Please join us at 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 (gjkeir@gmail.com) or Ronnie Knueven (knuevenru@comcast.net) with any questions.

S. PLATTE RANGER DISTRICT IN GENEVA PARK CAMPGROUND

Trail Crew Workday is Monday, June 4 near Grant off Guanella Pass. We will be marking a new, easy 4-mile (roundtrip) cross-country/snowshoe trail that starts in Geneva Creek Campground. We saw evidence of moose and the vistas of the backsides of snow topped Mt. Bierstadt, Square Top, and Shawnee Peak. We will be putting up blue trail markers and trimming a lot of trees, shrubs, and moving a few down trees. Please bring 2 quarts of water, gloves, sunscreen, raingear, boots, lunch. We will provide the work tools. We will carpool from the Phillips 66 at Morrison and C-470 leaving 7:30am and back there about 4pm. I will bring snacks to enjoy after returning to our cars at the campground.

Sue Henley
For our July social event, join fellow Over the Hill Gang members for a morning of lawn bowling in Wash Park. We’ll be hosted by the Washington Park Lawn Bowling Club, which was established in 1924. We’ll meet from 9:00 to 12:00 on Saturday, July 21, to experience this time-honored sport and share a picnic brunch. Please bring your (nonalcoholic) beverage and an item of finger food to share.

The fee of $20 per person includes use of the green for 3 hours. All equipment is provided, as well as a general lesson for the group and ongoing instructions during the event. The only requirement is to wear flat-soled shoes.

The Lawn is located on the east side of the park, at East Mississippi Ave and South Franklin Street. The Lawn will be visible on the left after you cross the first street in the park. If you’d like to learn more about the sport and its etiquette before you arrive, check out http://washingtonparklawnbowlingclub.com/.

To reserve a spot on the lawn for you (and a guest), please send a $20 check to Ava Navin at 5283 Chester Street, Denver, CO 80238. Checks must be received by June 30 to accommodate our event. If for some unlikely reason the event is canceled, your check will be destroyed. See you on the Lawn!

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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.

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/. 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.

**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
Welcome to summer 2018! It seems like we did not have a spring, but this is Colorado. It’s hard to believe our warm weather activities are already in full swing: hiking, biking, camping and social activities are planned and on the CMC calendar. Check out what is offered and sign up!

Kirsten, our RMOTHG chair, asked me to fill in this month for our Section Chair’s Message. She and Wayne are across the pond enjoying a vacation in Italy with family. I am sure they will eat too much and enjoy fun libations on the trip. We wish them a satisfying time.

We are very excited about the addition of 11 new trip leaders who have completed the wilderness first aid course and only need to finish the LIT (Leader In Training) sessions. Thank you to all who have put out the effort to join our excellent current leaders. Watch for more information on the next first aid course in the fall and consider joining our amazing leaders. We are always looking for additional leaders to provide more trips and activities.

As mentioned in the April newsletter, we are finally ready to publish a survey to our membership. The purpose of the survey is to help the board better serve you. The survey is simple and will not take more than 5 minutes to complete. Please take the time to fill it out and help the board with ideas on how we can improve your group. Thinking out of the box ideas are totally acceptable and encouraged. The survey will be sent by email sometime in June.

We do need some help. Our summer picnic scheduled for the June 9th is being coordinated by Ginny Keir. She can use some additional help in setup. If you are available, please contact her at gjkeir@gmail.com. More information about the picnic is in this newsletter.

Another social event of note is Lawn Bowling in Washington Park scheduled for July 21st. The deadline for signing up is June 30th through the regular CMC site. 10 people must sign up and commit the $20 per person to reserve the site. Check the calendar and consider joining us and sign up.

Looking forward to see everyone on the trails or biking this summer!

Scott Kramer

ROCKY MOUNTAIN OVER THE HILL GANG
SECTION BOARD
CANDIDATE SEARCH!

The RMOTHG Section Board is composed of nine (9) members each of whom serve for three years, with one-third retiring each year. An annual election will be completed by electronic ballots in August. The Section Board meets every other month beginning in November of each year.

The “Nominating Committee”, comprised of Kirsten Tollefsen, Lue Frantanturo and Joanie Broder, are seeking three candidates to run for the RMOTHG Section Board this August. We know that of our almost 900 members there are many of you that have the knowledge, expertise and great ideas that you could… and should share… by joining our Board.

If you are …or you know another RMOTHG member who is …. interested in helping lead this Section by serving on our Board, please contact any of us on the Nominating Committee or any Board member (see contact information on last page of this newsletter), as soon as possible. If you would like more information about the Board, its work and the process, any of us would be happy to provide more details.

