



Rocky Mountain Over The Hill Gang

Hill Topics

MAY 2023



FUN SOCIAL EVENTS

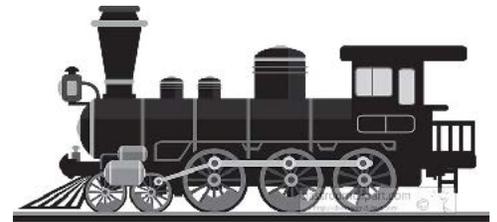
ALL ABOARD!! COLORADO RAILROAD MUSEUM

Join the fun on **Saturday, JUNE 3**, 9-11am, for a guided tour and train ride at the Colorado Railroad Museum, located at 17155 W. 44th Ave., Golden. Tickets are just \$18.

Register and pay \$18 on the website by FRIDAY, MAY 28.

There is an optional lunch following the event at the nearby New Terrain Brewery with an onsite food truck. You pay for what you order.

Questions? Contact Gina Bishofs - ginagailmail@gmail.com



[CLICK HERE to REGISTER](#)

ALTIUS URBAN FARM TOUR

Saturday, MAY 13, at 10am. There is still time to sign up. The farm is located at 2502 Lawrence St., Denver. This urban rooftop farm grows greens and herbs year round in an ecologically sensitive environment. **Pay a \$25 fee on site.**

Optional lunch to follow around the corner in RINO. Questions? contact Linda Thompson: ltthomp1067@gmail.com

[CLICK HERE to REGISTER](#)

RMOTHG ANNUAL PICNIC

Saturday, JULY 15, Lunch 11 am to 2 pm. You will need your Colorado State Park pass or pay the \$10 entrance fee at the gate. We have reserved the Deluxe Ranch Hand shelter for the day. Plan to come and join an activity (hikes and bike rides to be scheduled by leaders separately from picnic registration) or just come to visit with old or new friends and eat a yummy lunch. You must bring your own water and other beverages.

[CLICK HERE to REGISTER](#)



SAVE THE DATES

RMOTHG ANNUAL MEETING - Sunday, September 10 - Mount Vernon Canyon Club

BRECKENRIDGE BREWERY - August Happy Hour, date TBD

NOW ACCEPTING APPLICATIONS FOR 2024 WINTER HUT TRIPS
REGISTRATION FOR LOTTERY: MAY 1-12, 2023

We are pleased to announce that RMOTHG is accepting applications for both of our upcoming 2024 winter hut trips.

We will run a lottery for each hut trip during the second part of May and notify you of your status by the first week of June. If you have been selected for a trip, we will make you an “offer” on the CMC website which will allow you to pay and advance your name to the roster.

- Use the links below to register for the lottery of your choice.
- The lottery is limited to current RMOTHG members only.
- Due to limited space and high demand, you may only apply for ONE of the lotteries.
- Trip applicants who are not selected in the lottery will be waitlisted and contacted if a registered trip participant cancels out of a trip.

TRIP #1 – POINT BREEZE CABIN

Trip Dates: January 29-31, 2024 (3 days, 2 nights)

Trip Leaders: Linda and Tom Jagger

Spots Available: 6 (not including trip leaders)

Cost: \$122.40/person

You can read more about Point Breeze Cabin [here](#).

Register for the Point Breeze lottery [here](#).



TRIP #2 – VANCE’S CABIN

Trip Dates: March 6-8, 2024 (3 days, 2 nights)

Trip Leaders: Barb and Curt Audin and Daniel Schweissing

Spots Available: 11 (not including trip leaders)

Cost: \$77.26/person

You can read more about Vance's Cabin [here](#).

Register for Vance’s Cabin lottery [here](#).





SECTION CHAIR'S MESSAGE

Happy May Day!

I remember making paper May Day baskets, filling them with spring flowers, hanging them on our neighbor's doorknobs and ringing the doorbell. Hiding and watching their happy faces when they saw the pretty flowers was joyful. I hope each of you have a joyful May Day moment!

This month kicks off our 2023 hiking and biking season. We are happy that several new leaders attended the hiking organizational meeting and others are completing their leader training! We are all sending best wishes to Bea Slingsby for rapid return to hiking form.

