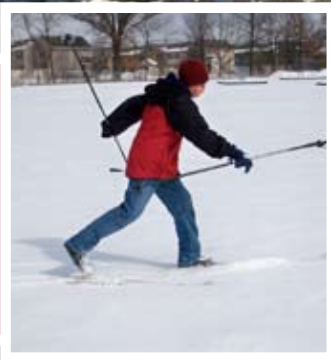


COLUMBUS OUTDOORS

NOVEMBER 2010

www.outdoor-pursuits.org

VOLUME 50 No. II



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

TOSRV GOBA Bicycling Flat & Whitewater Boating Caving Rock Climbing Backpacking Skiing Hiking Education



Columbus Outdoor Pursuits

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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 providing outdoor education and recreation.

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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November 2010 • Volume 50 • Issue 11



Janis Dugle, Dick Mager, Beth Caputo, Marie Casto

2010 Millersport Corn Festival Ride

Janice "JET" Thomas

Eighty riders following the corn arrows enjoyed tailwinds with a cool crisp sunny morning for our ride to the corn festival. It clouded up for a while and then the sun returned on our trip back. The return ride proved to be more challenging with headwinds of 15-20 mph. Luckily, we stepped stoned back to the school with winds half of the time.

All photos by "JET" Thomas

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Ben Slay



The Hill

Janice "JET" Thomas & Charlie Pace



CFC on Youtube

by John Piper

I had planned to ride this years CFC but pulled a muscle and wasn't able to so I followed our CFC crew and filmed there adventure. Thought you might be interested, it's on Youtube at <http://www.youtube.com/watch?v=ZToW2TegLsS>

On The Cover:

It's a bird! It's a plane! It's a Dynamic Duo boofing Rocky Top on the Lower Gauley. Photo by Erica Cheney, who was twisted backwards, flipping over, and blinded by the sun at the time.

Donna Alvarado & Joe Hanson eating corn with friends. Photo by Janice "JET" Thomas.

Adventurous Ben Harder disappearing into a hydraulic in Junkyard Rapid. Photo by Chris Russell.

Dave Seslar explains the meaning of life to Shawn Duffy on the Upper New. Picture by Toni Hartley.

And two photos taken by Glenn Beachy last year while he was helping a school group learn cross country skiing.

What's Inside

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Corn Arrow

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/uploadeddocs/file/2010 Advertising Deadlines Rates Policy Sub Gdlns 20100203.php](http://www.outdoor-pursuits.org/uploadeddocs/file/2010%20Advertising%20Deadlines%20Rates%20Policy%20Sub%20Gdlns%20100203.php). **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 Schedule Coordinator by 9:00PM of the 3rd day of the preceding month.**

BACKPACKING	Lisa Drugan	614/846-3749	backpack@outdoor-pursuits.org
BICYCLING	Bob Waddell	614/272-5710	bikinbob4914 AT gmail.com
BOATING	Toni Hartley	614/523-3191	toni_hartley@hotmail.com COP Boating as subject
CAVING	Position Available, contact COP President		
CLIMBING	Karen Reinhart	614/288-9658	climbing@outdoor-pursuits.org
HIKING	Pat Smith	614/443-5226	hiking@outdoor-pursuits.org
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 MAIL Columbus Outdoor Pursuits
Attn: Newsletter
1525 Bethel Road Suite 100
Columbus, OH 43220

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Liffey Descent

By Donal O'Mathuna

This summer I was visiting Columbus and, at the same time, preparing for a kayak race back home in Ireland. I'd like to thank John Lane and Columbus Outdoor Pursuits for providing me with all the equipment I needed to paddle regularly. They suggested I provide you with an account of the race. I'm a recreational kayaker, but every year the Liffey Descent offers a unique opportunity to paddle my local river in a torrent of water. My approach to preparing involves an hour or two of paddling three times a week. This gets me to where I can finish the race in about three hours without being in agony for the last mile or two.

