

COLUMBUS OUTDOORS

OCTOBER 2004

www.outdoor-pursuits.org

VOLUME 44 No.10



VOTE

*Proposed
Amendment
to the COP
Constitution*

For your COP candidates & issue
Tuesday, October 19, 2004

see page 15 for ballot & details



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@rrohio.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

October 2004 • Volume 44 • Issue 10



Pacelines

Jack Hornsby

Our September newsletter's bicycling activities schedule listed approximately 25 rides or tours for your selection and enjoyment. These COP tours and rides are made possible by our dedicate staff of planners, schedulers and ride lead-

ers. Special thanks go to Bob Waddell for his monthly efforts in putting together our schedule for the newsletter. We often use input from you, as members, in planning and publishing these offerings.

Effective in September we changed our activity schedule to list rides in three categories. Those areas are weekly rides by day; one time rides by date, and reoccurring annual rides by date. Our goal was to eliminate some confusion expressed by a few callers. We welcome your input and will continue to plan our schedules to meet your needs. I especially appreciate your calls with praise for the leaders and routes.

Our roving Saturday ride schedule started this year and was due to much effort by Donna Bush and input from other leaders. This has worked well by providing varied ride opportunities and by freeing ride leaders from the same scheduled rides each Saturday.

We plan to continue this program next year.

I'm happy to report that Bobbi Bedinghaus will be the new ride leader for the 33rd WOODSTOCK in April.

My most recent ride activities included Ride The Darby and the Ridge Runner Ramble. Bob Waddell, Randy Brownfield and Dave Brokaw did a great job with the Darby route. I did the 100-mile option, which included long wooded creek bottoms and large farms as well as some very scenic residential areas. Grove city and the Darby are my normal riding areas but I encountered a few areas I had not ridden before.

Thanks to Tim Faigley for planning the Ridge Runner, my ride the Saturday following the Darby. I also did the 100-mile option here. Quite a contrast between the two rides. The Ramble, with many hills, proved to be a challenge, but I was well rewarded by the route and scenery. This is a well-planned ride including terrain from rolling farmland near New Albany to the sparsely populated, very hilly, north central Ohio area north of Newark. I enjoyed all areas of this ride, especially several canopied roads north of Newark and Utica. These roads had extended lengths where the trees from both sides met in the middle. They were very shaded and cool with little or no traffic. Beautiful!

E-mail me at bicycling@outdoor-pursuits or call 614/877-3085 with your comments or suggestions. ■

Jack Hornsby is COP's Bicycling Activity Chair

Give Your Body a Tune Up!
 TRY
THERAPEUTIC MASSAGE

Carla M. Ironous, LMT
 3620 N. High St. Suite 105
 Located in Clintonville
 614.562.0616
 Afternoon & Evening Appointments

Farewell ...

Well, it was going to happen eventually . . . The issue of *Columbus Outdoors* that you are holding in your hands is my final as Editor for COP. It's been a fun and creative couple of years, but alas, the time commitment required to produce a quality newsletter on-time each month is too much to squeeze into my "spare" time.

I've enjoyed the process of producing a publication that I hoped you enjoyed reading each month. However, I've really grown to appreciate those who contribute schedule items, articles, and photos to the newsletter - after all, these are the things that make the newsletter enjoyable to read and relevant to the membership. And I appreciate all the advertisers who have supported this publication and, hopefully, will continue to do so.

Ann Gerckens will assume the responsibilities of the editorship. She is currently Office Manager for COP and has served as backup during my time as Editor. She will remain COP's Office Manager but will also take on the additional tasks as Editor. I wish her the best and am sure she will do a wonderful job of producing this important publication.

Thank you to all the activity leaders & activity



schedule coordinators (for making my life easier with the schedule items!), article & photo contributors, COP board members, advertisers, and the good folks at Kenwel Printers. I've enjoyed working with you all.

Sharon Seslar

The out-going Editor, as well as the soon-to-be Editor, hope you continue to send in submissions for this newsletter. You can continue to send them to editor@outdoor-pursuits.org.

What's Inside

VOLUME 44 • No.10

- 2 Pachelines
- 3 Farewell
- 4 Milestones
- 5 COP Trip Report: Little Muskingham River
- 6 Destinations: Niagara Falls by Bike
- 8 Sunrise/Sunset Table for October & November
- 8 Activity Schedule
- 14 Classifieds
- 15 2004 Annual Election Ballot
- 16 Membership Application

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



Left: Marsha Lee Wikle, Ellen Lammers, Donna Alvarado, and Steve Houck (all COP members) on Bike Florida.

Right: Looking for the Suwanee . . . "way down" in the bottom of the handlebar bag?? One of several crossing over the Suwanee River on Bike Florida. This was an historic bridge set up in a park - the river happened to be about 1/4 mile away!

Bottom: Marsha Lee Wikle, Al Moore, and Ellen Lammers at one of the Sunday morning Groveport COP rides in April.

Milestones

Marsha Lee Wikle

I've just passed a milestone in my biking year. As of August 18, I've ridden more miles (4000) this year than I rode during either 2002 or 2003 - with 4 months of biking yet to go. It took me 102 rides out of 230 days in 8 months. Lance and friends rode 2900 miles in 19 days, at an average speed of over 30 mph. My average is closer to 12 or 13. He rode in 3 countries, I've ridden in 6 states and

one foreign country. He rode Alpe d'Huez. I climbed the Hocking Hills, the Shenandoah Valley of Virginia, and the Fingerlakes in New York. He baked in the sun of southern France; I got early season miles baking in central Florida, cooling off in springs with the manatees.

