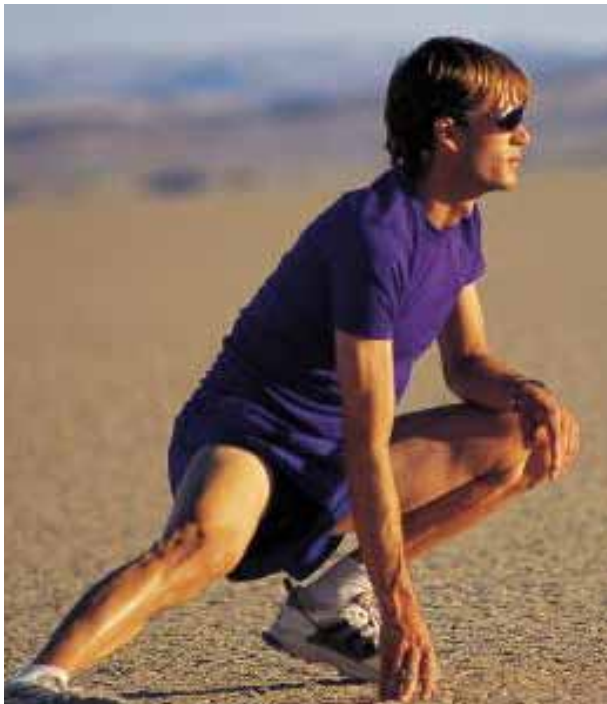




# Miami Valley Outdoor Club

May, 2012



May 1 meeting

## “Stretching for Outdoor Activities”

6:30 PM Outdoors at Red Fox Shelter - rain or shine, but not during electrical storm

Taylorville MetroPark, Red Fox Shelter

8400 Brown School Rd, Dayton, OH ([Click for map](#))

Massage Therapist, Dwight Gehring and Occupational Therapist Sharon Mullins (neither are pictured), both Miami Valley Outdoor Club members and avid hiking enthusiasts, will demonstrate a variety of stretching, conditioning and warm-up exercises for outdoor activities at the outdoor club's May meeting.

**The the regular monthly meeting location and starting time have changed** because of the annual conflict with the garden center's MayFair plant sale preparations.

The program is free and open to the public. Light refreshments.

## Out & About

by Lindy McDonough

Hopefully all of you have signed and sealed your tax returns and sent them on their way. Now you can take a deep breath, relax and Get Outdoors! And maybe spend some of that refund money on new outdoor gear.

Lots has happened in the last month. The “Little Trail in the Woods, Big Tire Roll Out” was a huge success! Twenty three people showed up and moved just over 300 tires out of a wet woods near Wegerzyn Garden Center and piled them up. Dayton's waste collectors hauled away a few days later. MVOC members Gary Mount, Ella Himes, Don Achs, Bruce Howorth, Dale Bockhorst, Ned and Marion Shepard, Wesley Bacon, Andy Niekamp, me, and several



March Tire Cleanup

members of Dayton Hikers as well as a few people from the nearby neighborhoods helped with the cleanup. The cool weather was perfect for the hot job. People didn't seem to mind the mud and some even wanted to do it again later in the year. 300 tires and we didn't get them all!

Deb Lukjanovs gave an excellent presentation about her Roads Scholar trip to Costa Rica and



inspired others to make the trip and learn more about the educational travel program for all ages.

On Friday, April 13, Dale Bockhorst, Ella Himes and I staffed an MVOC booth at the WPAFB Outdoor Recreation Open House. Two hot dogs, chips and a pop for only \$1.50 and a complimentary free water bottle for all the volunteers. We had lots of visitors to our booth. One even said she has been meaning to join. I need to check the mailbox to see if she followed through.

Despite the nippy weather, eleven hikers showed up for the progressive tour of 4 Beaver Creek Wetland locations. For many it was a great opportunity to finally see what they have heard about for so long but never visited. There are still other locations in the wetland system to explore, so maybe we'll try another outing this summer to the remaining sites.



Dale Bockhorst & Lindy McDonough at WPAFB

Lots of MVOC events to look forward to in the coming months including the Red River Gorge overnight backpack trip May 19 & 20, the bike/hike/camp trip from Corwin to John Bryon State Park in Yellow Springs June 23 & 24, tubing on the mad River in July, speakers on biking in Thailand and Alaska coming up, trail maintenance, kayaking, windsurfing and more. Don't forget to check the MVOC website regularly; we're adding to it all the time.

## A Recent Loss to Our MVOC Family

Sad news this month for former MVOC president Connie Steele, whose son David passed away April 14 at the young age of 35 from a recurrence of his childhood cancer. Our thoughts and prayers go out to David's parents, Jim and Connie Steele and his sister Hannah. At least ten MVOC members were among over 100 who attended the lovely memorial service at the Englewood Friends Meeting House to celebrate the life of a courageous, talented and funny young man.

## Buckeye TrailFest

You should receive this newsletter in time to get to the Buckeye Trailfest April 26-29 at King's Domain Conference Center near Lebanon, OH. Although pre-registration has closed you can register on site. In addition, there is a Saturday only registration available if your time is limited.



For more, lots more, info see <http://buckeyetrailfest.org>. The website includes details regarding scheduled programs, evening presentations, trail-building, hikes (at least 16 over the weekend,) meals, camping facilities, and directions.

Just a sample of activities--A Year to Travel the World with Mike Fanelli, Building an Alcohol Stove, Caesar Creek Wildflower hike, Trail-building 101, and more!

