



# Rocky Mountain Over The Hill Gang



## Hill Topics

July 2024



## A Message from your Section Chair...

Welcome to the dog days of summer! We have lots of wonderful events coming up this month including the RMOTHG picnic on July 13<sup>th</sup>, click [here](#) to register. Check the calendar for hikes available at Staunton State Park before the picnic. RMOTHG is also hosting a social event to the Rockies game on July 21<sup>st</sup>, click [here](#) to register for that event.

If you'd like to become more involved in RMOTHG, there are multiple opportunities such as joining the RMOTHG board (we need to replace 3 outgoing board members), becoming a trip leader or volunteering to help with social events. Please complete the engagement survey [here](#), if you are interested.

See you on the trail!

Kathy



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## Social Committee News

by Gina Bischofs and Lou Ann Dixon

**RMOTHG Annual Picnic, Staunton State Park, July 13, 11:00-2:00 p.m**

**[Deadline to register is Friday July 5 @ 5pm!!!!](#)**

The Over the Hill Gang annual picnic will be held at Staunton State Park at the Deluxe Ranch Hand shelter picnic area. The cost is \$5.00 for members and \$20.00 for non-members. Bring your own beverages, adult or otherwise including water. Also please bring a lawn chair. PLEASE WEAR YOUR NAME TAGS. [CLICK HERE TO REGISTER](#)

There will be three hikes offered the morning of the picnic. **You must register separately for hikes.** The hikes are listed below under the hiking section.





**Rockies Game, Coors Field, July 21, 1:10 p.m.-5:00 p.m.**

Watch the Colorado Rockies play the San Francisco Giants, Sunday, July 21<sup>st</sup> at Coors Field. Tickets are \$12.00, paid through the CMC website when registering. Participants limited to 30 people. [CLICK HERE TO REGISTER](#)

**SAVE THE DATES:** Annual Meeting, September 15, at AMC; Holiday Party, December 8, at AMC

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**Hiking News**  
**by Martha Mustard and Jeff Flax**

RMOTHG offers hikes primarily on Wednesdays but occasionally on other weekdays depending on leaders' availability. We try to offer a variety of hikes each week. You can get an updated list of RMOTHG hikes at any time from the CMC website. Go to Education & Adventure, Find Trips, click on both hiking and RMOTHG and it will bring up all the upcoming RMOTHG hikes that have been entered by our leaders. If you want announcements of trips as they are 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.

Now that the snow is finally 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 treeline must be tempered with the possibility of lightning usually starting around noon. That's why we have to 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.

Three hikes will be offered on Saturday, July 13, prior to the annual picnic. Reminder – you must register separately for the hikes:

- **Staunton State Park - Bear Paw Trail Loop (Moderate – led by Martha Mustard) - [Click here to register](#)**
- **Staunton State Park - Davis Ponds & Historic cabins (Easy – led by David Riter and Jeff Flax) - [Click here to register](#) –**
- **Staunton State Park - Staunton Historic Cabin Loop (Easy, Casual - led by Daniel Schweising) – [Click here to register](#)**

# Bicycling News

by Wayne Tomasello

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 streets, 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.

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.



*Chatfield Ride*

To find out what rides are being offered and to sign up for the rides, go to the [RMOTHG Calendar](#)



*Stanley Lake Ride*



# RMOTHG Francie's Cabin Trip



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

**Registration Lottery:** July 1-15, 2024

RMOTHG members interested in joining the trip can email your name, email, and phone number to [dschweissing@gmail.com](mailto:dschweissing@gmail.com) by no later than July 15th. We will compile the names and run a lottery during the second half of July and notify you of your status by the first week of August. 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:** \$120.00

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

# Wilderness Trekking School

Starts September 3



Hiking in Colorado's mountains is fabulous recreation! Wilderness Trekking School (WTS) is for all – whether you want to bag a few 14ers – OR – just want to enjoy the scenery. WTS is a great introduction to the Colorado Mountain Club and a place to meet new friends. WTS is a comprehensive course on mountain day hiking, with no prerequisites. and Colorado Mountain Club's largest school. Students are all ages, from 18 to 80. If you're new to hiking, WTS provides the opportunity to learn how to travel safely and confidently in the backcountry. If you're an experienced hiker, WTS gives you a chance to review and enhance your skills, and possibly to fill in some gaps. WTS

also fulfills one of the requirements to take Backpacking School and Aline Climbing School.

The course consists of streaming videos on your own, five Tuesday night small group meetings, five field days, and weekly homework (yes, really!). Students are divided into groups of 9-11 people, based on preferred field day, with consideration as possible for fitness level.

The curriculum includes safe backcountry travel techniques and the opportunity to practice them in a supportive environment. Students plan and complete a CMC trip with their field group. WTS is a great place to learn and practice new skills, make new friends, and become a safer, more confident backcountry traveler.

Tuition is \$170 until August 27 for current CMC Members. On and after Wednesday August 28, tuition is \$190. Registration opens July 2.

For more information, including a complete schedule of lectures and field trips and enrollment instructions, please visit our web site at [Wilderness Trekking School](http://WildernessTrekkingSchool.com), or search **wts denver** on **CMC.org** and. Information is also available by calling the CMC office at 303-279-3080 ext. 1.

*"This course is way beyond what I thought it was going to be - it has challenged me physically and emotionally (I have overcome many fears)." –WTS Student*

*"I thought I came into the class with a lot of knowledge, but I learned far more than I expected!" –WTS Student*



## 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





PLACES WE'VE BEEN



Stanley Mountain Hike led by Jim Guerra and Ken Ruiz



Geneva Mtn Hike led by Ken Ruiz and Martha Mustard







*Peaks to Plains and Welch Ditch trails in Golden. Led by Susanne Spandau with help of Judy Childers.*



*Chief Mountain & More led by Jeanne Eiss*



*GGCSP Black Bear/Horseshoe Loop led by Jeanne Eiss*





*Windy Peak Hike, Golden Gate Canyon SP  
led by Martha Mustard and Ken Ruiz*



*Finch Lake via Allenspark hike led by Jeanne Eiss*



# 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>
Communications/Membership Officer	Ginny Keir	<a href="mailto:gjkeir@gmail.com">gjkeir@gmail.com</a>
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CMC Denver Council Liaison	Jim Guerra	<a href="mailto:joguerra77062@gmail.com">joguerra77062@gmail.com</a>

## RMOTHG ACTIVITY COORDINATORS:

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Social Events Co-Chairs	Lou Ann Dixon	<a href="mailto:looanngie@comcast.net">looanngie@comcast.net</a>
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