

A monthly publication of Columbus Outdoor Pursuits

COLUMBUS OUTDOORS

JULY 2004

www.outdoor-pursuits.org

VOLUME 44 No.7



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



Columbus Outdoor Pursuits
 PO Box 14384
 Columbus, OH 43214
 (614) 442-7901
 (614) 459-8044 FAX
office@outdoor-pursuits.org

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.

EXECUTIVE BOARD

PRESIDENT & WINTER ACTIVITIES Glenn Beachy –

614/268-4904 president@outdoor-pursuits.org

VICE-PRESIDENT Tom Lester – 740/927-8106

vpres@outdoor-pursuits.org

SECRETARY Cheri Worsley – 614/866-3121

secretary@outdoor-pursuits.org

TREASURER Brad Lutz – 614/561-7001

treasurer@outdoor-pursuits.org

ELECTED MEMBERS –

Deb Evans – 614/895-8278 devans_23006@msn.com

Keith Finn – 614/890-7028 orcafinn@wideopenwest.com

John Lunn – 740/969-4836 ofamanda@mycidco.com

Barb Renick – 614/473-9121 brenick@columbus.rr.com

David Seslar – 614/771-0679 dseslar@rrohoio.com

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

ACTIVITY LEADERS –

BACKPACKING Kim Hiser – 740/666-1509

backpack@outdoor-pursuits.org

BICYCLING Jack Hornsby - 614/877-3085

bicycling@outdoor-pursuits.org

BOATING Walt Taylor – 614/351-3413

boating@outdoor-pursuits.org

CAVING Sheila Sands – 937/644-9152

caving@outdoor-pursuits.org

CLIMBING Tom Lester – 740/927-8106

climbing@outdoor-pursuits.org

EDITOR Sharon Seslar – 614/771-0679

editor@outdoor-pursuits.org

HIKING Pete Rogers – 614/873-1530

hiking@outdoor-pursuits.org

RISK MANAGER Tammy Dutro 614/846-1380

tammy@duto.org

TOSRV Charlie Pace – 614/461-6648 cpace1996@aol.com

ORGANIZATION STAFF

OFFICE MANAGER Ann Gerckens – 614/442-7901

office@outdoor-pursuits.org

GOBA Julie Van Winkle – 614/273-0805

goba@compuserve.com

XOBA Randy Bennett – 614/818-9544 rqbikes@aol.com

July 2004 • Volume 44 • Issue 7



Pacelines

Jack Hornsby

This year I have come to a realization that, at age sixty-three, I am not as young as I used to be. There was a time, while in my fifties, that I kept pace with most groups. Weather and a lay-up for several weeks due to foot surgery kept me off my bike most of this spring.

As I have stated before, I don't like cold weather riding. So, prior to TOSRV, I have not ridden more than a few miles since fall of last year. On April 12, I had surgery to remove a damaged nerve in my right foot. My foot surgeon, Dr. Eric Cwynar, referred to it as a "Morton's Neuroma".

On May 6, Dr. Cwynar released me to start regular activities. That same day I joined Bob Waddell for the Thursday, Grove City Ride. Needless to say, they left me in the dust after a couple of miles. I did complete thirty-one miles that night and felt that I was going to attempt TOSRV two days later.

The plan was to go slow and take a lot of time off the bike at rest stops. The backup plan had the wife by the phone in case I needed rescue. I'm happy to report that I made the trip to Portsmouth in ten hours while managing a smile for everyone who passed me along the way.

While at the White Lake stop in Waverly, I met Bob Waddell. Bob was on his way back to Columbus, completing the down and back in one day. The following Saturday Bob led a four hundred Kilometer ride. I have great admiration for those who can do those distances and speeds. I am just not one of them.

I had the opportunity, a couple of weeks ago, to join Coach Dave Roderick and Julia Hilty for the Monday Lancaster hills ride. I very much enjoyed the ride, terrain and scenery. While still not in shape, that effort has helped to start me back to form. I recommend this ride for slower riders and anyone looking to build leg and wind power.

The A through D speed system doesn't always fit for me, so I have evolved "Jack's Speed". I will now ride at "J" speed and enjoy the scenery and other riders along the way. Just give me a map and turn me loose!

Speaking of scenery, I was thrilled with the route from Jersey to Utica on the Utica Ice Cream Ride. This was a great job by Tom Davis and Susan

Continued on pg. 3

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

Intro to the COP Mountain Biking Program

Ron Metzger

Welcome to summer and the first season of the mountain bike program within COP. This is a new venture for the organization, and we're looking

for those interested in biking in the dirt to come together and help decide the future of the program. Because mountain biking is very weather dependant (riding on muddy trails causes significant damage to trail systems), most of the rides will be announced via the message board and through a mailing list I am creating. We will be doing independent rides throughout the year and will also be joining groups from OMBA and the Spokejunkies on some of their ride. Both are great organizations with which to ride.

If you're interested in bettering your skills or just want to try the sport of the first time, feel free to contact me or come to a ride and see what it's all about. Essential equipment to participate include a suitable bike, helmet, and a means to carry water. There may be equipment available to borrow if you lack any of these, but I must know in advance in order make arrangements.

With a little luck and a dry summer, we'll be doing at least one ride a week and venturing to other trail systems within a couple hours drive on weekends to broaden everyone's horizons and explore the opportunities that the region has to offer.

Feel free to contact me with any suggestions, questions, or to be added to the mailing list at rmetzger@controlink.com or 513/519-3970. See you on the trails. ■

Shuter. The rolling terrain and river/creek bottoms were beautiful. I even enjoyed the hills. I am always amazed at the beauty of Ohio on all our tours. I continue to see small cross-roads villages I never knew existed. I am also amazed at the varying styles of housing and land-

scaping along the way. Seeing Ohio by bicycle is my idea of entertainment.

