FUN TO COME

PLEASE JOIN US
THE SOCIAL COMMITTEE IS SOCIAL!
If you are interested in joining or finding out more about the Social Committee, we will be meeting at noon at Bridgewater Grill on Monday, March 1.

Bridgewater Grill (www.bridgewatergrill.com) is in the Golden Hotel at 800 11th Street, Golden.

Contact Ronnie Knueven at knuevenru@comcast.net so we can reserve a spot for you!

SIGN UP for the PUZZLE ROOM
Monday, March 21 at 11:15 am
1350 Independence Street, Lakewood

Have you ever gotten lost and couldn’t find your way out? For those of you that have never gotten lost, this is for you. We will be going into a room and be given clues to find your way out. You may even be blindfolded or hand cuffed. You will be given 1 hour to find your way out, however, you can exit at any time. Watch their 16-minute video at www.goldenpuzzleroom.com, click on “more” then click on “escape room 101”.

THE NEWSLETTER NEEDS YOUR PHOTOS!
Please Email YOUR photos - of hikes, bike rides, events, natural beauty, anything of interest, to Maryann - tophillnews@gmail.com

March 21 The Puzzle Room - Lakewood
April 21 High Tea - Lumber Baron Inn & Gardens, Denver
May TBD Wine Tasting - Creekside Winery, Evergreen
June 11 Annual Picnic - Chatfield State Park Marina Point
August TBD Graffiti Tour - Denver
August 8-11 Turquoise Lake Campout
September 11 Annual Meeting & Awards Banquet - Mt Vernon Country Club

We are always open to suggestions and ideas. Please forward to Ronnie Knueven at knuevenru@comcast.net
The Lumber Baron Inn’s Victorian parlors make the perfect setting for Denver’s newest tea house. Afternoon Tea is served the traditional English way, featuring a variety of fancy finger sandwiches alongside scones, crumpets and fresh cookies. Everything is baked fresh daily in house and presented in a collection of fine china. Currently teas are from Denver-based tea Teakoe, that crafts blends in small batch by hand. Learn more: https://www.teakoe.com

Dietary Restrictions: They are happy to accommodate dietary restrictions given 48 hours notice. Dietary restrictions on the day of the tea cannot be accommodated without prior notice. Please be sure to notify us at the time of reservation. All gluten free tea reservations are an additional $6 per person.

Though a stately example of the Queen Anne architecture common in Denver in the late 1880s and ’90s, the 8,500-square-foot Lumber Baron — also known as the John Mouat Mansion — isn’t on Denver’s official list of designated historic landmarks. Still, the mansion is a highlight of the Potter-Highland historic district, the thirteenth historic district to be established in Denver, in 1979, and expanded in 1987.

The Lumber Baron is now an elegant bed and breakfast. It celebrates the Scottish heritage of the mansion and the neighborhood. It offers brunch on Saturday and Sunday, afternoon tea daily, prix fixe dinner Thursday, Friday and Saturday and several types of social functions including wine, beer, spirits, dinners and holiday events.

Cost is $40 per person which includes $30 for the tea, $2.70 tax, and a 22% gratuity. Libations are not included in the price of the tea and can be purchased separately.

Address: 2555 W 37th Ave, Denver. (303) 477-8205

Date and Time: Thursday April 21, 4:00 PM

Please sign up on the CMC website.
Greetings to all as we head into March, which can be either mild or cold and snowy. Regardless of the weather we hardy RMOTHG members continue to enjoy the outdoors. Whether snowshoeing, skiing or hiking, we are ready for adventures.

Traction devices! Aren’t they amazing? I seem to use them more than skis or snowshoes. They are easy to carry and quickly applied when needed. These devices give me confidence and safe footing on snow packed slippery trails. How did one navigate the mountain trails without all the technical equipment we routinely use? I was asking myself that very question when recently I was gifted with a good read – *A Lady’s Life in the Rocky Mountains* by Isabella Bird. She wrote these memoirs in 1873 with the edited volume being released in the 1960’s. You may be familiar with it. The descriptions of ascending Long’s Peak in her Hawaiian riding dress and her canvas bag, head covered by a handkerchief! How did she do this without gortex, a Tilley hat, Black Diamond hiking poles, a camelback hydration device and a Hyperlite day pack? Well, to find out, you will need to read it again, or for a first time. There may be romance involved.

Even though it is frigid and snowy as I write this message, it is time to register for the annual *Turquoise Lake campout*. This event is the highlight of the summer. The Survey Monkey that is used for registration is included in this newsletter. Please read the camping information detail and signup to be chosen in the campsite lottery.

