



Rocky Mountain Over the Hill Gang

A Section of the Colorado Mountain Club

May 2025 Newsletter



A Message from Your Section Chair:

SPRING IS HERE! I hope you had a wonderful Easter weekend (if you celebrate) and are starting to get out and enjoy the beautiful spring weather. It's almost time to start planning the garden, and dusting off the summer hiking, and biking gear!

The Summer Picnic is on the calendar and ready for sign-up. This year we will be going to **Bear Creek Lake Park (15600 W. Morrison Rd, Lakewood)**. We have reserved a big picnic site and are excited to have you join us. You can register for the picnic at this [link](#). Lunch and parking is included in your reservation. Lunch will be a sandwich (multiple options available), chips, and a cookie. Please bring your own drink and camp chair. We hope to offer a couple of hikes and maybe even a bike ride prior to the picnic, so watch out for those. An email will be sent the week prior to the event detailing parking directions and the picnic site.

A couple other events happening:

1. [May Happy Hour](#) @ New Terrain Brewery (16401 Table Mountain Parkway, Golden), May 12th at 4pm
2. [Rockies Baseball Game](#)-June 22nd @ 1:10
3. RMOTHG bike rides officially start May 2nd.

To make sure you don't miss an event or trip, bookmark the RMOTHG calendar at this [link](#). With the uncertainty of the continuation of our newsletter, our current newsletter editor will be retiring after the June newsletter and at this time we still don't have a replacement. If you are interested, please reach out to either me (kathy@cefpeeps.us) or Linda Dermeyer (dermyerl@gmail.com).

Thank you to our hike trip leaders for April: Suzanne Dysard, Robbie Monsma, Louise Campbell-Blair, Daniel Schweissing, Ken Ruiz, Jeanne Eiss, Bob Barday, Jim Guerra, Suzanne McClung, Tim Lane, Wayne Howell, and Linda Jagger.

Hope to see you on the trail soon, Kathy Crawford

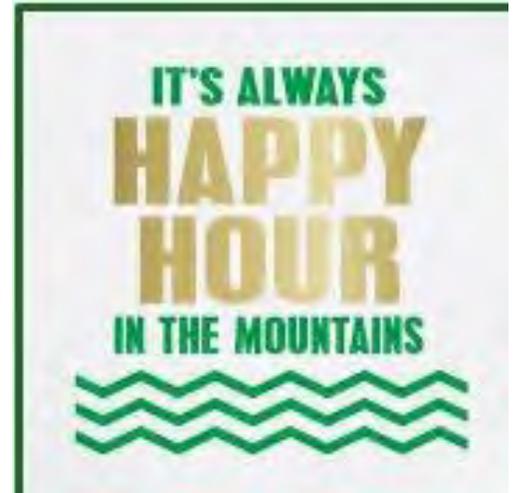
May 2025 Happy Hour

In May, the ever-popular traveling RMOTHG Happy Hour will be held at New Terrain Brewery in Golden. Please join us to make new friends and to see some familiar faces.

When: Monday, May 12, 4:00 to 6:30 pm

Where: New Terrain Brewery, 16401 Table Mountain Parkway, Golden

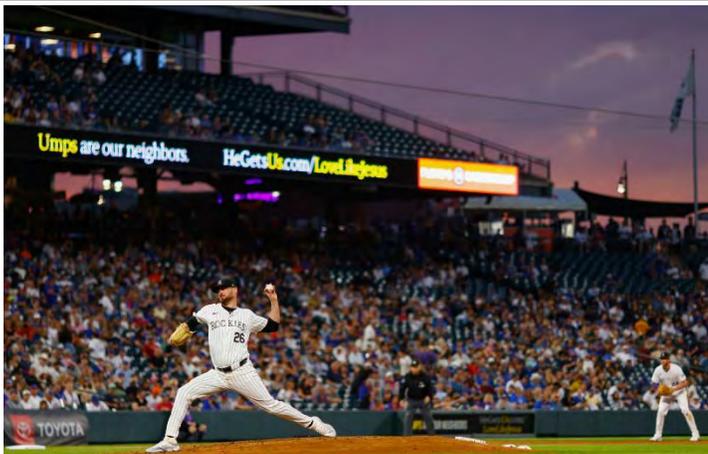
Click to register. <https://www.cmc.org/groups-sections/special-interest-sections/rocky-mountain-over-the-hill-gang/calendar-of-events-and-trips/rmothg-happy-hour-5>



This month's **Icebreaker**: Be prepared to tell us about the best pet you've ever had. (But if it was a snake, please don't bring it with you!)

