



Rocky Mountain Over The Hill Gang Hill Topics

June 2024



A Message from your Section Chair...

Summer is fast approaching! The days are getting warmer, and the flowers are budding. It's time to get outside and enjoy all that Colorado has to offer!

The RMOTHG has some wonderful social activities coming up in the next few months. We have a happy hour on Monday, June 24th from 4-6:30 at new Terrain Brewery in Golden. Register on the website as there are only a few spots left. This is a great way to get to know people in the club and learn about hiking trips and bike rides that are coming up.

I want to thank all our leaders for leading hikes this spring and summer. We appreciate YOU! Thank you for your time in planning, organizing, and leading these wonderful events. As you look at the [RMOTHG calendar](#), you may notice the same trip leaders leading hikes frequently and you may have also noticed that the hike offerings are not as abundant as they have been in the past. We need more leaders to lead hikes! One of the common reasons I hear for not becoming a trip leader is that I don't want that added responsibility. Well, one thing to remember is that as a trip leader, you are not alone! The training the CMC provides for trip leaders is awesome, and you can always invite a co-leader to lead a trip with you. The more leaders we have, the more trips we can provide for our members. Please consider becoming a trip leader for the RMOTHG. Click on [Trip Leader School](#) if you are interested in learning more.

Other social activities planned in July include [our Annual Picnic on July 13th](#), and [Rockies Day on July 21st](#). Registration is open on the website for both these events. Plan ahead and register early to make sure you have a seat.

Another way to get involved in RMOTHG is to be a part of the RMOTHG Board. We have 9 board members and meet 6 times over the year (once every other month) for about 2 hours. Each board member serves a 3-year term and we will have three board positions opening up this fall. The board does typical board duties such as oversee our annual budget, oversee compliance with RMOTHG and Denver Group policies and procedures, and plan activities for our members. This is a great way to give back to the RMOTHG, learn more about our club and get involved. You will find past board meeting minutes on our RMOTHG page (at the bottom). Elections will be held in August, and if you are thinking this might be for you, please complete the [engagement survey](#).

As always, I hope to see you on the trail soon!

Kathy

Social Committee News

by Gina Bischofs and Lou Ann Dixon

SOCIAL COMMITTEE UPDATES JUNE NEWSLETTER

Happy Hour, New Terrain Brewery, Golden, June 24, 4:00-6:30 p.m.

Happy hour in Golden at New Terrain Brewery. Another chance to meet and greet old and new friends while enjoying the views of the table mountains of Golden. Craft beer, including gluten free, and non-alcoholic drinks available, along with a food truck. Again, no wine or cocktails. No cover charge but each person responsible for own tab. [CLICK HERE TO REGISTER](#)

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

Saturday, July 13, 11:00 a.m.-2:00 p.m., the RMOTHG annual picnic. Sandwiches, chips and cookies will be provided by Snarfs. You will be responsible for providing your own beverages, adult or otherwise, as alcohol is permitted at Staunton. And you will need your State Park Pass to enter the park, or pay the \$10.00 entrance fee. The picnic will be held at the Deluxe Ranch Hand shelter picnic area. The cost for the picnic is \$5.00 for members and \$20.00 for non-members. PLEASE WEAR YOUR NAME TAGS. [CLICK HERE TO REGISTER](#)

There will be at least one hike scheduled that day at Staunton. You will have to register separately for the hike, and you must be registered for the picnic in order to participate in the hike.

Unfortunately, however, there will not be any scheduled bike rides this year for the annual picnic. Foxton Road is in bad shape and dangerous for riders, and the biking committee has decided to forgo a ride this year. However, there is a bike ride scheduled on July 5th (River Point to Kipling to Dutch Creek Loop) and on July 12th (Cherry Creek, Wash Park, Franklin, Dartmouth and Platte River Loop).

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

Come see our own Colorado Rockies play the San Francisco Giants, on Sunday, July 21st at Coors Field. Tickets are the senior discounted rate of \$12.00, paid through the CMC website when registering. Game starts at 1:10 p.m. The participant limit is now 30 people (thank you Wayne).

[CLICK HERE TO REGISTER](#)

SAVE THE DATES:

Annual Meeting: September 15, at AMC

Holiday Party: December 8, at AMC

And we're always looking for suggestions for events. Please reach out to either Lou Ann Dixon at looanngie@comcast.net or Gina Bischofs at ginagailmail@gmail.com with ideas. Thanks.

A note about Happy Hours: As many of our members are non-drinkers, this is just a reminder that "happy hours" are for socializing: getting acquainted with new members and catching up with those we already know. I've heard people say I don't come to happy hours because I don't drink. Please don't let that stop you! You'll meet some fascinating people, and you'll find many of us nursing a NA beer or a coke. Or ice water. Gotta to stay healthy so we can get outdoors!

