



# Miami Valley Outdoor Club

October 2009

## Walking the Alps - 1,300 Miles in 170 Days

Middletown retirees Gudrun and Peter Seifert will be our featured speakers at the October 6 meeting. The Seiferts, originally from Germany, have lived in the United States since 1964 but they never lost their love for the mountains of their homeland. Come hear their adventures hiking the length of the Alps from Nice to Vienna traveling through parts of France Switzerland, Germany and Austria. Gudrun, an English teacher, and Peter, a mechanical engineer, took early semi-retirement and started their walk through Europe when he was 62. The hike extended over 6 years, about 30 days each trip and became one of the greatest experiences of their lives. As a result they wrote a book **HIKE FOR YOUR LIFE**, to inspire and challenge fellow and future retirees to hike more for better health of body, mind and soul.

Join us at 6:00 p.m. for socializing and trip planning, followed by the business meeting at 6:30 p.m. and the Seifert talk at 7:15. The meeting will be at Wegerzyn Garden Center, 1301 E. Siebenthaler Ave. in Dayton.



Gudrun and Peter Seifert will speak at the Miami Valley Outdoor Club meeting Tuesday, October 6 at 7:15 p.m. Their books will be available to purchase.

### **We Want Your MVOC Photos!**

It's time to update the MVOC festival display. Images from the past 5 years are preferred. Bring them to the next meeting or email image files to [lindymcd46@aol.com](mailto:lindymcd46@aol.com). Be sure to include location, year of the trip and photographer's name.

# Upcoming MVOC Activities

## Hiking Hocking Hills Day Hike

Saturday, October 10, 2009

Originally, I intended to make this a car camping or cabin camping trip. But, If I have learned anything about hiking the Hocking Hills area it is that in the fall this area becomes very crowded with Leaf Peepers. So, Dwight and I are making this simply a day trip. We will drive over early on Saturday, Hike Conkles Hollow and Rock House and drive home. We will carry lunch and water on the trail. The advantage of going with a group is sharing a ride and saving on gas. If you want to attend and are interested in car-pooling let me know. If you want to hike with our group let me know and I'll tell you where and when to meet us at Conkles Hollow. Donna Gehring [ddgehring60@verizon.net](mailto:ddgehring60@verizon.net) or 836-8515.

## Trail Maintenance Wildcat Hollow

Saturday, October 24, 2009

I am taking over trail maintenance liaison chores for Ralph Weiss. I spoke to the ranger at Wayne National Forest. Apparently, we will be doing after storm clean-up chores. We will meet at the Forest Campground near Burr Oak State Park at 9am, where we will receive the safety speech and sign-up for work. Camping is free for us. You can drive to the campground on Friday night or spend Saturday night in camp....or both. You need to bring work gloves, lunch and water to carry on the trail. You will be provided helmets and tools to work with. We usually finish up around 3:00 p.m. Contact person: Donna Gehring [ddgehring60@verizon.net](mailto:ddgehring60@verizon.net) or 836-8515.

## Halloween at Mammoth Cave National Park, Kentucky

Friday-Sunday

Oct. 30, 31 & Nov. 1



Mammoth Cave is the world's longest known cave system, with more than 367 miles explored. Early guide Stephen Bishop called the cave a "grand, gloomy and peculiar place," but its vast chambers and complex labyrinths have earned its name—*Mammoth*. Autumn seems like a perfect time to visit one of our nearest National Parks. There are 12 different cave tours to choose from and 24 hiking trails as well as opportunity for canoeing or kayaking. The basic plan is car camping Friday and Saturday night with a cave tour and hike through the woods on Saturday and Sunday, however we'll plan our agenda after we get there. Bring along your favorite ghost story to share around the campfire Halloween night. To sign up contact Lindy McDonough at 278-1493 or [lindymcd46@aol.com](mailto:lindymcd46@aol.com). To learn more about the park check their website at [www.nps.gov/maca/](http://www.nps.gov/maca/)