Click [HERE](#) to learn more about New Terrain, their craft beers and non-alcoholic options, and the food truck scheduled to be on-site.

Questions? Contact Lori Main (303-594-1188, balance5280@yahoo.com) or Linda Sexton (720-227-3199, lsexton0603@gmail.com).



**Rockies Game,
Coors Field,
Sunday June 22, 1:10
p.m-5:00 p.m.**

Take me out to the ballgame! Come watch the boys of summer, our own Colorado Rockies, take on the Arizona Diamondbacks on a Sunday summer afternoon at Coors Field in Denver's LoDo neighborhood. Tickets are each \$12.00, the senior discounted rate. We'll be in section 144 rows 34, 35, 36, & 37. The location is on the first level in the shade on the third base side. Plenty of different concessions are available for purchase. And adult beverages and non-alcoholic drinks are also available. Enjoy the camaraderie of the RMOTHG, while watching the Rockies play the Arizona Diamondbacks. Remember the tickets are non-refundable.

Click here to register:

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



Call for Volunteers

The Rocky Mountain Over the Hill Gang Needs YOU! We have a number of volunteer jobs that need a champion and that could be you...

Editor for our newsletter - Linda Dermyer, who has been our editor for the past 2 years is retiring in June. We need someone who has computer skills and an

interest in continuing our long standing newsletter presence. If you are interested in learning more, please contact Linda Dermyer at dermyerl@gmail.com

RMOTHG Board Members - we are in need of three new board members in August. If you have a desire to be in a leadership position for our section, please contact Kathy Crawford at kathy@cefpeeps.us

Hiking Coordinator Change

We would like to extend a HUGE thank you to Martha Mustard for her many years of service to the Gang as our summer hike coordinator. Martha retired in April and Tim Lane has agreed to take on the role of summer hike coordinator.

Thank you, Martha for all your leadership and volunteer time as our hike coordinator. Welcome Tim, we know you will do a wonderful job coordinating and encouraging our hike leaders.

Hiking Fun Ahead

More and more fun RMOTHG hikes, bikes, and events coming in May and June! The Trip Leaders are holding their meeting for the Summer Season on May 15 – and more trips will be added after that. Also, our annual RMOTHG Picnic is coming up on Sunday, June 8 so don't forget to sign up and put it in your calendar.

You can keep checking the calendar at this link: <https://www.cmc.org/groups-sections/special-interest-sections/rocky-mountain-over-the-hill-gang/calendar-of-events-and-trips>

Hoping to see you on the trail soon!
- Tim Lane, RMOTHG Trip Coordinator

Bike Trips for May

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. Kirsten Tollefsen, Pete Spandau, Dennis Baumfalk, Bob Barday, Jerry Rowe, Scott Kramer, and Gail Wells 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 or a picnic where you bring your own food and drink.

Currently there will be two styles of riding groups:

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.

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. 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 CMC.

Looking forward to a great biking season.

Wayne Tomasello, Biking coordinator.

IMPORTANT NOTE: There will be no emails sent out before the ride this season. Please go to the CMC website calendar to check when and where the weekly rides occur. If you aren't getting regular messages in your email for trip announcements, learn how to get alerts by watching this video.

Links to Sign up for May planned bike rides:

May 9: Terrapin [Bike – Twin Lakes - Clear Ck, Platte River north to 104th — The Colorado Mountain Club](#)

Hair [Bike – Twin Lakes - Clear Ck, Platte River north to 104th — The Colorado Mountain Club](#)

May 13: [Bike – Waterton Canyon to Strontia Springs Dam — The Colorado Mountain Club](#)

May 16: Terrapin [Bike – River Point - Platte River Trail to REI — The Colorado Mountain Club](#)

Hair [Bike – River Point - Platte River Trail to REI — The Colorado Mountain Club](#)

May 23: Terrapin [Bike – Cherry Creek North to the Highline Canal — The Colorado Mountain Club](#)

Hair Bike – Lakewood gulch, Garrison, Sanderson gulch, Platte River trail loop — The Colorado Mountain Club

May 30: Terrapin Bike – Northglenn, Platte River to Adams County Fairgrounds, The Colorado Mountain Club

Hair Bike – Northglenn, Platte River to Adams County Fairgrounds — The Colorado Mountain Club



April 11, 2025, Ralston Creek Bike Ride led by Bob Barday. Pete Spandau was the sweep.