Give me a call if you have an interest in J speed and need a riding partner on evening rides or tours. ■

Jack Hornsby is COP Bicycling Activity Chair.

What's Inside

VOLUME 44 • No.7

- 2 Pacelines
- 3 Introduction to COP's New Mountain Biking Program
- 4 Canoe I School 2004 Application
- 5 Quickstart Kayak School Application
- 6 Kids Quickstart Kayak School Application
- 7 COP Grand Canyon Backpacking Trip - March 2004
- 9 Activity Schedule
- 15 Membership Application
- 15 Classifieds

Whitewater warehouse

107 Valley Street
Dayton, OH 45404
(937) 222-7020

- Kayaks & Accessories
- Whitewater
- Touring
- Recreational
- Instruction
- Yakima Racks



Dagger
Perception
Wave Sport
Jackson Kayak
LiquidLogic
Pyranha
Impex
Aire

HOURS:
MONDAY-THURSDAY
4:00 - 9:00 P.M.

The Midwest's Paddlesports
Specialty Shop!

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
BICYCLING	Bob Waddell	614/871-7965	bikinbob@columbus.rr.com
BOATING	Doug Eldridge	614/267-1303	dougeldridge@earthlink.net
CAVING	Sheila Sands	937/644-9152	caving@outdoor-pursuits.org
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
2 DELIVER 1525 Bethel Rd, Suite 100 (call 614/442-7901 first)

3 MAIL Columbus Outdoor Pursuits
Attn: Newsletter
PO Box 14384
Columbus, OH 43214-0384

Canoe I School 2004

Canoe I is the first step in a graduated series of canoe training courses. This course will teach flat water techniques, safety and pertinent basic information. Our goal is that those wanting to paddle area lakes and easy-moving rivers will be able to do so with confidence and control after taking this class. Those that want to step up to faster whitewater rivers will need additional skills to progress. Canoe I is suitable for those who have never paddled AND for those who have paddling experience without formal instruction. **EXPECT TO HAVE FUN!** COP will provide boats, paddles and life jackets.

Fees: \$65 COP members/ \$75 for non-members

Course Dates:

Classroom Session	Aug 12 6PM	COP Office*
Rescue Practice	Aug13 6:30PM	Alum Creek or Hoover**
On the lake	Aug 14	Alum Creek or Hoover**
On the river	Aug 15	Mad River **



Jennifer Thurmond paddling on the Mad River, July 2003.

Photo by Sharon Seslar.

* The COP office is located at 1525 Bethel Rd, Suite 100 (just west of Godown Rd.

** Location of water sessions is subject to change based on weather, water levels, and water traffic. Any updates will be communicated during the August 12 classroom session.

Registration Deadline: August 7 (no refunds after this date)

Contact: Toni Hartley at 614/523-3191 or toni_hartley@hotmail.com (please use the subject line of "Canoe I Class"). Send in your application early as class size is limited! Minimum number of students for the class is 6; maximum number of students is 20. Send your application (one per person, copies ok) with your check, payable to Columbus Outdoor Pursuits, to:

Toni Hartley
Canoe I School
1248 Flagstone Sq.
Westerville, OH 43081

Canoe 1 School Application

(send this portion with your payment to the address above)

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Gender _____ Height _____ Weight _____ Membership # _____

Emergency Contact (name, relationship, phone, address):

Previous Canoe Experience:

Swimming Ability:

List any physical or health condition which should be known in case of an emergency or which may affect your participation in this class:

Quickstart Kayak Class

Develop paddling skills and safety awareness to make beginning kayaking enjoyable. This 3 hour class will be taught on flatwater with a variety of sit on top and touring kayaks and will follow the American Canoe Association (ACA) Quickstart Kayak curriculum. This course will be led by COP member ACA Basic Kayak certified instructors and qualified assistants. Wet exit during class mandatory. Life jacket use required when on or near water. A liability release must be read and signed prior to class participation. The release text may be viewed at http://www.outdoor-pursuits.org/main/leader/leader_frame.htm or found on the COP website <www.outdoor-pursuits.org> under leader forms in the leader section.

Course Fees:

\$45 COP members/\$55 non-members
Includes COP gear, or bring your own

Course Dates:

Choose from one of the following dates:

Saturday, August 14 9AM-Noon

Saturday, August 14 2-5PM

Sunday, August 15 9AM-Noon

Alum Creek Lake State Park beach

Contact: Beth Thomae 740/965-4285
bthomae@dublin.oh.us

Registration: Course limited to 8-10 students. Excess applications and checks will not be returned. A short waiting list will be maintained for this class, but apps will not be held for future classes. Send completed application and payment, checks made payable to Columbus Outdoor Pursuits, to:

Beth Thomae
August Quickstart Kayak Class
6061 Hughes Rd.
Galena, OH 43021



Sea Kayakers pose for a photo during the Fall Color's Paddle at Caesar's Creek Lake on October 19th, 2003. Photo taken by Nick Lang.

Quickstart Kayak Class Application

(send this portion with your payment to the address on the left)

Name _____

Street Address _____

City _____ State _____ Zip _____

Home PH(____) _____ Work PH (____) _____

Email Address _____

Gender____ Height____ Weight____ COP Member #_____

Experience (Check all that apply): Gear (Check one):
 First time kayaker I have my own gear
 Paddled some before I need to use COP gear
(boats, pfd, paddles provided)

Swimming Ability:
 Good Fair None

Select a course date/time: Saturday, August 14 9AM-Noon
 Saturday, August 14 2-5PM
 Sunday, August 15 9AM-Noon

Please list any physical or health conditions which should be known in the case of an emergency or which may affect your participation in the class:

On the Edge

of the beautiful 33,000 acre
Cuyahoga Valley National Park
sits the most unique outdoor retail store in the U.S.

