Let’s get together for some miniature golf on Monday, July 25 at 7:00 pm at Adventure Golf & Raceway. (www.adventuregolfandraceway.com) With a minimum number of 10 people for a group, the cost is $7.00 for 18 holes.

**DEADLINE TO SIGN UP ~ JULY 10**

The location is:

Adventure Golf & Raceway  
9650 Sheridan Blvd.  
Westminster, CO  80031

They also have go-karts, bumper cars, a ropes course and a maze. We can also participate in these activities.


For more information contact Ginny Keir at 303-619-5074 or gjkeir@gmail.com.

*Happy 4th of July*
Dear friends,

it’s officially summer! Thanks to Ronnie Kneuven and the Social Committee, we have started off the season with a celebratory picnic at Chatfield Lake State Park. You all brought your favorite appetizers, salads and desserts. Bob and Randy grilled the burgers and dogs. It doesn’t get much better than this. Oh, yes, the view of the lake, the shady canape and the cooling breeze provided a comfortable dining experience. We appreciate those trip leaders who provided morning hikes – Janice Johnson & Elaine Shirley. Bike rides were led by Scott Kramer & Jerry Rowe. Thank you to all the unnamed volunteers who supported the hauling of picnic supplies, set up and clean up. You are amazing!

Calling all potential new board members to throw in their hats into the pool of candidates for the August election. Contact any board member or myself for information regarding roles and responsibilities. Biographies will be published in the August newsletter. Voting will be conducted by Survey Monkey. New Board members will be introduced at the September Annual Meeting.

The Denver Group Council is also recruiting new board members. Contact Kirsten Tollefsen for more information and to volunteer. kmt1950@icloud.com.

As you hike in July and August and take gorgeous photos of flowers, remember to share them with all of us by submitting them to Maryann to publish in coming newsletters. tophillnews@gmail.com.

The next Board meeting will be held Monday, July 18, 1-3pm at the AMC. Let us know your recommendations or concerns.

Keep hiking, biking and being social!

Carol Wier
carolwier365@gmail.com
Let’s meet for Happy Hour at the Mountain Toad Brewing at 900 Washington Avenue, Golden, on Wednesday, August 17 from 3 to 5 pm. Please check out their website at www.mountaintoadbrewing.com. They have a food truck available if you are hungry. The food truck schedule is on their website, so check back in August to see which one.

Please SIGN-UP on the CMC website at: https://cmc.org/calendar/eventdetails.aspx?ID=56375. by FRIDAY, AUGUST 12TH.

There is no charge to sign-up, but you are responsible for your own beverages and food.

Easiest parking is 2 blocks away at the Coors Tek parking lot at 9th and Jackson.

For more information, contact your Social Committee Member and Chair of this event, Barb Edwards, at barbgedwards@gmail.com.

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**July 19**
Intro to Hiking Safety

**July 25**
Miniature Golf

**August TBD**
Graffiti Tour - Denver

**August 1**
Gore Range/RMOTHG Jay’s Hut Trip Registration Lottery Opens
(More details in Aug newsletter)

**August 8-11**
Turquoise Lake Campout

**August 17**
Happy Hour - Mountain Toad Brewing

**September 11**
Annual Meeting & Awards Banquet - Mt Vernon Country Club

**April 19-21, 2023**
Gore Range/RMOTHG Jay’s Hut Trip

We are always open to suggestions and ideas. Please forward to Ronnie Knueven at knuevenru@comcast.net
This 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: How much water should I bring on a hike?

A: The simple answers would be: More than enough or Depends on the hike. But these responses are not helpful.

The following information, which is based on REI's Expert Advice article titled How to Stay Hydrated on the Trail (https://www.rei.com/learn/expertadvice/hydrate.html?series=hydration-basics), provides helpful guidance regarding hiking hydration.

• A good rule of thumb is to "drink one half-liter of water per hour of moderate exercise in moderate temperatures . . . strenuous hiking in high heat may require that you drink one liter of water or more per hour."

