

# COLUMBUS OUTDOORS

DECEMBER 2010

[www.outdoor-pursuits.org](http://www.outdoor-pursuits.org)

VOLUME 50 No. 12



Columbus Outdoor Pursuits is a volunteer-based, participatory organization created to provide opportunities and education for outdoor recreation and activities

TOSRV GOBA Bicycling Flat & Whitewater Boating Caving Rock Climbing Backpacking Skiing Hiking Education



## Columbus Outdoor Pursuits

1525 Bethel Road, Suite 100  
Columbus OH 43220-2054  
(614) 442-7901  
(614) 459-8044 FAX  
office@outdoor-pursuits.org  
www.outdoor-pursuits.org

Tour of the Scioto River Valley: [www.tosrv.org](http://www.tosrv.org)  
Great Ohio Bicycle Adventure: [www.goba.com](http://www.goba.com)

This newsletter is published monthly by Columbus Outdoor Pursuits as a benefit of membership. Columbus Outdoor Pursuits offers outdoor recreation, education, and inexpensive travel to all people, regardless of race, creed, or religion. Columbus Outdoor Pursuits is a non-profit, nonpolitical organization exclusively for charitable and educational purposes and is dedicated to providing outdoor education and recreation.

### MEMBERSHIP

For membership information, contact the office at the phone number or email address shown above. Membership forms are also periodically printed in this newsletter and are also available on our website.

### ADVERTISING

Commercial advertising is accepted. However, content must be "substantially related" to our mission. Your ad must be approved before it is submitted. Contact the Editor for more information.

### EXECUTIVE BOARD

**PRESIDENT** David Seslar – 614/334-9352  
president@outdoor-pursuits.org  
**VICE-PRESIDENT** Deb Evans – 614/895-8278  
vpres@outdoor-pursuits.org  
**SECRETARY** Robert Sytek 614/ 203-6172  
secretary@outdoor-pursuits.org  
**TREASURER** Chad Stucke 614/775-9111  
treasurer@outdoor-pursuits.org

### ELECTED MEMBERS –

Jerry Capehart - 614/537-5030 [jerry-cop.board@thecapeharts.com](mailto:jerry-cop.board@thecapeharts.com)  
Joyce De Leo - 614/ 488-9387 [joycedeleo@yahoo.com](mailto:joycedeleo@yahoo.com)  
Deb Evans – 614/895-8278 [devans66@columbus.rr.com](mailto:devans66@columbus.rr.com)  
Rick Grove - 740/763-3545 [grove.2@osu.edu](mailto:grove.2@osu.edu)  
Tom Lester – 740/927-8106 [telstar46@gmail.com](mailto:telstar46@gmail.com)  
John Lunn – 740/969-4836 [ofamanda@mycidco.com](mailto:ofamanda@mycidco.com)  
Chad Stucke - 614/775-9111 [cstucke@juno.com](mailto:cstucke@juno.com)

### ACTIVITY LEADERS –

**Backpacking** - Lisa Drugan, 614/846-3749  
[backpack@outdoor-pursuits.org](mailto:backpack@outdoor-pursuits.org)  
**Bicycling** - Suzanne Birk 614/581-4316 [bicycling@outdoor-pursuits.org](mailto:bicycling@outdoor-pursuits.org)  
**Bicycle Project Develop. Fund** - Keith Finn 614.890-6269  
[orcafinn@gmail.com](mailto:orcafinn@gmail.com)  
**Boating** - Walt Taylor 614/ 519-8633  
[boating@outdoor-pursuits.org](mailto:boating@outdoor-pursuits.org)  
**Caving** - Position Available, contact COP President  
**Climbing** - Karen Reinhart 614/288-9658  
[climbing@outdoor-pursuits.org](mailto:climbing@outdoor-pursuits.org)  
**Editor** - Ann Gerckens 614/ 442-7901  
[editor@outdoor-pursuits.org](mailto:editor@outdoor-pursuits.org)  
**Hiking** - Pat Smith 614/443-5226 [hiking@outdoor-pursuits.org](mailto:hiking@outdoor-pursuits.org)  
**Risk Manager** - Jennifer Thurmond 614/890-6269  
[wwaterjen@yahoo.com](mailto:wwaterjen@yahoo.com)  
**TOSRV** - Charlie Pace 614/ 461-6648 [cpace1996@aol.com](mailto:cpace1996@aol.com)  
**Winter Activities** - Glenn Beachy 614/268-4904 [winter@outdoor-pursuits.org](mailto:winter@outdoor-pursuits.org)  
**XOBA** - Maureen Williams - 216 /272-7436  
[xoba@outdoor-pursuits.org](mailto:xoba@outdoor-pursuits.org)

### ORGANIZATION STAFF -

**Office Manager** - Ann Gerckens, 614/442-7901 [office@outdoor-pursuits.org](mailto:office@outdoor-pursuits.org)  
**GOBA** - Julie Van Winkle, 614/273-0805 [goba-dir@goba.com](mailto:goba-dir@goba.com)

December 2010 • Volume 50 • Issue 12

# Winter Roll Sessions

By James Murtha

This year's winter roll sessions will run Sundays 8:45 AM to 10:45 AM from January 2nd through March 27th. In addition, there will be three additional sessions on November 21st and December 12th and 19th. COP will again be hosting roll sessions this winter at the Grove City YMCA. The Grove City YMCA is located at 3600 Discovery Drive, Grove City, OH 43123 (Take exit 97 off I-71S (OH-665 and London-Groveport Rd). Turn right / west at London-Groveport Rd/OH-665 (187 ft). Immediately Turn right at Haughn Rd (1.6 mi). Turn left at Orders Rd (0.4 mi). Turn left at Discovery Dr (0.2 mi.).

The charge for members is \$7 per session and for non-members is \$15 per session. Non-members can purchase COP membership at the roll session. Cash or check (payable to COP) is acceptable. Payment must be made at each session for that session.

All boats must be immaculately clean inside and out before entry into the aquatic complex. Bringing a boat that dumps leaves and dirt into the pool jeopardizes the sessions for everyone. We are no longer able to conduct roll sessions at some prime facilities because of past practices by inconsiderate participants. Please do not plan to clean your boat at the YMCA facility.

As a safety precaution, all paddlers must wear helmets during the sessions.

Also the YMCA strictly prohibits cell phone use in either the restrooms or the locker rooms (grounds for expulsion).

