



The Co-Hiker

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Club News ...

Uist Tramping Song (Scottish)

Come along, come along, Let us foot it out together,
Come along, come along, be it fair or stormy weather,
With the hills of home before us and the purple of the heather,
Let us sing in happy chorus, come along, come along.

O gaily sings the lark, And the sky's all awake
With the promise of the day, for the road we gladly take;
So it's heel and toe and forward, bidding farewell to the town,
For the welcome that awaits us, ere the sun goes down.

Chorus

It's the call of sea and shore, it's the tang of bog and peat,
And the scent of brier and myrtle, that puts magic in our feet;
So it's on we go rejoicing, over bracken, over stile,
And it's soon we will be tramping out the last long mile.

Chorus

This is a rousing, traditional, walking song. Uist is one of the Outer Hebrides islands. It has nearly 200 freshwater lochs, which are popular with fishermen.



Club Officers

President	John Troutman
VP/Trail Master	Connie Sheridan
Secretary	Linda Coe
Treasurer	Gerlinde Lott
Membership	Kate Graham
Special Events	Jeanne Barbee
Historian	Betty Bradley
Social Events	Carol Beal
Webmaster	John Troutman
Co-Hiker Editor	Jamie Abel



Susan G. Safreed recently shared this clipping on the Club's Facebook Page.

Hike Reports ...



Findley

Findley State Park

May 13, 2017

Ruth Brown, leader; Bob Brown, sweep

The five-mile hike circled 93-acre Findley Lake along the Hickory Grove Trail, traversing sections of stately pines and various hardwoods, as well as some open areas. Most of the trail was fairly level with several small/short hills. The twelve hikers in the group even traveled on a couple of stretches of the Buckeye Trail. Afterwards, we dined at Dimitri's Corner Restaurant in beautiful downtown Wellington. 🍽️ 🌿

Inniswood Metro Gardens (Sr. Hike)

May 20, 2017

Janie Reeves, leader; Elaine Buhrlage, sweep

In a leisurely fashion, the eight hikers strolled numerous short paths through beautifully landscaped areas throughout the 121 acres of Inniswood Metro Gardens. Inniswood boasts more than 2,000 species of plants, specialty collections and several theme gardens. Along the three-mile hike, we looked for late spring wildflowers and flowering trees, which we tried to identify. Following the hike, we ate at MCL Cafeteria in Westerville. 🍽️ 🌿

Flint Ridge State Memorial

May 27, 2017

Carol Beal, leader; Jim Dearnell, sweep

One of the volunteers at Flint Ridge met us at the museum and gave us a brief history of the area. The 533-acre preserve features ancient pits left by America Indians who came from the surrounding area to quarry rainbow-colored flint. After the presentation, the 16 hikers in the group trekked for four miles along the Quarry and Creek Trails,



Flint Ridge

observing the evidence of the quarry pits and enjoying the wildflowers. Clays Cafe in Hebron played host for our dinner. 🍽️ 🌿



Taft

Taft Reserve

June 10, 2017

Jamie Abel, leader; John Troutman, sweep

On a sweltering June afternoon, nineteen hikers started at the south end of the park, first traversing several grown-out meadows. Then, we entered the woods, traveling on horseback riding trails to the north end of the park and then turned back south. We meandered through a

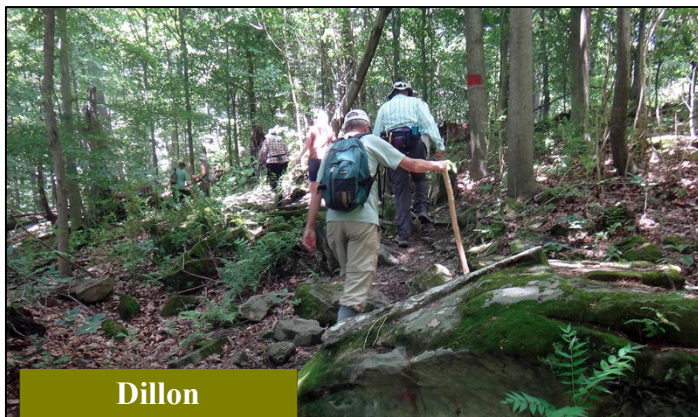
picturesque abandoned farmyard, then recrossed the meadows and finished back at the nature center to finish the six-mile hike. Afterward, we caravanned to Hebron, where we dined on strombolis at Clay's Cafe. 🍷 🌾

