



Rocky Mountain Over the Hill Gang

A Section of the Colorado
Mountain Club

June 2025 Newsletter



A Message from Your Section Chair:

The RMOTHG newsletter is changing! It's time that we say goodbye to the old and usher in the new.

With the implementation of the new CMC website and the resignation of our current newsletter editor, the RMOTHG board has decided it is time to shift our communication strategy. **This will be the LAST RMOTHG newsletter as you've known it.**

Starting in July, we will shift to sending out short email notifications announcing RMOTHG events and board business only. You will still find all our events and trips posted on the RMOTHG calendar and trip/event pictures posted on our Facebook page, but the most dramatic change will be that the monthly newsletter will no longer exist. Instead, we will send a monthly list of RMOTHG events and Gang business that will include Happy Hours, the Summer Picnic, Annual Meeting, Holiday Party, RMOTHG board elections and other Gang communications.

NOTE: we will NOT have a June Happy Hour due to the Annual RMOTHG picnic on June 8th.

Bookmark the RMOTHG calendar page: <https://www.cmc.org/groups-sections/special-interest-sections/rocky-mountain-over-the-hill-gang/calendar-of-events-and-trips>

I want to thank everyone for making the monthly newsletter possible, including trip coordinators, trip leaders, the social committee, and especially Linda Dermeyer (our current newsletter editor)!

Cheers to a new era of communication!

I hope to see you at an event or on a trip soon!

Warmly,

Kathy

...

Rockies Game, Coors Field,

Sunday June 22, 1:10 p.m-5:00 p.m.

We are going to the ballpark in June and August. There are a few spots left for the June 22nd game with the Rockies playing the Diamondbacks.

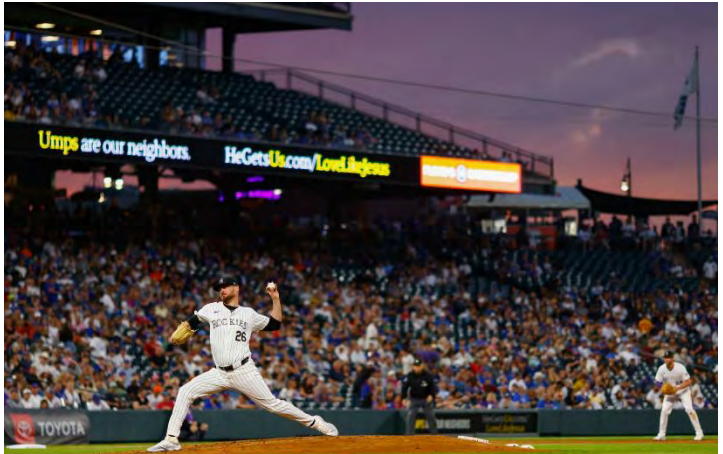
Here is a link for the game at the CMC website:

[Colorado Rockies vs. Diamondbacks — The Colorado Mountain Club](#)

There is another game scheduled for us to go to on Thursday August 21st at 1:10! The seats are just \$12.00 and are located on the first level on the 3rd base side.

Here is a link for the game: [Colorado Rockies vs. L.A. Dodgers — The Colorado Mountain Club](#)

See you at the game, Wayne Tomasello



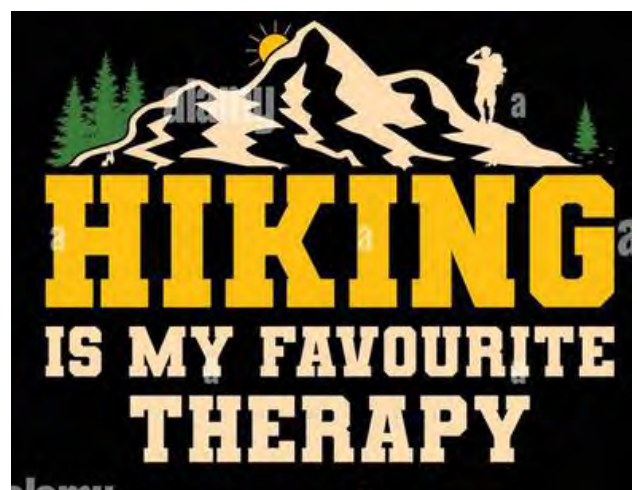
Hiking Fun Ahead

Welcome to the RMOTHG summer hiking season. Although Wednesdays are our traditional hike days, our leaders offer trips whenever they can. Our list below is just a tentative list, subject to change. Leaders add trips all the time. To check for the current RMOTHG hikes, log onto CMC.org, hover over Education and Adventure and click on Find Trips and click hiking. If you scroll down further, you can filter for just Rocky Mountain Over the Hill Gang.

