

A monthly publication of Columbus Outdoor Pursuits

# COLUMBUS OUTDOORS

AUGUST 2004

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

VOLUME 44 No.8



*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](mailto:office@outdoor-pursuits.org)

Columbus Outdoor Pursuits: [www.outdoor-pursuits.org](http://www.outdoor-pursuits.org)  
 Tour of the Scioto River Valley: [www.tosrv.org](http://www.tosrv.org)  
 Great Ohio Bicycle Adventure: [www.goba.com](http://www.goba.com)

This newsletter is published monthly by Columbus Outdoor Pursuits as a benefit of membership. Columbus Outdoor Pursuits offers outdoor recreation, education, and inexpensive travel to all people, regardless of race, creed, or religion. Columbus Outdoor Pursuits is a non-profit, nonpolitical organization exclusively for charitable and educational purposes and is dedicated to 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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614/268-4904 [president@outdoor-pursuits.org](mailto:president@outdoor-pursuits.org)

VICE-PRESIDENT Tom Lester – 740/927-8106

[vpres@outdoor-pursuits.org](mailto:vpres@outdoor-pursuits.org)

SECRETARY Cheri Worsley – 614/866-3121

[secretary@outdoor-pursuits.org](mailto:secretary@outdoor-pursuits.org)

TREASURER Brad Lutz – 614/561-7001

[treasurer@outdoor-pursuits.org](mailto:treasurer@outdoor-pursuits.org)

#### ELECTED MEMBERS –

Deb Evans – 614/895-8278 [devans\\_23006@msn.com](mailto:devans_23006@msn.com)

Keith Finn – 614/890-7028 [orcafinn@wideopenwest.com](mailto:orcafinn@wideopenwest.com)

John Lunn – 740/969-4836 [ofamanda@mycidco.com](mailto:ofamanda@mycidco.com)

Barb Renick – 614/473-9121 [brenick@columbus.rr.com](mailto:brenick@columbus.rr.com)

David Seslar – 614/771-0679 [dseslar@rrohio.com](mailto:dseslar@rrohio.com)

Jennifer Thurmond – 614/890-6269 [wwaterjen@yahoo.com](mailto:wwaterjen@yahoo.com)

#### ACTIVITY LEADERS –

BACKPACKING Kim Hiser – 740/666-1509

[backpack@outdoor-pursuits.org](mailto:backpack@outdoor-pursuits.org)

BICYCLING Jack Hornsby - 614/877-3085

[bicycling@outdoor-pursuits.org](mailto:bicycling@outdoor-pursuits.org)

BOATING Walt Taylor – 614/351-3413

[boating@outdoor-pursuits.org](mailto:boating@outdoor-pursuits.org)

CAVING Sheila Sands – 937/644-9152

[caving@outdoor-pursuits.org](mailto:caving@outdoor-pursuits.org)

CLIMBING Tom Lester – 740/927-8106

[climbing@outdoor-pursuits.org](mailto:climbing@outdoor-pursuits.org)

EDITOR Sharon Seslar – 614/771-0679

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

HIKING Pete Rogers – 614/873-1530

[hiking@outdoor-pursuits.org](mailto:hiking@outdoor-pursuits.org)

RISK MANAGER Tammy Dutro 614/846-1380

[tammy@duto.org](mailto:tammy@duto.org)

TOSRV Charlie Pace – 614/461-6648 [cpace1996@aol.com](mailto:cpace1996@aol.com)

#### ORGANIZATION STAFF

OFFICE MANAGER Ann Gerckens – 614/442-7901

[office@outdoor-pursuits.org](mailto:office@outdoor-pursuits.org)

GOBA Julie Van Winkle – 614/273-0805

[goba@compuserve.com](mailto:goba@compuserve.com)

XOBA Randy Bennett – 614/818-9544 [rqbikes@aol.com](mailto:rqbikes@aol.com)

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# Pacelines

Jack Hornsby

Recent statistics from GOBA have shown that more than 36% of our tour riders are age 51 – 70. While we don't track age in smaller tours, those statistics are probably reasonably accurate for most of them as well. My observation is that most daily rides have higher percentages of younger riders. During the month of June, we had two incidents of riders experiencing health related problems on tours or daily rides. Unfortunately, one resulted in death. Happily, the quick action of a veteran Bike Leader, Gail Falkenburg, and a trip to the hospital for the insertion of a stint (for a heart problem) corrected the other.

As many of us age, we should be more aware of our possible limitations. We should do gradual stepped training prior to longer rides. Take it easy on the rides. As I stated last month, set your own pace. Stay well hydrated and eat regularly. Above all, get a regular physical. Being in reasonable shape and felling good, we can fail to recognize a condition that our doctor could detect. In the ten years since I retired, I have gradually moved away from jogging and other higher stress activities. I take those in moderation and spend more time biking, golfing, hiking, and as a SCUBA diving instructor for A.S.K. Scuba of Dublin.

