

A monthly publication of Columbus Outdoor Pursuits

COLUMBUS OUTDOORS

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

TOSRV GOBA Bicycling Whitewater Boating Caving Rock Climbing Backpacking Skiing Hiking Inline Skating Education



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Columbus Outdoor Pursuits: www.outdoor-pursuits.org
 Tour of the Scioto River Valley: www.tosrv.org
 Great Ohio Bicycle Adventure: 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 greater understanding of the world and its peoples.

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.

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Pacelines

Jack Hornsby

While some of us prefer the great indoors and a warm fire during the winter, there are many hardy souls in Outdoor Pursuits who ride year-round. Among those are Bob Waddell and Randy Brownfield from Grove City. So far, they have scheduled rides for each Saturday.

For your information, I am providing the following article written by Bob Waddell in November. In Bob's words:

"If the roads are dry and the sun is out, I'll be out there."

What can we do about staying warm?

Light layers are the key. Layers of clothes help trap pockets of air that insulate the body. So throw on a Lightweight thermal undershirt, a long sleeve jersey, a vest or wool sweater and top it off with a jacket. I guarantee you that by 1 PM you'll be stuffing at least one layer in the pack. Think about something to cover the head and ears. For the legs, I usually get by with a pair of heavier tights or wind pants over my regular biking shorts. If it's really cold a pair of long thermal underwear under the tights helps.

A helmet liner, or kerchief combined with a broad headband over the ears works well or a lightweight balaclava. When it warms up the balaclava can be rolled up off your face.

For the hands there are many options: glove liners and full finger gloves, ski gloves or lobster mittens. Just make sure that they are not so bulky that you can't operate the brakes and shifters. You can also get hand warmers that go inside the gloves that generate heat when exposed to air. Bring an extra pair of lightweight full finger gloves or regular gloves to wear over liners for when the temperatures warm up later in the early afternoon.

The feet are what everyone first complains about. Again, layers. I use a smart wool sock that seems to work without having oversized shoes. Then I wear a heavy neoprene cover over the outside. They also make a polypropylene sock that can be worn over your shoes. It has a cutout for the cleats. If your shoes are ventilated, you might try taping up the vents. You can also put the hand/foot warmers in the shoes.

On those days when it starts out cold and warms up, it's good to have some extra storage space to stuff layers that you shed. A rack pack or large saddle pack are worth having. The jersey pockets will hold only so much before they start to overflow or start to pull apart at the seams.

OK, you're all bundled up and ready to ride. Don't worry about the bulk slowing you down. No one's going to be trying to set any speed records. Just enjoy the cool outdoors, the sunshine, the geese flying south for winter and the sound of the wind rustling in the dry leaves. ■

Jack Hornsby is the Bicycling Activity Chair. Bikin' Bob Waddell, besides being one of the hardy souls on the road on a early (and cold) winter day, is also the Bicycling Schedule Coordinator. Contact either if year-round riding is calling you out onto the road.

REIKI MASTERS/TEACHERS



David Tuttle and
Jane Angene

Reiki Classes
Reiki Healing Sessions

Phone: 614.890.8038 • Email: immunewise@aol.com

Web: www.iarp.org/membersites/tuttle_angene.html

GOBA Training & Riding Procedures - A Personal Perspective

by Claude Brunot

There are at least three different ways to train for riding GOBA:

1. The Endurance Method usually employed by the macho man.
2. The Technique Method, for the casual rider, is not usually discussed.
3. A combination of both methods.

But, whichever method you choose, it should be designed to meet your immediate objective. Do you plan to ride the Tour de France, compete in high-speed racing or enjoy The GOBA? The Technique Method is the best training method for enjoying GOBA.

Every spring, the GOBA Bulletin includes a detailed example of the Endurance Method. It requires up to ten weeks of riding with at least one fifty-mile ride. The Endurance Method is great if you plan to do lots of extended long rides. But, for the casual rider, the rider who plans to enjoy GOBA, the Endurance Method is far too demanding and may not meet the objective of the GOBA rider.

The Technique Training Method is designed primarily for the GOBA riders who want to have a week of riding, camping and family fun, but do not need the extreme endurance training. The main differences between the methods are:

- The Technique Method primarily uses your mind, the upper body (brain).
- The Endurance Method primarily uses your muscles, the lower body (brawn).

The Technique Training Method develops the mind to use the correct riding procedures. Also, the technique method requires considerably less time on the bike before GOBA. With the Technique Method you can train while driving to work, while doing the dishes, while watching TV and, yes, even while sleeping.

The GOBA training technique is broken down into four sections:

- G - Gears
- O - Orbital Pedaling
- B - Butt
- A - Aspiration (Breathing)

G - Gears

The proper use of gears and changing gears is vitally important to enjoying GOBA. Most bikes have 21 speeds (gears). However, there are really only ten speeds that are necessary to efficiently use your bike (see Table 1, Pedal to Wheel Ratio). Reducing the options makes it easier to use the gears most efficiently. It is easier to know and remember the best shifting sequence with 10 speeds than to organize all 21 speeds. There are four things to consider when using the gears on your bike:

First, change gears often. The improper gear will result in pedaling too fast or too slow thus reducing the efficiency of the bike. Also, the improper gear uses more energy. You would never consider driving your car in the low range while speeding along the interstate. The proper use of your gears is important riding up hills, down hills, on the level, stopping and starting.

