



Miami Valley Outdoor Club

September 7 Meeting

August, 2010

Kayaking the Grand Canyon

On Tuesday, Sept. 7, Amy Dingle, 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, Dayton.



Imagine waves that take seven strokes to climb, boulders the size of 4-story buildings and a 6-foot kayak battling through 227 miles of the Colorado River. Amy Dingle will share the experiences of a 21-day expedition and how the river has carved a lifetime of memories.

Amy Dingle is a former National Team Member for the USA Canoe and Kayak Team and has over 23 years of kayaking experience. She is an American Canoe Association Instructor for Coastal and Whitewater Kayaking and has been teaching people to paddle since 1989. She has taken trips all over the world from Europe to Costa Rica and her next expedition is preparing to paddle the Grand Canyon. She is currently an Outdoor Recreation Coordinator for Five
Contact: Lindy McDonough, 278-1493 lindymcd46@aol.com

Upcoming MVOOC Activities

Morning Hike at Sycamore State Park

Sept. 10, 9:00-10:30 AM

Join MVOOC member Steve Longenecker for a relaxing hike through Montgomery County's only state park. Meet at the Nature Bridle Trail parking lot at the corner of Snyder Road and Wolf Creek Pike. We will hike about 3 miles on the Ghost Hedge Nature trail which runs along Wolf Creek.

Steve will be bringing a Labrador who very much likes the water. Feel free to bring a pet or come without a pet.

Please call Steve if you have questions.
901-8722 slongenecker@woh.rr.com

Reservations are not required but appreciated. Please arrive on time. We will start the hike promptly at 9:00 a.m.

Location: Sycamore State Park at Snyder Rd. & Wolf Creek Pike west of Trotwood

Omnimax Film "Mysteries of the Great Lakes"

Join fellow MVOOC members on another trip to the Cincinnati Museum Center to view the film "Mysteries of the Great Lakes." at the Omax Theatre. \$7.50 Adult, \$6.50 Senior, \$5.50 Child (3-12) You can buy in advance or at the door. Parking \$7.00 per car

Leave Dayton at 1:30 p.m. Film starts at 3:00 p.m.

If you want to carpool, Mike and Lindy will have five extra seats in their air-conditioned van. Meet at the Home Depot parking lot on Rt.741 just north of the Dayton Mall. We will leave Home Depot promptly at 1:30. We plan to be back by 6:00 p.m. If you want a ride, reservations are required.

Cincinnati Museum Center at Union Terminal
1301 Western Avenue Cincinnati, OH 45203

Contact Lindy for ride reservations: 278-1493

More Upcoming MVOC Activities

SunWatch Equinox Family Potluck and Overnight Camping Evening

At SunWatch Indian Village Program
Saturday/Sunday Sept. 18 and 19

The SunWatch Associates Board and friends invite you to join us for a special evening in the Village. Dinner will begin at 6:30 followed by crafts for children of all ages, drumming and, weather permitting, a bonfire.

Attendance space is limited so be sure to get your reservation in early. They can host 100 for a meal in the Education Center and only 40 in huts if you want to stay overnight. Please email the contact (david.hurwitz@wright.edu) ASAP with your reservation or questions. If you plan to stay in one of the lodges, you will need to send in a reservation by September 11.

Additional tent camping is available to the side of the village, but you are encouraged to experience the Village by staying in one of the lodges or sleeping under the stars.

Your \$20 donation at the door will be greatly appreciated to benefit the important cultural and educational programs and activities at Sunwatch.

BOB and PEGGY KELLEY MEMORIAL HIKE

Saturday, September 18, 2:00 p.m. Germantown Reserve

Join us for a special tribute to Bob and Peggy Kelley. We will be spreading the combined remaining ashes of Bob and Peggy Kelley with the blessing of Bob's family. Germantown Reserve is believed to be the location of Bob and Peggy's first MVOC trip, more than 29 years ago.

Contact: Janet and Jim Foster, 299-1599

Next board meeting:

The next MVOC board meeting will be at Marion's on North Dixie, Thursday September 16 at 6:00. All members are welcome. Stop by and help determine club activities..

A Note About Newsletter Articles

The deadline for next month's newsletter articles is Sunday, Sept. 26. With all the activities we should have plenty of info next month.

