

A monthly publication of Columbus Outdoor Pursuits

# COLUMBUS OUTDOORS

MARCH 2004

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

VOLUME 44 No.3



*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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 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 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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March 2004 • Volume 44 • Issue 4



# Pacelines

**Jack Hornsby**

The January general membership meeting for bicycling was held Tuesday the 20th at our new office on Bethel road. Along with myself, ride leaders Bob Waddell and Gordon Renkes were on hand to answer questions. Ron Metzger, our Mountain Biking leader, was also there.

Ron Metzger has been in discussion with the Central Ohio Mountain Bike Organization (COMBO) to talk with group leaders and evaluate local trail conditions. Rumored trail damage at Alum Creek will possibly delay our rides there until about May 1. We should know more soon. Ron was recently appointed as Trail boss for the Caesar Creek Trail. He will be responsible for trail design, construction, and maintenance for the park. He indicated that he has had more than expected cooperation from both the park and the Army Corp of Engineers. They seem excited about the trail potential. Stay tuned as we further pans for this activity.

We received requests for more C or D level rides with leaders to accompany those riders. To accomplish this goal we will need volunteers to accompany those riders on current or new daily rides. We are planning a Ride Leader class for March. If you can help with this goal or are interested in ride leader training at any level please contact me. We have one new leader planning late Sunday afternoon C and D rides during March and April as training for TOSRV. These will start as short distance and build up to longer rides. These should be a good lead up to Woodstock and Spot. Check the Bicycling Activity Schedule.

#### Volunteers

Volunteers are what keep bicycling at Columbus Outdoor Pursuits rolling. There are no paid experts. We are in constant need of new bicyclists to keep our activities moving. If you can help in any way such as ride leading, training, assisting in tours, advocacy, or other areas please contact me.

Our first ride leader training session is scheduled for March 6 in Canal Winchester. Please see the Activities Schedule for details.

#### Fall HOOT

2004 will be the 19th year for the Fall Heart of Ohio Tour. We are currently without a leader for this fine ride. We can no doubt put together most activities and support leading up to the tour. But, we need that one person to take overall responsibility. Can you help?

E-mail me at [bicycling@outdoor-pursuits.org](mailto:bicycling@outdoor-pursuits.org) or all 614/877-3085. ■

*Jack Hornsby is the Bicycling Activity Chair. Please contact him if you are interested in helping out with the bicycling program or if you have questions regarding our emerging Mountain Biking program.*

#### REIKI MASTERS/TEACHERS



**David Tuttle and  
Jane Angene**

Reiki Classes  
 Reiki Healing Sessions

Phone: 614.890.8038 • Email: [immunewise@aol.com](mailto:immunewise@aol.com)

Web: [www.iarp.org/membersites/tuttle\\_angene.html](http://www.iarp.org/membersites/tuttle_angene.html)

# "Ride Five Miles" A TRAINING GUIDE FOR THE GREAT OHIO BICYCLE ADVENTURE

From *The Way to GOBA*,  
edited by Julie Van  
Winkle, GOBA Director

#### Cover Photos:

*Images from GOBA 2003. Each photo is  
(c) 2003 Great Ohio Bicycle Adventure  
and the photographer listed.*

#### Clockwise from the top left:

- 'Bicycle' license plate - Bill Englis
- Trike tandem - Ron Schroeder
- Lunch stop at George Rogers Clark Park - Peter Toomey
- Passing by Ohio farms on Johnsville-Brookville Rd. - Peter Toomey
- Stomping up Milton-Carlisle Rd. hill - Peter Toomey
- Riding toward Yellow Springs - Peter Toomey

So, you're thinking about riding GOBA or another week-long bicycle tour? Just imagine... you could make new friends, visit new places, and accomplish a feat that will leave most of your friends in awe: traveling 350 miles on a bicycle in a single week.

If there is one secret to GOBA, though, it is this: **The people who spend time preparing for it have the most fun.** If you wait till the last moment, put off training and tuning up your bike, you'll find each day hard enough that you won't have much energy to enjoy the evening festivities. This is especially important for families with children. It simply isn't fair to bring a ten-year-old without spending time beforehand helping him/her get ready. Even if you are resigned to the pain of the untrained, take some pity on others in your family and get them out on training rides.

So how do you prepare for GOBA or another week-long ride? We have talked to a lot of riders and to a lot of bike clubs who lead training rides. What they report is that in most cases, there is no substitute for miles and minutes.

Some folks may get on their bikes the week before GOBA, ride 10 miles and declare themselves fit. We don't recommend that approach. The fact is, there are lots of methods to enhance bicycling fitness and, honestly, we believe that the method that appeals to you and that you will stick to is undoubtedly the best for you. And any activity that enhances fitness, such as swimming or hiking, will certainly make your cycling efforts that much easier.

