pass for \$50 (\$10 savings) at registration to use while visiting. Single classes are \$22 each. See the schedule and sign up at thriveyogacrestedbutte.com or call (970) 596-6667.

ELEVATION SPA & FITNESS CENTER

The Elevation Hotel & Spa will offer a 10% discount on the Spa or Fitness Center to CBMC participants. Tell the concierge when you schedule a spa appointment or buy a gym/fitness center membership. Call (970) 251-3000 or visit elevationresort.com.

TENNIS & MOUNTAIN BIKING

Sign up for "round robin" tennis and mountain biking fun with Scott R. on Monday morning at Activity Sign-Up. Days and times dependent on interest and availability. *Bikes are not provided but can be rented at the Crested Butte Rental and Demo Center.*

SCENIC CHAIRLIFT RIDES

The Red Lady Express and the Silver Queen High Speed Quad Chairlift operates 9:30 am to 2:30 pm. No bikes may uplift on the Silver Queen. The Red Lady Express Quad Chairlift accommodates bikes. Buy lift ticket at the Crested Butte Rental and Demo Center. Single adult rides (Ages 13-64) cost \$39.00, Senior Lift Tickets cost \$34.00. Children aged 5 to 12 cost \$34.

TOURNAMENTS

TUESDAY

BILL WILSON OPEN GOLF TOURNAMENT

8:00 am shotgun start at the Dos Rios Golf Club, in Gunnison. Register at Activity Sign-Up on Monday morning in the Ballroom at the Mountaineer Conference Center. \$105 covers greens' fee, cart, lunch and prizes. Mulligans are available for \$5 each (up to 4).

THURSDAY

DR. BOB'S ANNUAL FISHING TOURNAMENT

Carpool at 7 am from the lot behind the Grand Lodge Hotel. Fishing starts at 8:00 am at Taylor Park Marina. Register at Activity Sign-Up on Monday morning in the Ballroom at the Mountaineer Conference Center. Cost: \$110 for ages 15 and younger & \$120 for ages 16+. Entry fee includes the boat, one-day fishing license, bait, fishing tips, all fishing tackle and prizes.

FRIDAY

BUTTE SCOOT

A 5K Fun Run at 9:30 am on Slate River Road, located between town and Mt. Crested Butte. Walk to the start line or carpool from the parking lot behind the Grand Lodge Hotel a little before 9:00 am to the start line. \$20/person entry fee includes T-shirt, refreshments, and prizes. Register at Activity Sign-Up on Monday morning at the Mountaineer Conference Center or at the starting line on Friday. *Let us know if you can help carpool participants!*

ANNUAL SOFTBALL CHAMPIONSHIP

The Texas Twelfth-Steppers vs. Silkworth Sox meet at 1:00 pm at Gothic Field (downtown Crested Butte). Bring softball mitts + spares. Carpool or Take the Mountain Express to the Gothic Field on corner of 6th and Gothic. Register at Activity Sign-Up on Monday morning at the Mountaineer Conference Center. Colorado softball rules will be used. FREE! (Hat will be passed to cover cost of umpires.)

Please note: All conference-sponsored activities require cash or check. Thank you.

MT. CB RESORT MAP

A The Grand Lodge

B Mountaineer Square

C Elevation Hotel & Spa

D Plaza Condominiums

E Treasury Center Day Lodge

F The Whetstone Building

Butte 66 Bar & Grille
Rental & Demo Center
Lift Ticket & Pass Sales
 Bike Lesson Sales
 Bike Rentals
 Day Lockers

Parking

Transit Center
 FREE Town Shuttle
 to Town and Mt. Crested
 Butte Condos

Water Refill

Grand Lodge:
 -Workshop &
 Discussion Meetings

The Mountaineer Square:
 The Ballroom & Trackers:
 -CBMC Activity & Registration Signup
 -The Hospitality Suite
 -Workshops
 -Speaker Meeting

The Whetstone:
 -Kids/Preteen Activities
 -Ground Level - Alateen Workshops

90 Min Parking Only CBMC Day Parking



CBMC REMINDERS

Please remember that you are at a high altitude. The base camp at Mt. CB is 9003 ft. For most of us "flat" landers that is a big change and the air is quite thin. Be sure to drink lots of water before and during the conference. Also, be mindful of the intensity of the sun; wear sunscreen as the coolness outside can be deceiving. Take it easy the first couple days. Stay Safe and Have Fun!

**The Spiritual Life is not a Theory.
We have to Live it.**



ALCOHOLICS ANONYMOUS PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

AL-ANON PREAMBLE

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership, Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

For more information on the
Crested Butte Mountain Conference, visit
www.cbconference.org.