



# Miami Valley Outdoor Club

Sept. 1 **Adventure Trip leader Bill Johnson to tell stories** September, 2009

Outdoor professional Bill Johnson has been exploring the outdoor world for more than 40 years and for more than two decades, he has safely guided groups of novice and experienced adventurers on trips of a lifetime. At our September meeting Bill will share highlights of recent rock climbing and ski trips he has led and will explain how he works with groups to organize customized tours that may also include mountaineering, snowboarding or backpacking.

His experiences as a ski instructor, marketing director and manager of western ski resorts, his many contacts in the travel and outdoor world, and his attention to detail have enabled him to plan and lead countless groups on successful and competitively priced vacation adventures to the American West, Canada and Europe.

Join us at 6:00 p.m. for socializing and trip planning, followed by the business meeting at 6:30 p.m., and our guest speaker at 7:00. The meeting will be at Wegerzyn Garden Center, 1301 East Siebenthaler, Dayton.

## Upcoming MVOOC Activities

### Car camping and day hiking in Southern Indiana

September 5 and 6 was originally a backpack trip. That is changed to a camping trip to Obanon State Park, Indiana. While we are there we will day hike and scout out the Adventure Trail for the Backpack trip on October 10 and 11, 2009. We can check out the trail heads, trail junctures and access roads, water sources and parking lots. We can also look for possible wilderness campsites.

Contact Donna Gehring, 836-8515 ddgehring60@verizon.net to sign up.

### Eastwood Watersports

Friday, September 11 and Tuesday, September 29:  
Test your kayaking, windsurfing or sailing skills at clear, warm, beautiful Eastwood Lake. A kayak, sailboard and a mini sailboat will be available for sure. Anyone with their own boards and boats (no motors) are welcome to bring them too. We'll take a break around 5:30 for Ky grilled/fried chicken. For those who would just like to watch, enjoy the weather and the good company, please come. There are walking and bike trails at the park as well. Bring your bike if you like. Waiver required for non MVOOC members.

Eastwood Lake, Harshman Rd 3:00pm-8:00pm  
Contact: Lindy M at 278-1493 or Jeanne B at 299-4102

## New Display Photos Needed

It's time to update our MVOOC photo display that we use at events like GearFest and the Adventure Summit. Although the photos we have are wonderful, they are too old to truly represent the current character of the outdoor club. If you have some great photos of MVOOC trips from the past five years, please donate one or more to us. We will even credit you with the photo. Preferred size 8" x 10". Also we would need a location and year of the photo. We will type all the labels so they all match.

We need them soon, because the GearFest is coming October 3. Please bring your photos to the next meeting on September 1. Arrangements can be made for mailing, dropping off at my home or emailing a file that can be printed. Contact Lindy McDonough, 278-1493 or lindymcd46@aol.com.

## More Upcoming MVOG Activities

### Corwin to Yellow Springs Bike Ride

50 Miles Round Trip  
Saturday & Sunday, Sept. 26 & 27

Have you ever dreamed of taking an overnight trip on the Little Miami Bike Trail? I have, so I'm making that dream come true! This isn't your dream, you say? Well make it your dream and join us.

Here are the details:

We will meet at noon in the parking lot by the bike path in Corwin for lunch. You can pack your lunch or eat at a local restaurant. Bring your camping gear, because we will have a car to transport your gear. We will leave Corwin at about 1 p.m. and ride about 25 miles to Yellow Springs. In Yellow Springs, we will take the road to the John Bryan Park Campgrounds. We'll set up camp, have dinner, and make a campfire. Then, Sunday morning we will break down camp and

start riding back to Corwin where we can have lunch again before we head home.

If you aren't up for biking 50 miles, you have other options:

a. Skip the bike ride, but meet us in Corwin at noon for lunch and collect our camping gear. Then drive up to Yellow Springs and claim your campsite first! You can then proceed to hike, mountain bike or just enjoy nature in the park. On Sunday, drive our camping gear back to Corwin and join us for lunch.

OR

b. Join us along the trail or just at the group campsite on Saturday evening and enjoy our company around the campfire.

Contact: Ella Himes [ellahimes@yahoo.com](mailto:ellahimes@yahoo.com) or (937) 321-6314 to register. MVOG waiver required for non-members.