## Red River Gorge Backpack Trip May 19 & 20

A Red River Gorge backpacking trip is planned for the outdoor club in May. The group will meet on Saturday around 1:00pm, will be backpacking to Hansen Pt. and will leave Sunday around 1:00pm. Everyone is responsible for his/her own transportation

to/from the event. If people want to come early, they may do so and stay in the campground or backpack on their own. The meeting point will be determined later depending on the number of people who attend - to allow for adequate parking. For more information or to sign up contact Sharon Mullins at 620-0887 or [dmullinsvanoh@aol.com](mailto:dmullinsvanoh@aol.com).

## Web Help Needed

We are in desperate need of one or more individuals as backup help to maintain our website. If you are interested or have questions, contact Lindy McDonough 278-1493 or [lindymcd46@aol.com](mailto:lindymcd46@aol.com).

## Climbing at Urban Krag

Wednesdays 6:30, April 2, 9, 16, 23, 30  
Urban Krag Climbing Center, 126 Clay Street,  
Dayton, [www.urbankrag.org](http://www.urbankrag.org).

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)

## Tuesdays at Taylorsville

May 1, 8, 15, 22, 29 at 4:30

Join various members of the Dayton Hikers. org Meetup Group for a Tuesday hike at Taylorsville MetroPark. Various members will take turns leading a FAST-paced hike through hilly wooded terrain and along the Great Miami River, beginning promptly at 4:30 at a pace around 4 miles an hour. Meet at the parking lot near the CCC shelter off Route 40. This is a conditioning hike. Time, energy and attitude willing, some hikers often take another, somewhat slower, trip around the park at 5:30 or so.

## Corwin to John Bryan State Park Biking/Hiking/Camping Event June 23 & 24

Come join us for an overnight trip on the Little Miami Bike Trail!

We will meet at 1:00pm on June 23 in the parking lot by the bike path in Corwin. The plan is for you to bring your camping gear with you to Corwin where we will have a car to transport the gear. We will leave Corwin and ride about 25 miles to Yellow Springs. In Yellow Springs, we will take the road to the John Bryan Park Group Campgrounds.

We will set up camp, have dinner, and relax around the campfire. Then, Sunday morning we will eat breakfast, break down camp and start riding back to Corwin arriving around noon where we can have lunch or just collect our gear and head home. Stay tuned for more details in the June newsletter and online at [ww.mvoc.net](http://ww.mvoc.net).

To sign-up or for more info contact Sharon M at 620-0887 or [dmullinsvanoh@aol.com](mailto:dmullinsvanoh@aol.com); or Ella H. at 321-6314 or [ellahimes@yahoo.com](mailto:ellahimes@yahoo.com).

Metroparks Action:

## Bike for the Health of It

Every Saturday 9-11

May 5 Great Miami River Bikeway. Meet at Rip Rap Park near the soccer fields

May 12 Stillwater River Bikeway. Meet in the parking lot at 100 E. National Rd (U.S. 40 and SR 48 in Englewood)

May 19 Wolf Creek Bikeway (WEST) Meet in the parking lot behind Rob's Restaurant, 705 Arlington Rd. in Brookville.

May 26 Creekside Bikeway. Meet in the last parking lot in Eastwood Park. Use the entrance at 1385 Harshman Rd. at the traffic light.

National Bike to Work Day Pancake Breakfast, Friday May 18 6:30-9 at Riverscape

## Adult Horse Camp

This camp is designed for 18 and over adults who want to learn basic horsemanship and equitation. Be ready to ride a variety of horses. Class is limited to 5, so register early. Fee: \$150, Age: 18 - and up

Mon. thru Fri. May 7-11, My 14-19 or May 21-26  
6:00-9:00 pm at Carriage Hill MetroPark

(First week is already full) Registration on-line or 937-274-3120

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

Miami Valley Outdoor Club Membership/Waiver Form

New members please mark time-frame you are joining: \_\_\_\_\_Jan. thru Mar. - singles \$16 / families \$24  
\_\_\_\_\_April thru June - singles \$12 / families \$18 \_\_\_\_\_July thru Sept. - singles \$8 / families \$12  
\_\_\_\_\_Oct. and after - full-year membership dues (\$16 or \$24) will include the remainder of the year and the entire following year. Renewing dues are singles \$16 / families \$24. Renewing members must fill out membership/waiver form every year. Both spouses/partners in a family must sign. Membership year is Jan.1 to Dec.31

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 \$ \_\_\_\_\_

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 \_\_\_\_\_

Print out and Mail to: Miami Valley Outdoor Club, P.O. Box 292571, Dayton, OH 45429

MVOC Officers			
President:	Lindy McDonough	278-1493	lindymcd46@aol.com
Vice President:	Gary Mount	367-6702	glmount@yahoo.com
Secretary/Treasurer:	Dale Bockhorst	513-675-1425	dalebockhorst@yahoo.com
Programs Director:	Dwight Gehring	836-8515	ddgehring60@woh.rr.com
Newsletter/Publicity:	Jim Nies	275-9614	jnies@aol.com
Activities:	Sharon Mullins	620-0887	dmullinsvanoh@aol.com
	Ella Himes	321-6314	ellahimes@yahoo.com
	Steve Longenecker	901-8722	slongenecker@woh.rr.com
Webmaster:	Mary Ellen Beardmore	274-2956	beardmore@aol.com