



Rocky Mountain Over The Hill Gang Hill Topics

October 2023



Section Chair Message

from Kathy Crawford

Greetings from the new RMOTHG board!

Fall is the time of great change. We see the temperatures getting colder (yeah!), and the leaves starting to change to the beautiful golden-yellow, orange, red and brown. It is also the time of year when the club's fiscal year ends and we have our new budget in place and new board members installed.

As I reflect on the wonderful board members who are leaving us this year and the amazing board members joining us, I would like to thank Scott Kramer, Mike O'Connor and Susanne Spandau for their three years of service to the Over the Hill Gang and their tireless work on the board. In addition, I would like to welcome Linda Dermeyer, LeeAnn Donovan, and Elaine Shirley for generously giving of their time and energy as they start their three-year term serving on the board. In addition to our new board members, I would like to thank the commitment and service of our continuing board members Bob Barday, Dennis Baumfalk, Ginny Keir, Andrew MacGregor and Laurine Rowe and our wonderful Denver Group board liaison, Kathy Nordine. Please see the end of the newsletter for a complete listing of board member and activity coordinators.

We look forward to another amazing year with the Rocky Mountain Over the Hill Gang and the great social events, hikes, snowshoe trips, biking trips, hut trips, camping trips, and every other outdoor event hosted by the wonderful RMOTHG volunteers. It takes a fair amount of work and a lot of people to offer the plethora of events that we offer all our members. If, maybe in the back of your mind, you have said to yourself that you would like to get more involved in our Gang, here is your opportunity. [The RMOTHG Engagement](#) survey is where you can express your desire to volunteer. No matter how big or small, we'll find a place for you. Please consider leading an event or becoming a trip leader, the more volunteers who are engaged, the more all of us win by having more activities to do.

I look forward to seeing you on the trails!

Warm regards,

Kathy Crawford

Fun Social Events You are invited!!

Wings Over the Rockies Air & Space Museum Tour



A guided group tour is being offered to explore the background of the world-class aircraft, rocketry and space exhibits displayed and the story of the displays and the people forever linked to them. Explore the future of aviation and space through immersive events and realistic flight simulators. The hour-long walking tour will allow you to get to know the exhibits, leaving the rest of your visit to explore on your own.

Max Flight Simulators are an additional option to experience. Enjoy 5 action-packed minutes in one of our full-motion Max Flight simulators. (Additional \$6 for the simulators).

The museum is located in Hangar 1 of the former Lowry Air Force Base in eastern Denver. For more detail on the museum go to their website <https://wingmuseum.org/>
Museum phone: 303-360- 5360

When: October 19th (Thurs.) at 10:30am with optional lunch to follow.

Where: Wings Over the Rockies Air & Space Museum, 7711 East Academy Blvd., Denver 80230

Cost: \$8.00 entrance & tour.

Register [on the website](#) but pay at the door. Tour contact: LouAnn Dixon, looangie@comcast.net

Holiday Party, Sunday, December 3, 2023, 1-3pm Luncheon

AMC/CMC 710 10th St., Golden

Catered buffet lunch by Biscuits and Berries, beverages served by our favorite bartenders. Register and pay \$20 per member and \$25 per guest on the website. *Registration opens Nov. 1 and closes Nov. 27.*

Help would be appreciated to purchase and bring table decorations (reimbursed). Extra hands needed for set up and tidy up afterwards. Please email Carol Wier to volunteer. carolwier365@gmail.com.





Going forward, Carol Wier is stepping aside in her role of Social Committee Chair providing opportunity for new leadership in 2024.

A chairperson and helpers are needed to plan and lead these annual events in 2024:

- Section parties such as the Summer Picnic, the Annual Meeting and the Holiday Party; and
- Smaller, special interest events, like museum tours, happy hours, dancing etc.

Contact section chair Kathy Crawford , kathy@cefpeeps.us , if you are interested in the Social Committee leadership position.