The race is 18 miles long along the River Liffey. This rises in the Wicklow mountains, just south of Dublin city, and eventually enters the sea through the middle of downtown Dublin. Last year's 50th running of the race saw a record entry of just over 1000 kayakers and canoeists. This year, about 800 paddlers took to the water on September 4.

What makes the race unique is that high water is guaranteed. You might not think that could be a problem in Ireland, but sometimes we do have dry spells (some even last more than a few hours). However, the Liffey has three hydroelectric

dams on it, and our electric company releases millions of gallons of water for the race. All this water raging over 11 m a n - m a d e weirs and a few rapids makes the Liffey Descent Ireland's premier paddling event, and one of the top in Europe.

The race starts at the K-Club in Straffan, which hosted the 2006 Ryder Cup golf tournament. In front of spectacular greens and a 19th Century mansion, the race starts in five groups. First go the real racers, with K-2 kayaks followed by K-1 kayaks. These flimsy fiberglass needles will fly down the course in about two hours. Every year, several end up walking to the finish line with various pieces of their kayaks under their arms. The third group are Racing Canadians, a hybrid kayak paddled like a canoe. Then come the general purpose kayaks – hundreds of them! Finally, the open Canadian canoes take off, those hardy lads who insist on going where only kayaks ought to go.

About a mile into the race the first weir is encountered. Various types of weirs were built on the Liffey to assist with navigation. Most are walls about 3 to 6 feet tall, with a slope of about 45 degrees. They can go straight across the river, or be built at an angle. Others are V-shaped, which makes for interested (and large) stopper waves at the bottom where the water coming from each wall collides.

The first weir at Straffan Bridge provides a magnificent vantage point for those who would prefer to stay dry and enjoy one capsized after another. Capsizing becomes more likely below the weir while trying to avoid people splashing around after their boats and trying to get to shore. The mayhem and carnage is monitored carefully. On the day, about 120 men and women are in the water at the various weirs to guide the capsized to safety. These include professional water rescue services and highly skilled kayakers who give up their chance to paddle the race.

After Straffan comes The Jungle. It will take almost 45 minutes to meander



CFC 2010 photo by John Piper.

Above, middle -Liffey Descent, shooting Lucan weir. Photo courtesy of Donal O'Mathuna's (#208) family.

Opposite Page -Liffey Descent, almost at the finish line. Photo courtesy of Donal O'Mathuna's (#208) family.

Below -After Straffan weir. Photo courtesy of Donal O'Mathuna's (#208) family.



along the twists and turns of this narrow section of the river. Overhanging trees and swirling currents are the obstacles here, along with those who suddenly lose the ability to paddle in straight lines. Capsizing here can mean a long swim before finding a bank to empty the kayak and restart. It's usually in this section that you hear the ominous sounds of the first serious canoeists thundering down on top of you, demanding passage at the narrowest of places. They see gold, and not the little kayaks who might be in their path.

After slogging through The Jungle, the sound of roaring water is welcome. Two straight-forward weirs bring a refreshing splash of water, and then the two sets of rapids. At about 75 minutes we reached Leixlip Lake, another reservoir. If the water is low, this can be challenging as it feels like the weeds are grabbing onto your hull. This year, the water level was good and after 20 minutes we reached the top of the dam. This is the one portage in the race, coming about half-way. At first, it's a welcome relief to stretch the legs. After carrying the kayak 500 yards, I'm ready to get paddling again.

The next weir goes diagonally along the river for a long way, making it very shallow. I lost the nose of my kayak on this last year, so this time I went for the sluice at the end of the wall. Most of the water rushes through here, making huge waves. This is where I came the closest to going over, but managed to hold on. The weirs now appear every 5 or 10 minutes. The most notorious is Wren's Nest, a large V-weir. If you shoot it at the V, and are less than perfect, you will be bumped and bruised along one wall. I took the easier way down one of the sides.

