Registration by mail begins upon receipt of this May newsletter. Please note some changes (in italics) in the information required from previous years.

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, an organized hike, fishing, boating (bring your own,) happy hours, games, and campfires. The lake is easily accessible from the campsites. RMOTHG provides a chicken or veggie 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: Monday, August 13 at 2 PM
Check out: Thursday, August 16 at 12 noon

WHO CAN COME: All campers must be members of RMOTHG.

COST: $47 per person w/ steak, $42 per person w/o steak

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

1) Whether you want steak for Wednesday dinner or not
2) Whether you want a chicken brat or would prefer a veggie brat/burger for Tuesday dinner
3) Your check for $47 or $42 made payable to Martha Delporte, depending on steak option
4) Your contact information: name, email, phone number, emergency contact name and phone number
5) Whether using a tent, van, RV (indicate length---very important) or sleeping in your vehicle
6) Names of all in your party and anticipated # of vehicles---parking is limited
7) Any special needs please call to discuss with Martha, 303-803-6734

Please mail all of the above info to:
Martha Delporte
3354 S. Newcombe St.
Lakewood, CO 80227

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

Martha 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!

Martha Delporte, Camping Coordinator
sabona51@comcast.net
303-803-6734
Enjoy the View!

Join us for happy hour(s) at the View House on Thursday May 10 starting at 4 pm

No need to sign up.........just show up and meet with your fellow club members and guests

View House Eatery and Bar, 2680 West Main. Littleton CO 303 974 4611

Questions? Ida Sansoucy iderann@q.com

Annual Picnic ~ Saturday, June 9
Staunton State Park ~ lunch at 12:30

Please join us at the Staunton State Park in Conifer, Colorado on Saturday, June 9th. It is about 40 miles southwest of downtown Denver, north of US Highway 285, and about six miles west of Conifer. For more information regarding Staunton State Park, see staunton.park@state.co.us or cwp.state.co.us. A daily fee is $7 or an annual State Park Pass is required on all vehicles entering the park.

We have reserved the Ranch Hand Group Picnic Shelter from 11 to 4 pm. Lunch will be served around 12:30 pm. We will be grilling burgers and dogs. Paper products and condiments will be provided. Alcohol is permitted in the park (3/2). Please bring your own beverage & a dish to share, assigned by your last name: A-L side dish or salad, M-R appetizer/chips/

snacks, S-Z dessert. You might bring your own cooler to keep these dishes and your own drinks cold while you hike or bike or nap. The shelter is handicapped accessible. Check out the park’s website.

There will be hikes and bike rides available through RMOTHG, but you must sign up separately for those “trips.” You can sign up for the picnic under the CMC event site. To recap: Sign up 2x - once for the picnic, once for a group exercise option - bike or hike.

We need volunteers to help with cooking burgers and hot dogs, set-up and clean-up. Please contact Ginny Kier at gkeir@gmail.com if you can help.
Contact Ginny Kier (gkeir@gmail.com) or Ronnie Knueven (knuevenru@comcast.net) with any questions.
Many of you have already purchased one of these jerseys or jackets and love them! The design was custom made for the RMOTHG by the graphic artist who owns the company, Free Spirit Wear [http://www.freespiritwear.com/](http://www.freespiritwear.com/). They have produced quality sports jerseys and jackets for cycling or hiking for many years. If you are a newer member or just haven’t had a chance to order one yet, take a look at the photo. I have some sample jerseys and jackets in a variety of sizes.

I highly recommend trying on before ordering because this is custom made clothing and cannot be returned. Note that women’s sizes tend to run smaller. Windjackets are Unisex or Men’s sizing. Once we have a minimum of 10 orders, we can purchase at the wholesale price. For those of you who would like to try on the samples for sizing, please contact me at 303-512-3006.

I will have the sample jerseys at the RMOTHG summer picnic at Staunton State Park on Sat. June 9, so that is an opportunity to see them and try them on.

**Prices jerseys/jackets:**
- Unisex (Men’s) & Women’s SHORT sleeve $43
- Unisex (Men’s) & Women’s LONG sleeve $49
- Unisex Windjackets $51

If you are interested in ordering, notify me of your interest or with questions at rmothgjersey@gmail.com

Kathy Kurtz

---

**SAVE THE DATES!**

**ADVENTURE OFF THE BEATEN PATH THIS SUMMER WITH TRIP LEADER SUE HENLEY**

**THESE TRIPS WILL OPEN FIRST FOR RMOTHG & BOBCATS AT THE END OF MAY: THEN, IF NOT FILLED, FOR ALL CMC.**

**MONDAY, JUNE 4 TRAIL CREW** on an overgrown, almost invisible, small interpretive trail at Abyss Trailhead off Guanella Pass. Many hands working together make light work! Please help me restore this area.

