HAPPY HOUR honors our 80 yr. young MEMBERS!

FEB. HAPPY HOUR
THURSDAY, FEB 13 – 3-6 pm
SIGN UP BY FEB 10
The Schoolhouse Arvada, 5660 Olde Wadsworth Boulevard, Arvada, CO.
You are responsible for your own food and drink. Check out their website at schoolhousearvada.com.
For more information, please contact Ronnie Knueven at knuevenru@comcast.net.

BAREFOOT IN THE PARK
SUNDAY, MARCH 8 – 2 pm
SIGN UP BY FEB 23
PLAY at Town Hall Arts Center, 2450 W. Main Street, Littleton, CO.
To reserve and pay for your tickets, please go to CMC website.
Tickets are a group rate of $37 per person, NO REFUNDS.
For more information about the play, go to townhallartscenter.org or contact Ronnie Knueven at knuevenru@comcast.net.
Greetings fellow RMOTHG members

Our winter season is off to a great start with a record 37 hikes through the middle of January. Our leaders have provided us with a great active way to bring in the new decade. Thanks to all who have made this possible.

On January 13th, the social committee hosted a happy hour to recognize our 80-year young members with 65 members attending. The thirteen 80-year young members received recognition medallions and the Olive Garden provided each one a $10 gift certificate. It is great to see so many of these 80 Y/O still active as leaders, hikers and bikers. It gives us all hope that we can enjoy life well into our 80s. They are an inspiration! Special thanks to Lou Ann Dixon and Ronnie Knueven for putting on a fun evening. Also, special thanks for everyone who came to support this function.

I would like to acknowledge a couple of new trip leaders to RMOTHG. Mark Maslyn and Daniel Schweissing have joined our leaders. Daniel Schweissing has been actively leading 9 trip since summer. Thank you, Daniel and Mark, for being committed to our group. Also, two long-term members of CMC, Sigrid Barr and Bea Slingsby have become RMOTHG leaders. Bea has been one of the most active hiking leaders through this summer with over 15 trips. Thanks to all leaders for making our group special.

In closing I would like to mention Hassan Elghandour, a long time RMOTHG/CMC member and leader. I am sorry I did not get a chance to meet him. Last fall he suffered a stroke and is now being cared for at a long-term health facility. If you would like to send Hassan a note, his address is Brookdale Green Mountain, 12791 W Alameda Parkway, #167, Lakewood, Co 80228. I am sure he would like to hear from you.

I hope to see you soon on the trail.

Scott Kramer

Follow the link here to a newly updated Google Sheet explaining all and linking to all the CMC/Denver Group Acronyms.
WHY I AM A TRIP LEADER

~ Jeanne Eiss

Why did I become a trip leader??? What was I thinking??? Hmmmm … I suppose I’m kind of used to carrying a whistle and having people follow me since I was a drum major in high school. Or, maybe when someone said I should become one I thought, well I did used to take kindergarteners on field trips to the zoo and had to constantly corral 5 or 6 cute small children for hours and never lost one!!! Maybe I could be a trip leader, as long as it doesn’t mean I’m the first one to trip and then everyone else trips too!!!

But, seriously … I immediately fell in love with the RMOTHG on my first trip 2½ years ago and I have been hiking so much with the club since then I figured it would be a good way to give back. I had so much fun in the prerequisite Wilderness Trekking School (and managed to graduate) that I completed my LIT and became a leader. Then again, there are all these fellow leaders who are so supportive and helpful how could I not become a leader??? Besides, I own 35 hiking guidebooks and I’m not afraid to use them!!! See ya on the trails…

We continue our RMOTHG cross-country (XC) season with three scheduled trips in January two scheduled trips in February. Please note these trips are tentative and subject to change, particularly due to weather, and road and snow conditions. Additional RMOTHG trips lead by CMC XC approved trip leaders will be offered throughout the season (Think Snow!!!)

THE TRIPS SCHEDULED FOR FEBRUARY ARE:

Monday, February 3 - Dead Horse Creek
Monday, February 10 - Coney Flats

RMOTHG XC trips are rated as Easy II and Easy III using the CMC’s trip classification system. These are 4-8 miles with an elevation gain of 500 - 1,200 feet. Members are required to have XC skills to be able to ski up and down in a controlled manner on selected trails. Our trips are not for members wanting to learn how to cross-country ski.