No seal launches are permitted for plastic boats.

Six COP whitewater kayaks and paddles will be available free of charge at each pool session during January through March for those without boats. No extra COP boats will be available at the November and December sessions you must bring your own boat to these sessions.

For further information contact Jim Murtha, [jmurtha@wowway.com](mailto:jmurtha@wowway.com), phone 614-282-3293).

Please feel free to forward this info to other boaters and interested parties.



ADVENTURE CYCLING

*Paid Advertisement*

## D&D Outfitters

Cincinnati's Largest Canoe & Kayak Dealer  
In business for over 17 years

We-no-nah ♦ Bell ♦ Michicraft  
Perception ♦ Dagger ♦ Current Designs ♦ Riot  
Ocean Kayak ♦ Necky ♦ P&H

Corner of Sharon & Southland  
Cincinnati, OH 45241  
(513) 674-7400  
[www.ddoutfitters.com](http://www.ddoutfitters.com)

## The shop for riders who don't race



215 E. Market St, Celina, OH 45822

419-584-0303 888-580-0101 toll free

www.countrybikeshop.com  
www.rivbike.com

### THE MIDWEST DEALER FOR *Rivendell* "Country Bikes"

Try a "Country Bike"  
Zippy and Comfortable and Versatile



Shop Hours 9-5:30 pm  
Thursday, Friday and Saturday

*Paid Advertisement*

### Class/Event Information:

Kayak 1 School: Session One - (Saturday, January 22nd 7-10pm and Saturday, February 5th 8-10pm)

The Registration form for session one is on page 5.

for a registration form for the 2nd session, February 12th and 26th, see the January 2011 issue.

Newsletters are available on the web at [www.outdoor-pursuits.org](http://www.outdoor-pursuits.org) or from the office, [office@outdoor-pursuits.org](mailto:office@outdoor-pursuits.org) or 614.442.7901

### VOLUNTEER SOFTWARE TUTOR NEEDED!

Are you familiar with WinZip11, InDesign CS3 or Photoshop CS3?

The COP Newsletter Editor is sure that the newsletter could be put together faster and better if she knew more than the barest basics of these programs. If you could make the time to spend a few evenings in the COP office working with her, please contact:

Ann Gerckens, Editor, 614/442-7901 or [editor@outdoor-pursuits.org](mailto:editor@outdoor-pursuits.org).

## On The Cover:

This month's cover features 2010 photos by Shari Heinrich. Clockwise from upper left:

Ride of Silence.

Rolled hay on the Marietta Loop. GOBA.

Ride of Silence.

Logan Left turn, movin fast. Mike n Chuck n Kathy.

Amanda Orr and Roy Burnham, Lake White Foodstop, TOSRV.

Marietta Gobaville June.

Chucks reflection in the window of MacArthurs Main Street Diner, GOBA.

Playing bike polo in Athens, GOBA 2010.  
Photo by Shari Heinrich.



## What's Inside

Volume 50 • No.12

- 2 Winter Roll Sessions
- 3 Class/Event information  
Volunteer needed
- 4 Heat of the Day Ride Expires
- 5 Kayak I registration form
- 7 Activity schedule
- 11 Classifieds

### SUBMISSION GUIDELINES

Newsletter submissions are always encouraged and welcome each month; however, all submission content must substantially relate to our mission. Submissions may be checked for spelling/minor errors and edited for space constraints; however, the Editor will NOT verify content and accuracy- double check your submissions before sending. The Editor may also make stylistic format changes (e.g., color, font, size, bolding, etc.) at her discretion. Additional guidelines for submissions follow and are published at [http://www.outdoor-pursuits.org/uploadeddocs/file/2010 Advertising Deadlines Rates Policy Sub Gdlns 20100203.php](http://www.outdoor-pursuits.org/uploadeddocs/file/2010%20Advertising%20Deadlines%20Rates%20Policy%20Sub%20Gdlns%20100203.php). **The Editor reserves the right to reject or postpone publication any item received after the posted deadline.**

#### GENERAL ARTICLES AND PHOTOS

These submissions must be received by the Editor by 11:59PM of the 5<sup>th</sup> day of the preceding month.

#### ACTIVITY SCHEDULE ITEMS

These submissions will only be accepted from either Activity Leaders or by appointed Schedule Coordinators for the activity, as listed below. **Schedule Items must be received by the Schedule Coordinator by 9:00PM of the 3rd day of the preceding month.**

BACKPACKING	Lisa Drugan	614/846-3749	<a href="mailto:backpack@outdoor-pursuits.org">backpack@outdoor-pursuits.org</a>
BICYCLING	Erich Fenton	614/843-3333	<a href="mailto:efenton AT wideopenwest.com">efenton AT wideopenwest.com</a>
BOATING	Toni Hartley	614/523-3191	<a href="mailto:toni_hartley@hotmail.com">toni_hartley@hotmail.com</a> COP Boating as subject
CAVING	Position Available, contact COP President		
CLIMBING	Karen Reinhart	614/288-9658	<a href="mailto:climbing@outdoor-pursuits.org">climbing@outdoor-pursuits.org</a>
HIKING	Pat Smith	614/443-5226	<a href="mailto:hiking@outdoor-pursuits.org">hiking@outdoor-pursuits.org</a>
WINTER ACTIVITIES	Glenn Beachy	614/268-4904	<a href="mailto:winter@outdoor-pursuits.org">winter@outdoor-pursuits.org</a>

#### CLASSIFIED ADS

Columbus Outdoor Pursuits members may place 2 classified ads/year of 60 words or less, free of charge. Please limit content to equipment buy/sell ads. Include your name and membership number when submitting your ad. Classified must be received by the Editor by 11:59PM of the 5<sup>th</sup> day of the preceding month.

#### COMMERCIAL ADS

Commercial advertising is accepted, but must be "substantially related" to our mission. Please contact the Editor for information on rates and approval of advertisement content. The deadline for advertisements and payment is the 5<sup>th</sup> day of the preceding month.

SEND MATERIAL TO (in order of preference)

1 EMAIL [editor@outdoor-pursuits.org](mailto:editor@outdoor-pursuits.org)

2 MAIL Columbus Outdoor Pursuits  
Attn: Newsletter  
1525 Bethel Road Suite 100  
Columbus, OH 43220

The Midwest Paddlesports  
Specialty Shop!



