



# Miami Valley Outdoor Club

October, 2010

## “60 Hikes within 60 Miles of Cincinnati”

On Tuesday, October 5, Cincinnati Tammy York, will be the featured speaker at the Miami Valley Outdoor Club meeting following a short business meeting at 6:30 at Wegerzyn Garden Center, 1301 E. Siebenthaler Ave., Dayton.

York grew up exploring the woods near her grandparents' Indiana home and her love of the outdoors led her to Purdue University where she earned a B.S. in Wildlife Management. She has climbed Mt. Katahdin in Maine with her husband and enjoys hiking with their two daughters in a variety of natural areas in Ohio, Kentucky, and Indiana. Before becoming a fulltime freelance copywriter specializing in nature, outdoor recreation, and the environment, York worked for the Indiana and Ohio Departments of Natural Resources for 16 years.

Tammy York's book, *60 Hikes within 60 Miles: Cincinnati*, describes many familiar and lesser-known hiking trails in the tri-state, Cincinnati area, including many 3-5 mile walks chosen for family friendliness, scenery, and history. Tammy has walked many of these trails with her young daughters to be sure the hikes are enjoyable for youngsters and adults alike. The trails range from easy to challenging and will appeal to both new and seasoned hikers.

Books will be available for purchasing.

### Gearfest Happens Oct. 1 and 2

**Don't forget GEARFEST** October 1 and 2 at Eastwood Park. Festivities start Friday evening with a Courteous Mass Bike ride from 2nd Street Market leading to Exhibitor Village, Yakima Beer Garden, Live Music and free camping.

The action continues Saturday from 10 till 5, with Exhibitor Village, Outdoor Rec demos, live music, used gear sales, and much, much more.

### Carriage Hill Family Campout

**Sat. & Sun., October 9 & 10**

**Free camping. Reservations are required.** Contact Lindy McDonough 937-278-1493 or [lindymcd46@aol.com](mailto:lindymcd46@aol.com) to reserve a spot.

Come enjoy the colors, smells, and sounds of fall at this fun family overnight campout at the MetroPark Rosebud Group Campsite near an historical farm, woodland and fishing lake. Arrive anytime after 1:00 p.m. and enjoy the outdoors however you like. Lots to do for all ages. Fishing is free in Cedar Lake and no license is required. Take a self-guided tour of the 1880's farm and visit the farm museum and old-time country store. Take a leisurely birding walk or work up an appetite with a

brisk hike on more than five miles of trails. The Carriage Hill Riding Center will have free pony rides for the little ones 10 a.m. - 4 p.m. Saturday and Sunday. Although all the adult rides are officially booked until the end of the season, you could take a chance and see if there are any cancellations that weekend. Feel free to bring along outdoor games like badminton, cornhole, etc.

The Campground is free; however, water must be carried in. Carry-in firewood is prohibited. Hopefully we will have a campfire, but if we don't have any rain between now and then, we may not be able to build a fire. You may have to bring food that doesn't require cooking. No pets allowed.

For a map and details about Carriage Hill MetroPark check out their website <http://www.metroparks.org/Parks/CarriageHill/Home.aspx>

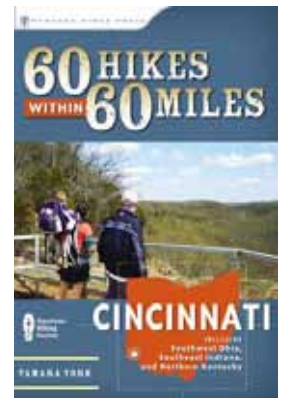
### Tentative Carriage Hill schedule (all optional) :

Members and friends are welcome to come only for the evening, to hike, eat and enjoy the storytelling. Or come join us Sunday for the day's activities.