## Mark Your Calendars

Oct. 6..... MVOC General Meet., Wegerzyn  
Oct. 8..... Intro to Orienteering, MetroParks  
Oct. 10..... MVOC Hocking Hills Day Hike  
Oct. 15..... MVOC Board Meeting  
Oct. 15..... Try Backpacking/MetroParks/Free  
Oct. 20..... MOMBA Trail Maintenance  
Oct. 24..... MVOC Trail Maintenance, Wildcat Hollow  
Oct. 30 - Nov. 1.....Mammoth Cave, Ky  
Nov. 3..... Election Day, VOTE!  
Nov. 3..... MVOC General Meet. Wegerzyn  
Nov. 15.... MVOC Board Meeting, Marion's  
Dec. 1..... Holiday Dinner & Auction, Wegerzyn

**VOTE! November 3**

# Trip Reports

## Scouting Trip to O'Bannon State Park & Harrison Crawford State Forest

September 11-13

by Donna Gehring



*A wise man once said, "If I owned Hell and Harrison Crawford State Forest, I would rent out Harrison Crawford State Forest and live in Hell."*

Many years ago before Dwight and I joined the MVOC, there was a backpack trip to this forest that lives in infamy. Ask anyone who was on that trip and there will be groans and rolling eyeballs. Just watching them recall that trip looks painful.

But, fast-forward to 2009 and there are internet reports of backpacking trips to this area. There is the Adventure Hiking Trail (AHT). Somewhere between 23 and 27 miles long, depending on who you believe. This trail begins and ends at O'Bannon State Park AKA Wyandot State Forest in the olden days. Since no one but my husband, Dwight, and myself attended this, I have decided that a trail condition report is all that is necessary. Dwight and I were interested in the Approximate 10 miles of trail that was not described on the internet - the section of trail that has the O'Bannon SP campground midway. We decided to leave our bicycles and helmets at the campground and drive to the trail head where we planned to hike the trail to a pre-designated trail juncture that we expected would lead us to the campground. We scouted out this trail crossing on the old forest road that ends at the Iron Bridge. The trail to the campground seemed to be well-marked where it crossed the old forest road.

We parked our car in a rough and sparse parking space. We planned to reach the campground and ride our bicycles back to the car. We began our trek on a short section of trail that is shared with horses. It wasn't bad at all. Soon the trails diverged. The horse trail went off to the right and the AHT went off to the left identifiable by a combination of white, meaning hiking trail and green, meaning the AHT. Shortly along this trail there was a marker post with a modern style arrow head embedded into it. Dwight couldn't pull it out. This was not a hospitable omen.

Shortly, after that we encountered a couple of hunters asking about any squirrels we might have spotted. We followed trail markers and tractor treads that indicated a dirt moving vehicle that was at least 7 feet wide had cleared the trail. There were places on the trail that looked like quite a bit of dirt had been rearranged to form an acceptable foot path. When the markers were not obvious the tractor treads were, except for a section of the trail that crosses a dry rocky stream bed that was about 10 feet wide (Average). It took us about 10 minutes searching for the trail marker to find it. You see the tractor tread went to the left and the marker was across the dry stream bed and uphill.

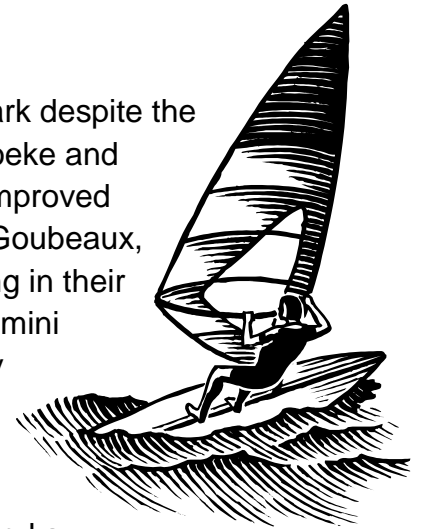
Along the way we crossed some possible trails that we hoped would be our trail back to the campground. They were not marked. So, we continued wondering if we were going to have to hike all the way to the Ohio River or turn back. There was a section of the trail that was about 50 feet long that had not been traveled by the tractor. It was extremely overgrown and we appreciated greatly the use of the tractor to clear the trail. Eventually, we arrived at the Iron Bridge and the far end of the old forest road. We considered continuing on this trail to the other side of the campground where the map indicated a trail going right into the camp. But, since the map had already been unreliable we figured that we should follow the old forest road for a little over a mile back to the campground entrance rather than risk missing the camp altogether and hiking after dark to get back.

