Join us for a tour of the Ralph L Carr Judicial Center and Supreme Court followed by a State Capitol tour. Hear about our court system and our Judicial Branch, as well as tour a court room. There may be an opportunity to sit in and observe "oral arguments" by the Supreme Court.

We will meet in the atrium of the Supreme Court at 10:15 am (2 East 14th Avenue). We will be required to go through a security check like TSA.

After the Judicial Center tour, at 12:30, we will have a one hour tour of our historic State Capitol, the seat of our state government, including the famous golden dome (99 steps up!).

Have a big breakfast as we will have a docent from 10:30 to 1:30. Parking is a challenge. Take lite rail and then the mall bus to the east end? Park in the DAM parking lot (fee)? Car pool? Ride a bike!

Please sign up on the CMC web site no later than May 2 in order for us to secure docent times. The tours are free.

Questions? Ida Sansoucy iderann@q.com, 303 888 4485

ANNUAL SUMMER PICNIC
SUNDAY JUNE 11
PINE VALLEY RANCH in JEFFERSON

WE HAVE THE BALD EAGLE SHELTER RESERVED FROM 11 am TO 4 pm.

Colleen Landy is planning a hike on the Park View Trail (moderate A hike). See the CMC site to sign up.

Anyone else able to lead a hike or a bike ride? Please let me know as soon as possible.

Also, any volunteers for help with the picnic setup? Clean up?

Ida Sansoucy iderann@q.com 303 888 4485
Bye - bye snowshoeing, downhill skiing, X-country skiing .... helloooooo summer season - hiking, biking, camping, kayaking, fishing, etc. I am sooooo excited to be doing summer hiking again in our beautiful Colorado mountains!

**New Members**  As Kirsten mentioned in the April newsletter, we are gearing up plans to engage new members in special activities - such as RMOTHG New Member Hikes and RMOTHG New Member Bike rides. If you are a new member, be sure to check the Trips page on the CMC website to find and sign up for these if you would like an introductory trip before doing a regular trip. (Other new member activities are being planned...)

**Hiking/More Leaders**  I’d love to have members off waitlists and on hikes. Having over 800 members in our RMOTHG section means more hike leaders are very much needed...so this is a call to those of you who might be able to step forward and become a leader. If you are not sure, here are a couple suggestions:
~ Find a leader you enjoy hiking with and ask them if you can “shadow” them this summer season - they can inform you on what it takes to become a leader and how to prepare a hike.
~ You can be mentored until you feel confident to be “on your own”. Again, just contact a leader who you are currently comfortable with...
~ Ask current leader(s) if you could scout the hikes with them if you think you’d be more comfortable with fewer people.
~ Think about the hikes you love doing - you can offer them if you are a leader!!

At the present time, hike leader certification requires WFA (Wilderness First Aid) and TLS (Trip Leader School). The description of these can easily be found on CMC website. After Jan. 1, WTS (Wilderness Trekking School) will be required for leaders who want to lead B hikes or higher.

**Thanks to:**

**Hike/bike leaders** who have scheduled a super summer season
**Lue Fratantuono** and **Ed Scutellaro** for being RMOTHG reps at the New & Prospective Member meeting on April 19th
**Janice Johnson** - coordinator for New and Prospective Member meeting reps
**Ronnie Knueven** for organizing the fun bowling event on April 21.

Elaine

“I can’t say as ever I was lost, but I was bewildered once for three days.”  ~ Daniel Boone
REGISTRATION BY MAIL BEGINS UPON RECEIPT OF THE MAY NEWSLETTER.

The annual RMOTHG Campout will once again be at beautiful Turquoise Lake near Leadville. We have a limited number of sites for 3 nights. These will be shared sites. Reservations should be made as soon as possible, because sites fill up fast. Campground amenities include vault toilets and drinkable water, but no showers, electrical, water, or plumbing hookups. Showers are available in the nearby town of Leadville. Activities include an organized bike ride, and an organized hike, fishing, boating (bring your own), happy hours, games, and campfires. There will also be an ice cream and cookie social with a make your own sundae bar on the first night of the campout. The lake is easily accessible from the campsites. RMOTHG provides a brat dinner on Tuesday, a steak dinner on Wednesday, wine and beer for happy hours on Monday, Tuesday, and Wednesday, paper plates, napkins, cups, and plastic utensils.

Campers provide their own dinners on Monday as well as breakfast and lunch each day. Campers will also be assigned appetizers, side dishes, salads or desserts to share with the group for either Monday happy hour, or Tuesday or Wednesday happy hours and dinners.