There are two things to consider in selecting the proper gear:

- Pedal Torque (PT)
- Pedal Revolutions Per Minute (PRPM)

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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/main/news/misc/NewsletterSubmissions.pdf>. 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 5th 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 Editor by 11:59PM of the 5th day of the preceding month.

BACKPACKING	Kim Hiser	740/666-1509	backpack@outdoor-pursuits.org
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BOATING	Doug Eldridge	614/267-1303	dougeldridge@earthlink.net
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CLIMBING	Tom Lester	740/927-8106	tlester@megsinet.com
HIKING	Pete Rogers	614/873-1530	hiking@outdoor-pursuits.org
INLINE SKATING & WINTER ACTIVITIES	Glenn Beachy	614/268-4904	winter@outdoor-pursuits.org

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 5th 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 5th day of the preceding month.

SEND MATERIAL TO (in order of preference)

1 EMAIL	editor@outdoor-pursuits.org	3 MAIL	Columbus Outdoor Pursuits
2 DELIVER	1525 Bethel Rd, Suite 100 (call 614/442-7901 first)		Attn: Newsletter
			PO Box 14384
			Columbus, OH 43214-0384

To determine your correct PT and PRPM, go for a relaxing bike ride on a level road or bike trail. Test several gear combinations until you get a comfortable PT and PRPM at a desirable speed. Get the feel of this PT and PRPM combination firmly established in your mind. Then sleep on it.

Now, you are ready for training. On future rides, strive to maintain that PT and PRPM as you ride up hill, down hill and on the level. As soon as you notice a change in either PT or PRPM, shift gears. Shift as often as necessary to maintain your desired PT and PRPM. Shift gears even when you are only a few yards from the crest of a hill. Shift gears whenever there is a significant change in either PT or PRPM, even for slight changes in the terrain. Before stopping, shift to the gear you normally use to get started. Remember that the proper PT and PRPM provide the most efficient use of your energy.

Second, change only one gear at a time (for example: from the middle sprocket to the small sprocket on the front or from position 5 to position 4 on the rear sprocket). Never make two gear changes without at least 1/2 revolution of the pedal. This procedure makes gear changing very smooth and reduces the possibility of derailing. Furthermore, it is the best way to maintain your ideal PT and PRPM (see Table 2, Up Hill Shift Sequence). Use the down hill sequence when slowing down and stopping (see Table 3, Down Hill Shift Sequence and when increasing speed).

Third, keep the chain in a line parallel with your direction of travel, i.e., do not cross chain from the biggest sprocket in the front to the biggest sprocket in the back.

Fourth, you need to decide if you will change from the sitting position to the standing position to pump a hill. If you plan to change position, you should practice your changing technique on a moderate hill. Things to consider in establishing your decision are PT, PRPM, speed, strength, and angle of incline and distance to the top.

If you decide to make a hill while sitting, you will need to go to a much lower gear to maintain the PT and PRPM. Practice shifting to lower gears that match the decreased speed. Practice changing to the small front sprocket while still in the fourth rear sprocket. See Table 2.

If you decide to stand, you must make that decision before you get to a very low gear. Standing significantly increase the PT, but you will need to reduce the PRPM. Also, you will probably change from orbital pedaling to mashing on the down stroke and lifting on the up stroke. Before GOBA, determine the best PRPM for pumping in the standing position. Practice getting into that gear before you change to the standing position. The 2-5 or 2-4 gears are probably the best gears for riding while standing. Once you stand, do not shift to the smallest front sprocket (1).

O - Orbital Pedaling

The orbital pedaling method is recommended because it:

- Distributes the leg power over more muscle groups.
- Applies power for 360 degrees of the circle.

Four parts of orbital pedaling are:

- Push down when the pedal passes the top of the arc.
- Drag back across the bottom of the arc.
- Lift on the upward portion of the stroke.
- Slide forward on the top of the stroke.

As you gain experience, you will be able to apply force in the transitions between the four parts. Cages and shoe clips are not necessary to use orbital pedaling. However, cages maximize the lifting effect.

When riding without cages, point the toe down during the drag portion. Put the heel down and the toe up during the slide portion. During the lift portion, the most you can do is reduce the weight of your foot off of the pedal.

B - Butt

In the spring of the year before GOBA, everyone needs more saddle time. But it is not necessary to spend hours on long rides to harden your butt to the saddle. The required saddle time can be acquired while watching TV or reading a good book. No sleeping with this portion of the GOBA training technique.

The minimum equipment needed to harden the butt is:

- Your saddle,
- Your seat stem,
- A board to put under your seat stem.

Continued on page 6

FRONT SPROCKET				
	Small Gear	Middle Gear	Large Gear	Ratio
	1	2	3	
	1 (large gear)			7/8
	2			1
R	3	(1)		1 1/4
E	(4)			1 3/8
A		(2)	(1)	1 1/2
R	(5)	3		1 5/8
			(2)	1 3/4
S	(6)	4		1 7/8
P			(3)	2
R	(7)			2 1/8
O		5		2 1/4
C			(4)	2 3/8
K		(6)		2 5/8
E			5	2 7/8
T		(7)		3 1/8
			6	3 1/4
	(small gear)	7		3 7/8

Table 1 - Pedal to Wheel Ratio
 Ratio - The number of times the wheel turns for one revolution of the pedal.
 Numbers (in bold) - The larger the number, the higher the speed.
 Numbers (in parenthesis()) - These indicate gears that are not recommended.