Later we checked out the other trail into the camp. It entered the horse camp and it was a horse trail. It was not hiker friendly.

# Great Fun at Eastwood Watersport Days

August 25 and September 11

Windsurfing, sailing and kayaking continues at Eastwood Lake MetroPark despite the departure of our sailboard experts Dave and Virginia Wood. Jeanne Boeke and Bonnie Spitzkeit have taken over as instructors and they have greatly improved their surfing skills over the summer. Tom and Katherine Cruse, Cindy Goubeaux, Donna Gehring and guest Virginia Bard spent most of their time paddling in their kayaks and Lindy McDonough has been learning the ropes on her new mini sailboat. The wind has not always been cooperative and one day Lindy made it all the way across the lake, just as the wind died down. She had to be towed all the way back by kayaker Tom Cruse. And a few times our windsurfers had to be rescued from the middle of the lake. A couple of bicycles on hand were useful for quick trips to the restroom and a run to the far end of the lake to confront some illegal speed boaters.



## Magazines, books & brochures

Don't forget to bring outdoor literature you no longer need to our meetings. We have a special table for free stuff. When you go somewhere outdoors that you especially like, pick up a handful of brochures to put on our free table. Let us know about upcoming outdoor events. Bring your fliers. Garden vegetables welcome too!

## Learn Land Navigation Skills MetroParks Program

### Intro to Land Navigation

Thurs., Oct. 8 ....6:00 - 9:00 p.m. ....\$5  
Wegerzyn Garden MetroPark,  
Adult classroom. 1301 Siebenthaler Ave.  
Learn how to use a map and compass in the backcountry or dust off some old skills in this classroom session that is a prerequisite for Land Navigation Basics. Ages 14 & up. Registration is required. (937) 277-4374

### Land Navigation Basics

Sat., Oct. 17, 12:00 - 3:00 p.m. .... \$10  
Twin Creek MetroPark,  
High View Shelter, 9688 Eby Rd.  
Get out and use map and compass together in the field based program. Registration is required and limited. Ages 14 & up.  
(937) 277-4374

## Holiday Auction Ideas

Our annual dinner is just two months away, so it's time to start thinking your contribution to the auction. It's a great opportunity to clean out your closets, basements and garages. And our way of contributing some money to our favorite nature center. If you don't have anything to sell, consider going a thrift store or garage sale where you might find some neat stuff to contribute to the auction.

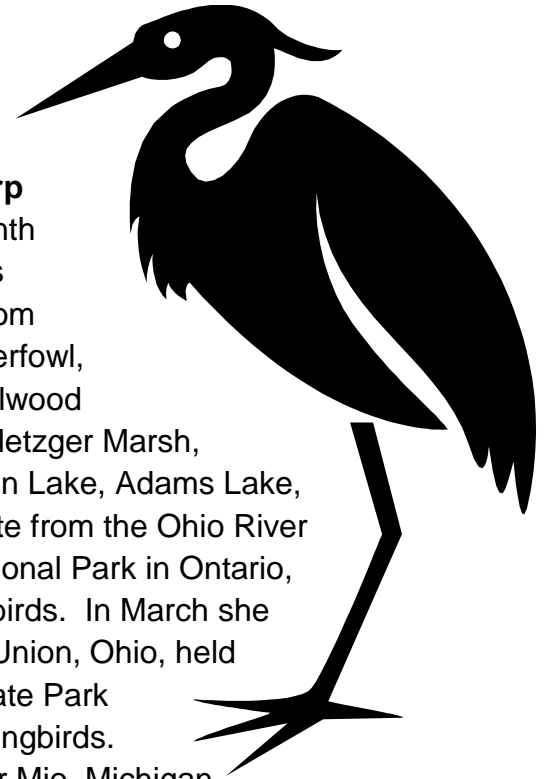
## Try Backpacking (MetroParks)

