



Miami Valley Outdoor Club

March, 2010

Mar. 2 Meeting

The Life of a Buckeye Trail Section Supervisor

Meet Byron Guy, volunteer supervisor for the Troy section of Ohio's Buckeye Trail, which for him is 1,444 miles of the most scenic and historical trail anywhere in the nation. Byron is also Co-Section Supervisor for the Old Man's Cave section in south-east Ohio as well as the maintainer for the Grandma Gatewood National Recreational Trail. He is in charge of 24 individual maintainers that have adopted smaller portions of the trail in each of these sections.

Mr. Guy will share his experiences hiking and working on the Buckeye Trail, how he got involved as a volunteer and how anyone can become a BTA volunteer. He will also tell some history of the Buckeye Trail and highlights of the Troy section that runs from the Wright Brothers' Memorial in Greene County through Dayton and on to the Lockington Locks near Piqua in Miami County. He'll also explain how to use the Buckeye Trail website to find information like trail alerts and special trail features.

Join us Tuesday, March 2, at Wegerzyn Garden Center, 1301 Siebenthaler Ave., Dayton. The business meeting starts at 6:30, followed by the featured presentation at 7:15.



Upcoming MVOC Activities

Evening Hikes at Taylorsville

Every Tuesday in March

Two start times 4:15 PM & 5:15 PM

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. If you prefer to walk at a slower pace, feel free to come along and take one of the shorter loops. The first loop begins promptly at 4:15, with a second, more leisurely pace, at 5:15.

March's hike schedule will be the first four Tuesdays of the month.

Sharon will be off on the last Tuesday of the month (March 30th). The start time will move back just a few minutes. New start time will be Tuesday's at 4:15 pm for the fast group and start time around 5:15 pm for the second lap which will be completed at a slower pace ~ 1hour and 15 minutes to complete the 3.4 loop

For more information contact Sharon at 620-0887 or dmullinsvanoh@aol.com..

Englewood Evening Hikes

Every Wednesday in March at 4:30

Join MVOC member Lindy McDonough 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 near the second set of restrooms. Please call or email to let us know you are coming. Lindy McDonough, 278-1493 lindymcd46@aol.com

MVOC Booth Volunteers Needed for Adventure Summit at WSU

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. We would like two people for each time slot. 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

Activity Reports

Calendar

MVOC Election Results

Three new individuals were elected to the MVOC board at the February meeting. Mary Ellen Beardmore will be taking over as Webmaster and Sharon Mullins and Ella Himes will be Co-Directors of the Activities Committee.

Many thanks go to Andy Niekamp, our outgoing webmaster, who made many improvements to our website including lots of photos, links to other organizations and businesses, on-line calendar and email capabilities for all our members. Thanks also to Kathy Hemmerick for serving as Activities Director for the past year.

Upcoming Events

Mar. 2 Membership Meeting, Wegerzyn Garden Center

Mar. 2 Membership at Wegerzyn

Mar. 5-6 Adventure Summit, WSU

Mar 2, 9, 16, 23 - Evening Hikes at Taylorsville

Mar. 3, 10, 17, 24, 31 - Evening Hikes at Englewood

Mar. 11 MVOC Board Meeting, Marion's Pizza

Apr. 6 Membership Meeting at Wegerzyn

Apr. 15 MVOC Board Meeting, Marion's Pizza

Annual Superbowl Sunday Chili Cookoff and Winter Hike

February 7

Despite the urging of Sycamore State Park staff to cancel this event, our organizers decided to brave the snow and ice and have our annual chili cook-off anyway. Nineteen hearty souls turned out for a interesting day of food, fun and getting lost in a winter woodland snow maze.

After setting up camp in the day-use barn, plugging in our crockpots, and clamping on gear, we headed out into an awe-inspiring winter wonderland. Sandy and Dave Todd set the pace, tamping down the snow with their snowshoes. Although we had trekked this park several times before, the tangle of snow-covered trees and bushes made the trail almost unrecognizable. Still, the scenery was so beautiful - out of a dream - that it made the drive to the park on icy roads worth it. All the hikers were strung out through the woods with those at the back depending on the footprints of the leaders to find their way.

About half an hour in, someone realized that one of our new members, Virginia Bard, was not in sight, so Lindy McDonough, Julie Webb & Kathy Hemmerick, fearing she might be lost in the tangle of snowy branches, turned back to find her. When they reached a road where the trail crossed over, they found Virginia talking with a passing driver - asking for directions. The four then decided to head back to the barn instead of trying to catch up with the group. Their hike lasted a little over an hour.

About 45 minutes later about seven more people returned. About that many more were still wandering out in the snow. At one point Nat Davis was able to contact Barbara McCray by cell phone. She assured him they were all fine.