How about GOBA this year! I only did half of the week due to a family reunion later in the week. However, I had a great time on route and in camp. As always, I met a number of interesting riders. I had a great conversation with a cancer survivor from Springfield. I talked with first time riders, and even a rider to have completed a cross-country ride. They, as well as I, have great praise for the efforts of the GOBA staff.

In anticipation of the hilly route of GOBA and my age, I did make an equipment concession this year. At the advise of Rick Noland of Cyclist Connection, I modified my rear gear cassette from a max of 27 teeth to 32 teeth. Rick said that I could climb tree stumps with that gearing. I don't know about that, but I do know I made all the hills on GOBA, including the Tuesday 66-mile loop, without having to walk the bike.

We owe the enjoyment of all COP tours and rides to those dedicated Ride Leaders and volunteers whose efforts make them possible. E-mail me at [bicycling@outdoor-pursuits.org](mailto:bicycling@outdoor-pursuits.org) or call 614/877-3085 with your comments or suggestions. ■

*Jack Hornsby is COP's Bicycling Activity Chair*

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# COP Members!

Who is your favorite COP volunteer?

You can thank them in a *real* tangible way!

Gift certificates are up for grabs!

Jot down a brief account of  
*"Why They Are the Best"*  
(300 words or less) and send to:

Sheila Sands: [caving@outdoor-pursuits.org](mailto:caving@outdoor-pursuits.org)

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

Glenn Beachy: [president@outdoor-pursuits.org](mailto:president@outdoor-pursuits.org)

Deadline is October 6, 2004.

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## Whitewater warehouse

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

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

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HOURS:  
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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 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.

BACKPACKING	Kim Hiser	740/666-1509	<a href="mailto:backpack@outdoor-pursuits.org">backpack@outdoor-pursuits.org</a>
BICYCLING	Bob Waddell	614/871-7965	<a href="mailto:bikinbob@columbus.rr.com">bikinbob@columbus.rr.com</a>
BOATING	Doug Eldridge	614/267-1303	<a href="mailto:dougeldridge@earthlink.net">dougeldridge@earthlink.net</a>
CAVING	Sheila Sands	937/644-9152	<a href="mailto:caving@outdoor-pursuits.org">caving@outdoor-pursuits.org</a>
CLIMBING	Tom Lester	740/927-8106	<a href="mailto:tlester@megsinet.com">tlester@megsinet.com</a>
HIKING	Pete Rogers	614/873-1530	<a href="mailto:hiking@outdoor-pursuits.org">hiking@outdoor-pursuits.org</a>
INLINE SKATING & WINTER ACTIVITIES	Glenn Beachy	614/268-4904	<a href="mailto:winter@outdoor-pursuits.org">winter@outdoor-pursuits.org</a>

### CLASSIFIED ADS

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

### COMMERCIAL ADS

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

### SEND MATERIAL TO (in order of preference)

1 EMAIL [editor@outdoor-pursuits.org](mailto:editor@outdoor-pursuits.org)  
2 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

# Intro to Backpacking School 2004

## Fall Intro Backpacking School Application

(send this portion with your payment to the address on the right)  
Please print clearly

Name \_\_\_\_\_

Membership # \_\_\_\_\_

Address \_\_\_\_\_

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

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Age \_\_\_\_\_

E-mail Address \_\_\_\_\_

Emergency contact (name, relationship, phone & address):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## "Less is More"

This class is for serious hikers who are considering backpacking but have never done so. It will enable participants to take their time in acquiring gear. It's also a great way to meet others of similar interests and skills. Topics include:

- How to carry a lighter load
- Ten essentials
- Clothing & footwear for warm, cold, and/or wet weather
- Gear: backpacks, tents, sleeping bags, and more
- Trail snacks, easy meals, and lightweight stoves
- Safety and First Aid considerations
- Leave No Trace
- Much more!

**Course Fees:** Members: \$25 adults, \$18 aged 14-17 yrs.  
Non-members: \$35  
Fees cover course costs & instruction

**Course Dates:** Beginning September 20th for 3 consecutive Monday evenings, 7-9PM (Sept. 20, 27, Oct. 4). Location: COP Office, 1525 Bethel Rd., suite 100. Note that this fall intro school will not have an overnight trip.

**Registration Deadline:** September 12. Refunds will not be given after this date. Register TODAY since space is limited.