Backpack trip to the Red River Gorge

Friday, Sept. 24

We plan on leaving the Dayton area by 5:00 P.M. (if not sooner) to drive to the Bison Way parking lot at Red River Gorge. From there we will hike to the top of Indian Staircase to camp for the night. Saturday morning we will hike approximately 9 miles to Hansons Point to camp for the night with a few detours along the way. Then Sunday morning we will hike out to Grays Arch parking lot and make the drive home. Due to the size of the campsites we will have a 10 person limit for the trip.

If interested call Gary Mount 367-6702. Or e-mail him at glmount@yahoo.com.

Whitewater Rafting on W.Va.'s Gauley

Join MVOC member Beth McBride and her friends for a two-day adventure on the Upper and Lower Gauley River in West Virginia, September 24 - 27.

Beth and company will be camping all 3 nights (\$13/night/person). The group will raft the Lower Gauley River on Saturday & the Upper Gauley on Sunday as part of the Two-Day Adventure Reverse Package:

Here is your chance to experience the whole Gauley the way it's meant to be rafted. Warm up on the thrilling roller-coaster waves of the Lower Gauley day one. Day two, tackle the Upper Gauley for the "Grand Finale" to your rafting adventure. These rapids are rated #2 in the US & #7 in the world!

DAY 1: Lower Gauley Raft Trip; Hot-grilled riverside lunch

DAY 2: Upper Gauley raft trip; Hot-grilled Lunch at Sweet's Falls

23 Miles of Action-Packed Excitement in 2 Days!
SAT/SUN: \$255 (plus \$20 since we're doing the 6-man rafts instead of 8-man)

There are tons of other activities, too, that you can add on if you'd like, including a fun half day zipline canopy tour. People can either bring their own food to cook or they have a restaurant there.

If anyone wants to go, they can make their own reservation in conjunction with Beth's... so that MVOCers can raft in the same group & camp in the same area.

Oak Hill, West Virginia
<http://www.aceraft.com>.

Contact: Beth McBride, 831-869-0421 bethmcbride24@hotmail.com.

Appalachian Trail Four State Challenge

By Andy Niekamp

On Monday, August 2, MVOC members Andy Niekamp and Yvonne Entingh successfully completed the Appalachian Trail Four State Challenge. The challenge involves hiking on the A.T. in Virginia, West Virginia, Maryland and Pennsylvania all in one day. It was a 45 mile hike and took 17 hours. We chose to do the hike unsupported meaning we had to carry everything we needed on our backs. Our packs weighed 10-15 pounds each at the start. Some people prefer to do the Four State Challenge with support by having someone meet them at road crossings with food, water and supplies.

We woke up at 3:15am and by 4:00am our shuttle driver was taking us from Harper's Ferry, West Virginia to the A.T. crossing at Pen-Mar Road in Pennsylvania. We began our hike in the dark at 5:00am using headlamps for light. After a short distance we crossed the Mason-Dixon Line and entered Maryland. By 6:00am it was light enough that we did not need our headlamps. We tackled the hardest part of the journey first. The first miles are extremely rocky and have numerous ups and downs. It took over 6 hours to hike the first 15 miles.

We did not spend time admiring the many natural and historical sites along the way such as the

Civil War Battle fields, Dahlgren Chapel, Annapolis Rocks, White Rocks Cliff or Historic Harper's Ferry. We had seen these places before. I have hiked this part of the A.T. three times and Yvonne has hiked it once. There was no time to see these sights again if we wanted to complete the Four State Challenge in one day.

The second 15 miles went quicker as there were less climbs but still many rocks. By 5:00pm and after 12 hours of hiking we had traveled 32 miles.

Our destination felt within reach. At 8:30pm we crossed the Potomac River and entered West Virginia at the 41 mile mark. The Virginia state line was now just a few miles away. The sun had set and it was dark again. We resumed hiking using headlamps. On the Shenandoah River Bridge and with only one mile to go I developed an intense pain in the heel of my left foot. It was very difficult and painful to hike. The last mile up the mountain to Loudoun Heights took one hour as I limped each step to reach the Virginia

state line.

We reached Virginia just before 10:00pm. We let out a few celebratory cheers and took a short rest break. We still had 1.5 miles to hike back down the mountain to get to our hotel in Harper's Ferry. It was an awesome hike and we felt a great sense of accomplishment! Each of us set a personal record for having hiked the most miles in one day.



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

Weekly Upcoming MVOC Activities

Early Bird Bike Ride

Mondays, Sept. 6, 13, 20, 27

Avoid the heat and still have nearly a whole day for other activities. Join MVOCer Lindy McDonough for an early morning ride for about an hour. We'll begin promptly at 8:30 and vary the route each week.

