



# Rocky Mountain Over The Hill Gang Hill Topics

May 2024



## A Message from your Section Chair...



Welcome to Springtime in the Rockies!! We've had some interesting spring weather with the warmer days and intermittent snow showers. Can you believe that Mother's Day is just around the corner?

I hope you've noticed the wonderful events that are coming your way over the summer. We have everything from Rockies Games to our annual RMOTHG picnic to happy hours hosted around the city! A HUGE thank you goes out to our wonderful social committee co-chairs, Gina Bischofs and Lou Ann Dixon! Thank you both for all you do!

In addition to these social events, the bike group has started to post their bike rides on the RMOTHG calendar. I encourage everyone who likes to bike ride to try one, whether you have an e-bike, a road bike, or a cruiser. There are two different speeds of rides, the terrapins (a bit slower with not as many miles), and the hares (a bit faster with more miles). No matter your ability or bike, there is a place for you! Some of the rides may even end with a social event, such a lunch or snack at a restaurant. These are great events, not to be missed!

As always, if you are interested in helping out with a social event or want to become more involved in the RMOTHG by becoming a hike or bike leader, please let us know by completing the RMOTHG engagement survey [here](#).

Hope to see you on the trail soon!

Kathy

*Enjoying the wonderful spring sunshine on a hike up Evergreen Mountain led by Martha Mustard, the RMOTHG Hiking Coordinator.*



# Social Committee News

by Gina Bischofs and Lou Ann Dixon

Spring has sprung and summer is almost here. A couple of happy hours, a Rockies game, and the annual picnic are coming up in the next couple months.

We would love to hear suggestions on social activities you might want to organize and lead, or have us lead if you are not so inclined, or have us help. Please just reach out to either Lou Ann Dixon at [looannjie@comcast.net](mailto:looannjie@comcast.net) or Gina Bischofs at [ginagailmail@gmail.com](mailto:ginagailmail@gmail.com). Museums, games, wineries, plays—we're open to suggestions and always open for help in making them happen.

## **Happy Hour, Breckenridge Brewery, Littleton, May 6, 4:00-7:00 p.m.**

Happy hour in Littleton at Breckenridge Brewery, which serves excellent craft beer, non-alcoholic drinks, and wonderful food. No wine or cocktails. Weather permitting, we'll be seated outside in the Beer Garden. No cover charge but each person is responsible for their own tab. [CLICK HERE TO REGISTER](#)



The Brewery is just off the South Platte Bike Trail – Mary Carter Greenway – maybe get in a bike ride as well. You can park at the Reynolds Landing parking lot to load and unload bikes.

## **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. Registration opens May 23<sup>rd</sup>. [CLICK HERE TO REGISTER](#) AFTER MAY 23

## **RMOTHG Annual Picnic, Staunton State Park, July 13, 11:00-3:00 p.m.**

Saturday, July 13, 11:00 a.m.-2:00 p.m., the RMOTHG annual picnic. Boxed lunches to be provided. 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. Bike rides and hikes will be scheduled by leaders separately from picnic registration. The cost is \$5.00 for members

and \$20.00 for non-members. You must bring your own beverages, including water and other drinks. Alcohol is permitted. Please wear your nametag. Max participants 90. You can begin registering after May 3: [CLICK HERE TO REGISTER](#)

If you have dietary restrictions, please email Gina directly at [ginagailmail@gmail.com](mailto:ginagailmail@gmail.com) so she can accommodate your needs.

*Will need volunteers for set-up and clean-up. Please reach out to Gina at [ginagailmail@gmail.com](mailto:ginagailmail@gmail.com) if you can help. Thanks so much!*

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

What is summer without going to at least one baseball game? 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. Max participants 20.

[CLICK HERE TO REGISTER](#)

**SAVE THE DATES:**

**Annual Meeting: September 15, at AMC**

**Holiday Party: December 8, at AMC**

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**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!**  
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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](#)

# Hiking News

by Martha Mustard and Jeff Flax

Welcome to the RMOTHG summer hiking season. Although Wednesdays are our traditional hike days, our leaders offer trips whenever they can. Our list below is just a tentative list, subject to change. Leaders add trips all the time. To check for the current RMOTHG hikes, log onto [CMC.org](http://CMC.org), hover over Education and Adventure and click on Find Trips and click hiking. If you scroll down further, you can filter for just Rocky Mountain Over the Hill Gang. When considering a hike, please carefully consider the rating of the trip, the distance, elevation gain, and most importantly the pace. Be sure to read the leader notes. If you are new to hiking or if you haven't hiked in a while, please be conservative about what trips are appropriate for your conditioning.



*Hidden Mesa Open Space hike led by Ken Ruiz with Jim Guerra as the co-leader.*

We are no longer providing an e-mail notification for our hikes as the [cmc.org](http://cmc.org) provides a method for CMC members to be notified. If you would like to receive notifications of Denver Group trips, edit your profile and scroll down to Alerts and Notifications Preference. You must designate the activities and the CMC Group for which you want notifications and the frequency of notification (immediately, daily, or weekly). Remember to save any changes.