Then comes Palmerstown, another V-weir. This one you must shoot at the V. The water comes at you from left and right and lifts you up onto a vertical wave, only to throw you at another wave and another. It is brilliant! Safely through this, a couple of small weirs, and then the last mile to the finish. This mile goes on and on and on. But then you see the finish, and have to pass that guy up ahead! I finished in 3 hours 3 minutes,



the end of another exhilarating and exhausting trip down the Liffey.

Words don't do justice to this event. Check out YouTube for lots of interesting videos, and www.LiffeyDescent.com for more details. Visitors for the race come from all over Europe and South Africa. The Irish Canoe Union (www.canoe.ie) organizes the event and is happy to help anyone interested in participating from overseas. Maybe some day we'll see a team from the Buckeye State!



Outdoor Source™

WHERE ADVENTURE BEGINS

November 2010

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Our XOBA Poem

Written by lots of XOBA-folk, July 28-30, 2010

Coordinated by Nancy Kangas - When I read this on Friday night, I forgot to mention how it was written: each person could only see the line that came before his or hers. That's why it gets kind of loopy. Or, maybe we're just loopy to begin with.

There was this one hill
that went on and on forever
upwards and downwards, too, as a
matter of fact
at the bottom we turned and went
back

A climb to remember, but gruesome.
The freedom of being out on the
open road and seeing life outside of a
highway.
Hills and dales, green and verdant,
compete with biking – the speed of
urgent.

God wants me to love all people
equally;
even those who drive cars that crowd
me when I ride my bike.
I will maintain my cool
when riding with someone who has
the whiner bracelet.

They whine because the day starts so
early, and they act more like a fool.
Then out on the road, they're happy
with bike paths,
but give them a hill and just watch
them drool.
As they pass the special school



CFC 2010 Photo by John Piper.

I wonder if our overnight will have a
pool?
Will it be full of tater tot pools?
or smoothies, oh so cool
Looking forward to them at the next
school
Or in the words of Mr. T, "What are
you looking at fool?"
I'll never tell, it's best left unsaid
If you ask me again, I'll whack you
upside the head!

The hill is 15%, will I make it to the
top?
The weather is hot, thank goodness the
showers were icy cold!
But the men's were hot.
The route was cool
the wind was calm
the hills were not
challenging for geezers
and even those who aren't
still fall into the 95th percentile
-- That's something that I would say!
put it next to my ear
so I can hear the missing gear
ripping and crunching the free wheel
and also tasting the beer, which is now
two hours and three hills from here

Most assuredly my shower is near, and
yet the ridge beckons
I commanded, put the ice in your
shorts
It's a shock to begin with but you'll
soon see the results
Friend and foe, it cools us but it slows
us down.
Pedaling past ice cream, pedaling past
light house, and now pedaling past the
clown
I turn around

to buy ice cream
Soybean field and
corn fields
there must be
somewhere else to
pee!
Don't know about you
but I'll use a tree!
Maybe in a few miles
we'll see
the Longaberger
basket
my wish of a smoothie
filled casket.
Clouds and tail winds
are answers to a
prayer
watch out for big
black dogs
guarding the entrance
to the cave.

The beast lurked back and forth... back
and forth... back and forth
frothing at the mouth
my mind is a blank
it is
a hot day

A plethora of happy miles
but not so many happy smiles
as if...

And then there was Lancaster.
Sherman rode to Atlanta, we rode to
Washington C.H.
The question is why did we pay money
for this?
So we can enjoy so much ecstasy and bliss
as we wheel and glide down the road.

Maureen created a route that traveled
seven miles downhill.
with never a turn of the pedal
where wise bicyclists travel
Roses are red, violets are blue, I rode my
bike FAR today, what in *\$@! did you
do?

AAA-choo!
Excuse me, I tried not to
But I can't help lovin' that XOBA
Riding halfway each day
He doesn't even ride ½ way
Saw the buzzards in the sky, then there
was one in the road
Buzzards and geezers – what's the
difference???
Chickory, Queen Anne and fun
Wait, wait –
What does this have to do with cycling
in July?

So, Nick is talking again, Jim is talking
to Brian and Mark is looking for ice
cream. Wayne is a tent-dweller, where's
Tony? Either sleeping or looking for
beer!
Scuff is in back for once, looking for a
knee.

