



Rocky Mountain Over The Hill Gang Hill Topics JULY 2023



Section Chair Message

Hello all,

Spring is gone, summer is here, and we still have the same weather! Hard to believe that we are in the high desert and begging for the rain to stop. The weather ahead looks to be improving so we can enjoy our hiking and biking with a little (or a lot) of socializing thrown in! Isn't it great to be "Over the Hill"!

The board's #1 job is to manage the \$15 you give to us and provide what we promise. This year, with the new website, we have struggled to determine our member numbers and the associated income. One problem identified is that family memberships were only charged for one RMOTHG member. I am part of a family membership, so I have not paid for a membership, along with 60 or 70 others. Now that we have figured out this problem, we will be sending out an email to all family memberships giving instructions on how to pay for additional RMOTHG members! The result is that right now we have less money than anticipated.

We plan to adjust our spending by changing up the annual meeting. I love Mt. Vernon and the huge deck with a beautiful view. As far as I can tell, we have held our annual meeting there since RMOTHG joined CMC in 2005! This year we are going to change things up, support the CMC and have our meeting at the CMC/AMC building in Golden on Sunday, August 27, 2023. Unfortunately, that is the only date available, and we apologize for the change. The social committee has some great ideas to make a very fun brunch that will not be as expensive as Mt. Vernon so hopefully more of you can attend. Be sure to read the details on the new plans for the Annual Meeting in this newsletter.

We have all chosen such a wonderful area to live in. One special summer activity is all the live music, much of it free. Almost every community, ski area and many breweries have some great musical offerings. I hope you can take time to explore the music scene for a relaxing change to our physical pursuits. The next Board meeting will be held Aug. 14 at 1:30 at CMC/AMC building, Golden

Have a wonderful July!
Laurine Rowe

FUN SOCIAL EVENTS - YOU ARE INVITED!

Join your fellow RMOTHG members for the following social events planned in the coming months.

RMOTHG ANNUAL PICNIC

Calling all RMOTHG members! Are you ready to picnic?

Join us Saturday, July 15, at Staunton State Park to eat, hike or bike with all your favorite people. Lunch will be provided between 11am and 2pm and **bring your own beverages**. We will be enjoying delicious sandwiches made by Snarfs, chips, and cookies. There will be a variety of sandwiches served. If you require GF, dairy free or a vegetarian sandwich, email Carol Wier, carolwier365@gmail.com before July 7 to be accommodated. In addition, there will be sweet, refreshing watermelon to top off the lunch. As Staunton is a state park, a fee or pass per vehicle is required at entry.

NOTE: *Hikes and bike rides must be signed up for on the website separately from the picnic reservation.* [Click here to register for the picnic](#)

Breckenridge Brewery tour and lunch

Join us for a brewery tour, tasting and lunch on Thurs., August 10. at 2920 Brewery Lane, Littleton. The tour and tasting starts at 11am, \$4 paid at the brewery. Be sure to bring your ID, they will check. Or just come for lunch at 12:30. You pay for whatever you order. It will be fun! Sign up on the website as we are limited to 20 participants. Contact Linda Dermeyer at dermyerl@gmail.com for more information. [Click here to register](#)



The Annual Meeting

Please note the location and date have changed!!!

Annual Meeting & Brunch: Leader & Volunteer Recognition

Come to celebrate and enjoy a delicious brunch on Sunday, August 27 at 12pm - 2pm. We will gather in Golden at the AMC/CMC building at 710 10th St.

Cost is \$10 per member and \$15 per guest. The meal will be potluck with salads, pastries and egg dishes. Meat and meat substitutes will be provided as well as adult beverages.

Please bring a dish indicated by the first letter of your last name:

A-H Breakfast pastries (cinnamon rolls, donuts, quick breads, etc.)

I-Q Fruit salad, veggie salads, etc.

R-Z Egg dishes - quiche, strata's, frittatas, etc.

Register and pay on the website by August 18 to facilitate planning. Looking forward to seeing you at brunch. [Click here to register for the Annual Meeting.](#)

Board of Directors elections coming up

Here it is...your chance to throw your hat in the ring to be a member of the RMOTHG Board of Directors!

We have 9 board members. Three members terms expire this year, Scott Kramer, Mike O'Connor and Susanne Spandau, and in August we will elect three new members whose terms will start in October and last 3 years. If you can help us by running for a board position it would be greatly appreciated. The job does not require any prior training or experience. We usually have six meetings per year that last around 2 hours.

The nominating Committee is Ginny Keir, Dennis Baumfalk and Laurine Rowe. Contact any of us by July 15 to express your interest. You can find our contact information on the last page of the newsletter.