**Contact:** Pete Rogers at peterogers152636@cs.com. Send your application (one per person, photocopies okay) and your check, payable to Columbus

Outdoor Pursuits, to:

Pete Rogers  
9254 Wells Rd.  
Plain City, OH 43064

## Caving Thanks

I would like to thank the leaders of COP Caving program - not only are they great leaders for COP, but they are exceptional cavers:

*Greg Karoly* - a special thanks goes to him for offering to lead trips throughout the year.

*Al South* - lead both a weekend trip & day trip for beginners to Kentucky.

*Dave Seslar* - took a group to West Virginia for a weekend of fun caving and to our accommodations at WVACS, West Virginia Association of Cave Studies.

*Rick Hoehsetter* - not only does he help a lot with TOSRV, but he caves, as well.

*Pete Rogers* - a big help to me as he has assisted in running the cave schools with getting everything ready. Also, he participates in the beginner trip and helps out with getting new cavers prepared with equipment and is available in answering their questions.

Next time you see a COP Caving Leader, please remember to thank them for everything they do in our wonderful organization.

- Sheila Sands, Caving Chair



*Sheila Sands after a trip into Sharp's Cave, WV. Photo by Pete Rogers, August 2002.*

# Hiking Recognition

Pete Rogers

I am pleased to be able to recognize a number of volunteer leaders. First, let me say that we would not have any hiking program without our volunteers. This includes many people - not only our hiking leaders, but COP Board members, office volunteers, and the Newsletter Editor.

- Soon to be moving, but not forgotten, are **Tom and Cheri Worsley**. They met while participating in COP and both have led numerous hiking and backpacking trips. Cheri led many multi-day combination trips such as hiking/caving at Carter Caves, KY, backpacking at Mammoth Cave, KY, skiing/hiking at Watoga, WV, and many other trips in Ohio as well.
- **Paul Brower** has led many trips to Tar Hollow. I have fond memories of sitting around a campfire and toasting marshmallows after a vigorous hike in this state park.
- **Earl Reisinger** has led hikes for a number of years for us. He seems to know every inch of the trails, always has a smile and never tires.
- **Ann Gerckens** (who does everything) not only leads trips, but leads by example. For instance, she always reminds us to not stray off the trail (even in deep puddles). Every time I come to deep mud in the trail, I think W.W.A.D.(what would Ann do?).
- **John Lunn**, currently working on the A. T., has led many trips, including those to Clear Creek and the ever popular New Year's Hike to Old Man's Cave. He always has a thorough explanation of the hike and hazards before we start.
- **Art Fograscher** and **Roberta Moore** have led trips up to Malabar Farms during special events, such as Maple Sugar and Christmas at the Big House. I have hiked on many of Roberta's trips to Mohican.
- **Glen Beachy**, our current president, has to be the most patient person to ever lead a trip. He never has a criticism, finds something positive to say about each participant, and goes out of his way to make sure each person has a good time. I'll never forget running into Glen by chance at Alley Park near Lancaster. He was leading a blind hiker up a steep hill. This hiker was really excited about the opportunity to get out and hike in the woods!
- **Gina Buckey** introduced us to many of the natural areas in Licking County. If I could only remember a fraction of the birds she identified, I could be an expert, too.
- **David Latanic** has helped me with the Fall Backpack class for a number of years. I enjoy listening to him teach "Leave No Trace" skills. His enthusiasm inspires me to personally practice and preach LNT.
- To **Sheila Sands** I owe a special thanks, not only for her contributions to COP, but to my life as well. She has led hiking

trips, backpacking trips, caving trips, car camping trips, and skiing trips just to name a few. Some of my favorite recollections are the many trips she has led to the Clifton Gorge / John Bryan area to observe the spring wild flowers.



*Pete Rogers stops briefly while hiking at Great Seal State Park, OH. Photo by Sheila Sands, November 2003.*

Many thanks also go to those leaders that I haven't mentioned.

These are just some of my favorite memories, none of which would be possible without the hard work and dedication of our volunteers. Thank You. ■

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*Pete Rogers is COP's Hiking Activity Leader.*

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The Great Ohio Bicycle Adventure has concluded for 2004. We enjoyed our beginning in Medina with Governor Bob Taft and his wife, Hope, riding bikes in the parade. A marvelous old calliope with perfect parade music preceded us on the streets. The Medina Police escort was perfect. Governor Taft welcomed the riders at the opening ceremonies on the Medina's lovely Town Square. Then, we were off to enjoy overnights to Orrville, New Philadelphia (2 nights), Bolivar, and Wooster (2 nights) before returning to Medina.

The week started with 2,978 registrants (compared to 3,165 in 2003).