Happy 90th Birthday to Ron Hileman!

Happy Birthday to long time RMOTHG member and hike leader. Ron is one of the most interesting folks in RMOTHG. When you see him, ask him about his medical patents.

Ron- Thank you for all you have contributed to RMOTHG and Best Wishes for many more happy years. You are an inspiration!

Photo submitted by Judith Childers.

RMOTHG Vance's Cabin Trip

Announcing the Lottery for the 2026 Trip!



Trip Dates: Feb 25-27, 2026 (Wed-Fri)

Registration Lottery: May 1-15, 2025

RMOTHG members interested in joining the trip can email your name, email, and phone number to dschweissing@gmail.com by no later than May 15th. We will compile the names and run a lottery during the second half of May and notify you of your status by the first week of June. If you have been selected to participate in the trip, we will extend you an “offer” via the CMC website, which will allow you to pay for the trip and finalize your registration. Trip applicants who are not selected in the lottery will be waitlisted and contacted in the event that a registered trip participant cancels out of the trip.

Cost: \$85.52

This is a three-day, two-night hut trip to Vance's Cabin, located north of Leadville. We have reserved the entire cabin, which includes fourteen 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, snowshoeing on or off trail near the hut, will be offered on Day 2.

The trip elevation begins at 10,424' and peaks at 11,160' before descending to Vance's Cabin at 10,980'. The distance to the cabin is a 3.1 mile snowshoe. The route into Vance's Cabin follows a marked ski trail beginning at the base of Ski Cooper. It follows rolling terrain and gentle climbs into the hut.

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 Vance's Cabin.

Trip Leaders: Daniel Schweissing, Wayne Howell, and Jeff Lickenbrock

EASY WEEKLY HIKES WILL START IN MAY!

Karen Baldwin has announced the beginning of a long-awaited weekly easy hiking program called "The Walking Wounded." For details on the program click [HERE](#).

"Walking Wounded Rehab Hikes" are finally starting, come May. These late Monday afternoon meanders will be offered most weeks throughout the summer ... and anybody who's into a short-and-easy, ambling hike should feel welcome!

These outings are meant for anybody who loves being outdoors but wants to SLOWLY work their way back to fitness, or anyone who just feels like taking it easy that week and enjoying a short walk outside. Say hello to a social group of folks who are jonesing to get OUT THERE despite everything that life has thrown at us -- maybe check out flowers and trees along the way or even take a few pics of the view ... and breathe a little more freely.

If you find yourself wondering if even the 'Ascending Hike' series may be a little too aggressive for you, or you simply want to get out for very light hike for fun and to de-stress, *regardless* of any issues, then our 'Walking Wounded' Rehab Hikes are meant for you.

As long as you're good to go (and, if injured, have a thumbs-up from your physical therapist or doctor), then come join your hike leader, Karen Baldwin (who has, for too long, been in the same boat) for an EASY, SHORT, CASUAL-PACE outing that's pretty much on-the-flat without a lot of elevation change ... a walk on which NOBODY has to worry about holding up the group, because we're all right there with ya, and don't mind waiting.

After a short session of stretches (or whatever rehab exercises help you), we'll head up the trail. And since we're the 'walking wounded,' not the 'walking dead,' we'll take an easy amble up the trail at maybe a couple of mph ... turtle slow, but not DEAD slow."

Swap or Sell

Julbo - "Reactive Shield" CAT 2-4 glacier glasses. For those who climb, hike, run and ride. Julbo's "Reactive" photochromic lenses adjust to changing light conditions to offer outstanding optic quality.

Removable synthetic side shields, blocks unwanted light, airflow ventilation prevents fogging, total security, non-slip curved temples, "Grip Nose", 100% UV protection. Includes: glasses, microfiber cloth storage bag and collapsible hard case

My eye doctor requires that I switch to polarized lenses, so I need to find a new home for these. \$99.99 (cash or money order)
Contact Curt Audin 978-460-1772



The 2025 Francie's Cabin Hut Trip is in the History Books. Great Fun Was had by all!