### MVOG GearFest Booth: Volunteers needed Oct. 3

Description: MVOG VOLUNTEERS are needed for our booth at this annual outdoor celebration at Eastwood Metro Park.

We would like at least 2 people to staff our booth for 2 1/2 hour stretches. But the more for each time slot the merrier. It's really EASY. Some of our members learned about us at GearFest.

SIGN UP FOR THESE TIMES:

9:00-11:30a.m. (set-up by 10:00a.m.)

11:30a.m.-2:00 p.m.

2:00-4:30 p.m.

4:30-7:00 (take down after 6:00)

This is a really fun event, with lots to do, see, buy, hear and eat! Get to know your fellow MVOG members better, meet new members, network with other outdoor enthusiasts, and do some outdoor activities while you are there.

Location: Eastwood Metro Park, Springfield St. or Harshman Rd. Entrance

Date: Saturday, October 3, 2009

Contact Name: Lindy McDonough 278-1493

Contact Email: [lindymcd46@aol.com](mailto:lindymcd46@aol.com)

### Future MVOG Activities

#### Backpacking on Indiana's Adventure Trail

Obanon State Park, Indiana, west of Louisville, KY  
Saturday and Sunday, Oct. 10-11.

It will be an easy backpack trip and a follow-up to the earlier exploratory September trip to the same area.

Contact Name: Donna Gehring, 836-8515

Contact Email: [ddgehring60@verizon.net](mailto:ddgehring60@verizon.net)

#### Five Rivers Metroparks GEARFEST

Saturday, October 3, 2009

<http://www.metroparks.org/GEARFEST/>

#### Next board meeting:

The next MVOG board meeting will be at Marion's on North Dixie September 10 at 6:00. All members are welcome.

## Trip Reports

### Mad River Float Trip August 8, 2009

By Donna Gehring

This was attended by Nancy and Taylor Haas, Lindy Mc Donough, Bonnie Spitzkeit, Cindy Gobeaux, Jim Glidewell, Dale Bockhorst and us, of course, Dwight and Donna Gehring.

We met up at the Speedway Station on Upper Valley Pike in Springfield, Ohio. Here we topped off or filled up our inner tubes. Then we proceeded to the put-in where inner tubes and passengers were dropped-off. The drivers then relocated the extra vehicles at the take-out 2 miles downstream and returned in 2 vehicles. Then on this glorious, hot, summer day we floated peacefully down river for about 2 hours.

The water was cold and refreshing as usual. There had been a rearrangement of a major strainer a short distance south of County Line Road. And, in addition, the rushing water earlier this season rearranged some of the river bottom rocks to make it shallow enough that a few of us had to pick up our inner tubes and walk about a hundred feet. After the drivers were taken back for their cars all of us split up and headed for home. A good time was had by all.

### Backpacking in the Mt. Rogers/Grayson Highlands Rec Area

In August, five MVOC'ers (Nat Davis, Sharon Mullins, Barbara McCray, Gary Mount and Ella Himes) joined fellow backpackers from Cincinnati and spent several days backpacking a loop in the Mt. Rogers/Grayson Highlands Recreation Area of Virginia, 21 miles of which was on the Appalachian Trail. The weather was spectacular and the scenery breathtaking. The group not only had a wonderful time hiking, but gave back to the beauty of the area by filling a 55 gallon trash bag with garbage collected along the last two miles of their trip on forest roads.

### Zip Line Adventure at Camp Kern Sunday August 2, 2009

By Donna Gehring

After everything was planned, dated detailed, arranged and rearranged 7 of the original 8 proposed participants bailed out. That left me and a surprise participant, Lindy Mc Donough. Surprising because she has never done anything like this before. As it turns out: she did very well. It didn't take much persuading for her to step off the tree platforms into thin air 7 times.

Lindy and I were at the designated shuttle pick-up spot at the pre-determined time of 1:30PM. We were assigned two guides who supervised us as we wiggled into our harnesses and helped each other adjust them to a proper fit. We were also equipped with Petzl climbing helmets. I have done rock climbing, rappelling, and vertical caving involving rappelling into a cave (125 vertical feet) and climbing the rope back to the top. So I am acquainted with this equipment. It was top-of-the-line stuff. Seat harnesses and chest harnesses and self-locking

carabiners strong enough to support an elephant. So, I felt completely safe.

The guides meticulously hooked up and transferred us from cable to cable themselves. After we hooked into a cable at the beginning there was not one instant along the way that we were not hooked into a cable.