Appalachian Outfitters/Kendall Cliffs



There you'll find:

- The largest display of canoes, kayaks and tents in Ohio
- Clothing, hiking boots and backpacks from all the major manufacturers

and you can:

- watch or join the climbers scaling the 35 foot walls of Ohio's only professionally built rock climbing gym

and BEST OF ALL:

- talk to a sales staff who rock climb, kayak, canoe and backpack

We're more than just a retail store!



60 Kendall Park Rd, Peninsula, Ohio
330.655.5444

2719 Fulton Dr. NW, Canton, Ohio
330.452.6323

www.appalachianoutfitters.com



Adventure Gear Since 1988



Grand Canyon trippers before heading down from the canyon rim. Starting top left then clockwise: Chris Rogers, Sheila Sands, Cheri Worsley, Pete Rogers, Tom Worsley, Dan Rogers, Bob Podor, and Ed McKee. Photo courtesy of Cheri Worsley.

COP GRAND CANYON BACKPACKING TRIP - MARCH 2004

PETE ROGERS

The Grand Canyon is the favorite of all my outside experiences. The awe and vastness never fails to impress on me the scale in which we exist. A journey to the very bottom, the Colorado River, is a life time experience.

For several years I have wanted to share this experience. In the spring of 2003, I started planning a COP trip for experienced hikers who have never hiked the inner canyon. The eight spots quickly filled and included Sheila Sands, Dan Rogers, Chris Rogers, Bob Podor, Ed McKee, Cheri Worsley, Tom Worsley and myself. Sheila and I have made quite a few trips into the Canyon, but this was a new experience for the others. I picked the March date to avoid the 110+ degree weather of the summer in the inner canyon and the several feet of snow on the rim during the winter. Several days before we left Columbus, I checked the trail conditions and was informed that we would need crampons for the upper parts of the trail.

We flew into Las Vegas, rented cars, and picked up last minute supplies. Arriving at the South Rim the day before we were to start gave us an opportunity to acclimate and check out the trail heads for ice and snow conditions. Luck was on our side

- a heat wave with record high temperatures had just arrived melting all but traces of snow on the rim. This rapid melt also helped to recharge the springs we would be relying on in the up coming days.

Day 1

After shuttling cars between trail heads, we hiked down the Grandview Trail to Horseshoe Mesa, about half the vertical distance to the bottom. We set up tents and explored around the mesa. Bob sat down on the stool he lugged along and promptly broke it; a lot of dead weight for the rest of the trip. Tougher than the hike was the scramble down to Page Spring for water, a nearly three hour round trip on a very loose, steep, and exposed "trail".

Day 2

Due to permit availability, this was a short day, requiring us to hike only a few hours to our next camp near Cottonwood Spring. Again, because of recent snow melt, water was available. It



Relaxing in the shade during the heat of the day while on the trail. Cheri Worsley.

was a good thing since temperatures were now around 90 degrees and shade was minimal. We were now on the Tonto Trail, so named for the plateau running much of the way above the South side of the river about half of the way down. Arriving in camp early we set up tents and took a siesta, just in time as a thunderstorm with hail soon passed through.

Day 3

This day was our long day, requiring about thirteen miles of hiking. We packed up early, and hit the trail before sun up to avoid the heat. The springs along this route were rated as unreliable, but recent reports said they were flowing. Still, we carried plenty of water just in case.

After a quick three and a half miles, we came to Grapevine Springs which were flowing. However, since most of us still had lots of water, we just rested for a few minutes and proceeded down the trail.

My two sons, Chris and Dan, were hiking faster than the rest of us, and soon disappeared. I wasn't concerned at first, but when we came out of the side canyon and there was no one on the horizon for several miles, I became worried that not only would they pass the only source of water for the next day and a half, but our camp for the night, as well. I shouted and blew my whistle without any response. I became concerned.

After a hurried pace for the next hour, I came across them resting in the shade, purifying water. They had found the next spring, Boulder Spring. The spring was several hundred yards up a drainage and nothing more than a shallow puddle. We had to skim water a little at a time in order to fill our containers. We now had only three more miles to camp, Lonetree Canyon. Again we were in camp by mid day and got in a siesta. In the evening as we prepared dinner, a migration off frogs

continued on pg. 8

continued from pg. 7

moved by us to a pool of water in the seasonal Lonetree drainage.

Day 4

Today we hiked further along the Tonto, hooked up with the South Kaibab, descended steeply to the river, crossed the suspension bridge, and hiked to our last camp at Bright Angel Campground. Again, we decided on an early start. Good thing as there was very little shade and the temperatures increased as we dropped deeper into the canyon.

This seven and a half mile leg was totally dry until we were in camp. The Phantom Ranch Cantina was only a half mile hike from camp, so as soon as we hung our packs we headed for the beer hall. Bob and Ed had been waiting for this for four days!

Dan and I scrambled about 1600 feet above the campground along a fault up to an area known as Utah Flats, scouting for a future trip on a largely trail-less route. In the meantime, Tom was perfecting his siesta skills for which he

is known. Cheri and Sheila sat at the picnic table catching up on future plans. The weather was again near perfect so none of us opted to set up tents and just camped on the ground.