Rider counters in Medina counted 2,499 riders leaving on Sunday morning (compared to 3,034 in '03). Rider counters in Wooster counted 2,085 riders heading back to Medina on the last day (rider counters from '03 did not respond). 1,731 of our riders were male; 2,463 were from Ohio; 373 were COP members; 39 states were represented as well as Canada; 445 riders were age 15 or under; 45 have ridden all 16 tours.

Some of the special activities this year included: a "mini" loop of 22 miles on the Tuesday optional day; visit at the Dennison Train Depot Museum; 2 layover towns for the 2nd year (New Philadelphia and Wooster); Trumpet in the Land Outdoor Drama; canoeing with NTR Canoes in Bolivar; a one-day real U.S. Postal Service's postmark featuring the GOBA logo (avail-

able only at the Zoar Post Office); an extra stop hosted by Grandma Shearer's Snacks; canal boat rides in Canal Fulton; tours of the Warther Carving Museum; the traveling Ohio Historical Society show bus; Secret Arboretum; a special bicycle Cat's Meow memento; the Golden GOBA dinner for 10 and 15 year veterans, hosted by Bob Evans; the grand finale - the Song Contest on Friday night; and we threw in the hills for free!

Once again, I've enjoyed working with the best volunteer crew, a combination of veterans and newcomers, who worked hard and worked hard together to make this the best GOBA ever!

*Julie Van Winkle is the GOBA Director for Columbus Outdoor Pursuits.*

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](http://www.daytonrotary.com) and click on **Fitfest** to register today!

Or Call Laura at Dayton Rotary 937.228.3331

Sponsored by:



# 29TH ANNUAL COLUMBUS FALL CHALLENGE

organized by  **Columbus Outdoor Pursuits**

**Date:** October 2-3, 2004 - *Rain or Shine*

**Ride Description:** CFC is a challenging ride, for the rider who likes steep climbs, swift descents, and breathtaking (if you even have any left) views from the hills of Southeastern and Eastern Ohio. It is a strenuous, two-day ride that covers over 200 miles, starting and ending in Lancaster. Marietta will be the overnight stop this year.

**Starting Location:** Start at the Fairfield County Fairgrounds on Fair Ave. in Lancaster, Ohio. Registration packets, available for pickup from 7-8:30AM, will contain: 1) wristband; 2) detailed route map; and 3) luggage tags.

**Food:** Your rider fee provides AM and PM snack stops, lunch on both days, and breakfast at the Lafayette Hotel in Marietta on Sunday morning.

**Support:** There will be limited sag service provided. As with a ride of the caliber of CFC, it is expected that you and your bike will be in above average condition. SAG support is provided for those unexpected emergencies. We will also try to have a bike mechanic available at the end of the day. All major emergencies/accidents will require you to contact local authorities (sheriff, Highway Patrol, etc.). All law enforcement jurisdictions will be advised of our bike route.

**Helmet:** SNELL OR ANSI APPROVED HELMET WILL BE REQUIRED AT ALL TIMES WHILE RIDING.

**Ride Fees:** \$40 for COP members postmarked by 9/15/04; \$45 for non-COP members by 9/15/04. \$55 after 9/15/04. \$60 on day-of-ride - limited to first 25 day-of-ride registrants only!! \$10 extra added to all above fees for 200-mile riders. This ride is limited to 500 riders only.

**Age Limits:** Riders under 17 must have a parent or guardian on the tour. Riders under 14 must ride with an adult family member.

**Overnight:** The overnight space is at the Betsey Mills Club in Marietta. The luggage truck will deliver your bags there. You are limited to 2 bags totaling no more than 25 lbs. See below for hotel information.

**Hotels:** This is a list of hotels, if you prefer to stay in more luxury:

Econo Lodge, 702 Pike St., 800-446-6900      Travel Host Inn, 700 Pike St., 800-537-6858  
Knights Inn, 506 Pike St., 740-393-7373

**Contact:** Eve Holland at 614/326-0435 or [bike2live@ameritech.net](mailto:bike2live@ameritech.net). Send registration form and your check, payable to Columbus Outdoor Pursuits, to: **Columbus Outdoor Pursuits/CFC, P.O. Box 14384, Columbus, OH 43214**

## 2004 Columbus Fall Challenge Registration Form

*(send this portion with your payment to the address listed above - one form per person only)*

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

Name \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ Emergency Contact Name \_\_\_\_\_

City/State/ZIP \_\_\_\_\_ Emergency Contact Phone (\_\_\_\_\_) \_\_\_\_\_

Breakfast and patch are included in the registration price. Quantities will be ordered according to the response:

I will attend Sunday buffet breakfast \_\_\_\_\_Y \_\_\_\_\_N      I would like to order a patch \_\_\_\_\_Y \_\_\_\_\_N