104 Valley Street  
Dayton, OH 45404

### Kayaks & Accessories Instruction

- Whitewater
- Touring
- Recreational

Monday–Thursday  
4:00–9:00 p.m.

(937) 222-7020

Native Watercraft, Wilderness Systems,  
Pyranha, Dagger, Wave Sport, Jackson,  
LiquidLogic, Impex Perception, Venture,  
Eskimo, Mad River and Aire

[www.kayakdayton.com](http://www.kayakdayton.com)

*Paid Advertisement*

## Heat Of The Day Ride Expires

by Ben Slay

In the past, for how many years I don't remember, COP Bicycle Riders had enjoyed the offering of the Heat of the Day Ride out of Gahanna's Jefferson Township Park. Lead, most recently, by Steve Hewitt and Dick Seebode during the 2008 – 2009 winter season. They split the A/B pacers, and C/D pacers, and essentially lead two rides out of the Park. For the 2009- 2010 season Steve Hewitt moved the A/B paced ride to the Cyclist Connection in Canal Winchester. And Dick passed on the C/D paced part of the ride to me.

The 2009 – 2010 winter season did not meet with much success, for whatever reasons, based on the stats below.

- \* 17 rides were offered between 12/06/2009 and 03/28/2010
- \* 70.6% of the rides were cancelled due to weather and/or lack of riders (N=12)
- \* 29.4% of scheduled rides were completed (N=5)
- \* There were a total of 30 riders for the 5 rides giving an average of 6 riders per ride

So I will NOT be offering a Heat Of The Day Ride for the 2010 – 2011 winter season. The time can be better monopolized by all.

Instead, some of the COP Bicycle Ride Leaders are considering an "Impromptu Ride Series" in place of the Heat Of The Day Ride. Depending on weather (DOWR), the plan was to use an E-mail Distribution List to "alert" the E-mail Distribution List Members (similar to say Yahoo Groups!) that an "impromptu" ride was going to be held along with the particulars (e.g. date, time, location, Ride Leader(s), etc.) of that ride.

If anyone is interested in being added to an "Impromptu Ride Series" E-mail Distribution List, please respond and let me (Ben Slay, 614/920-3659 or benslay AT hotmail.com), and/or Dick Seebode (740-201-3312), know.

*Paid Advertisement*



# trek the halls

## HOLIDAY SALE

Starts November 26



[TrekStoreColumbus.com](http://TrekStoreColumbus.com)

Locally owned and operated. 3 locations:  
East (Hamilton Rd) 614.933.9999  
West (Sawmill Pl) 614.791.TREK (8735)  
Lane Ave 614.486.TREK (8735)

we support





**Columbus Outdoor Pursuits**

# 2011 Whitewater Kayak I School

First Session: Saturdays January 22nd, 7-10pm & February 5th, 8:00 – 10:00pm  
Second Session: Saturdays February 12th, 7-10pm and 26th, 8:00 – 10:00 pm

Join the fun and excitement of boating this year! Learn in a safe environment and have fun with our instructors.

**Kayak I School:** This is an introductory class to whitewater paddling. The class will include instruction on basic paddle strokes, wet exits, eskimo rescues, eskimo rolls and general safety. Two individual sessions of the Kayak I school will be offered, each a two-day class. See the January 2010 issue for information and registration form for the second session, February 27th and March 6th.

First Session will be Saturdays January 22nd 7-10pm & February 5th, 8:00 – 10:00pm

Second Session will be February 12th 7-10pm and 26th, 8:00 – 10:00 pm.



**Cost:** \$70 COP members/\$85 for non-COP members.

**Refunds:** Refunds will only be considered if you contact Neal Barnstable, one week prior to the first day of the class session, for which you registered.

**Location:** All classes will be held at The **Grove City YMCA** on 3600 Discovery Dr. Grove City, Ohio 43123

## 2011 Whitewater Kayak I School Registration Form - *First Session*

Please print clearly, one form per person. Applications and payment are due 1 week prior to first class date of each session.

**For additional information:** contact: Neal Barnstable 614-284-2044.

**Saturdays January 22nd 7-10pm and February 5th 8-10pm**

\$70 COP members     \$85 for non-COP members.

**Make check payable to:** Columbus Outdoor Pursuits

**mail to:** WWKayak I, 1st Session  
c/o Neal Barnstable, 7220 Bellowind Court,  
Reynoldsburg, OH 43068

**Amount Enclosed:** \_\_\_\_\_

Name \_\_\_\_\_  M  F Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Email Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Emergency Contact Name: \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Emergency Contact Phone: (\_\_\_\_\_) \_\_\_\_\_

Membership # \_\_\_\_\_ Select one:  I have my own gear     I need to use COP gear

Please list any physical/health conditions, including allergies, which should be known in case of an emergency or which may affect your participation in the class: \_\_\_\_\_  
\_\_\_\_\_

Please identify your swimming skill/ability: \_\_\_\_\_

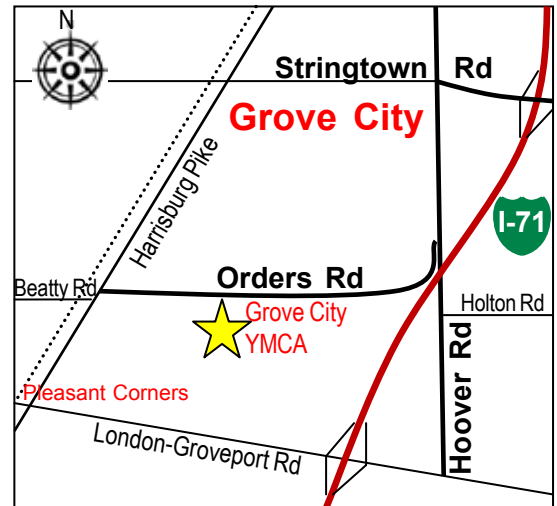
Briefly identify your paddling skill level/experience: \_\_\_\_\_  
\_\_\_\_\_

**Important:** only registration forms with SIGNED Liability Waiver (on back of this form) will be accepted. ALL registration forms (copied or printed from the Web), must have the SIGNED Liability Waiver on the SAME piece of paper-front or back- as this registration form.



**Columbus Outdoor Pursuits**

# 2011 Kayak 1 School 1st Session



Kayak 1 1st session will be Saturdays January 22nd 7-10pm & February 5th 8-10pm

Refunds will only be considered if you contact Neil Barmstable one week prior to the first day of the class session for which you registered. Neal Barnstable 614-284-2044.