FRONT SPROCKET				
	Small Gear	Middle Gear	Large Gear	Ratio
	1	2	3	
S	(small gear)	7		3 7/8
P		6		3 1/4
R R		5		2 7/8
E O		5		2 1/4
A C		4		1 7/8
R K	4			1 3/8
E	3			1 1/4
T	2			1
	1 (large gear)			7/8

Table 2 - Up Hill Shift Sequence
 Ratio - The number of times the wheel turns for one revolution of the pedal.
 Numbers (in bold) - The larger the number, the higher the speed.
 Numbers (in parenthesis()) - These indicate gears that are not recommended.

FRONT SPROCKET				
	Small Gear	Middle Gear	Large Gear	Ratio
	1	2	3	
S	1 (large gear)			7/8
P	2			1
R R	3			1 1/4
E O		3		1 5/8
A C		4		1 7/8
R K	4	5		2 1/4
E			5	2 7/8
T			6	3 1/4
	(small gear)	7		3 7/8

Table 3 - Down Hill Shift Sequence
 Ratio - The number of times the wheel turns for one revolution of the pedal.
 Numbers (in bold) - The larger the number, the higher the speed.
 Numbers (in parenthesis()) - These indicate gears that are not recommended.

Beginning Backpacking School 2004

Registrations are now being accepted for the Beginning Backpacking School! The curriculum covers safety, backwoods ethics, clothing, equipment, food, cooking gear, basic map & compass skills, and trip planning. The class is designed to give you the confidence and basic skills to spend a night or a few days enjoying the backcountry.

Register Soon! The school application is shown below. Class is limited to the first 25 paid applicants.

Course Dates: Saturdays in March & April (tentative):

March 13, 20, 27, April 3 Classroom sessions, to be held at NEW COP office
 April 10 Day hike w/packs, location TBA
 April 17-18 Overnight backpack trip, location TBA

Fees: \$50/adult COP members \$80/adult non-COP members
 \$25/15-17yrs COP members \$40/15-17yrs non-COP members
 Fees cover course costs and instruction but do not include the trip food, transportation, or personal equipment rental. Some rental packs, tents, and sleeping pads will be available at additional cost. Refunds must be requested prior to March 1st.

Contact: Jim Mauer nstar@nn.net

Send your completed registration form and check, payable to Columbus Outdoor Pursuits, to:
 Kim Hiser
 2004 Beginning Backpacking School
 19726 Delaware County Line Rd.
 Marysville, OH 43040

Note: Backpacking can be a strenuous activity and requires good general health. Pack weights can vary considerably and are based on personal preference and tolerance. Understand that you might carry at least 25 lbs. for a distance of 2-3 miles each day for the weekend outing. We encourage you to start carrying some weight in a daypack and hike around your neighborhood or a Metro Park throughout the course of the school.



Top: Pete (right) and Chris Rogers approaching Franklin Pass on Mineral King at Sequoia National Park, CA. Photo taken June 2000 by Shelia Sands.



Bottom Left: Getting ready to take off. COP trip to Tar Hollow, October 2001. Photo by Sheila Sands.



Bottom Right: Left to Right - Gina Buckey, Ruth Rusk, and Pete Rogers on Mineral King in Sequoia National Park. Photo taken June 2000 by Sheila Sands.

2004 Beginning Backpacking Class Registration

(send this portion with your payment to the address above,
 one registration per person, copies okay)

Name _____ Mark one: Adult _____ Teen _____

Address _____ City _____

State _____ Zip Code _____ Email _____

COP Member # _____ Phone (_____) _____

Adult Member \$50 _____ Adult Non-Member \$80 _____ Adult non-member w/COP Membership \$75 _____

Youth Member \$25 _____ Youth Non-Member \$40 _____ Youth non-member w/COP Membership \$35 _____

Aside: Clean the grease off of the stem before beginning this portion of the training. You do not want to leave a grease circle on the rug. Believe me!

Now, just sit on your seat and sway from side to side to simulate the pedaling action. You do not even have to put on your spandex riding shorts.

A - Aspiration (Breathing)

One of the least considered techniques for bike riding is the proper breathing method. On the level, breathing is not a problem. But when climbing a hill, and recovering from the exertion, you need the most efficiency method to get the maximum amount of oxygen into your lungs and the maximum amount of carbon dioxide out of your lungs. This requires a deep breathing technique.

The correct breathing technique is sometimes referred to as diaphragmatic, Zen, stomach or yoga breathing. You may already be familiar with correct breathing techniques from some other sport. If so, you will save the time that someone else will need to learn the correct method.

Deep breathing involves both the proper exhaling and inhaling procedures. Although most people breathe correctly when sleeping, many do not do it much in their waking hours. If you think that taking a deep breath means you fill your chest, then you have the wrong idea. Filling the chest with air is really shallow breathing. Expanding

your chest to take a big breath lifts your diaphragm into the your chest thus preventing you from breathing deeply.

True deep breathing is done from the stomach or diaphragm area. Deep breathing uses the very bottom of your lungs. When breathing deep, the diaphragm drops down sucking the air into the bottom of your lung. Stomach breathing gets the air into the depth of your lungs by dropping your diaphragm.

When the stomach moves out, the air is inhaled. When the stomach moves in, the air is exhaled. Practice this stomach breathing by sitting or standing erect and holding your hand on your stomach. You can also perfect the deep breathing technique while watching TV, driving your car, or during many of your normal daily activities.