Eventually hunger and the tempting smells of the food cooking in the barn was too much for those who had returned early. They overcame their guilt for eating ahead of the others and started checking out the various chilis, salads and desserts. Nearly three hours after the hike began, the last of the group lumbered in. Some said they

were lost or took a wrong turn, others claimed the longer route was intentional, invigorating and a good work-out. Surely, they were all glad to be back and ready to eat! And fortunately there was still some food left over.

After everyone had tasted and rated the six different chilies the contest winners were announced. Most unusual - Sandy Todd; hottest - Sharon Mullins; and best - Kathy Hemmerick. Thanks also go to Gary Mount, Dale Bockhorst and Donna Gehring for their delicious recipes. Others who enjoyed the winter feast were Allan Rettberg, Jeanne Boeke, Pat & Jim Nies, Ella Himes, Mike Nelson and Dwight Gehring.



Membership Renewal Time Is NOW

Just a reminder: April is the last month for newsletters if you don't pay your dues. 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 Dixie, March 11 at 6:00. All members are welcome.

More Activity Reports

Taylorville Tuesdays

Tuesday night hikes at Taylorville Metropark are becoming a regular routine for some of the members of MVOC and Daytonhikers.org. Attendance has ranged between 4 and 14 people for the hikes during the past 2 months. This is a great opportunity for conditioning for all in attendance.

Originally, the hike was only 1 loop for all. There was generally a fast group that traveled the entire orange loop (3.4 miles) as well as a group who would walk slower and at times take shorter routes. It was quite fun to watch everyone become stronger more confident hikers.

Recently, we have altered the hike to allow for the "faster group" to initiate their hike at 4:10 and then return back to the shelter to meet up with the others around 5:10. Most of the first group would continue on for the slower second lap of the orange loop.

Taylorville is an excellent park that allows multiple opportunities for people to join in and take alternative routes as needed to suit their own individual needs. This is a "Get out and go" hike. An excellent way to start you conditioning for the hiking season. All are welcome.

Adventure Summit is coming March 5 -6, featuring programs on outdoor medicine, backpacking, climbing, paddlesports and much, much more. Featured speaker on Friday is Charlie 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

Englewood Evening Hikes

Every Wednesday in March at 4:30

This new weekly MVOC hike at Englewood MetroPark was attended by six to eight people each time. MVOC members Jim Nies, Andy Niekamp, Lindy McDonough, Jim Lemaster, Ella Himes, and Gary Mount as well as members from Dayton Area Backpackers and Hikers came along at least once throughout the month.

Starting at Patty Shelter, the group took a different route each time, winding through the woods past Oak and Patty Falls, along the Stillwater River and overlooking Englewood Lake. Our first time out MVOCer Becky Gruber, who works at Englewood MetroPark, took us on a side trip to a new drainage ditch and levy the park has recently created to control water flow to the lake. While there we saw a number of trees along the river that had been chewed nearly through by resident beavers.

On Feb. 10 the snow was nearly knee deep in spots following a recent snow storm so the going was slow and some of us used muscles we didn't know we had. The next week two MVOCers came with snowshoes and were able to pack down the snow on some less traveled areas, helping to speed up the pace. We're looking forward to next month hiking while we watch the change from winter to spring. Join us! For info or to sign up call or email Lindy McDonough 278-1493 or lindymcd46@aol.com.

Miami Valley Outdoor Club
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MetroParks 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.

Mar. 6 Eastwood Metropark, last parking lot, 1385 Harshman Rd.
 Mar. 13 Possum Creek Metropark, Argonne Forest Parking Lot 4790 Frytown Road
 Mar. 20 Englewood Metropark, Patty Shelter Parking lot, 4361 National Road
 Mar. 27 Germantown Metropark, Nature Center, 6910 Boomershine Road

KAYAK BASICS

Tuesday, Mar. 16 at Beavercreek YMCA, 560 Grange Hall Rd. During this hands-on class, students will meet the equipment and learn basic paddle strokes. Age 12 and up. Fees: \$40 For more information, call 277-4374.

INTRO TO BACKPACKING

Thursday, March 18, 6:30-9:00 PM Cox Arboretum Metropark.
 Get an introduction to backpacking and find your comfort zone in terms of trips and gear. This class, or other demonstrable experience, is a prerequisite for other Outdoor Recreation Department backpacking trips. Call 277-4373 for more info and to register. Fees: \$5.

California, Coast to the Mountains

Free MetroParks Program

Take a trip to the giant trees of Muir Woods, followed by a visit to Alcatraz Island. Enjoy the stunning beauty of Yosemite, and onto the lesser known beauty of Kings Canyon and Sequoia National Parks.

Enjoy shade-grown coffee or other beverages and discussion at the end of the program.
 Location: Germantown MetroPark Nature Center, 6910 Boomershipe Rd.
 Date: Saturday, February 27, 2010 1:30pm-3:00pm EST

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
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