*continued on pg. 4*

## What's Inside

VOLUME 44 • No.3

- 2 Pacelines
- 3 "Ride Five Miles" - A Training Guide for the Great Ohio Bicycle Adventure
- 5 2004 Kayak II School Application
- 6 Back to the Basics - Re-learning First-Aid and CPR
- 7 How Ready Are You for GOBA 2004?
- 9 Activity Schedule
- 15 Membership Application
- 15 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/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 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 Editor by 11:59PM of the 5<sup>th</sup> day of the preceding month.

|                                    |               |              |                               |
|------------------------------------|---------------|--------------|-------------------------------|
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#### 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                         | 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   |

| Day                 | Week 1               | Week 2               | Week 3               | Week 4               | Week 5               | Week 6               | Week 7               | Week 8               | Week 9               |
|---------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| <b>Sunday</b>       | Ride 5 miles         | Ride 5 miles         | Ride 10 miles        | Ride 15 miles        | Ride 20 miles        | Ride 30 miles        | Ride 40 miles        | Ride 50 miles (HH)   | Ride 50 miles (HH)   |
| <b>Monday</b>       | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles |
| <b>Tuesday</b>      | Ride 5 miles         | Ride 7.5 miles       | Ride 10 miles        | Ride 15 miles        | Ride 20 miles        | Ride 20 miles (HH)   | Ride 20 miles (HH)   | Ride 20 miles (HH)   | Ride 20 miles (HH)   |
| <b>Wednesday</b>    | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles |
| <b>Thursday</b>     | Ride 5 miles         | Ride 7.5 miles       | Ride 10 miles        | Ride 20 miles        | Ride 20 miles        | Ride 20 miles        | Ride 20 miles (HH)   | Ride 20 miles (HH)   | Ride 20 miles (HH)   |
| <b>Friday</b>       | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles | Rest or Walk 2 miles |
| <b>Saturday</b>     | Ride 10 miles        | Ride 15 miles        | Ride 20 miles        | Ride 25 miles        | Ride 30 miles        | Ride 40 miles (HH)   | Ride 50 miles        | Ride 50 miles (HH)   | COME TO GOBA!        |
| <b>Total Riding</b> | 25 miles             | 35 miles             | 50 miles             | 75 miles             | 90 miles             | 110 miles            | 130 miles            | 160 miles            | 90 miles             |

(HH) - Hills & Headwinds

Table 1: Great Ohio Bicycle Adventure Training Schedule

continued from pg. 3

However, as many trainers in other fields will tell you, even if you have a solid fitness routine, you still also need to practice the activity that is your goal. What we suggest is a simple plan with no other goal than to spend time on your bike: ride five miles — then ride two 5 miles during the same ride — then three 5 miles etc, etc, etc. If you could take the time to ride at least 350 miles before GOBA, spread out over any amount of time, you would probably be in excellent shape to ride each day and dance each night. If you bicycle regularly

in the three months before GOBA, you'll have a ball, and be in the best shape of your life!

Your personal fitness level and the frequency and intensity of your pre-ride training will correlate closely with your level of enjoyment of any long distance tour. It is prudent to train but intensity is a relative term. Remember, GOBA is a non-competitive event and you have from daybreak to about 5:00 p.m. to complete the route (about 11 hours). Any training is better than none. Set a reasonable goal given your schedule, and stick to it. Your work will pay off. (From my own experience, when I was training for TOSRV, I did not have time to go on long rides, but I rode about 15 miles a day and accumulated about 400 miles in 2 months, and had a very comfortable [yet slow!] TOSRV experience.)

So, for those of you who would like a plan to work on, we offer the schedule (see Table 1), for you to modify according to your desired training. It is a solid program, but we are not suggesting you MUST complete it. The goal of riding 50 miles in 6 hours or less should prepare you well for GOBA and will leave you plenty of time to linger at food stops and museums along the route. While we believe that your cycling skills will be greatly enhanced by riding often, we also suggest that you seek out a local expert to critique your techniques, as there are many ways to make your pedaling more efficient.

We recommend a training schedule beginning 6-10 weeks before the start of the tour. Begin cycling 2-3 times a week, increasing the daily mileage until you are riding long stretches over multiple days. Speed is not as important as distance. Try working some organized tours into your schedule. These will help you meet people, learn group riding skills, and take you to some wonderful places.

Also, consider getting more involved with your bicycling club. Again, you'll meet great people who can help you train and give tips on touring. During the early weeks, pay special attention to maintaining a consistent pace. It is especially important for you to train on a variety of terrain including HILLS!

Remember, we want you to have fun. After all, it's an adventure!

### Health and Nutrition

Hyperthermia can affect any cyclist, in any shape, in any heat, if the right precautions aren't taken. Commonly known as heat stroke, heat exhaustion or muscle cramps, hyperthermia can be deadly. The symptoms are: (a) dizziness, (b) dry skin (no sweating), (c) redness, (d) nausea or cramps, (e) goose bumps

continued on pg. 7



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# 2004 Kayak II School (Intro to Whitewater)

Learn to kayak with Columbus Outdoor Pursuits!! The 2004 Kayak II School is designed for those students interested in learning to paddle whitewater. Students are required to have some previous experience (i.e., Kayak I Clinic graduates or similar experience). Knowledge of and comfort executing the basic paddle strokes will be expected. We will spend the weekend at Pike Lake State Park and hold the paddling portion of the school on the Rocky Fork & Paint Creek Rivers in Southwest Ohio. This school will prepare students to negotiate most of Ohio's rivers and streams and is also the first step toward whitewater kayaking.