Day 5

This was our last day of hiking. Without having to pack up tents, we got off to an early start. We had about one mile in elevation to gain in just nine miles.

Each of us had visions of some "real food" waiting for us at the rim. For many it was the ice cream at the snack bar near the Bright Angel Trailhead. We were out by late morning, reshuttled the cars, showered for the first time in a week (with one in our group using the women's shower with only the women noticing) and ate lunch at McDonalds. That evening we drove to Las Vegas and put a major dent in a local buffet.

This was a really great trip with every one pulling their own weight. Keys to success included everyone having the right clothing, good gear, light packs and an early start each day. ■



Day 4 at Phantom Ranch, at the bottom of the canyon.
Photo courtesy of Cheri Worsley.



Group discussion. Photo courtesy of Cheri Worsley.

Paid Advertisement



ROTARY CLUB OF DAYTON, OHIO FIRST ANNUAL HISTORIC BIKE RIDE 2004 A WEEKEND CELEBRATION OF THE BICYCLE

As part of Rotary Club of Dayton & Five Rivers MetroPark's Fitfest 2004, you are invited to participate in Rotary's Historic Bike Ride 2004 from New Bremen, Ohio to RiverScape MetroPark, Dayton, Ohio

Saturday, September 11, 2004

9:00 AM Check-In 10:30 AM Begin Ride

The Bicycle Museum of America

(New Bremen, Ohio, Corner of Rt. 66 and Rt. 274, W. Monroe Street)

No return transportation provided

Beginning in New Bremen (tour the World's largest bicycle museum with over 250 bicycles on display) pass through quaint and historic towns along the one-way 50+ mile bike ride. Rest Stops provided by local Rotary Clubs (approximately 23 and 36 miles out). Join the families celebrating Health, Safety and Environment at Fitfest 2004, at Dayton's Riverscape MetroPark. Proceeds will go to Dayton Rotary Foundation. Optional rides to Wright Bros. Bicycle Shop, U.S. Air Force Museum, and Carrillon Park. Events include:

Rotary Historic Bike Ride (Saturday) • Family Walks and 5K Run (Sunday)
Exercise, Health and Nutrition Demos • Environment - Health - Safety Exhibits • Live Entertainment

Visit www.daytonrotary.com and click on **Fitfest** to register today!

Or Call Laura at Dayton Rotary 937.228.3331

Sponsored by:





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.

HILLIARD-RAILS-TO-TRAILS

SATURDAYS July 3, 10, 17, 24, 31, Aug 7, 14, 21, 28
7:30AM Class A, B, C. Ride to the Dutch Kitchen for breakfast. From 270 go West on Cemetery Rd. Follow to Main St. and turn right. Follow to Center St. and turn left. Parking is on the left.

Tom Davis 614/876-8491 tantandem@aol.com

Mark Curtner 614/529-0185

Susan Shuter 614/850-0897

Bobbi Bedinghaus 614/777-4618

SATURDAY ROVING RIDE SERIES

Watch for different ride leaders and different starting locations every Saturday throughout the season!

ROCKY RIDE • SATURDAY July 3

Part of the Roving Ride Series! 8AM Class A, B, C+, riders. It has some challenging climbing. 65-70 miles. Start location is the Circleville YMCA, 440 Nicholas Drive. Park in the back parking lot.

Peggie Shaw 740/649-7444 pshaw1@columbus.rr.com.

GRANVILLE • SATURDAY July 10

Part of the Roving Ride Series! 8AM 60 hilly miles, Class A-B. Meet at Wildwood Park on West Broadway in Granville, OH. The Park is located approximately one-half mile west of the center of town on Broadway. Divan and Reynolds hills will be on the route.

Tim Faigley 614/885-4819 tcfaigley@core.com

ALLEY PARK • SATURDAYS July 17, August 21

Part of the Roving Ride Series! 8AM Class A, B, C+ with approximate mileages of 35/50/65 mile routes of Southeast Ohio hill-climbing at its finest, so don't forget your climbing gears! The B/C+ routes will include climbs of Revenge, Jack Run and the A route will cross US33 and finish the ride with the infamous Savage/Chicken Coop hill combo. Take US33 2.3 miles southeast of Lancaster. Turn right on Stump Hollow Rd and immediately left on Old Logan Rd. Alley Park is about 0.3 miles on right.

Ty Jordan 614/920-2195 tybjordan@hotmail.com

BATELLE-DARBY METRO PARK

SATURDAY July 24

Part of the Roving Ride Series! 8AM Class C, D 20 miles Darby Creek Rd (southwestern Franklin County) >From I-270, take the W. Broad St. (U.S. 40) exit west. Go about 5 miles on Broad St. and turn left on Darby-Creek Dr. Main entrance is about 3 miles on the right.

Roy Burnham roy@burnhamfamily.com 614/893-7651

LANCASTER • SATURDAY July 31

Part of the Roving Ride Series! 8AM Class A, B. The ride starts at Gloryland Church of the Nazarene, 3570 Coonpath Road. From Columbus take Rt. 33 east toward Lancaster until you reach Coonpath Road. Turn left and go east on Coonpath for 1 mile. Gloryland Church is on the left. Restrooms will be available at the church. The ride will be approximately 50 miles and some longer options may be available. We will head down toward Clear Creek Metro Park. There will be some hills along the way. Maps will be given at the start.

