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 sign up on the CMC website cmc.org/calendar AND send a $20 check to Ava Navin at 5283 Chester Street, Denver, CO 80238.

Checks must be received by July 10 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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**RMOTHG JERSEYS & JACKETS**

**THIS IS A LAST CALL FOR ORDERS FOR 2018.**

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 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, I can purchase at the wholesale price.

Options for trying on the samples for sizing: I will bring them to the OTHG Friday bicycle rides for a few weeks. Or contact me at 303-512-3006 or email kmkurtz47@gmail.com to arrange a time and location.

I will be putting in an order in the next 2-3 weeks.

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

Kathy Kurtz
CONGRATULATIONS TO OUR FOUR NEW TRIP LEADERS!!

OUR NEW LEADERS ARE: PHIL CALDERBANK, JIM GUERRA, MIKE O’CONNOR AND RICK ROMIG.

We really appreciate the time and dedication you have exhibited in order to become CMC Trip Leaders. Thank you so much!

There are also eight other members who have finished “Trip Leader School” and are in the process of completing the last requirements to becoming CMC Trip Leaders.

We are very excited for the new Trip Leaders and those about to be approved, not only for them, but for our Section who desperately needs people to lead our activities. We hate to see wait lists and anyone turned down because there aren’t enough trips offered for the number of members wanting to participate.

If you have toyed with the idea of sharing your love of the outdoors and becoming a Trip Leader, please feel free to contact our new Trip Leader Initiative Committee (Lue Fratantuono, Elaine Shirley or Martha Mustard). They can answer your questions and point you in the right direction.

Trip Leadership is worth it. Not only is it fun to choose your own trips, you gain the confidence & knowledge provided in the CMC leadership training classes and you help others enjoy what Colorado has to offer.

FYI…There has been a change in requirements to becoming a leader. CMC no longer requires a one-year membership, but instead the prospective leader must have been on at least five trips (up from three), and at least three of those (up from two) must not be a school field trip.

Kirsten Tollefsen
RMOTHG Chair, Trip Leader & grateful Member

THE DENVER GROUP’S HIKINGDENVER.NET WEBSITE UPDATE

Denver Group is getting a re-designed website! Although it will work the same for members as it does now, behind-the-scenes functionality and security will be much improved. The redesign also prepares the site for easier roll-up to CMC.org when that site eventually is replaced.

Here’s how this change will affect Denver Group Members beginning on July 2nd:

1. HikingDenver.net will be fully migrated to CMCDenver.org. All of the content will be fully accessible on the new site, including the RMOTHG newsletter. In addition to a fresh look and a broader array of administrative tools, the new name should be easier for all to remember.

2. A visitor to any page at HikingDenver.net will be redirected automatically to the same page at CMCDenver.org.

If you have questions concerning your site administrative work, please contact Jeff at jeff.flax@gmail.com.
Hello my fellow Rocky Mountain Over the Hill Gang friends and WELCOME TO SUMMER!

I am sure many of you are out there taking advantage of the activities offered by our energetic and wonderful Trip Leaders.

The hiking group has had some fun hikes in June and I am sure you will find that July will prove just as great, and probably will include some beautiful wild flowers along the trails.

The biking group has been and will continue to roll through some familiar and fun trails around the Front Range. If you haven’t joined us before, please know we have 2 sometimes 3 groups on our Friday rides: The “Hares”, “Terrapins”, and sometimes “Gazelles”…the names give you an idea as to the speed/intensity of each group, but check out the Biking article for more details. No matter the group we are all “social” with optional lunches planned post rides.

What ever activities or social events you now choose to participate in, please know that your RMOTHG Board is looking towards the future and ways to enhance what is offered, as well as expand the types of activities & events based on your interests. You will be receiving a RMOTHG Member’s Survey via email in the next few weeks… please…please…please complete & return the survey. We need your input to continue to make this Section the best it can be.

We have some other things on the horizon including the election of Board Members in August and our Annual Members Meeting & Brunch at Mt. Vernon Country Club in September. More details in following newsletters and email blasts.

Last but not least, a huge THANK YOU goes out to Ginny Kier and our Social Committee for putting together another great summer annual picnic. It’s a lot of work to organize and execute this event for approximately 100 people, but Ginny did it with grace and a little help from those members who pitched in to cook and clean-up. Always a fun event with a whole lot of visiting getting done!

Enjoy all the upcoming fun and adventure of RMOTHG and see you on the trails!

Kirsten Tollefsen
RMOTHG Chair
WHAT TO BRING ON A BIKE RIDE?

Various hiking guides have lists of basic equipment needed for every hike, such as the “10 Essentials.” The RMOTHG cyclists have found through experience that the following items are important for every trip. Please carry them in your gear bag on every biking outing and do not rely on the leader to have extra water, food, or equipment for your use.

10 Essentials for Cycling with RMOTHG

1. Helmet
2. Water
3. Snacks
4. Sunscreen/lip balm and sunglasses
5. Identification and medical card
6. Clothing for changes in the weather
7. Flat tire repair kit (replacement tube for your bike tire size)
8. Small tool kit (to perform minor bike adjustments)
9. First aid kit (to stop the bleeding from road rash)
10. Map/Smartphone (for finding the most direct route back to your car)

Got a AAA card? AAA will transport you and your bike to a nearby bicycle shop for repairs or to your car. Credit card and/or cash to pay for expenses.

