

# COLUMBUS OUTDOORS

DECEMBER 2011

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

VOLUME 51 No. 12



*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



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Tour of the Scioto River Valley: [www.tosrv.org](http://www.tosrv.org)  
 Great Ohio Bicycle Adventure: [www.goba.com](http://www.goba.com)

This newsletter is published monthly by Columbus Outdoor Pursuits as a benefit of membership. Columbus Outdoor Pursuits offers outdoor recreation, education, and inexpensive travel to all people, regardless of race, creed, or religion. Columbus Outdoor Pursuits is a non-profit, nonpolitical organization exclusively for charitable and educational purposes and is dedicated to providing outdoor education and recreation.

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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.

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## Winter Roll Sessions

COP will again be hosting roll sessions this winter at the Grove City YMCA. This year's winter roll sessions will run on Sunday evenings 7:00 PM to 9:00 PM on the following dates: December 4th, 18th, January 1st, 8th, 22nd, 29th, February 5th, 12th, 19th, 26th, March 4th, 11th, and 25th. There will be roll sessions on Sunday mornings from 8:45am-10:45am on January 15th and March 18th.

The Grove City YMCA is located at 3600 Discovery Drive, Grove City, OH 43123 (Take exit 97 off I-71S (OH-665 and London-Groveport Rd). Turn right / west at London-Groveport Rd/OH-665 (187' ft). Immediately Turn right at Haughn Rd (1.6 mi). Turn left at Orders Rd (0.4 mi). Turn left at Discovery Dr (0.2 mi.).

The charge for members is \$7 per session for members and \$14 for non-members. Cash or check (payable to COP) is acceptable. Payment must be made at each session for that session.

All boats must be immaculately clean, inside and out, before entry into the aquatic complex. Bringing a boat that dumps leaves and dirt into the pool jeopardizes the sessions for everyone. We were not able to conduct roll sessions this year at some prime facilities because of past practices by inconsiderate participants. Please do not plan to clean your boat at the YMCA facility.

As a safety precaution, all paddlers must wear helmets during the sessions. Also the YMCA strictly prohibits cell phone use in either the restrooms or the locker rooms (grounds for expulsion).

No seal launches are permitted for plastic boats. A few COP whitewater kayaks and paddles will be available free of charge at each pool session during January through March for those without boats. No extra COP boats will be available at the December 4th and 18th sessions - you must bring your own boat to these sessions.

For further information contact Jim Murtha ([jmurtha@wowway.com](mailto:jmurtha@wowway.com), phone 614-282-3293).

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## Class/Event Information:

**Kayak 1-** starts February 4, see the January issue for registration information and form.

**24th GREAT OHIO BICYCLE ADVENTURE**, Saturday to Saturday, June 16-23, 2012. Route details & online registration are on [goba.com](http://goba.com). Pre-registration required; May 16 deadline. 3,000-rider limit. [www.goba.com](http://www.goba.com), 614-273-0811, [gobainfo@goba.com](mailto:gobainfo@goba.com)

*Newsletters are available on the web at [www.outdoor-pursuits.org](http://www.outdoor-pursuits.org) or from the office, office@outdoor-pursuits.org or 614.442.7901*

## Learn To Whitewater Kayak With C.O.P.

By J Andrew Hanes,

Volunteers at C.O.P. have established criteria in order for new participants to learn to whitewater kayak in a safe, structured environment. Although all steps aren't mandatory, we've found the most successful students follow this path:

-Enroll in Kayak I class (Feb 4 and Feb 12). A great introduction to whitewater kayaking, taking place in the pool.

-Come to one or more roll sessions this winter (Feb 5-March 25). Although not an instructional event, there are typically volunteers available to help with rolls and braces, as well as allowing the participant to practice general kayak strokes and balance in a controlled environment.

-Enroll in Kayak II class (April 20-22). Our introduction to moving water class, many graduates go on to become skilled whitewater kayakers who become our next volunteers, teachers, and trip leaders

Participants don't need any equipment or background to start, just a willingness to learn to whitewater kayak. We hope to see you on the water!

These events with dates and contact info are, or will be, listed separately in the newsletter.

Contact the administrator directly, or [j.andrew.hanes@gmail.com](mailto:j.andrew.hanes@gmail.com) with any questions.