Location: All classes will be held at The Grove City YMCA on 3600 Discovery Dr. Grove City, Ohio 43123

## *Columbus Outdoor Pursuits Liability Release & Waiver-READ BEFORE SIGNING*

### *Basic Liability Waiver, Indemnification Agreement, Permission to Provide Medical Treatment & Publicity Release*

In signing this agreement for myself or for the named participant (if the participant is under age 18), I know that those participating will be exposed to risks of serious bodily injury, sickness, or death due to circumstances inherent in this event, including the negligent acts or omissions of others. I also understand and am aware that there are a variety of specific risks and dangers inherent in a voluntary activity such as this including, without limitation, falls, collisions with other participants, motor vehicles, or stationary objects. I may be participating out of doors and exposed to adverse weather conditions, poor sanitation, air or waterborne microorganisms, exposure to frost bite, rising water, drowning, or falling objects. I am aware that anyone who is inadequately prepared, trained or in inadequate physical condition is more likely to be injured or killed. I further understand that there is a risk of becoming lost or separated from the rest of the group and I may incur personal liability for the costs of rescue of me or members of my family. I also understand that I may be injured while on land or while traveling via motor vehicle or on foot due to my own carelessness or because of the negligence of others. Despite these risks and in exchange for being permitted to participate in this event, I voluntarily agree to assume all of these and other risks inherent in the event.

I acknowledge that I (or the participant for whom I sign if under age 18) am physically capable and sufficiently trained for the completion of this event. I also attest that the equipment used by me (or the participant for whom I sign if under age 18) has been inspected by me and is in good condition and that I am familiar with its proper use. I am also aware that any medical support provided for this event, if any, is likely to be limited to that provided by volunteer personnel with limited first aid training who may be called upon to provide assistance to me during the event. I consent and authorize any such volunteer to assist me (or the participant for whom I sign if under age 18) or to perform such assistance as, in the opinion of such person, may be necessary or appropriate. I understand further that any such medical or other services provided to me (or the participant for whom I sign if under age 18) is not an admission of liability to provide or to continue to provide any such services and is not a waiver by any of said parties' rights under this agreement.

I understand that Columbus Outdoor Pursuits assumes no responsibility or liability with respect to my participation in this event. I agree, however, to abide by any decision of any official of Columbus Outdoor Pursuits relative to my ability to safely participate in this event. I promise, as well, for myself or the named participant (if the participant is under 18) to wear any safety equipment as required by an official of Columbus Outdoor Pursuits such as, but not limited to, helmets, guards, or personal flotation devices. The bicycle helmet will meet the standards of CPSC, ASTM or SNELL and be worn at all times while riding the bicycle. I agree to waive my rights to any benefits associated with this event if I fail to wear appropriate safety equipment.

Having read this waiver and knowing these facts and in consideration of Columbus Outdoor Pursuits' acceptance of my application for participation in this event, I, for myself and anyone entitled to act on my behalf, do hereby agree to release, hold harmless, and discharge Columbus Outdoor Pursuits, all sponsors, representatives and volunteers, any involved municipalities or other organization and the boards, trustees, officers, employees, or volunteers of any of them, from any and all claims or liabilities of any kind arising out of my participation and/or my own acts of negligence in this event whether or not liability may arise out of negligence, recklessness or carelessness on the part of the persons or entities named in this waiver.

I also grant permission to Columbus Outdoor Pursuits and its sponsors to use any photographs, motion pictures, recordings or any record of this event for legitimate purposes.

I further agree to indemnify the persons and entities listed in this agreement for any liability they incur to me, a member of my family, or the participant in connection with this event.

I further agree that if, in breach of this agreement, I institute any judicial proceedings against any of the persons listed in this agreement in connection with this event, I shall bring them in the Common Pleas Court of Franklin County, Ohio, or in the United States District Court for the Southern District of Ohio, located in Columbus, Ohio, and I consent to personal jurisdiction in those courts. I further agree that, if in breach of this agreement, I institute any such proceedings, I am responsible for all costs and attorneys fees of any person or entity against whom I institute such proceedings.

***HAVING READ AND UNDERSTOOD THIS AGREEMENT, I VOLUNTARILY AND KNOWINGLY SIGN IT***

\_\_\_\_\_  
*Signature of Participant (and Parent/Guardian if participant is younger than 18)*

\_\_\_\_\_  
*Date*



# Bicycling

Suzanne Birk 614/581-4316  
bicycling@outdoor-pursuits.org

SCHEDULE SUBMISSION INFORMATION  
CAN BE FOUND ON PAGE 3



# Activity SCHEDULE

**STARTING TIMES:** Times listed indicate when the ride rolls out of the parking area. Please arrive early enough to depart at the prescribed time. Note that rides are listed in three categories below:

- Weekly Recurring Group Rides Listed by Day of Week
- One Time Group Rides Listed by Date
- Annual Budget & Special Tours Listed by Date

**ANNUAL BUDGET AND SPECIAL TOURS - LISTED BY DATE**  
None this month

**WEEKLY RECURRING GROUP RIDES - LISTED BY DAY OF WEEK**  
**CANAL WINCHESTER**

Sundays 9AM Class A,B,C+ experienced riders.

Ride distances from 25-50 miles thru beautiful Fairfield County. Some hills might be included. We intend to ride outdoors if temperature forecast for daytime high is above 40 degrees and no precipitation. Otherwise, bring your wind trainer for an indoor spin session in the shop. Meet at Cyclist Connection Bicycle Shop; 200 Cemetery Road; Canal Winchester. Follow Route 33 east and exit at Gender Road/Rt. 674. Turn right; then left at the traffic light onto Waterloo Road. Drive past the WalMart and turn left onto Win-Cemetery Road.

Rotating Leaders: Bob Allen, Brad Blair, Steve Hewitt, Ric Noland, Roy Burnham

Tim Faigley tcfagley AT att.net 614-825-6105

## CANAL WINCHESTER - SPIN CLASS

Tuesdays, 6:30 PM, Class A, B,C, D.

Come break up the winter monotony of indoor training and come sweat with your friends. Classes are a mix of instructor lead and Video based. Starts November 2nd and ends 2nd week of March. Bring your trainer/rollers and your bike. Some loaner trainers are available.