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
Yeah, summer is finally here officially! Now that the snow is melting we can get up in the high country more and hopefully avoid some of the heat. The summer temperatures generally decrease 3-5 degrees Fahrenheit for every 1000 feet in elevation gain due to adiabatic cooling. And not only may it be a respite from the heat but we'll see different wildflowers as we change altitude! Did you know that UV exposure increases with altitude at a rate of about 4% per 1000 feet of elevation gain and is strongest in the middle of the day? So break out the sunscreen, sunhats, sunglasses, and shirts with UV-protection. Also, the North American Monsoon starts in July so be prepared for those afternoon thunderstorms. The joys of being above treeline must be tempered with the possibility of lightning usually starting around noon. That’s why we have to leave so early when we are going high. Remember that the weather can change very fast in the mountains ~ always be prepared with layers of clothing and raingear.

Martha Mustard

TENTATIVE JULY HIKES

July 4 - Pavilion Point
July 6 (Fri) - French Pass, Lair of the Bear (intergenerational)
July 11 - Silver Dollar Lakes/Murray Lake, Mt. Goliath Wildflower Hike, Butler Gulch, Diamond Lake
July 18 - Butler Gulch, Hagerman Pass/ Tunnel, Black Powder Pass
July 21-22 (Sat-Sun) - Slack Pack at Evergreen Mtn
July 25 - Straight Creek
SPECIAL HIKES WITH SUE

PLEASE SIGN UP FOR THESE HIKES AT www.CMC.org
CALL SUE HENLEY 303-570-0129 WITH ANY QUESTIONS.

INTERGENERATIONAL HIKE – FRIDAY, JULY 6
Lair ‘O Bear Park, Bear Creek Trail – 1 mile Easy A

This hike is for grandparents with a grandchild(ren) ages 0-12-ish.

Something I have noticed from these hikes - the children behaved much better for me as a grandparent than I remember as a parent! My grandchildren are in town briefly, the 3 year old will be walking and I will have the 1 year old in a backpack so the pace is slow, casual to throw rocks in Bear Creek, look for fish, look at Dunafon Castle. Older children might want to walk more of the park’s trails with their grandparent after this hike is over.

I can email you a copy of the CMC guest waiver ahead of time for you to bring filled out for the tykes or I’ll also have some extras on me that morning.

SLACKPACK, 1 OVERNIGHT EASY B
3 SISTERS/ALDERFER PARK TO ELEPHANT BUTTE
SATURDAY, SUNDAY JULY 21-22

We will hike 2-3 miles through the south/east trails of 3 Sisters/Alderfer Park (a Jefferson County Open Space Park) and then leave the park to make camp and watch the stars. Your tents, sleeping bags will be moved by truck close to our campsite while we hike. The next day after reloading the truck we will find our way north with just day packs over Evergreen Mountain to Elephant Butte (elevation 8,405’) and back to our cars (8-9 miles) by going off trail or on little used trails (2 days total 11 miles) going out through Alderfer Park.

This slackpack is for people who want to sleep out under the stars for a night but don’t want to haul all their gear. Dave Griest has built some very comfortable sleeping frames on the ground and filled them with wood chips to sleep on! These are easy hikes with nice views. An email will be sent out to hikers listing equipment/supplies to bring.

Sign up for the 3 Sisters to Elephant Butte Slackpack.

BUCK FULL MOON - FRIDAY NIGHT, JULY 27
MT. FALCON PARK – EASY A
FRIENDLY GUESTS, DOGS ON-LEASH OK

Come join us to howl at the full moon or just say “ahh” at the vistas on Friday Night, July 27, 2018. We will hike about 4.1 miles. The hike will meet at the WEST ENTRANCE to the park at 6:30 pm and begin at 6:45 pm. We can be in the park until 1 hour past sunset so we should finish about 9:30 pm.

Please call Sue (303-570-0129) in advance - if you want to bring a friendly dog on a leash, or bring friendly guests without a leash.
DENVER GROUP WILDERNESS FIRST AID COURSE (WFA)

OCT 21 & 28 (two day class)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on October 21st and October 28th, 2018, at the AMC/CMC. An ECSI WFA two-year certification card is issued upon successful completion of the course.

The course tuition fee is $75 for CMC members, $55 for Denver Group leaders and senior school instructors. Registration opens on July 1 (the course fills up quickly) on the CMC calendar at https://www.cmc.org/Calendar.aspx.

The course is available to all CMC members, including active Denver leaders through the SALT program (apply at https://goo.gl/DhBZfM) The new 5th Edition of the Textbook will be provided to all students (previous editions are no longer being used).

For more information, contact Jeff Flax, Denver Group WFA School Director, at jeff.Flax@gmail.com. For more information on the Denver Group’s WFA course, see https://hikingdenver.net/schools-2/wilderness-first-aid.

CPR/AED for OUTDOOR RECREATIONISTS

AUG 13 & OCT 3    sign up for one class only

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening class at the AMC/CMC, on Monday, August 13th and again on Wednesday, October 3rd (take one class only.) Both classes are from 6:30pm to 9:00pm. The class also covers how to relieve choking victims. The tuition is $20.

Registration sign-up is available on the CMC calendar at https://www.cmc.org/Calendar.aspx. For more information about the class, see https://hikingdenver.net/schools-2/wfa-cpraed.

(Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see https://goo.gl/DhBZfM) For more information, contact Jeff Flax, Denver Group WFA School Director, at jeff.Flax@gmail.com.
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

FUN PHOTOS

GAGGLE OF GEESES EATING WATERMELON

GAGGLE OF GEESE

HI THERE!

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

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DOWNLOAD NEWSLETTER
https://www.CMCDenver.org
www.rmothg.org/UploadedUserFiles/nlarchive.aspx
http://www.cmc.org/RMOTHG

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

READ BYLAWS

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