#### Saturday, October 9

1:00 - 2:00 arrive set up

3:00 - 4:00 p.m. - hike



4:00 - 6:30 p.m. - Settle in and eat dinner  
Evening Storytelling by the Miami Valley Storytellers -  
bring flashlights and lawn chairs or blankets  
7:00 - 8:00 p.m. - Scary stories for little ones (up to 10  
yrs.) \$5.00 for one adults or two children  
8:30 - 9:30 p.m. - Scary stories for adults 10 yrs and  
older

### **Sunday, October 10**

9:30 - 10:30 a.m. - hike  
10:30 a.m. - Noon - free time  
Noon - 5:00 - Free Old fashioned candy-making from the  
1880's at the Farm Visitor Center for all ages.  
Noon - 5:00 p.m. - Fish, hike, or explore the farm and  
museum

### **“Get Out and Go Hike”**

Every Tuesday Evening at Taylorsville MetroPark  
October 5, 12, 19, 26  
2101 U.S. 40 - East of Taylorsville Dam  
Join Sharon Mullins and other MVOC members for this  
fast-paced 4+ mile hike through hilly wooded terrain. Lasts  
about an hour. Hike begins promptly at 4:20. Meet at the  
parking lot near the CCC shelter off Route 40.  
There will still be a second, slower, hike at approximately  
5:30 that is a DaytonHikers.org hike, but MVOC members  
are welcome also.  
Contact Sharon Mullins, 620-0887 or dmullinsvanoh@aol.  
com

### **Englewood Wednesday Evening Hikes**

Every Wednesday in October 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. 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 or lindymcd46@  
aol.com

### **Indoor Rock Climbing**

Thursdays 6:30, October 7,  
14, 21 & 28  
Urban Krag Climbing Center,  
www.urbankrag.org.  
126 Clay Street, Dayton,  
Meet at the viewing platform  
at 6:30 pm. After 6:30 the  
person at the desk can point  
us out in the climbing area.  
Your first time in to the gym



you will need to complete a belay certification which takes  
about 30 to 45 minutes and is a one-time charge of \$15.00.  
Everyone 14 or older must complete a belay certification.  
If you are under the age of 14 you will need someone who  
is belay certified to belay for you. If you are a minor (under  
the age of 18) you will need to have a parent or guardian  
sign a waiver  
for you.

Cost: The total charges for a first time visit will be: Belay  
certification \$15.00, Daily pass \$12.00, Shoes  
\$4.00, Harness \$3.00. For more information or to sign up,  
contact Hank Trimble at [hank\\_trimble@yahoo.com](mailto:hank_trimble@yahoo.com)

### **Red River Gorge Backpack Trip**

Sept. 24-26  
By Gary Mount.

Friday started with David Snell, Sharon Mullins, Hank



Trimble, and John Pawlak  
driving down to Red River  
Gorge for a day of rock climbing.  
Friday evening Gary Mount, Ella  
Himes, and Barbara McCray  
drove down to meet up with the  
morning crew to hike in to and  
climb Indian Staircase before  
dark. We barely got up to Indian  
Staircase before sunset but did  
manage to set up camp and enjoy  
the evening sitting on the ledge  
before the rains came. The almost  
full moon was out shining bright  
sometime later.

Saturday morning we  
woke up to a beautiful day which we took full advantage  
of. We did a little backtracking on the Sheltoewe Trace  
Trail to see Indian Arch before continuing on to Cloud  
Splitter. By noon we were at Cloud Splitter enjoying the  
views and of course exploring the “cracks”. From there  
we moved on to Hanson’s Point by way of the Sheltoewe  
Trace Trail. We met up with Nat Davis, Jenny McConnell,  
and Jim Nies at Hansons. We had a surprise visitor , Steve  
Longenecker, with his newly acquired rescued dog. We did  
all the usual things like have dinner out on the rock and just  
enjoying the evening for all it was worth. We had a beautiful  
sunset and later a small fire to break the chill.

By 9:00 A.M. Sunday morning we were on our way  
out to Gray’s Arch parking lot. While shuttling drivers back  
to Bison Way parking lot those who hadn’t seen Gray’s  
Arch made the hike to enjoy this natural wonder. From  
there some had to get back to Dayton and the rest went on  
to Miguels for pizza. It just doesn’t get any better than this!  
( I think we said that about a dozen times)

### **Out and About Outdoors**

by Lindy McDonough

Taylorsville MetroPark has been a popular spot for  
many MVOCers in September,

with Sharon Mullins leading two hikes every Tuesday evening. Hank Trimble continues to give MVOCers a hand rock climbing on Thursday evenings in at the Urban Krag in the Oregon District. On September 1, Cindy Goubeaux, Jeanne Boeke, Bruce Howorth, Steve Longenecker, and Lindy McDonough turned out for Watersports



Day at Eastwood Lake. The MVOC crew befriended a windsurfer from Connecticut and invited him to join their potluck picnic while Steve L grilled burgers and dogs. Our windsurfers Jeanne B and Bruce H got to sail one last time this season at Eastwood Lake, Sept. 17. Again, Lindy M's kayak towed both sailboards back to shore when the wind completely died down.