What are you waiting for? You know you want to come-a-BOARD!
May brought us a variety of weather from bright sunny days to snow to those magical misty days. But whatever the weather, we have had fun on the trails. However, ticks are not just a potential issue, they have been reported by RMOTHG members on two different recent hikes at Pine Valley. Ticks congregate on grass and brush along paths and they can detect heat, changes in CO2, and odors. Wearing long sleeves and long pants, especially those treated with permethrin, 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. Placing your hiking clothes in the dryer at high heat for 20 minutes is recommended to kill any ticks that remain on your clothes. If a tick lands on you it may take several hours for it to travel before it burrows in. Do not use petroleum jelly or a hot match to remove a tick because this may increase the chance of pathogen transmission. If you find a tick, use tweezers to pull it straight out AND THEN THOROUGHLY WASH YOUR HANDS AND THE BITE AREA and apply antiseptic to the bite. 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.

Permethrin has been proven to prevent the attacks of ticks, so please read the following article for details: https://www.cbsnews.com/news/tick-repellent-permethrin-clothing-really-works-study/

Now that we have been out enjoying our trails, it's time to give back. There's a trail crew trip on June 4 especially for RMOTHG and the Bobcats. It's your opportunity to make a positive impact while having fun in a comfortable environment with folks you may know.
We all know the frustration of being on the waitlist. And we all know to only sign up for one trip per day whether it's on the roster or on the waitlist. We also know that it's important to cancel out of the trip as early as you can in order to let those on the waitlist have the spot. But what you might not realize is that it's also important to cancel off the waitlist. The way it works is that when someone cancels off the trip, the next person on the waitlist moves up to the roster. Let's call him Jack. In theory Jack should be sent an e-mail to let him know that he is on the roster. But the system hasn't been working perfectly in that regard lately. And even if Jack is notified, he may not check e-mail in time to get ready to go. So Jack either just doesn't go on the trip or finally cancels too late for the next person to be notified. Sometimes this results in trips that had a long waitlist not actually being full on the day of the trip. As the trip date gets near, if you've made other plans or realize that you wouldn't be able to get ready in time if notified, then please cancel off the trip or waitlist. There very well may be other people on the waitlist that could go with less notification time. Helpful hint: If you are on the waitlist and are anxious to know if you've moved up, you can check your status (or cancel out of a trip) by the following steps:

Log into cmc.org, go to Members, go to My Membership, go to My Trips. Each trip you have signed up for will be listed and, if you are on the waitlist, it will tell you what number on the waitlist you are. There will be a big button at the bottom of each trip labelled Cancel Reservation. If the system will not let you cancel, it means that the roster has been closed and you must cancel by contacting the trip leader ASAP. Let's all be considerate of each other.

Martha Weaver
Rocky Mountain Over The Hill Gang (RMOTHG) has bicycling rides on most Fridays during the summer months in the Denver area. About 20 to 30 bikers participate in weekly riding on bike paths throughout Denver & Boulder. Sometimes we go west to Summit County.

Generally, there are two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph, and Terrapins ride approximately 10 to 15 miles at a speed of less than 10 mph with more stops. Watch for notification of a new Gazelle riding group, even farther and faster, in the weekly emails. The rides are in the mornings and finish with an optional lunch at a nearby restaurant. Most of our trips are on paved, level bike paths. Occasionally we encounter city streets, some hills and gravel trails.

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, and carrying 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 and the meeting location. Riding groups will start at the same time and hopefully finish together. Most meeting times are 8:30 AM with departure at 9:00 AM. Guests are allowed with signing of a waiver form. Guests may participate in two of our activities before joining RMOTHG section and the Denver Group of CMC.

If you are interested in riding, please contact me 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 a weekly email reminder for you to sign up at www.cmc.org.

Pete Spandau

TENTATIVE JUNE ROUTES

- 6/1 - Northglen to Platte Riv to 104th Ave
- Sat. 6/9 - Summer Picnic - Platte Riv near Foxton
- 6/15 - Bear Ck, Platte Riv, Sanderson Gulch Loop
- 6/22 - Chatfield Reservoir
- 6/29 - Twin Lakes - Ralston Creek

Event Calendar

- JUNE 4
- JUNE 9
- JULY 13
- JULY 21
- AUG 13-16

CPR/AED
ANNUAL PICNIC
HMS PINAFORE AT THE LAKEWOOD CULTURAL CENTER
LAWN BOWLING AT WASHINGTON PARK
TURQUOISE LAKE CAMPOUT
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.
PLEASE Email YOUR photos to Maryann - tophilinews@gmail.com

WATERTON CANYON ~ BIG HORN SHEEP!

GLORIES AT BOOTLEG
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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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

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http://www.rmothg.org/BoardMinutes.aspx

READ BYLAWS  