By popular request - Come join in the tasting of Creekside Cellars wines overlooking Bear Creek. Just a mere 30 minutes west of Denver, Creekside Cellars provides a special place to celebrate at 28036 CO-74, Evergreen, CO. For the price of $30, it includes the tasting, a history of winemaking by Creekside’s sommelier, Kelly, and their wonderful antipasto.

For more information, please see creeksidecellars.net, or for reviews - tripadvisor.com, yelp.com, coloradowine.com.

PLEASE SIGN UP ON THE CMC WEBSITE NO LATER THAN MAY 16

https://cmc.org/Calendar/EventDetails.aspx?ID=55427

For more information, please email Ronnie Knueven at knuevenru@comcast.net.
Please come join us at the Chatfield State Park for our Annual Picnic on Saturday, June 11, 11:30 am to 2:30 pm. Chatfield State Park is located at 11500 N. Roxborough Park Road, Littleton, CO 80125 (off C470 on Wadsworth exit south.) For more information regarding Chatfield State Park, see 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 Marina Point Picnic Shelter. Lunch will be served starting at noon until 1 pm. Hamburgers, hot dogs, veggie burgers will be provided by the RMOTHG.

*** PLEASE BRING AN APPETIZER, SALAD, SIDE DISH, OR DESSERT TO SHARE – YOUR CHOICE. WE ALSO ASK THAT YOU BRING YOUR OWN BEVERAGES – THAT MEANS YOU BRING YOUR OWN WATER, SOFT DRINKS, BEER OR WINE. ***

There will be hikes, bike rides and horseback riding available through the RMOTHG, but you must sign up separately for those “trips” on the CMC website.

If you are interested in horseback riding: Contact Bob at 303-933-3636 for reservations and information at Chatfield State Park. Individuals should call several days in advance to reserve. He said NOT for us to organize the reservations as he sees so many not show up when groups do that. He will take your credit card info to hold your spot. The groups are guided (no taking horses out on your own). Prices (there is no group discount) are $45/1-hour, $65/1.5 hour, $85/2 hours. VERY strict 220# weight limit. It really doesn’t matter weather-wise (heat in June) if people want to ride before lunch or after. The horses eat lunch from 12:00 to 1:30, so no rides then. So, get your group together, call for your reservation, and get out there and have some fun!

There are horseshoes and a volleyball area available at the picnic site – no sign up necessary. If you have corn hole games, please bring along. There are lots of activities available at Chatfield State Park. There are 26 miles of trails and an abundance of parking, as well as swimming, boat rentals, a model airplane field, and an electric vehicle charging site at the Plum Creek or Deer Creek entrance.

For questions, please contact Ronnie Knueven at knuevenru@comcast.net.

PLEASE SIGN UP ON THE CMC WEBSITE NO LATER THAN JUNE 4
STANDBY CAMPERS NEEDED

for the TURQUOISE LAKE CAMPOUT

August 8-11

Inevitably, stuff happens and people will cancel their reservation. We do not want camp sites to go unused. If you can hang with a little ambiguity, and would like to camp, please sign up on the Survey Monkey.

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

NOW THAT WE’RE TRAVELING AGAIN, PLEASE SUPPORT THIS FEATURE!
SEND YOUR TRAVEL PHOTOS & SHORT DESCRIPTION TO Maryann - tophillnews@gmail.com

May 13       The Fleece Factory of the Rockies
May 17       Seminar on Hiking Safety, AMC
May 23       Wine Tasting - Creekside Cellars, Evergreen
June 11      Annual Picnic - Chatfield State Park Marina Point
August TBD   Graffiti Tour - Denver

August 1     Gore Range/RMOTHG Jay’s Hut Trip Registration Lottery Opens
(More details in July newsletter)
August 8-11   Turquoise Lake Campout
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
Hello RMOTHG friends!

Our summer hiking and biking activities are being launched! As we head out on this season’s trail adventures, let’s be grateful for our dedicated volunteer leaders. Better yet, consider being a leader yourself! You will receive excellent training which enhances your knowledge and experience on the trail. As new leaders become available, more hikes and bike rides will be offered. This means more members will be able to join trips rather than remaining on standby. Think about it.

