Let's see what goes on behind the scenes. It will be a professionally guided tour from 75-90 minutes. Cost is $15.00. Parking is free. **YOU MUST SIGN UP BY SATURDAY AUGUST 3.** Directions will be sent out for parking and light rail before the tour.

**BRONCOS STADIUM TOUR**
Saturday August 24 10:30

**Signup Deadline August 3**

**CMC TO HOST THE NO MAN’S LAND FILM FESTIVAL**
AUGUST 16

*No Man’s Land Film Festival Celebrates Women in the Outdoors*

As part of the Colorado Mountain Club Leadership Conference, the Colorado Mountain Club is thrilled to host the No Man’s Land Film Festival at the American Mountaineering Center on Friday August 16 at 7:00 PM.

The No Man’s Land Film Festival is an all-woman adventure film festival that celebrates the outdoors from a female point of view, highlighting and connecting a passion for adventure.

In addition to the films, we’ll also be featuring a panel discussion with legendary local ladies to foster a dialogue of women empowerment and leadership in the outdoor community.

Tickets are $10.00 for CMC Members and $15.00 for the General Public.

The Festival will begin at 7:00 PM with doors opening at 6:00 PM.

Tickets are available at [https://bit.ly/2Y7pmCk](https://bit.ly/2Y7pmCk) and support the Colorado Mountain Club as non-profit.

Visit [http://nomanslandfilmfestival.org](http://nomanslandfilmfestival.org) for more information about the film.
Our annual meeting and fantastic brunch will again be at the Mt Vernon Canyon Club (Mt. Vernon Country Club.) Please join us for this fun event where you will be able to catch up with old friends and meet new ones, all while enjoying a cash bar at 11am on the deck of this club overlooking a lovely view of the foothills and plains. A delicious and varied brunch will begin at 12 noon. Don’t miss it as the meal and the company are always terrific.

At 1 pm there will be a quick Section meeting ~ most importantly we will take a few minutes to recognize the volunteers who are the backbone of this organization. These are the people who dedicate many hours to make all of our activities possible. Please come meet these valuable members and show your appreciation for them.

Last but not least, we will be entertained and educated by “The Legendary Ladies,” The Legendary Ladies is an educational, non-profit performance organization bound by love of women’s history in Colorado. Colorado’s history is full of colorful characters, and not all of them were cowboys or miners. Many of these pioneers wore skirts as they traveled west to make their mark on history. The Legendary Ladies will bring history to life, telling their stories in full period costume.

Please join us for one of our most enjoyable events of the year!

The cost of this event is $30 per person, which you will pay when you sign up on the CMC website. Go to CMC.org click Calendar and search under September 8, 2019, ID #47860, “RMOTHG Annual Meeting and Brunch.” *

*All 2018-2019 active Volunteers (i.e. Social Committee members, Newsletter, Tech, Board, Activity Coordinators and Trip Leaders), please register for this event under a separate event entitled “RMOTHG Volunteers” ID #47859 utilizing the password previously provided via email.

Questions? please contact Ida iderann@q.com or Lou Ann louanndixon@gmail.com

The deadline for all reservations is NO LATER THAN FRIDAY AUGUST 30TH.
SECTION CHAIR’S MESSAGE

WARM…WARMER…HOT…HOTTER …it’s definitely SUMMERTIME!

I hope everyone is having a great summer and that you have been able to get out to enjoy our beautiful Colorado trails. Whether those trails have been for hiking or biking, I do know many RMOTHG Members have taken advantage of the many trips our leaders have scheduled this past month. Wow, isn’t it great that with so many enthusiastic trip leaders we now get choices of trips on more days of the week, as well as great varieties of locations. The cyclists have been taking part in the faster Gazelle rides and mountain biking trips that have been offered on different days, which is in addition to the Hares and Terrapin rides run on Fridays. Thanks again to all of the trip leaders and to the participants who make these activities so much fun!

Every year, in addition to the interesting monthly social activities, there are three special events arranged by our Social Committee. Those events are the Summer Picnic, the Holiday Party and the RMOTHG Annual Meeting & Brunch. These traditional and special events are meant as an opportunity for all RMOTHG Members to get together as a Section where we can meet up with old friends and get acquainted with other members outside our usual trip activities. I hope you will consider attending the upcoming RMOTHG Annual Meeting & Brunch at the Mt. Vernon Canyon Club (aka Mt Vernon Country Club) on September 8. At this event we recap the past fiscal year of our Section, we recognize the volunteers who are the core of the club, we enjoy a meal together and we are provided entertainment. The specifics of this meeting and brunch are found in an article of this newsletter written by Ida Sansoucy.

On behalf of the Board and this Section, I would like give a very special thank you to Ida Sansoucy for her dedication and leadership as the coordinator of our Social Committee for the last three years. Ida is retiring from this position in September after sharing many ideas, arranging many events and assisting other committee members in their work to provide RMOTHG with entertaining ways to socially interact with each other.

Also, please join me in congratulating Jeanne Eiss and Joan Winstein as new CMC Trip Leaders. We look forward to the RMOTHG trips that they will share with us in the near future. Thank you for stepping up!