## On The Cover:

*Roughly right to left, top to bottom*

*Outgoing Board President Dave Seslar presents an award of appreciation to outgoing TOSRV Tour Director Charlie Pace. Photo by Shari Heinrich.*

*Treasurer Chad Stucke shows the item while Dave Seslar plays auctioneer. Photo by Ann Gerckens.*

*Ohio to Erie Trail Executive Director Jerry Rampelt demos the new signs that will begin marking the trail. Photo by Shari Heinrich.*

*Outgoing Board President Dave Seslar presents the 2011 Ron Eisele Award to Evelyn Murray. Photo by Ann Gerckens.*

*Rick Hoechstetter sets the stage for Charlie Paces Award. Photo by Ann Gerckens.*

*Rick Grove speaks on behalf of his nomination for Board. Photo by Ann Gerckens.*

*COP always feeds us at the voting meeting and provides the annual report. Whether we talk and have fun, or read the report, or read the election bios, we have plenty to keep us busy. Photo by Joanne Pallos.*

*Our new Bicycle Events Coordinator, Frank Seebode. Photo by Ann Gerckens.*

*Evelyn takes some quick photos with her family after winning the Ron Eisele Award for her service to COP. Photo by Shari Heinrich.*

*Page 5, candidate Keith Finn takes a turn stumping for election. Photo by Ann Gerckens.*

*Page 9, Deb Evans at the Annual Meeting. Photo by Ann Gerckens.*

*Background photo by Jim Murtha.*

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### 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 5<sup>th</sup> day of the preceding month.

### ACTIVITY SCHEDULE ITEMS

These submissions will only be accepted from either Activity Leaders or by appointed Schedule Coordinators for the activity, as listed below. **Schedule Items must be received by the Schedule Coordinator by 9:00PM of the 3rd day of the preceding month.**

<b>BACKPACKING</b>	Lisa Drugan	614/846-3749	<a href="mailto:backpacking@outdoor-pursuits.org">backpacking@outdoor-pursuits.org</a>
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### CLASSIFIED ADS

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

### COMMERCIAL ADS

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

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

**2 MAIL** Columbus Outdoor Pursuits  
Attn: Newsletter  
1525 Bethel Road Suite 100  
Columbus, OH 43220

# COP Annual Meeting

By Pat Smith, Nominating Committee

COP elections were held on Tuesday, October 18, 2011, at the Everal Barn in Westerville. A lot was accomplished in a few hours: we ate, presented awards, heard from speakers, introduced candidates, conducted the election, had an auction and wrapped things up with a board meeting. Not a bad evening.

After some picnic style food, the evening kicked off with awards. Charlie Pace was recognized for his many years as TOSRV director with the presentation of an original giclee depicting tour scenes and Charlie's inimitable visage. Julie Van Winkle and Rick Hoehstetter spoke of Charlie's accomplishments over his 40+ year reign and President Dave Seslar presented the award.

Next, the Ron Eisele award was presented to Evelyn Murray for her many years of volunteer work at GOBA and TOSRV. A very large contingent of family members surprised Evelyn as Julie and Rick acknowledged her efforts. Great job, Evelyn. Evelyn's name has been added to the Ron Eisele award plaque in the office for posterity.

Jerry Rampelt, Executive Director of the Ohio to Erie Trail, and Jeff Stephens,

who holds the same position at Consider Biking, spoke about developments in their respective organizations. These guys really love what they do and that is apparent when one hears them speak. Their impact on our biking community will be felt for many years to come and they are always quick to thank COP for our past support.

The election process started with the seven candidates introducing themselves and giving a brief biography and their reasons for seeking a board position. Ballots were passed and members in attendance were instructed to vote for not more than six candidates, the number of positions to be filled. Mailed in ballots were added to those at the meeting and John Lunn and I tabulated the votes while the auction was held. The results of the election and the board meeting to elect officers that followed are:

- Keith Finn – President
- Jerry Capehart – Vice President
- Chad Stucke - Treasurer
- Rick Grove – Secretary
- Deb Evans – re-elected
- Tony Schmitt – new board member
- Brian Pol – new board member filling a one year term

Thanks to all who helped with this year's meeting and special thanks to those who cared enough to run for a board position.



## Ron Eisele Award 2011

Julie Van Winkle, Director, Great Ohio Bicycle Adventure

On Tuesday, October 18 at the cop annual membership meeting, Evelyn Murray received the Ron Eisele award. The presentation was made with her family and friends in attendance. The award is made annually to the volunteer who best represents the spirit of volunteerism that was exhibited by the late cop president Ron Eisele. Evelyn has worked tirelessly and cheerfully for many years as a volunteer primarily in the biking side of things. Notably, her strong efforts in support of the TOSRV lunch stop in Chillicothe have made a true difference in the success of the event. In addition, she has supported Goba with many hours, both in the Goba office in the months preceding the event as well as on-site during the tour in the information booth. Her capacity for many hours "on the job" and her unfailing cheerfulness have endeared her to the many participants as well as the other volunteers.

