



Rocky Mountain Over The Hill Gang September 2024 Newsletter



A Message from your Section Chair...



It's hard to believe September 1st is here! The days are getting cooler and soon the colors will be vibrant in the mountains.

I wanted to highlight a few things happening within Our Gang.

The annual meeting will be held at the CMC on September 15th. Please sign up at this link. [CLICK HERE TO REGISTER](#) It's always nice to see old friends and make new ones.

We would like to send a special THANK YOU to our three outgoing board members: Laurine Rowe, Bob Barday and Dennis Baumfalk. We have recently had one board member resign so we will be electing 4 new RMOTHG board members. In this newsletter you will find the 4 candidates running. Voting will end on Friday, September 13th, so make sure to vote before then. When voting please vote for at least one and no more than 4 candidates.

We are looking for one or two people to take over our Social Chair position. Our WONDERFUL current social chairs, Gina Bischofs and Lou Ann Dixon, will finish their term after the holiday party in December. We'd love to have a new Social Chair in place by then.

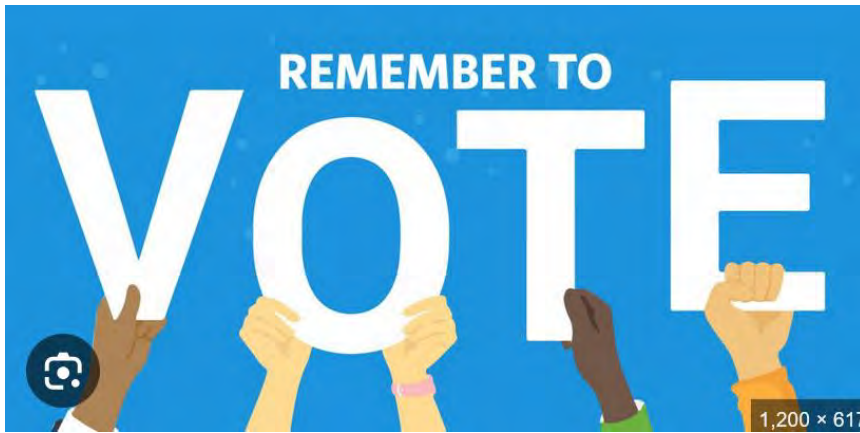
Hope to see you on the trail!

Warmly,

Kathy



Butler Gulch, led by Jim Guerra, co-led by Ken Ruiz



RMOTHG Board Elections!

Vote for your new board members

We have four people running for the Rocky Mountain Over the Hill Gang board positions. Their name and bios are below in alphabetical order by first name..

To vote for the new board members use this link [RMOTHG 2024 Board Member Ballot](#)
Voting ends September 13



Colleen Miller

My name is Colleen Miller. I'm a Colorado native and have always loved hiking in our fantastic Colorado Mountains. I've also been lucky enough to have hiked in many countries around the world. I retired 4 years ago from Deloitte during the height of Covid and was fortunate to have found the Colorado Mountain Club - and specifically, the Rocky Mountain Over the Hill gang - during that time of lockdowns. It really raised my spirits to get out and enjoy our beautiful state with some

wonderful new friends every week, rain or snow or shine. CMC has become a very special organization to me, and I'd like to give back to it to show my gratitude. RMOTHG provides so many great avenues to keeping those of us "over the hill" people healthy and active.



Dave Coren

I grew up in upstate New York and learned to ski when I was 13. I always loved it and when I had the opportunity to move out to Denver in 1977 for work, I jumped at the opportunity. I worked at a professional career (software development, system integration, business operations and finance) for over 40 years here in Colorado but in my heart, I've always been a ski bum.

In those 40 plus years I got married, had two beautiful children, and regularly enjoyed downhill and back country skiing, mountain biking, hiking, and road biking. I also summited all 58 of Colorado's 14,000-foot peaks – starting with Mountain of the Holy Cross in 1978 and finishing with Handies Peak in 2019.

I've worked hard to find purpose since I retired in 2021. I am most proud of the work I am doing in helping an Afghan family resettle in Colorado.

In the last few years, I have reengaged with CMC so I could participate in some of the great back country ski outings that have been sponsored by the Denver, Summit County and Fort Collins groups. Although I have not participated in the RMOTHG to date (I don't think I knew about it) when I saw the announcement recently, I thought it would be a good idea. Happy to participate on the board if I can be of help.



Deb Kirk

Hi, my name is Deb Kirk. I was a member of the CMC in the late 80s and then took a long break until 2000 or so. I graduated from WTS in 2002 and then took basic mountaineering school in 2003. I went on to become a senior instructor and then Director of that school. I helped create Alpine scrambling course with John Raich in 2010. I taught wilderness first aid for a while and was secretary of Denver Council for a couple years. I served in many other roles in Colorado Mountain club over time.

Personally, I am a registered nurse and the proud parent of two boys. I started my own business called Golden Mountain Medicine last year and I do nurse consultation primarily now. I love to hike, bike, ski and stay active. I enjoy drawing, colored pencil and the arts as well. I have a Master's degree in Therapeutic Recreation and I believe being connected to nature and each other is one of the best things we can do for our mental health.

I would like to be on the board of RMOTHG to help guide us to keep getting outside and also be connected with one another.

Thank you for your consideration.

Deb



Ginny Gelbach

I'm Ginny Gelbach and I would like to represent you on the RMOTHG Board. I have been a member of CMC since 2007, and RMOTHG about that long. I am a retired teacher in the Littleton Schools. I have two grown daughters, three grandsons and one Golden Doodle. I've lived in Colorado since 1964 having come from NYC and a 'non-hiking, outdoorsy' family. I have changed and credit the CMC for enhancing my

love of the outdoors and giving me many opportunities for enjoying my adopted state. My other love after the outdoors, family and Doodle is history. I volunteer and participate in history focused organizations and opportunities. I would like to be a part of the RMOTHG as an advocate for this branch of the CMC and help enrich the programming and outreach of the group. A Vote for me would be HISTORICAL!....my first time serving on the Board.

