Please come join us at the Staunton State Park for our Annual Picnic on Saturday, July 10, 11:30 am to 2:30 pm. Staunton State Park is located at 12102 S. Elk Creek Road, Pine, CO 80470. It is about 40 miles southwest of downtown Denver, north of US Highway 285, and about 6 miles west of Conifer. For more information regarding Staunton State Park, see staunton.park@state.co.us or cwp.state.co.us. A daily entrance fee of $10 or an annual State Park Pass is required on all vehicles entering the park (your responsibility.)

We have reserved the Ranch Hand Group Picnic Shelter from 11 am to 4 pm. Lunch will be served starting at 11:30 am. *This year, as a treat to you for sticking with us during the pandemic, our loyal RMOTHG members, your lunch is being provided by the Pink Tank Food Truck* (eatpinktank.com). You will be able to choose from Finger Lickin’ Waffles & Chicken, The Sassy Classy burger, The Dog About Town, or Stuffed French Toast (especially for the vegetarian.) Sides of Salted Caramel Sweet Potato Fries or Cheese Fries will be available at a cost of $3 to you. *There is no charge to CMC RMOTHG members only for this event. If you wish to bring a guest, the charge is $15. We also ask that you bring your appetite and your own beverages – that means you bring your own water, soft drinks, beer or wine.*

There will be hikes and bike rides available through the RMOTHG, but you must sign up separately for those “trips” on the CMC website. There will be horseshoe games available at the picnic site – no sign up necessary. If you have corn hole games, please bring along.

Please sign up on the CMC website under events no later than July 3, 2021.

If you have questions, please contact Ronnie Knueven at knuevenru@comcast.net
HAPPY HOUR – LOWRY BEER GARDEN

Monday, August 16 – 4 to 6 pm

Let’s get together for some socialization and brews at the Lowry Beer Garden (www.lowrybeergarden.com), celebrating Colorado’s craft beer culture, for happy hour on Monday, August 16 from 4 to 6 pm. The Beer Garden is nestled in its very own park with more than 9,000 square feet of outdoor garden with open-air seating Octoberfest style, offering casual fare with locally-made gourmet brats and sausages. It is located at 7577 E. Academy Boulevard, Denver, east of Quebec and north of Alameda.

Please sign up no later than August 9 on the CMC website at www.cmc.org/calendar/eventdetails.aspx?ID=52963 so that reservations can be made.

If you have any questions, please contact Ginny Keir, chair of event, at 303 619-5074 (call or text) or gijkeir@gmail.com.

Hope to see you there!

CALL FOR DENVER GROUP COUNCIL

CANDIDATES – DEADLINE – JULY 31

Volunteering to serve on CMC’s Denver Group Council is an excellent way to support the CMC. Councilors participate in the discussion and implementation of critical decisions affecting the almost 5000-member Denver Group. In addition to a chair, there are nine councilors who serve a 3 year term each. Three councilors rotate off each year to maintain continuity. E-elections occur in early September, with new Councilors attending the October meeting.


For questions regarding the Council duties, please contact nominating committee chair, Kirsten Tollefsen at kmt1950@icloud.com.

We know that there are many of you who have valuable knowledge, expertise and ideas that would greatly benefit CMC and Denver Group. Please consider helping lead by serving on Council.

Please submit a bio and a picture to Kirsten Tollefsen (Secretary) at milehighmountaineer@gmail.com.

These will be published for Group Members to review prior to September voting.

BTW - You can follow the new CMC website’s progress here!

cmc.org under the "About" menu: https://www.cmc.org/About/
Isn’t it great to be back hiking and biking with members of our group? It seems like during the past year this time would never come. Special thanks need to go to our coordinators and leaders who have got us back on track. Hiking and biking are again at full engagement. We will now be able to enjoy the rest of the summer and the fall like we all hoped we could.

This is the time of the year where we need to think about the replacements for the three board members who are leaving us. As you may know a board member serves for three years. The board members who are leaving are Kirsten Tollefson, Lou Fratantuono and Carol Zurcher. Special thanks go to these three people for all their work on the board the last three years and for Kirsten, six years.

In the next newsletter we will introduce the members via their bios who have offered to join us on the board. There is still time for you to join us if you would like to help direct where we go. If so, please connect one of the members listed above or any board member. Your help would be greatly appreciated.

As always, our social committee has been highly active planning more activities. If you missed the wine tasting, you missed a good time. Thanks to Ronnie Knueven and her committee for all their efforts. The summer picnic is coming up on July 10. There will be hiking and biking available to create an appetite for food we can enjoy together. I hope to see you there.

Our next board meeting will be July 12 at 1:00 PM. This will be the first time in over a year that we will be meeting in person. It is just one more thing to let us know things are getting back to normal. Let any of the board members know if there is something you would like us to address.

Try to stay cool and see you soon on the trail.

Scott

<table>
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<tr>
<th>Date</th>
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<tr>
<td>July 10</td>
<td>Annual Picnic at Staunton State Park with hikes and bike rides to be scheduled prior</td>
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<td>August 16</td>
<td>Happy Hour at Lowry Beer Garden</td>
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<tr>
<td>September 12</td>
<td>Annual Dinner Meeting/Awards at Mt. Vernon Country Club</td>
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<tr>
<td>October TBD</td>
<td>Horseback Riding and Lunch (details forthcoming)</td>
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<tr>
<td>November TBD</td>
<td>Dim Sum Dinner</td>
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<tr>
<td>December 5</td>
<td>Holiday Party</td>
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We are always open to suggestions and ideas. Please forward to Ronnie Knueven at knuevenru@comcast.net
WINE TASTING at CREEKSIDEME, EVERGREEN JUNE 9.