Here is the rub: To maximize the efficiency of deep breathing, you must be sitting as erect as possible. This is exactly opposite to the racing posture used with racing or bull horn handlebars designed to minimize air resistance. You need to decide which is more important to you to meet your GOBA riding objective:

- Maximum breathing efficiency, or
- Minimum air resistance.

Of course, when you are pumping up the last 20 feet up a hill, wind resistance is at a minimum and

the need for oxygen is at a maximum. Also, the erect position will maximize turbulence around the body while maximizing the cooling effect of the air.

Finally, the proper training technique should be designed to match the objective of the rider. The Endurance Method, riding hours and miles on the bike to build up muscle to maximize speed and endurance, is one option. The Technique Method, using your mind, free time and moderate riding time is another option. Choose the method that best meets your objective of riding GOBA - brains or brawn. ■

Claude Brunot, a dedicated GOBA rider for many years, is 72 years old and has successfully used this technique for many past GOBAs. He provides his insight for those "non-mocho" GOBA riders who want to have fun and enjoy this annual week-long event.

Editor's Note: *This technique and the opinions expressed in this article belong solely to its author, Claude Brunot. Neither Columbus Outdoor Pursuits (COP) nor the Great Ohio Bicycle Adventure (GOBA) promote or condemn the use of this technique for GOBA training. GOBA, and as well as all COP bike rides, are physically demanding activities that require good general health. COP and GOBA encourage all participants to train appropriately so they are prepared for the demands of this event. See your GOBA registration information for additional details.*

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We are located at 6185-N Huntley Rd. in Columbus – Huntley Road is Just 2 Blocks West of I-71, off of Rt. 161 in Worthington. We are located in the Worthington Commerce Center. Phone 614-846-1516 for directions and/or more information.

Hours: Monday, Wednesday and Friday 11 am – 7 pm;
Tuesday and Thursday 11 am – 5 pm;
Saturday 11 am – 6 pm.
We are Closed on Sundays

Fridge Poster

2004 Bicycle Tour Schedule

Check the most recent monthly bulletin or <http://www.outdoor-pursuits.org/main/schedule/schedule.htm> for updated information. Columbus Outdoor Pursuits; Re: bicycling program, P.O. Box 14384; Columbus, OH 43214-0384. www.outdoorpursuits.org

32ND WOODSTOCK • Saturday April 17

7:30-9:00AM. New Albany High School. Traditional first TOSRV training ride. 100/75/35 miles on relatively flat terrain. Budget tour. Tricia Kovacs & David Jeffords 614/476-9093 djeffords@att.net

37TH SPOT • Saturday April 24

7:00-9:00AM. Groveport. Fairly flat course with a few small hills. Options from 25 to 100 miles. Budget tour. Bruce & Barb Meyers 614/882-9407 bjm050@aol.com

30TH MID-OHIO CENTURY • Sunday April 25

7:00-9:00AM. TBA. New route for old favorite in Delaware County. Budget tour. Jim Wakefield 614/430-0256

23RD TOP OF OHIO HUNDRED • Sunday May 2

7:30-9:00AM. Start at either Hilliard Community Center for TOP 100, 80, 25 routes or Milford Center for the TOP 50. Varied terrain. Century route takes riders to highest point in Ohio. Shorter routes are basically flat. Budget tour. Ron Doran 614/527-2989 topofohio2004@aol.com

43RD TOSRV: TOUR OF THE SCIOTO RIVER VALLEY

Saturday & Sunday May 8-9

Hyatt on Capital Square, Columbus. Annual, pre-registration, tour from Columbus to Portsmouth for an overnight stay and return the next day. Half tour from Chillicothe. No entry after April 15. Register and info at www.tosrv.org.

32ND HOOT: HEART OF OHIO TOUR

Saturday June 5

Carroll. Bloom Carroll High School. Scenic tour in the Lancaster area. Multiple routes, some hilly. Budget tour. Al Moore 740/756-9218
Donna Bush 614/837-6744 bikedonna@msn.com

16TH GOBA: GREAT OHIO BICYCLE ADVENTURE

Saturday to Saturday June 19-26

Start and finish in Medina, with additional overnights in Orrville, New Philadelphia, Bolivar, and Wooster. Pre-registration required. May 19 deadline. 3,000 rider limit. Register and info at www.goba.com, 614/447-0971, or Goba, P.O. Box 14384, Columbus, Ohio 43214.

7TH XOBA: ACROSS OHIO BICYCLE ADVENTURE

Saturday to Saturday July 24-31

Indiana to Pennsylvania. Average daily mileage: 60. Rider limit: 200. Info at www.outdoor-pursuits.org/xoba/xobahm.htm or XOBA, P.O. Box 14384, Columbus, Ohio 43214.
Randy Bennett 614/818-9544 rqbikes@aol.com

18TH RIDE THE DARBY • Saturday August 7

7:00-9:00AM. Grove City. New routes in scenic Big Darby watershed are being planned with multiple mileage options from 30 to 100 miles. Budget tour.