The guides explained how to speed up (cannon ball) or slow down (starfish) and how to steer as you are zipping along within the canopy of the forest. One guide went ahead of us to check wind and friction factors and radio back to us advice about how to do it safely. The guides carefully hooked and unhooked and transferred us with complete focus and lack of distraction. I know because I tried to fluster them and get them distracted. There were completely unflusterable.

Lindy and I had a great time. Next year there will be two more lines which are expected to deposit us near the parking lot where our cars were located.

# Four days backpacking in the Dolly Sods Wilderness...almost heaven

By Barbara McCray

A mid-August hike at Dolly Sods Wilderness in Monongahela National Forest in West Virginia offered a taste of a northern landscape only seven hours from Dayton. Six hikers from MVOOC, Cincinnati Area Backpackers Meetup and Ohio Backpackers group (Andy Niekamp, Barbara McCray, Dean Winch, Erica Mannea, Simon Slobodnik, and Ewa Roszczenko) followed the route that is described on the website <http://www.midatlantichikes.com/dst.htm> which circumnavigates the wilderness area.

We arrived just as it was getting dark on Thursday 8/13 and walked 1.4 miles to our first campsite along upper Red Creek on Bear Rocks Trail. It was a clear chilly night, perfect for stargazing, once we'd set up our tents on the bank of the gurgling stream.

Friday's hike was 8.3 miles in sunny, open high country meadows, where we stopped often to pick blueberries, climbed Rocky Knob and saw wild turkeys. We camped along Stonecoal

Run at the intersection of Big Stone Coal Trail and Dunkenbarger Trails.

On Saturday morning we made a side trip sans packs to Lion's Head, stopping to take in a beautiful waterfall on the way. I highly recommend you ignore the easy approaches to Lion's Head and take the last possible left so you don't miss the rock scramble to the top. The view from Lion's Head: well, that's why it's called almost heaven. After returning to camp and retrieving packs, we continued hiking in the mountain woods. We found a perfect swimming hole when we crossed Red Creek. After 10.3 miles, we camped Saturday night along the banks of Red Creek at arguably the best campsite in the whole wilderness, maybe the whole world.

On Sunday we returned to high open country meadows (and more blueberries) and covered 5.4 miles. A stop at the Front Porch Restaurant with a spectacular view of Seneca Rocks completed the journey. You

can see more photos at <http://www.niekamp.org/dollysods2009/>.



The view from the Lion's Head

## MetroParks Activities

09/12 9:00 AM - 12:00 PM **Volunteer: Backpacking Trail Work Days**

For more information and to register, contact (937) 277-4374

Saturdays starting at 9:00 AM: **Bike for the Health of It**

09/05 Creekside Rec.Trail Eastwood MetroPark Riding to Greene County line. (12 miles)

09/12 Great Miami Recreation Trail (S) Riding to Crains Run Nature Park. (20 miles)

09/19 Great Miami River (N) Riding to Carillon Park

09/26 Bike for the Health of It: Great Miami River Rec.Trail (S)

Saturdays in September: **Hike for the Health of It**

at various metroparks. See [www.metroparks.com](http://www.metroparks.com) for details.

Thu 09/17 4:00 PM - 8:00 PM

**Try Mountain Biking! Free**

Is not having a mountain bike keeping you from getting out to ride MoMBA this year? Come out to MoMBA, MetroParks Mountain Bike Area to meet the Five Rivers Outdoors Staff and use one of our program bikes to take a lap or two on the sweetest single track around. r. Bikes will be available on a first come, first served basis. Youth under the age of 18 must be accompanied by a parent or guardian. Helmets are mandatory and provided with bike. Reservation requested, walk-ins welcome. Call (937) 277-4374.

## Trip Reports Continued

### Cedar Bog Walk, Urbana

August 16

The tropical weather was not a deterrent for six hardy MVOCers who recently enjoyed a shady stroll along the boardwalk at Cedar Bog. It was the second MVOC trip this year to the historic fen for Mike Nelson and Lindy McDonough. Donna Gehring and Allan Rettberg, returning after several years, got to see the new visitor center for the first time. And Rebecca Cress-Ingebo was especially happy to be there, because she just completed naturalist training to be a guide at Glen Helen and wanted to expand her knowledge of area nature reserves. Her husband David was the photographer in the group and got a great shot of a iridescent skink before it slithered off the boardwalk and into the brush.