Meet at Cyclist Connection, 200 Winchester-Cemetery Road, Canal Winchester. Follow Rte 33 east to Gender Exit/ Rte 674 turn south, then turn left at traffic light onto Waterloo Road. Drive past the Wal-Mart and turn left onto Winchester Cemetery Road.

Roy Burnham roybikerdude AT gmail.com (614)543-1315 or Ric Noland justcrankin AT aol.com (614)833-BIKE

## WORTHINGTON

Wednesdays - All Year - 9AM Promptly

. Class C;D Meet at Worthington Hills Park on SR315. One mile north of I-270. South end of the Olentangy Valley Shopping Center (former Worthington Hills Shopping Center). One mile north of Wilson Bridge Rd. This is the new north end of the Olentangy River Bike Path. Restaurant destination will be determined day of ride. Bring money for lunch. Approximately 25 mile ride. New and beginning riders welcome. We meet for breakfast; if we can't ride due to weather.

Gail Falkinburg; 614-861-4478

### COP RIDER GUIDELINES

Please review these guidelines if you are new to COP rides. By choosing the correct pace and arriving prepared, you will help ensure our rides are as safe and fun as possible for everyone.

#### SAFETY

A CPSC, ASTM, or SNELL approved helmet is required on all COP rides. Other recommended safety items include a rear-view mirror, a rear flasher, and bright, visible clothing. Cyclists under age 18 must have written permission and the liability waiver release signed by a parent or guardian. For safety reasons, children two and under are not permitted on COP rides. Please respect the laws of the road and rights of other road users.

#### PACE

All COP bicycle tours are "open" paced events, with maps and road markers provided; however, the tour organizer does not specifically accompany the riders. COP day rides have designated leader(s) at one or more paces, and only maps are provided. The ride leader will accompany the group in the manner that best supports the entire group, not an individual rider. COP highly recommends that you contact the ride leader if you have any questions about the ride/tour.

Pace classes are intended to give a rough idea of the common "riding" speed of the group, rather than the average speed. Completing a century ride (100) miles in 5 hours indicates a mathematical average of 20 mph, but the common riding speed to required to complete this ride in 5 hours can easily be in the mid-20s. Variables such as wind, hills and time off the bike can greatly detract from an average, as it is a time-based figure. The speeds listed to the right refer to common "riding" speeds.

**A** 19-23 MPH: our fastest pace. Licensed racers frequently attend these rides, which might be listed as A+ rides in this schedule. Be prepared to maintain this pace over 30-50 miles on a weeknight ride, and 60-100 on a weekends. Stops typically are few and short. Average speeds can be over 20 mph.

**B** 16-19 MPH: a fast recreational clip. The ride distances will be somewhat lower than the "A" group, and the stops can be longer and more frequent. Opportunities for regrouping will be more frequent.

**C** 13-16 MPH: an enthusiastic pace. Many of our longer-distance riders ride in this pace range. The mood will be less competitive and more social. Groups will tend to stay together more, but the riding will still be consistent. The routes often avoid the hilliest options.

**D** 10-13 MPH: a very social pace. Riders can be experienced, or fairly new, but are usually familiar with the basics of cycling on the open road and in groups. Distances are modest, and often a meal stop or sight-seeing is involved.

**NR:** no designated speed. These rides are specifically oriented around introducing new riders to the sport. The pace will be dictated by those who attend, and often these rides are intended as an introduction to cycling. NR rides can use bike paths or roadways.

**DOWR:** Depending On Weather and Riders, usually for winter rides. This note in any ride listing indicates an "open" condition, and will usually be included with a pace class. The leader may choose to leave the pace, distance, and destination to be decided by the group, so maps may not be included for these impromptu rides.



# SCHEDULE

## CANAL WINCHESTER - THURSDAY SPIN AT THE MOVIES

Thursdays, 6:30 PM, Class A, B,C, D.

Why sit and eat \$20 popcorn when you can spin for free and watch from the comfort of your trainer? Introducing Thursday Spin at the Movies. Put it in an easy gear and watch the stars while you watch your weight go down. Starts November 4nd. Bring in your trainer/rollers and your bike. Some loaner trainers are available.

Meet at Cyclist Connection, 200 Winchester-Cemetery Road, Canal Winchester. Follow Rte 33 east to Gender Exit/ Rte 674 turn south, then turn left at traffic light onto Waterloo Road. Drive past the Wal-Mart and turn left onto Winchester Cemetery Road.

Roy Burnham roybikerdude AT gmail.com (614)543-1315 or Ric Noland justcrankin AT aol.com (614)833-BIKE

## CANAL WINCHESTER (NO RIDE ON CHRISTMAS DAY)

Saturdays 9AM Class A,B,C.

Ride Distances from 40-60 miles through Fairfield and Pickaway Counties. We intend to ride when the daytime high is above 40 degrees and no precipitation and the starting temperature is 30 degrees. Meet at the Cyclist Connection, 200 Winchester-Cemetery Road, Canal Winchester. Follow Rte 33 east to Gender Exit/ Rte 674 turn south, then turn left at traffic light onto Waterloo Road. Drive past the Wal-Mart and turn left onto Winchester Cemetery Road.

Bob Allen rdavisallen AT earthlink.net 614-866-8698

## ONE TIME GROUP RIDES LISTED BY DATE

### HILLIARD/DUBLIN - NEW YEAR'S DAY RIDE

Saturday January 1, 2011 11AM.

All Riders Welcome. It's that time again to get off your trainer (or your couch) and join us in logging the first miles of 2011. We will be riding to the Dutch Kitchen (approx. 9 miles from trailhead) where they will be serving a buffet only. Additional miles depends upon the weather. Meet at Hayden Run Rd. trailhead parking lot (adjacent to the Heritage Rail Trail). Directions: 270 to Tuttle Crossing Blvd. exit. Go west on Tuttle Crossing until it dead-ends into Wilcox Rd. Turn left. Take Wilcox until it dead-ends into Hayden Run Rd. Turn right. Parking lot is on the right side of Hayden Run Rd., just past Cosgray Rd.

Tom & Debbie Davis/614-296-9981



GOBA 2010 takes a right turn in Hocking County. Photo by Shari Hemrich.