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# An Inside Look at the COP Annual Meeting

by Shari Heinrich

Every year, I have the best intention of going to one or two COP meetings other than the annual meeting. I always go to the annual meeting, unless I'm out of town, and in that case I used the absentia ballot. If you're like me and do find you can make it to only one meeting, make sure it's this one. In addition to participating in the voting for your COP board, you'll hear the president's yearly high-level summary about COP's activities; hear a guest speaker or two explain how COP funds have helped their cycling cause or how an event went; enjoy good food and company; and have the excitement of bidding on the COP Lost and Found. You'd be amazed how many things go lost at COP events, without the owner coming for them. While many of these are small items, there are always a few gems that quickly turn into bidding wars.

If you've followed TOSRV, you know Charlie Pace has stepped down after being our tour director for almost all of the 50 years. Assistant Director Rich Hoechstetter spoke to us about Charlie's efforts over the years. After noting that many rides copied themselves after things Charlie was doing for TOSRV, Rick added, "It's still being admired." As COP's biggest fundraiser, it also requires an army of volunteers to run it. Rick drew chuckles as he said, "It's efficient.... Well, as efficient as 300 volunteers can make it." Everyone took the photo op when Rick presented Charlie with an award for his distinguished service. Certainly—not only has Charlie been of service to COP, he has been of service to more than 100,000 riders over all these years!

This meeting is where an annual award is presented: The Ron Eisele Award. Rick spoke more, noting of the yet-to-be-named recipient, "There are folks who step up and remind you what needs to be done . . . and those are rare, valuable people." Julie Van Winkle also noted how cheerfully the recipient did her tasks, over the 13 years she has done them. Much to her amazement, Evelyn Murray, in front of more than a dozen family members who snuck in, received the award.

Continuing the evening, next up was Jeff Stephens, Executive Director of Consider Biking. Whether you're involved in bicycle advocacy or not, you've probably at least heard of Consider Biking. Jeff spoke about the amazing 3-year grant that COP had given COBAC in 2007, launching the organization from the shadows into

the spotlight as a premier advocacy organization. Jeff let everyone know about the 45 thousand dollar budget back in 2008, possible only because of COP. It was that money that allowed the organization to hire Jeff on as the first paid staff member. Jump ahead to 2010, when Consider Biking secured a 250K budget thanks to a grant from the Columbus Foundation.

Without the seed money from COP to pay for a staff member to jump into the topics of the day, the organization could never have had the resume to win that grant. From that evening in the summer of 2001 when Jeff, fresh back from RAAM, talked about breathing new life into COBAC, through now, Consider Biking has accomplished so much. This list is in no way complete, but it gives an idea what Consider Biking, with the membership and volunteer hours of so many, has accomplished:

- \* Bringing together the "strange bedfellows" who have demonstrated a growing understanding of the validity of cycling—ODOT and AAA (as evidenced by their 2011 presence at the Ride of Silence)
- \* Trips to Minneapolis to see bicycle accommodations
- \* The Bike Columbus Festival launched in 2010
- \* More than 100 CEOs on board with 2 BY 2012
- \* Safe Routes to Schools (Hilltop is one of the first)
- \* Feasibility study of bike sharing
- \* The "Connect the Core" campaign to bring bike lanes to downtown Columbus
- \* The west side hub that will be part of the Ohio to Erie trail.

Jeff concluded, "We are just so thankful to Columbus Outdoor Pursuits for seeding this.... On behalf of all of our constituents, we are thankful for your support."

For almost 20 years, COP has been a key benefactor of the Ohio to Erie Trail: The trail that will run from southwestern Ohio to northeastern Ohio. From the initial vision by now-deceased COP legend Ed Honton to annual donations that have totaled nearly one million dollars (let me say that again, nearly one million dollars), this trail has seen so much progress thanks to COP. Jerry Rampelt, Executive Director of Ohio to Erie Trail, unveiled a model of the signs that will start popping up shortly. With two recent grants, the signs will be unveiled in Knox, Morrow, and several other counties. At seven feet tall, with lettering 1 inch tall, the signs are meant to help guide trail users on what will be the longest paved off-road trail in the United States. Although not all the miles are paved right now, the trail is closing in on a monumental milestone: securing the right-of-way for the last 15

miles, mostly in Wayne County.