See you out on the trails!

Kirsten Toltefsen
RMOTHG Section Chair
A big welcome to all our new members. When signing up for trips, here are some tips to make sure the trip is appropriate for you. Don’t be misled by the designation of easy. Even though it says easy, an Easy B hike is more difficult than a Difficult A hike, either longer or more elevation gain or both. And the pace can be equally important. If you are just starting out hiking now, you might want to start with a trip that has a casual pace. Most of our hikers have been at it for several months now and many are eager to get a little higher and maybe do a little longer trip. Until you know how you fit in, it would be best to be conservative and start casual. Then you can have a baseline to judge against. Our highest goal is to always bring everyone back safely. Next we want everyone to enjoy themselves. Reaching the destination is only the third goal. Making sure you are on an appropriate trip can contribute to all three goals.

~ Martha Mustard

TENTATIVE AUG HIKES

AUGUST 7: BLUE OR MITCHELL LAKE, SILVER DOLLAR LAKE, AND MT. FLORA

AUGUST 14: OUZEL TO FINCH LAKE, STRAIGHT CREEK, LILY PAD LAKE, AND VASQUEZ WILDERNESS AND CONTINENTAL DIVIDE

AUGUST 20 (TUESDAY): BLACK POWDER PASS

AUGUST 21: MT NYSTROM OR STANLEY MTN AND LEADER’S CHOICE

AUGUST 28: BUTLER GULCH, ABYSS LAKE TRAIL, SQUARE TOP LAKES, AND SQUARE TOP MOUNTAIN
WHY I AM A TRIP LEADER ~ Frank Burzynski

I have been extremely satisfied with my decision to become a CMC trip leader. I frequently led casual trips with friends; on one such outing there was an injury which left me desiring to be better educated and prepared. (With so few friends I could not afford to lose many.) Just as important, I began hiking with the CMC and desired to give something back to our club by leading trips.

The training and trail experience my decision afforded me is considerable. The social benefits of becoming a leader also deserve highlighting. I have developed many close friendships and we share a wealth of fantastic memories. The camaraderie, enjoyment and sense of accomplishment we have shared are highlights of my CMC leadership experiences. Beyond day hikes I have proceeded to lead snow shoe trips, hut trips, backpacking trips and photography outings. I have fond memories of the laughter during social time in the huts, the sense of awe when we reached a grand vista on various trips, and the ooohs and aaahs as we waded through a sea of wildflowers when backpacking the Sneffles Traverse.

It has been both educational and gratifying to be a trip leader. Sharing my passion for the outdoors is great fun! I have experienced numerous benefits including personal growth and fulfillment and I encourage others to join in and become trip leaders to keep our group vibrant.

INVITATION TO A CMC SEMINAR ON HIKING SAFETY

ONE-EVENING SEMINAR ~ AUG 28

last session this year ~ will include extra content on fall and cold weather safety

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 overnight,
• 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 session will be held at the CMC in Golden on July 17 at 6:30 at the CMC building. The price is just $10.00 for members and $15.00 for non-members.

To learn more, or to register for the seminar, go to http://www.cmcdenver.org/schools/introduction-to-hiking-safety
RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 30 participants each week. The trips are Friday mornings and sometimes on other days in the Denver and greater Denver areas, with three styles of riding called the Gazelles, the Hares and the Terrapins. Gazelles ride at a fast pace at about 15 mph. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride at a more leisurely pace of less than 10 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 for your tire size,) appropriate clothing for changes in the weather, ID and a medical card. The wearing of 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. An optional lunch follows at a nearby restaurant. 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 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 for you to sign up at www.cmc.org.

See you on the trails,

Wayne Tomasello
IF YOU’VE GOT QUESTIONS…
WE’VE GOT ANSWERS…

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.

This month our hiking coordinators, Martha Mustard and Jeff Flax, respond to a question from long-time member, Judy Childers.

Q: Why do some leaders meet at the trailhead rather than a carpool spot such as Wooly Mammoth, the Fort, CMC, etc.? Carpooling decreases pollution and opens up more parking spaces at the trailheads.

A: The trips that meet at the trailhead are most often close-in trips such as those in Jeffco Open Space parks. In those cases, the trailhead may be just as convenient as the standard meeting place.

In addition, it is completely up to each leader regarding where and when to meet. For example, if the hike is in the Boulder area and the leader lives in Broomfield, it doesn’t make sense for the leader to meet the group in Golden.

Members can choose trips based on the meeting spot. This information is included in the trip descriptions posted on the CMC calendar on Thursdays.