After a couple of years with no hut trips due to Covid, we have completed our 2023 trip and planned two for 2024! Thanks Daniel, Frank and Curt for organizing and leading this year's trip. I asked Daniel how the trip went ... "This week's trip was fabulous. Perfect timing weatherwise and the best snowshoeing I've had this season. And, of course, we had a great group of people." If that sounds like fun to you then submit your name to the lottery!

Our next board meeting is scheduled for June 5 at 1:30 PM. We meet at the CMC building in the Explorer Lab. Everyone is welcome.

Happy trails to all,

Laurine Rowe

Congratulations to Linda Dermyer, our new
NEWSLETTER EDITOR
Linda will be taking over the newsletter next month. Thanks, Linda!

ORDER YOUR NAME BADGE SET TODAY!

- 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 link: [Order RMOTHG Name Badge Set](#)





CYCLING

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, Dennis Baumfalk, 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





BIKING SEASON BEGINS FRIDAY MAY 5 at WATERTON CANYON.
WE LOOK FORWARD to SEEING all NEW and PRIOR RIDERS
ON the TRAIL WITH US!



BICYCLES..... SO MANY BICYCLES



Remember your first bicycle? Maybe it looked like mine, a 24 inch 1-speed bike with heavy fenders (mine was blue with white stripes) and the brakes were a motion backwards on the peddles. I loved that indestructible bike! Would I want to be riding it still today....HECK NO!

Happily bicycles improved through out the years with better materials, mechanics, lighter weights, types and sizes all to fit our riding needs. These changes have literally allowed many of us to have a lifetime of great rides by keeping up with our challenges, our ambitions and now helping us as our slightly more worn bodies still want to do what we have been doing.

So here come the E-Bikes! Yes, they may not be for all of us (yet), but they serve a really good purpose by allowing those who truly need that extra help to continue to do what they love and in the company of those who also enjoy the sport.



Like many of the changes in this life we are better off when we adapt and learn how to incorporate new elements. Your RMOTHG Bike Leaders are no exception. We want all of our biking members to keep riding with us and enjoying the camaraderie of others who love this activity. We understand that some have found that trips lead by E-Biking Trip Leaders may be too fast at times and feel that we may not be meeting the needs of some of our strictly "pedaling" riders.

Therefore, in the hope that YOU will continue to ride with us, all of our volunteer leaders, including the E-Bike riding Trip Leaders, will be paying even closer attention during each ride to the needs of "all" riders (i.e. setting the pace within the "average" speeds set for the posted ride and being aware of how all riders are doing.) We work hard to make these fun for everyone and do appreciate honest feedback before, after and during the rides!

WATERTON CANYON



WELCOME TO THE 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, and leaders add trips all the time. To check for the current trips for RMOTHG, log onto CMC.org, hover over Education and Adventure and click on Find Trips. If you scroll down you can filter just trips with Rocky Mountain Over the Hill Gang.

We are still providing an e-mail notification to those on our e-mail list about five days before each hike. The announcement for the Wednesday hikes go out at 5pm on the preceding Friday, other days as they are opened by the leader for registration. 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. You can always check your status on a trip by logging into CMC.org, hovering over the icon for your name, and clicking on "my activities". The activities list will show if you are registered or waitlisted. 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 cancel from a trip log on to CMC, click on the activity from your activities list; over on the right under Registration Status there is a small blue button to edit or cancel your registration. Or if it says registration has closed, you must contact the leader to cancel.

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 from us.



HIDDEN MESA OPEN SPACE



TENTATIVE MAY HIKING SCHEDULE

- Monday, May 1**
 - Deer Creek Canyon Park - Plymouth Mountain (moderate hike, pace - less than 2 mph)
- Wednesday, May 3**
 - Castlewood Canyon State Park South (moderate hike, moderate pace)
 - Deer Mountain (no details yet)
- Friday, May 5**
 - Spruce Mountain Trail (easy hike, casual to moderate pace)
- Monday, May 8**
 - Raspberry Ridge (moderate hike, moderate pace)
- Wednesday, May 10**
 - Urban Walk Along the Wheat Ridge Green Belt Adjacent to Clear Creek (easy walk, casual, slow pace)
 - Castlewood Canyon State Park North (moderate hike, moderate pace)
 - Maryland Mountain (no details yet)
 - Leader's choice
- Wednesday, May 17**
 - Mt. Sniktau (moderate hike, pace - 1.2 mph up, 2.0 mph down)
- Wednesday, May 24**
 - Golden Gate Canyon State Park - Mountain Lion Loop (moderate hike, moderate pace)
- Wednesday, May 31**
 - Golden Gate Canyon State Park - Tremont Mountain Circle (moderate hike, moderate pace)



ELEPHANT BUTTE

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.)