Once the presentations are done, it's time for the election. Each candidate is presented to say a few words about their qualifications, and why they want to serve. This year's election was for five board seats, plus one board seat being vacated one year early (due to a board member moving out of state). We were fortunate to have seven well-qualified candidates (several of them being willing to continue to serve after completing their most recent 2-year term). Who would win?

As always, there is "down" time as the votes are counted. It it's easily filled with the auction, which I always look forward to. I swear it's just a coincidence that I usually get in at least one bidding war with Ann Gerckens. This year was no different. Before dinner was even served, I honed in on an item I needed: An 8 x 12 tarp. Maybe Ann wanted it for camping—but I needed it for my new wood pile! I think I still paid less than I would have at Home Depot, and I could cross that item off my "to do" list!

Bids were flying fast for a family-size Therma-Rest camping mat, by two veteran GOBA riders: Julie Van Winkle and Julie Amling. I stayed out of that one; however, I entered the next bidding war, which was even more hotly contested, and again included bids by Ann: a 40-degree sleeping bag weighing in at something light (1# 13 ozs or was it an incredible 13 ozs?). Every dollar raised goes into the COP treasurer, so we know we're bidding for a good cause. And when we know an item is worth a good penny, even what it eventually sells for is reasonable. I think the sleeping bag hit \$40. If the weight was super light, that was a steal; if it was that 1# 13oz, then I still think a new bag would sell for \$200!

**Newsflash:** the auction often gets interrupted with the results of the voting. Right on cue, bidding got put on hold as the winners were announced. The new board members are Chad Stucke, Rick Grove, Anthony Schmitt, Keith Finn, Deb Evans, and Brian Pol. Congratulations!

The auction resumed. Even the odd "Sleeping Bag Extender" received several bids. Keith Finn walked away with it, along with other camping-friendly items. Of the extender he explained, "For my dog!"

If you missed this meeting, I hope you'll mark your calendars for next year. The annual meeting is always the third Tuesday in October.



# Knox County Bicycle Challenge, September 24, 2011

By Gary Schmidt, Director

It was another beautiful sunny day this year for the Knox County Bicycle Challenge! We had about 220 riders this year, which is down slightly from last year. The day started a bit cloudy and I was concerned we might not get a good turnout. But as the morning warmed up, mid-sixties temperatures prevailed and partly sunny skies were just perfect for climbing these hills, and the cyclists worked up a hunger doing it! No injuries, few bike problems and we almost ran out of food- all indicators of another successful KCBC!

Chuck Harris, (the “mirror man of Gambier”- see article in April issue of Adventure Cycling by Greg Siple) joined us at the registration, as well as veteran TOSRV director Charlie Pace who helped me get the ride started. We had a profile map from Ride My GPS that shows if you do the entire century it entails over 8000 feet of climbing!

The temps were cool enough that people wanted soup again, which was provided by COP member Chuck Luzader, who happens to be a chef at the Cap City Diner. Chuck made a southwest bean with bacon (our traditional) as well as a roasted tomato creole that was vegetarian. Thanks Chuck!

Thanks once again to Meg Literal and friends for providing the Appalachian folk music at the lunch stop! And many thanks to the volunteers who help make KCBC possible: Dick Seebode marked the route again this with his unique “double white arrows”. Brad Black, Mike Bonaventura and Mike Miller helped with snack stops and sag, and Paul Amling, Julia Hilty, Jinjian Liang and my son Cameron helped serve up lunch. All these volunteers helped make KCBC a smooth operation. Thanks for your help guys, you keep us going! Please consider volunteering to help a ride leader next year in support of COP.

## CFC Wrap up and TOSRV 2012

*(this article is a slight alteration of the e-mail sent to CFC riders)*

By Frank Seebode

What a day. If I was not running this ride, I would have stayed home. The numbers who came and rode were amazing. 85% of the riders showed up and I estimate about 80% of the pre-registered riders started. We even had 8 or 9 that signed up the day of the ride. I estimated that between 160 and 170 riders left Sugar Grove for a cold wet day in the rain. What an inspiration they were. Without them, I would not have been motivated to start; those riders are responsible for me completing my 32nd CFC. I must say I worked my mind into the right state and dressed correctly so I actually had an enjoyable day in the cold and rain. Let's hope it is many years before I do that again. Spending 45 minutes the night before putting on fenders was well worth the lost sleep.

