



Rocky Mountain Over The Hill Gang Hill Topics

April 2024



A Message from your Section Chair...

April showers brings a hiker's paradise! Get ready for the spring and summer hiking season, it's going to be fantastic! With our wet snows this past month, the trees and flowers are going to be blooming like crazy soon. I can already see the electric green hue on the tress around downtown Denver. There are many great opportunities for you to get ready for this hiking season.

Have you checked out the CMC's [Trusted Gear program](#)? A compilation of recommendations and authentic review of the gear most commonly used – and abused- by CMC staff and instructors. Check it out and maybe you'll find something new and informative!

In addition to the Trusted Gear program, as a member of the CMC there are [Membership Benefits](#). Here you have an opportunity to take advantage of everything from free trips with the Colorado Mountain Club community to up to 70% off some of your outdoor gear brands, guide books, and partner experiences. So many deals and opportunities! Now I know what to do with that tax return!

The RMOTHG social committee has kicked into high gear with a bunch of great activities this past month. Do you have an idea for a social activity? Why not take the lead, sponsor your idea, and invite others in the club to join you? With more people in the club sponsoring social activities, we can offer more opportunities with a wider variety of options. Our wonderful social committee chair people, Gina (ginagailmail@gmail.com) and Lou Ann (looanngie@comcast.net) will help you to add your idea to the website and to add your event to the monthly newsletter. Please contact either of them if you have a great activity for the RMOTHG.

And, finally, are you interested of becoming a trip leader? We always need trip leaders so we can offer a wide range of hikes for our members, YOU! If you are thinking about becoming a leader or are interested in learning more about leader training, please contact Martha Mustard at mustardo3@comcast.net for more information.

Warmly,

Kathy Crawford



The Old Man on the Mountain is not only one of the first flowers to bloom as the snow recedes it is also one of Colorado's largest wildflowers.

Social Committee News

by Gina Bischofs and Lou Ann Dixon

Spring has arrived and summer is right around the corner. That means a couple more happy hours, a Rockies' game, and a guided tour of NCAR.

We're happy to report the State Capitol Tour was a rousing success, with lots of history, great questions, plus a climb up to the dome. The Sergeant at Arms let the group go out onto the outdoor terrace from the House chambers, as the House was not in session that afternoon. Following the tour, many folks went to the Art Hotel for a drink on the lovely outdoor terrace. Many thanks to our Capital tour guides Mary Bradley and Ginny Gelbach.



Our superb tour guides for the State Capitol: Mary Bradley & Ginny Gelbach relaxing after the tour on the terrace at the Art Hotel.

Bunport Theater **125 NO's**

Bunport Theater is a fun example of creative, small group theater. We laughed and laughed at the many examples of “no.”

Definitely a yes to attend another performance in the future.

Upcoming Events

Happy Hour, Brothers Bar & Grill, April 8 4-6:30 PMG

7407 Park Meadows Drive Lone Tree CO 80129 303-792-3722

Brothers is a fun restaurant located just off of C-470 and Quebec. It has two outdoor areas waiting for us. Monday is trivia night starting at 7:00 if you want to stay and participate. There is plenty of parking – a plus for us. It is a spacious, social atmosphere with great food. [Click here to sign up.](#) Drinks and food orders are handled individually. Wear your name badge so we can say hello.

Tour of the National Center for Atmospheric Research (NCAR), Boulder, April 25, 1:00 p.m.

A private, guided tour of the beautiful eye-catching earth sciences research facility below the flatirons in Boulder. An optional lunch prior to the tour at the NCAR Mesa Lab Café at noon. The event is already full, but there are still spaces available on the wait list. To register please click this link: [Tour of NCAR](#)

Breckenridge Brewery, Littleton, May 6, 4:00-7:00 p.m.

Come join us for another happy hour to celebrate the longer spring days-this time on the southwest side of the metro area at one of Colorado's largest craft brewers. No wine or cocktails but excellent craft beers and nonalcoholic drinks are available, in addition to great food. No cover charge but each person responsible for own tab. [Click to register for event](#)

Rockies Game, July 21, Game start at 1:10 pm: Come join us and see the boys of summer, our own Colorado Rockies play the San Francisco Giants, on July 21st. Tickets are \$12.00, paid through the CMC website when registering. Game starts at 1:10 p.m. [CLICK HERE TO REGISTER](#)

SAVE THE DATES

Annual Picnic: Staunton State Park, July 13, 11:00 a.m. to 2:00 p.m.