A trail you may not be familiar with or forgotten about is the Walker Ranch Meyer Homestead trail which is accessed from Flagstaff Road in Boulder. It is an easy 5 mile in and out which offers a panoramic high-country view at the turn around point. As this trail passes through former ranch land, the terrain is relatively flat passing through meadows with gentle hills leading to the look out. Hike it now with snowshoes or spikes but be sure to return in late spring/summer for the lovely wildflowers. The address is 7325 Flagstaff Rd. Boulder. There are picnic tables and a vault toilet adjacent to the trailhead.

The RMOTHG Board will meet Monday, March 7 at the AMC in the Drumwright meeting room, 1-3pm. Please contact me or a board member if you have questions or a concern to be added to the agenda.

See you on the trail!

carolwier365@gmail.com

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**HIGHLINE CANAL, MY BIT OF COUNTRY within the city**

by Elaine Kallos

Here on the HIGHLINE CANAL, my bit of country within the city, I deep-breathe again, forget frustration, feel unfettered, and finally FREE.
The annual RMOTHG Campout will once again be at beautiful Turquoise Lake near Leadville – Monday, August 8 to Thursday, August 11.

We will have sites for 3 nights. These will be shared sites, assigned when you arrive. The cost will be determined by the number of campers registered. The cost is estimated to be between $30-$40 per person for all 3 nights, which covers the campsite only. (no food or drink) You will be informed of the cost by May 1.

Campground amenities include vault toilets and drinkable water, but no showers, electrical, water or plumbing hookups.

Activities include biking, hiking, fishing, boating (bring your own,) golf, happy hours/dinners, games and group campfires. The lake is easily accessible from the campsites.

THE COMPLETED SURVEY MONKEY MUST BE RECEIVED BY APRIL 15.

https://www.surveymonkey.com/r/XKCV6BR

We will hold a lottery after April 15 to determine the campers for this year. A survey monkey registration for one, or two in a party, counts as one lottery pick. If you or your party of two do not make the list, you will be placed on a wait list. But hold fast, as several people move up to the campout every year.

After the lottery, you will be notified by May 1 if you have a campsite. You will be given a link which will provide access to sign up and pay on the CMC website as you do for other events, by May 25. **IT IS MANDATORY TO REGISTER AND PAY THE FEE BY MAY 25 ON THE CMC WEBSITE AS YOU WILL FORFEIT YOUR CAMPSITE TO SOMEONE ON THE WAIT LIST IF PAYMENT IS NOT RECEIVED ON TIME.**

1. RMOTHG will not provide any food or beverages, instead, we will have organized potlucks each evening. You will each be asked to bring 2 dishes to share – entrees, veggie sides or desserts, plus a serving utensil for your dish.
2. Alcohol is BYOB. Happy Hour will be held at the same time as dinner.
3. Jobs to make our campout run smoothly will be shared by all campers.

Please email me with any questions, comments, or concerns.

Diana Bliss, Camping Coordinator  
dbliss5030@gmail.com
Q: HOW DO I KNOW IF THE TRIP I'M SIGNED UP IS THE RIGHT HIKE FOR ME?
A: All trips on the CMC calendar identify five things you should pay close attention to:

**TRIP TYPE:** Is it a hike or a snowshoe? Snowshoeing is more physically strenuous than hiking so be sure to take that into consideration.

Your leader will usually add some clarification in their description, i.e., bring micro spikes for use in icy or hard-packed snow conditions. Don't assume, however, that you can leave your snowshoes behind. Conditions in the high country change rapidly and what you hoped was going to be a spike hike may turn into a snowshoe.

**PACE:** Generally, the pace is described as:
- Casual -- Less than 1.7mph to 2mph
- Moderate -- 2mph to 2.5mph
- Difficult -- 2.5mph+

If you are unsure, don't hesitate to contact the trip leader to discuss the pace since it varies depending on the person. Leaders provide their contact information in the trip writeup and appreciate the opportunity to discuss the trip with you in advance.

**CLASSIFICATION and DIFFICULTY:** RMOTHG typically offers trips classified as A or B hikes.
- A -- Up to 8 miles round trip and 1200ft. elevation gain. (Prior hiking experience is usually not necessary.)
- B -- Up to 12 miles round trip and 2500ft. elevation gain. (Moderate to strenuous physical activity. Some prior experience is beneficial.)
- C -- Up to 15 miles round trip and 3500ft. elevation gain. (Strenuous to very strenuous physical activity. Prior experience and training is beneficial.)

The CMC also offers more difficult hikes classified as D. The description for hikes can be found in the FAQ and Resources section of the CMC web site (https://cmc.org/About/FAQsResources.aspx).

