COLORADO JUDICIAL CENTER & STATE CAPITOL TOURS

TUESDAY APRIL 23

Please sign up on the CMC website by WED, APRIL 17th.

We live in an amazing state, don’t we? Let’s find out more about our state and how it functions by coming on a docent-led tour of both the Colorado Judicial Center and the State Capitol.

The Colorado Judicial Learning Center includes the inner workings of the Judicial Branch, the Colorado Supreme Court and library. There will also be an introduction to the public art and building architecture that earmarks these buildings. This will be a 1 1/2 tour.

We will then have time for lunch. After a break, we will walk over to the State Capitol for a guided tour at 12:45 pm.

This is a repeat of a sell-out event by RMOTHG. Come join us! Meet at the Ralph Carr Judicial Center at 9:45 am.

And it’s free. More details are on the CMC registration page. Questions? Contact Ida Sansoucy iderann@q.com

K1 Speed Kart Racing

LET’S RACE - GO KART RACING THAT IS ..... Let’s race each other and see who can win the trophy!

APRIL 27 - 10 AM
APRIL 10 - Sign up DEADLINE

We will have a 14 lap qualifying race and a 16 lap final race. These electric carts go up to 45 mph. Helmets and head socks are provided.

COST $50. Indoor Karting Denver, 8034 Midway Dr, Littleton CO www.k1speed.com

After racing, let’s lunch at the Corner Bakery & Cafe in Highlands Ranch. Directions will be given on the CMC website.

There is a limit for sign-ups so SIGN UP EARLY on the CMC website.

Questions? Ginny Keir gjkeir@gmail.com or 303 751 2906
Hello friends,

The calendar says it is Spring and the days are in fact getting a little bit longer. However, we on the front range know that winter still toys with us throughout April. The good thing is we who love the outdoors in Colorado are very flexible with a snow shoe trip one day, a hike another, and who knows how soon a spontaneous bike ride might be scheduled. It keeps us on our toes!

I can tell you that our RMOTHG Activity Coordinators are busy organizing the trips for the upcoming season, including holding their trip leader planning meetings. What you may or may not know is that during these meetings trip leaders each commit to leading a number of hikes or bike rides that fill our primary activity calendars for the entire summer months. This generous up front commitment by our Trip Leaders and the Activity Coordinators assures that we have many opportunities to travel the trails we love and enjoy the company of our fellow members. Let us all remember to give a big shout-out to our VOLUNTEER Trip Leaders when we see them, as they are the back bone of our organization!

The 2018 Survey results are leading to some new ideas and improvements to existing practices. Thank you to Scott Kramer (who heads the survey committee,\),\ as well as Marty Pfefer, Diana Bliss and Janice Johnson for their work on this project.

Our continual goal is to keep this Section viable for a membership that ranges from 50 upwards of 80+ year olds, who joined in order to participate in outdoor activities with people of like age and interests. Therefore, we are considering some new activity choices like a few early evening bike rides this summer to accommodate those members who still work. By the way, even if you don’t work please feel free to join us on these rides.

Also stemming from the Survey, you will now find two new on-going articles in our newsletter each month:

1. A question & answer section where we will address specific questions/issues from the from members. Our hope is that this leads to a better understanding of how things work within RMOTHG or CMC.

2. An article written by a different RMOTHG Trip Leader each month where they will share why they became a trip leader and what they enjoy about the experience of leading.  Hint hint…we need more trip leaders to have more trips!

I hope you find these new articles helpful and interesting.

I always wonder what I should chat about in this message each month, but as you can see with so much going on in our Section, things just start rolling out onto the page. Well, in order to keep up with the times I had better get my own 10-essentials and other activity specific supplies in order for the coming season.

See you out on the trails!  

Kirsten Tollefsen - RMOTHG Section Chair
WHY I AM A TRIP LEADER - by Carol Zurcher

I've been a member of the CMC and RMOTHG for 13 years. I've met so many nice people and made wonderful friends.