Annual Meeting: September 15, at AMC

Holiday Party: December 8, at AMC

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!

Turquoise Lake Outing

I’m super excited to announce that the lottery for the Turquoise Lake campout is open. Click on this [link to apply](#) to the lottery. The lottery will close on April 30th at 8am.

Here is some additional information about the trip on August 5-8 (Monday-Thursday).

1. All participants must be members of RMOTHG as of April 1, 2024.
2. We have secured 7 campsites, a smaller number of sites than last year.
3. If you’d like to attend but don’t want to camp, you are welcome to stay in Leadville at a hotel (on your dime). We strongly encourage participants to engage with the club by hiking, participating in the potluck dinners and conversation around the campfire.
4. One of the evening events will be a pizza night in Leadville at one of the local pizza joints.
5. A few hiking opportunities will be provided.
6. Bring your canoe for paddling on the lake!
7. Lottery results will be announced by May 10th.



If you have any questions, please contact Kathy Crawford at kathy@cefpeeps.us.

RMOTHG is offering a new hike term: "Relaxed Hikes"



The RMOTHG official hiking season starts May 1, and we are looking forward to a great season. This year we have added a new element. RMOTHG RELAXED hikes will be offered to those who wish a pace slower than casual for whatever reason. The pace will accommodate the slowest hiker without judgement. There is no distance or elevation gain restriction but obviously they will not cover quite as much ground as other hikes due to the slower pace. These are not for goal-oriented hikers but they are the perfect fit for several types of our hikers. New members who haven't been hiking much are sometimes reluctant to join a hike because they are afraid they'll slow the group down. Those who are coming back from an injury or surgery may want to start out

with a RMOTHG RELAXED hike. It's also a good fit for wildflower hikes and when you feel like taking your time and enjoying the scenery.

RELAXED is just a term signifying the easiest of our Easy hikes. We will also be offering other Easy and Moderate hikes and perhaps even Challenging ones. (These Classifications are set by CMC.)



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

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](#)***



*This is **not** about 'alpine back-country touring', 'split-board' or 'telemark' skiing.)

Bicycling NEWS by Wayne Tomasello



The weather is warming up. I've seen hard-core cyclists out on the roads, cycling shops are having sales, the calendar says May is a month away and I went looking for my bike. The Rocky Mountain Over The Hill Gang (RMOTHG) biking season must be getting close.

Our regular cycling season is from the first Friday in May through the last Friday in September. Most meeting times are 8:30 am with departure at 9:00 am. The morning rides finish with an optional lunch at a nearby restaurant.

There will be two styles of riding groups: Hares and Terrapins. Hares ride approximately 20 to 30 miles at a speed of 10 to 12 mph. Terrapins ride approximately 10 to 15 miles at a speed less than 10 mph with more stops. Most of our trips are on paved, level bike paths. Sometimes we encounter some hills and gravel trails.

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.

Guests are allowed with signing of a waiver form (<https://www.cmc.org/members-volunteers/join-cmc>). Guests may participate in two of our activities before joining RMOTHG section and the Denver Group of CMC.

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](#).

Calvin
and
Hobbes
Bill Watterson



Snowshoeing NEWS by Elaine Kallos

This is our April 2024 snowshoe article, the last for this snowshoe season. March brought us a big snow and April could do the same since both March and April can be our snowiest months! We hope those of you who ventured out on snowshoes had a fine snowshoe season! April tends to be our mud season with mud and slushy snow, but sometimes, higher up, snow is still good enough for a fun snowshoe. And again, April could bring us a Big Snow Surprise! Leaders still offer snowshoe trips so watch for them and enjoy the last of snowshoe season. Spike hikes fill in where snow is hard-packed.

We hope those of you who signed up for a snowshoe class, were able to put your learning to use on the slopes. If you enjoyed those classes, let your non-snowshoeing friends know they can sign up next year and learn a most delightful winter sport! We look forward to a happy Spring and Summer hiking season with occasional snowshoes tucked in where we still have good snow. But we also look forward to your joining us on snowy slopes next year. Happy end of snowshoe season and fun hiking when snow is gone!