Members interested in being notified of RMOTHG XC trips should e-mail jeff.Flax@gmail.com. Emails will be sent through the RMOTHG XC activity list as trips are scheduled. Please also let Jeff know if you have any questions about RMOTHG XC skiing.
To find all the nitty gritty about becoming a trip leader, go to [https://cmcdenver.org/trip-leaders/denver-group-trip-leader-policies/becomingatripleader](https://cmcdenver.org/trip-leaders/denver-group-trip-leader-policies/becomingatripleader)

*bike leaders do an additional LIT bike ride

Questions?? contact Martha Mustard ([mustardo3@comcast.net](mailto:mustardo3@comcast.net)), Elaine Shirley([elaineshirley@q.com](mailto:elaineshirley@q.com)), or Kirsten Tollefsen ([kmt1950@icloud.com](mailto:kmt1950@icloud.com))
This section of our monthly newsletter addresses comments and questions from the RMOTHG Fall 2018 Survey, as well as questions 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 can we do to get on more trips for summer 2020’s hiking season, as well as any other RMOTHG activities posted on the CMC.org calendar? Trips seem to fill-up so quickly leaving waitlists that are very long.

A: Participating in our RMOTHG trips and activities is the real point in belonging to our Section. Here are some ideas you may find helpful:

- **Become aware of the “usual” times trips are posted.** Be sure to contact the specific Activity Coordinator (last page of newsletter) and ask to be placed on their trip notification mailing list. Each week you will then receive an email notifying you of the regularly scheduled weekly hikes/bike rides, etc.

  - Biking trips (typically held on Fridays) are posted on the CMC.org calendar a few days in advance of the ride. An email notice goes out to all on the biking list at the same time to alert them, so they can then register.
  - Wednesday hiking trips (the standard hike day) are posted on the CMC.org calendar on Thursdays and are open for registration on Fridays at 5 pm. An email is also sent to all members on the hiking list at 5 pm on Friday, listing next Wednesday’s hikes.

- **Don’t get discouraged by the waitlists!** If you are on the waitlist you will most likely get on the trip. In prior years, less than 14% of the trips still had people on the waitlist at the time of the trip. There are several reasons for this.

  - If the waitlists are long, the trip leaders may enlist other trip leaders and split up the group.
  - Weather conditions play a big role in how many cancel, thereby reducing the waitlist.
  - Coordinators may call Trip Leaders to ask them to add another trip for a particular day.

- **Please cancel your registration as soon as possible** if you can not participate, so someone else can go. This also goes for Waitlist requests.

- **Bottom-line, put your name on the waitlist**, keep the trip on your calendar and check your status on CMC.org on My Membership Page. When your name comes off the wait list, the leader will also email you just in case CMC doesn’t. However, only sign up for one Wednesday trip or one wait list to be fair to all members trying to get on a trip!

- **Please consider becoming a Trip Leader and thereby increasing the number of trips** offered each week. In 2019 you may have noticed several new Trip Leaders posting trips on regularly scheduled hike or bike days, as well as on “other” days of the week. We are grateful to all those who stepped up to become Trip Leaders and look forward to more interested members becoming Trip Leaders to further increase our 2020 trips.
In February, RMOTHG shoers and spike-hikers hope you’ll join us on winter Colorado trails we luckily can enjoy year-round! Shoeing is a relaxed and lovely way to enjoy snowy trails, but we also like spike-hiking when not enough snow, as we prefer being outside for exercise and fun. We usually hike or shoe a casual, relaxed pace for about two hours, enjoy lunch at a scenic spot, and return. After our hike or shoe, we talk about our day at an optional snack stop. Newbies and regulars are all welcome! We also offer harder hikes/shoes for those who want more challenge, so read descriptions, and feel free to check with leaders about whether a hike/shoe is right for you. Jeff sends out emails on Fridays at 5:00 with a list of the following week’s trips.

Safety is big with us, so leaders check weather, road conditions before our trips, sometimes cancel if necessary. But we also come prepared for any changes in weather by carrying our usual ten essentials, and dressing in our most appropriate winter gear – your chance to wear gaudy, wool, holiday sweaters without censure or to show off knitted hats and mittens someone made for you! Come join us RMOTHG shoers/hikers for winter camaraderie in our great Colorado. And think deep, fluffy snow!

### FEBRUARY SNOWSHOE/WINTER HIKES

<table>
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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Wed, Feb 5</td>
<td>Deer Mountain RMNP</td>
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<td>Wed, Feb 12</td>
<td>Lair O the Bear Pavilion Point (Argentine RR)</td>
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<td>Cupid Loop</td>
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<td>Leader’s Choice</td>
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<td>Abyss Lake via Scott Gomer</td>
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<td>Wed, Feb 19</td>
<td>Spruce Creek and Beyond</td>
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<td>Butler Gulch</td>
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<td>Pavilion Point</td>
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<td>Elk Meadows</td>
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<td>Wed, Feb 26</td>
<td>Kenosha Pass West</td>
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<td>Geneva Creek</td>
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**CPR/AED for Outdoor Recreationists**

Feb 3 & Mar 30 (take 1 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, February 3rd and March 30th (take one class only.) The class is from 6:30 to 9:00. The course also covers information on how to relieve choking victims.