I am excited to get out on the trails to see the emerging flowers. Perhaps you have already spotted a delicate violet colored Pasque flower, a Sand Lily, Spring Beauty or Blue Fax?

Mary Oliver, American poet writes –
Instructions for living a life: Pay attention. Be astonished. Tell about it.

Be sure to take some photos of those early flowers and send on to Maryann for the newsletter.

As we enjoy the beauty of nature on our trips, let’s consider how we might be better stewards of the environment. We never litter, but perhaps we should go a step further and pick up what others may have left behind. I have seen many of you carry an extra plastic bag for just this purpose. I have also observed members removing branches that were obstacles which could trip some hikers. Congratulations to those that leave the trail in better condition than they found it.

The RMOTHG board will be recruiting new board members whose term will begin in September. Please consider a term of office to support the organization. Look for an announcement in the June newsletter.

The next board meeting will be Monday, May 2, 2022, 1-3pm at the AMC in the Drumwright meeting room. Please contact me if you have questions or concerns to bring to the board.

Carol Wier
carolwier365@gmail.com

THANKS SO MUCH FOR ALL YOUR PHOTOS! KEEP EM’ COMING!
Please Email YOUR photos - of hikes, bike rides, events, natural beauty, anything of interest,
to Maryann - tophillnews@gmail.com
THANK YOU, LOU ANN DIXON, for creating this WORD SEARCH GAME for us to enjoy!

Try your hand at finding all the words. The answers will be posted in next month’s newsletter.
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 next session will be held at the CMC building in Golden on May 17 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
RMOTHG official hiking season starts in May. Our Wednesday trips are available on the CMC calendar on the previous Thursday and opened for registration at 5 pm 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. 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.

We are adding a new twist on our usual hike offerings. We have been asked to run an Ascending Hike series specifically for RMOTHG members. The CMC Denver Group has been running them for several years and they are quite popular. These are a series of hikes that start out very easy and gradually "ascend" to harder hikes. The purpose is to empower hikers to increase their speed and stamina in a safe setting. Participants sign up for each trip individually and do not need to participate in all the hikes, but will benefit from regular participation. These hikes may be scheduled on Wednesdays or other days depending on the leaders' availability and they will be labelled as RMOTHG Ascending Hikes. If you need a little help getting up to speed for the summer, this program may be for you. If you would like to be notified of the Ascending Hikes, please let us know at hiking.list@RMOTHG.org because we will maintain a separate e-mail notification list for them. This program is experimental for RMOTHG and depends on sufficient leaders.

The snow is gone from the lower areas and we can hope to see some beautiful wildflowers soon. Remember to watch for the wildlife that may be coming out also. Although seeing wildlife is a happy prospect and may be the highlight of your day, there are some precautions to take. If you see a rattlesnake, give it time to go away on its own or, if it doesn't move, give it a wide berth while keeping an eye out for any of its companions. The bears are out of hibernation now and will hopefully be satisfied with the trash cans in the mountain towns. If you should see one, stay calm, do not run or move quickly, back away slowly, stand upright and face the animal without making eye contact, and speak calmly yet firmly if it doesn't move away. Also, remember to check yourself for ticks after returning from a hike in the lower elevations.

Get out there and enjoy our great outdoors!

PS - Remember to check your spam folder regularly and especially if you are expecting an e-mail.

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**TENTATIVE MAY HIKES:**

| Wed, May 4 | 1) South Platte River/Carson Nature (Easy A, Casual pace), 2) Leader's Choice (Difficult A, Casual Pace), 3) Leaders' Choice |
| Thur, May 5 | 1) Raspberry Ridge (Moderate B, Moderate Pace) |
| Wed, May 11 | 1) Back of the House Denver Walk and lunch at The Original Brooklyn's patio (Moderate A), 2) Mt. Galbraith (Easy B, Moderate Pace) |
| Fri, May 13 | 1) Fleece Factory of the Rockies (Easy A, Casual Pace) |
| Wed, May 18 | 1) Kenosha Pass East (Moderate A, Casual Pace), 2) Mt. Falcon (Moderate A, Casual Pace) |
| Wed, May 25 | 1) Walker Ranch (Easy B) |
Hello fellow cyclists,

I am looking forward to a great cycling season, which begins the first Friday in May and runs through the last Friday in September. Besides myself, Kirsten Tollefsen, Pete Spandau, Carole Adler, Bob Barday, Jerry Rowe, Scott Kramer, Curt Audin, Jeff Flax and Roger Wendell will be organizing and scheduling their favorite rides. So hopefully there will be more variety and some new outings.