The snow is gone from the lower areas and we can hope to see some beautiful wildflowers soon. The pasque flowers, sand lilies, violets, spring beauties, chiming bells, and Oregon grape are blooming already and others will follow soon. Remember to watch for the wildlife that may be coming out also. Although seeing wildlife is a happy prospect and may be the highlight of your day, there are some precautions to take. If you see a rattlesnake, give it time to go away on its own or, if it doesn't move, give it a wide berth while keeping an eye out for any of its companions. The bears are out of hibernation now and will hopefully be satisfied with the trash cans in the mountain towns. If you should see one, stay calm, do not run or move quickly, back away slowly, stand upright and face the animal without making eye contact, and speak calmly yet firmly if it doesn't move away. Also, remember to check yourself for ticks after returning from a hike in the lower elevations.

Get out there and enjoy our great outdoors!

# TENTATIVE schedule of May 2024 RMOTHG hikes:

Wednesday, May 1:

- Castlewood Canyon - North Canyon
- Mayhem Gulch

Thursday, May 2:

- Lookout Mountain Nature Center from Downtown Golden, moderate hike, casual pace

Wednesday, May 8:

- Castlewood Canyon - East Canyon
- Maxwell Falls
- Bergen Peak, moderate hike, casual pace



*Brookside/McCurdy Hike led by Elaine Shirley*

Thursday, May 9:

- Mt. Sniktau

Monday, May 20:

- Mt. Sniktau

Thursday, May 30:

- O'Fallon Park Loop - silent hike

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## Bicycling NEWS by Wayne Tomasello

Hello fellow cyclists,

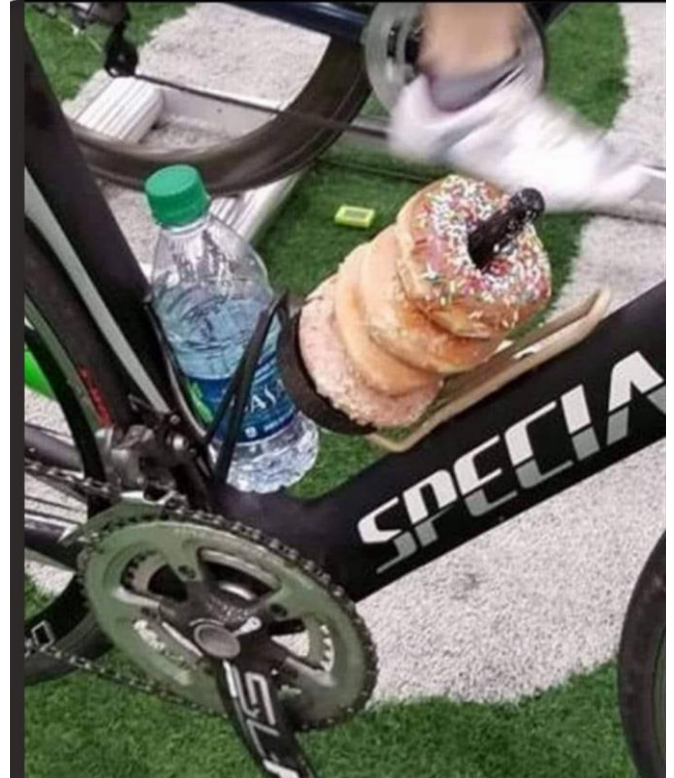
I am looking forward to a great cycling season, which begins the first Friday in May and runs through the last Friday in September. Besides myself, Kirsten Tollefsen, Pete Spandau, Dennis Baumfalk, Bob Barday, Jerry Rowe, Scott Kramer, Jeff Flax and Jan Brady will be organizing and scheduling their favorite 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. 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 the CMC.



*Don't forget the essentials!*

**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](#). The links to the May rides are on the next page.



*Bike ride around West Arvada and the Ralston Green Trail. A beautiful ride led by Bob Barday.*

## Links to Sign up for May planned bike rides:

**May 3rd:** Terrapin [Bike – River Point - Platte River Trail to REI — The Colorado Mountain Club \(cmc.org\)](#)

Hare [Bike – River Point - Platte River Trail to REI — The Colorado Mountain Club \(cmc.org\)](#)

**May 10th:** Terrapin [Bike – Twin Lakes - Clear Ck, Platte River north to 104th — The Colorado Mountain Club \(cmc.org\)](#)

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

**May 17th:** Terrapin [Bike – Waterton Canyon to Strontia Springs Dam — The Colorado Mountain Club \(cmc.org\)](#)

Hare [Bike – Waterton Canyon to Strontia Springs Dam — The Colorado Mountain Club \(cmc.org\)](#)

**May 24th:** Terrapin [Bike – Cherry Creek North to the Highline Canal — The Colorado Mountain Club \(cmc.org\)](#)

Hare [Bike – Lakewood gulch, Garrison, Sanderson gulch, Platte River trail loop — The Colorado Mountain Club \(cmc.org\)](#)

**May 31st:** Terrapin [Bike – Northglenn, Platte River to Adams County Fairgrounds — The Colorado Mountain Club \(cmc.org\)](#)

Hare [Bike – Bike from Northglenn to the Platte River trail to Adams County fairgrounds and return - Hare — The Colorado Mountain Club \(cmc.org\)](#)

## Announcing a new Newsletter Section: Buy, Sell, or Trade

Admit it – we all have gear we no longer are using, or need gear but don't want to spend a fortune. Beginning with the June newsletter there will be a section titled Buy, Sell, Trade. RMOTHG members can send a brief description of the item they want to sell, buy, or trade to the newsletter editor [dermyerl@gmail.com](mailto:dermyerl@gmail.com) and it will be listed at the bottom of the next newsletter. Brief description means BRIEF! Your entry must contain contact information so members who are interested in your items can contact you. Limited to verified RMOTHG members.



# 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>
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