In addition to classification, trip leaders rate the **DIFFICULTY** of hikes as **Easy, Moderate** or **Difficult**. This is based on the leader's assessment and takes into consideration the mileage, the elevation gain, and the starting/ending elevation of the trip. For example, a trip that is 6 miles round trip with an elevation gain of 500ft. might be an **Easy A** hike, while a trip that is 6 miles round trip with an elevation gain of 1200ft might be described as a **Difficult A** hike.

Keep in mind that hiking at higher elevations is more strenuous, especially if you haven't been hiking at elevation for a while.
**TRAIL MILEAGE:** Hopefully, you’re able to take advantage of walking trails and neighborhood sidewalks close to home and know your comfort level in terms of mileage.

Typically, distances can be classified as follows:
- up to 6 miles - Easy
- 6 - 10 miles - Moderate
- 10+ miles - Difficult

Don’t forget to factor in the DIFFICULTY, PACE and ELEVATION GAIN to determine if the trip is a good fit for you.

**ELEVATION GAIN:** Elevation gain refers to the amount of elevation between the trailhead and the end point -- the actual amount you will climb. This is important to consider because the amount of elevation gained per mile generally tells you how steep the hike will be.

To estimate the elevation gain per mile, divide the roundtrip mileage by two, then divide the elevation gain by that number. For example, a 4-mile roundtrip hike with 1000 ft. elevation gain would gain 500 ft. per mile.

Here’s the general rule of thumb regarding difficulty due to the steepness of the trail --
- up to 400 feet/mile - Fairly easy
- 400-700 feet/mile - More moderate
- 700-1000 feet/mile - More difficult
- 1000+ feet/mile - Difficult

**But wait!** Hikes, especially longer hikes, can be deceiving. Elevation gains often vary throughout the hike and you may encounter short and steep sections, downhill followed by uphill, and/or significant elevation gains at the end of hike when you’re tired. Look at an elevation profile of the hike (many hiking websites provide these) to assess how difficult it might be. Leaders also sometimes include a link in the trip writeup that will provide this information. And don’t forget -- it’s always a good idea to call or email your trip leader if you have questions or concerns.

**SOME FINAL WORDS**

All of us have experienced those wonderful days when our legs and lungs would have carried us several more miles. But many of us have also experienced those days when our bodies can’t wait to get to the end of the hike and tell us it’s time to turn around. When that happens, remember that when you hike/snowshoe/bike with the RMOTHG we accommodate the needs of our members on our trips.

If you’re struggling, don’t be embarrassed -- speak to your leader! They’re trained to respond to your needs in a way that ensures your safety and the group’s safety. Don’t ever feel guilty about slowing a trip down or cutting a trip short if you’re having a bad day. Getting back to the trailhead safely is the priority on every trip. The trail will still be there tomorrow when we’re ready to tackle it again.

And finally, if you are still unsure about whether a hike is suitable for you, sign up for A hikes and see how it goes. If the A hikes seem easy for you, start signing up for B hikes. Most importantly, get outside and have some fun!
Hard to believe we only have two months left of official snowshoe season! Thanks, again, to our leaders who keep leading spike hikes and snowshoe outings whenever weather and conditions allow, and to our members who keep participating! Will March bring us more snows since it's our snowiest season? Hope so as we continue to spike hike or shoe for a couple of hours, enjoy lunch in a pretty area, and return, having enjoyed each other’s company and good exercise in snow.

Jeff continues to post the next week's Wednesday trips by 5 p.m. Fridays. He also posts other-day trips, one or two days in advance whenever a leader offers a trip, so keep watching your email. Read descriptions to see if the trip matches your skills and interests and sign up! Leaders also send email updates a day or two before trips for which you registered. These emails include important info about any time changes or weather info you might need, so watch for them, too. Jeff includes any info you need about vaxxing requirements for any trip listed. If you’re not already on the email list to receive those weekly announcements, and want to be, send your request to snowhoe.list@RMOTHG.org. Let’s hope March brings us big snows that keep us happily snowshoeing past Winter and into Spring!

~Elaine Kallos
WE'VE HAD

SNOW ANGELS AT CARIBOU RANCH

LET THE GOOD TIMES ROLL BOWLING EVENT

We had great fun and games! Thank you Barb Edwards and Kathleen O’Riley for chairing.
We had 2-3 hours of bowling, unlimited pool, any food item on their menu, and 2 drink tickets.
Around 2 dozen members enjoyed. **Don't miss the next event!**

THE SCORES INDICATE A VERY COMPETITIVE GAME!
ROCKY MOUNTAIN OVER THE HILL GANG
A Section of the Colorado Mountain Club Denver Group

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Hill Topics MAR 2022

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.