• Drink often and eat snacks/food containing sodium and potassium to help you stay hydrated. Food containing calcium and magnesium is also helpful. "Consider bringing an electrolyte replacement drink" on extended, high-intensity hikes.

• Drink more at altitude and don't forget to drink in cold weather. As the article points out, "You're less likely to crave water and feel thirsty at higher elevation, so it's important to drink frequently" and "it's just as important to stay properly hydrated in cold weather as it is in hot weather."
Learning how to be safe in the backcountry is a major reason many members join the CMC. So we’ve developed a one-evening seminar especially for new 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) and being stranded over night,
• how to avoid, how to prepare for, and how to respond to safety challenges,
• an introduction to the extensive program of in-depth, hands-on safety training courses offered in the CMC Denver Group’s adult education curriculum.

The final session of the year will be held at the CMC building in Golden on Tuesday July 19th at 6:30. The price is just $10 for CMC members and $15 for non-members.

To learn more or to register for the seminar, go to [http://www.cmcdenver.org/schools/introduction-to-hiking-safety](http://www.cmcdenver.org/schools/introduction-to-hiking-safety)
This is a three-day, two night hut trip to Jay's Cabin, part of the Shrine Mountain Inn near Vail Pass. The trip is jointly sponsored by the Gore Range Group and the RMOTHG section of the Denver Group. We have reserved the entire cabin, which includes 12 beds (6 for Gore Range members, 6 for RMOTHG members). Priority will be given to members from those two groups. All others will be waitlisted.

Itinerary is under development and review. Distance and elevation encompass route to and from hut, along with two day trips on trails adjacent to the cabin.

The trip elevation begins at 10,580’ and reaches 11,209’ feet at the cabin. The distance to the cabin is 2.7 miles. There are no avalanche dangers in this area. We will enjoy beautiful views during the day and moon and stargazing at night.

You can read more about Jay’s Cabin [here](#).

**Trip Leaders:**

Frank Burzynski and Daniel Schweissing, RMOTHG

Barb and Curt Audin, Gore Range
The biking season is in full swing with weekly rides on Fridays. It is a great group of welcoming friends who enjoy the exercise and fellowship of the outings. Our rides are in Denver and greater Denver areas with two styles of riding called the Hares and the Terrapins.

Hares ride approximately 20 to 30 miles at a speed of 11 to 13 mph. Terrapins ride at a more leisurely pace of less than 11 mph and go approximately 10 to 15 miles with a few more stops than the Hares. The outings are mostly on paved bike trails and we try to keep the rides fairly flat but, we do encounter some hills and gravel paths.

The essential items for participating are plenty of water, necessary tools to repair a flat tire (replacement tube), appropriate clothing for changes in the weather, and carrying 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. An optional lunch will follow at a nearby restaurant.

Most meeting times are 8:30 AM with departure at 9:00 AM during the hotter summer months. Guests are allowed with signing of a wavier form. Guests may participate in two of our activities before joining Rocky Mountain Over The Hill Gang (RMOTHG) section and the Denver Group of CMC.

If you are interested in riding, please contact Wayne Tomasello by email at bicycling.list@RMOTHG.org to get on 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.

Wayne Tomasello
Summer is officially here! 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 rain gear and layers of clothing.

Our Wednesday hikes are available for viewing on the CMC calendar on the previous Thursday and opened for registration at 5pm on Friday when we send a notification e-mail. RMOTHG hikes for other days of the week are available on the CMC calendar and opened for registration about a week in advance. If you would like to be on the notification list, please e-mail hiking.list@RMOTHG.org. If you were already on the list last year or have just requested to be this spring, you will still be on the list. When you sign up for a trip, the CMC system will send you an e-mail letting you know if you are on the roster or the waitlist. PLEASE IGNORE THE STATEMENT THAT IF YOU ARE ON THE WAITLIST YOU WILL BE NOTIFIED IF YOU MOVE UP TO THE ROSTER. THAT FUNCTION IS NO LONGER WORKING.