COST: COP Members (postmarked on or before 9/15/04) ..... (A) \$40.00

Non-COP Members (postmarked on or before 9/15/04) ..... (B) \$45.00

All Registrants (postmarked after 9/15/04) ..... (C) \$55.00

Day-of-Ride (First 25 registrants only!!)..... (D) \$60.00

T-SHIRTS: Long-sleeve 4-color, 100% cotton..... (E) \$20.00/each

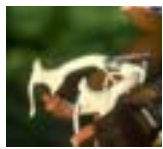
S \_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_ XXL\_\_\_ (mark size & quantity, t-shirts are \$20 each)

Total amount of check: (A) or (B) or (C) + (E) = (F)..... Total (F) \$\_\_\_\_\_

Make checks payable to Columbus Outdoor Pursuits, and send registration form and payment to:

**Columbus Outdoor Pursuits/CFC**  
P.O. Box 14384  
Columbus, OH 43214

**IMPORTANT:** ALL registration forms must include a SIGNED Liability Waiver located on the back of this form.



# 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 Aug 7, 14, 21, 28, Sept 4, 11, 18, 25**  
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 [tnntandem@aol.com](mailto:tnntandem@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!

## ALLEY PARK • Saturday 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 Jordon 614/920-2195 [tybjordan@hotmail.com](mailto:tybjordan@hotmail.com)

## 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 Rd). More details will be available in the August edition.  
Dave Knight [nitemoves60@yahoo.com](mailto:nitemoves60@yahoo.com) 614/277-9230

## ROCKY RIDE • Saturday September 4

Part of the Roving Ride Series! 8AM Class A, B, C+, riders. Bring your climbing gears! Ride includes Tar Hollow, Clark Hollow, Thorton Spung, and Rocky Knob. 50 or 70 miles. Start location is the Circleville YMCA, 440 Nicholas Drive. Park in the back parking lot.  
Peggie Shaw 740/649-7444 [pslaw1@columbus.rr.com](mailto:pslaw1@columbus.rr.com)

## GROVEPORT

**SUNDAYS August 1, 8, 15, 22, 29, September 5, 12, 19, 26**  
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](mailto:jdbiker@att.net)  
Dick Seebode 614/235-7669

## GROVE CITY

**MONDAYS August 2, 9, 16, 23, 30, September 6, 13, 20, 27**  
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 August 2, 9, 16, 23, 30, September 6, 13, 20, 27**

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## 2004 Columbus Fall Challenge

### BASIC LIABILITY WAIVER, INDEMNIFICATION AGREEMENT, PERMISSION TO PROVIDE MEDICAL TREATMENT & PUBLICITY RELEASE - READ BEFORE SIGNING

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

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

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

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

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

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

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

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

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Signature of Participant (Custodial Parent or Guardian if participant is under age 18)

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Date

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 August 3, 10, 17, 24, 31, September 7, 14, 21, 28  
6PM Class A, B, C. Generally a hilly workout. 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 Jordan 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 August 3, 10, 17, 24, 31, September 7, 14  
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 August 3, 10, 17, 24, 31, September 7, 14, 21, 28  
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 kboston@columbus.rr.com 614/262-4025

Steve Gassman 740/927-2468

Dick Seebode 614/235-7669

## WESTERVILLE

TUESDAYS August 3, 10, 17, 24, 31, September 7, 14, 21, 28  
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 jtleeh@yahoo.com 614/439-2279

B group: Adam Taylor headwind20@columbus.rr.com

740/363-0349

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

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

## CANAL WINCHESTER

WEDNESDAYS August 4, 11, 18, 25, September 1, 8, 15, 22, 29  
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 fstinehart@hotmail.com 614/834-5250

Brad Blair 614/253-1661

## NEWARK INTRO TO HILLS

WEDNESDAYS August 4, 11, 18, 25, September 1, 8, 15, 22, 29  
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

### 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



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 [bikersteve@ee.net](mailto:bikersteve@ee.net) 740/344-7515  
Amanda Orr [pooky\\_43068@yahoo.com](mailto:pooky_43068@yahoo.com) 614/861-5956

### 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 August 5, 12, 19, 26, September 2, 9, 16, 23, 30  
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](mailto:bikinbob@columbus.rr.com) 614/871-7965

### NEW ALBANY

THURSDAYS August 5, 12, 19, 26, September 2, 9, 16, 23, 30  
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](mailto:saaz2@hotmail.com)  
B group: Amy Rees 614/890-4285 [amyrees@ee.net](mailto:amyrees@ee.net)  
C group: Kathy Walaszek [ohwalaszek@aol.com](mailto:ohwalaszek@aol.com) 614/865-9384

### 18TH RIDE THE DARBY • Saturday August 7

7-9AM. Grove City. Meet at SE corner of Buckeye Grove Shopping Center parking lot, intersection of Hoover Rd and Rt-665 (London-Groveport Rd). Slightly modified routes along the scenic Big Darby watershed between Plain City and Circleville. Routes are being planned with multiple mileage options from 29 to 108 miles. Some hills in areas where you enter and leave the Darby Creek valley, otherwise generally moderate terrain. Budget tour. Cost \$2 for COP members. \$4 for non-members.