Mark Clingan H:614/834-1243 W:740/756-4433 glorynaz@buckeyenet.net

GROVE CITY • SATURDAY August 28

Part of the Roving Ride Series! 8AM Class A, B, C. Meet at SE corner of Buckeye Grove Shopping Center parking lot, intersection of Hoover Rd and Rte 665 (London-Groveport

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



Rd). More details will be available in the August edition.
Dave Knight nitemoves60@yahoo.com 614/277-9230

GROVEPORT

SUNDAYS July 4, 11, 18, 25, August 1, 8, 15, 22, 29
8AM 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 614/306-3570 jdbiker@att.net
Dick Seebode 614/235-7669

GROVE CITY

MONDAYS July 5, 12, 19, 26, August 2, 9, 16, 23, 30
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 July 5, 12, 19, 26, August 2, 9, 16, 23, 30
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 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 July 6, 13, 20, 27, August 3, 10, 17, 24, 31
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

HILLIARD-RAILS-TO-TRAILS

TUESDAYS July 6, 13, 20, 27, August 3, 10, 17, 24, 31
6:15PM Class A, B, C. Ride out to Plain City for Ice Cream and back. About 30 miles. From 270 go West on Cemetery Rd. Follow to Main St. and turn right. Follow to Center St. and turn left. Parking is on the left.
Tom Davis 614/876-8491 tnttandem@aol.com
Susan Shuter 614/850-0897

LICKING COUNTY

TUESDAYS July 6, 13, 20, 27, August 3, 10, 17, 24, 31
9AM Class C, All riders are welcome. Come join us on scenic rural roads for riding, eating and socializing. 30+ miles and lunch stop. 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.

Kathleen Boston 614/262-4025 kboston@columbus.rr.com

Steve Gassman 740/927-2468

Dick Seebode 614/235-7669

WESTERVILLE

TUESDAYS July 6, 13, 20, 27, August 3, 10, 17, 24, 31
6PM Class A, B, C. 25-50 miles, TDD=1-3, Meet at New Albany Christian Church 4877 Central College Road, Westerville. About 1.5 miles East of Hoover Dam Park. Meet in the parking lot behind the church.

A group: Todd Lee jtleeoh@yahoo.com 614/439-2279

B group: Adam Taylor 740/363-0349
headwind20@columbus.rr.com

C group: Bruce Courts gbcourts@hotmail.com 614/899-0272

Ride Coordinator: Amy Rees amyrees@ee.net 614/890-4285

CANAL WINCHESTER

WEDNESDAYS July 7, 14, 21, 28, August 4, 11, 18, 25
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 July 7, 14, 21, 28, August 4, 11, 18, 25
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 July 1, 8, 15, 22, 29, August 5, 12, 19, 26
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

NEW ALBANY

THURSDAYS, July 1, 8, 15, 22, 29, August 5, 12, 19, 26

Activity SCHEDULE

6PM Class A, B, C, 25-50 miles, TDD=2-6, Park at the New Albany Elementary School located at 97 N High Street (SR 605 just north of the US 62 intersection). Park on north side of building in rear lots only. No parking allowed in the front lot along Rt 605.

A group: Larry Pesyna 614/890-3278 saaz2@hotmail.com

B group: Amy Rees 614/890-4285 amyrees@ee.net

C group: Kathy Walaszek ohwalaszek@aol.com 614/865-9384

ALUM CREEK MTB EVENT • July 14

6:30PM at Alum Creek MTB trails (off Lewis Center, on the east of the lake). First gathering of the COP mountain bike community - all skill levels are welcome. This is a meet, greet, and ride event to gather those interested, share skills, exchange information, and get feedback on where we want the program to go. Bring your bike, helmet, and water and hopefully with the cooperation of mother nature a good time will follow. Approximately 6-10 miles of trails are available and I'll accommodate whatever pace is the group wants to move at. Contact Ron for more details.

Ron Metzger rmetzger@controlink.com 513/519-3970

TOW – TOUR OF OHIO WILDERNESS

Friday - Sunday July 16-18

7AM Grove City. Take a tour on the wild side! (Of Ohio that is.) Departing from the south side of Columbus we will take a scenic socially paced tour through Franklin, Pickaway, Madison, Fayette, Ross, and Highland counties to arrive at our destination: 1700 acres of southern Ohio wilderness known as the Highlands Nature Sanctuary! While at the Sanctuary you'll enjoy the pleasure of reconnecting with nature in solitude or with the rest of the tour on guided hikes, cycling tours of the Sanctuary and surrounding area and all meals featuring culinary creations provided by Columbus' own chef Del Sroufe. Completing your experience you'll stay two nights in our lovely accommodations: Beechcliff, a group lodge for twelve; Ravenwood, an historic mill house replete with antiques turned B&B; or in a suite at one of our two stunning, secluded nature lodges Hermitage and

Heronwood. All proceeds from the tour go to benefit the Highlands Nature Sanctuary & Columbus Outdoor Pursuits. Package prices range from \$100 to \$200 plus a minimum fundraising contribution of \$100 (\$125 for non-COP members). Remember, the more you can raise to contribute, the more wilderness is protected for the benefit of all! \$50 deposit is required to reserve a spot on this tour limited to 24 riders. Registration and cancellation with refund deadline is June 28. Contact the ride leaders for registration details or further information.