**Course Dates:** April 16 - 18, 2004 (Friday evening - Sunday)

| <b>Fees:</b> | <u>Your Kayak &amp; Equipment</u> | <u>COP Kayak &amp; Equipment</u> |
|--------------|-----------------------------------|----------------------------------|
| Members      | \$145                             | \$165                            |
| Non-Members  | \$170                             | \$185                            |

Fees cover instruction, lodging, and meals (Friday night snack, Saturday & Sunday breakfast and lunch, and Saturday dinner). The school has a limited number of kayaks available on a first-come basis, determined by acceptance of PAID school application. However, students are encouraged to supply their own kayaks, if practical. (Please note that sea kayaks or longer, less maneuverable kayaks are not appropriate for this school.) All kayaks must be in good condition and MUST include spray skirt, air bags, type III/V like jacket, paddle, and a whitewater helmet.

**Registration Deadline:** Application & payment must be received by April 3, 2004. After this date, refunds will only be given if replacement students are available.

**Contact:** Larry Krall 740/765-1584 lkrall1@juno.com. Send your completed registration form and check, payable to Columbus Outdoor Pursuits, to:

Larry Krall  
Kayak II School  
5530 Red Bank Rd.  
Galena, OH 43021



Bart Butler surfing on a wave at one of the "cliffside" rapids on Rocky Fork Creek, August 2003. Photo by Sharon Seslar.

## 2004 Kayak II Registration Form

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

Student Name: \_\_\_\_\_ Gear (check one):  I need to rent COP boat & gear  
(include nickname, if any)  I have my own boat & gear  
Parent/Guardian: \_\_\_\_\_ if you have your own boat, what is it? \_\_\_\_\_  
(include parent/guardian name if student is under 18)  
Address: \_\_\_\_\_ Swimming Ability (check one):  
City, State ZIP: \_\_\_\_\_  Excellent  Good  
Home Phone: \_\_\_\_\_  Fair  Poor  
Work Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_ Transportation (check all that apply):  
Member #: \_\_\_\_\_  I can help car pool  I need a ride  
Gender: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  I can help transport gear  My gear needs a ride  
Have you attended the Kayak I school (if similar school, please list school)? If so, when? \_\_\_\_\_

What kind of kayak experience do you have? (Please be specific! Tell where you have paddled, in what type of boat, and when.) \_\_\_\_\_

Please list any dietary restrictions: \_\_\_\_\_

By sending in this form, I acknowledge that there are inherent risks - such as injury, sickness, drowning, and death - associated with whitewater boating. I also acknowledge that, before participating in the school, I will be required to sign and return a Basic Liability Waiver that will be included in the student information packet mailed to me once my application is processed. I acknowledge that I will also need to fill out and return a Medical and Emergency Information Sheet in order to participate in the school.

*Please note that you may receive a full refund of school fees if you decide not to participate in the school after reviewing the Waiver and/or Medical Form. The School Director, however, must receive your notice of non-participation no later than 1 week prior to the start of the school for you to receive your refund. Questions regarding the risks associated with whitewater boating, the Waiver, and/or the Medical Form can be directed to either the KII School Director or the COP Boating Chair.*

*If the student is under 18 years of age, parental consent is required. Both the student and the parent/guardian will need to sign the Waiver and Medical Form.*



# Back to the Basics

by Beth Thomae



Okay, so, I told myself, I've really been enjoying all the outdoor things I've been doing lately and will be continuing to do more down the road. How about some First Aid training for those "just-in-case" situations we all hope to never get into. Then, lo and be-

hold, several news letters back announced CPR and First Aid classes coming up, I thought, now's the time.

As time got closer and closer, I sort of got cold feet...it's been 10 years or more since I took CPR and forty years since I completed my First Aid badge in Girl Scouts. I kept telling myself, I can, I need to do this, I've raised a child and survived three years as a Cub Scout Den Mother, I can certainly pass these classes again.

It was a cold, blustery January night, the first time we met with Jennifer and Kim. There were 18 of us, all there for varying reasons, Girl Scout leaders, WFRs who were renewing their CPR and

several of us who were just doing it for the good of doing it.

'What's a "WFR"?' I needed to know...Wilderness First Responder, ahhh, sounds good, something new to aspire to.

We started off with introductions and then moved into the bookwork. Jennifer and Kim each took turns throughout the evening pointing out and discussing critical issues that were brought out in conjunction with a video that we watched. Eventually we paired off into groups to see if we'd learned anything.

We took turns positioning and repositioning our partners to put them into the correct posture to begin CPR, and then came the "dummies". Put on the gloves, position the head, tilt back, secure the plastic barrier, pinch the nose, breathe into the mouth and if everything is as it should be, the mannequin's chest will inflate. For several of us, it took a time or two, but before the evening was over, we'd all passed that and the dreaded written test. Phew, one down, next one tomorrow night.

The snow coming down the next evening didn't keep any of the 10 of us who were signed up for First Aid from coming. We plowed right in, discussing wounds, stroke, burns, chemical spills, heat and cold. When we practiced bandaging and splinting and all sorts of things I'd learned 40 years ago began to come back to me, I could do all this and my bandaging was rather neat, if I do say so myself. We all passed one more written test before the evening was over, to receive our Red Cross First Aid Certifications.