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](#)



More early bloomers to watch for:



Pulsatilla patens (Pasque Flower)



Claytonia lanceolata var. *rosea* (Rocky Mountain Spring Beauty)



Leucocrinum montanum (Star Lily)

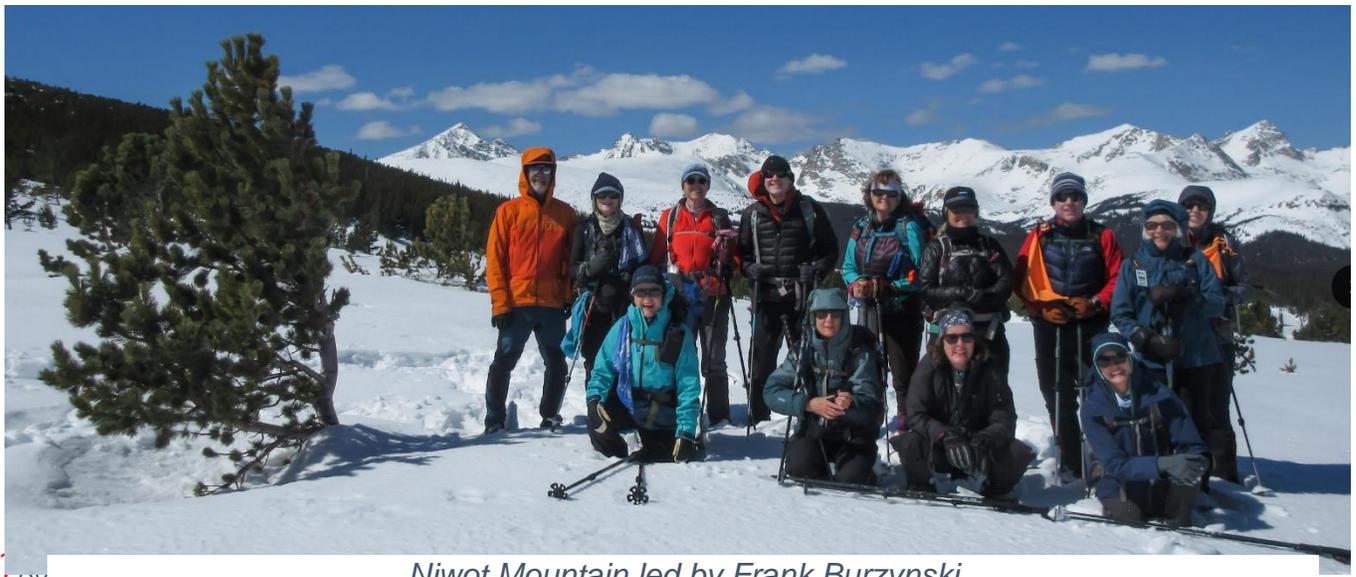
PLACES WE'VE BEEN



RMOTHG group tour of the Colorado State Capital on March 12, 2024



Post-tour Happy Hour on the terrace at the Art Hotel



Niwot Mountain led by Frank Burzynski



*Deer Mountain RMNP led by
Elaine Shirley, co-led by Jeanne Eiss*



*Ron Steward Preserve @ Rabbit Mtn.
led by Jeanne Eiss*



*North Rock Creek led by
Elaine Shirley*

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	rjbarday@msn.com
Communications/Membership Officer	Ginny Keir	gjkeir@gmail.com
Members at large	Linda Dermyer	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

RMOTHS ACTIVITY COORDINATORS

Snowshoeing	Elaine Kallos	Ekallos11@gmail.com
	Jeff Flax	Jeff.flax@gmail.com
Cross Country Skiing	Jeff Flax	Jeff.flax@gmail.com
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-Charis	Lou Ann Dixon	looanngie@comcast.net
	Gina Bischofs	ginagailmail@gmail.com
Newsletter	Linda Dermyer	dermyerl@gmail.com

DOWNLOAD NEWSLETTERS [here](#)

[Over the Hill Gang Newsletter Archives](#)

SEE BOARD MINUTES [here](#)

READ Bylaws [here](#)