Paul Beaton 937/365-1333 sanctuary@flxtek.net

Glenn Beachy 614/268-4904 president@outdoor-pursuits.org

Jack Hornsby 614/877-3085 bicycling@outdoor-pursuits.org

7TH XOBA: ACROSS OHIO BICYCLE ADVENTURE

Saturday to Saturday to Saturday July 24-31

Indiana to Pennsylvania. Average daily mileage: 60. Rider limit: 200. Info at <http://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

7-9AM 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 bikinbob@columbus.rr.com

Dave Brokaw 614/875-9599

17TH RIDGE RUNNER RAMBLE

Saturday August 14

7-9AM 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 614/885-4819 tcfagley@core.com

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

SENECA CREEK WV

July 2-5

An easy-going trip! We'll drive to Elkins WV Friday night. Saturday, after breakfast and our traditional trip to K-Mart, we'll mosey up to the Seneca Creek Trailhead. After an easy 3 miles, we'll start looking for a campsite. Sunday, it's dayhike, sleep, whatever. Monday, we hike 5 miles up and out over Spruce Knob, West Virginia's highest point. Then it's time to drive home. Deposit of \$10 due by June 29th, non-refundable after the 29th. Cost \$60 by the time we get done sharing hotel room, gas, fast food Friday and Monday nights and Saturday morning breakfast. You will be on your own for trail meals.

Ann Gerckens splat@iwaynet.net 614/351-5135

CASCADES ADVENTURE

August 1-20

A couple of backpacking treks and hikes to the summit of 3 volcanoes; Mt. St. Helens, South Sister, and Mt. Adams. Figure 6 days, 8/2-7, for a 43 mile loop in the Three Sisters Wilderness, near Bend, Oregon. Later, we'll spend 6 days, 8/15-20, hiking 52 miles in Mt. Rainier N.P. Our route includes the Northern Loop, Spray and Seattle Parks, and a segment of the Wonderland Trail. Interest in only part of the trip is ok. Either backpacks would make a nice outing, as would just bagging the peaks. Mt. Adams will be the last, 8/11-12. A high camp and pre-dawn start will give it some mountaineering flavor.

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

INTRODUCTION TO BACKPACKING CLASS

Mondays Sept 20, Sept 27, Oct 4

This will be a condensed, introductory class for hiking and backpacking. Topics will include clothing, food, gear, planning, Leave No Trace, what to bring, and what to leave at home. Classes to be held at 7PM at COP office. Addition information and application will be in the August Newsletter.

Pete Rogers hiking@outdoor-pursuits.org



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*

ACBE TUESDAYS

July 6, 13, 20, 27; August 3, 10, 17, 24, 31

Alum Creek Boat Events are at the NORTH end of the Alum Creek Lake State Park Beach. This is the part of the beach furthest from the dam on the west side of the reservoir. These gatherings are social paddles where people get together to chat, practice strokes and rolls, etc., in canoes and kayaks. ACBE are scheduled for Tuesdays to avoid time conflict with our Wednesday Night Paddles. Spare boats are occasionally available. Call the leaders listed below or the activity chair, Walt Taylor, with questions. No fee. Start time approximately 6:30PM.

July 6	Allen Banks
July 13	Diane Larson
July 20	Bart Butler
July 27	Amy Pearse
August 3	Leader TBA
August 10	Leader TBA
August 17	Leader TBA
August 24	Leader TBA
August 31	Leader TBA

SEA KAYAK RESCUE PRACTICE

July 13, 27; August 3, 17

These sessions are open to anyone wishing to learn/practice sea kayak rescue techniques. We will meet at the Alum Creek Beach during the regular ACBE Tuesday evenings. Bring your own boat, skirt, PFD and paddle, plus any additional gear noted in the schedule. COP sea kayak leaders will be teaching these techniques.

John Lane lane.30@osu.edu

July 13	Eskimo Rescue, Hand o' God and Stirrup Reentry (bring 15' of 1" tubular webbing). Leader TBA
July 27	X-T Rescue and All-in Rescue. Leader TBA
August 3	Paddle Float Rescue (bring paddle float) and Reentry and Roll. Leader TBA
August 17	Towing (bring tow belt). Leader TBA

RED, WHITE & BOOM • July 2

Meet at Greenlawn Marina/Lower Scioto Park (by impound lot on Whittier Street) and paddle to RED, WHITE & BOOM. Canoes, kayaks, and raft seats for rent. See registration form in June newsletter. Flashlight or boat light required. Bring your own refreshments. All participants must wear a PFD. Call Guy Sheaffer for details, especially if you

can lend a little help.

Guy Sheaffer 614/237-0093

UPPER YOUGH • July 3

Summer Saturday release on the Upper Yough. Experience and competence on solid class IV required for this trip. A "bombproof roll" is ESSENTIAL! Expect continuous class IV rapids with very short pools for miles.

Eric Gehres esgehres@earthlink.net 614/486-1459

Mark Steinmetz markstei@concentric.net 614/297-8721

SOUTHEAST OHIO FAMILY DAY PADDLE

July 10

Fun, family-friendly paddle on one of Southeast Ohio's waterways.

Andrea Jones ajones77777@hotmail.com

LOWER YOUGH • July 10

Chris Russell crusselloh@earthlink.net 614/486-4868

RAFTING 101 • July 14

This basic introduction to rafting covers equipment, paddle strokes, safety, and what to expect on an actual trip. If we have time, we'll flip the raft and practice getting into the raft from the water. The class will meet at Alum Creek State Park Beach and will start at 7PM. Cost \$12.

Ann Gerckens office@outdoor-pursuits.org 614/442-7901

CANOE/KAYAK CAMPING • July 17-18

Paddle the Hocking/Little Muskingum, water levels permitting; Lake Vesuvius, Lake Hope, or other flatwater if summer rainfall does not cooperate. Or if it just gets too stinkin' hot and nasty, maybe someplace where it's cooler, maybe requiring international travel (Ontario). This will be low-key canoe/kayak camping, BYO gear, including food.

Andrea Jones ajones77777@hotmail.com

CLASS IV • July 17-18

West Virginia whitewater. Tired of the Yough? Want to step it up a bit? Then come join Jim & Janice on our West Virginia trip. Possible rivers are the New, Cheat, Gauley, Cranberry, and Upper Meadow.