Things are a lot easier now than they were when I was in Girl Scouts, with almost every emergency, one of the first things we do is call 911 for profes-

sional help, that system was not around last time. My mind is refreshed; I came through both classes unscathed. Got a lot of questions answered and clarified by both Jennifer and Kim, who were very good teachers and made everyone feel extremely comfortable. These are classes that everyone will benefit from, not just people who play outdoors. It's mostly common sense, so it's really not difficult.

Okay, while all this is still in my mind, next month I move on to Wilderness First Aid, this will be a real challenge, wish me luck! ■



Top: Checking for signs of circulation  
Bottom: Beginning chest compressions.  
Photos from the January 2004 CPR class, taken by Sharon Seslar.

continued from pg. 5

on the chest and arms and (f) incoherent speech and thoughts.

During the hot weather season, keep body contents of magnesium and potassium high. These minerals exist naturally in foods such as cantaloupe, watermelon, tomatoes, carrots, bananas, and cucumbers. Wear cool clothes. Loose fitting cotton, and t-shirts are best. Light colors are cooler than dark ones. Remain cool before the ride, and be sure to drink plenty of fluids.

### Water

*Drink before you're thirsty!*

*Drink before you're thirsty!*

*Drink before you're thirsty!*

We can't emphasize this enough. This rule applies no matter the weather.

Some people will tell you they don't perspire while they bicycle, but take a look at the white stains on their clothes at the end of the day — salt! While you bicycle, you create a 10 to 20 mile-per-hour wind across your skin. You may be sweating like a faucet, but this wind dries it almost immediately. This fools some people into believing they aren't sweating, and therefore they don't drink.

So what happens to them? The worst is heat exhaustion followed by heat stroke. More often, though these riders stagger on, wondering why they feel terrible, and why the biking seems so hard. If they would just stop and drink a quart of water they would be amazed at how much better they feel.

### Food

One mistake most everyone makes on their first GOBA is under-eating, or eating at the wrong times. On GOBA you will burn up an extra 10,000 or more calories. If you don't eat breakfast, or skip lunch, eventually your body will run out of easily consumed fuel, and will have to start burning fat reserves. This sounds wonderful, but it isn't. When your body shifts to burning fat, riders suffer what is known as "the bonk". This isn't just fatigue, which is normal. This is like falling into an emotional chasm. People get depressed, anxious, break down in tears, and are suddenly convinced that life is awful.

A few fig bars, though and their entire personality can take an amazing change. It is common for those that bonk to be crying, unable to even lift an arm, and an hour later, after a meal be leading a pace line at 20 miles per hour. Start your GOBA eating routine several days before GOBA starts so that your body may adjust. ■



GOBA 2003 rider avoiding "the bonk" with an ice cream stop at the famous Young's Dairy in Yellow Springs, OH. (c) 2003 Great Ohio Bicycle Adventure and Bill Englis.

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For more information, contact the Mid-Ohio Chapter of JDRF at 614-464-CURE or visit [www.jdrf.org/midohio](http://www.jdrf.org/midohio).

# How Ready are You for GOBA 2004??

Just for fun, here is a short quiz to help predict how you may feel on a week-long bike tour.

Circle the number that best completes the sentence for you during last season, and please note that we don't profess to any scientific studies on this quiz at all!

- |  |   |   |
|--|---|---|
| 1. Years of bicycling experience                           | 5. 50 mile rides last year                          | 9. Number of back to back rides of 50 miles or more in headwinds and/or hills |
| 1 Less than 1  | 1 none  | 1 none  |
| 2 1  | 2 1 to 5  | 2 2 to 3  |
| 3 2 or more  | 3 6 or more   | 3 4 or more   |
| 2. Miles ridden last year                                  | 6. Your best time for a 50 mile ride                | 10. Response to a challenge   |
| 1 fewer than 350   | 1 have never ridden 50 miles                        | 1 Easily discouraged  |
| 2 350 to 1000  | 2 6 hours or more                                   | 2 Unhappy, but persistent   |
| 3 1000 or more   | 3 under 6 hours                                     | 3 Love it   |
| 3. Climbing experience (rides with 1000+ feet of climbing) | 7. Bad weather rides?                               |   |
| 1 never  | 1 never   |   |
| 2 at least once a month                                    | 2 1 to 4  |   |
| 3 more than once a month                                   | 3 5 or more   |   |
| 4. Training rides over 40 miles                            | 8. Number of back to back rides of 50 miles or more |   |
| 1 never  | 1 none  |   |
| 2 at least once a month                                    | 2 2 to 4  |   |
| 3 more than once a month                                   | 3 5 or more   |   |

Now add up the circled numbers for your total score: If your score is:

- Over 30: You're a fantastic rider, but you can't add. Try again.
- 25 - 30 You may be ready to ride a week-long tour.
- 20 - 25 You may be ready to ride the shorter days on a week-long tour. Keep training.
- 15 - 20 You may be ready to start your training for week-long tour (hope you allowed 6 to 9 weeks for training).