Through RMOTHG I've enjoyed many hikes, bike rides and snowshoeing trips. Through these endeavors I've had the opportunity to see and enjoy so much of the beauty in Colorado.

Once I retired, and had more time, I felt a nudge to give back to RMOTHG, the group that has given me so much. There is no downside, I get to be outdoors in nature with others who enjoy the same thing. Plus, I get to choose where and when we hike as well as where to go afterwards for snacks and refreshments. It is really fun. I encourage others to think about becoming a trip leader too.

ATTENTION!...ATTENTION!...ATTENTION!

RMOTHG NEEDS YOU!

WE NEED ALL OF YOU WHO HAVE EVER THOUGHT ABOUT BECOMING A TRIP LEADER to attend this year’s “New Leader Initiative Event” that will be held MAY 9 at the American Mountaineering Center in Golden. The program will begin at 6:30 PM and finish at 8 PM.

This event will give you clear information on how to become a CMC Trip Leader, how RMOTHG’s Activity Coordinator’s support new and existing trip leaders, and will answer any and all questions you might have in making this fulfilling commitment to lead trips.

Kevin Schaal, the previous Director of the CMC Trip Leader School, will discuss the basics, such as where to start, what’s required and the general process. He is very knowledgable and a long time dedicated CMC leader.

Jeff Flax will represent our RMOTHG Activity Coordinators and give you a brief overview of their unique role (only in RMOTHG,) which provides support to leaders and assures a full schedule of trips throughout our year.

Don’t hesitate! YOU have what it takes to become a trip leader and you will have the support you need to succeed, not only as you train, but ongoing when you are leading your own RMOTHG trips.

Please register for this event by going to: https://www.cmc.org/EventDetails.aspx?ID=46728.

If you have any questions please contact any of the following New Leader Initiative Committee Members: Kirsten Tollefsen at kmt1950@icloud.com; Martha Mustard at mustardo3@comcast.net; or Elaine Shirley at elaineshirley@q.com.
We’ve certainly had a wild March with our infamous Snow Bomb Cyclone March 13 and more avalanche dangers than ever which caused some cancellations and disappointments! At least we have snow and drought is reduced!

Our leaders are super careful about looking at CAIC (Colorado Avalanche Information Center discussions and maps,) CDOT & COTRIP (road conditions sites) to make sure roads are ok for your drive to and from hikes/shoes, and weather info.

April is our last official month of “snowshoe season.” We still offer trips, hoping to take advantage of snow anywhere safe. You’ll mostly see Leader’s Choice because we’re unsure where to lead till we first scout to check for snow conditions, the infamous April mud, and other situations this winter has brought. If you’re not already on the email list telling you about the following Wednesday hikes and snowshoes, email Jeff.Flax@gmail.com. Look for Thursday previews at 5 p.m. and then the final trips offered Fridays at 5 p.m. where you can link to CMC to sign up,

Thanks from all of us for a good snowshoe/spike hike season! We’ve enjoyed shoeing and hiking with you as always and wish you happy spring and summer hiking starting in May!

See you on the snow next snowshoe season!

Tentative April Snowshoe / Spike-Hike Schedule

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<tr>
<td>Wed, April 3</td>
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<tr>
<td>Wed, April 10</td>
<td>Leader’s Choice - Leader’s Choice</td>
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<td>Wed, April 17</td>
<td>Guanella to Bierstadt TH - Staunton St Park Bear Paws Trail</td>
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<tr>
<td>Wed, April 24</td>
<td>Leader’s Choice - Leader’s Choice</td>
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RMOTHG SURVEY UPDATE ... continues

Starting in this newsletter this month we will be providing a Q & A section to address the general comments we receive from the survey. Examples of comments are:

1. additional easy hikes
2. starting hikes, snowshoeing and biking at different times
3. the way reservations are made
4. how we can encourage more members to become leaders
5. better ways we can communicate with our members

Please follow this portion in the newsletter and feel free to provide us with any feedback that you might have. Thank you again for participating in the survey. We feel very strongly that through this effort we will increase the fun that we can have together as a group.