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AUG 9-11 CMC State WFA (3-day)
AUG 16 NO MAN’S LAND FILM FESTIVAL
AUG 23-25 CMC State WFA (3-day)
AUG 24 BRONCO STADIUM TOUR
AUG 28 HIKING SAFETY SEMINAR
SEPT 6-8 CMC State WFA (3-day)
SEPT 8 ANNUAL MEETING BRUNCH
SEPT 20-22 CMC State WFA (3-day)
OCT 19 TRIP LEADER SCHOOL
OCT 20 & 27 DENVER GROUP WFA
NOV 5 MONET EXHIBIT
**CPR/AED FOR OUTDOOR RECREATIONISTS**

**Available Sept 9**

The CMC Denver Group's Wilderness First Aid School (WFA) is offering a 2 ½ hour ECSI nationally certified CPR and AED (automated external defibrillator) evening class at the AMC/CMC, on Monday, September 9th. The class is from 6:30 to 9:00. The course also covers information on how to relieve choking victims.

The class is available for sign-up on the CMC.org calendar at [https://www.cmc.org/Calendar.aspx](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](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](https://goo.gl/DhBZfM)).

For more information, contact Jeff Flax, Denver Group WFA School Director, at [Jeff.Flax@gmail.com](mailto:Jeff.Flax@gmail.com).

**WILDERNESS FIRST AID COURSE (WFA)**

**Oct 20 & 27 (TWO DAY COURSE)**

The CMC Denver Group’s Wilderness First Aid School (WFA) is offering a two-day course on October 20 and 27. The course is now open for registration on the CMC calendar at [https://www.cmc.org/Calendar.aspx](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 course tuition is $100 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](https://goo.gl/DhBZfM)).

For more information and links to register for the course is available at [https://cmcdenver.org/schools-2/wilderness-first-aid](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](mailto:Jeff.Flax@gmail.com).
PLEASE Email YOUR photos to Maryann - tophillnews@gmail.com

A FRIEND AT BUCHANAN PASS

HIKING ARAPAHOE PASS!

WHOA!! SANDBEACH LAKE

PINEY CREEK NEAR VAIL, GREEN GENTIANS 6 FEET HIGH

THE REALLY BIG BIKE!
# ROCKY MOUNTAIN OVER THE HILL GANG

*A Section of the Colorado Mountain Club Denver Group*

## RMOTHG SECTION BOARD

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Section Chair</td>
<td>Kirsten Tollefsen</td>
<td><a href="mailto:kmt1950@icloud.com">kmt1950@icloud.com</a></td>
</tr>
<tr>
<td>Section Vice Chair</td>
<td>Scott Kramer</td>
<td><a href="mailto:skramer1016@gmail.com">skramer1016@gmail.com</a></td>
</tr>
<tr>
<td>Secretary &amp; Emergency Contact</td>
<td>Carol Zurcher</td>
<td><a href="mailto:carolz80239@gmail.com">carolz80239@gmail.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Dennis Arndt</td>
<td><a href="mailto:dwa2bus1@gmail.com">dwa2bus1@gmail.com</a></td>
</tr>
<tr>
<td>Members at large</td>
<td>Diana Bliss</td>
<td><a href="mailto:dbliess5030@gmail.com">dbliess5030@gmail.com</a></td>
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<td></td>
<td>Lue Fratantuono</td>
<td><a href="mailto:fratantu@comcast.net">fratantu@comcast.net</a></td>
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<tr>
<td></td>
<td>Janice Johnson</td>
<td><a href="mailto:jajohnson1952@gmail.com">jajohnson1952@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Marty Pfefer</td>
<td><a href="mailto:inspmarty@aol.com">inspmarty@aol.com</a></td>
</tr>
<tr>
<td></td>
<td>Jane VanderKolk</td>
<td><a href="mailto:Jane.vanderkolk@comcast.net">Jane.vanderkolk@comcast.net</a></td>
</tr>
<tr>
<td>CMC Denver Council Liaison</td>
<td>Kathy Kurtz</td>
<td><a href="mailto:kmkurtz47@gmail.com">kmkurtz47@gmail.com</a></td>
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## ACTIVITY COORDINATORS

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<td><a href="mailto:fratantu@comcast.net">fratantu@comcast.net</a></td>
</tr>
<tr>
<td>Snowshoeing</td>
<td>Elaine Kallos</td>
<td><a href="mailto:ekallos11@gmail.com">ekallos11@gmail.com</a></td>
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<td></td>
<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
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<td>Cross Country Skiing</td>
<td>Jeff Flax</td>
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<td>Wayne Tomasello</td>
<td><a href="mailto:wtomasello@outlook.com">wtomasello@outlook.com</a></td>
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<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
</tr>
<tr>
<td>Hiking</td>
<td>Martha Mustard</td>
<td><a href="mailto:mustardo3@comcast.net">mustardo3@comcast.net</a></td>
</tr>
<tr>
<td></td>
<td>Jeff Flax</td>
<td><a href="mailto:jeff.flax@gmail.com">jeff.flax@gmail.com</a></td>
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<td>Social Events</td>
<td>Ida Sansoucy</td>
<td><a href="mailto:iderann@q.com">iderann@q.com</a></td>
</tr>
<tr>
<td>Newsletter</td>
<td>Maryann Mayer</td>
<td><a href="mailto:tophillnews@gmail.com">tophillnews@gmail.com</a></td>
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## See Board Minutes

[http://www.rmothg.org/BoardMinutes.aspx](http://www.rmothg.org/BoardMinutes.aspx)

## Read 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.