Randy Brownfield 614/875-3253 [wrbohio@columbus.rr.com](mailto:wrbohio@columbus.rr.com)  
Bob Waddell 614/871-7965 [bikinbob@columbus.rr.com](mailto: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. Cost \$2 for COP members. \$4 for non-members.  
Tim Faigley 614/885-4819 [tcfagley@core.com](mailto:tcfagley@core.com)

### 21ST COVERED BRIDGE CENTURY

Saturday, September 11

7:30-9AM. Canal Winchester, David Lutheran Church, 300 Groveport Road. Short option is flat and gently rolling. Longer options are hilly and tune-up rides for Columbus Fall Challenge. Budget tour.  
Gordon Renkes 614/263-3026 [grenkes@gcfn.org](mailto:grenkes@gcfn.org)

### 14TH TOUR OF THE HOCKING HILLS

Saturday, September 18

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

### 14TH KNOX COUNTY BICYCLE CHALLENGE

Saturday, September 25

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

### 29TH COLUMBUS FALL CHALLENGE

Saturday & Sunday, October 2-3

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

### 19TH FALL HOOT • Saturday, October 9

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

### ATTENTION BICYCLING LEADERS

*Please submit all bicycling activities to be included in the newsletter schedule to Bob Waddell at [bikinbob@columbus.rr.com](mailto: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](mailto: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)

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

### INTRODUCTION TO BACKPACKING CLASS

Mondays Sept 20, Sept 27, Oct 4

Are you interested in getting started in hiking and backpacking but don't know where to get started? We are offering a condensed introductory class covering such topics as foot wear, clothing, food, gear, planning, Leave No Trace and

more. We will discuss what to bring and what to leave at home; when to spend money on gear and when to save. This is a classroom only class with no trip scheduled at this time. Classes to be held at 7:00PM at COP office. Application in this newsletter and on the COP website.

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



## 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.

### ACBE TUESDAYS

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.

August 3	Allen Banks
August 10	Leader TBA
August 17	Leader TBA
August 24	Andy DiPalma
August 31	Leader TBA

### SEA KAYAK RESCUE PRACTICE • 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](mailto:lane.30@osu.edu)

August 3	Paddle Float Rescue (bring paddle float) and Reentry and Roll. Leader TBA
August 17	Towing (bring tow belt). Leader TBA

### 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 [molikowski@msn.com](mailto:molikowski@msn.com) 614/868-8201

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

### UPPER YOUGH • August 7

Eric Gehres [esgehres@earthlink.net](mailto:esgehres@earthlink.net) 614/486-1459

Mark Steinmetz [markstei@concentric.net](mailto:markstei@concentric.net) 614/297-8721

### YOUGH • August 7-8

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

Butch Weaver [kayaker\\_classV@yahoo.com](mailto:kayaker_classV@yahoo.com) 614/890-2169

### MAD RIVER FAMILY PADDLE • August 8

The Mad River is cool and shaded no matter what time of the year. Please e-mail or call early since this trip fills up fast! A limited number of boats will be available for rent (lifejackets included in rental and must be worn on trip). Bring lunch, drinks, a change of clothes and a lifejacket (if you have one). If you can transport a boat, your odds are much higher for going. Rafts and duckies may also be available for use. Deadline to sign up is August 3rd.

Jennifer Thurmond [wwaterjen@yahoo.com](mailto:wwaterjen@yahoo.com) 614/890-6269

### CANOE I SCHOOL • August 12-14

Learn the FUNdamentals of flatwater technique, safety, and other basic information on paddling a canoe. Learn the methods for controlling the boat that you wished you knew at summer camp, on a scout trip, or the last time you took out a canoe for a local trip! Class is suitable for those needing a brush-up and for those with no previous experience. Use the subject line of "Canoe I class" when emailing. Toni Hartley 614/523-3191 [toni\\_hartley@hotmail.com](mailto:toni_hartley@hotmail.com)

### SOUTHEAST OHIO FAMILY DAY PADDLE

August 14

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

Andrea Jones [ajones77777@hotmail.com](mailto:ajones77777@hotmail.com)

### UPPER NEW • August 14-15

John Markiel [john.markiel@abbott.com](mailto:john.markiel@abbott.com) EVE:614/794-1603

### QUICKSTART KAYAK CLASS • August 14 or 15

See information and application in the July newsletter.