But, alas, he had to settle for an elbow
when he should have had an eyebrow
He missed the marked turn and hit an
unmarked cow
And hit the brakes and looked onward
saw the hill and said oh my God
Been there done that
But I'll do it again better!
You bet your sweet bippy you will
Climb strong up this fifty-mile hill
Heavy bike fly down hill but too short
to crest the next; I curse my legs
The end is near! I dream of kegs!
Kegs would be much better than eggs
And that's all I have to say about that.



Bicycling

Suzanne Birk 614/581-4316

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

ANNUAL BUDGET AND SPECIAL TOURS - LISTED BY DATE

None this month

WEEKLY RECURRING GROUP RIDES - LISTED BY DAY OF WEEK

CANAL WINCHESTER

Sundays 9AM Class A,B,C+ experienced riders.

Ride distances from 25-50 miles thru beautiful Fairfield County. Some hills might be included. We intend to ride outdoors if temperature forecast for daytime high is above 40 degrees and no precipitation. Otherwise, bring your wind trainer for an indoor spin session in the shop. Meet at Cyclist Connection Bicycle Shop; 200 Cemetery Road; Canal Winchester. Follow Route 33 east and exit at Gender Road/Rt. 674. Turn right; then left at the traffic light onto Waterloo Road. Drive past the WalMart and turn left onto Win-Cemetery

Road. Rotating Leaders: Bob Allen, Brad Blair, Steve Hewitt, Ric Noland, Roy Burnham
Tim Faigley tcfaiigley AT att.net 614-825-6105

LICKING COUNTY-PATASKALA (LAST RIDE NOVEMBER 23)

Tuesdays, 9AM, Class C. Average speed is 13mph.

Nobody dropped - we stick together. Faster riders welcome if they are willing to regroup regularly. Cycle scenic rural roads, eat, socialize. 30+ miles. Meet in Pataskala at west end of parking lot by RR tracks, Rt. 310 (Main St.), 4 miles north of I-70, 1/2 mile south of Rt. 16.

Steve Gassman, sgassman AT columbus.rr.com, 614-309-7421

Ben Slay, benslay AT hotmail.com, 614-920-3659

CANAL WINCHESTER - SPIN CLASS

Tuesdays, 6:30 PM, Class A, B,C, D.

Come break up the winter monotony of indoor training and come sweat with your friends. Classes are a mix of instructor lead and Video based. Starts November 2nd and ends 2nd week of March. Bring your trainer/rollers and your bike. Some loaner trainers are available.

Meet at Cyclist Connection, 200 Winchester-Cemetery Road, Canal Winchester. Follow Rte 33 east to Gender Exit/ Rte 674 turn south, then turn left at traffic light onto Waterloo Road. Drive past the Wal-Mart and turn left onto Winchester Cemetery Road.

Roy Burnham roybikerdude AT gmail.com (614)543-1315 or Ric Noland justcrankin AT aol.com (614)833-BIKE

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 to the right 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



**SCHEDULE SUBMISSION INFORMATION
CAN BE FOUND ON PAGE 3**

SCHEDULE

WORTHINGTON

Wednesdays - All Year - 9AM Promptly Class C,D
Meet at Worthington Hills Park on SR315. One mile north of I-270. South end of the Olentangy Valley Shopping Center (former Worthington Hills Shopping Center). One mile north of Wilson Bridge Rd. This is the new north end of the Olentangy River Bike Path. Restaurant destination will be determined day of ride. Bring money for lunch. Approximately 25 mile ride. New and beginning riders welcome. We meet for breakfast; if we can't ride due to weather.
Gail Falkinburg; 614-861-4478

CANAL WINCHESTER - THURSDAY SPIN AT THE MOVIES

Thursdays, 6:30 PM, Class A, B,C, D.
Why sit and eat \$20 popcorn when you can spin for free and watch from the comfort of your trainer? Introducing Thursday Spin at the Movies. Put it in an easy gear and watch the stars while you watch your weight go down. Starts November 4nd. Bring in your trainer/rollers and your bike. Some loaner trainers are available.

