



Rocky Mountain Over The Hill Gang Hill Topics JUNE 2023



FUN SOCIAL EVENTS - YOU ARE INVITED!

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

COLORADO RAILROAD MUSEUM

Saturday, June 3, 9-11am, Colorado Railroad Museum tour and train ride. 17155 W. 44th Ave., Golden.

\$18 senior rate, register and pay on the website. Bring your name tag. Don't have one? Order one today at the link in the article below. Optional lunch following the tour at nearby New Terrain Brewery. Organizer, Gina Bishofs 303-378-8748, ginagail@gmail.com

[Click here to register](#)

RMOTHG ANNUAL PICNIC

Saturday, July 15, Annual RMOTHG picnic at Staunton State Park. Park pass needed or pay fee at entry to the park. Lunch available 11am to 2pm at the Ranch Hand shelter. Come to eat and socialize with friends old and new. You must bring your own water and other beverages.

Register on the website. [Click here to register](#)

Hikes and bike rides available for signup separately on the website. Wear your nametag.

BRECKENRIDGE BREWERY

Thursday, August 10, 10:45 Brewery tour and lunch at Breckenridge Brewery & Farmhouse Restaurant, 2920 Brewery Lane, Littleton.

Brewery tour begins at 11am. Please arrive by 10:45, bring your ID (yes, they will check your age!) and \$4.00 cash for the tour, payable at the door. Includes two beers to taste.

Lunch begins at 12:30 following the tour. Participants will order off the menu and each participant is responsible for their own bill. (Note: the restaurant does not serve wine or cocktails - only their beers and soft drinks). Limited to 20 people. Wear your name badge.

Organizer: Linda Dermeyer, 620-474-0358, dermyerl@gmail.com

Register on the website. [Click here to register](#)

Note: The brewery tour is optional. If you only want to join us for lunch, send Linda an email.

SAVE THE DATE

Sunday, September 10, Annual Brunch & Volunteer Recognition, 12pm, Mr. Vernon Canyon Club, 24933 Club House Circle, Golden. Registration opens in July.



Section Chair Message

Hello Gang and welcome to Spring activities...the last 2 Friday bike rides have been cancelled for rain...is this Denver? Hopefully this is good for lawns and no fires. Thank you Wayne for scheduling a makeup ride so we don't lose our saddle conditioning!

RMOTHG is glad to welcome Linda Dermeyer as the new editor of our newsletter! I was so happy when Linda volunteered to take over from Maryann Mayer. Maryann is retiring from our newsletter editing job she has done for 10 years! Thank you Linda and Maryann.

How many of you have visited the American Mountaineering Club Museum housed in the same building as CMC in Golden? It is a great history of mountaineering with fun interactive and informative exhibits. It is open weekdays and very inexpensive.

I attended the new and prospective member night last month and ...I learned things! As a CMC member you also have benefits at other alpine/mountain clubs around the country. You can find those clubs under the Member & Volunteers tab on the website. One very active CMC leader and group organizer said she had taken several online classes with the Mountaineers which are in Seattle area. A nice benefit.

As you know, we are always hoping for more leaders. Another way to serve is as a member of the board. Our election is coming up in August so how about raising your hand for this job?

Hope you enjoy June...hiking, biking, outdoor music and patio dining.

Laurine Rowe

TURQUOISE LAKE CAMPOUT



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There are a few spots left for the Turquoise Lake Campout!

Join us August 7-10 for some wonderful hiking, canoeing or paddle boarding on the lake, and building personal connections with RMOTHG friends.

If you are interested in signing up, please contact Kathy Crawford at Kathy@cefpeeps.us or call at 719-233-7719. Space is very limited, and we will start a waitlist if needed, so act soon to reserve your spot.

BICYCLING NEWS AND INFORMATION

By Wayne Tomasello

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.

Got a AAA card? AAA will transport you and your bike to a nearby bicycle shop for repairs or to your car. You may need a credit card and/or cash to pay for expenses.

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 to sign up at www.cmc.org.



BICYCLING NEWS AND INFORMATION cont.

By Wayne Tomasello

Car versus Bike – the CAR always wins. Several changes last year to the Colorado bike laws have made it easier for us to ride. They recognize that we do not have a simple gas pedal to regain our momentum at a stop sign or red light. That did not give us the right to ignore them.