The trail was very overgrown with August vegetation and we saw many different summer flowers, most of which we couldn't identify. Allan was the only one with the foresight to bring a wildflower book, but most of the time we were too spread out to make use of it. After our trek into that steamy swamp, we all drove to Yellow Springs and Young's Dairy to cool off with some ice cream and then head for home.

### Mystery of the Nile Movie

August 11

Despite the small turnout, Allan Rettberg, Mike Nelson and Lindy McDonough were thrilled by one of the best true adventure movies ever made (according to Lindy). Stomach turning flights through deep lava rock river canyons, repelling alongside gigantic waterfalls, overturned rubber rafts in raging whitewater rapids, traversing stretches of the Nile clogged with hungry crocodiles, avoiding wilderness bandits and civil wars, and surviving a merciless nighttime storm on Lake Nasser, were just some of the exciting scenes in this great film about a four-month first-ever trip down the Nile River from its source in Ethiopia, through Sudan and Egypt to the Mediterranean Sea. The movie runs through September 6 at the IMAX theater at the Air Force Museum.. If anyone wants company, Lindy would be glad to go again for the third time. She may even go by herself!

### Paddling Through a Thunderstorm

August 19

All day long the sky was cloudy, but around 5:00pm it cleared enough for Whitewater Warehouse on Valley Street to send sixteen kayakers down the Mad River on their weekly Wednesday Nite Paddle. MVOC members Tom and Katherine Cruse were trying out their brand new kayaks, honing their paddling skills for perhaps some future whitewater adventure. They were accompanied by MVOCer Lindy McDonough who was making her tenth trip down the Mad this summer. Although the Cruse's made it through the initial rapids with no trouble, Lindy got hung up on underwater rocks and wound up going down the rapids backwards, for the first time. About half way through the trip, the sky darkened, the wind picked up and thunder boomed in the distance. Just before the Stanley Ave. bridge, the heavens opened up with a stormy downpour. Lindy lost her hat in a gust of wind and the hard rain, stinging like pins and needles, made paddling difficult.

The kayakers kept going, hoping to finish safely. Drenched cyclists peddling along the river bikeway waved as they passed by. As worrisome as the lightning was, it was still exciting kayaking in the driving rain. And, of course, just as the threesome glided into the landing and pulled their boats onto shore, the sun came out as they watched other kayakers end their ride.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Miami Valley Outdoor Club P.O. Box 292571 Dayton, OH 45429 www.miamivalleyoutdoorclub.org		1 Member Meeting 6:00	2	3	4	5 Car Camping
6 Car Camp- ing	7 Labor Day	8	9	10 MVOC Board Meet- ing 6:00 Marion's	11 Eastwood Watersports 3:00 - 8:00	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 Bike Camping
27 Bike Camping	28	29 Eastwood Watersports 3:00 - 8:00	30			Oct. 3 Gearfest

## Membership Response Form

Annual dues are \$16 for singles or \$24 for families. New members joining after July 1 may pay half a year's dues.

Name \_\_\_\_\_ I'd like to join \_\_\_\_\_ I'd like to renew \_\_\_\_\_

Address \_\_\_\_\_ I'd like more information \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

Email Address \_\_\_\_\_ Amount enclosed \$ \_\_\_\_\_

Please circle one: (Include) (Do not include) my name and information on the annual roster sent to all MVOC members.

I hereby declare that I am at least 18 years of age and agree to abide by the rules and regulations of the Miami Valley Outdoor Club. I do hereby relieve the Miami Valley Outdoor Club and/or its officers and members from all responsibility and liability regarding any loss, injury, or accidents incurred at, or related to, any club activity or function.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### MVOC Officers

President:	Lindy McDonough	278-1493	lindymcd46@aol.com
Vice President:	Gary Mount	367-6702	glmount@yahoo.com
Secretary/Treasurer:	Dale Bockhorst	433-5533	dalebocchorst@yahoo.com
Programs Director:	Dwight Gehring	836-8515	ddgehring60@verizon.net
Newsletter/Publicity:	Jim Nies	275-9614	jnies@aol.com
Activities:	Kathy Hemmerick	698-6492	hemmerkm@woh.rr.com
Webmaster:	Andy Niekamp	296-0245	andyniekamp@gmail.com