Meet at Cyclist Connection, 200 Winchester-Cemetery Road, Canal Winchester. Follow Rte 33 east to Gender Exit/ Rte 674 turn south, then turn left at traffic light onto Waterloo Road. Drive past the Wal-Mart and turn left onto Winchester Cemetery Road.

Roy Burnham roybikerdude AT gmail.com (614)543-1315 or Ric Noland justcrankin AT aol.com (614)833-BIKE

CANAL WINCHESTER (NO RIDE ON CHRISTMAS DAY)

Saturdays 9AM Class A,B,C. Ride Distances from 40-60 miles through Fairfield and Pickaway Counties.

We intend to ride when the daytime high is above 40 degrees and no precipitation and the starting temperature is 30 degrees. Meet at the Cyclist Connection, 200 Winchester-Cemetery Road, Canal Winchester. Follow Rte 33 east to Gender Exit/ Rte 674 turn south, then turn left at traffic light onto Waterloo Road. Drive past the Wal-Mart and turn left onto Winchester Cemetery Road.

Bob Allen rdavisallen AT earthlink.net 614-866-8698

ONE TIME GROUP RIDES LISTED BY DATE

EAST COLUMBUS – WORK OFF THE TURKEY RIDE

Friday, November 26th at 8:30AM. Class A, B, C - 10, 27, and 50 mile routes –

Meet at Columbus East Trek store - 5334 N Hamilton Rd, Columbus, Ohio 43230.

Maps provided.

Andy Skeen Skeena AT bright.net 614-580-2749



Boating

Leader: Walt Taylor 614/ 519-8633

boating@outdoor-pursuits.org

FLOCKING TO THE HOCKING

Sunday Dec.12

Once again it is time to flock to the Hocking River. For 43 years we've taken a break from the hustle and bustle of the holiday season by enjoying the fresh air of Hocking County.

We'll start the day with a hearty breakfast then spend all day on the river. We'll stop for lunch at the natural rock bridge. At the end we'll thaw out over a steaming bowl of chili.

To sign up or to get further information call Mike or Kitty at 614/231-6820



Hiking/Trail Running

Pat Smith 614/ 443-5226 hiking@outdoor-pursuits.org

PRESERVATION PARKS: BLUES CREEK

Sunday November 7 2pm

Meet at Worthington Square Shopping Center for a 3-5 mile walk. Free to COP members and non-members.

Jack Kyle 614/ 325-0208

PRESERVATION PARKS: DEER HAVEN

Sunday November 21 2pm 5-10 K

Meet at Worthington Sq. 6-7 miles of hiking trails; woods; marshes; lake shore. Free to COP members and non-members.

Jack Kyle 614/325-0208

BATTELLE-DARBY METRO PARK

December 4 1pm-ish

Meet at the Cedar Ridge Naturalists Office for an afternoon walk 4-6 miles; at a relaxed pace. The Cedar Ridge area is located at 1775 Darby Creek Drive, Galloway Ohio 43119.

This hike goes unless we have a level 2 or more snow emergency, so no need to call me. Just show up!

Ann Gerckens volunteer_ann@sbcglobal.net 614/ 282-2781

NEED A PACK OR TENT?

COP has a small selection of backpacks, cooksets & tents available for rent to members or people participating in COP activities.

Contact the Backpacking Equipment Guy, Jim Maurer 617/431-2300 or backpacking@outdoor-pursuits.org.

Activity



Winter Activities

Leader: Glenn Beachy 614/268-4904 winter@outdoor-pursuits.org

WILDERNESS LODGE ANNUAL WINTER GETAWAY – WATTSBURG, PA.

Fri Jan 21 to Sun Jan 23, 2011

Join us for a relaxing or active weekend-you decide! Activities include: cross-country skiing or snowshoeing (DOW); trail hikes; meeting new friends or catching up with old ones; reading a book by the fire and enjoying a home-cooked meal.

