



Miami Valley Outdoor Club

Feb. 5 Meeting

February, 2010

Making the Miami Valley a Bicycle Friendly Community

Join us for an evening of socializing and trip planning starting at 6:00 p.m. Tuesday, February 2, at Wegerzyn Garden Center, 1301 Siebenthaler Ave., Dayton. The business meeting starts at 6:30, followed by the featured presentation at 7:00.

Guest speaker Matt Lindsay will summarize the updated regional bikeways plan and review cycling opportunities in the Dayton area.

Matt Lindsay is the Manager of Environmental Planning at the Miami Valley Regional Planning Commission. He managed the comprehensive update to the region's bikeways plan through 2008 and has worked with various cities in the Dayton region to implement the plan since its adoption. Matt, a League Certified cycling instructor (LCI), also founded "Courteous Mass," Dayton's monthly urban street cycling ride held on the first Friday of each month.

Upcoming MVOC Activities

Annual Chili Cookoff

Superbowl Sunday, February 7

Time to tune-up your chili recipes and mark your calendars for the 5th annual Chili Cook-Off and walk at Sycamore St. Park (the entrance is off of Snyder Rd.). Don't miss one of MVOC's most popular event of the year.

Arrive at 2:00, plug in your crockpots, and we're off for a hike that lasts about an hour. When we get back, be ready to taste all kinds of delicious chili and decide which one is "The Hottest," "Most Unusual" and "The Best."

New this year - PRIZES! and of course the presentation of the Golden Ladle

If chili is not your specialty, bring a side dish or dessert to share.

And bring your own table setting.

PLEASE RSVP by Jan. 31 to Sandy Todd 937-698-5046 saza3@hotmail.com.

Evening Hikes at Taylorsville

Every Tuesday in February 4:10 p.m.

Join MVOC member Sharon Mullins for a brisk winter hike at Taylorsville MetroPark starting at the CCC shelter at 2101 U.S. 40 east of the Taylorsville Dam. This fast-paced walk through hilly wooded terrain and along the Great Miami River lasts about an hour.

For those familiar with the area who want to walk at a slower pace, feel free to come along and take one of the shorter loops. Generally there are enough different speed/distance combinations that you can find someone to hike with. Hike begins promptly at 4:10 so that everyone can finish before dark. For more information contact Sharon at 620-0887 or dmullinsvanoh@aol.com.

Club reminders

Elections will be held at the February meeting. While elsewhere in the newsletter you'll see the slate of candidates, nominations will be taken election night. Feel free to throw your hat in the ring.

On another note, annual dues are now due.

More MVOC Activity

Calendar

Wednesday hikes at Englewood

Every **Wednesday** in February

Join MVOC for this moderately paced evening hike that will last 1 - 1.5 hours. If you are familiar with the park and want a faster walk, come anyway and take a longer route.

We will start promptly at 4:30 in order to be finished before dark.

Take the National Rd. entrance and meet at the Patty Shelter parking lot.

Please call or email to let us know you are coming. Lindy McDonough, 278-1493 lindymcd46@aol.com

Upcoming Events

Feb. 2 MVOC Meeting, Matt Lindsay,
Bikeway plans for the Miami Valley

Feb. 6 Winter Hike at Ft. Ancient

Feb. 7 Annual Chili Cook-Off & Hike

Feb. 11 MVOC Board Meeting, Marion's Pizza
Weekdays thru Feb. 25 ... Free Snowshoeing, MetroParks

Mar. 2 MVOC Meeting, Wendy Aker,
Preble County Citizens for Green Living

Mar. 5-6 Adventure Summit, WSU

Activity Reports

Cross Country Skiing at Carriage Hill Farm

January 10

With an impromptu invitation from Jeanne Boeke, five MVOCers took advantage of the winter snowfall and met for an afternoon glide. Virginia and Dave Wood were still in town and managed to squeeze in one more event before their departure.

Kathryn Meyer was on her skis for the first time this season. Lindy McDonough had only cross-country skied once before, over forty years ago. With the loan of a pair of skis, she was off to a slow start, but with only one fall, managed to get the hang of the sport by the end of the afternoon.