**SATURDAY, SUNDAY JULY 21, 22 EVERGREEN MOUNTAIN SLACKPACK** We will carry day packs and have our tents, sleeping bags, cook gear, food delivered by truck. You can cook over an open fire (if no fire restrictions) like David Griest does his veggies or like I do on a backpack stove just adding water. And we will sleep on a bed of cushy, comfy pine boughs for our tent slots David has built for us.

**FRIDAY, JULY 27 FULL MOON HIKE FROM THE WEST SIDE OF MT. FALCON** Just a quiet, slow, evening hike out to and back from the ruins of the hoped for “Western Presidential White House.”

**AUGUST 3, 4, 5 SEMI-SLACKPACK FROM SLATER LAKE TO MT. EVA WILDCAT TRIP** – Our tents, sleeping bags, food, stoves will meet us 1 mile from Slater Lake and then we will have to carry them. We will be route finding since I have not scouted this.

**TUESDAY, WEDNESDAY OCTOBER 2 & 3 COLORADO RIVER HEADWATERS, KAWUNEECHE VALLEY, RMNP OVERNIGHT** We will day hike and have the possibility of sleeping in Timber Creek campground or a cabin. There will be a cost for this trip. Bring your cameras, Frank Burzynski will be co-leader.
Hello RMOTHG friends,

Are we having spring, summer or winter? I see the trees blooming and the plants in the yard coming awake, but then we have snow…oh yes, it’s Colorado! The good thing is we CMC folks are very adaptable as evidenced by skiing one day, hiking the next and then getting on our bikes for an impromptu ride. Yes, this is a fun place to live!

The RMOTHG Board has been busy. Vice-Chair, Scott Kramer, along with Martin Pfefer and Diana Bliss have put together a member survey that will be sent electronically to each of you in the near future. The purpose of the survey is to ask YOU your opinion on current and future RMOTHG activities/events. We want RMOTHG to reflect YOUR interests now and most importantly for years to come. **Help us keep our Section current to YOUR interests by taking a few minutes to complete the survey when you receive it!**

You may recall in February our New Leader Initiative lead by Lue Fratantuono, Elaine Shirley and Martha Mustard held a kick-off meeting. The event resulted in approximately 30 members being interested in becoming new trip leaders for our Section. Eleven of those members have now taken all required classes and are about to take their final step, their “LIT” (Leader-In-Training) outing, with one of our Instructor Leaders. **Congratulations to each of these soon to be new trip leaders and THANK YOU!** As this is an “on-going” initiative, our committee with the help of Jeff Flax is working to schedule an additional Wilderness First Aid course to expedite the training process of RMOTHG members interested in becoming Trip Leaders. This takes immense effort on Jeff’s part to put an extra WFA in place just for us. Please take advantage of this opportunity.

I want to thank Colleen Landy & Joanie Broder for working with me at the CMC Denver Group’s Mountain Fest in March. That event for the public was to promote the activities & Sections, as well as vendors, that support this club. Check out the picture of our RMOTHG information table. We not only gave out lots of handouts describing RMOTHG, but we met many people interested in our very active fun Section.

Whew! We are busy, but wouldn’t have it any other way. Hope to see you on the trail very soon!

**Kirsten Tollefsen**  
RMOTHG Section Chair

---

**Event Calendar**

MAY 10  HAPPY HOUR  
MAY 23  INTRO TO HIKING SAFETY  
JUNE 4  CPR/AED  
JUNE 9  ANNUAL PICNIC  
JULY 13  HMS PINAFORE AT THE LAKEWOOD CULTURAL CENTER  
JULY 21  LAWN BOWLING AT WASHINGTON PARK  
AUG 13-16  TURQUOISE LAKE CAMPOUT
Greetings Cyclists,

I am looking forward to a great cycling season, which begins the first Friday in May and runs through the last Friday in September. Besides myself, Ed Scutellaro, Kirsten Tollefsen, Wayne Tomasello, Carole Adler and Roger Wendell will be organizing and scheduling their favorite rides. So hopefully there will be more variety and some new outings.

About 25 to 30 bikers participate weekly, riding on bike paths, quiet city streets throughout the Denver & Boulder areas. Sometimes we go west to Summit County. Occasionally we encounter some hills and gravel trails. The Friday morning rides are finished with an optional lunch at a nearby restaurant.

Currently there will be two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 15 mph. Terrapins ride approximately 10 to 15 miles at a speed less than 10 mph with more stops. There has been talk about an additional group called the Gazelles. Watch for emails about Gazelles 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. Wearing 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

---

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering two separate 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening classes at the AMC/CMC, on Mon, June 4th, and Mon, August 13th (take one class only). Both classes are from 6:30 to 9:00. The class also covers how to relieve choking victims. The classes are posted for sign-up on CMC.org calendar. The 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 available on the CMC calendar at https://www.cmc.org/Calendar.aspx.
Hiking season is officially here!