Our seminar will be on **May 23**. 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 go to cmc.org. Search for Hiking Safety, or click the link below.

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

[to register, click here](#)

HOW TO USE OUR NEW WEBSITE

While poking around the new website have you noticed that the profile of some people says 'unaffiliated' next to their branch or section? Maybe you noticed that your profile has listed you as 'unaffiliated'? This is great time to get that fixed! If you are an Over the Hill member or have a family RMOTHG membership and that designation is not listed in your profile, please call the office at 303-279-3080 to get it sorted out.

If you are interested in updating or editing your profile, here is a [short video](#) (click on the words 'short video') to help you.



BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL

Although rare within the CMC, backcountry incidents when they do happen are stressful, confusing, and the wrong activities can potentially compound to make a bad situation even worse. For those who have always wanted a means to review, practice, and improve the skills needed to successfully manage the initial aspects of an unforeseen incident, the CMC now offers the Backcountry Incident Management School.

Classes for this all-day event will occur several times this summer:

- May 20: Student Session 1
- June 17: Student Session 2
- Aug 19: Student Session 3
- Sept 23: Student Session 4

Prerequisites:

- Priority given to CMC trip leaders and school instructors
- Successful completion of a recent Wilderness First Aid course

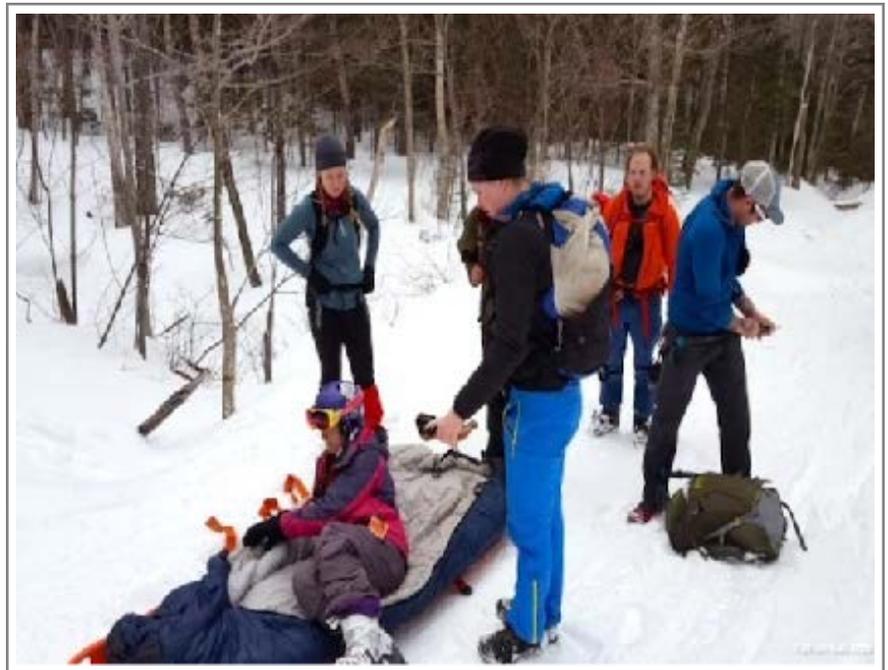
Course tuition: \$30

Enrollment is now open for all 2023 summer dates. Students will select a date based on preference, however, since enrollment is limited (based on instructor availability for each date) having alternative dates in mind will increase your chances of getting in.

The BIM School enrollment page is now available. [Click here to enroll](#)

The BIM School now has an updated homepage for more info: [Backcountry Incident Management School - Denver — The Colorado Mountain Club \(cmc.org\)](#) Within that homepage is a link to the current set of Incident Management Cards for trip leaders.

For additional information, email: Rich.McAdams@hotmail.com



PLACES WE'VE BEEN



VANCE CREEK - RESTHOUSE MEADOWS TRAIL



BRAINARD LAKE



SANDSTONE RANCH



EVERGREEN MOUNTAIN

ROCKY MOUNTAIN OVER THE HILL GANG

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD

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**DOWNLOAD NEWSLETTER**

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CMC.org/RMOTHG.

SEE BOARD MINUTES

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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