Cost: \$85 -members: \$100-non-members covers two nights lodging and Sat dinner. A \$40 fee per person is added if you request and receive a private room for two. They are limited. Trail passes and ski rentals, available on site, are extra. A deposit of \$50 in a check made out to COP and mailed to Terry Smith 248 Rathbone Rd. Columbus, OH 43214 is required to hold your reservation. Please include your email address, phone number and COP membership number(s). Deposits are forfeited for cancellations after Jan 10. A waiting list will be kept in order by date deposits are received.

Contact Terry preferably by email at tandvsmith@yahoo.com or phone 614-396-6500. Find out more about Wilderness Lodge at www.thewildernesslodge.net.



Backpacking

Lisa Drugan 614/846-3749 backpack@outdoor-pursuits.org

BACKPACKING - WINTER OUTING

December 4,5 2010

Caesar Creek State Park Perimeter Loop Trail - Ohio This 9 mile loop backpack trail is a pleasant, mildly-strenuous stroll through the lower one-third of Caesar Creek Lake-Ohio's deepest. We'll pass many lake views, two waterfalls, and cross a cable suspension footbridge. The trail ends near Horseshoe Falls and the rocky Flat Fork Creek. We'll also explore the 180' deep gorge, cut by glacial meltwater, in Caesar Creek Gorge State Nature Preserve. Bring your best holiday campfire food to share with the group. Trip leaves Saturday at 7 am and returns Sunday afternoon.

If interested, e-mail ldrugan@insight.rr.com.



Climbing

Leader: Karen Reinhart 614/288- 9658 climbing@outdoor-pursuits.org

WALL SESSIONS • EVERY WEDNESDAY

7:00-9:00 pm. At the COP Climbing Wall.

Experienced Climbers and Beginners Welcome. Cost \$7.00 per session.

Contact Karen Reinhart for details.614-288-9658



Meetings, etc.

BOARD RETREAT

Saturday, November 6, All day

At the Yough Stop; Confluence PA. All are welcome; however; if you have business to bring before the Board you need to contact the President one week in advance to get on the agenda.

Dave Seslar 614/334-9352 president@outdoor-pursuits.org

NOVEMBER PROGRAM MEETING-WINTER ACTIVITIES

Tuesday, November 16th 7pm

At the COP Office, 1525 Bethel Road, westside door and downstairs. Your chance to learn about cross-country skiing and snowshoeing with Columbus Outdoor Pursuits and to meet other members interested in those activities. Light refreshments and socializing before and after the meeting.

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

THERE WILL BE NO PROGRAM MEETING IN DECEMBER

LEADER TRAINING

Saturday November 20

10am to 6pm COP Leader Trainings include six modules-Risk Management; Paperwork & COP Policies; Trip Planning; Participant Screening and Leadership. Cost is \$15 for the day and includes lunch.

To register; contact the COP Office office@outdoor-pursuits.org or 614/ 442-7901.

BOARD MEETING

Thursday, January 6, 2011 7pm

At the COP Office, 1525 Bethel Road, westside door and downstairs. All are welcome; however; if you have business to bring before the Board you need to contact the President one week in advance to get on the agenda.

Dave Seslar 614/334-9352 president@outdoor-pursuits.org

COP has cross-country skis and snowshoes for rent.

Members only, unless you are on a COP trip. Costs \$8/day for skis, boots and poles. \$6/day snowshoes and poles. No excuses, get out there! Contact Glenn Beachy at 614-563-1146 or beachy2000@yahoo.com. Equipment will be unavailable Jan 21-23.



Activity

SCHEDULE

Why not buy your friend a gift this holiday season?

These items are for sale through the COP Office. All Prices include shipping but not sales tax. If you live in Ohio, you will need to include 6.75% sales tax.