Paid Advertisement

**JULY 22<sup>nd</sup> thru  
JULY 25<sup>th</sup>  
2004**

**FOUR DAYS YOU'LL REMEMBER FOREVER!**

## Greene Trails Cycling Classic

**REGISTRATION  
LIMITED TO THE FIRST  
1,000 PARTICIPANTS!**

Whether you're a recreational rider or a serious cyclist, the **Greene Trails Cycling Classic** is the *fun ride of the year!* It's the perfect opportunity to experience one of our nation's top trail systems as you enjoy the camaraderie of cycling enthusiasts, combined with the hospitality of towns and businesses along the way.

### So Much to Experience for So Little

- **ONLY \$75 per Cycling Participant.** Non-riders and children in bike seats or being towed are FREE.
- **REGISTRATION IS LIMITED TO 1000 cyclists!** Sign up early to assure your participation.
- **The fee includes a lot!** Like a campsite for three nights, use of the community swimming pool, shower and bath facilities, commemorative t-shirt, ride support, evening entertainment, discounts on food and attractions...and much more!

Proceeds benefit the Trail Maintenance Fund of the Greene County Recreation, Parks & Cultural Arts Department.

Hosted by:



### A Totally Different Ride Each Day

- **Every day is a new experience,** featuring a different section of the trail system, with short and longer rides scheduled.
- **Xenia, Ohio is event central!** Xenia, recently designated Trail Town USA, is also known as the City of Hospitality.
- **Special events and festivities** are planned each day hosted by communities and businesses along the trail.

For more information & to register:

Call **(800) 733-9109** or **(937) 372-3591**

E-mail **info@greenetrailsclassic.com**

Visit **www.greenetrailsclassic.com**

Don't forget the 'a' in Greene when contacting us on line.

Ride participants are responsible for their own meals. Those choosing eat to camp are responsible for their own lodging. Several accommodations nearby are offering discounted rates. That list is available upon request. Event information is subject to change and participants are encouraged to check frequently for updates.



# 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.

## RIDE LEADER WANTED

Looking for someone to help lead rides on rotating Saturdays leaving out of Hilliard Rails to Trails at 7:30 a.m. to ride to Dutch Kitchen. If interested please contact Tom Davis at 614-876-8491 or [tnttandem@aol.com](mailto:tnttandem@aol.com).

## GROVE CITY

**SATURDAYS March 6, 13, 20**

(March 20th will be the last GC Saturday ride until fall 2004. Watch for a series of rides with roving starting locations on Saturdays this spring.) 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](mailto:bikinbob@columbus.rr.com) 614/871-7965

## CANAL WINCHESTER

**SUNDAYS March 28, April 4, 11, 18, 25**

2PM Class C & D (others welcome). Designed as a tune up for TOSRV, WOODSTOCK and SPOT for new and slower riders who prefer afternoon rides. 35 miles and building to 50+. Route and terrain will vary by week Directions: Take 33 south towards Lancaster, right at High Street, Canal Winchester exit (corner where Speedway is). Go through town. Immediately after the light, there is an alley on the left with a public parking sign. Park in the public parking lot adjacent to the Huntington Bank parking lot.

**Paul Fishman** H:614/868-7525 W:614/466-1816

## GROVEPORT RIDE

**SUNDAYS March 7, 14, 21, 28, April 4, 11, 18, 25**

9AM Class B, C. Miles will 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 March 7, 14, 21, 28**

(March 28 will be the last northwest winter ride for this season.) 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

## GROVE CITY

**MONDAYS April 5, 12, 19, 26**

6PM Class A, B. Average speeds of 16-20 mph. Meet at Grove City High School, 4665 Hoover Rd between Stringtown Rd and Rt 665.

**Dave Brokaw** 614/875-9599

## LANCASTER

**MONDAYS April 5, 12, 19, 26**

6PM Class C, D. Come learn to ride the hills that cyclists talk about without worrying about being dropped. Meet at the north parking lot of Ohio University Lancaster on St. Rt. 37 north of the fairgrounds, and south of Coonpath Rd. Routes 20 miles and longer

### 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 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.



# Activity SCHEDULE



with more hills. Plenty of encouragement will be supplied by Dave "Coach" Roderick. We stop for a brief rest and refreshment mid ride.  
 Dave Roderick 614/836-3106 droderick@greenapple.com  
 Julia Hilty - Co-leader

### CANAL WINCHESTER

**TUESDAYS April 6, 13, 20, 27**  
 6PM Class A, B, C. No rider will be left behind, but come prepared to work out and do those hills. Mileage will vary depending upon the breakout of the groups. Approximately 35-45 miles depending upon daylight. Directions: Take Route 33 south towards Lancaster, right at High St, Canal Winchester exit (corner where Speedway is). Go through town. Immediately after the light, there is an alley on the left with a public parking sign. Park in the public parking lot behind Shades Restaurant.