Blendon Woods Metro Park (Sr. Hike)

June 17, 2017

Janie Reeves, leader; Monique Mills, sweep

We hiked the mostly flat and shady Brookside, Overlook and Hickory Ridge Trails, enjoying the sights of “spectacular stream-cut ravines with exposed ripple rock sandstone and open fields surrounded by beech-maple and oak-hickory forests.” We stopped by the 11-acre Thoreau Lake, a sanctuary for hundreds of birds, ducks and other wildlife. After the three-mile hike, the seven hikers traveled down to Morse Road to eat at O'Charleys restaurant. 🍷 🌾



Dillon

Dillon State Park

June 24, 2017

Harrie Sanger, leader; Margareth Sanger, sweep

Fifteen hikers gathered on this lovely day after the fury of Tropical Storm Cindy had drenched the area. Harry and Margareth Sanger led their “maiden hike” in this hilly park where hiking trails frequently cross with horse paths and mountain bike thoroughfares. But the Sangers showed their mastery of the situation and confidently led us out to explore many hills and gaze down into ravines. For the historical record, our hike took us along the Licking Bend Trail, with scenic detours into the Ruffed Grouse, King's Ridge and Eagle's Ridge loops. There was a lovely breeze wafting off the lake, and the trails were mostly dry in spite of the previous day's rain. You could tell when we were close to “civilization,” as a group of hikers approached us on the trail, their feet clad in sandals or flip flops, carrying their cans of pop. We dined at Stacey's Homestyle Buffet in Heath, where we had a private room. Hikers enjoyed visiting and seemed to linger at the table longer than normal. 🍷 🌾



Hebron

Hebron State Fish Hatchery

July 8, 2017

Jamie Abel, leader; Lisa Kuhn, sweep

It was a mostly sunny, pleasant, warm day when 17 hikers stepped into the depths of the Fish Hatchery. After passing by many mostly empty fish ponds, we entered the Big Woods area, where we hiked around some of the perimeter, then hastily through the middle of the woods before the mosquitoes could find us. We skirted the woods again then entered the wetlands area where we passed by ponds and swamp areas. Along the hike we saw fields of wildflowers and a pond full of beautiful yellow water lilies. We then crossed the road and hiked along the shaded canal path for a total of five very flat miles. We planned to dine at Clay's Café, but fortunately it was discovered before the hike that they were still closed for their July 4th holiday, so we re-arranged to dine at the Nutcracker Family Restaurant in Pataskala. 🍷 🌾

The Ohio State University (Sr. Hike)

July 15, 2017

Natalie Kupferberg, leader; Cathy Young, sweep

Eleven hikers enjoyed a three-mile walk just north of The Ohio State University campus, visiting a cemetery, walking along the path at Chemical Abstracts and chasing Canada Geese (well, not actually!). We stopped at the Bloch Cancer Survivors Park, a four-acre parcel features sculptures, a walkway, and inspirational plaques. Following the hike, we went to Denny's on Olentangy River Road for dinner. 🍷 🌾



Hocking Hills

Hocking Hills State Park

July 22, 2017

Dick Barbee, leader; Jeanne Barbee, sweep

The Ohio Department of Natural Resources this summer reopened a long-closed trail in the Hocking Hills that used to wind through a gorge just west of Old Man's Cave. Dick and Jeanne led 13 hikers down the Hemlock Bridge Trail, starting next to the charred timbers of the former park