Randy Brownfield 614/875-3253 wrbohio@columbus.rr.com
Bob Waddell 614/871-7965 bikeinbob@columbus.rr.com
Dave Brokaw 614/875-9599

17TH RIDGE RUNNER RAMBLE

Saturday August 14

7:00-9:00AM. New Albany Elementary School. Ride the ridges on routes of 30/55/80/100 miles. Short route has three hills; longer routes have many more. Budget tour. Tim Faigley 614/855-4819 tcfaigley@core.com

21TH COVERED BRIDGE CENTURY

Saturday September 11

7:30-9:00AM. Canal Winchester, David Lutheran Church, Groveport Road. Short option is flat. Longer options are hilly and tune-up rides for Columbus Fall Challenge. Budget tour. Gordon Renkes 614/263-3026 grenkes@gcfn.org

14TH TOUR OF THE HOCKING HILLS

Saturday September 18

7:00-9:00AM. Circleville. All options, 55-100, are hilly. Tune-up for Columbus Fall Challenge. Budget tour. Jon Schaer 614/477-2200 jschaer@columbus.rr.com

14TH KNOX COUNTY BICYCLE CHALLENGE

Saturday September 25

8:00-10:00AM. Gambier. Full-service tour. Ride the beautiful hills of Knox County. Slow down for buggies. Lower-cost short routes has bike-path option with ice cream in Danville. Longer loops are CFC tune-ups. Gary Schmidt 614/431-6401 gtschmidt@wideopenwest.com

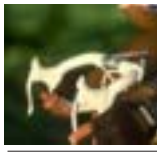
29TH COLUMBUS FALL CHALLENGE

Saturday & Sunday October 2-3

7:00-8:30AM. Lancaster to Marietta and return. Full-service tour. Two days of climbing through the most scenic part of the state. Ride 110 tough miles each day. Rider limit: 500. Eve Holland 614/326-0435 bike2live@ameritech.net

19TH FALL HOOT • Saturday October 9

8:00-9:30AM. Near Lancaster. A shorter and easier version of the spring Heart of Ohio Tour with more great scenery. Mileage: 35/68. Budget tour. Tour leader is TBA; send inquiries to bicycling@outdoor-pursuits.org



Bicycling

Leader: Jack Hornsby 877-3085 bicycling@outdoor-pursuits.org

STARTING TIMES: Times listed indicate when the ride rolls out of the parking area. Please arrive early enough to depart at the prescribed time.

GROVE CITY

SATURDAYS Feb 7, 14, 21, 28, March 6, 13, 20, 27
9AM. Class A, B, C+. Common riding speeds of 15-22 mph. Average speed usually 14-18 mph. Meet at SE corner of Buckeye Grove Shopping Center parking lot, intersection of Hoover Rd and Rte 665 (London-Groveport Rd). Ride route varies weekly with various 40-60 mile loops in rural Franklin, Pickaway, Fairfield, and Madison counties. Usually stop midway for brunch. Weekly and last minute updates are posted at <http://home.columbus.rr.com/bikinbob/>.

Bob Waddell bikinbob@columbus.rr.com 614/871-7965

GROVEPORT RIDE

SUNDAYS Feb 8, 15, 22, 29, March 7, 14, 21, 28
9AM. Class B, C. Miles depend on weather, usually 40-55, brunch always. Meet at Groveport Freshman School (Hamilton Road south from 70 or 33, turn left (east) on Main/Groveport Road through town. Jim will lead the B group, Dick will sweep at C.

Jim Wakefield 614/261-1798

Dick Seebode 614/235-7669

NORTHWEST WINTER RIDE

SUNDAYS Feb 8, 15, 22, 29, March 7, 14, 21, 28
9AM. Class B, C. 40-60 miles, depending on weather. Meet at

Avery Park, north parking lot, just south of Brand Road, near the water tower. We'll ride a comfortable pace and stop to warm up and have lunch.

Steve Barbour 614/457-6656

LICKING COUNTY

TUESDAYS Feb 3, 10, 17, 24, March 2, 9, 16, 23, 30
9AM. Class C. All riders welcome. Come join us on scenic rural roads for riding, eating and socializing. Distance depends on wind and weather (10 to ? miles). Minimum temperature to start is 30 degrees. Brunch always. Meet at the east end of parking lot at RR tracks, 1/2 mile S. of Rte 16 at Main (Rte 310) and Front Sts, Downtown Pataskala.

Dick Seebode 614/235-7669

WORTHINGTON

WEDNESDAYS All Year

9AM. Class C, D. Meet at the Wilson Bridge entrance to the Olentangy River Bike Path, in the upper level parking lot. Destination to be determined at the start of the ride. New and beginning riders welcome. Cost: money for food. We meet for breakfast if we can't ride due to weather.

Gail Falkinburg 614/861-4478

ATTENTION BICYCLING LEADERS

Please submit all bicycling activities to be included in the newsletter schedule to Bob Waddell at bikinbob@columbus.rr.com or contact him at 614/871-7965. All new ride leaders must first obtain approval for rides from the Bicycle Activity Leader: Jack Hornsby 614/877-3085 or bicycling@outdoor-pursuits.org. The deadline for additions or changes is the 1st of the month.

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 below 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 sightseeing 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.

Activity SCHEDULE

Backpacking

Leader: Kim Hiser 740/666-1509 backpack@outdoor-pursuits.org

BEGINNING BACKPACK SCHOOL

March 13-April 18

This annual COP offering will cover safety, backwoods ethics, clothing, equipment, food, cooking gear, basic map & compass skills, and trip planning. The class is designed to give you the confidence and basic skills to spend a night or a few days enjoying the backcountry. See this newsletter or the COP website for class application.