- At a red light we must stop, and if it is clear, proceed. Remember, that car down the street may speed up to catch the light and he/she has the right of way. If you are riding with a group not all members may be able to cross with the light. If you must wait, the leader may hold the group across the intersection until everyone is across, or the leader may just slow down so you can catch up, or the leader may have a regrouping point farther ahead and they will wait there. If you do not think it is safe to cross, wait.
- At a busy intersection, it is best to wait for the walk signal to make sure that no one has a turn arrow. Using the walk signal sometimes increases the time allowed to cross the street. On side streets, it may be the only way to get the light to turn since there is a sensor in the street for cars. In Denver, you can be ticketed if you cross using the pedestrian walkway unless it is a bike path, but you can use the button.
- If you come up beside a car on his/her right side at a light, make sure that he/she is aware you are there before proceeding, he/she might decide to make a turn at the last minute. If it is a truck, assume he/she does not see you and make sure he/she is not turning before proceeding.
- At a stop sign, slow down and make sure that there is no traffic that has the right of way. At a four-way stop, are the cars slowing for a stop? The fact that the road was clear for the riders ahead of you does not mean that the intersection is still clear. You are responsible for checking and determining if it is still safe for you to cross. Again, the leader will have a regrouping point.

I find that most drivers are careful around bikers. We need to do our part – be polite, not aggressive, be visible, and be aware of our surroundings, The obnoxious drivers are balanced by the obnoxious bike riders. We do not want to fall into either category.



**I don't ride a bike to
add days to my life.
I ride a bike to
add life to my days!**

Order Your Name Badge

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 and 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:

[Click here to order](#)



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 in 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. If you would like more information, you can contact any board member, we are all listed on the last page of the newsletter. You can also attend our next meeting on June 5 if you like. Contact Laurine Rowe if you are interested in attending our next meeting and/or if you want to run for the board.

CMC Seminar on Hiking Safety

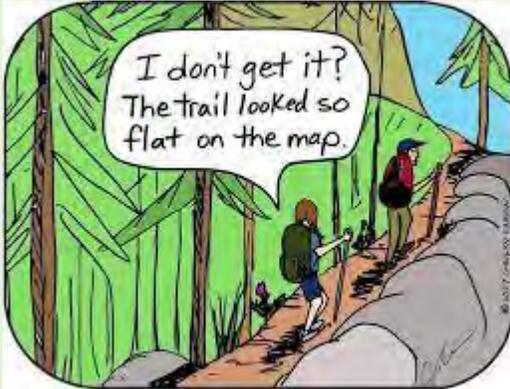
A recent study demonstrated that Colorado has the highest number of Search and Rescue calls of any state. And the vast majority of those were to assist hikers and backpackers. Spring is here and it is time to tune up our hiking safety skills so we don't add to the statistics as we all hit the trails.

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 seminars will be on **June 13 and 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.

Hiking News



TENTATIVE schedule for June 2023 hikes:

Wednesday, June 21:

- Geneva Mountain
- Wigwam Park Trail

Wednesday, June 28:

- Leader's Choice

The tentative schedule above looks a little sparse, but our leaders tend to like to enter their trips on short notice when they can better predict both the weather and trail conditions. Expect many more trips to show up on the website. For the time being we are still sending announcements when RMOTHG hikes open for registration, but you can get your own previews whenever a Denver Group hiking trip is entered. Just log on to the website, go to your profile, hit edit at the bottom and then scroll down to the bottom of the input screen; you can choose to get notifications of the types of trips you choose from the CMC Groups that you choose on the frequency you choose. Remember to hit save. If you are new to RMOTHG and would like to be added to our RMOTHG e-mail notification list, just e-mail hiking.list@RMOTHG.org. IF YOU HAVE EVER BEEN ON THIS LIST, YOU WILL STILL BE ON IT UNLESS YOU'VE QUIT RMOTHG OR HAVE REQUESTED TO BE DELETED FROM IT.

The trails may be a little muddy if this weather pattern persists; **remember to walk through the mud, not around it.** Remember the sunscreen and bug repellent. And still keep a watch out for rattlesnakes and ticks. But the wildflowers are blooming! The peaks are still showing snow! Just join a hike and enjoy our beautiful mountains and share the experience with other RMOTHG hikers.

Altius Urban Farm Tour



PLACES WE'VE BEEN



Spruce Mountain Open Space



Castlewood Canyon State Park



Raspberry Ridge



Chimney Gulch



Plymouth Mountain



Mount Sniktau



Mayhem Gulch



Lair O' Bear

Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD:

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**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.**