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](#)



Interested in Nordic Cross County Skiing? Please complete the survey below...

RMOTHG Nordic* XC Skiing Trips Interest Survey

RMOTHG has an active current program of winter hikes and snowshoe trips, but a few years back, as snow conditions and weather permitted, we also put on Nordic XC ski trips, avoiding crowded weekend trails and highways. In winter 2023 we did two such day trips, in 2024 none so far. We are trying to establish the levels of Nordic XC skiing interest and competence within our members for both XC trips and training. Should we revive the program? ***If this is of interest, please complete this linked survey:*** [Nordic* XC Skiing Trips Interest Survey](#). Note: **This is **not** about 'alpine back-country touring', 'split-board' or 'telemark' skiing.*)



Hiking News

by Martha Mustard and Jeff Flax

The tentative schedule below 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 more trips to show up on the website. 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.

The weather is finally warming up; remember the sunscreen and bug repellent. There should be less muddy trails now but if there is mud on the trail remember to walk through it, not around it. 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.

TENTATIVE schedule of June 2024 RMOTHG hikes:

Wednesday, June 5:

- Roxborough State Park - South Rim and Willow Creek Trails (easy hike, 2.0 mph)
- O'Fallon Park West Ridge Loop (moderate hike, moderate pace)
- Staunton State Park - Elk Falls (moderate hike, moderate pace)

Friday, June 14:

- Peak to Plains (Relaxed hike, easy, 1.0-1.5 mph)

Wednesday, June 19:

- Acorn Creek Loop (easy hike, 1.5 mph)

Thursday, June 6:

- Golden Gate Canyon SP (moderate hike, moderate pace)

Thursday, June 20:

- Waterton Canyon (easy hike)

Wednesday, June 12:

- O'Fallon Park

Wednesday, June 26:

- Meyer Ranch

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Bicycling NEWS 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)



Waterton Canyon Bike Ride led by Jerry Rowe

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.

Links to Sign up for May planned bike rides:

June 7th

[Bike – Platte River Grill on the Platte River Trail to Chatfield Reservoir Loop — The Colorado Mountain Club \(cmc.org\)](#)

[Bike – Platte River Grill on the Platte River Trail to Chatfield Reservoir Loop — The Colorado Mountain Club \(cmc.org\)](#)

June 14th

[Bike – Farmer's Highline Canal, Big Dry Creek to Standley Lake — The Colorado Mountain Club \(cmc.org\)](#)

[Bike – Farmer's Highline Canal, Big Dry Creek to Standley Lake — The Colorado Mountain Club \(cmc.org\)](#)

June 21st

[Bike – Sanderson Gulch, Kipling, Bear Creek, Platte River Loop — The Colorado Mountain Club \(cmc.org\)](#)

[Bike – Sanderson Gulch, Kipling, Bear Creek, Platte River Loop — The Colorado Mountain Club \(cmc.org\)](#)

June 28th

[Bike – Boulder 360 — The Colorado Mountain Club \(cmc.org\)](#)

[Bike – Boulder 180 — The Colorado Mountain Club \(cmc.org\)](#)

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Buy, Sell, or Trade



New Thule T2 Classic bike rack - \$425. It was used only once. The new price is \$549. Perfect for all bikes, including E-bikes. Convenient access to the vehicle's rear when bikes are loaded – rack tilts away from the vehicle via HitchSwitch lever. Bike rack locks to the vehicle with SnugTite Lock included. Load capacity - 120 Pounds. For more information, please contact Scott Kramer at skramer1016@gmail.com.

HIKING SAFETY SEMINAR

As prime hiking season approaches, you may care to “tune up” by attending a [Introduction to Hiking Safety](#) Seminar. It is lead by RMOTHG member Art Hogling and other master wilderness safety instructors. They cover the latest safety tips including wild animal encounters, budget 10 essentials, wild fire and lightning avoidance, avoiding getting lost and surviving if you do and more. Art reports that last year, a 50 year CMC member attended and said she wished she had taken this class 50 years ago!

We will meet June 26 at 6:30 PM, at the AMC/CMC building. Cost is \$10 for members and \$15 for guests. Family and friends are welcome. Attendees can buy the CMC Press best selling [Hiking Safety Handbook](#) at 25% off!

PLACES WE'VE BEEN



Mt. Sniktau led by Ken Ruiz and co-led by Jim Guerra





Beaver Brook/Chavez Hike led by Ken Ruiz. Even though a bridge was out, our fearless leader led us across the stream without any wet feet!



Castlewood Canyon West Slide, I mean Side, led by Jim Guerra and co-led by Ken Ruiz



Castlewood Canyon East Side led by Ken Ruiz and co-led by Jim Guerra

Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

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