A friend of mine said what he liked about CFC was that it was a ride you had to manage. You just cannot go out guns blazing and expect to finish it in good shape. Then you have a fairly tuff day of riding on Sunday.

**CFC, a ride you have to manage.** So here we are on Saturday, About 80 miles of rain, a high of 48 degrees (23 degrees below normal), and 8800 feet of climbing over 110 miles. This was not a situation that you managed. This was something you survived. You had to dress correctly, get yourself in the right mental state and hope for the best. If you didn't get the clothing right or couldn't get into the correct mental state, your body and mind would go places no one wants to go to. Anyone who decided to hang it up should feel no remorse. They showed more moxie than most for just starting. Those that finished, the weather took its toll. The last two hills into Marietta are not that bad, but after 100 miles in the cold rain the tanks were empty or near there, they felt and looked like killers. In the end I am happy no ended up with hypothermia though some were close.

### Sunday

Remember what was said about having to manage the CFC ride and Saturday there was no managing. It showed on Sunday. I had the most listless day on the bike in

a long time and judging from what I saw, so did everyone else. The sun was out, the scenery A1. I am sure this helped the riders not to dwell on some of their slowest riding speed of the season.

With all of this, none of it would have been possible without a great staff of volunteers. From getting a new luggage truck 7:30 PM Friday night because the original truck had safety issues and had to be towed off to getting pots so folks could have hot drinks. To sacrificing their plans for the day to help others (thanks Ned) and many other issues that arose, they adapted and made it, dare I say it; a flawless ride. Give a big round of thanks to Matt Wolf, Eve Holland, Greg Forst, Ned Williams, Don Hamilton., Phyllis Hamilton., Mark Vonder Haar, Dick Seebode, Jennifer Brabbs, Bob Allen, Gail Klauck-Jacobs, Sharon Todd, Cindy Buck, Charlie Pace, Barb Renick, Axel Klauck-Jacobs, Beth Pierson, Kathleen Green, Robbie Roberson, Steve Buck, and Dave Baer (owner of Baer Wheels) who had to wonder if anyone had a working bike Saturday.

**Want to see some videos?** Just type “Columbus Fall Challenge Videos” into your search engine.

**Finally, a bit of news;** I got another bike tour to direct. Starting on 10/17 I inherited the TOSRV job as part of the Bike Event Coordinator position. I have some ideas I like to see implemented for TOSRV 51, if they actually come about is anyone's guess. Charlie Pace will still be spending considerable time helping on TOSRV. TOSRV does not happen because there is a tour director. It takes around 300 volunteers to make TOSRV happen. If you participate in COP activities and if you are reading this article you probably do, consider volunteering on at least one of the many COP activities that happen each year. You can lead an event or just help out on an event. This organization is only as good as it members want it to be. Just a little effort from each of you can make this a great organization. For those concerned I that I might add some hills to TOSRV don't worry; TOSRV will remain flat.



*All of the TOSRV volunteers at the Annual Meeting posed with Charlie for this picture. Photographer unknown.*



# 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

## Tours:

### GOBA

24th GREAT OHIO BICYCLE ADVENTURE, Saturday to Saturday, June 16-23, 2012.

Route details online registration are now available on [goba.com](http://goba.com). Pre-registration required; May 16 deadline. 3,000-rider limit.

## One time rides:

### DUBLIN NEW YEAR'S DAY BEAN RIDE

11:00 AM - All Riders Welcome

Mileage depends upon weather. Meet in parking lot at the Haydens Crossing North clubhouse located at the northeast corner of Hayden Run Rd. and Spring River Ave. **Directions:**

270 to Tuttle Crossing Blvd. exit. Go west on Tuttle Crossing until it dead-ends into Wilcox Rd. Turn left. Take Wilcox until it dead-ends into Hayden Run Rd. Turn right.

When you come to the all-way stop on Hayden Run,

### 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 be 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.

SCHEDULE SUBMISSION INFORMATION  
CAN BE FOUND ON PAGE 3

the clubhouse is on your right.

Bean soup, cornbread, cookies and a warm fire will greet us at the clubhouse upon our return!

Tom & Debbie Davis/614-296-9981 or 614/378-3317

## Weekly rides beginning with Monday:

**CANAL WINCHESTER TUESDAY SPIN CLASS:**  
Tuesdays Starting November 13th through March 13th  
6:30 PM Class A,B,C,D.

No more sunshine after work? Not getting your miles in?

Winter doldrums got you down? Keep your legs moving with Spinning.