So what does this buy me, except a moderately cheap way to spend my hard-earned vacation time? For every 72 miles, I've dropped a point off my cholesterol (a drop from 270 to 214 in 2 years). I've not lost a pound; in fact last year I gained 6 and decided I would rather be strong than skinny.

I've never stood on a podium, but I've stood on ground I never would have found had I not been on a bike. I've swum in bottomless springs, tasted raspberry wine on an early summer morning, and raced my bike through Watkins Glen in the rain.

I've felt the cool spray breezing by Niagara Falls and wiped the frost off my bike computer on a cold Florida morning (well, nearly, it was 38 degrees). I surprised an alligator sunning by a silt pond (or did he surprise me?), and raced deer along the fence in central Ohio (the deer won).

I've worn out my first set of brake pads,

learned to change a flat tire in less than 20 minutes, and conquered my first century.

I can relish the pleasure of an engaging conversation with someone I wouldn't recognize in street clothes (and whose name I've never learned) after an hour's chat on the ride . . . I can take a bath with a water bottle. I can eat watermelon standing in the rain.

I'll never be fast, but I've embraced the satisfaction of just getting there. I may never again be able to ride this many miles, but I can still hunt down a rail trail in the middle of nowhere and appreciate its place in our industrial past.

I can ride into a mostly-gone town in the rural south and appreciate its role in our two centuries of history. I can relish the pleasure of an engaging conversation with someone I wouldn't recognize in street clothes (and whose name I've never learned) after an hour's chat on the ride.

I can take my tent down in 12 minutes flat. I can take a bath with a water bottle. I can eat watermelon standing in the rain.



I praise the Lord every day that I can still do this. And I praise the doctor who prescribed the Celebrex, the physical therapist who helped me learn to work through the awful back pain, the masseurs who work on my neck after the long rides, the vet who invented Bag Balm, and the people who volunteer for rest stops.

If it ever ends, I'll sure have miles of memories. ■

Marsha is a COP member from Athens, Ohio.

Paid Advertisement



Fall-N-Leaf Bicycle Tour

Mid Ohio Bikers
www.midohiobikers.org

- Date:** Sunday, Oct. 10, 2004 8AM
- Place:** Ramada Inn - 4 miles south of Mansfield, OH at intersection of I-71 and SR-97 (exit 165)
- Distance:** 34 miles and 62 miles.
- Cost:** \$14.00 registration fee through Sept. 27; \$18.00 thereafter

Photo souvenir offered
New (offered for 1st time): Bike swap

Accommodations:

Ramada Limited
Saturday 10/9/04 \$82.00 plus tax
Sunday 10/10/04 \$65.00 plus tax
Please make your reservations before Sept. 27, 2004
Ask for the M.O.B. Special rate.
(419) 886-7000

The COP canoe camping trip the weekend of August 20-22, 2004 was on the Little Muskingum River in Monroe and Washington Counties, Ohio. The Little Musk is less than 40 miles long, originating in Monroe County, and ending at the confluence with the Ohio River near Reno, just up the Ohio River from Marietta. The most favored part of the Little Musk

for canoeing and kayaking passes through the Marietta Unit of the Wayne National Forest, and runs parallel to the Covered Bridge Scenic Byway, State Route 26, known for its century old covered bridges. This area is rural and forested, far from the maddening crowds.



Penny Plesset (bow) and her daughter, Sara (stern), paddle toward the lunch stop at Hune Bridge, Sunday 8/22/04. Photo by Andy Jones.

Under “normal” conditions, the Little Muskingum has no significant hazards other than sandbars and low water. Describing this river as “Class I” is usually an overstatement. People who paddle this river should also be in good shape for hiking and dragging.

However, due to a steady and heavy rainfall the day and night before, we were able to put in on Saturday at the Ring Mill Canoe Access off of Low Gap Road. This access point rarely has enough

water to float a toy boat, much less a flotilla of COP canoes and kayaks. When we put in, the gage (USGS 03115400) at Bloomfield had crested at just under ten feet.

We were on the tail of the surge and guided our boats the six miles from the put in to the lunch stop at the Knowlton Bridge in about an hour. At lunch, we decided to continue the remaining nine miles to our campsite at the WNF Haught Run Campground, just downriver from the Rinard Bridge. Because the water levels were dropping quickly, the nine miles from the lunch stop to the campsite actually required us to

paddle more than just guide our boats, and it also took us a bit longer than the earlier stretch. By the time we took out at Haught Run, the gage at Bloomfield had dropped three feet, to just under seven feet.

Sunday morning we awoke to even lower water levels, and the sandbars were becoming visible. We had tied our boats off on the banks of a tributary the afternoon before, only to find that they were now parked in mud the color and consistency of mocha cake frosting (only not as tasty).

Our plan was to paddle eight miles downriver to the village of “Dart,” where we had shuttled our vehicles. The day was beautiful, and despite the continued drop of the water level, our spirits soared. After lunch at Hune Bridge, we continued downriver and we were disappointed with the speed at which Dart appeared on river right.

By the time we took out, the gage read four and a half feet, plenty of water to comfortably paddle in. Plans for paddling on down the Little Musk, under the Hills Bridge, to the confluence of the Ohio River at Reno (OH), past Marietta, and on to New Orleans was discussed with great enthusiasm.

The Little Muskingum River tends to be a bit on the muddy side. According to the Wayne National Forest, “muskingum” is a native word for “muddy.” It is a haven for wildlife, including river otters, and local fisher-people have some rather fantastic fish stories to tell. Members of the COP group spotted a variety of birds: herons, hawks, kingfishers as well as softshell turtles.