The pasque flowers, spring beauties, candy tufts, and cacti are blooming. Time to take those big snow baskets off your hiking poles and bring out the sunscreen and sunhat. We are in that sweet spot between post holing in the snow and getting up really early to avoid the early afternoon thunderstorms. Of course, every season has its hazards and this is tick season. Ticks tend to congregate on grass and brush along paths and they can detect heat, changes in CO2, and odors. Wearing long sleeves and long pants and applying insect repellent with DEET may help repel a tick but this time of year you should always do a tick check when you get home. If a tick lands on you it may take several hours for it to travel around before it burrows in. If you find a tick, use tweezers to pull it straight out. Ticks carry many diseases but the most commonly transmitted here is Colorado tick fever. If you should feel ill with symptoms of fever, chills, fatigue, nausea, and other flu-like symptoms after you have been bitten by a tick, make sure to let your doctor know of your contact with the tick. For more information go to coloradoticks.org. But don’t let ticks keep you away from a beautiful time in our foothills and mountains. Every week is a new adventure with new growth and new flowers appearing.

Enjoy some beautiful spring hiking!

TENTATIVE MAY HIKING TRIPS

MAY 2: Waterton Canyon & Bergen Peak

MAY 9: Reynolds Park, Kenosha Pass East & Chief Mountain

MAY 16: Noddle Heads, Pine Valley Ranch, Lair of the Bear & Lion’s Gulch

MAY 23: Matthews/Winters, Windy Peak (GGCSP) & Leader’s Choice

MAY 30: Lion’s Lair (Boulder,) Reynolds Peak & Leader’s Choice
SNOWSHOEING

Your RMOTHG Snowshoe Section coordinators thank our leaders and shoer/hikers for a great 2017-2018 snowshoe/winter-hike season! This week is the last of our season’s April hikes but we hope to see you again next November, so keep those spikes and snowshoes safe! Till then, happy summer/fall hiking with RMOTHG!

- Jeff Flax, Elaine Kallos, Elaine Shirley

MAYFLOWER GULCH

We are heading over the mountains to Glenwood Springs for two bicycle rides. September 4th we will ride the very scenic Glenwood Canyon Trail up and back along the Colorado River. Then on September 5th we will be transported to Aspen and ride the leisurely Rio Grande Trail back to Glenwood Springs, stopping for lunch along the way in Basalt. Lodging will be at the Glenwood Hot Springs Hotel, which includes use of the hot springs pools.

Specific information regarding the rides, meeting times, and reservations for the trip and hotel accommodations will be provided in later newsletters.

Wayne Tomasello
Biking Trip Leader

SAVE THE DATE FOR A FUN BIKING TRIP!
September 4 & 5, 2018
Intro to Hiking Safety Seminar

Three 2018 Sessions, May 23, June 20, July 25, September 19, 6:30 – 9:00 PM

- **Contact:** Art Hogling, director, ahogling@aol.com
- **Location:** AMC, Golden
- **Fee:** CMC member $5, non-member $10
- **Registration:** cmc.org/calendar/classes or membership services at (303) 279-3080
- **Invitation to a CMC seminar on hiking safety.**
- **Learn how to be safe in the backcountry.**

Learning how to be safe in the backcountry is a major reason many members join the CMC. So we’ve developed a **ONE-EVENING seminar** especially for new members and others 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), cold weather gear, staying warm, hypothermia and cold weather injuries, and being stranded overnight,
- how to avoid, how to 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.

For more information, go to www.hikingdenver.net/schools

Barr Lake!
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

FUN PHOTOS
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

Section Chair
Kirsten Tollefsen
kmt1950@comcast.net

Section Vice Chair
Scott Kramer
skramer@trinitymgtconsulting.com

Secretary & Emergency Contact
Jane VanderKolk
jane.vanderkolk@comcast.net

Treasurer
Dennis Arndt
dwa2bus1@gmail.com

Members at large
Vern Bass
vernbass03@gmail.com
Diana Bliss
dbliss5030@gmail.com
Joanie Broder
jrb51@comcast.net
Lue Fratantuono
fratantu@comcast.net
Marty Pfefer
inspmarty@aol.com

CMC Denver Council Liaison
Colleen Landy
colleen91050@gmail.com

ACTIVITY COORDINATORS

Membership
Lue Fratantuono
fratantu@comcast.net

Snowshoeing
Elaine Kallos
ekallos11@gmail.com
Jeff Flax
jeff.flax@gmail.com

Cross Country Skiing
Jeff Flax
jeff.flax@gmail.com

Biking
Pete Spandau
pete80007@gmail.com
Jeff Flax
jeff.flax@gmail.com
Wayne Tomasello
wtomasello@comcast.net

Wednesday Hiking
Martha Mustard
mustardo3@comcast.net
Jeff Flax
jeff.flax@gmail.com

Social Events
Ida Sansoucy
iderann@q.com

Newsletter
Maryann Mayer
tophilnews@gmail.com

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

DOWNLOAD NEWSLETTER
http://hikingdenver.net
www.rmothg.org/UploadedUserFiles/nlarchive.aspx
http://www.cmc.org/RMOTHG

SEE BOARD MINUTES
http://www.rmothg.org/BoardMinutes.aspx

READ BYLAWS