



# Rocky Mountain Over The Hill Gang August 2024 newsletter



## A Message from your Section Chair...



Welcome to the beautiful summer hiking season in Colorado! The wildflowers have been sparkling and the weather, wonderful!

I'd like to dedicate this article to our newest RMOTHG trip leaders. Andrew MacGregor is our newest leader, earning his badge in June. Karen Guerra earned hers in November and Carroll Steger earned hers in June 2023. We also welcome several existing CMC trip leaders to the ranks of RMOTHG trip leaders: Suzy Allexan, Louise Campbell-Blair, Jan Brady, Rachel Dobrotin, Patrick McKinley, and

Jack Melim. Look for their trips in the schedule.

RMOTHG recognizes the following leaders emeritus for their past contributions leading RMOTHG trips: Carole Adler, Cheryl Ames, Sigrid Barr, Dave Bebell, Diana Bliss, Martha Delporte, Macr Hasfjord, Sue Henley, Ron Hileman, Colleen Landy, Kathy Malone, Sandy McRae, Maryann Panarelli, Winnie Prall, Barb Schwarz, Bea Slingsby, and Sarah Strandjord.

We are not who we are without our wonderful volunteers! An additional thank you to the folks who helped with the RMOTHG picnic: Gina Bischofs, Pete and Susanne Spandau, Becky Flax, and Linda and Tom Dermeyer for providing the watermelon, and the wonderful attendees. It was a great event!

Our annual meeting is Sept. 15, see below for details. We will be honoring a very special person at the meeting, **Bea Slingsby**. We are putting together a memory book for her. If you would like to leave a message for Bea, you can do so [here](#).

Also, there is still room for the **Annual Turquoise Lake Campout, Aug. 5-8**. Contact me to register. I hope you can get up into the hills soon and hope to see you on the trail.

Warmly, Kathy Crawford [kathy@cefpeeps.us](mailto:kathy@cefpeeps.us)

### Needed: Social Committee Chairperson(s)

Our current magnificent social committee co-chairs will finish their one-year commitment with the holiday party.

### Also needed: RMOTHG Board Members

Our annual board elections are coming up! We need 3 volunteers to run for the RMOTHG board. The commitment is for 3 years, 6 meetings per year. It is a simple way to give back to the group. If you are interested, please complete the engagement survey [here](#) or email a board member.

# HELP WANTED!



# SOCIAL COMMITTEE UPDATE

## ANNUAL MEETING

AMC Building, 710 10<sup>th</sup> Street, Golden, CO

The annual meeting, to celebrate our trip leaders and volunteers, will be held on September 15, 2024, from 12:00 p.m. to 2:00 p.m. Brunch will be catered by Biscuits and Berries, with both adult and non-alcoholic drinks available. Register and pay on the website, \$10.00 for members, and \$15.00 for non-members.

[CLICK HERE TO REGISTER](#)

SAVE THE DATE: Holiday Party, December 8<sup>th</sup>, AMC Building

## Hiking News

by Martha Mustard and Jeff Flax

We are at peak hiking season with beautiful alpine wildflowers and surviving patches of snow making a gorgeous panorama above tree line. To find an RMOTHG hike, go to the RMOTHG calendar – [click here](#) – OR log into CMC.org, go to Education and Adventure, Find Trips, choose hiking (under “I want to go ...”) and choose Rocky Mountain Over the Hill Gang (under “With this group/section ...”).

Read the hike description carefully, especially the pace and the leader notes to choose an appropriate trip for you.

Hikes tend to fill up quickly so it’s a good idea to get notified as trips are entered. On your profile, go to Alerts and Notifications to choose immediate notification of Denver Group hikes.



*Left: Lower Diamond Lake hike led by Carroll Steger*

# Bicycling News

by Wayne Tomasello

RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 15 participants each week.

The trips are usually held on Friday mornings in the 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 10 to 13 mph. Terrapins ride at a more leisurely pace of less than 11 mph and go approximately 10 to 20 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. Wearing a helmet is mandatory.

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.

Here is a list of the rides for August:

August 2nd – Frisco to Breckenridge and Frisco to Dillon.

August 9th – Platte River from downtown to Sand Creek.

August 16th – deKoevend park Highline Canal to Hampton and return.

August 23rd – Mouse Trap loop and Twin Lakes on Clear Creek.

August 30th - Farmer's Highline to Big Dry Creek to Lee Lateral Ditch loop.

See you on the trails, Wayne Tomasello



# RMOTHG Francie's Cabin Trip – Follow-up



**Trip Dates:** April 9-11, 2025 (Wed-Fri)

**Cost:** \$120.00

We still have a few spots left available on this trip. If you are interested, please contact [dschweissing@gmail.com](mailto:dschweissing@gmail.com) with your name, email, and phone number as soon as possible. First come, first served. All others will be waitlisted and contacted in the event that a registered trip participant cancels out of the trip.

This is a three-day, two-night hut trip to Francie's Cabin, located just southwest of Breckenridge. We have reserved the entire cabin, which includes twenty beds. Registration is limited to RMOTHG members only.