Scott Kramer - Survey Committee Chair

IF YOU’VE GOT QUESTIONS… WE’VE GOT ANSWERS...

This new section of our monthly newsletter will address comments and questions from the RMOTHG Fall 2018 Survey and from the membership at large. Please email questions you would like to see answered in this section to Janice Johnson at jajohnson1952@gmail.com

Q: What is done to prevent people from signing up for multiple trips and then cancelling?
A: First, the hike/snowshoe section Coordinators monitor the signups and contact those who have signed up for more than one trip, making sure they cancel their spot on all but one of the trips.

Second, hikes are now posted on the CMC calendar on Thursdays so that members can preview the hikes before the signup time on Fridays. This should reduce the number of people signing up for multiple trips and then canceling.

Q: Why can’t I go ahead of the group if I’m a stronger/faster hiker than those in the group?
A: CMC trip leaders have been trained in both safety and leadership skills that include responsibility for ensuring the safest experience they can for all participants on a trip. As part of this expectation, CMC trip leaders must follow specific guidelines. The CMC Denver Group Trip Leader training manual states that participants “stay within vision and hearing of each other” and that “the front leader stays at the front and the rear leader (or sweep) is the last person in the group.”
Let’s see, the weather is warming up. I’ve seen hard-core cyclists out on the roads, cycling shops are having sales, the calendar says May is a month away and I went looking for my bike. The Rocky Mountain Over The Hill Gang (RMOTHG) biking season must be getting close.

Our regular cycling season is from the first Friday in May through the last Friday in September. Most meeting times are 8:30 am with departure at 9:00 am. The morning rides finish with an optional lunch at a nearby restaurant.

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. Most of our trips are on paved, level bike paths. Sometimes we encounter 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, 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 and the meeting location. 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 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.

**Pete Spandau**
WILDERNESS FIRST AID COURSE (WFA)

MAY 5

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a one-day WFA recertification/refresher (WFAR) course on May 5, 2019. The class is open for registration on the CMC calendar at https://www.cmc.org/Calendar.aspx. It is available to members who have taken WFA or WFAR within the past two years.

The course tuition is $90 and is available to all CMC members (Denver Group leaders can apply for SALT scholarships, which covers the cost of the class — see https://goo.gl/DhBZfM).

An ECSI WFA two-year certification card is issued upon successful completion of the course. (The certification time period changed in 2018.) Additional WFA and WFAR are scheduled later in 2019.

Contact Jeff Flax, Denver Group WFA School Director, for more information about the WFA courses — Jeff.Flax@gmail.com.

CPR/AED FOR OUTDOOR RECREATIONISTS

MAY 13 OR JULY 8 (TAKE ONE CLASS ONLY)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening classes at the AMC/CMC, on Monday, May 13th and Monday, July 8th (take one class only.) The classes are from 6:30 to 9:00. The class also covers information on how to relieve choking victims. The class is posted for sign-up on CMC.org calendar. The course tuition is $30. A two-year CPR/AED certification is included with the class.

(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.
ONE-EVENING SEMINARS ~ APRIL 23, MAY 22, JULY 17 & AUGUST 28.

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, with an emphasis on fall/winter conditions for our October session.

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 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 price is just $10.00 for members and $15.00 for non-members.

To learn more or to register for the seminar, go to www.cmcdenver.org/schools/introduction-to-hiking-safety

MT. FALCON
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com
### RMOTHG SECTION BOARD

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Section Chair</td>
<td>Kirsten Tollefsen</td>
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<tr>
<td>Section Vice Chair</td>
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### ACTIVITY COORDINATORS

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<td>Newsletter</td>
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http://www.cmc.org/RMOTHG

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**READ BYLAWS**


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**IF A FELLOW RMOTHG MEMBER HAS A SERIOUS ILLNESS, INJURY, OR HAS PASSED AWAY, please contact our RMOTHG secretary to send a friendly note to that member/member’s family**