A day or two before the hike, the leader will send a reminder e-mail to the participants on the roster. If you were initially on the waitlist but receive the e-mail from the leader, you know you have moved up to the roster. You can always check your status on a trip by logging into CMC.org, going to "members", and then to "my trips". Whether you are on a waitlist or a roster if you decide on an alternative activity for that day, PLEASE cancel from the trip. It may not initially seem necessary if you are on a waitlist but many trips have a relatively high turnover shortly before the trip. When one person moves up from the waitlist to the roster, if that person is no longer interested, then he/she is taking up a spot that the next person on the waitlist may be very interested in having but never has the chance. To compound the situation, members are no longer automatically notified when they have moved from the waitlist to the roster so you may be taking up a spot without even knowing it. To cancel from a trip log on to CMC, go to members, then to my trips, and click the cancel button at the bottom of the trip description.

Martha Mustard
THE PICNIC ON JUNE 11 WAS A SUCCESS. OVER 100 SIGNED UP. AROUND 85 ATTENDED. FUN ON A HOT DAY!

PRE-PICNIC HIKE - SOUTH VALLEY PARK
PLACES WE'VE BEEN

MT. SNIKTAU

ELK FALLS

BIKING PLATTE RIVER TO 104TH, NORTHGLEN

NIMBLE RMOTHG HIKERS KEEPING THEIR SHOES DRY ON CLEAR CREEK
WILDFLOWER HIKE at ENCHANTED MESA

PEAKS TO PLAINS HIKERS WITH GOLDEN'S CASTLE ROCK

LINCOLN LAKE

HELL’S HOLE
SIGHTS WE’VE SEEN

MT. SNIKTAU

THE BENCH BY THE SIGN BOARD AT LAIR OF THE BEAR. WONDER HOW OLD IT IS?

LINCOLN LAKE

BULL SNAKE PULLING A BABY ROBIN OUT OF ITS NEST 😱
# 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>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section Chair</td>
<td>Carol Wier</td>
<td><a href="mailto:carolwier365@gmail.com">carolwier365@gmail.com</a></td>
</tr>
<tr>
<td>Section Vice Chair</td>
<td>Mike O'Connor</td>
<td><a href="mailto:mikeoc111@gmail.com">mikeoc111@gmail.com</a></td>
</tr>
<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Ronnie Knueven</td>
<td><a href="mailto:knuevenru@comcast.net">knuevenru@comcast.net</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
</tr>
<tr>
<td>Communication Director</td>
<td>Janice Johnson</td>
<td><a href="mailto:jajohnson1952@gmail.com">jajohnson1952@gmail.com</a></td>
</tr>
<tr>
<td>Membership</td>
<td>Susanne Spandau</td>
<td><a href="mailto:sespandau@gmail.com">sespandau@gmail.com</a></td>
</tr>
<tr>
<td>Members at large</td>
<td>Dennis Baumfalk</td>
<td><a href="mailto:dbaumfalk@msn.com">dbaumfalk@msn.com</a></td>
</tr>
<tr>
<td></td>
<td>Bob Barday</td>
<td><a href="mailto:rjbarday@msn.com">rjbarday@msn.com</a></td>
</tr>
<tr>
<td></td>
<td>Laurine Rowe</td>
<td><a href="mailto:laurinerowe@msn.com">laurinerowe@msn.com</a></td>
</tr>
<tr>
<td>CMC Denver Council Liaison</td>
<td>Jim Guerra</td>
<td><a href="mailto:joguerra77062@gmail.com">joguerra77062@gmail.com</a></td>
</tr>
</tbody>
</table>

## ACTIVITY COORDINATORS

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

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

- **Biking**
  - Wayne Tomasello
    - wtomassello@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
    - looannieg@comcast.net
  - Ronnie Knueven
    - knuevenru@comcast.net

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

## ACTIVITY COORDINATORS

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

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

- **Biking**
  - Wayne Tomasello
    - wtomassello@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
    - looannieg@comcast.net
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    - knuevenru@comcast.net

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CMCDenver.org newsletter
CMC.org RMOTHG.

**SEE BOARD MINUTES**
CMCDenver.org board minutes

**READ BYLAWS**
CMCDenver.org bylaws

**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.