Four MVOCers met at the Cincinnati

Museum Center Sept. 12 to see the IMAX film "Mysteries of the Great Lakes." Outstanding cinematography and graphics described the history, current state and future of the largest body of freshwater in North America.

Beautiful weather helped make the SunWatch Equinox Family Potluck and Overnight Sept. 18 & 19 a great success. Ten MVOCers and family including, John Pawlak and his daughter Mia, Gary Mount, Ella Himes, Mike Nelson, Lindy McDonough, and Jeanne Boeke and her nephews Evan and Alexander and niece Heather, attended the benefit event. They joined around 50 others of all ages who enjoyed an evening tour of SunWatch Village, a fantastic potluck dinner, making leather medicine bags, an after dark walk to the Great Miami River for skipping rocks and watching dozens of wooly spiders crawl among the rocks at the river's edge and late night a drum circle.



The eight MVOCers who stayed overnight slept in one of the grass and mud-covered lodges and were treated to donuts and coffee in the morning.

As usual, it is hard to keep up with MVOCer Andy Niekamp. He's been all over the map in recent months - topping off a 500-mile trek on the Appalachian Trail by climbing Mt. Katahdin in Maine to complete his third

complete hike of the AT. In August he hiked near Aspen, Colorado with friends, including MVOCer John Pawlak. Also in August along with John P and MVOCers Yvonne Entingh, Scott Barger and others, Andy enjoyed muddy crawls wild caving in Kentucky. In September Andy and five other people backpacked in Isle Royale National Park and backpacked 5 days with Scott Barger on the John Muir Trail and in Yosemite National Park in California. And that doesn't include all the hiking he does in the Miami Valley and overseeing his own fast growing meet-up group Dayton Area Backpackers & Hikers.

### **Impromptu Kayak Float on Great Miami** by John Pawlak

On 19 Sept. in the afternoon ten of us gathered for an impromptu kayak river float that Sharon Mullins initiated. MVOCers Nat Davis, Jen McConnell, Yvonne Entingh, Ella Himes, Gary Mount, and John Pawlak with two of his children, Matt and Mia, met at the Taylorsville dam and shuttled to Tipp City just north of Rt 571 and rendezvoused with another kayaker. It was about an 8-mile float filled with great company and good fun.

The weather was sunny with nice comfortable temperatures. Surprisingly the water was high enough such that most of us only had to walk the boats once (monkey walked a few times). It never ceases to amaze me how beautiful the Great Miami River truly is, we saw ducks, geese and herons.

**Board Meeting, Thursday, October 14, 6:00 p.m.** at Marion's Pizza on North Dixie.

**Newsletter Deadline:** Sunday, October 24

### **Wilderness and Remote First Aid Basics** **October 8 & 9, Camp Birch, Yellow Springs**

A 16-hour program that is designed for those who work, live, or play in remote areas such as rural areas, wilderness and back-country environments. This course contains the module "When Help is Delayed" and provides an excellent program for boaters, camp workers, scouts, hikers and other outdoor sports enthusiasts. (Meets requirements of the Boy Scouts of America for Camp Philmont)

**Prerequisite:** Ages 15 and above. Participant(s) must be able to hike short distances to remote sites and simulate rescues.

**What to bring:** Hiking materials, boots, indoor/outdoor clothing, notebook and pencils, first aid kit, snacks and beverages, camping gear if staying overnight (optional)

**Certificates:** Wilderness First Aid (2-year) and When Help is Delayed

(Camp ground available for those wishing to camp overnight. Men's & Women's Bunk Rooms are also available in the training center. Camping is not part of the class and is at your own risk)

10/8 FRI 5P-10P Camp Birch

10/9 SAT 8A-7P Camp Birch



**Course Fee: \$60**

For updated course schedules, contact your American Red Cross Dayton Area Chapter at [www.dac.redcross.org](http://www.dac.redcross.org) or call (937) 222-0124

**MetroParks Volunteer Backpacking Trail Workdays - FREE**

**Sat, Oct 9, 9:00 am - noon**

Twin Creek Metropark, Chamberlain Parking lot, 8502 Chamberlain Rd.