**A group leader: Ty Jordon 614/920-2195**  
 tybjordan@hotmail.com

**B group leader: Donna Bush H:614/837-6744**  
 bikedonna@msn.com

**C group leader: Steve Hewitt H:614/421-1427 C:614/323-1030 shewitt@columbus.rr.com**

### LICKING COUNTY

**TUESDAYS March 2, 9, 16, 23, 30, April 6, 13, 20, 27**  
 9AM Class C. All riders are 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**

### CANAL WINCHESTER

**WEDNESDAYS April 14, 21, 28**  
 6PM Class A, B, C. 30-50 miles. Directions: Take Route 33 south towards Lancaster, right at High St, Canal Winchester exit (corner where Speedway is). Go through town. Immediately after the light, there is an alley on the left with a public parking sign. Park in the public parking lot adjacent to the Huntington Bank parking lot.  
 Frank Stinehart 614/834-5250 fstinehart@hotmail.com  
 Brad Blair 614/253-1661

### NEWARK INTRO TO HILLS

**WEDNESDAYS April 14, 21, 28**  
 6PM Class B, C+. Meet at the YMCA pool parking lot at 470 W. Church St. This ride is for riders that want to learn or improve on their hill riding techniques or maybe you just want to do some hills? We will be riding scenic routes east of Newark, which will run from flat to hilly, with more aggressive hill routes as we get farther in the season. The route lengths will be 25+ miles. Through this ride, we hope you learn to love hills! You never know, you may want to do one of those big hilly rides in October? No beginners please. The YMCA is located on Church St., which is one block South of St.Rt.16 between 21st and 11th streets in Newark.  
 Steve Houck 740/344-7515 bikersteve@ee.net

Amanda Orr 614/861-5956 pooky\_43068@yahoo.com

### 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

### GROVE CITY

**THURSDAYS April 8, 15, 22, 29**  
 6PM Class A, B. Common riding speeds of 15-22 mph. Average speed usually 16-20 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 35-50 mile loops in rural Franklin, Pickaway, and Madison counties. Weekly updates are posted at http://home.columbus.rr.com/bikinbob/  
**Bikin' Bob Waddell bikinbob@columbus.rr.com 614/871-7965**

### RISE LEADER TRAINING

**Saturday, March 6**  
 10AM-2PM Cyclist Connection, 6197 Gender Road, Canal Winchester (Winchester Square center). This one-day class, designed by COP ride leaders will provide information on risk management, safety, bicycle handling, group riding and other issues. This program is essential for new leaders and a good platform for review and idea exchange for current leaders; free lunch. Leaders: Donna Bush, Gordon Renkes and others. Contact Jack Hornsby to register.  
 Jack Hornsby 614/877-3085 jackhornsby@cs.com

### 32ND WOODSTOCK

**Saturday April 17**  
 7:30-9AM. New Albany Christian Church, 4877 Central College Rd., Westerville. About 1.5 miles East of Hoover Dam Park. Traditional first TOSRV training ride. 100/65/35 miles on relatively flat terrain. Budget tour.  
 Tricia Kovacs & David Jeffords 614/476-9093  
 bike\_woodstock@att.net

### 37TH SPOT

**Saturday April 24**  
 7-9AM 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**  
 7-9AM TBA. New route for old favorite in Delaware County. Budget tour.  
 Jim Wakefield 614/430-0256

### 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.*

# Backpacking

Leader: Kim Hiser 740/666-1509 [backpack@outdoor-pursuits.org](mailto: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 the February newsletter or the COP website for class application.

Jim Mauer [nstar@nn.net](mailto:nstar@nn.net)

## PACIFIC CREST TRAIL • April 2-13

Time to visit California again! As in the past, the exact section of the PCT that we will hike won't be picked until mid-March when we can have a better idea of which areas are passable. This trip is for experienced backpackers only. Estimated price is \$600.00.

Ann Gerckens [splat@iwaynet.net](mailto:splat@iwaynet.net) 614/351-5135

## 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](mailto:dougekitchen@msn.com)



# Boating

Leader: Walt Taylor 351-3413 [boating@outdoor-pursuits.org](mailto: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](mailto: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 March 7, 14, 21, 28

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!)

| <u>Date</u>     | <u>Leaders</u>                |
|-----------------|-------------------------------|
| 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](mailto:boating@outdoor-pursuits.org) 614/351-3413

## 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](mailto: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](mailto:dnapcr13@hotmail.com) 614/488-7418

## KAYAK I SCHOOL

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](mailto:dnapcr13@hotmail.com) 614/488-7418

## MONTHLY MEMBERSHIP MEETING - BOATING FOCUS

Tuesday, March 16

Join Walt Taylor, the Boating Activity Leader, and other boating leaders for social gathering and to welcome the arrival of spring and a new boating season! Talk with boating leaders and other paddlers, exchange long tales, and maybe catch a boating slideshow or photos that will entice your adventurous spirit. Also, a perfect opportunity for COP to show off its NEW OFFICE! Meet from 7-9PM at 1525 Bethel Rd, suite 100 (just west of Godown Road).

Walt Taylor 614/351-3413 [boating@outdoor-pursuits.org](mailto:boating@outdoor-pursuits.org)

### Wednesday Night Paddles

Most trips leave at 7PM (some earlier) and return between sunset and full dark. Canoe or kayak with flashlight or boat light required. PFD's must be worn at all times when on or near the water. All trips will be run rain or shine but we will not paddle in thunderstorms. Distance 5-10 miles depending on conditions and available light. Rental boats available with adequate advance notice. If you need a boat, see rental information. Additional WNP leaders needed. Call John Markiel, 614/794-1603, for detailed schedule, location, or to volunteer.