Hueston Woods MLK Day Hike

January 18

Over fifty hikers participated in the winter hike around Action Lake on Martin Luther King, Jr. Day. Participants from as far as Cincinnati and Lima converged on the park, many arriving around 8:00 a.m. to share breakfast at the park lodge.

Representatives from the Buckeye Trail Association, Miami Valley Outdoor Club, Hueston Woods park staff, the Dayton Area Backpackers & Hikers and possibly other groups were there. Sharon Mullins, Mike Nelson and Lindy McDonough were the only members from MVOC that we know of.

Everyone started the hike at 9:00 a.m. or soon thereafter, heading in opposite directions, but meeting at the park nature center around lunchtime for delicious bean soup or chili, corn muffins, a hot beverage and brownies to die for. Many others continued on around the lake while some were shuttled back to the lodge.

Fortunately the weather hovered around freezing so the ground was hard, rather than muddy and although everyone started out together, we soon separated out into individuals or small clumps of walkers, everyone going at their own pace. The day's workout was well worth the early morning drive in thick fog to get there.

MVOC Booth Volunteers Needed for 2010 Adventure Summit

Friday & Saturday, March 5-6

Sign up and be part of the Outdoor Adventure event of the year! The Miami Valley Outdoor Club will again have a booth at the 2010 Adventure Summit at Wright State University. MVOC Volunteer time slots:

Friday - 4-6 pm and 6-8 pm Saturday - 8:30-11am; 11am -1:30pm; 1:30-3:30pm; 3:30-5:30pm.

To volunteer contact Lindy McDonough at 278-1493 or lindymcd46@aol.com

Membership Renewal Time Is NOW

This word from Dale Bockhorst, Secretary/Treasurer: February 1 is the start of the new membership year. Don't risk missing any of the 2010 newsletters, email notices about impromptu outings and last minute changes, lots of fun activities, guest speakers, our annual July picnic, December feast and auction and mid-winter chili cook-off, announcements of other outdoor activities in the Miami Valley like GearFest and the Outdoor Summit, and the comraderie of people who love the outdoors! Renew today! You'll find a membership form on the back of this newsletter.

Please be sure to fill it out completely, especially including your email address, even if nothing has changed from last year.

Next board meeting:

The next MVOC board meeting will be at Marion's on North February 11 at 6:00. All members are welcome.

Metro Parks Action

Hike for the Health of it!

Hike for a healthier lifestyle in the great outdoors! Hikes will be held every Saturday year round at 2:00 PM. Each hike will be about 3 miles and will move at a comfortable, brisk pace. Terrain will vary with the site and some is rugged. Hikers that complete 10 hikes will receive a Five Rivers MetroParks Health Hike ball cap. For general Health Hike questions, call 278-2623, Monday-Friday.

Feb. 6 Carriage Hill Cedar Lake Shelter Parking Lot 7891 E. Shull Road

Feb. 13 Cox Arboretum Education Center 6733 Springboro Pk

Feb. 20 Huffman Metropark Huffman North Park 4095 Lower Valley Pk

Fb. 27 Sugarcreek Metropark Parking Lot 4178 Conference Road

Orienteering

Sun 02/14

12:00 PM - 4:00 PM MVOC Valentine Hunt

Possum Creek MetroPark All Ages \$8.00

This outdoor community opportunity is sponsored by the **other MVOC**, Miami Valley Orienteering Club.

Come experience orienteering navigation with a detailed map and compass. On the easy white trail locate all the valentine hearts. All course levels offered. Two hour time limit. For more information contact Tom Svobodny at (937) 775-2379.

Adventure Summit is coming March 5 -6, featuring programs on outdoor medicine, backpacking, climbing, paddlesports and much, much more. Featured speaker on Friday is Charilie Engle, long, long distance runner and humanitarian. Saturday, Andrew Skurka is featured AND Jonathan Dorn, BackPacker Magazine's editor-in-chief will be presenting.

Checkout the website www.metroparks.org/adventuresummit/ for more information, including schedules/presenters

Try Snowshoeing!