Jim Mauer nstar@nn.net

GILA WILDERNESS BACKPACK

May 14-23

Our first designated wilderness offers tremendous natural diversity as a mixing zone between the southern end of the Rockies, the northern Sierra Madre, and the Chihuahuan and Sonoran Deserts. A 60-mile loop, spread out over 8 days, should allow a comfortable pace and time to explore. We'll visit the spectacular canyons of Whitewater Creek, the largest protected virgin ponderosa forest in the world, and spend 3 days above 10,000 ft. hiking along the Mogollon Crest. May is usually the best month to visit with warm days and perfectly dry conditions. 8 people max., with previous COP backpacking experience. Cost: \$100-\$200 plus transportation to El Paso.

Doug Kitchen 614/442-6947 dougekitchen@msn.com



Boating

Leader: Walt Taylor 351-3413 boating@outdoor-pursuits.org

COP's volunteer leaders run these generally low budget and communitarian type trips; expect to pitch in and help. Costs are typically gas + food. If interested in trip leader training, contact the activity chair, Walt Taylor, at boating@outdoor-pursuits.org or 614/351-3413. For other trip info, call the leaders listed below. *Note: Per new insurance rules, only COP members can participate on trips with Class III or greater whitewater.*

POOL SESSIONS SUNDAYS

February 1, 8, 15, 22, 29, March 7, 14, 21, 28

February and March winter pool sessions will be at the Greenhouse Aquatic Center, located at 5520 Cherrywood Road in Columbus. This is south of 161, north of Morse Road, and west of Karl Road. From Karl Road, go west on Sandalwood Place and then turn left on Yellowwood Drive. Look for the big white dome soon after the turn. That's it! These are open sessions for practicing strokes and rolls. No formal instruction will be available. Spare COP kayaks will be available. If bringing your own, make sure it is squeaky clean. Pool sessions start at 10AM and end promptly at noon. Fees: \$6 members, \$8 nonmembers (please bring exact change!)

Date

Leaders

Sunday February 1	Amy Pearse
Sunday February 8	Doug Eldridge
Sunday February 15	Eric Gehres and Andy Wagner
Sunday February 22	Bart Butler and Ernie Pfund
Sunday February 29	Dan Downes
Sunday March 7	Doug Eldridge
Sunday March 14	Jim Shaffer and Bill Mumford
Sunday March 21	Jim Shaffer
Sunday March 28	Bill Mumford and Andy DiPalma

Contact Boating Activity Leader, Walt Taylor, for specific questions regarding these sessions.

Walt Taylor boating@outdoor-pursuits.org 614/351-3413

? Need a Boat ?

You can rent one from Columbus Outdoor Pursuits!

Whitewater kayaks, sea kayaks, canoes, duckies, and rafts are available. However, only COP members are entitled to rent our boats, and first priority is given to boating schools and trips. *Per new liability insurance requirements, COP membership is required for ALL individuals using our boats on Class III or greater whitewater.* Rental rates include necessary accessories. PFDs must be worn at all times while on or near the water; helmets are required to be worn at all times on Class II and greater whitewater. Renter paddling skills will be assessed as part of our safety process.

RENTAL RATES

Old canoes	\$10 per day
New canoes & whitewater kayaks	\$15 per day
Rafts (per seat) & duckies	\$10 per day
Sea Kayaks (solo or tandem)	\$25 per day, \$45 per weekend

CONTACT

Rental requests need to be made well in advance (at least a week) of needing boats.

For sea kayaks, contact:

John Lane 614/486-4548 lane.30@osu.edu.

For canoes or inflatables, contact:

Dave Agnor 740/927-5973 dagnor@osmre.gov.

For whitewater kayaks, contact:

Dave or Sharon Seslar 614/771-0679

dseslar@rrohio.com or hsus@rrohio.com

SOUTHERN FLATWATER • February 6-15

Come join us as we explore the beautiful Okefenokee Swamp on a 5-day canoe camping trip. We'll leave Columbus on Friday evening and drive down to southern Georgia in time to put-on for our trip. The remaining days of the trip may be spent snorkeling, hiking, day paddling, sightseeing, or at the beach. As with any boating trip, final destination will be determined by water levels and weather. We will be sharing food/lodging/gas costs. Estimate \$250-\$300 for the trip.

Dave Seslar dseslar@rrohio.com 614/771-0679

Jennifer Thurmond wwaterjen@yahoo.com 614/890-6269

KAYAK I • February 15 & 22

This is an introductory class to whitewater paddling. The class will include instruction on whitewater paddling techniques, terminology, and basic safety. The class will be at the Greenhouse Aquatic Center, 5520 Cherrywood Road, Columbus and will meet on Sunday 15 February and on Sunday 22 February, from noon to 3PM on both days. See COP website or the January newsletter for application.

Diane Larsen dnapcr13@hotmail.com 614/488-7418

LOCAL ICEBREAKER • February 22

Leader needed for local day paddle of your choice.