First ride: Wegerzyn Garden Center, 1301 E. Siebenthaler Ave., Dayton 8:30am-10:00am EDT

Contact: Lindy M. at 278-1493 lindymcd46@aol.com

“Get Out and Go Hike”

Tuesday Evening at Taylorsville Metro Park

2101 U.S. 40 - East of Taylorsville Dam

September 7, 14, 21, 28

Join Sharon M and MVOC members for a brisk Tuesday hike at Taylorsville MetroPark. 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.

Sharon Mullins, 620-0887 dmullinsvanoh@aol.com

Indoor Rock Climbing

Thursdays 6:30, September 9, 16, 23, 30

Urban Krag Climbing Center, 126 Clay Street, Dayton, 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

Great Miami River Paddle

Sponsored by Great Miami Outfitters

Thursdays, Sept. 9, 16, 23, 30

See their website for info www.greatmiamioutfitters.com for info

Activity Report: MVOCer's Out and About This Summer

by Lindy McDonough

From Mt. Everest to Woodman Fen, MVOC members have kept busy this summer hiking, backpacking, kayaking, canoeing, tubing, biking, rock climbing and camping. Ella Himes probably traveled the farthest, going all the way to Nepal to hike to the base camp of Mt. Everest. Nat Davis led a canoe trip in the Boundary Waters between Minnesota and Ontario along with his son and Sharon Mullins. Andy Niekamp finished hiking the Appalachian Trail for the third time. He was featured in a story in the Dayton Daily News about his experiences hiking the AT since 1989.

The Five Rivers MetroParks featured Sharon Mullins in their latest Parkways magazine, noting her extensive volunteer contributions to the parks. Sharon also continued her fast-paced hikes in Taylorsville MetroPark all through the blistering heat of August. A surprising fifteen people attended a walk through the



Woodman Fen Hikers

MetroPark's new Woodman Fen, the only wetland of its kind in Montgomery County. It was a beautiful evening and a large variety of wildflowers could be seen from the park's 1000 ft long boardwalk. New member Hank Trimble had the misfortune of getting stung by a couple of wasps that apparently came from a nest below the boardwalk planks. A number of visitors hoped to return to the fen at other seasons to see the changing plant life.

On July 31, despite threatening skies, ten people showed up in Springfield to float their inner tubes down the Mad River. They caravanned all the way to the river's edge, but rain, thunder and lightning ended the trip before it began. Two weeks

Continued on next page

More Out and About This Summer

later four of those individuals returned to try again - Dwight and Donna Gehring who have led the float countless times over the years, Lindy McDonough who has gone about ten times, and new member Bobbi Treadwell who finally made her first float trip down the Mad River.

Recently Virginia Bard and family went kayaking at Lake Hope and on the same outing had the pleasure of feeding the Lake Hope hummingbirds out of their hands. Early in the morning on August 7, Lindy McDonough rode her bike to Eastwood Lake where she met her husband Mike Nelson. Together they wandered through dozens of cars at the annual British Car Show where MVOCer Ralph Weiss had his 1979 MG Spitfire on display.

One of our newest MVOC members, Bruce Howorth, swam across the Ohio River and back this summer at an event in Cincinnati. He also bought a sailboard from longtime MVOC member Jim Glide-



well. Bruce strained is back trying out his new board, but managed to recover enough to show up at the Eastwood Watersports day a week later. That same day Jeanne Boeke also brought her sailboard, but the mast's universal joint gave out and she had to take turns windsurfing on Bruce's board. Both surfers were quite impressive, sailing long distances across the lake and back without the need of a tow. New member Steve Longenecker wasn't as lucky. While in the middle of the lake on a mini-sailboat the wind totally quit and he did have to be towed in by a

kayaker. Nine people came that day to enjoy an assortment of water craft and even a bike ride along the lake. Around dinner time the group enjoyed a bucket of Ky Fried chicken, some sides and good conversation before leaving around 8 p.m.

To be sure, that's not all the outdoor adventures that took place recently, just the ones we know about.

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	513-675-1425	dalebockhorst@yahoo.com
Programs Director:	Dwight Gehring	836-8515	ddgehring60@verizon.net
Newsletter/Publicity:	Jim Nies	275-9614	jnies@aol.com
Activities:	Sharon Mullins	620-0887	dmullinsvanoh@aol.com
	Ella Himes	321-6314	ellahimes@yahoo.com
Webmaster:	Mary Ellen Beardmore	274-2956	beardmore@aol.com