The Wayne National Forest campsites at Ring Mill, Haught Run, Hune Bridge, and Lane farm are available free on a first-come, first-served basis. The sites have fire pits and outhouses, and some sites have water. More information is available at the Forest Service website: www.fs.fed.us. ■

**USED
GEAR
SALE!**

OCT. 15th-17th

**call or stop in
for details**

**Outdoor
Source**

3121 Kingsdale Center
Columbus, OH 43221
(near Tremont and Fishinger
under the clocktower)
(614) 457-3620
www.outdoorsource.biz

Niagara Falls by Bike

Tom Burkett

We sat on our bikes in the approach lane to the Rainbow Bridge between the USA and Canada. “Closed,” the attendant said, “and no, we don’t know for how long.” Three blocks on the other side of the bridge was our lodging for the night, our car, and most of our stuff. “Come back in an hour. It should be open by then.” Two hours and two checks later it was still closed and, by now, well after dark. Consoled by the opportunity to sit by the falls, we nevertheless considered staking out a park bench in case the bridge should not reopen before morning . . .

This was a celebration of our 25th wedding anniversary, and Niagara Falls was first on the list. With two recumbent bikes on the newly arrived extra long rack trays atop the car, we set off for a Scottish B&B on the Canadian side of the falls.

It was a surprise to find that the parks on both sides of the falls were so bike friendly. Goat Island, situated between the American and Canadian falls, has an inviting perimeter trail with great views. Wide pedestrian walkways and bike lanes criss-cross the town on both

sides of the border. So, with the car in the driveway of our B&B, we decided to avoid a \$12 parking bill and ride across to the American side for dinner. Little did we know we’d get caught by the second bridge closure in two years!

On the Canadian side, a paved bikeway runs all the way from Fort Erie to

Niagara-on-the Lake. Fort Erie is a restored installation from the War of 1812, with costumed interpreters. Niagara-on-the Lake is a quaint colonial village full of boutiques and art galleries, and the gateway to the Niagara wine country. We can recommend the excellent tour at the Jackson-Triggs winery, just a five minute ride from town.

After our two day stay near the falls, we set out for some more determined biking and picked up the Erie Canal Heritage trail at its western terminus in Lockport, NY. With the exception of a few re-routings around Rochester, the trail is on the bed of the Erie Canal towpath. The surface and scenery are much like the Miami & Erie Canal trail in Cuyahoga National Park, but the trail itself is much longer (about 90 miles) and goes through a number of small towns that have revitalized their canalside areas in response to the growth in bike

Fresh cherries for lunch along the Erie Canal Trail.



Cycling the Goat Island trail at Niagara Falls. All photos courtesy of Tom Burkett.

traffic.

This was Patti’s first long ride, so we planned for 35 miles the first day, 45 miles the second, and a brief 10 on the third, allowing us to do some car sightseeing and drive back to Granville that day. One of the highlights of the first day was a bike tour of Albion, the county seat of Orleans County. The local historical society has put together an entertaining brochure, full of pertinent facts and bits of juicy gossip from the town’s history. Several churches are on the tour, including a Universalist Church paid for by George Pullman (of Pullman car fame), who built it in honor of his mother and commissioned Tiffany to make all the stained glass windows.

Our BikeE recumbents performed nicely and, with a bit of help from “vitamin I”, we were not too tired or sore to enjoy an evening at the Orchard View Bed & Breakfast just east of Albion. The beautifully restored farmhouse sits on a rise overlooking groves of fruit trees that have been tended by the Lamonts for six generations. We spent a bit of time in the double whirlpool tub before enjoying a delicious



cake baked in honor of our anniversary. After a restful night and a breakfast of fresh fruit and fresh baked goods, we set off again.

Good signage along the trail provides detailed information on canal history, disasters, and the construction and operation of the bridges and locks. The

and forth to get the necessary parts.



Crossing the Rainbow Bridge into Canada

Most every town along the canal has a lift bridge. In the larger towns, the bridges lift every half hour to allow boat passage. In the smaller towns, boats radio to a local bridge operator who lifts it on demand. We had occasion to watch several bridges lift during our ride, as there was quite a bit of boat traffic, especially in certain parts of the canal.

More fun even than the bridges were the locks. Two of these are located in Lockport, at the west end of the trail, where the canal has to rise to the top of the Niagara escarpment, the geologic feature that creates Niagara Falls. In the earliest canal era, five locks were required to raise a boat this far, and Lockport's canal museum includes the original flight of five stone locks. Just beside them are the two modern locks which currently serve.

park itself are located picnic tables, camping spaces, boat tieups, showers, bathrooms, and occasional entertainment.

This is a trip you might try with a family. We plan to go back with our children. You might also want to paddle. The lock operators will lock you through in canoes or kayaks. "After all," said the operator in Lockport, "you guys are using up all that energy paddling the canal. Why should you have to get out and portage?"

Similar facilities exist in other towns, and many communities use the canal as a site for concerts, festivals, and farmers' markets.

The town of Pittsford has taken a different approach, and provides the visitor with shops, restaurants, and a bike shop right on the canal. The area is so well used that cyclists are asked to walk through rather than ride.