#### APRIL 7 • Scioto River

Meet at the Lower Olentangy Downtown Boat Ramp at the west end of Nationwide Boulevard, paddle up the Scioto to the Dublin water plant and around the Santa Maria downtown area. 6PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. PFD must be worn.

John Lane 614/486-4548 [lane.30@osu.edu](mailto:lane.30@osu.edu)

#### APRIL 14 • O'Shaughnessy Reservoir

O'Shaughnessy Reservoir, Area S (Twin Lakes). Paddle into Eversole Run and south into the main reservoir. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. PFD must be worn.

Chris Russell 614/486-4868 [crusselloh@earthlink.net](mailto:crusselloh@earthlink.net)

#### APRIL 21 • South Hoover Reservoir, Red Band Harbor

Paddle across to inlets on east shore. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. PFD must be worn.

Andy DiPalma 614/476-5918 [basinhound35@yahoo.com](mailto:basinhound35@yahoo.com)

#### APRIL 28 • Griggs Reservoir

Meet at 6375 Riverside Drive, Griggs Nature Conservatory. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. PFD must be worn.

Chris Goldschmidt 614/263-7680 [chrisgoldschmidt2000@yahoo.com](mailto:chrisgoldschmidt2000@yahoo.com)

## 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](mailto:crusselloh@earthlink.net)

Larry Krall [lkrall1@juno.com](mailto:lkrall1@juno.com)

## LITTLE BEAVER CREEK PADDLE

April 9-11

Flowing through some of Ohio's wildest and most scenic areas, Little Beaver Creek in Columbiana County was the first in Ohio to be designated a wild river. Last year we had a great time paddling the Little Beaver! Some of us will meet Friday to scope out the area and go for a casual paddle. If the water level is up, Saturday I'd like to start upstream and paddle 12 – 15 miles, hopefully ending up back at the state park. Sunday we'll paddle downstream from the park, perhaps as far as the Ohio River (about 14 miles). Be prepared to be flexible! The paddling is mostly flatwater with the occasional riffle and a couple Class IIs downstream of the park (nothing very challenging). The scenery is unbelievable; the camping is fun, the camaraderie plentiful and stories over dinner . . . incredible! We'll be camping at the state park, so we won't be carrying any camping gear on board! Little Beaver Creek State Park is about a 3½-hour drive from Columbus.

Walt Taylor 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](mailto:lane.30@osu.edu).

For canoes or inflatables, contact:

Dave Agnor 740/927-5973 [dagnor@osmre.gov](mailto:dagnor@osmre.gov).

For whitewater kayaks, contact:

Dave or Sharon Seslar 614/771-0679

[dseslar@rroho.com](mailto:dseslar@rroho.com)

[hsus@rroho.com](mailto:hsus@rroho.com)

## KAYAK II SCHOOL

April 16-18

Rocky Fork and Paint Creek Rivers in southwest Ohio will be the site for the Whitewater Kayak II School. Students must have previous experience (i.e. Kayak I School or similar). Knowledge and comfort in executing the basic paddle strokes is expected. See this newsletter or COP website for application.

Diane Larsen [dnapr13@hotmail.com](mailto:dnapr13@hotmail.com) 614/488-7418

## CHEAT BASIN CLASS III

April 24-25

Its springtime in West Virginia and hopefully its raining right now! River levels permitting, we will be paddling tributaries in the upper Cheat River basin (or maybe the Tygart Valley River basin) near Elkins. Exact river sections to be paddled will depend on water levels, weather and paddlers - the last of these three should expect the first two to on the cold side. We'll be eating dinner and breakfast out 'cause it could be cold campin'. Wetsuits and the ability to scramble for eddies and away from unpleasantness are definitely more than just a good idea.

Dave Seslar [dseslar@rroho.com](mailto:dseslar@rroho.com) 614/771-0679



## Climbing

Leader: Tom Lester 740/927-8106 [tlester@megsinet.com](mailto:tlester@megsinet.com)

## WALL SESSIONS - WEDNESDAYS

March 3, 10, 17, 24, 31, from 7-9PM. COP members only. \$5/session.

Tom Lester 740/927-8106 [climbing@outdoor-pursuits.org](mailto:climbing@outdoor-pursuits.org)

## WALL SESSIONS - FRIDAYS

March 5, 12, 19, 26, from 5-7PM. COP members only. \$5/session.  
Kevin Nowlin 614/864-9839



# Hiking

Leader: Pete Rogers 873-1530 [hiking@outdoor-pursuits.org](mailto:hiking@outdoor-pursuits.org)

## 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](mailto:tomworsley@aol.com)

## SOFA SPUD SPECIAL!

Sunday March 7

4 mile hike at Highbanks Metro Park. Meet around noon in the first parking lot on the right after the road curves to the right at the bottom of the hill. This will be a slow paced hike for those of us who spent too much time sitting under the cat this winter. Loaded backpacks are encouraged.