Itinerary is under development and review. Distance and elevation encompass route to and from hut on Day 1 and Day 3. One or more optional day hikes will be offered on Day 2.

The trip elevation begins at 10,370' and peaks at 11,360'. The distance to the cabin is a short but steep 2.2 mile snowshoe, beginning at 10,370' at the TH and peaking at 11,360' at the cabin. Francie's is situated near timberline, in the Crystal Creek drainage, on the flank of Peak 10 of Colorado's Tenmile Range.

There are no avalanche dangers in this area. We will enjoy beautiful views during the day and stargazing at night.

Click [here](#) for more information about Francie's Cabin.

**Trip Leaders:** Daniel Schweissing, Barb and Curt Audin, Carroll Steger, and Wayne Howell

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## 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 once or twice a year and can't remember their names. We are 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. [Click here to order name badge set](#)



# Oh, the many perils of hiking...

Submitted by Ava Navin

Ava Navin came across this gem in a flyer for the Mineral Belt Loop in Leadville and thought it might provide a bit of amusement for the RMOTHG members. Ava included a photo of the text to show that she is not making this up!

Under Trail User's Responsibility:

"Hazards include, but are not limited to, snow and ice, tunnels and shafts, unstable structures, ... wild animals, severe weather, becoming lost or over-exerted, hypothermia, and exposure to unreasonable acts of other people."

## *Trail user's responsibility...*

The MBT is the property of Lake County, but adjacent lands are privately owned. Please stay on the trail! Certain rules and regulations govern the use of the trail. Please become familiar with restrictions by checking with local offices and reading signs and bulletin boards containing trail information. The Mineral Belt is for non-motorized use only! It is your responsibility to be aware of potential risks, have the proper equipment and clothing and take safety precautions at all times while on the trail. There are inherent risks in mining country. Hazards include, but are not limited to, snow and ice, tunnels and shafts, unstable structures, caving ground, bridges and slopes, falling trees or limbs, deep, rushing or contaminated water, wild animals, severe weather, becoming lost or over-exerted, hypothermia, and exposure to unreasonable acts of other people. Please be courteous to other trail-users and properly dispose of trash. Enjoy your stay in Leadville.

**Be Careful Out There!!**

PLACES WE'VE BEEN



*Above and below: Mayflower Gulch led by Jim Guerra, co-leads Jan Brady and Karen Guerra*





*Upper Straight Creek hike led by Jeanne Eiss*



*Lake Dorothy Hike led by Carroll Steger*



*Square Top Lakes Hike led by Frank Bursynski*



Top photo: Bristlecone Pine Scenic Area Windy Ridge.  
Two photos below: Hoosier Ridge.  
Both hikes were led by Jeanne Eiss on July 2.







*Mt. Flora Hike led by Martha Mustard*



*King's Crown*



*Alpine Spring Beauty*

# Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

## RMOTHG SECTION BOARD 2023 - 2024:

Chairperson	Kathy Crawford	<a href="mailto:kathy@cefpeeps.us">kathy@cefpeeps.us</a>
Vice Chairperson	Dennis Baumfalk	<a href="mailto:dkbaumfalk@msn.com">dkbaumfalk@msn.com</a>
Secretary & Emergency Contact	Andrew McGregor	<a href="mailto:Andrew.d.macgregor@gmail.com">Andrew.d.macgregor@gmail.com</a>
Treasurer	Bob Barday	<a href="mailto:ribarday@msn.com">ribarday@msn.com</a>
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Members at large	Linda Dermeyer	<a href="mailto:dermyerl@gmail.com">dermyerl@gmail.com</a>
	Laurine Rowe	<a href="mailto:laurinerowe@msn.com">laurinerowe@msn.com</a>
	Elaine Shirley	<a href="mailto:erashirley@gmail.com">erashirley@gmail.com</a>
	LeAnn Donovan	<a href="mailto:La_donovan@hotmail.com">La_donovan@hotmail.com</a>
CMC Denver Council Liaison	Jim Guerra	<a href="mailto:joguerra77062@gmail.com">joguerra77062@gmail.com</a>

## RMOTHG ACTIVITY COORDINATORS:

Snowshoeing	Elaine Kallos	<a href="mailto:Ekallos11@gmail.com">Ekallos11@gmail.com</a>
	Jeff Flax	<a href="mailto:Jeff.flax@gmail.com">Jeff.flax@gmail.com</a>
Cross Country Skiing		
Biking	Wayne Tomasello	<a href="mailto:wtomasello@outlook.com">wtomasello@outlook.com</a>
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	Jeff Flax	<a href="mailto:Jeff.flax@gmail.com">Jeff.flax@gmail.com</a>
Social Events Co-Chairs	Lou Ann Dixon	<a href="mailto:looanngie@comcast.net">looanngie@comcast.net</a>
	Gina Bischofs	<a href="mailto:ginaqailmail@gmail.com">ginaqailmail@gmail.com</a>
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