Nalgene Water Bottle w COP Logo - \$6.50 blue



CPR Mask - \$6.00 – Protect yourself from Hepatitis, HIV, and plain old fashion cooties. A must for your first aid kit, this mask weighs only 2.5 oz and could be sterilized and reused. Of course, we hope that is not necessary



Medical ID Tags - \$6.00 Make sure you are carrying ID on you at all times by using this tag which can attach via several means to your bicycle, PFD, backpack, etc. Proceeds benefit COP's Ron Eisele Memorial Leadership Fund.

On Belay: Adventures in Mountaineering on Two Continents - \$12.00 By COP Member M.G. Anderson.



Maps



Ed Honton Takes You Cycling Through Central Ohio - \$12.00—Spiral bound with 35 bike routes and 7 rail trails. Includes descriptions of sights to see along the trails and roads. Lengths from 8-100 miles. All routes start within an hour's drive of Columbus.

Central Ohio Bicycle Route Guide – \$15.00 (\$10.00 COP members)

A 17 map set showing many bike able roads and existing bike trails within 60 miles of Columbus. Produced by Ed Honton and friends from the Ohio to Erie Trail Fund, proceeds benefit COP's Ohio Bicycle Development Fund.



Square denotes area covered by the Central Ohio Bicycle Route Guide.

Cross State Maps –\$7.00 each—strip maps with cue sheets, packaged in plastic bags, so they can easily fit into a map pocket.

Map at lower left on this page shows route locations.

Cardinal Trail—Richmond IN to Petersburg OH (Youngstown area)



Route A – Cincinnati to Toledo

Route B – Cincinnati to Marietta

Route C – Cincinnati to Cleveland; includes part of the Little Miami Scenic River Bikeway

Route E – Portsmouth to Toledo

Route F – Richmond IN to Moundsville WV, an alternate to US 40

Route J – Marietta to Conneaut

Route KN – Monroeville IN (near Ft. Wayne) to Cardinal Trail at Mifflin (K) or Cleveland Metro Parks (N). Includes side trip to Cedar Point.

Climbing wall pass - \$175.00

Climb when you want as often as you want at the COP wall. To purchase, contact Karen Reinhart 614/288-9658 climbing@outdoor-pursuits.org



The following are available through TOSRV

TOSRV "2010" JERSEYS - 100% Micromagic (wicks away moisture) featuring a 19" hidden zipper and three-panel rear pocket - \$ 38.25 May be available in sizes: XS, S, M, L, XL, XXL, XXXL



TOSRV "2010" T-SHIRTS - 50% cotton, 50% polyester with a unique full-color design. \$13.25 Limited quantities in sizes: Mostly XL, 2XL



TOSRV09 Jersey - 100% Micromagic (wicks away moisture) featuring a full-color design, a 19" hidden zipper, and three-panel rear pocket. \$ 52.50 May be available in sizes: XS, S, M, L, XL, XXL, XXXL *



TOSRV09 Shirt - 50/50cotton, poly with unique full-color design. \$ 12.50. May be available in sizes: XS, S, M, L, XL, XXL, XXXL*



We also have an assortment of other items from previous years. Contact us for specifics.

* To find out if your size is available, contact: Charlie Pace, 614-461-6648, director@tos.org or see www.tosrv.org for previous years merchandise.

TOSRV prices include Shipping and Sales Tax.

Make checks payable to: Columbus Outdoor Pursuits
Mail to: TOSRV, c/o Charles Pace,
629 Dennison Ave, Columbus OH 43215-1604

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

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 | Caving 1 2 3 | Kayaking 1 2 3 |
| Bicycling 1 2 3 | X-C Skiing 1 2 3 | Sea Kayak 1 2 3 |
| Mt. Biking 1 2 3 | Downhill Skiing 1 2 3 | Rafting 1 2 3 |
| Camping 1 2 3 | Hiking 1 2 3 | Rock Climb 1 2 3 |
| Canoeing 1 2 3 | Trail Running 1 2 3 | Other _____ |

How did you find out about COP? _____

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. The Renewal Discount Rates are only available within three months of the current membership's expiration date. The expiration month on the renewal will remain the same.