SOCIAL COMMITTEE UPDATE

ANNUAL MEETING, AMC Building, 710 10th Street, Golden, CO

The annual meeting, to celebrate our trip leaders and volunteers, will be held on September 15, 2024, from 12:00 p.m. to 2:00 p.m. Brunch will be catered by Biscuits and Berries, with both adult and non-alcoholic drinks available. Register and pay on the website by September 9, \$10.00 for members, and \$15.00 for non-members.

Please direct any communication you may have about this event to Lou Ann Dixon at looannie@comcast.net as Gina will be out of town the first part of September.

[CLICK HERE TO REGISTER](#)

TOUR OF EDGAR EXPERIMENTAL MINE (Colo. School of Mines), 364 8th Avenue, Idaho Springs, CO

Tour the former gold and silver underground mine on October 15, 2024, at 10:00 a.m. This mine is used by Colorado School of Mines students for research and training. A Mines' student will conduct the tour. There is no cost for the tour per se, but a gratuity is expected for the student's services.

Please bring at least \$5.00 in cash for the gratuity. Dress warmly as the temperature in the mine is about 55 degrees F, and you must wear close toed shoes. PPE will be provided. Please carpool. Participants are limited to 20 people.



Optional lunch in Idaho Springs after.

[CLICK HERE TO REGISTER](#)

SAVE THE DATE: Holiday Party, December 8th, AMC Building

Hiking News

From Martha Mustard and Jeff Flax

RMOTHG offers hikes primarily on Wednesday but increasingly on other days of the week. To see what is being offered, check in to the RMOTHG calendar at <https://www.cmc.org/groups-sections/special-interest-sections/rocky-mountain-over-the-hill-gang/calendar-of-events-and-trips> or search the “find trips” function on cmc.org.

Have you ever been disappointed that you didn't get on the trip you wanted? Or maybe your perfect trip just wasn't even offered? **Remember that our schedule is dependent on our volunteer leaders and their availability.** If you can't find the type of hike that you want or have trouble getting on it, consider becoming a trip leader yourself. You can choose what you want to lead and when. You choose when and where to meet and how many participants you will allow. It's the perfect solution. We especially need trip leaders for our easier hikes. Trip leader School is now offered as a free on-line class at https://www.cmc.org/education-adventure/schools-courses/schools-classes-overviews/trip_leader_school. Scholarships are available for associated required classes.

Hikes scheduled for September:

September 4:

- Boulder Open Space - Woods Quarry - Skunk Creek Loop
- Brainard Lake Rec Area - Long Lake

TH - Jean Lunning

- Colorado Mines Peak

September 13

- Staunton State Park - Bear Paw Trail

Loop

September 20:

- Boulder Open Space – Royal Arch



Bicycling News

by Wayne Tomasello

RMOTHG Cyclists are having a wonderful summer of bike rides with an average of over 10 participants each week. The trips are Friday mornings and sometimes on other days in the 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 10 to 13 mph. Terrapins ride at a more leisurely pace of less than 10 mph and go approximately 10 to 20 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 hills and gravel paths.

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. The wearing of a helmet is mandatory. The meeting time is usually 8:30 am with departure at 9:00 am. An optional lunch follows at a nearby restaurant.

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.

We are no longer sending out the Sunday emails. You can find the rides listed on the CMC calendar by going to www.cmc.org/events.

See you on the trails,
Wayne Tomasello

September Rides:

Sept. 6: Cherry Creek Trail from Challenger Park to Franktown

Sept. 13: Cherry Creek North to the Highline Canal

Sept. 20: Cherry Creek Reservoir Loop

Sept. 27: Aurora Municipal Center Highline Canal to the end.



Beautiful Ride on the Highline Canal

PLACES WE'VE BEEN





Arapaho Glacier Pass, led by Jim Guerra, co-led by Jan Brady



Brookside McCurdy Trail led by Robbie and Durrie Monsma



Meridian Trail led by Robbie and Durrie Monsma



A rare sighting of a weasel.

Photos submitted by Jim Guerra



Jim remarked that this was the fattest marmot he's ever seen.

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 | rbarday@msn.com |
| Communications/Membership Officer | Ginny Keir | gjkeir@gmail.com |
| Members at large | Linda Dermeyer | dermyerl@gmail.com |
| | Laurine Rowe | laurinerowe@msn.com |
| | Elaine Shirley | erashirley@gmail.com |
| | LeAnn Donovan | La_donovan@hotmail.com |
| CMC Denver Council Liaison | Jim Guerra | joguerra77062@gmail.com |

RMOTHG ACTIVITY COORDINATORS:

| | | |
|-------------------------|-----------------|--|
| Snowshoeing | Elaine Kallos | Ekallos11@gmail.com |
| | Jeff Flax | Jeff.flax@gmail.com |
| Cross Country Skiing | | |
| Biking | Wayne Tomasello | wtomasello@outlook.com |
| | Jeff Flax | Jeff.flax@gmail.com |
| Hiking | Martha Mustard | Mustardo3@comcast.net |
| | Jeff Flax | Jeff.flax@gmail.com |
| Social Events Co-Chairs | Lou Ann Dixon | looanngie@comcast.net |
| | Gina Bischofs | ginaqailmail@gmail.com |
| Newsletter | Linda Dermeyer | dermyerl@gmail.com |

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