Every weekday in Feb, weather (snow) permitting. Snowshoes will be available at the Five Rivers St. Clair Building, 224 St. Clair St. Walkins welcome, reservations requested. For info and to register, call 277-4374.

Intro to Alcohol Stoves

Thursday, Feb. 11 6:30 - 8:30 Five Rivers St Clair Building This evening program is an introduction to alcohol stove building and use. Call 277-4374 to register (\$5 fee.)

TRY KAYAKING!

Sunday Feb. 7 at Beavercreek YMCA, 560 Grange Hall Rd. Come try a kayak and see if is something you would like to learn more about. For more information, call 277-4374.

March Metroparks Activities you might want to check out/register for before they fill up:

Intro to Backpacking March 16, 6:30 -9:00. Call 277-4374 for more info and to register. (\$5.00 fee)

Wilderness First Responder March 20 to March 28 (yes, it is 8 days long) Contact 277-4374 for info and to register (\$525 fee)

The Adventure Summit Speaker Series:

Enjoy a slideshow presentation from two different local outdoor enthusiasts. You will be able to hear and see about their trips through four amazing adventures in different areas of North America. This speakers series is leading up to The Adventure Summit on March 5th and 6th 2010; one of the largest expositions of outdoor culture, skill and experience in the Midwest.

All programs will be at COX ARBORETUM, 6733 Springboro Pike. 7:00 - 8:30 p.m. Call 277-4374 for details.

February 1st, 2010 (Monday)
Thru-Hiking the Pacific Crest Trail

State Park Action

Many of the Ohio State Parks are offering winter hikes. Here's just a sample:

Feb 20 Caesar Creek

Continuous starts from 10 AM - noon from the Wellman Meadows boat ramp off Oregonia Road • 4-mile self-guided trek through meadows and valleys • For more information call 513-897-2437

Feb 13 Hocking Hills

Sweethearts Hike 5-7 PM at the Ash Cave parking lot • Take a romantic stroll to Ash Cave and enjoy a cozy fire & refreshments • For more information call 740-385-6841

Feb 20 Hueston Woods

Winter Hike 11 AM • Meet at the nature center & car caravan to the Big Woods for a guided hike through old growth forest • For more information call 513-524-4250

Feb. 6 Ft. Ancient Winter Hike 1-3 PM

View the natural beauty of the Miami Valley and take advantage of the stark contrast of the winter landscape to observe archaeological features of the earthworks at Fort Ancient. Included with regular admission. If there is interest in carpooling, contact Lindy McDonough, Miami Valley Outdoor Club

Miami Valley Outdoor Club
P.O. Box 292571
Dayton, OH 45429
www.miamivalleyoutdoorclub.org

From the Mojave Desert to the High Peaks of the Sierra, on to the Cascades of Oregon and Washington, join Brent and Amy Anslinger on a slide show journey of the joys and struggles of their 2650 mile, 5 month, walk from Mexico to Canada on this spectacular trail.

February 16th, 2010 (Tuesday)

Kayaking through the Grand Canyon

Imagine waves that take 7 strokes to climb, boulders the size of four story buildings and a 6 foot kayak battling through 227 miles of the Colorado River. Amy Dingle will share in the experiences of a 21 day expedition and how the river has carved a lifetime of memories.

Red Cross Classes

The new schedule of Red Cross classes has been published for January - June, 2010. They offer the usual list of First Aid, CPR/AED courses. Check out their website, dac.redcross.org, for more information and the schedule. Chances are, there's a class near you soon.

Of particular interest to those active in the outdoors are the two sessions of Wilderness First Aid scheduled. You can sign up for either March 19/20 or April 9/10, both scheduled at Camp Birch in Green County.

Annual Election at February Meeting

Candidates (as of newsletter deadline):

President: Lindy McDonough

Vice President: Gary Mount

Secretary/Treasurer: Dale Bockhorst

Programs Director: Dwight Gehring

Newsletter/Publicity: Jim Nies

Activities Co-Chairs: Sharon Mullins & Ella Himes

Webmaster: Mary Ellen Beardmore

Membership/Waiver 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	dalebockhorst@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