CMC Seminar on Hiking Safety

A recent study demonstrated that Colorado has the highest number of Search and Rescue calls of any state. And the vast majority of those were to assist hikers and backpackers. Spring is here and it is time to tune up our hiking safety skills, so we don't add to the statistics as we all hit the trails.

Join CMC Safety instructors for a fun one evening seminar where we will review the latest in safety techniques. Topics will include dealing with mountain weather, lightning, wildfires, avoiding getting lost (and what to do if you do), encountering wild animals (we have added rattlesnakes and wolf safety to our curriculum.)

The next seminar will be **July 11**. We meet at the American Mountaineering Center from 6:30 to 9:00 PM. Price is \$10 for members and \$15 for guests. To register for the seminar June seminar [click here](#) or for the July course [click here](#) or go to cmc.org, and search for Hiking Safety.

Contact School Director and RMOTHG member Art Hogling (303-674-8058) if you have questions.



NEW FEE AT ELDORADO CANYON STATE PARK

Eldorado Canyon State Park has added an additional fee for each participant on a CMC trip in the park. All trip leaders will now need to set up their trips to Eldorado Canyon State Park with a required "ticket" so that participants can pay the nonrefundable fee of \$5.00 when they sign up for the trip. The state office will then remit the fees to ECSP. Please note that the Crescent Meadows portion of the Walker Ranch Loop is part of Eldorado Canyon State Park.

Hiking News

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 tree line must be tempered with the possibility of lightning usually starting around noon. That's why we must leave so early when we are going high. Remember that the weather can change very fast in the mountains and always be prepared with raingear and layers of clothing. Bring your ten essentials on whatever hike you choose.



Beaver Brook Trail Hike

RMOTHG offers hikes primarily on Wednesdays but occasionally on other weekdays depending on the leaders' availability. We try to offer a variety of hikes each week. We send an e-mail announcement to those on the hiking e-mail list for each day that one or more RMOTHG hikes are scheduled, usually about five days before the hikes. The leader will send an e-mail to the roster before the trip as a reminder and to provide any special information. Carpooling is generally available but is not an official part of the trip.

Join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!

Martha Mustard, Hiking Coordinator



Sent to us by Pete & Suzanne Spandau from Alaska.

Tentative Hikes for July

Wed, July 5:

- Mud Lake (easy hike, casual pace)
- Horseshoe Trail to Frazer Meadow in Golden Gate Canyon State Park (easy hike, moderate pace)



Bunches of Shooting Stars on the Beaver Brook Trail

Wed, July 12:

- Exploring Nature - Mt. Falcon - West TH (easy hike, 1.8-2.0 mph pace)
- Bowman's Shortcut Trail (easy hike, 2.0 mph pace)
- Acorn Creek (moderate hike, casual pace)

Thurs, July 13:

- Acorn Creek Loop (easy, 1.0 mph pace)

Sat, July 15 (RMOTHG picnic at Staunton):

- Davis Ponds Interpretive Trail (easy hike, casual pace)
- Historic Cabin Trail (easy hike, casual pace)
- Mason Creek, Bear Paw, Old Mill & Staunton Ranch Trail Loop (moderate hike, moderate pace about 2.0 mph)
- Bear Paws (moderate hike, moderate pace about 2.5 mph)

Wed, July 19:

- Straight Creek (moderate hike, moderate pace)

Wed, July 26:

- Button Rock Preserve (easy hike, casual pace)
- Lake Dorothy from Fourth of July Trailhead (moderate hike, moderate pace, 1.5 mph moving speed).

Transitioning from E-mail Notifications to Using the CMC Website

Changes are coming...

On September 1 RMOTHG will be transitioning away from our e-mail announcements for trip notifications. This is a result of issues with the current website we have been using for those notifications combined with the increased capability of CMC's new website. To prepare for this transition, we want our members to know how to use the capabilities of the new CMC website. Please read the information provided below and try each action for yourself on your computer.

To make sure you have the most current information about the Over the Hill Gang events, know how to set your 'Alerts & Notifications' to the alerts frequency you want, know how to 'Find Trips', and know how to find the RMOTHG calendar. We have detailed instructions and short videos below on each topic so you can learn how to navigate the website like a pro.

Topic #1: "Alerts & Notifications"

Why is this important to me? 'Alerts & Notifications' allow you to select the frequency of email notifications when a trip is added to the calendar. You can select to be notified when a trip is added to the calendar, in a daily digest, or a weekly digest. From this notification, you can see more about the trip by clicking on the trip link.

Directions:

- Go to 'My Profile' when you hover over you name after you sign into the CMC website
- Find 'My Preferences' in the left-hand menu and click
- Scroll down to 'Alerts & Notifications'
- Select your preference- immediate notification, daily or weekly.