About 15 to 30 bikers participate weekly, riding on bike paths & quiet city streets throughout the Denver & Boulder areas. Sometimes we go west to Summit County. Occasionally we encounter some hills and gravel trails. The Friday morning rides are finished with an optional lunch at a nearby restaurant.

Currently there will be three styles of riding groups: Gazelles, Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 15 mph. Terrapins ride approximately 10 to 15 miles at a speed slower with more stops. There has been talk about an additional group called the Gazelles. Watch for emails about Gazelles rides.

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. The meeting time is usually 8:30 am with departure at 9:00 am. Guests are allowed with the signing of a waiver form. Guests may participate in two of our activities before joining the RMOTHG section and the Denver group of the CMC.

If you are interested in riding, please contact Wayne Tomasello 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.

See you on the trails,
Wayne Tomasello

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**TENTATIVE MAY OUTINGS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
</tr>
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<tbody>
<tr>
<td>May 6</td>
<td>Waterton Canyon</td>
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<tr>
<td>May 13</td>
<td>Clear Creek to the Platte River to 104th</td>
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<tr>
<td>May 20</td>
<td>Platte River from River Point to REI</td>
</tr>
<tr>
<td>May 27</td>
<td>Lakewood gulch to Garrison to Sanderson Gulch loop</td>
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Q: I haven’t ridden my bicycle for a while and am not sure if I can keep up with your group of riders, but would like to try. What advice do you have for me and how do I get started?

A: We are so glad you want to ride with RMOTHG! Be prepared for lots of nice two wheeled fun people who enjoy the rides and each other’s company, including post ride no host lunches.

We have regularly scheduled bike trips each week from May through September led by CMC certified biking trip leaders. The rides are primarily on paved or hard pack gravel bike trails located throughout the greater Denver area, with a few special rides in the mountains/foot hills.

We offer different levels of rides based on rider’s abilities. They are:

1. “Terrapins” - rides with more breaks, few hills, fewer miles (approx. 15 - 20 miles) and slower speeds (approx. 10 miles per hour)

2. “Hares” - rides do take a few breaks, may involve hills, longer rides (between 20 - 30 miles), and average speeds of 12 - 15 miles per hour

3. “Gazelles” - very few breaks, more challenging terrain, longer rides and faster pace.

4. Mountain bike rides are sometimes scheduled, but true mountain bikers may find the CMC Mountain Bike Section a more regular choice of rides (see CMC.org.)

*On Terrapins and Hares rides we have a “sweep,” who is a person connected by radio to the leader and who will make sure no rider gets left behind.

If you need more information regarding a specific ride, help in determining whether your bike is appropriate for the trail, or which level of ride you might choose, please feel free to call the trip leader for that ride prior to registering on CMC.org Calendar.

We also recommend that you have your bicycle tuned and in good shape. Perhaps take it out for a few rides to get yourself back into it. Oh yes, we do welcome electric bicycles unless the specific trail prohibits ebikes.

At minimum, you must carry a spare tube that fits your bike’s wheel and you must wear a bike helmet in order to ride with us.

Please see Wayne Tomasello’s (Biking Coordinator) article in this newsletter for specifics on how get email notifications and registration times for the weekly rides.
**FUN WE’VE HAD**

**AFTERNOON TEA AT THE LUMBER BARON**

**HIKER HURDLING!**
KENOSHA PASS WEST

**REACHING THE END OF THE TRAIL!**
JOSIE HEATH / MEYERS HOMESTEAD
PLACES we've been

- BUTLER GULCH
- LEGAULT MTN - MEYER'S RANCH
- BEAR CREEK
- CONEY FLATS
- FLYING J
SIGHTS WE'VE SEEN

BETASSO PRESERVE

JOSIE HEATH / MEYERS HOMESTEAD
BIRDING AT BELMAR PARK
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.