You can also click on this RMOTHG Calendar link: <https://www.cmc.org/groups-sections/special-interest-sections/rocky-mountain-over-the-hill-gang/calendar-of-events-and-trips>

When considering a hike, please carefully consider the rating of the trip, the distance, elevation gain, and most importantly the pace. Be sure to read the leader's notes. If you are new to hiking or if you haven't hiked in a while, please be conservative about what trips are appropriate for your conditioning.

- June 2: Rolling Creek TH Kevin Schaal
- June 4: Plymouth Mountain Rico Argentati
- June 5: 3 Sisters Big Loop Tim Lane
- June 6: Green Mountain Roger Wendell
- June 8: Orbital Trail Seg 3 Suzanne Dysard
- June 8: Bear Creek Lake Park Susanne Spandau
- June 8: Devil's Head Wayne Howell
- June 12: Corral Creek Tim Lane
- June 17: Acorn Creek TH Carroll Steger
- June 19: Plymouth Mountain Tim Lane



Bike News & Trips for June

Hello fellow cyclists,

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.



Biking News continued:

We've been listening and rumor has it that some cyclists don't feel as comfortable riding in groups with electric bikes. As leaders, we are trying to be more aware of the variety of riders participating and how best to incorporate different levels of riders as well as bicycle types to make the rides fun for all. Electric bikes are here to stay as they allow our fellow members to continue to enjoy this sport, but it is important that all "people powered" riders find the same enjoyment.

Our goal is to make sure all RMOTHG bikers feel welcome and have the best possible experiences. Please feel free to share your concerns and suggestions with any of our trip leaders... because the main reason we volunteer to lead is to serve your needs!

Links to June planned bike rides

June 6th: Terrapin [Bike – Platte River Grill on the Platte River Trail to Chatfield Reservoir Loop — The Colorado Mountain Club](#)

Hare [Bike – Platte River Grill on the Platte River Trail to Chatfield Reservoir Loop — The Colorado Mountain Club](#)

June 13th: Terrapin [Bike – Cherry Creek, Wash Park, Franklyn, Dartmouth, Platte River Loop — The Colorado Mountain Club](#)

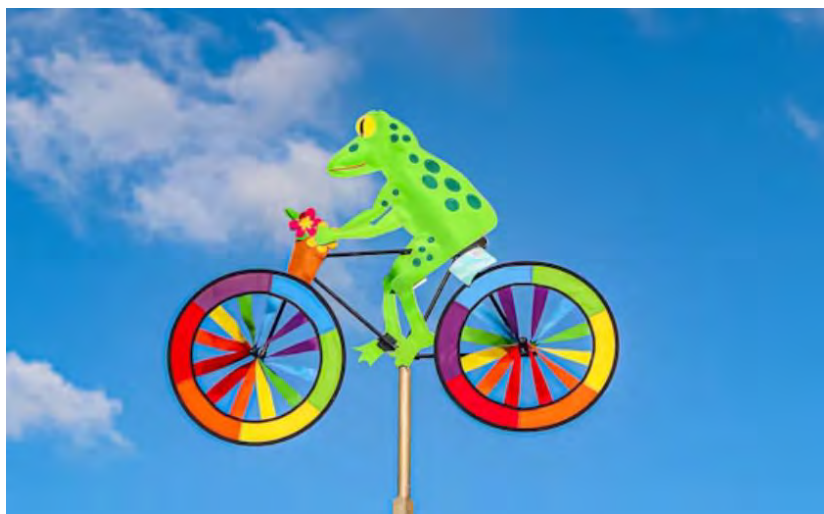
Hare [Bike – Cherry Creek, Wash Park, Franklyn, Dartmouth, Platte River Loop — The Colorado Mountain Club](#)

June 20th: Terrapin [Bike – Sanderson Gulch, Kipling, Bear Creek, Platte River Loop — The Colorado Mountain Club](#)

Hare [Bike – Sanderson Gulch, Kipling, Bear Creek, Platte River Loop — The Colorado Mountain Club](#)

June 27th: Terrapin [Bike – Boulder 180 — The Colorado Mountain Club](#)

Hare [Bike – Boulder 360 — The Colorado Mountain Club](#)





Elk Falls Hike led by Jeanne Eiss, co-led by Frank Burzynski



Green Mtn. via Gregory Canyon hike led by Jeanne Eiss, co-led by Kathy Crawford



Noddle Heads hike lead Wayne Howell



Alderfer Three Sisters led by Michelle Hartman



Evergreen Mountain hike led by Tim Lane



Mount Sniktau led by Tim Lane



Berrian Pinnacle Hike led by Jeanne Eiss, co-led by Elaine Shirley



Devil Head Lookout Hike led by Wayne Howell

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RMOTHG SECTION BOARD 2024 - 2025:

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CMC Denver Council Liaison (non-voting position)	TBD	

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