The only poor surface we encountered on the trip was a three mile stretch on the west side of Rochester, where tree roots had badly heaved the asphalt. I split a rim in this section, and we were only able to continue because

of the help and generosity of local riders who helped us locate a shop (ever try to find a 20" cassette alloy rim on a Sunday afternoon?) and ferried us back

The New York Parks Department continues to enhance trailside facilities. A nice example of this is the park in Holley. The community has developed a series of biking and hiking trails that fan out from the park, and in the

On the west side of Rochester, the trail departs from the canal and travels over rolling terrain through an industrial wasteland with several road crossings. It was a relief to arrive at Genesee Valley Park, where the canal meets the Genesee River. Here you might elect to take the Genesee Valley Greenway trail north to the Genesee Falls and the city, or south along the Genesee Canal. It's also a great place to toss a frisbee, have a picnic, take a nap, or stretch your legs with a walk. At this point the trail returns to the canal towpath. Fifteen miles east, past the Grand Embankment, we spent the night in Fairport.

This is a trip you might try with a family. We plan to go back with our children. You might also want to paddle. The lock operators will lock you through in canoes or kayaks. "After all," said the operator in Lockport, "you guys are using up all that energy paddling the canal. Why should you have to get out and portage." Another option is to rent a traditional canal boat or a more modern houseboat. We passed many of these with bikes or small boats on deck. Ride, paddle, steam, shower and sleep on board.

The last morning we rode a dozen miles to Palmyra, where the developed trail ends. It is possible to continue on a combination of trail and roads for more than a hundred additional miles. We were happy to load the bikes atop the car and head for home. The weather was perfect, the accommodations delightful, the company incomparable, and the experience one we will not soon forget.

Oh, yes, the Rainbow Bridge did finally open at about 11 PM, and we were grateful for streetlights as we made our way back into Canada. ■

Resources:

- Parks & Trails NY (www.ptny.org) - publishes a very nice guidebook
- 7 Inns Brochure (www.footprintpress.com/Rochester/7_Inn_Brochure.pdf) - details sites and inns

Sunrise/Sunset Table for October & November 2004

Standard time goes back into effect at
2AM on Sunday, October 31st.

Day	October		November	
	Sunrise	Sunset	Sunrise	Sunset
1	7:29	19:14	7:02	17:29
2	7:30	19:12	7:03	17:28
3	7:31	19:10	7:04	17:27
4	7:32	19:09	7:05	17:26
5	7:33	19:07	7:06	17:25
6	7:34	19:06	7:07	17:24
7	7:35	19:04	7:08	17:23
8	7:36	19:02	7:10	17:22
9	7:37	19:01	7:11	17:21
10	7:38	18:59	7:12	17:20
11	7:39	18:58	7:13	17:19
12	7:40	18:56	7:14	17:18
13	7:41	18:55	7:15	17:17
14	7:42	18:53	7:16	17:16
15	7:43	18:52	7:18	17:15
16	7:44	18:50	7:19	17:15
17	7:45	18:49	7:20	17:14
18	7:46	18:47	7:21	17:13
19	7:47	18:46	7:22	17:12
20	7:48	18:45	7:23	17:12
21	7:49	18:43	7:24	17:11
22	7:50	18:42	7:25	17:11
23	7:51	18:40	7:27	17:10
24	7:53	18:39	7:28	17:10
25	7:54	18:38	7:29	17:09
26	7:55	18:36	7:30	17:09
27	7:56	18:35	7:31	17:08
28	7:57	18:34	7:32	17:08
29	7:58	18:33	7:33	17:08
30	7:59	18:31	7:34	17:07
31	7:00	17:30		



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. Note that rides are listed in three categories below:

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

WEEKLY RECURRING GROUP RIDES LISTED BY DAY OF WEEK

GROVEPORT

SUNDAYS October 3, 10, 17, 24, 31, November 7, 14, 21, 28
9AM. (Note time change on Oct. 31) Class B, C. Miles will depend on weather, usually 40-55, brunch always. Meet at Groveport Freshman School (Hamilton Road south from I-70 or US-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

NORTHWEST WINTER RIDE

SUNDAYS Nov 7, 14, 21, 28

9AM. Class B, C. 40-60 miles, depending on weather. Meet at Avery Park, north parking lot, just south of Brand Road, near the water tower. We'll ride a comfortable pace and stop to warm up and have brunch.

Steve Barbour 614/457-6656



Recumbent rider Florence Jain sun-burned her neck, so she ended up wearing the above head-dress, thereby earning the name "Florence of Arabia" by her fellow riders! Photo by Charlene Schaffner.

GROVE CITY

MONDAYS October 4, 11, 18, 25

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 October 4, 11, 18, 25

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 SR-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 October 5, 12, 19, 26

6PM. Class A, B, C+. Generally a hilly workout. Mileage will vary depending upon the breakout of the groups. Approximately 25-35 miles depending upon daylight. Directions: Take US-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

LICKING COUNTY

TUESDAYS October 5, 12, 19, 26, November 2, 9, 16, 23, 30
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 south of SR-16 at Main (SR-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

CANAL WINCHESTER

WEDNESDAYS October 6, 13, 20, 27

6PM. Class A, B, C. 30-50 miles. Directions: Take US-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 October 6, 13, 20, 27

Note time change. 5PM. 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 SR-16 between 21st and 11th streets in Newark.

Steve Houck bikersteve@adelphia.net 740/344-7515

Amanda Orr 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 October 7, 14, 21, 28

6PM. Class A, B. Common riding speeds of 15-22 mph. Average speed usually 16-18 mph. Meet at SE corner of Buckeye Grove Shopping Center parking lot, intersection of Hoover Rd and SR-665 (London-Groveport Rd). Ride route varies weekly with various 30-40 mile loops in rural Franklin, Pickaway, and Madison counties. Daylight is getting shorter; we will plan to finish before dark, but delays are possible, so bring your emergency lights.