Sixteen intrepid and thrill-seeking RMOTHG members enjoyed a memorable three-day, two-night hut trip to Francie's Cabin, filled with laughter, stunning scenery, and strong camaraderie. The snowshoe hike to the cabin was arduous, yet rewarding, with a steady climb through peaceful winter woods and a final steep push that made our arrival even more satisfying. Once we settled in, our time together was filled with two spectacular evening meals, a shared rotation of daily chores—proof that many hands make light work—and plenty of story swapping that added laughter and warmth, making the experience all the more enjoyable.

On day two, we hiked to Lower Crystal Lake, surrounded by breathtaking alpine views. A few bold members chose an adventurous off-trail route back to the cabin, adding an exciting and challenging twist to the day's journey. That evening, as darkness settled over the snowy landscape, a few of us ventured forth on a magical moonlight hike, enchanted by the silver glow of the full moon and the dazzling canopy of stars above. Our third morning together had us packing our gear, cleaning the cabin for the next visitors, and trekking together back to the trailhead, each savoring the final moments of a great trip. It was a wonderful time of connection, adventure, and shared memories—we are already looking forward to the next RMOTHG hut trip coming in 2026!

Photos of the 2025 Francies Cabin Hut Trip courtesy of Peggy Schafer:



Photos of the April 2025 Happy Hour:



More RMOTHG Hiking Fun:



Golden Gate Canyon State Park Hike led by Jeanne Eiss and co-led by Elaine Shirley. In front of the Bootleggers Cabin.



Eagle Cliffs Hike in Staunton SP led by Ken Ruiz, co-leg by Jim Guerra



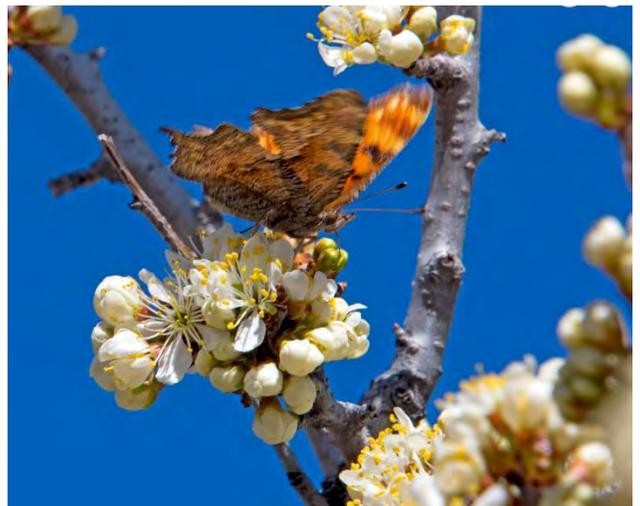
Castlewood Canyon West-side, led by Jim Guerra and co-led by Ken Ruiz



1Tremont Mtn. Loop @ Golden Gate Canyon SP led by Ken Ruiz, co-led by Jim Guerra

Beautiful and Scary things seen on recent hikes:

All photos by Jim Guerra. To see more photos of RMOTHG hikes, join us on Facebook.



Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD 2024 - 2025:

Chairperson	Kathy Crawford	kathy@cefpeeps.us
Vice Chairperson	Open position	
Secretary & Emergency Contact	Andrew McGregor	Andrew.d.macgregor@gmail.com
Treasurer	LeAnn Donovan	La_donovan@hotmail.com
Membership	Elaine Shirley	erashirley@gmail.com
Communications	Colleen Miller	colleenemiller23@gmail.com
Members at large	Linda Dermyer	dermyerl@gmail.com
	Ginny Kier	gjkeir@gmail.com
	Ginny Gelbach	giddsmom@comcast.net
CMC Denver Council Liaison (non-voting position)	TBD	

RMOTHG ACTIVITY COORDINATORS:

Snowshoe/Winter Travel	Jeanne Eiss	Jeanne.eiss@gmail.com
	Jeff Flax	Jeff.flax@gmail.com
Cross Country Skiing	Andrew McGregor	Andrew.d.macgregor@gmail.com
Biking	Wayne Tomasello	wtomasello@outlook.com
Hiking	Tim Lane	timlane54@gmail.com
	Jeff Flax	Jeff.flax@gmail.com
Newsletter	Linda Dermyer	dermyerl@gmail.com
Social Events	Kathy Crawford	kathy@cefpeeps.us

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