Janice Hogrefe jhogrefe@columbus.rr.com 614/488-8286

Jim Roeger jimroeger@cs.com 614/268-2235

LOWER YOUGH • July 17-18

Join us for a warm trip to the Lower Yough. This is a class III run so eddy-catching skills are necessary and a roll is highly desirable. We will meet at the east side Cracker Barrel located on Rt-256 and I-70 at 6PM Friday July 16th to caravan over. Bring your camping gear, as we will probably stay at the State Park. Camp cooking or eating out are both options. Lots of hiking and bike trails for the non-paddler. As always, paddling is water dependent, so be prepared for adjustments. Please call Dan Downes to confirm your spot.

Dan Downes downep@odjfs.state.oh.us 614/419-2989

Neil Baker baker.2@osu.edu 614/638-4958

Andy Griffith 614/488-8580

LOWER YOUGH • July 24-25

Canoe, kayak or raft the Yough. The lower section is perfect for intermediate kayakers, advanced canoeists and beginning rafters. New rafters are highly encouraged to attend the Rafting 101 sessions June 23rd or July 14th. We'll stay at the Yough Stop. Meals are on your own. Deposit of \$20

Activity SCHEDULE

for inflatables due by July 27th, non-refundable after that date. We'll leave on Friday night (July 23) and return on Sunday night (July 25).
Ann Gerckens splat@iwaynet.net 614/351-5135

LOWER NEW RIVER CANYON • July 31 - August 1

Class III/IV. Mastered the Yough and ready for a NEW challenge? Have a reliable combat roll and ready to use it on some bigger water? We'll leave Friday evening and camp out Friday and Saturday nights. Rafts could be possible, but you'll need to help with the equipment and a COP guide. Camp out, cook in or dine out depending on weather and interest. Costs: camping, gas, food (plus equipment rental, if applicable). Per insurance rules, COP members only.

Mary Spikowski mspikowski@msn.com 614/868-8201

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

LOWER YOUGH • August 7-8

Chris Russell crusselloh@earthlink.net 614/486-4868

Butch Weaver kayaker_classV@yahoo.com 614/890-2169

UPPER YOUGH • August 7

Eric Gehres esgehres@earthlink.net 614/486-1459

Mark Steinmetz markstei@concentric.net 614/297-8721

MAD RIVER FAMILY PADDLE • August 8

Join us for a paddle down the Mad River, which has clear spring-fed water! Cool AND shaded. Appropriate for all skill levels. KIDS encouraged. All participants MUST wear a lifejacket. When responding for trip, please indicate number and age of paddlers, if you need a boat, and if you can bring any lifejackets. Boats available for rent, but contact me early. If you can carry a boat on your vehicle, you have a better chance of going.

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

SOUTHEAST OHIO FAMILY DAY PADDLE • August 8

Fun, family-friendly paddle on one of Southeast Ohio's waterways.

Andrea Jones ajones77777@hotmail.com

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.

JULY 2 (FRIDAY) Fireworks Paddle. Meet at the Lower Olentangy downtown boat ramp at the west end of Nationwide Boulevard and paddle to RED, WHITE & BOOM. Bring your own refreshments. 6PM START, returning after the fireworks. Canoe or kayak with flashlight or boat light required (No COP boats will be available). All participants must wear a PFD.

John Markiel john.markiel@abbott.com 614/794-1603 (eve)

JULY 7 North Hoover Reservoir. Meet at the Oxbow Boat Launch and paddle into Little Walnut Creek. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Monica Bluestein mlbluetwo@yahoo.com 614/436-7353

JULY 14 Delaware Reservoir. Meet at the Route 229 boat ramp and paddle south along the east shore. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Rick Allison bucki5@aol.com 614/854-0415

JULY 21 O'Shaughnessy Reservoir. Meet at Area M (Home Road Marina) and paddle north to Bellepoint. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Jacalyn Slemmer JacalynSlemmer@aol.com 614/451-2325

JULY 28 Middle Alum Creek Reservoir. Meet at Hollenback Marina and paddle south to roll session. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Rick Taylor taylorr1@nationwide.com 614/315-1960

AUGUST 4 Griggs Reservoir. Riverview Drive, paddle north to Hayden Run Road. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

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

AUGUST 11 Buckeye Lake. Meet at Lieb's Island boat launch and paddle islands on west end of lake. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Rick Allison bucki5@aol.com 614/854-0415

AUGUST 18 Middle Alum Creek Reservoir. Meet at Cheshire Road boat ramp (point #10) and paddle across and north into Big Run Creek and then north on Alum Creek and return. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Terry & Vicki Smith madisonlake@att.net 614/430-9395

AUGUST 25 North Hoover Reservoir. Meet at Baldrige launch ramp and paddle south along east shore. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Monica Bluestein mlbluetwo@yahoo.com 614/436-7353



UPPER NEW • August 14-15

John Markiel john.markiel@abbott.com 614/794-1603 (eve)

CANOE/KAYAK CAMPING • August 21-22

Paddle the Hocking/Little Muskingum, water levels permitting; Lake Vesuvius, Lake Hope, or other flatwater if summer rainfall does not cooperate. Or if it just gets too stinkin' hot and nasty, maybe someplace where it's cooler, maybe requiring international travel (Ontario). This will be low-key canoe/kayak camping, BYO gear, including food.

Andrea Jones ajones77777@hotmail.com

INTERMEDIATE WHITEWATER • August 21-22

Class II/III. Let's go boating somewhere! As this description is being written, water levels for this weekend are unknown, so we'll just have to see what's running. Call trip leader if you are interested. We will be camping out, but may end up eating out or cooking in, depending on weather/trip location.