35 PARTICIPANTS.

GREAT TIME WAS HAD BY ALL!

WILL DO AGAIN!
E-BIKE DEMONSTRATION

Many thanks to Kathy Tandy for chairing Bike Demonstration and Lunch at Rice Bistro!

We had a very successful Bike event! The words I heard were very informative, enlightening, fun, helpful, great bike shop mission, enjoyable and knowledgeable presenter. Also, I will bring my bike here for repairs and tune ups, love their nonprofit, community work. I am excited and want an Ebike!

Good Turns has also offered to be a meeting place for RMOTHG bike rides. With water and assistance with minor bike adjustments whenever we like. I have emailed Scott Kramer to pass the info to bike leaders.

We had 8 show up, 2 no shows, 2 on waitlist which I called, but they had other plans. It was a perfect size group, we had lots if questions and all who wanted to, rode the bikes. We ended the day with a delightful group for lunch at the Rice Bistro in Aspen Grove.

I proposed an Art for the Nations Social Event and everyone was interested, so I will look into that.

Kathy
HIKING AT BROOKSIDE McCURDY

HIKING AT WALKER RANCH

CYCLING ON TOP OF CHATIFIELD DAM

HIKING AT RASPBERRY
RMOTHG offers hikes primarily on Wednesdays but occasionally on other weekdays depending on leaders’ availability. We try to offer a variety of hikes each week. Our Wednesday hikes are open for sign-up on the preceding Friday at 5pm on the CMC website. They can be viewed on the CMC calendar on the preceding Thursday for our members to research the hikes and decide which one might be right for them. In July we will also have three Saturday hikes in Staunton State Park in coordination with the RMOTHG Annual Picnic in Staunton State Park.

Please bring your ten essentials on whatever hike you choose. The leader will send an e-mail to the roster before the trip as a reminder and to provide any special information. Carpooling is generally available but is not an official part of the trip.

PLEASE be prepared for hot weather wherever you hike. Bring a sunhat, bandana to wet down for cooling, and lots of water. The snow is rapidly melting in the high country and getting higher helps somewhat with the heat. Wildflowers are spectacular now at any elevation.

Join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!

Martha
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)

Rules for Safe Riding:
1. Stay behind the leader and ahead of the sweep. If you need to leave the ride, temporarily or permanently, inform the leader or sweep.
2. Ride to the right, single file to allow space on the path for oncoming cyclists and faster riders to pass.
3. Always obey rules of the road and traffic signals.
4. Keep a safe distance back from the rider in front of you.
5. Use arm signals to inform riders behind of your intentions.
6. When stopping, move off of the bike path, so others can pass safely.
7. When a faster rider approaches from the rear, alert fellow riders of a passing rider by shouting “Biker Back” or car, stroller, etc.
8. When a cyclist is riding toward us, alert fellow riders of the passing rider by shouting “Biker Up” or car, stroller, etc.
9. When you are overtaking a slower individual, some wear ear plugs, try to alert the individual and say “Passing on your left or right”.
10. When the ride changes direction, there is a need to ensure following riders are aware of this change: the leader will post a rider to be a “corner”. The “corner’s” responsibility is to indicate the change in direction and remain at the post until the sweep arrives.
11. Practice situation awareness, common sense, and courtesy.
12. Ride safe and have a good time.

Got a AAA card? AAA will transport you and your bike to a nearby bicycle shop for repairs or to your car. You may need a 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 to sign up at www.cmc.org.

Wayne Tomasello
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com
# ROCKY MOUNTAIN OVER THE HILL GANG

A Section of the Colorado Mountain Club Denver Group

## RMOTHG SECTION BOARD

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Section Chair</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
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<tr>
<td>Section Vice Chair</td>
<td>Janice Johnson</td>
<td><a href="mailto:jajohnson1952@gmail.com">jajohnson1952@gmail.com</a></td>
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<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Carol Zurcher</td>
<td><a href="mailto:carolz80239@gmail.com">carolz80239@gmail.com</a></td>
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<tr>
<td>Treasurer</td>
<td>Mike O’Connor</td>
<td><a href="mailto:mikeoc111@gmail.com">mikeoc111@gmail.com</a></td>
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<tr>
<td>Communication Director</td>
<td>Carol Wier</td>
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<td>Members at large</td>
<td>Lue Fratantuono</td>
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<td></td>
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## ACTIVITY COORDINATORS

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## Hill Topics

**JULY 2021**

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### Rock Topics

**JULY 2021**

- **Membership**
  - Susanne Spandau
  - sespandau@gmail.com

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

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

- **Biking**
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  - wtomasello@outlook.com
  - Jeff Flax
  - jeff.flax@gmail.com

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

- **Social Events**
  - Lou Ann Dixon
  - looanngie@comcast.net
  - Ronnie Knueven
  - knuevenru@comcast.net

- **Newsletter**
  - Maryann Mayer
  - tophilnews@gmail.com

### Download Newsletter

CMCDenver.org newsletter
CMC.org RMOTHG

### See Board Minutes

CMCDenver.org board minutes

### Read Bylaws

CMCDenver.org 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.