This year class (Starting Nov 13th) will be mostly instructor lead featuring Rolling Paseline, Theme nights and new music. Bring your trainer and your bike (loaner trainers available on first come first serve basis). 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.

Leaders: Roy Burnham (roy AT burnhamfamily.net),  
Ric Noland (ric AT cyclistconnection.com)

## WEDNESDAY MORNING RIDE WORTHINGTON 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

**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



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 Falkenburg, 614-861-4478

**CANAL WINCHESTER SATURDAY AM RIDE**

Saturdays 9 AM Class A,B.

Ride distances from 40-50 miles through beautiful Fairfield & Pickaway Counties.

The ride will take place if daytime high is 40+ and starting temperature is near 30.

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.

Leader: Bob Allen at rdavisallen at earthlink.net

**CANAL WINCHESTER**

Sundays 9AM Class A,B

**NO RIDE on Dec. 25th or Jan. 1st.** 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 with no precipitation and wind chill is not excessive. Otherwise, bring your trainer or rollers for an indoor spin session in the shop. Come prepared for both indoors and outdoors if weather conditions appear questionable as

decision to ride or spin will be determined on Sunday morning. 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,

Tim Faigley tcfagley AT att.net

**DUBLIN NORTHWEST WINTER SUNDAY RIDE:**

Dec 4th, 11th, 18th : 9:30 am

Class A,B, Dublin Avery park. Based on routes by Steve Barbour,

Maps Provided, routes change weekly. Check http://Bikerdudesworld.blogspot.com for updates and ride cancellations if weather is in question. From 270, take 161/33 exit west to Avery Muirfield Road exit. Turn right (north) on Avery. Continue on Avery thorough roundabout and take left to remain on Avery. Park will be on left about 1 mile. Park at south Parking lot. For map check out http://local.yahoo.com/info-24441325-avery-park-dublin.

Roy Burnham (614)735-6420 roy AT burnhamfamily.net  
Bill Gordon, 614-370-9121 bgordon AT columbusoh.nef.com

Scott Danhof, 614-315-1581 sdanhof AT sdanhof@columbus.rr.com



**Boating**

Walt Taylor 614/ 519-8633 boating@outdoor-pursuits.org

**FLOCKING TO THE HOCKING 2011**

Sunday December 11

Dress warmly, decorate your boat, and float down the Hocking River. Take a break from seasonal stress to join Mike and Kitty on COP's long standing tradition of Flocking to the Hocking.

We'll start the day with a hearty breakfast, then spend the day on the river. The area is beautiful, and the natural Rock Bridge is a great place to stop for lunch.

To sign up or get further information, contact Mike at 614-746-4700 or e-mail mandk2 canoe@wowway.com

**WINTER ROLL SESSIONS**

COP will again be hosting roll sessions this winter at the Grove City YMCA.

This year's winter roll sessions will run on Sunday evenings 7:00 PM to 9:00 PM on the following dates: December 4th, 18th, January 1st., 8th, 22nd, 29th, February 5th, 12th, 19th, 26th, March 4th, 11th, and 25th.

There will be roll sessions on Sunday mornings from 8:45am-10:45am on January 15th and March 18th.

The Grove City YMCA is located at 3600 Discovery Drive, Grove City, OH 43123. The charge for members is \$7 per session for members and \$14 for non-members.

All boats must be immaculately clean, inside and out, before entry into the aquatic complex. As a safety precaution, all paddlers must wear helmets during the sessions.

The YMCA strictly prohibits cell phone use in either the restrooms or the locker rooms (grounds for expulsion). Please see the December newsletter for directions and details.

For further information contact Jim Murtha (jmurtha@wowway.com, phone 614-282-3293).

Visit us at [www.outdoor-pursuits.org/boating.php](http://www.outdoor-pursuits.org/boating.php)



**Climbing**

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



## Hiking/Trail Running

Pat Smith 614/ 443-5226 [hiking@outdoor-pursuits.org](mailto:hiking@outdoor-pursuits.org)

### DAWES ARBORETUM – NEWARK

Saturday, December 10, 10:00 AM

Come out and work off some of those holiday calories. We will hike approximately 6 miles in this beautiful arboretum. From Columbus, take I-70 East to St. Rt. 13 Exit. Take St. Rt. 13 North (left) for approximately 4 miles to the park entrance on the left. Meet at the main parking lot next to the Visitor Center. Please call or e-mail me if you plan to attend or if you have any other questions.