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

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



Groveport Riders Take it to the Streets. Left to right: Donna Bush, Steve Hewitt, Peter Hoffman, Tim Faigley, Dave Roderick, Becki Guy. Photo by Bob Kieffer.

HILLIARD-RAILS-TO-TRAILS

SATURDAYS October 2, 9, 16, 23, 30

7:30AM. Class A, B, C. Ride to the Dutch Kitchen for breakfast. From I-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 ttntandem@aol.com

Mark Curtner 614/529-0185

Susan Shuter 614/850-0897

Bobbi Bedinghaus 614/777-4618

ONE TIME GROUP RIDES LISTED BY DATE

CANAL WINCHESTER

SATURDAY October 16

Saturday Roving Ride Series 8AM. Class A, B and C+, 45 - 60 miles. Spooky October! Stonewall Cemeteries and Haunted House Road. Directions: Take US-33 South towards Lancaster, right at High Street, Canal Winchester exit (corner where Speedway is). Drive through the light in the center of town. Immediately after the light, turn left between the Shade Restaurant and the Huntington Bank Park in the public parking lot.

Steve Hewitt hewitt.1@osu.edu H:614/421-1427

BATTELLE-DARBY METRO PARK

SATURDAY October 23

Saturday Roving Ride Series 8AM. Class A & B 60 miles, C & D 20 miles Darby Creek Rd (southwestern Franklin County) From I-270, take the W. Broad St. (US-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

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

GROVE CITY HALLOWEEN RIDE

THURSDAY October 28

6PM. Class B, C - 40 miles. Urban/Rural night ride with the goblins. Meet at SE corner of Buckeye Grove Shopping Center parking lot, intersection of Hoover Rd. and SR-665 (London-Groveport Rd). Lights meeting State of Ohio Law for bikes at night (Front and rear lights, front rear and side reflectors) and reflective clothing are required. For more details about Ohio laws for night operation of a bicycle go to: <http://onlinedocs.andersonpublishing.com/oh/lpExt.dll/PORC/38b97/3a1f7/3a734/3a766?>

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

CANAL WINCHESTER

SATURDAY October 30

Saturday Roving Ride Series New start time - 9AM. Class A, B and C+, 45 - 60 miles. Just a few hills before winter. Take US-33 South (east) toward Lancaster. Turn right on High Street in Canal Winchester. Turn left into the public parking lot behind the Huntington Bank. Steve Barbour 614/457-6656.

ALLEY PARK

SATURDAY November 6

Winter Century Ride Series 8AM. Class A & B. Take US-33 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. 60 to 100 mile options of hilly terrain. Plan to stop for a meal on route.

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

LONDON RAIL TRAIL RIDE

SATURDAY November 13

Winter Century Ride Series 8:30AM. Class A & B, C. 100 miles of Ohio Rail Trails from London to Fort Ancient State Park. Meet at the trail head parking area at the Madison County Senior Center, 260 W. High St (US-42 West), London. Stop for food at Corwin/Waynesville before returning via the same route. Alternate food and turn around options are also available at Cedarville (42 miles), Xenia (58 miles) & Corwin (86 miles).

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

GROVE CITY

SATURDAY November 20

Winter Century Ride Series 8:30AM. Class A & B. 100 miles of various terrain to Deer Creek Lake, Chillicothe, Great Seal State Park, & Circleville. Also shorter route options to Circleville (48 miles) or Kingston, (86 miles) will be mapped. Meet at SE corner of Buckeye Grove Shopping Center parking lot, intersection of Hoover Rd and SR-665 (London-Groveport Rd). Food opportunities at Deer Creek, Chillicothe and Circleville.

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

ANNUAL BUDGET & SPECIAL TOURS LISTED BY DATE

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

19TH FALL HOOT • Saturday, October 9

8-9:30AM. Bloom Carroll High School US-33 between Canal Winchester and Lancaster. New Route this year will stay east of US-33, but include Savage Hill and Chicken Coop and many other hills. Longer Route of 65 miles with lots of hills may remind you of CFC. Flat to rolling route of 35-40 miles. Plenty of food stops available. Budget tour. \$2 COP members/\$4 non-COP members. Dave Roderick 614/836-3106 droderick@greenapple.com

FALL BIKE TOUR • Friday-Sunday, October 22-24

Join Terry and Glenn for a cycle camping trip. Loaded touring

or arrange your own SAG. Hargus Lake Friday night and Tar Hollow Saturday night. Riding distances of 20-55 miles at a gentle pace. Fall colors, some hills. Cost \$15 for leader fees and campsites. Total due day of ride. Checks payable to COP. You are on your own for food. We plan to stop in Laurelville Saturday afternoon for a late lunch (save room for pie).

Terry Smith 614/430-9395

Glenn Beachy 614/268-4904 gbeachy2000@yahoo.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.



Boating

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

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

FALL CANOE II SCHOOL

September 30, October 2 & 3

This canoe school is designed for the canoeist who has completed COP's level I canoe school and is the pre-requisite to level 3 canoe school. We will have a 2 hour evening classroom session on Thursday, September 30th, then spend the weekend paddling on the Olentangy River in Delaware, Ohio just north of Columbus. Students should be comfortable with all of the basic paddle strokes. During the school, we will apply those strokes to moving water. See application in this newsletter and on COP website.

Eric Hogg H:614/890-3516 cyberhogge@yahoo.com

GRAYSON LAKE

October 16-17

Enjoy the fall colors while paddling scenic Grayson Lake in North-eastern Kentucky.