## Boating

Leader: Walt Taylor 614/ 519-8633

boating@outdoor-pursuits.org

Visit us at [www.outdoor-pursuits.org/boating.php](http://www.outdoor-pursuits.org/boating.php)

## IN-STATE, WEEKEND - DAY TRIPS

These trips are led by COP volunteer trip leaders. Locations depend on the availability of water levels and are subject to change. Ohio river trips are primarily Class I & II trips. High water, cool temps and some locations, on particular rivers can bump these trips to Class II+ /III-. Therefore, it is a good idea, to speak to the trip leader, prior to the trip, regarding your boating skills.

There is generally an hour or two of travel each way, so count on these being a pretty much full day activity. Be sure to arrive at the river prepared with a lunch/snacks, sunscreen, drinking water, rain gear, appropriate boating clothes for the weather and water temps and a dry bag to pack them in.

A change of clothes and towel for after the river is a good thing to pack and leave, in one of the shuttle cars. A couple of dollars towards your carpooling drive is always appreciated.

If you have any medical conditions (asthma, allergies to bee stings, diabetes, required medications, etc.) Please identify these to the trip leader prior to arriving, for the trip. For the safety of everyone involved, it is important and your responsibility, to identify any issues that may require additional medical assistance prior to a trip.

Please plan to provide your own gear, including a PFD, which must be properly worn at all times when on or near the water. All trips require the reading and signing of a liability release. Please be courteous and contact trip leaders if you have any questions, prior to the day before the trip and before 10 pm.

## OUT OF STATE TRIPS - MULTI-DAY

These trips are led by COP volunteer trip leaders in a low budget, communitarian fashion, so expect to pitch in and help. Costs are typically gas, food and camping fees.

Please pay attention to the level of difficulty when planning to join moving water trips. Generally, moving water experience is required for these trips. Out of state trips range from Class II/III, Class III/IV to IV/V trips. Locations depend on the availability of water levels and are subject to change. In some cases, a solid kayak roll may be required. That information is usually specified in the trip description. As always, it is a good idea, to speak to the trip leader, prior to the trip, regarding your boating skills.

Be sure to arrive at the river prepared with a lunch/snacks, sunscreen, drinking water, rain gear, appropriate boating clothes for the weather and water temps and a dry bag to pack them in.

A change of clothes and towel for after the river is a good thing to pack and leave in one of the shuttle cars.

If you have any medical conditions (asthma, allergies

to bee stings, diabetes, required medications, etc.) Please identify these to the trip leader prior to arriving, for the trip. For the safety of everyone involved, it is important and your responsibility, to identify any issues that may require additional medical assistance prior to a trip.

Please plan to provide your own gear, including a PFD, which must be properly worn at all times when on or near the water. With higher classification of river trips, be prepared to have a helmet, as well. All trips require the reading and signing of a liability release. Please be courteous and contact trip leaders if you have any questions, prior to the day before the trip and before 10 pm.

Per insurance rules, only current COP members are permitted on trips Class III and above.

## FLOCKING TO THE HOCKING

Sunday Dec.12

Once again it is time to flock to the Hocking River. For 43 years we've taken a break from the hustle and bustle of the holiday season by enjoying the fresh air of Hocking County.

We'll start the day with a hearty breakfast then spend all day on the river. We'll stop for lunch at the natural rock bridge. At the end we'll thaw out over a steaming bowl of chili.

To sign up or to get further information call Mike or Kitty at 614/231-6820

## KAYAK I SCHOOL: SESSION ONE

(Saturday, January 22nd 7-10pm and Saturday, February 5th 8-10pm)

Join the fun and excitement of boating this year! This is an introductory class to whitewater kayaking and is geared toward both students who have never set foot in a kayak, and for those who need to brush up on basic skills.

## SCHEDULE SUBMISSION INFORMATION CAN BE FOUND ON PAGE 3

The class will include classroom and pool instruction including gear, basic paddle strokes and concepts, wet exits, Eskimo rescues, Eskimo rolls, and general safety.

All gear is provided. Learn in a safe environment and have fun with our instructors!

Two individual sessions of the Kayak 1 school will be offered, each a two-day class.

The Registration form for session one is on page 5.

See the January 2011 newsletter for information and registration forms for the second session, February 12th and 26th.

## WINTER ROLL SESSIONS

COP will again be hosting roll sessions this winter at the Grove City YMCA. This year's winter roll sessions will run Sundays 8:45 AM to 10:45 AM from January 2nd through March 27th.

Two additional sessions will be held on December 12th and 19th but no COP boats will be available at these sessions. The Grove City YMCA is located at 3600 Discovery Drive, Grove City, OH 43123.

The sessions are for members and non-members the charge is \$7 per session for members and \$15 for non-members. Non-members may purchase membership at the pool.

All boats must be immaculately clean inside and out before entry into the aquatic complex. As a safety precaution, all paddlers must wear helmets during the sessions.

Please see the December newsletter for directions and details.

For further information contact Jim Murtha (jmurtha@wowway.com, phone 614-282-3293).

## INTERNATIONAL SCALE OF RIVER DIFFICULTY

Adapted from American White Water. Thanks for their permission to use. This is the American version of a rating system used to compare river difficulty throughout the world. This system is not exact; rivers do not always fit easily into one category, and regional or individual interpretations may cause misunderstandings. It is no substitute for a guidebook or accurate first-hand descriptions of a run. Please visit [www.americanwhitewater.org](http://www.americanwhitewater.org) for additional information.

**Class I:** easy. Fast moving water with riffles and small waves. Few obstructions, all obvious and easily missed with little training. Risk to swimmers is slight; self-rescue is easy.

**Class II:** Novice. Straightforward rapids with wide, clear channels which are evident without scouting. Occasional maneuvering may be required, but rocks and medium sized waves are easily missed by trained paddlers. Swimmers are seldom injured and group assistance, while helpful, is seldom needed

**Class III:** Intermediate. Rapids with moderate, irregular waves which may be difficult to avoid and which can swamp an open canoe. Complex maneuvers in fast current and good boat control in tight passages or around ledges are often required; large waves or strainers may be present but are easily avoided

**Class IV:** Advanced. Intense, powerful but predictable rapids requiring precise boat handling in turbulent water. Depending on the character of the river, it may feature large, unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure.

**Class V:** Expert. Extremely long, obstructed, or very violent rapids which expose a paddler to added risk. Drops may contain large, unavoidable waves and holes or steep, congested chutes with complex, demanding routes.

**Class VI:** Extreme and exploratory. These runs have almost never been attempted and often exemplify the extremes of difficulty, unpredictability and danger.