The classes are available for sign-up on the CMC.org calendar at https://www.cmc.org/Calendar.aspx. A two-year CPR/AED certification is included with the class. For more information and the registration links, see https://cmcdenver.org/schools-2/wfa-cpraed

The course tuition is $30 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).

For more information, contact Jeff Flax, Denver Group WFA School Director, at Jeff.Flax@gmail.com.

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**WILDERNESS FIRST AID COURSE (WFA)**

Mar 15 & 22 (two day course)

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on March 15 and 22. The course is open for registration on the CMC calendar at https://www.cmc.org/Calendar.aspx. An ECSI WFA two-year certification is issued upon successful completion of the course. (The certification time period changed in 2018.) The 2020 course tuition for the two-day class $125 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)

A one-day WFA Refresher (WFAR) course is being offered on May 17. This course is limited to members who have taken WFA or WFAR within that past 30 months. The tuition is $115 - SALT scholarships are also available for this class.

Additional two-day WFA and one-day WFA refresher courses will be offered in 2020.

More information is available at https://cmcdenver.org/schools-2/wilderness-first-aid

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

“QUICK STARTS” ARE A SERIES OF SEMINARS THAT HIGHLIGHT TOPICS ABOUT RECREATING IN COLORADO. THEY’RE A GREAT PLACE TO LEARN SOMETHING NEW, OR REFRESH SOMETHING FAMILIAR!

Thursday FEB 20 - 6:30 PM

CalTopo Classroom with Jeff Benton

https://www.cmc.org/Calendar/EventDetails.aspx?ID=49133

Location: Colorado Mountain Club, 710 10th Street, Golden, CO 80401 (Baker Room)
Time/Date: Thursday 2/20/20, 6:30 pm to 8:30 pm (Beer/Sparkling Water and Snacks for Early Arrivals: 6:00-6:25pm)

Cost: $10 members, $15 nonmembers, CMC Active* Trip Leaders: Free

Come hear CMC's own Jeff Benton demonstrate and explain CalTopo. CalTopo is a free web based mapping and trip planning tool for the backcountry. Jeff will show basic and more advanced CalTopo functions. Did you know we can draw and measure routes, identify avalanche prone terrain, adjust contour lines and see your route profile with Caltopo?

Think Classroom: The first half of the evening will be devoted to Jeff introducing functions, then the second half will have participants create a map. Bring your laptop and work along with Jeff, then create your own map with support from Jeff (and other geeky helpers.)

Jeff Benton is a CMC Trailblazer Technical Leader and instructor with Winter Camping, Technical Climbing School, Wilderness Survival School, and has previously instructed with Alpine Scrambling School. In addition, Jeff has explored and climbed throughout Colorado's peaks, couloirs and ridges. Come get your geek on and learn how to create your map through Caltopo.

Thursday MARCH 12 - 6:30 PM

Climbing Spring Snow Webinar

Couloir climbing season is upon us ... come and learn about traveling spring snow climbs, from the comfort of your home. This lecture will be presented via Webinar. Colorado's mountains are full of couloirs -- steep, narrow valleys of snow between rock cliffs -- that ripen for climbing every spring. They're the perfect place to learn and hone true mountaineering skills, including using technical gear such as ice axes and crampons. Join Colorado Mountain Club Trailblazer Trip Leader Jeff Golden for an evening discussion on favorite routes, modern gear and techniques, snow safety, and other snippets for snow climbing.

Webinar: Details will be e-mailed to participants prior to event.
Cost: Non-members: $14, Members: $8, Active* Leaders: $4

*Active CMC Leaders have lead at least one trip/class within the last year and are up to date with credentials (WFA, etc.)

To register for the Climbing Spring Snow Lecture: Click Here
To see the full Quick Start Schools Lectures series: Click Here
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), 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.
Our first one-evening seminar in 2020 will be held on March 24.

To learn more or to register for the seminar, go to [www.cmcdenver.org/schools/introduction-to-hiking-safety](http://www.cmcdenver.org/schools/introduction-to-hiking-safety)
I recently did the Annapurna Base Camp trek with the Sierra Club. It was a challenge - 15 days of hiking, MANY rocky steps up and down and up and down and more up…and then down…. and cold at night (as guest houses are unheated…) But the scenery made it all worthwhile.

~Joan Winstein

SPONTANEOUS CYCLING

1st Bike Ride in January!
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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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.

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