Rick Allison bucki5@copper.net 614/854-0415

CAESAR CREEK LAKE FALL COLORS PADDLE

Sunday, October 17.

Meet at the south end of the parking lot at Wellman Meadows Boat Ramp at 11AM. Paddle about 4 hours with a lunch stop at one of the picnic areas.

Les Groby 937-767-8736 sr4runner@webtv.net

LOWER GAULEY

October 16-17

Paddle the famous Gauley River! Paddlers from around the country flock to this revered river during the few weeks of the year that the Army



Instructor Dave Seslar and Canoe I student (stern) paddle on the Mad River during the Sunday graduation paddle. Photo by Sharon Seslar.

Corps releases water from Summersville Dam. Enjoy the big water feel AND technical nature of this challenging run. However, you must have solid Class IV boating skills. Rafts possible, but BYOG (bring your own guide). Cost: camping, food, gas.

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

RUSSELL FORK ABOVE THE BREAKS

October 23-24

Fairly easy class 2-3 paddle in a gorgeous Southern river gorge. Five hour drive from Columbus, leaving Friday evening. Camp at Breaks Interstate Park and probably camp cooking (your own).

Eric Gehres ericgehres@yahoo.com

Mark Steinmetz markstei@concentric.net

NOC SALE AND WHITEWATER FESTIVAL

October 28-31

Let's go to the Nantahala River to paddle and attend the biggest whitewater festival in the USA! Jeff Haven is going back this year and you can join in the party. This is the largest used gear sale in the Eastern US and you will not be disappointed in the offerings. Call/email trip leader for details.

Jeff Haven r90-6@iwaynet.net 614/871-0639

YOUGH RIVER

November 6-7

Avoid the crowds and rafts of summer! Discover the joys of late season by paddling your own "private" Yough and look at the scenery without the traffic. What more needs to be said? Cost: camping, food, gas.

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

FLOCKING TO THE

HOCKING

December 12

Join Mike & Kitty on this long-time COP tradition. The day begins with breakfast; we carpool to the river and finish with hot soup & chili to thaw the chilled bones. The trip always goes, so come prepared for Mid-December in Central Ohio. Kudos for the best boat decorations.

Mike & Kitty Wadkowski

614/231-6820

kwadkowski@elderchoices.com



Students shove off the bank of the Mad River during the "graduation paddle" of the Canoe I class. Photo by Sharon Seslar.

Water Releases

Friday, Oct 1	Gauley, WV	2,800cfs	7AM - 1PM
Saturday, Oct 2	Gauley, WV	2,800cfs	7AM - 2PM
Sunday, Oct 3	Gauley, WV	2,800cfs	6AM - 2PM
Monday, Oct 4	Gauley, WV	2,800cfs	7AM - 1PM
Saturday, Oct 2	Olentangy, OH	1,000cfs	7AM - 5PM
Sunday, Oct 3	Olentangy, OH	1,000cfs	7AM - 5PM
Saturday, Oct 2	Russell Fork, KY	1,100cfs	9AM - 3PM
Sunday, Oct 3	Russell Fork, KY	1,100cfs	9AM - 3PM
Friday, Oct 8	Gauley, WV	2,800cfs	7AM - 1PM
Saturday, Oct 9	Gauley, WV	2,800cfs	6AM - 2PM
Sunday, Oct 10	Gauley, WV	2,800cfs	6AM - 2PM
Monday, Oct 11	Gauley, WV	2,800cfs	7AM - 1PM
Saturday, Oct 9	Paint Creek, OH	1,000cfs	9AM - 5PM
Sunday, Oct 10	Paint Creek, OH	1,000cfs	9AM - 5PM
Saturday, Oct 9	Russell Fork, KY	1,100cfs	9AM - 3PM
Sunday, Oct 10	Russell Fork, KY	1,100cfs	9AM - 3PM
Saturday, Oct 16	Gauley, WV	2,800cfs	6AM - 2PM
Sunday, Oct 17	Gauley, WV	2,800cfs	6AM - 2PM
Saturday, Oct 16	Russell Fork, KY	1,100cfs	9AM - 3PM
Sunday, Oct 17	Russell Fork, KY	1,100cfs	9AM - 3PM
Wed, Oct 20	Licking, OH	1,900cfs	7AM - 4PM
Saturday, Oct 23	Russell Fork, KY	1,100cfs	9AM - 3PM
Sunday, Oct 24	Russell Fork, KY	1,100cfs	9AM - 3PM
Thursday, Oct 21	Olentangy, OH	1,200cfs	7AM - 4PM
Saturday, Oct 23	Clear Fk Mohican	1,000cfs	9AM - 5PM
Sunday, Oct 24	Clear Fk Mohican	1,000cfs	9AM - 5PM
Saturday, Nov 6	Olentangy River	1,000cfs	7AM - 5PM
Sunday, Nov 7	Olentangy River	1,000cfs	7AM - 5PM

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.

? 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 or hsus@rrohio.com

Wednesday Night Paddles

Most trips leave at 7PM (some earlier) and return between sunset and full dark. 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 location info or to volunteer.

OCTOBER 6 Scioto River

Meet at the Lower Olentangy Downtown Boat Ramp at the west end of Nationwide Boulevard and paddle the Scioto Confluence, and the Santa Maria downtown area. 7PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Julia Schmitt c12lemond@aol.com 614/236-4356

OCTOBER 13 South Hoover Reservoir

Meet at the Walnut Boat Ramp (east end of Walnut Road) and paddle north on the east shore. 6PM START, returning between sunset and full dark. Canoe or kayak with flashlight or boat light required. All participants must wear a PFD.