Leaders TBD

NATIONAL PADDLING FILM FESTIVAL, LEXINGTON, KY February 27-28

The National Paddling Film Festival (NPFF) is an appreciation of human powered watersport. This annual event and gathering in Lexington, Kentucky is a judged competition of amateur and professional paddlesport image artists submitting entries of film, video, and digital images. The historic Kentucky Theater in downtown Lexington, KY is the third home for the NPFF in 21 years and has proven to be its most spectacular. This huge theater has roomy and plush seating for 800 and houses state of the art film, video and image projection plus a full



service snack bar that includes a large selection of domestic and imported beers. Want to enter your own paddling films, videos or images? The deadline for entering motion images is Jan. 23, 2004; the deadline for still images is Feb. 13, 2004. Additional information on the festival is available at www.surfbwa.org/npff. While not an official COP function, several boaters often go each year. Contact coordinator if you are interested.

Dave Seslar dseslar@rrochio.com 614/771-0679

ESKIMO ROLL CLASS • March 9

Never tried to or are you struggling with your roll? If so, the Eskimo Roll school is for you! Only one class will be held, so sign up early. The class will meet at the Greenhouse Aquatic Center Greenhouse Aquatic Center, 5520 Cherrywood Road, Columbus. Class will start at 7PM and end at 10PM. See COP website or the January newsletter for application (please make note of time change – applications listed in December & January newsletters were listed incorrectly).

Diane Larsen dnapcr13@hotmail.com 614/488-7418

PENNSYLVANIA ICEBREAKER • March 6 & 7

Class III+. Are you itching to try out that new drysuit or wetsuit that Santa brought? Eager to show that the roll you honed all winter in the pool can also work in water recently created from ice cubes? Here's your chance! Join Dave on his (nearly) annual foray to the Slippery Rock River in NW Pennsylvania. A wetsuit or dry suit is required and a good roll would be a real good idea. Eat out/camp out if it's warm enough to boat both days. If the weather is too grim or levels on the

Slip are unsuitable, we might paddle more locally. Cost - cheap.

Dave Seslar dseslar@rrochio.com 614/771-0679

KAYAK I • March 10 & 17

This is an introductory class to whitewater paddling. The class will include instruction on whitewater paddling techniques, terminology, and basic safety. The class will be at the Greenhouse Aquatic Center, 5520 Cherrywood Road, Columbus and will meet on Wednesday 10 March and Wednesday 17 March, from 7PM to 10PM on both days. See COP website or the January newsletter for application.

Diane Larsen dnapcr13@hotmail.com 614/488-7418

STONYCREEK RIVER OR SLIPPERY ROCK March 20 & 21

Class III/III+. Boaters eager to begin the paddling season are welcomed and encouraged to join this trip to either the Slippery Rock or the Stonycreek River Canyon. The Slippery Rock is a fairly technical run on a small and pretty stream north of Pittsburgh. This will be a good time for those who want to play or work on boat control. Our other option, if water levels cooperate, is the Stonycreek River Canyon. A small river/ large creek classified by American Whitewater as Class III/IV at high water will be our destination if we have low or medium levels that drop the run to Class III. The river offers many play spots for the adventurous. Be prepared for cold weather paddling and marginal weather conditions could turn this into a one-day trip.

Christopher Russell crusselloh@earthlink.net

Larry Krall lkrall1@juno.com



Hiking

Leader: Pete Rogers 873-1530 hiking@outdoor-pursuits.org

ALLEY PARK, LANCASTER • February 10

Looking for those weekday hikers! Hike 5 or so miles, lots of hills just south of Lancaster. Really nice city park. We will not hike in deep snow or pouring rain. Call if questionable. Meet at 10AM, Winchester Square McDonalds (southwest corner of Rt-33 and Rt-674) Canal Winchester. We might stop for lunch afterwards.

Cheri Worsley 614/866-3121 cheri43062@aol.com

MOHICAN STATE FOREST • March 6

Join Tom for a 12 mile hike in the State Forest adjacent to the State Park - we might hike the horse trail loop or create our own way. Bring lunch, water, and maybe a thermos of hot chocolate! Meet at 9AM, Flying J Travel Plaza at Rt-36 exit off I-71 North, Delaware exit. Northwest corner of intersection, park on the south side of parking lot. We will not hike in deep snow or pouring rain. Call if questionable.

Tom Worsley 614/866-3121 tomworsley@aol.com



Winter Activities

Leader: Glenn Beachy 268-4904

IMPROMPTU WINTER ACTIVITIES

When the snow falls give us a call for x-c skiing or snowshoeing. Rentals (for members only) and instruction available. Potential destinations: OSU golf course, Highbanks Metro Park, Lobdell Reserve in Licking County, Deer Creek State Park, Malabar Farm State Park or Cuyahoga Valley National Park.

Glenn Beachy 614/268-4904

Terry Smith 614/430-9395

WILDERNESS LODGE ANNUAL WINTER GETAWAY - WATTSBURG, PA.

January 30 - February 1

Join us for a relaxing or active weekend - you decide! Activities include: cross-country skiing (DOW), snowshoeing, trail hikes, downhill skiing at nearby Peak n Peek Ski Resort, meeting new friends or catching up with old ones, reading a book by the fire, and enjoying a home-cooked meal. Cost: \$70-member, \$80-non-member and covers two nights lodging and Saturday evening meal. To keep costs down, we ask that you bring sheets (twin or full), or a sleeping bag, and towels. A \$10 fee per person is added if you request and receive a private room for two. These are limited. Trail passes and ski rentals, available on site, are extra. A deposit of \$40 in a check made out to COP and mailed to Terry Smith is required to hold and guarantee your reservation. Deposits are forfeited for cancellations after Jan 15. A waiting list will be kept in order by date deposits are received. Contact Terry for questions and the address to mail your check.