Activity

SCHEDULE



## Hiking/Trail Running

Pat Smith 614/443-5226 [hiking@outdoor-pursuits.org](mailto:hiking@outdoor-pursuits.org)

### PRESERVATION PARKS: DEER HAVEN

Sunday November 21 2pm 5-10 K

Meet at Worthington Sq 6-7 miles of hiking trails; woods; marshes; lake shore. Free to COP members and non-members.

Leader Jack Kyle cell 325-0208

### BATTELLE-DARBY METRO PARK

December 4 1pm-ish

Meet at the Cedar Ridge Naturalists Office for an afternoon walk 4-6 miles; at a relaxed pace. The Cedar Ridge area is located at 1775 Darby Creek Drive; Galloway Ohio 43119. This hike goes unless we have a level 2 or more snow emergency; so no need to call me. Just show up!

Ann Gerckens volunteer\_ann@sbcglobal.net 614/282-2781

### CLEAR CREEK METROPARK

December 11 9:00 AM

Hike 11 miles at Clear Creek Metropark. Meet at the Creekside Meadows parking area at the park at 9:00am. Bring lunch; sturdy hiking boots; layered clothing and water.

Contact Tim McNish to confirm details at 871-9331 or [tjmcnish@yahoo.com](mailto:tjmcnish@yahoo.com).

### OLD MAN'S CAVE TO ASH CAVE

January 1st 10:00 AM

Meet at the Old Man's Cave parking lot and join us for 6 or 12 miles of great hiking and Holiday cheer. Shuttle provided for one way hikers. Dress for the weather; pack a lunch and bring plenty of water. <http://maps.google.com/places/us/logan/ohio-664/19852/-old-man's-cave>.

John Lunn 740/969-4836.

### BATTELLE-DARBY METROPARK

January 8 10:00AM

Hike 7-8 miles on the Ancient; Terrace; and Dyer Mill Trails. Meet at the Indian Ridge parking area at 10:00am. Bring water; lunch and rain gear.

If interested; Contact Tim McNish to confirm details at 871-9331 or [tjmcnish@yahoo.com](mailto:tjmcnish@yahoo.com)

### INFIRMARY MOUND PARK – GRANVILLE

Sunday; January 23rd at 1:00 P.M

Let's get out and work off some of those holiday calories we accumulated! Meet at the Shelter #4 parking area for a 6 mile hike. From Columbus; take I-70 East to S.R. 37 North. Go left off the exit and the park is approximately 6 miles on S.R. 37. If coming from Granville; it is approximately 3 miles from Granville on S.R. 37. Once in the park; go to the back and then make a right turn and follow the signs to Shelter #4. Since the weather is so questionable in January please call me or e-mail to let me know if you plan to attend and also if you have any other questions

Charlene Schaffner 740-927-8582 [charlene@hmstamps.com](mailto:charlene@hmstamps.com)

### JOHN BRYAN STATE PARK/CLIFTON GORGE

Saturday; February 12

Hike John Bryan State Park/Clifton Gorge. We'll do the Little Miami River Loop and Spur Trail for a 9-mile loop. Bring lunch; sturdy hiking boots; layered clothing and water. Meet at 8:00am in the Gander Mountain parking lot at 5388 West Pointe Plaza Drive to carpool.

Contact Tim McNish to confirm details at 871-9331 or [tjmcnish@yahoo.com](mailto:tjmcnish@yahoo.com).



## Backpacking

Lisa Drugan 614/846-3749 [backpack@outdoor-pursuits.org](mailto:backpack@outdoor-pursuits.org)

### WINTER OUTING

December 4,5 2010

Caesar Creek State Park Perimeter Loop Trail. This 9 mile loop backpack trail is a pleasant; mildly-strenuous stroll through the lower one-third of Caesar Creek Lake-Ohio's deepest. We'll pass many lake views; two waterfalls; and cross a cable suspension footbridge. The trail ends near Horseshoe Falls and the rocky Flat Fork Creek. We'll also explore the 180' deep gorge; cut by glacial meltwater; in Caesar Creek Gorge State Nature Preserve. Bring your best holiday campfire food to share with the group. Trip leaves Saturday at 7 am and returns Sunday afternoon.

If interested; e-mail [drugan@insight.rr.com](mailto:drugan@insight.rr.com).



## Winter Activities

Leader: Glenn Beachy 614/268-4904 [winter@outdoor-pursuits.org](mailto:winter@outdoor-pursuits.org)

### WILDERNESS LODGE ANNUAL WINTER GETAWAY – WATTSBURG, PA.

Fri Jan 21 to Sun Jan 23, 2011

Join us for a relaxing or active weekend-you decide! Activities include: cross-country skiing or snowshoeing (DOW); trail hikes; meeting new friends or catching up with old ones; reading a book by the fire and enjoying a home-cooked meal.

Cost: \$85 -members: \$100-non-members covers two nights lodging and Sat dinner. A \$40 fee per person is added if you request and receive a private room for two. They are limited. Trail passes and ski rentals, available on site, are extra. A deposit of \$50 in a check made out to COP and mailed to Terry Smith 248 Rathbone Rd. Columbus, OH 43214 is required to hold your reservation. Please include your email address, phone number and COP membership number(s). Deposits are forfeited for cancellations after Jan 10. A waiting list will be kept in order by date deposits are received.

Contact Terry preferably by email at [tandvsmith@yahoo.com](mailto:tandvsmith@yahoo.com) or phone 614-396-6500. Find out more about Wilderness Lodge at [www.thewildernesslodge.net](http://www.thewildernesslodge.net).

Activity SCHEDULE

## WHY JOIN COLUMBUS OUTDOOR PURSUITS?

- Choose from an extensive schedule of activities year-round.
- Receive this monthly newsletter, filled with trips, events, and articles.
- Learn by doing in workshops on canoeing, bicycle maintenance, rock climbing, backpacking, wilderness first-aid, leadership skills, and more.
- Develop your leadership and organizational skills with volunteer opportunities.
- Take advantage of low-cost outdoor equipment rentals for members
- Make new friends who share your interests and have fun.