Julia Schmitt c12lemond@aol.com 614/236-4356

OCTOBER 20 Griggs Reservoir

Meet at Riverview Drive and 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.

Leader TBA

OCTOBER 27 Wednesday Night Paddle

Location & Leader TBA



Caving

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

CARTER COUNTY AREA

Saturday, October 16

This will be a beginner's cave trip to Northern Kentucky. Leave early Saturday morning & return to the Columbus area late Saturday night. Caving equipment (helmet, pack, light & kneepads) can be rented for \$13.00/members & \$17/non-members. Call trip leader for details.

Greg Karoly 614/837-3627

CARTER COUNTY

Saturday, November 6

Join the fun underground for a day trip to Carter Caves. Meet at

Great Southern parking lot at 8AM; home by 11PM. Pack a lunch. We will be underground about 4 hours. Children are welcome when accompanied by a parent. Equipment is available. Dinner in Portsmouth. Please call by October 30 for reservations. Equipment cost: \$13.00/members + \$4.00 gas & \$17.00/non-members + \$4.00 gas. Rick Hoechstetter 614/461-6648

CARTER COUNTY

Saturday, December 4

Mark your calendar for another cave trip. Details will follow in November newsletter.



Hiking

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

BLENDON WOODS METRO PARK

October 9

Long time volunteer Jack Kyle will lead us on an enjoyable hike through the Blendon Woods Metro Park. Not too hilly, not too far away, this will be a great fall walk. Plan to walk around 5 to 6 miles. Meet at the Nature Center at Blendon 10AM. Direction: from I-270 take Rt-161/New Albany exit east to Little Turtle exit and turn right onto Old 161. The park is 1/2 mile on the left.

Jack Kyle 614/263-5042 dbkyle@aol.com

SLATE RUN METRO PARK

October 10

Our COP president, Glen Beachy is taking us to Slate Run Metro Park for a chance for some early fall color. Join Glen for an easy ramble. Meet at 1PM Sunday afternoon to carpool. Contact Glen for meeting place and more details.

Glen Beachy gbeachy2000@yahoo.com

SCIOTO TRAIL STATE PARK

October 24

John Lunn will take us on a tour through Scioto Trail State Park. This is a moderate hike...not too hard.. not too easy. A nice hike to a park we haven't been to for a while. John is always prepared, you be too: bring sturdy shoes, water, and a pack lunch or snack. Meet at Scioto Trail 10AM, first parking lot on left. From Columbus: take Rt-23 south past Chillicothe; just past Massieville, turn left (east) at park entrance.

John Lunn 740/969-4836

Jack Kyle dbkyle@aol.com

ZALESKI

October 31

This will be an all day hike with a side trip to Moonville tunnel.

Several hills on the route. We will hike approx. 14 miles. Bring water, lunch, and snack items. No dogs allowed. Meet at 8:15AM at McDonald's on Gender Road, Canal Winchester. Please park behind McDonald's, and we will car pool to Zaleski, located outside of Nelsonville OH. If emailing leader, make sure to put "COP Hike" in the subject line.

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

GLACIER RIDGE

November 6

This is an opportunity to visit our newest Metro Park. Located on the northern edge of Dublin, we will walk on mostly flat, mostly paved multi-use trails. Meet at the shelter house at 11AM. Bring water

Pete Rogers hiking@outdoor-pursuits.org

TAR HOLLOW STATE PARK

November 13

Join Pat Smith for a rigorous 10-mile hike on the northern loop in Tar Hollow State Park. Hilly terrain; sturdy shoes recommended, bring plenty of water and a pack lunch. Time: 4-5 hours of hiking. Meet at 9AM at Tim Horton's in the Great Southern Shopping Center off South High St., just north of I-270 on the south end. We will carpool and be back by 5PM.

Pat Smith 614/443-5226 Bhalchin@columbus.rr.com

GREAT SEAL

November 28

Join John Lunn for a vigorous hike up the hills that are the backdrop for our state seal. The views can be great from the top of these steep hills. Sturdy foot wear is a must. More details in November newsletter.

John Lunn 740/969-4836



Meetings, etc.

COP EXECUTIVE BOARD MEETINGS

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.

COP LEADER TRAINING DATES

October 16 Saturday 10AM - 6PM
November 6 Saturday 10AM - 6PM
December 4 Saturday 10AM - 6PM

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

WILDERNESS FIRST AID • October 16-17

Columbus Outdoor Pursuits, in conjunction with Girl Scouts - Seal of Ohio Council, is offering this first aid class. When you are participating in outdoor activities that take you more than 1 hour away from medical care, wilderness first aid provides a significant difference in survival and effects of injuries. Stonehearth Open Learning Opportunities (SOLO) of New Hampshire, the first wilderness medicine school founded in the United States, will provide instruction. Registration form available in the September newsletter or on the COP website.

ANNUAL COP ELECTION & DINNER

Tuesday, October 19

7PM. The future of this organization is in your hands! Come meet and vote for the candidates that make the decisions that affect COP and YOU! The slate of candidates for the Executive Board and issues up for your vote are listed in this newsletter. Additional Board nominees will be accepted from the floor at this Election meeting. A mail-in ballot appears on the inside back cover (page 15). Join us for a hot meal, and rub elbows with other COP members. Remember that your vote counts! Location: Antrim Park Shelter House, 5800 Olentangy River Rd. (see map on the Election Ballot)

Activity SCHEDULE

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:

1970 O'Day 15 foot day sailer with trailer, sails, and spare tire. It is ready to sail. Priced for quick sale at \$300.00. Call phone number after 7PM.