Terry Smith 614/430-9395(h) 614/437-2340(w)

WINTER GETAWAY II • February 20-22

Karen Paoletti will lead this trip to the beautiful Cheat River Lodge near Elkins, WV for winter hiking, snowshoeing, cross-country skiing (DOW) right out the door or downhill skiing nearby. \$90 per person, members only, covers two nights lodging and leader fee. Price based on double occupancy. One or two children can stay in their parents room for \$20 each. Equipment rental or lift tickets extra. \$50 deposit per person in a check made out to COP due at time of reservation. Waiting list based on order deposits are received. After Jan 18 deposits cannot be refunded unless your space is filled. Limited to 12 adults plus kids. Some cooking in rooms is available. Restaurant on site for Saturday dinner. Contact Karen for questions and the address to mail your deposit.

Karen Paoletti kpaoletti@yahoo.com

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

ACTIVITY INTERESTS

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

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

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.

- | | |
|--|----------|
| <input type="checkbox"/> Youth (15-17) | \$ 15.00 |
| <input type="checkbox"/> Adult New Member (18-54) | 30.00 |
| <input type="checkbox"/> Adult Renewal (w/in 3 months of last membership) | 25.00 |
| <input type="checkbox"/> Senior Citizen (55 & over) | 20.00 |
| <input type="checkbox"/> Family | 45.00 |
| <input type="checkbox"/> Family Renewal (w/in 3 months of last membership) | 35.00 |
| <input type="checkbox"/> Life | 300.00 |
| <input type="checkbox"/> Replacement Membership Card | 1.00 |

Total Amount Enclosed: \$_____.

Make check payable to **Columbus Outdoor Pursuits**

Mail to: **Columbus Outdoor Pursuits**
PO Box 14384
Columbus, OH 43214-0384

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (___) _____ Email Address: _____

Birthdate: _____ Previous Membership #: _____



Meetings, etc.

COP EXECUTIVE BOARD MEETINGS

Feb 5, Mar 4, Apr 1, Jun 3, Aug 5, Sep 2, Oct 7, Dec 2

All members are invited to any of the Executive Board Meetings, held on the first Thursday of each month (with exception of May, July, and November). The COP Executive Board meets monthly to set policy and chart the organization's direction. COP members and the general public are welcome and encouraged to join in the discussion. If a member would like to address the Board, please notify the President in advance at president@outdoor-pursuits.org. For a copy of the agenda, please email a request to the President (draft agendas are available 1 week prior to the meeting). For more information and meeting location, call the COP office at 614/447-1006 (614/442-7901 after 1/12/04).

WILDERNESS FIRST AID • February 21-22

Wilderness First Aid presented by SOLO and offered by COP and Girl Scouts-Seal of Ohio Council. Learn how to deal with medical emergencies when you are more than one hour away from help. See application in December newsletter or the COP website. Last day to cancel and receive a refund is Jan. 31. Registration is being handled by the Girl Scout office and not COP. For questions please contact Jennifer Thurmond and not the COP office.

Jennifer Thurmond wwaterjen@yahoo.com 614/890-6269

COP Has Moved!

By the time you read this we will be in our new digs! The calendar is already filling with requests for classes and meetings in our new conference room, but the new office comes with new needs. Here is our equipment wish list. Remember we are non-profit so donations may be tax deductible for you. Take a look in that basement and see if you have any of these items:

6-8' banquet tables	folding chairs	multiple-line phones	microwave
bookshelves	big clock	computer desk	VCR bookshelves
storage cabinet	A/V cart	large corkboard	coat rack

Call/e-mail Cheri Worsley, 614/866-3121 cheri43062@aol.com, if you can donate any of these items.

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

Memberships may be obtained from the COP 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 organization 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?

If you move, your newsletter will not follow you. Please send your new address to the Columbus Outdoor Pursuits office at: P.O. Box 14384, Columbus, OH 43214-0384.



COLUMBUS OUTDOOR PURSUITS
 PO BOX 14384
 COLUMBUS OH 43214-0384

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Cover Photos:

Images from the December 2003 Flocking to the Hocking. About a dozen & half hardy boaters braved the cold temps and snow to enjoy this annual paddle on the scenic river.

Clockwise from the top:

- *Whitewater boat (left) sits in harmony beside a sea kayak near the snowy banks.*
- *It's easy to drag a loaded canoe - especially over a snowy field!*
- *Dave Seslar (center) discusses the beautiful snowy scenery with a fellow paddler. Photo by Chris Russell.*
- *Kitty Wadkowski and her boat decked out in holiday spirit.*
- *Sea kayakers paddle by a steep, snowy bank on the Hocking River.*
- *Toni Hartley strikes a pose.*

All photos by Sharon Seslar, unless otherwise noted.

RIDE THE WAVE

at

Paul's Marine, INC.

6140 State Route 23 North
 Lewis Center, Ohio 43035
 740-549-1999

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 Shaped by Water, Built by Hand.

THULE
 CAR RACK SYSTEMS

VISIT US AT THE

COLUMBUS SPORTS SHOW

OHIO STATE FAIRGROUNDS

FEB. 12th THRU FEB. 15th



**Last Reminder:
 The COP Office Has
 Moved!**

Last month, the Columbus Outdoor Pursuits office moved to its new location on Bethel Road. Both COP and GOBA have a new office address AND phone numbers.

See the masthead on page 2 for our current contact information.