- | | |
|---|---|
| <input type="checkbox"/> Youth (15-17) | \$ 15.00 |
| <input type="checkbox"/> Adult New Member (18-54) | \$ 30.00 |
| <input type="checkbox"/> Adult Renewal | \$ 25.00 (w/in 3 months of last membership) |
| <input type="checkbox"/> Senior Citizen (55 & over) | \$ 20.00 |
| <input type="checkbox"/> Family | \$ 45.00 |
| <input type="checkbox"/> Family Renewal | \$ 35.00 (w/in 3 months of last membership) |
| <input type="checkbox"/> Life | \$300.00 |
| <input type="checkbox"/> Replace lost Membership Card | \$2.00 |

Total Amount Enclosed: \$ _____

- Save trees & postage by not sending me a newsletter. I'll get it from the web.

Make check payable to: Columbus Outdoor Pursuits

Mail to: Columbus Outdoor Pursuits
1525 Bethel Rd Suite 100
Columbus, OH 43220-2054

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:

Wilderness Systems Pamlico 120 kayak. Includes flotation vest and paddle. Asking \$350.00.

Dave 614/935-2615 dlprice2601@att.net

FOR SALE:

excellent barely used Deuter Futura 50+10 internal frame backpack, the most variable backpack I have ever hiked with. Includes water bladder, built in rain fly, variable mounting system. please read the review by following this link. I purchased the pack overseas for 225.00 ((\$#\$@ EURO exchange rate!) I am

willing to let it go for the first best offer I receive as I am moving very soon, so make an offer! (my pack is the same color scheme as the one in the review) follow this link to find out anything and everything you want to know about it. <http://www.trailspace.com/gear/deuter/futura-50+-10-vario/>

John H 614/962-1603 chigoonies@yahoo.com



CFC 2010 photo by John Piper.

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Cincinnati's Largest Canoe & Kayak Dealer
In business for over 17 years

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(513) 674-7400
www.ddoutfitters.com

Paid Advertisement

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

Memberships may be obtained from the club 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 club 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?

The Post Office will not forward Non-Profit Rate mail. Please send your new address to the Columbus Outdoor Pursuits office at:

1525 Bethel Rd, Ste 100,
Columbus, OH 43220-2054

November 2010



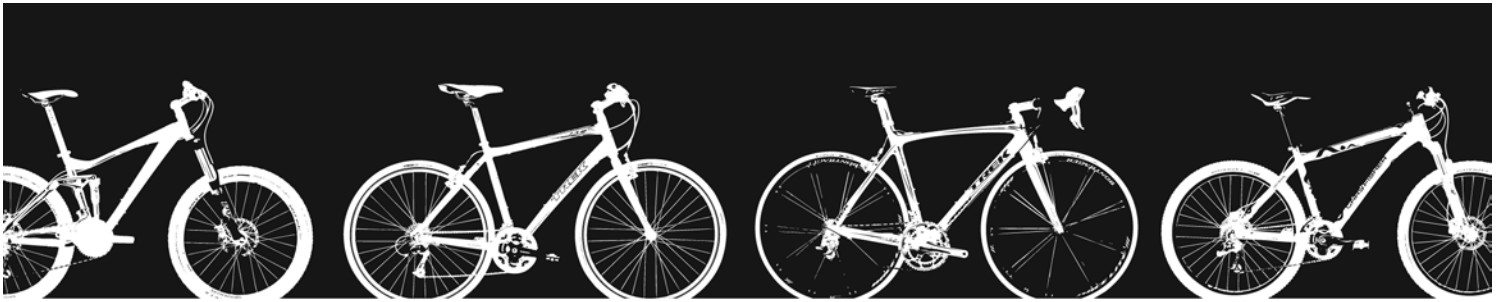
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Paid Advertisement



trek the halls

HOLIDAY SALE

Starts November 26



TrekStoreColumbus.com

Locally owned and operated. 3 locations:
East (Hamilton Rd) 614.933.9999
West (Sawmill Pl) 614.791.TREK (8735)
Lane Ave 614.486.TREK (8735)

we support