Charlene Schaffner 740/927.8582 [charlene AT hmstamps.com](mailto:charlene AT hmstamps.com)

### CLEAR CREEK METRO PARK

Sunday, December 11, 10 AM

Meet at first parking lot west of SR33. Bring lunch; water and dress for the weather. Hike 8-10 miles over moderately hilly terrain.

John Lunn 740/969-4836

### HIGH BANKS METROPARK

Saturday, December 17, 1pm-ish

Meet at the Visitors Center for an afternoon to walk 4-6 miles at a relaxed pace. Loaded backpacks encouraged.

Ann Gerckens [volunteer\\_ann AT sbcglobal.net](mailto:volunteer_ann AT sbcglobal.net) 614/282-2781

### OLD MAN'S CAVE TO ASH CAVE

January 1, 10:00am-ish

Meet at the Old Man's Cave parking lot and join us for 6 miles of great hiking and Holiday cheer. Shuttle provided for this one way hike. Dress for the weather, pack a lunch and bring plenty of water.

Also bring yaktraks, icewalkers, cleats or some such traction for your feet since I plan to take the gorge trail to Cedar Falls. Those without traction devices will be sent as a sub-group to Cedar Falls via the upper trail.

Optional car pool from Canal Winchester at 9am. Meet behind the Krogers gas station (store side), Winchester Plaza off Rt 33.

Trip goes unless we are under Class 2 or 3 Snow emergency.

Ann Gerckens [volunteer\\_ann AT sbcglobal.net](mailto:volunteer_ann AT sbcglobal.net) (before 12/30, I don't have internet at home) or 614/282-2781



### WOULD YOU LIKE TO BE A COP LEADER?

The path starts with taking a COP Leader Training class. Please see information about upcoming classes in the column to the right.



## Backpacking

Lisa Drugan 614/846-3749 [backpacking@outdoor-pursuits.org](mailto:backpacking@outdoor-pursuits.org)

### GENEVA STATE PARK – OHIO

December 3, 2011 – (Overnighter)

Trip leaves Saturday at 7:30 am and returns Sunday evening. We'll hike/cross country ski approximately 6 - 8 miles a day.

If interested, e-mail [ldrugan@insight.rr.com](mailto:ldrugan@insight.rr.com) no sooner than 30 days prior to trip.



## Meetings, Classes, etc.

**THERE WILL BE NO BOARD MEETING IN DECEMBER**

### LEADER TRAINING

Saturday, December 3rd, 10am to 6pm

COP Leader Trainings include all 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 AT [outdoor-pursuits.org](http://outdoor-pursuits.org) or 614/ 442-7901

**THERE WILL BE NO PROGRAM MEETING IN DECEMBER**

### BOARD MEETING

Thursday, January 5, 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.

Keith Finn 614/ 890-6269 [president@outdoor-pursuits.org](mailto:president@outdoor-pursuits.org)

### JANUARY PROGRAM MEETING?

Tuesday, January 17, 7pm

The January program meeting is usually run by the caving program, but it appears we do not currently have a caving program! So. Please check the activity calendar at [www.outdoor-pursuits.org](http://www.outdoor-pursuits.org) to see if there is a meeting on this date. At press time, there was a possible program about hiking the Alps, Nice to Vienna, but it's not nailed down.

### LEADER TRAINING

Saturday, January 14th, 10am to 6pm

COP Leader Trainings include all 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 AT [outdoor-pursuits.org](http://outdoor-pursuits.org) or 614/ 442-7901



Activity

SCHEDULE



# Winter Activities

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

## INTRO TO XC SKIING

Saturday Jan 7

COP is partnering with Pickerington Parks to introduce cross country skiing to the public. Check the January newsletter for site and time (most likely 10 am). No charge.

I would welcome a COP member, not necessarily an experienced skier, to assist fitting participants to equipment.

Contact Glenn Beachy at gbeachy2000@yahoo.com

## INTRO TO XC SKIING

Sunday Jan 8 – 2:00 pm.

Slate Run Metro Park, Buzzards Roost Picnic Area

COP is partnering with Columbus Metro Parks to introduce the public to cross country skiing. Similar to above event.

## WILDERNESS LODGE ANNUAL WINTER GETAWAY – WATTSBURG, PA.

Fri Jan 20 to Sun Jan 22, 2011.

Join us for a relaxing or active weekend. XC ski or snowshoe (DOW); day hike, meet new friends or catch up with old ones; read a book by the fire and enjoy a home-cooked meal. Cost: \$90 -members: \$105-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 9. 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](http://www.thewildernesslodge.net).