### VOLUNTEER!

Columbus Outdoor Pursuits success results from the willingness of many people to donate their time. We expect that all our members will pitch in. Please check off the items below where you will help.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> TOSRV             | <input type="checkbox"/> Bike tours-foodstops | <input type="checkbox"/> Computer support                 |
| <input type="checkbox"/> GOBA              | <input type="checkbox"/> Bike tours - reg     | <input type="checkbox"/> Publications                     |
| <input type="checkbox"/> XOBA              | <input type="checkbox"/> Bike tours-arrows    | <input type="checkbox"/> Trip Leader (training provided)* |
| <input type="checkbox"/> Office (weekdays) | <input type="checkbox"/> Bike tours - sag     | Activity? _____   |
| <input type="checkbox"/> Publicity         | <input type="checkbox"/> Mailing              |   |
| <input type="checkbox"/> Data entry        | <input type="checkbox"/> Telephoning          |   |

### ACTIVITY INTERESTS

Circle "1" for primary interests and "2" for secondary interests. Circle "3" if you are willing to lead trips.

- |                  |                       |                  |
|------------------|-----------------------|------------------|
| Backpackin 1 2 3 | Caving 1 2 3          | Kayaking 1 2 3   |
| Bicycling 1 2 3  | X-C Skiing 1 2 3      | Sea Kayak 1 2 3  |
| Mt. Biking 1 2 3 | Downhill Skiing 1 2 3 | Rafting 1 2 3    |
| Camping 1 2 3    | Hiking 1 2 3          | Rock Climb 1 2 3 |
| Canoeing 1 2 3   | In-line Skate 1 2 3   | Other _____      |

How did you find out about COP? \_\_\_\_\_

## MEMBERSHIP APPLICATION

**YES!** I want to become a member of Columbus Outdoor Pursuits. I understand I will receive a full 12-month membership and all other benefits of membership. The Renewal Discount Rates are only available within three months of the current membership's expiration date. The expiration month on the renewal will remain the same.

- |   |   |
|---|---|
| <input type="checkbox"/> Youth (15-17)                | \$ 15.00                                    |
| <input type="checkbox"/> Adult New Member (18-54)     | \$ 30.00                                    |
| <input type="checkbox"/> Adult Renewal                | \$ 25.00 (w/in 3 months of last membership) |
| <input type="checkbox"/> Senior Citizen (55 & over)   | \$ 20.00                                    |
| <input type="checkbox"/> Family                       | \$ 45.00                                    |
| <input type="checkbox"/> Family Renewal               | \$ 35.00 (w/in 3 months of last membership) |
| <input type="checkbox"/> Life                         | \$300.00                                    |
| <input type="checkbox"/> Replace lost Membership Card | \$2.00                                      |

**Total Amount Enclosed:** \$ \_\_\_\_\_

- Save trees & postage by not sending me a newsletter. I'll get it from the web.

Make check payable to: Columbus Outdoor Pursuits

Mail to: Columbus Outdoor Pursuits  
1525 Bethel Rd Suite 100  
Columbus, OH 43220-2054

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Email Address: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Previous Membership #: \_\_\_\_\_



## Climbing

Leader: Karen Reinhart 614/288-9658  
climbing@outdoor-pursuits.org

### WALL SESSIONS • WEDNESDAYS

7:00-9:00 pm. At the COP Wall.

Experienced Climbers and Beginners Welcome. Cost \$7.00 per session.

Contact Karen Reinhart for details.

614/288-9658



## Meetings, etc.

### LEADER TRAINING

Saturday November 20 10am to 6pm

COP Leader Trainings include six modules-Risk Management; Paperwork & COP Policies; Trip Planning; Participant Screening and Leadership. Cost is \$15 for the day and includes lunch.

To register; contact the COP Office office@outdoor-pursuits.org or 614/ 442-7901.

**THERE WILL BE NO PROGRAM MEETING IN DECEMBER**

**THERE WILL BE NO BOARD MEETING IN DECEMBER**

## Classifieds

As a benefit of membership, 2 classified ads per year of 60 words or less are free of charge. Please limit content to equipment buy/sell ads. Non-members cannot place ads. Please include your membership number when submitting a classified.

### FOR SALE:

Thule load bars for Toyota Sienna (ours was a 2004). Asking \$20. Thule 4 bike receiver hitch rack. Asking \$40. Giant OCR2 road bike: extra small frame, grey. Asking \$100.

Dave 614/487-9810 roberto-magee@columbus.rr.com

## COP has cross-country skis and snowshoes for rent.

Members only, unless you are on a COP trip. Costs \$8/day for skis, boots and poles. \$6/day snowshoes and poles. No excuses, get out there!

Contact Glenn Beachy at 614-563-1146 or beachy2000@yahoo.com. Equipment will be unavailable Jan 16-19.

## Remember to bring your current Columbus Outdoor Pursuits activity card to all trips & events.

Memberships may be obtained from the club office by calling 614/ 442-7901, or via email, office@outdoor-pursuits.org.

If you have any questions about the Columbus Outdoor Pursuits trip program, contact the appropriate Activity Leader. If you have questions about a particular trip, call the leader listed with the trip. To maintain the high quality of all club trips, you are encouraged to submit comments or suggestions, to the appropriate leader and participate in our numerous schools.

### Need to renew?

Membership renewal notices for Columbus Outdoor Pursuits will be sent by the office. If you want to be a member of Columbus Outdoor Pursuits but your membership has expired and you haven't received a renewal notice, please fill out the membership application on the inside back cover of the newsletter and send it with a check made payable to Columbus Outdoor Pursuits.

### Moving?

The Post Office will not forward Non-Profit Rate mail. Please send your new address to the Columbus Outdoor Pursuits office at:

1525 Bethel Rd, Ste 100,  
Columbus, OH 43220-2054

December 2010



**Columbus Outdoor Pursuits**  
1525 Bethel Rd Ste 100  
Columbus OH 43220-2054

Address Service Requested

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
COLUMBUS, OH  
PERMIT 172

*Paid Advertisement*

# Outdoor Source™

WHERE ADVENTURE BEGINS

december 2010

happy holidays!

**20% ONE  
OFF ITEM\***

\*valid on in-stock items only. Cannot be combined with any other offer. excludes kayaks. must have coupon. expires 12/31/10.

As always, COP Members save 10%\*. Ask about our price match guarantee.

Columbus: 3124 Tremont Rd. 43221 614.457.3620 M-F 10-8 Sat. 10-6 Sun. 12-5  
Westerville: 5969 Sunbury Rd. 43081 614.818.3620 M-F 10-8 Sat. 10-6 Sun. 12-5  
[www.theoutdoorsource.com](http://www.theoutdoorsource.com)