Jim 614/846-5604

FOR SALE:

I biked across America in 2000 and now want to sell all of the equipment that I bought to support the ride. Included are 4 panniers, 2 front and 2 rear from Lone Peak. One handlebar bag, one Therm-A-Rest mattress, one North Face, down sleeping bag with pillow and bag liner. One Sierra Designs Clip Flashlight tent, ample for 1, tight for 2. Kitchen utensils and fuel bottle. Most everything you would need except the bike. \$400.

Dan Noble 614/846-0157

FOR SALE:

A Vagabond 14, sailboat, 14' length, with trailer, excellent condition, all accessories, \$1500.

Dan Noble 614/846-0157

FOR SALE:

Pyranha C1 Canoe For Sale - Decked C1 canoe (kayak conversion). A good whitewater craft for a paddler, 120-170lbs in weight. Spray skirt included. This isn't an open canoe. \$350.

Eric Gehres 614/486-1459
ericgehres@yahoo.com

FOR SALE:

Dagger Gradient whitewater kayak for sale; brand new - never been in the water. New stickers still on kayak. \$550

Derek Brainard 614/882-3226

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.

2004 Annual COP Election Ballot

Your vote counts! Please take a few minutes to review the slate of 2003 candidates and issues up for your vote in this month's election. Additional Board nominees will be accepted from the floor at the Election Meeting. **However, you may only vote for up to 5 candidates.** The term for elected member is 2 years.

The Election Meeting will be held on Tuesday, October 19 at 7PM. It will be held at the Antrim Park Shelter House in central Columbus. The shelter house is located at 5800 Olentangy River Rd (see map).

This page is the official absentee ballot for this election. If you cannot attend the Election Meeting, but would still like to vote, you must use this page to submit your vote. Check up to 5 candidates for the next term and whether or not you approve of the proposed amendment to the COP constitution. Family memberships are allowed 2 votes. Mail this ballot, entire page, to the COP office:

Attn: Ballots, Columbus Outdoor Pursuits, P.O. Box 14384, Columbus, OH 43214-0384. Note that you must have your name and membership number marked on the outside of the envelope. All mail-in ballots must be received in the COP office by 5PM on October 18th. Please contact the COP office, 614/442-7901, if you have any questions.

Antrim Park Shelter House
5800 Olentangy River Rd., Columbus, OH



GLENN BEACHY has served on the COP board since 1995 as chair of Winter Activities and for the past year as President. He has led cross-country skiing, hiking, back-packing and cycling trips over the years and fully supports the mission of COP. He is grateful for the talented and dedicated volunteers who make the organization what it is.



TOM LESTER has been a member of the COP Board as Rock Climbing Chairman for more 10 years. He has also served on many committees and is currently serving his second time as COP's Vice-President. He would like to continue his position as an elected Board member so he can serve in whatever office capacity may be needed. He is retired and can give the duties required the time and attention they deserve. He would appreciate your support.



JOHN LUNN has been on the COP Board for 6 years and is an active hiker and backpacker who has taken outdoor leadership and SOLO Wilderness First Aid courses. He has volunteered at the Chillicothe TOSRV lunch stop and has assisted in many hiking and backpacking trips. Prior to retiring, he worked for the state as a staff attorney practicing public benefits, health care, and administrative law. He has served as the president of the Fairfield County Board of Health. Active in Emergency medical services work, he spent 9 years as an

auxiliary fireman/EMS officer with the Upper Arlington Fire Dept. and is currently a member of the Amanda Township Volunteer Fire Dept. for the past 16 years. He has also taught a course on EMS law at Columbus State Community College. He has chaired COP's Insurance, Risk Management and Safety Committee.



CHARLES H. PACE is a Life Member of AYH, and currently COP, since 1974. He has served as past president of AYH and been both a Board member of AYH and COP for 25 year. Except for one year, he has been the Director of TOSRV since 1965. Charlie has published the Buckeye Hosteler newsletter, predecessor to *Columbus Outdoors*, for 20 years. In addition to cycling, Charlie has been a canoeist and kayaker for many years.



SHARON SESLAR has been an active member of COP for the past 8 years. During this time, she has lead many boating trips and co-led a weekly bicycling ride with her husband. She is an ACA Certified Instructor in Essentials of River Canoeing, instructing at various COP kayaking and canoeing schools, as well as directing past Whitewater Kayak I, Kayak II, and Kayak III schools. Currently, she is volunteering as COP's Newsletter Editor, but will step down from the position after October 2004. Sharon is interested in Outdoor Leadership and Risk Management and has taken several SOLO Wilderness First Aid classes. During the day, she works as a Project Manager at Nationwide Financial.

PROPOSED AMENDMENT TO THE COP CONSTITUTION *(Passage of this amendment requires a 2/3 majority of the voting members)*

The Executive Board of Columbus Outdoor Pursuits has recommended that the COP membership adopt amending Article VII of the COP constitution such that the Executive Board will only be required to hold a minimum of 7 meetings per year. The current requirement is 9 meetings per year.

The remainder of Article VII of the COP Constitution will remain the same: This minimum number of meetings includes

the Election Board Meeting in October and the Board Retreat, traditionally held in November. The number and months the Board Meetings are held are at the discretion of the Board. Additional meetings of the Executive Board may be called at any time by the President or four Executive Board members; notification of special meetings must be made to all Board members in advance of the meeting.

Approve **Reject**



COLUMBUS OUTDOOR PURSUITS
PO BOX 14384
COLUMBUS OH 43214-0384

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

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 #: _____