Thursday, Oct. 15, 5:00 - 8:30 p.m. ....Free  
Englewood MetroPark, Morgan Shelter/  
West Park, 100 E. National Rd.  
Walk-ins welcome to this evening, hands-on program. Try on a backpack, talk with local experts, and experiment with some of the gear. Registration is not required. Ages 12 & up. For info call (937) 277-4374

## MoMBA Trail Work Day

Tuesday, Oct. 20, 6:00- 8:00 p.m. .... Free  
Learn trail maintenance from the experts. No experience necessary. Bring water and work gloves - tools and instruction provided. Meet at the picnic tables next to the parking lot. Reservations requested, walk-ins welcome. Youth 14-17 must be accompanied by an adult. Call (937) 277-4374

## *Birds Are Her Passion!*



The outdoor activities of longtime MVOC member **Linda Sharp** have evolved over the years. You'll see her almost every month at MVOC meetings, but her outdoor pursuits these days focus mainly on her 30-year love of bird watching. Just this year, from February through May, she participated in hawk and owl, waterfowl, and spring ornithology classes and workshops offered by Aullwood Audubon Center, traveling to Killdeer Plains, Magee Marsh, Metzger Marsh, Big Island and Ottawa National wildlife areas as well as Cowan Lake, Adams Lake, Lynx Prairie and Shawnee State Parks, criss-crossing the state from the Ohio River to the Lake Erie shore. She even ventured to Point Pelee National Park in Ontario, Canada where people from all over the world come to watch birds. In March she attended the Adams County Amish Bird Symposium in West Union, Ohio, held at an Amish factory. In May she met friends at Tar Hollow State Park for a long weekend bird watching for neo tropical migratory songbirds. Some years she has gone birding to the Jackpine habitat near Mio, Michigan and Cheat Mountains in West Virginia. In all her outings since February, her groups have spotted between 110 and 153 different bird species in one weekend. More recently she attended the Midwest Native Plant Conference in Fairborn in June which focused on native plants, butterflies and birds. She is now the proud owner of a Paw Paw tree and a Spice Bush that are host plants to some interesting butterflies. In mid-September Linda attended a 4-day Midwestern Birding Symposium at Lakeside, Ohio, but you can be sure it won't be her last birding trip this year!

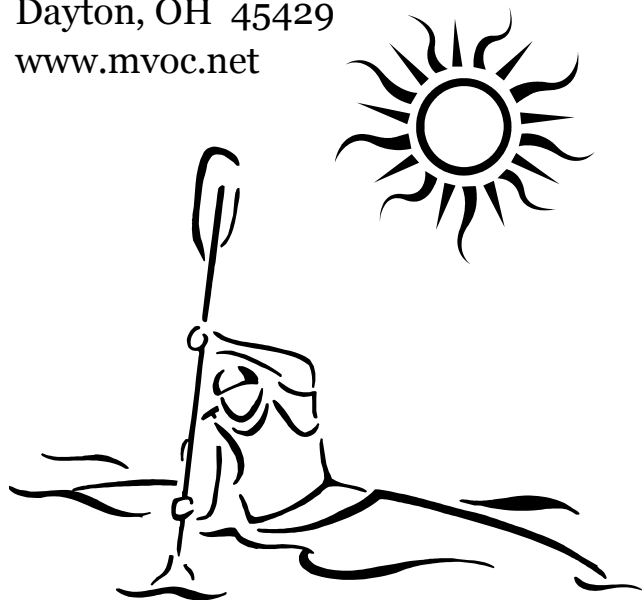
## **Great Discounts for Seniors**

Did you know that if you are 60 or older you can get up to 50% discounts for campsites, cabins, special events, tours, equipment rentals and more with your Golden Buckeye card or special ID cards from the National Parks system. You can order your Golden Buckeye card for use at Ohio State Parks by calling 1-866-301-6446. Golden Age/Golden Access and America The Beautiful Senior/Access Passes for use at our national parks may be purchased at the Dayton Aviation Heritage National, Historical Park, 16 South Williams St., Dayton, OH.

## **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.....	dalebockhorst@yahoo.com
Programs Director.....	Dwight Gehring .....	836-8515.....	ddghering60@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

Miami Valley Outdoor Club  
P.O. Box 292571  
Dayton, OH 45429  
www.mvoc.net



### 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) or (Do not included)

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.