### KIDS QUICKSTART KAYAK CLASS • August 15

See information and application in the July newsletter.

### 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](mailto: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@rrochio.com](mailto:hsus@rrochio.com) 614/771-0679



## SOUTHERN WHITEWATER

September 3-6

Have your iced tea, grits, and whitewater fun served up Southern Style! Let's head south to some of the classic whitewater runs of the American Southeast - Nantahala, French Broad, Nolichucky, Chattooga, Chattahoochee. Trip will be split to accommodate a range of whitewater boaters - from Class II to Class IV. We will be camping out, but may end up eating out or cooking in, depending on weather/trip location. Call trip leader if you are interested.

Sharon Seslar [hsus@rrohio.com](mailto:hsus@rrohio.com) 614/771-0679

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

## OVER THE FALLS FESTIVAL

September 10-12

A fun-social trip! Have you ever wanted to check out the OhioPyle Over the Falls Event? Now is your chance! Take the time to get away from work and any other stress you have during the week. Throw a boat on your car and we can paddle as well. We'll camp at the Yough Stop and either cook in or eat out, your choice! Cost: minimal. If emailing trip leader, please use the subject line of "Falls Event".

Toni Hartley [toni\\_hartley@hotmail.com](mailto:toni_hartley@hotmail.com) 614/523-3191

## KELLEYS ISLAND POKER PADDLE

September 18

This is not a race, but a leisure paddle around Kelleys Island. Venture out to five island beaches and draw playing cards. Best hand wins valuable prizes! Come join the fun with other COP members and make new kayak friends. Starts at 9AM and ends at 2PM on Saturday, September 18th. Foul weather date is Sunday, September 19th. Location: Kelleys Island State Park. Cost: \$5 donation.

Curt Goetz [goetzman854@aol.com](mailto:goetzman854@aol.com) 614/538-0574

## CANOE/KAYAK CAMPING

September 18-19

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](mailto:ajones77777@hotmail.com)

## LOWER GAULEY

September 18-19

Mary Spikowski [mspikowski@msn.com](mailto:mspikowski@msn.com) 614/868-8201

## Water Releases

Friday, September 10	Gauley River, WV	2,800cfs	7AM - 1PM
Saturday, September 11	Gauley River, WV	2,800cfs	6AM - 2PM
Sunday, September 12	Gauley River, WV	2,800cfs	6AM - 2PM
Monday, September 13	Gauley River, WV	2,800cfs	7AM - 1PM
Friday, September 17	Gauley River, WV	2,800cfs	7AM - 1PM
Saturday, September 18	Gauley River, WV	2,800cfs	6AM - 2PM
Sunday, September 19	Gauley River, WV	2,800cfs	6AM - 2PM
Monday, September 20	Gauley River, WV	2,800cfs	7AM - 1PM
Saturday, September 18	Caesar Creek, OH	500cfs	9AM - 5PM
Sunday, September 19	Caesar Creek, OH	500cfs	9AM - 5PM
Friday, September 24	Gauley River, WV	2,800cfs	7AM - 1PM
Saturday, September 25	Gauley River, WV	2,800cfs	6AM - 3PM
Sunday, September 26	Gauley River, WV	2,800cfs	6AM - 3PM
Monday, September 27	Gauley River, WV	2,800cfs	7AM - 2PM

As always, reservoir releases depend on hydrologic conditions and may be cancelled due to lack of water. Releases in Ohio are confirmed/cancelled on Friday of the week PRIOR to release. Link to the ODNR release info via the COP website boating page or browse: [www.dnr.state.oh.us/watercraft/boat/releases.htm](http://www.dnr.state.oh.us/watercraft/boat/releases.htm).

## ? 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](mailto:lane.30@osu.edu).

For whitewater kayaks, contact:

Dave or Sharon Seslar 614/771-0679

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

[hsus@rrohio.com](mailto:hsus@rrohio.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.