**WHERE:** Baby Doe Campground

**SITES:** Shared—will be assigned upon your arrival at the campground

**DATES:** Check in: Wednesday, July 26 at 2 PM
Check out: Saturday, July 29 at 12 noon

**COST:** $25 per person

**RESERVATIONS:** Accepted on a first come first served basis upon receipt of all of the following:

1) Your check for $25 made payable to Colleen Landy

2) Your contact information: name, mailing address, phone number, email

3) Whether using a tent, van, RV (indicate length—very important) or sleeping in your vehicle.

4) Names of all in your party and anticipated # of vehicles—parking is limited

5) Any special needs please call to discuss with Colleen

Please mail all of the above info to:

Colleen Landy  
6279 Winding Brook Way  
Delray Beach, FL, 33484

Please write Turquoise Lake on the lower part of the envelope.

Colleen will send confirmation of your reservation via email. Directions to Baby Doe campground and other organizational details will also be sent via email as the campout date approaches. Please call or email me with any questions, comments, or concerns.

Looking forward to camping with everyone!

Colleen Landy, Camping Coordinator  
Colleen91050@gmail.com  
720-842-5051
Welcome to May and RMOTHG’s start of summer/fall hiking! We welcome newbies and experienced hikers to our scenic Colorado trail hikes each Wednesday. While most of our hikes are easier A level hikes at a casual, relaxed pace for a couple of hours till we find a pretty lunch spot and return, we also offer B level hikes because many of our members like a little more challenge! For challenging B and C hikes, look for Bobcat hikes on the CMC website. We also offer optional after-hike stops so folks can get more acquainted.

If you haven’t hiked with us & want to see if our hikes match your style, try the RMOTHG New Member Hike first week of May (See schedule below.) We’ll offer more New Member Hikes at varying levels during hiking season. Feel free to call hike leaders listed when you want specifics about pace and length of a hike. We’re big on safety, so RMOTHG hikers come prepared with ten essentials (We don’t wear jeans or cotton – hypothermia issues even in summer!). We carry lots of water, stay flexible about weather/hike conditions, and enjoy each other’s company as we get healthy exercise on a beautiful Colorado trail!

Each Friday between 5 – 6 p.m., Jeff sends emails describing the following Wednesday hike options with links to CMC’s website so you can sign up easily. If you’re not already on the list and want to be, email Jeff at Jeff.Flax@gmail.com. Come join us for wholesome outdoor exercise as we explore Colorado’s best hiking trails!

**MAY SCHEDULE**

**Wed, May 3:** - White Ranch  
- Waterton Canyon  
- RMOTHG New Member Hike – Alderfer/Three Sisters

**Wed, May 10:** - White Ranch (West Trailhead)  
- Castlewood Canyon  
- South Platte Spring Ramble, picnic lunch

**Wed, May 17:** - Mt. Evan – Echo Lake to Visitor Center  
- Pine Valley Ranch  
- Staunton State Park Scout Line and more . . .

**Wed, May 24:** - Button Rock Preserve  
- Deer Creek Canyon  
- Reynolds Park

**Wed, May 31:** - Roxborough  
- Centennial Cone  
- Maxwell Falls
The weather has been good and bad on Fridays this early spring. We have managed four "spontaneous rides" with some very friendly "gang" members. I'm looking forward to the official RMOTHG biking season which begins Friday, May 5th.

The cycling season is from the first Friday in May through the last Friday in September. The morning rides are finished with an optional lunch at a nearby restaurant. About 20 to 25 bikers participate weekly, riding on bike paths throughout the Denver, Boulder areas, and sometimes we go west to Summit County. Occasionally we encounter some hills and gravel trails.

There will be two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride approximately 10 to 15 miles at a speed less than 10 mph with more stops. Watch the weekly emails for Terrapin rides.

The essential items for participating are plenty of water, necessary tools to repair a flat tire (replacement tube for your tire size), appropriate clothing for changes in the weather, ID and a medical card. The wearing of a helmet is mandatory. Email notices are sent out several days prior to the excursions to describe the weekly ride. The meeting time is usually 8:30 am with departure at 9:00 am. Guests are allowed with the signing of a waiver form. Guests may participate in two of our activities before joining the RMOTHG section and the Denver group of the CMC.

If you are interested in riding, please contact Pete Spandau by email at bicycling.list@rmothg.org requesting to have your name added to the cycling list. Only RMOTHG members will be added to the list and you'll receive weekly email reminders to sign up at www.cmc.org.