## IMPROMPTU WINTER ACTIVITIES

When the snow falls give us a call for x-c skiing or snowshoeing. Rentals and instruction available. A few potential destinations: Glacier Ridge, Highbanks, Prairie Oaks, Battelle-Darby, or Blendon Woods Metro Parks, Lobdell Reserve in Licking County, Deer Creek State Park, Malabar Farm State Park or Cuyahoga Valley National Park.

Contact Glenn Beachy email gbeachy2000@yahoo.com or 614-268-4904 or Terry Smith madisonlake@columbus.rr.com or 614-396-6500

## 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](mailto:beachy2000@yahoo.com).

Equipment will be unavailable Jan 16-25.

*Paid Advertisement*



## Winter "Play and Stay" weekends at Ohio's HI-Lucas hostel. A short 65 mile drive north of Columbus, just off I-71 near Mansfield.

At Ohio's Malabar Farm hostel, entire 6 bed bedrooms can be rented to families and groups, or individuals can stay 2 nights for \$50.00 over the weekend.

First get-away will be Dec. 16-18th, 2011.

Bring some sleds, cross country skis or jaunt over to nearby Snow Trails for some downhill skiing, snowboarding or tubing!

Then warm up with your favorite beverage in one of several cozy in-door living spaces!

Hostel guests will have **24 hour access** to the hostel and access to a completely equipped kitchen.

For reservations call Nancy Clarke today at 614-886-5354.

Learn more at [www.cohoh.org](http://www.cohoh.org)

SCHEDULE

Activity

## 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? \_\_\_\_\_

What made you decide to join? \_\_\_\_\_

## 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 (2 or more people in same household) |
| <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:

2001 Aegis Swift Woman's Road Bike – 44cm frame, Shimano Ultegra drivetrain and brakes, 11/28 Cassette, Bontrager Racelite 650c carbon wheels w/bladed spokes, Terry Butterfly Saddle, Ritchey Carbon seatpost. Good Condition. \$800.00.

**Donna Bush @ 614-506-8294 for more details.**

### FOR SALE:

Thule Cartop Carrier System 1061. This Thule system was designed for vehicles without "raingutters." The system includes the following: Loadcarrier 106 (attaches to the vehicle), Short roofline adapter, 2 Bicycle carrier racks (System 1050-22), Front Wheel Holder (never used), Vertical SKI Rack (never used). A complete system for bike/ski transportation, with additional parts, this system could also be adapted for kayaks. Asking \$ 250.00.

**Contact Mary: md1213@yahoo.com**

### FOR SALE:

Rio Bravo Lotus Designs Life Vest, Navy, Size Large Extra Large/ Rated for persons over 90 lbs. with significant flotation (17.5lbs). Excellent Condition, \$30.

**Jim at 614 282-3293 or jmurtha@wowwway.com.**

### FOR SALE:

Extrasport Blue Adult Small Life Vest for person under 90 lbs. Excellent Condition, \$15.

**Jim at 614 282-3293 or jmurtha@wowwway.com.**

### FOR SALE:

Trek, 5200 US Postal Service edition. 50cm, carbon fiber, triple chain ring, Ultegra, new bar tape, will leave SPD pedals and computer, very good condition.

**Contact Cindy at 740/368-9779**

## 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

December 2011



**Columbus Outdoor Pursuits**

1525 Bethel Rd Ste 100  
Columbus OH 43220-2054

Address Service Requested

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COLUMBUS, OH  
PERMIT 172

*Paid Advertisement*



# Outdoor Source™

WHERE ADVENTURE BEGINS

december 2011



## happy holidays!



The Outdoor Source would like to wish everyone a safe and happy holiday.



Need gift ideas? Stop in and let our staff help you out. Still can't decide? We offer gift cards in any amount.



We have the best selection of gear and clothing from Arc'Teryx, Marmot, Mountain Hardwear, OR, Patagonia, RAB and The North Face.



### events



12/7:	Winter Camping Skills	Westerville	6 - 7pm	\$5
12/17:	Snowshoeing	Highbanks	TBA	TBA

Please call or visit our website for further clinic and trip information.

COP Members save 10%\*

\*Must have COP card. Cannot be combined with any other discount. Excludes kayaks/paddleboards.

Columbus: 3124 Tremont Rd. 43221 614.457.3620 M-F 10-8 Sat. 10-6 Sun. 12-5  
Westerville: 5969 Sunbury Rd. 43081 614.818.3620 M-F 10-8 Sat. 10-6 Sun. 12-5  
[www.theoutdoorsource.com](http://www.theoutdoorsource.com)