Hiking News **from Martha Mustard, Hiking Coordinator**

Now that fall foliage season is here, so also is hunting season; remember to WEAR YOUR ORANGE OR PINK and/or put it on your pack very visibly.

And while you're appreciating those colorful leaves, remember that the ones on the trail may be covering some slippery spots or uneven ground. While it's fun to walk in the aspen leaves, do so with caution.

And be prepared for any weather this time of year. We've been lulled into an endless summer but snow could come anytime in the mountains.



Two of the principles of Leave No Trace are to respect wildlife and to be considerate of others. Be aware that talking loudly can be disturbing to both wildlife and other hikers, both in your party or in other parties.

Please join a hike and appreciate our beautiful mountains and the wonderful company of other RMOTHG members!

For more information about hunting season and how to stay safe here is a link to a "[Colorado Outdoors](#)" article with hunting season information.



TENTATIVE OCTOBER HIKES – This list is subject to change. Leaders tend to add hikes at the last minute and sometimes trips are changed or cancelled.

Monday, October 2: Hessie Trail to Lost Lake - Indian Peaks Wilderness Area (moderate hike, 1.6 mph)

Wednesday, Oct 4: Rosalie Trail - Guanella Pass Trailhead (moderate hike, slow/casual pace 1.5mph); Staunton State Park – Lion's Head Overlook (moderate hike, casual pace uphill, moderate pace downhill)

Wednesday, Oct 11: Kenosha Pass Doggie Hike (easy hike, doggie casual pace, ~1.8mph); Eldorado Canyon State Park - Continental Divide Overlook (moderate hike, moderate pace)

Wednesday, Oct 25: Palmer Lake Trailhead (moderate hike, moderate pace ~1.5-1.8mph moving speed)

Please note: the CMC is using a new hike rating system. [Click here to see ratings.](#)



In State Outing

This August the In State Outing was held at beautiful Vallecito Reservoir near Bayfield, CO and the Weminuche Wilderness. Participants stayed in comfy cabins at a nearby resort. Hikes were offered daily to nearby trails, like spectacular Vallecito Creek, Lake Eileen, Cave Basin and the beautiful Pine River. We also went farther afield near Pagosa Springs, where we hiked to Four Mile Falls and the Piedra River Trail. Nearer to Durango, we hiked the Colorado Trail to Gudy's Rest and Coal Bank to Coal Creek. For many of us, this was the first opportunity

to see and experience this remote and beautiful area.

Sherry Richardson, week 2 coordinator organized a bike trip, a lake day (kayaking), and a day in Durango, where participants visited the rail museum, enjoyed lunch and a wine tasting.

Everyone enjoyed meeting old friends and making new ones at mealtimes in a private open air pavilion. Dave Thomas, coordinator of the Week 1 ISO, arranged fun evening events. After dinner entertainment included a trivia contest, a forest ranger talk, a very interesting presentation by two members of the LaPlata County Search and Rescue team, and a lively band playing old rock favorites that enticed many to dance!

A great week in a special place

Barbara Dey

Blue Moon Hike Photos



Blue Moon Hike led by Sue Henley and Janice Johnson



FYI... Trip/Event Posting Reminders

By Kathy Crawford

Welcome to a beautiful fall of hiking and biking, the weather has been spectacular and so are the colors in the high country! I also want to extend a warm welcome to new RMOTHG members! We hope you are finding a place here within the Over the Hill Gang through biking, hiking, and our social events. There are so many options that we hope you find something that works for you!

A quick reminder to all members as we move away from sending the Friday evening emails, one you can ensure you are signing up for trips and events that are just right for you is to read carefully the entire trip/event posting. To start, you'll want to get familiar with the website and navigating to the RMOTHG page. You can find directions and video links at the bottom of this article.