See you on the trails,

Pete Spandau
**CPR/AED Class**

**Offered by Denver Group’s Wilderness First Aid School**

**Monday, June 19**

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a three-hour American Heart Association Heartsaver CPR and AED (automated external defibrillator) evening classes at the AMC/CMC on Monday, June 19, 2017. The class also covers how to relieve choking victims. The class tuition is $20 (Denver Group leaders can apply for SALT scholarships, which covers the cost of the class - see https://goo.gl/XuhvKm). For more information contact Jeff Flax, Denver Group WFA School Director, at Jeff.Flax@gmail.com. Registration sign-up is be available on the CMC calendar at http://www.cmc.org/Calendar/Classes.aspx.

---

**Introduction to Hiking Safety Seminar**

Learning how to be safe in the backcountry is a major reason many members join the CMC and the RMOTHG. So we’ve developed a one-evening seminar especially for members who want to learn the basics of hiking safety.

The Introduction to Hiking Safety seminar will teach you:
- the many aspects of safety you need to be aware of, including subjects such as lightning, avalanche, animal encounters, getting lost (or staying found) and being stranded over night,
- how to avoid, prepare for, and how to respond to safety challenges,
- an introduction to the extensive program of in-depth, hands-on safety training offered in the CMC Denver Group’s adult education curriculum.

**THE NEXT SESSION WILL BE HELD AT THE CMC IN GOLDEN ON TUESDAY, MAY 30 AT 6:30.**

The price is just $5.00 for members and $10.00 for non-members.

To learn more or to register for the seminar, go to http://www.hikingdenver.net/schools/introduction-to-hiking-safety
September 2009, RMOTHG Cycling went to Grand Junction for the TOUR of the Vineyards. After a successful bike ride we tasted some wine at the Colorado Mountain Winefest.

Stomping Grapes, L to R, Jim Dries, Marion Dries, Lue Fratantuno, Pete Spandau, Susanne Spandau & Joanie Broder.
# Rocky Mountain Over the Hill Gang

A Section of the Colorado Mountain Club Denver Group

## RMOTHG Section Board

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section Chair</td>
<td>Elaine Shirley</td>
<td><a href="mailto:elaineshirley@q.com">elaineshirley@q.com</a></td>
</tr>
<tr>
<td>Section Vice Chair</td>
<td>Kirsten Tollefsen</td>
<td><a href="mailto:kmt1950@comcast.net">kmt1950@comcast.net</a></td>
</tr>
<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Jane VanderKolk</td>
<td><a href="mailto:jane.vanderkolk@comcast.net">jane.vanderkolk@comcast.net</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Pete Spandau</td>
<td><a href="mailto:pete80007@gmail.com">pete80007@gmail.com</a></td>
</tr>
<tr>
<td>Members at large</td>
<td>Vern Bass</td>
<td><a href="mailto:vembass03@gmail.com">vembass03@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Diana Bliss</td>
<td><a href="mailto:dbliss5030@gmail.com">dbliss5030@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Joanie Broder</td>
<td><a href="mailto:jrb51@comcast.net">jrb51@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>Lue Fratantuono</td>
<td><a href="mailto:fratantu@comcast.net">fratantu@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>Jennifer May</td>
<td><a href="mailto:jamay65@comcast.net">jamay65@comcast.net</a></td>
</tr>
<tr>
<td>CMC Denver Council Liaison</td>
<td>Colleen Landy</td>
<td><a href="mailto:colleen91050@gmail.com">colleen91050@gmail.com</a></td>
</tr>
</tbody>
</table>

## Activity Coordinators

<table>
<thead>
<tr>
<th>Activity</th>
<th>Membership</th>
<th>Snowshoeing</th>
<th>Cross Country Skiing</th>
<th>Biking</th>
<th>Wednesday Hiking</th>
<th>Social Events</th>
<th>Newsletter</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Jennifer May</td>
<td>Barbara Schwarz</td>
<td>Jeff Flax</td>
<td>Pete Spandau</td>
<td>Carole Adler</td>
<td>IdaSanSoucy</td>
<td>Maryann Mayer</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:jamay65@comcast.net">jamay65@comcast.net</a></td>
<td><a href="mailto:schwarz@prodigy.net">schwarz@prodigy.net</a></td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
<td><a href="mailto:pete80007@gmail.com">pete80007@gmail.com</a></td>
<td><a href="mailto:hiking.list@rmothg.org">hiking.list@rmothg.org</a></td>
<td><a href="mailto:iderann@q.com">iderann@q.com</a></td>
<td><a href="mailto:tophillnews@gmail.com">tophillnews@gmail.com</a></td>
</tr>
</tbody>
</table>

## Contact Information

- **Download Newsletter**: http://hikingdenver.net
- **Download Board Minutes**: http://www.rmothg.org/BoardMinutes.aspx
- **In case of a serious illness or death**, please contact Jane VanderKolk to send out a note to our members from RMOTHG. Her email is jane.vanderkolk@comcast.net