[Link to video](#)

Topic #2: "Find Trips"

Why is this important to me? Knowing how to search for trips using RMOTHG, activity type, and a date allows you to narrow your search to just RMOTHG trips, making it easier to find what you are looking for.

Directions:

- Hover over 'Education & Adventure'
- Select 'Find Trips'

-From the left-hand menu select 'Rocky Mountain Over the Hill Gang' and the type of activity you are looking for. i.e., Hiking, Biking, Snowshoe, etc.

-Enter the date range you are inquiring about. If you are looking for only one date, use that for the beginning and ending date.

[Link to video](#)

Topic #3: RMOTHG Calendar

Why is this important to me? Knowing where the RMOTHG calendar is allows you quick access to all RMOTHG activities. It also allows you to register for any activity right from the calendar.

Directions:

-Under the Donate button, locate the three lines and hover over them

-Select 'Groups & Sections'

-From the left-hand menu select 'Special Interest Sections'

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-From the left-hand menu select 'Rocky Mountain Over the Hill Gang'

-The RMOTHG calendar is located on the right-hand side of the page under the gray box

[Link to video](#)

If you need help navigating the website, please feel free to contact me, Kathy Crawford, at kathy@cefpeeps.us.

Name Badge sets

We've all been there. At an RMOTHG hike or social event you are introduced to a group of people that you may see only a few times a year.

Embarrassingly, just minutes later, you have forgotten most of the names.

We are now pleased to offer **free** RMOTHG Name Badge sets graced with your name & the updated CMC logo. The set includes a double-sided badge, a waterproof holder, a lanyard, and a mini carabiner. To order yours, follow this **UPDATED link** (Our apologies for a non-functional link in a previous newsletter): [Click here to order name badge set](#)



BICYCLING NEWS AND INFORMATION

By Wayne Tomasello

Proposed bike rides for July

July 7 - Platte River to Sand Creek

July 15 - Foxton Platte River Road in conjunction with the RMOTHG picnic

July 21 - Highline canal, Tollgate, Cherry Creek loop

July 28 - Ralston Creek, Eastley Road, Clear Creek loop



Chatfield Loop: Hares

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 the 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.



Update from the Denver Group Trails And Conservation Committee

Greetings. We are pleased to announce that we will be scheduling field work on the Squaretop Lakes Trail, on Guanella Pass, for the first three Saturdays in August; 5th, 12th, 19th. These trips should be available for signups on the Club website beginning around July 10. Our specific project is to do repair work on two sets of steps descending from the parking lot level to the valley below. We will also look at doing additional signage, and erosion control, on the old trail that is parallel to the steps and perhaps on the short stretch of trail leading to the boardwalk. These steps were put in about 11-12 years ago by the former Denver Group Trails Committee led by the now-retired Grover Cleveland. See the included picture.



We will add several new steps and replace rock under existing steps. Physical demands will include some bending at the waist, although we encourage people to bend the knees for safety reasons. Movement of smaller rocks with shovels will occur. Rock will be moved from wherever the Forest Service places it in buckets. We ask that participants limit their lifting to 20 pounds. The work site on the trail is within 400' of the parking lot. Thus, it will not be necessary to carry heavy stuff for long distances. Materials are provided by the Forest Service and tools by the Committee. Trip leaders are Steve Bonowski and Jim Mills. Contact Steve; climbersteveb@gmail.com; with any questions.

Meet our Great Bicycling Leaders:



Standing left to right: Kirsten Tollefsen, Jeff Flax, Jerry Rowe, Wayne Tomasello, Dennis Baumfalk, Bob Barday, and Scott Kramer.
Sitting left to right: Pete Spandau and Carole Adler.

PLACES WE'VE BEEN



Deer Mountain Hike led by Jeanne Eis



Flying J Ranch Dog Hike



Beaver Brook Chavez Trail hike led by Ken Ruiz

Tremont Mtn Circle Hike led by Robbie Monsma



Golden Railroad Museum Social Outing



Cycling Fun



What's a few rain drops to these hardy well layered bikers in Summit County! Frisco to Breckenridge Ride.

Not only are we colorful, but we listen when our leaders share the rules of the road...especially the last one "HAVE FUN"!



Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD:

Chairperson	Laurine Rowe	laurinerowe@msn.com
Vice Chairperson	Dennis Baumfalk	dkbaumfalk@msn.com
Secretary & Emergency Contact	Kathy Crawford	kathy@cefpeeps.us
Treasurer	Bob Barday	rjbarday@msn.com
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Newsletter	Linda Dermeyer	dermyerl@gmail.com

To read past newsletters, the bylaws, and board minutes of the RMOTHG section of the Colorado Mountain Club [click on this link](#).



IF A FELLOW RMOTHG MEMBER HAS A SERIOUS ILLNESS, please contact our RMOTHG secretary to send a friendly note to that member/member's family.