Secondly, becoming familiar with the trip/event information and carefully reading each section is very important. Just looking at a trip title and noting the mileage might lead you astray. It's important to also take note of the pace, starting elevation, elevation gain, and Trip Leader Notes (reading this in its entirety). The

pace of a trip could be casual, moderate, fast or listed as mph. If you have not hiked or biked a lot recently, maybe start with a casual pace. You might be surprised how challenging even a casual pace can be when you are walking or riding up a steep hill. Learning the pace that you are comfortable hiking or biking at is great information to track on your first few trips. In addition to pace, you will want to take a look at the starting elevation and the elevation gain, especially on a hike. When getting into the higher elevations (above 10,000 ft.), the elevation may affect you in ways you may not have anticipated. Elevation gain during a hike is also a great indicator of how difficult the hike will be. An elevation gain of over 1,000 ft. in 1 mile is extremely challenging. Take a look at the hike profile, if one is provided, or search for the hike on All Trails (or similar app) to determine the elevation gain. If you are not sure about a hike or bike trip after reading all the trip information including the Leader's Notes, please feel free to email the leader (type their name into the search function and you will find their email address) to ask if this is a good trip for you.



The website works the same for events. The pertinent information will be listed in the event posting including if there is a charge for the event, the location, and how many participant spots are available. Use the RMOTHG calendar to make sure you are not missing something that you might like to attend. Hint: Bookmark the RMOTHG calendar in your browser.



Finally, here are some links to help you navigate the website. We hope to see you all out on the trail soon!

1. Find Trips

Why is this important to me? Knowing how to search for trips using RMOTHG, activity type, and a date allows you to narrow your search to just RMOTHG trips, making it easier to find what you are looking for.

-- Directions:

--> Hover over 'Education & Adventure'

--> Select 'Find Trips'

--> From the left-hand menu select 'Rocky Mountain Over the Hill Gang' and the type of activity you are looking for. i.e., Hiking, Biking, Snowshoe, etc.

--> Enter the date range you are inquiring about. If you are looking for only one date, use that for the beginning and ending date.

-- See Video at Video at <https://tinyurl.com/2p9ym6e4>

2. RMOTHG Calendar

Why is this important to me? Knowing where the RMOTHG calendar is allows you quick access to all RMOTHG activities. It also allows you to register for any activity right from the calendar.

-- Directions:

--> Under the Donate button, locate the three lines and hover over them

--> Select 'Groups & Sections'

--> From the left-hand menu select 'Special Interest Sections'

--> From the left-hand menu select 'Rocky Mountain Over the Hill Gang'

--> The RMOTHG calendar is located on the right-hand side of the page under the gray box

-- See Video at Video at <https://tinyurl.com/mvuracs5>

HINT: To quickly find RMOTHG events, bookmark it on your browser. Every browser is different so query your browser on how to create bookmarks.

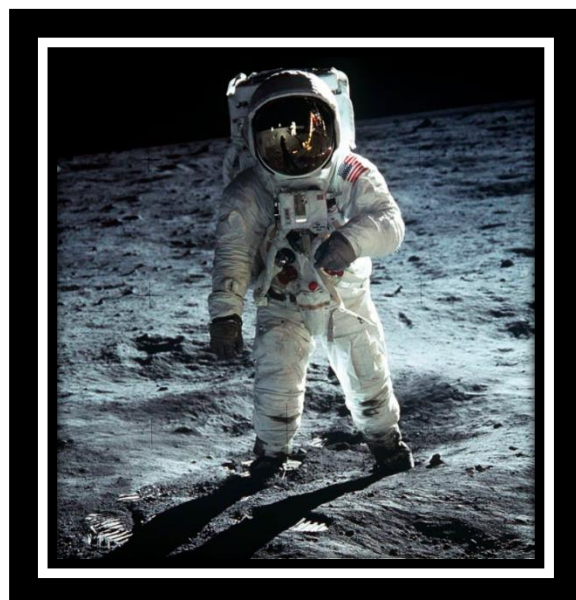
The screenshot shows a web browser window with the Colorado Mountain Club website. The browser's address bar contains a bookmark for 'RMOTHG calendar', which is circled in red and pointed to by a yellow arrow. The website's navigation menu includes 'EDUCATION & ADVENTURE', 'YOUTH PROGRAMS', 'CONSERVATION', and 'MEMBERS & VOLUNTEERS'. The main content area is titled 'UPCOMING RMOTHG EVENTS AND TRIPS' and features a calendar for October 2023. The calendar shows two events on Wednesday, October 4th: 'Hiking - Rosalie Trail - Guanella Pass TH' and 'Hiking - Staunton State Park - Lion's Head Overlook'. The left sidebar lists various groups and sections, including 'Rocky Mountain Over the Hill Gang' and 'Calendar of Events and Trips'.