Help maintain the Twin Valley Trail—a 22-mile backpacking trail connecting Germantown and Twin Creek MetroParks. No experience necessary. Bring your water and work gloves; tools and instruction provided. Individuals and groups invited. Groups (7-15 people) must contact Rachel.Brand@metroparks.org or (937) 564-5431. Reservations requested; walk-ins welcome. Youth 14 -17 must be accompanied by an adult. For more information and to register, please call (937) 277-4374. Age: 14Y and up.

**MetroParks South Fork Backpacking Trip  
Fri, Oct 22 -Sun, Oct 24, 8:00 am- 8:00 pm**

**Pre-trip meeting attendance on October 7 is mandatory.**  
Cox Arboretum Metropark, Cox House Parking Lot, 6733 Springboro Pk.

Come backpack with the Outdoor Recreation Department as we head to the scenic gorges and sandstone bluffs of the Big South Fork Recreation Area. This is a Level 4 backpacking trip; prior backpacking experience is a must. Equipment is available upon request Registration is required and limited, so please call (937) 277- 4374. Age: 14Y and up. Fees: \$75

**MetroParks Intro to Land Navigation Class  
Thurs., Oct. 28, 6 - 9 p.m.**

Wegerzyn Gardens Metropark, Auditorium Front (joint



facility), 1301 East Siebenthaler Ave.

Would you like to learn how to use a map and compass in the backcountry? Do you need to dust off some little-used skills? Then this is the program for you. This classroom session will teach the basic parts and ways to use maps and compasses. This program is a prerequisite for Land Navigation Basics. Registration is required and limited, so please call (937) 277-4374 or register online. Age: 14Y and up. Fees: \$5

**MetroParks Try Backpacking - FREE**

Thur, Oct. 14, 4:00 - 7:00 p.m.

5448 Taylorsville Metropark, CCC Shelter, 2101 U.S. 40  
Have you ever tried backpacking? Are you even slightly curious? Then come to this evening, hands-on program, try on a backpack, talk with local experts, and experiment with some of the gear. Backpacks are available on a first-come, first-served basis. Reservations requested; walk-ins welcome. For more information and to register, please contact (937) 277-4374.

*Editor's note: Thanks to Sharon, Lindy and everyone else who provided photos.*

MVOC Officers			
President:	Lindy McDonough	278-1493	<a href="mailto:lindymcd46@aol.com">lindymcd46@aol.com</a>
Vice President:	Gary Mount	367-6702	<a href="mailto:glmount@yahoo.com">glmount@yahoo.com</a>
Secretary/Treasurer:	Dale Bockhorst	513-675-1425	<a href="mailto:dalebocchorst@yahoo.com">dalebockhorst@yahoo.com</a>
Programs Director:	Dwight Gehring	836-8515	<a href="mailto:ddgehring60@verizon.net">ddgehring60@verizon.net</a>
Newsletter/Publicity:	Jim Nies	275-9614	<a href="mailto:jnies@aol.com">jnies@aol.com</a>
Activities:	Sharon Mullins	620-0887	<a href="mailto:dmullinsvanoh@aol.com">dmullinsvanoh@aol.com</a>
	Ella Himes	321-6314	<a href="mailto:ellahimes@yahoo.com">ellahimes@yahoo.com</a>
Webmaster:	Mary Ellen Beardmore	274-2956	<a href="mailto:beardmore@aol.com">beardmore@aol.com</a>

Reminder: Dues are half price -- \$8 single/\$12 family -- for the remainder of the year. See the website ([www.mvoc.net](http://www.mvoc.net)) for a membership form/activity waiver.

Miami Valley Outdoor Club  
P.O. Box 292571  
Dayton, OH 45429  
[www.miamivalleyoutdoorclub.org](http://www.miamivalleyoutdoorclub.org)