**APRIL 2** Lower Olentangy Downtown Boat Ramp at West end of Nationwide Boulevard, Paddle up the Scioto to Dublin Water plant and around the Santa Maria Downtown Area. Time 6PM START returning between sunset and full dark. Canoe or Kayak with flashlight or boat light required. PFD must be worn.  
Terry Smith 614/444-2104 (day) 614/430-9395 (eve)

**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

**SEPTEMBER 1** South Alum Creek Reservoir Meet at New Galena Boat Ramp and paddle 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.  
Leader TBA

**SEPTEMBER 8** O'Shaughnessy Reservoir, Area C POT LUCK DINNER & paddle north. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.  
Nancy Goldschmidt 614/263-7680

**SEPTEMBER 15** Griggs Reservoir Meet at Griggs Nature Conservatory, 6375 Riverside Drive. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.  
Curt Goetz Goetzman854@aol.com

**SEPTEMBER 22** North O'Shaughnessy Reservoir Meet at Area Q, Bellpoint. 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



**SEPTEMBER 29** North Hoover Reservoir Meet at Oxbow Boat Launch and paddle the east shore to Galena. 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 614/854-0415 bucki5@aol.com

*John Lane (above) and Rick Taylor (right) paddle at Alum Creek, 2000.  
Photos by John Markiel.*



# Climbing

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

## WEDNESDAY EVENING WALL SESSIONS

Aug 4, 11, 18, 25

7-9PM. Members only. \$7.00 all equipment included.

Kevin Nowlin 740/927-0402 [Blink43068@yahoo.com](mailto:Blink43068@yahoo.com)

## WALL SESSIONS ON REQUEST

Wall sessions can be arranged for groups on a request basis. Call for details.

Tom Lester 740/927-8106

## NEW RIVER GORGE

August 13-15

New River Gorge. Top roping trip to the New. Cost: \$20.00 plus expenses (travel, camping and meals). Members only and reservations required.

Tom Lester 740/927-8106

*Mike Binion enjoying a climb in the sun at Panty Wall on a 2003 trip to Red Rocks, Nevada. Photo courtesy of Barry Evans.*



# Hiking

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

## 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](mailto: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:

Trek Tandem—Double Track T-100 in road bike configuration - 1998. Size: 56cm front and 48cm rear. Color: "Midnight Blue". Wheels: Bontrager rims, Shimano hubs, Continental 700x25c tires. Derailleur system: Shimano Deore LX, triple crank, 21 speed, with Shimano bar-end shifters. Brakes are Shimano STX cantilever system. Original owner with approximately 1500 miles. Maintained to perfection. Excellent condition. \$575  
Tim 614/764-3872

### FOR SALE:

EZ-1 SC Lite Recumbent by Sun Bicycles. 21 speeds, very comfortable, easy to ride. Excellent shape, fewer than 150 miles. Discovered recumbents aren't for me. Retail at \$795, asking \$600.  
Martha 614/430-9798 mastengo@copper.net (north Columbus)

### FOR SALE:

Old Town Loon 138 kayak. Excellent condition, dark green. Valued at \$550 New, will sell at \$350. Serious inquiries only.  
D. Brainard 614/882-3226

### FOR SALE:

Perception SPARC whitewater kayak - good condition, good for energetic, small-medium sized paddlers; \$350. New Wave Tool (fiberglass) whitewater kayak - older playboat design for medium-larger sized paddler, good surfing boat; \$150. Eurokayak Conquest whitewater kayak - good for river running and mild creeking for small-medium sized paddlers, durable European construction with no center beam; \$150. Carry your new boat home with a Yakima kayak stacker (loop style), includes brace; \$40.  
Dave Seslar 614/771-0679 dseslar@rrohio.com

## 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.



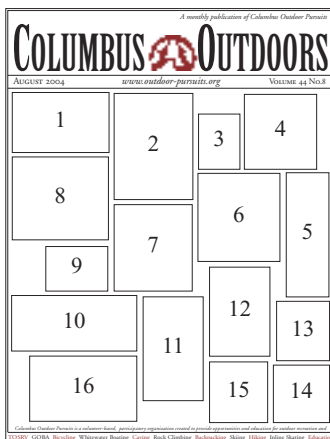
**COLUMBUS OUTDOOR PURSUITS**  
**PO BOX 14384**  
**COLUMBUS OH 43214-0384**

NON-PROFIT  
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 COLUMBUS, OH  
 PERMIT 172

Cover Photos: *A small sample of the many faces  
 of COP Volunteers:*

- |                    |                             |
|--------------------|-----------------------------|
| 1 - Cheri Worsley  | 9 - Ann Gerckens            |
| 2 - Chris Russell  | 10 - Pete Rogers            |
| 3 - Bob Waddell    | 11 - John Lane              |
| 4 - Eric Gebres    | 12 - Greg Karoly            |
| 5 - Butch Weaver   | 13 - Ron Metzger            |
| 6 - Mary Spikowski | 14 - Jim Mauer              |
| 7 - Jeff Haven     | 15 - Diane Larson           |
| 8 - Tom Lester     | 16 - Mike & Kitty Wadkowski |

*For those listed above, and for the numerous other  
 COP volunteers that could not be shown,  
 THANK YOU for all you do! Our  
 organization couldn't exist without you!*





Kestrel EVOKE

## FREE TEST DRIVE.

[Just be back before closing.]

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