Heard on the full moon Hike - Contributed by Linda Sexton:

One Step Ahead (moon limerick)

Neil Armstrong shot off to the moon
Strapped into a cosmic cocoon.
He came to renown
When one foot went down
Ahead of poor Buzz -what a boon!

But as they returned to home base,
Buzz had a big smile on his face.
For there on the sea
Of tranquility
He'd aced the first 'selfie' in space!



PLACES WE'VE BEEN



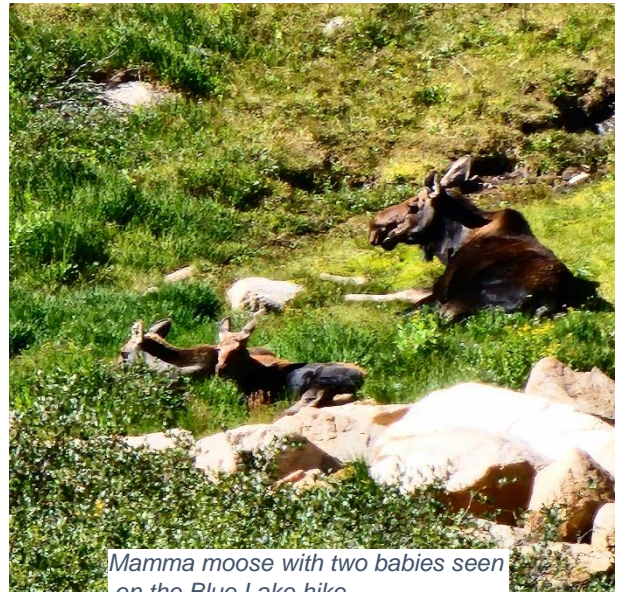
Three mile creek hike led by Ken Ruiz, co-leader Jim Guerra



Prairie Mountainside Hike led by Jeanne Eiss



Blue Lake Hike led by Jeanne Eiss, co-leader Kathy Crawford.



Mamma moose with two babies seen on the Blue Lake hike.



Shelf Lake hike led by Ken Ruiz, co-leader Jim Guerra



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 We are now 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](#)



The lucky folks on Jim Guerra and Ken Ruiz's Fall Foliage Hike got to see two moose – a young male and a young female.



CMC Denver Group 2023 Annual Dinner

American Mountaineering Center

710 10th St, Golden, CO

October 28, 2023 - 5:00 PM



**Featured Speaker: Julian Carr
presenting "Other Side of Fear"**

We're excited to come together with our CMC Denver community. We'll have delicious food, an interesting speaker, time to reconnect with fellow members and meet new friends. We hope to see you there!

[Click here to learn more and to make your reservation.](#)

Rocky Mountain Over The Hill Gang

A Section of the Colorado Mountain Club Denver Group

RMOTHG SECTION BOARD 2023 - 2024:

Chairperson	Kathy Crawford	kathy@cefpeeps.us
Vice Chairperson	Dennis Baumfalk	dkbaumfalk@msn.com
Secretary & Emergency Contact	Andrew McGregor	Andrew.d.macgregor@gmail.com
Treasurer	Bob Barday	ribarday@msn.com
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CMC Denver Council Liaison	Kathy Nordine	kathyscomputer@comcast.net

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