Sharon Seslar hsus@rrohio.com 614/771-0679

? 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 (aluminum)	\$10 per day
New canoes (plastic)	\$15 per day
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, canoes, or inflatables contact:
John Lane 614/486-4548 lane.30@osu.edu.

For whitewater kayaks, contact:
Dave or Sharon Seslar 614/771-0679
dseslar@rrohio.com hsus@rrohio.com



Caving

Leader: Sheila Sands 937/644-9152 caving@outdoor-pursuits.org

CARTER COUNTY CAVES

July 24

Temperature is hot outside come and join us where it will be a cool 54 degree. Heading to Northern Kentucky for a beginner cave trip. We will leave early Saturday morning and return that evening. Caving equipment can be rented for \$13.00 members & \$17.00 non-members.

Greg Karoly 614/837-3627



Hiking

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

HIKING LEADER PLANNING MEETING

Monday July 19

7PM at the new COP office, basement of 1525 Bethel Rd (suite 100). This meeting is for all of our past, present, and future leaders. We will put together a fall hiking schedule. Even if you have not lead a hike before, but are considering one for this fall, I encourage you to attend. I will review the requirements for leaders (there not many for beginner day hikes). Refreshments will be served. Please help ensure the future of our hiking program by coming out and leading a hike this fall. Please contact Pete Rogers, Hiking Chair, if you have any questions. Thanks in advance for you help.

Pete Rogers hiking@outdoor-pursuits.org

FALL HIKING MEETING

Tuesday September 21

7PM at the new COP office, basement of 1525 Bethel Rd (suite 100). Join us for our annual hiking meeting. This meeting is open to all members or those interested in joining. We will discuss our fall hiking schedule. This is a great chance to meet our leaders and others with similar interests. Refreshments will be served.

Pete Rogers hiking@outdoor-pursuits.org



Meetings, etc.

COP EXECUTIVE BOARD MEETINGS

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. For a copy of the agenda, please email a request to 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.

FALL HIKING MEETING

Tuesday September 21

7PM at the new COP office, basement of 1525 Bethel Rd (suite 100). Join us for our annual hiking meeting. This meeting is open to all members or those interested in joining. We will discuss our fall hiking schedule. This is a great chance to meet our leaders and others with similar interests. Refreshments will be served.

Pete Rogers hiking@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:

2002 Trek Bicycle, Cobalt Blue. 54cm; Model 2200. Used only once for 25 miles. Shimano Integrated Flight Deck and wiring, rear light, 2 water cages. Paid \$1700, asking \$1200. Please call and leave message if no answer.
 614/855-5866

FOR SALE:

Burley d' Lite Folding Trailer: holds two children, rain cover and bug screen; max trailer load limit is 100 lbs.; 300 miles of usage, excellent condition. Price \$300.
 John 614/871-4957

FOR SALE:

2003 HP VELOTECHNIK Street Machine GT Recumbent: MEKS carbon AC front suspension, SCHWALBE Marathon reflex Kevlar belted tires; SHIMONO - Tiagra 3-speed front derailer & Deore 9-speed rear derailer; SRAM - Three gear-rear shifting Hub; TEKTRO - Disk brakes front and back. 81 total speeds. Set up for a Transamerica tour. Price \$2,200.
 John 614/871-4957

FOR SALE:

Red Raleigh Technium aluminum frame road bike. Men's-fits 30" inseam or higher. Almost new Nashbar wheels & tires, gel seat. GC \$150 OBO
 Kevin 614/783-4700

FOR SALE:

1982 Puch Ultima, Reynolds 531 SL Frame, Campy Super Record components. Fits rider 73" tall. Excellent condition. \$500 or best offer.
 Dave Roch joanneroch@sbcglobal.net

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

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

Cover photos - *The World of COP* - many activities, one organization! Starting top left, clockwise:

- Kevin Nowlin pulls an overhang on "Is it Soup Yet?" on a 2003 trip to Red Rocks, Nevada. Photo courtesy of Barry Evans.
- Jim Murtha at Diagonal Ledges on the Lower Gauley River, September 2003. Photo by Larry Krall.
- Climbing Milton Carlisle Rd. hill on GOBA-2003. Photo by Peter Toomey.
- Rick Neighbarger emerging from one of the small passages in Tarkiln Cave in Olive Hill, KY. Photo taken in November 2002 by Sheila Sands.
- Keith Finn standing beside his "fun hog". Photo courtesy of Jennifer Thurmond.
- Nearing the windmills that herald Tehachapi Pass and the town of Mojave. Photo by Ann Gerckens on her Southern California PCT (Mojave Desert) trip, April 2003.



Kestrel EVOKE

FREE TEST DRIVE.

[Just be back before closing.]

The right bike for you starts with the right fit. That's why at Tri-Tech we offer the TRUE FIT experience. A dedicated process of technology, equipment and people who know bikes. Experienced cyclists and multisport competitors, who just like you, have a passion for riding. And a commitment to provide you with unparalleled mechanical expertise and personal service. At Tri-Tech we're not in business to just sell you a bike. We're here to make sure you get the ride of your life. So stop by and take one for a spin.

TRI-TECH MULTISPORT
EXPERTS IN SPEED TECHNOLOGY™

We'll make you faster. And take you farther.
6185 North Huntley Road • Columbus, Ohio • 43229
614.846.1516 • www.tritechmultisport.com

Aegis • Airborne • Carvelo • Felt • Kestrel • Klein • LOOK • Pinarello