Ann Gerckens [splat@iwaynet.net](mailto:splat@iwaynet.net) 614/351-5135

## SOFA SPUD SPECIAL!

Saturday March 13

6 mile hike at Battelle Darby Metro Park. Meet around noon in the Cedar Ridge Parking lot near the ranger station. This will be a slow

paced hike for those of us who spent too much time sitting under the cat this winter. Loaded backpacks are encouraged.

Ann Gerckens [splat@iwaynet.net](mailto:splat@iwaynet.net) 614/351-5135

## SOFA SPUD SPECIAL!

Sunday March 21

6-8 mile hike at Clear Creek Metro Park. Meet around 10AM in the Kroger parking Rt 664, Canal Winchester. This will be a slow paced hike for those of us who spent too much time sitting under the cat this winter. Loaded backpacks are encouraged. There will be some hills on this hike.

Ann Gerckens [splat@iwaynet.net](mailto:splat@iwaynet.net) 614/351-5135

## SOFA SPUD SPECIAL!

Saturday March 27

8 mile hike at Scioto Trails State Park. Meet around 10AM in the Kroger parking area of Great Southern Shopping Center. This will be a slow paced hike for those of us who spent too much time sitting under the cat this winter. Loaded backpacks are encouraged. There are around 3 monster hills on this walk.

Ann Gerckens [splat@iwaynet.net](mailto:splat@iwaynet.net) 614/351-5135



## Meetings, etc.

### COP EXECUTIVE BOARD MEETINGS

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 Columbus Outdoor Pursuits 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](mailto:president@outdoor-pursuits.org). For a copy of the agenda, please email a request to [president@outdoor-pursuits.org](mailto:president@outdoor-pursuits.org) (draft agendas are available 1 week prior to the meeting). For more information and meeting location, call the COP office at 614/442-7901.

### LEADER TRAINING

Saturday March 6 10AM-6PM

Saturday April 17 10AM-6PM

All Day Trainings include all six modules - Risk Management, Paperwork & COP Policies, Trip Planning, Participant Screening and Leadership. Cost is \$10 for the all day class, which includes lunch. There is no charge for the evening sessions. To register, contact the COP Office, [office@outdoor-pursuits.org](mailto:office@outdoor-pursuits.org) or 614/442-7901.

### COP OPEN HOUSE

Tuesday, March 9

Come meet and greet with us AND see our new office! Our new address: 1525 Bethel Rd., suite 100 (near Godown & Bethel), inside the Ohio Restaurant Association building.

Ann Gerckens 614/442-7901 [office@outdoor-pursuits.org](mailto:office@outdoor-pursuits.org)

### MONTHLY MEMBERSHIP MEETING:

#### BOATING FOCUS

Tuesday, March 16

Join Walt Taylor, the Boating Activity Leader, and other boating leaders for social gathering and to welcome the arrival of spring and a new boating season! Talk with boating leaders and other paddlers, exchange long tales, and maybe catch a boating slideshow or photos that will entice your adventurous spirit. Also, a perfect opportunity for COP to show off its NEW OFFICE! Meet from 7-9PM at 1525 Bethel Rd, suite 100 (just west of Godown Road).

Walt Taylor 614/351-3413 [boating@outdoor-pursuits.org](mailto:boating@outdoor-pursuits.org)

## 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 #: \_\_\_\_\_

# 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:

Viewpoint tandem for sale. Captain (5'10"+) sits upright behind, stoker (5'2"-6') recumbent in front. Bilenky-built w/frame couplers — see 'signature' model VP at [www.bilenky.com](http://www.bilenky.com). Excellent condition. Asking \$3,500.  
**Ed Honton 614/451-8776**

## WANTED:

I would like to borrow/rent a tandem bike for a week from a nice soul so my daughter and I can do GOBA together. She is 5'2" and 13 years old. 90 lbs. I am 5'6". I'm not bike savvy enough to know the size of the tandem we need but maybe someone else does.  
**Jill emmalayne@columbus.rr.com**

## FOR SALE:

Cannondale road bike, 52cm, purple and blue, 21 speed with downtube shifters. New tires, bar tape, cables, brakes and pads, tuned up and ready to roll. Very good condition and well kept. \$300.  
**Ron 513/519-3970 rmetzger@controlink.com**

## FOR SALE:

Two Raleigh Marathon 12 speed bicycles (dark green). Both in good condition. I purchased them about 12 years ago. One will fit a 5'10" person, the other will fit someone 5'4". \$20.00 each to someone who will ride them.  
**Chuck Gulker 7104 Elmfield Drive East. Dublin, Ohio 43016**  
**H: 614/733-0236 W: 614/249-9480**

## 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](mailto: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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## TRI-TECH MULTISPORT

*Experts in Speed Technology*

Don't miss out on seeing all the latest **2004 bikes** that we have in stock! Felts, Cervelos, the **NEW** Kestrel EVOKE, Airbornes, Kleins, Pinarellos and much more. Come in for your Professional Bicycle Fitting from experts who ride and KNOW how to fit you properly. This extensive fitting session is included with every bicycle purchase (a \$75. Value)

**STILL ONGOING –Winter SALE on ALL Pre-2004 BICYCLES AND WETSUITS**

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.  
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.