Hocking Hills

lodge. Just a short jog off of the trail, we visited the second-largest recess cave in the park—Whispering Cave. Returning to the Hemlock Bridge Trail, we made our way to the park's first-ever swinging bridge, which connects the two points over Old Man's Creek. On the other side of the bridge, the trail connected to the midpoint of the Grandma Gatewood Trail. We followed the path to Cedar Falls, where we ate our packed lunches at the picnic tables at the top of the hill and a few hikers returned to their cars. The rest of us then followed the overlook trail back to the visitor's center, where we savored ice cream after a seven-mile trek. For dinner, we drove to the banks of the scenic Hocking River to eat at the Olde Dutch Restaurant. 🍴🍷



Earthworks

Junction Earthworks Archaeological Park & Nature Preserve

Aug. 12, 2017

Connie Sheridan, leader; Violet Shaw & Linda Young, sweeps

Seventeen hikers turned out for a lovely day (humid, but breezy and not too hot) at this new location southwest of Chillicothe. This property is part of the Arc of Appalachia. Once a field of soybeans, it has been seeded with summer prairie flowers and is mowed to show where Hopewell mounds once existed from approximately 2000 years ago when this area sported a thriving culture of early Americans. The mounds were leveled in the course of 200 years of farming. We walked around the Earthworks Trail to reach the Tippecanoe Darter Trail which provides access to a lovely pebble beach along Paint Creek, where a few skipped stones. We noted many giant sycamores along the way. Back across the prairie which has a few summer blossoms still in place. We walked the Star Brook Trail and noted different types of nut trees, but were happiest to find many pawpaw trees bearing fruit. We feasted at a nearby Bob Evans and continued catching up

on the latest with our friends. My thanks to sister sweeps, Linda Young and Violet Shaw, who was celebrating her 50th wedding anniversary with Don that day. Then to subsequent sweep Heide Sloan who swept the last section.



Infirmiry Mound

Infirmiry Mound Park

Aug. 26, 2017

Gisela French, leader; Heide Sloan, sweep

Gisela and Heide not only wanted to take a different four-mile route around the park this year, but also to focus on the prairie parcels moreso than the woods. They started out by leading the 22-person group past Mirror Lake and the wetlands before ducking into the woods to reach the prairies encompassed by the Wildflower Trail. After another quick walk through the woods, we reached the equestrian sector, passing the prehistoric Infirmiry Mound. Then we slipped through the woods for a third time before crossing through the prairies in the southwest corner of the park, then heading back to the shelter for dinner. 🌳🌳

Social Reports ...

Corn Roast

March 1, April 1-2, 2017

Carol Beal, coordinator

The corn roast was bigger and better than ever lots of food fun and friends. The lunch featured corn on the cob, watermelon, hot dogs and lots of delicious sides and desserts that hikers brought to feast on. Oh, and there was even a hike. Hope to see you all there again next year, same place and time. Love the hiking club



Corn Roast



Corn Roast

Hiking Makes You Smarter

For a neuroscience lab, it sure is cold. Maybe 20°F or so, judging by the sting on my exposed cheeks. Indeed, an observer would be hard-pressed to see any traditional research going on here. There's not a single white coat, MRI, or PET scanner to be found. I don't have a sensor stuck to my scalp.

Instead, I'm snuggled in a sleeping bag, surrounded by sagebrush and willow deep within a red-rock maze of hulking sandstone cliffs. I unzip the door so I can see the warming sky and behind me, assorted rustlings and yawns tell me that my five campmates are doing the same thing. The six of us represent the very first step in a cognitive pilot study aimed at exploring a question every reader of this magazine will find intriguing: Does backpacking make you smarter?

■ Nature causes changes

The researchers who designed this experiment hypothesize that exposure to nature causes significant, measurable changes to the brain. These changes let you think more clearly, focus more acutely, and perform to your maximum cognitive ability. In short: Wilderness makes you smarter. And the longer you're out there (up to a point), the smarter you'll get.

Recent studies have already linked wilderness exposure with stress reduction and overall happiness. Imagine a world in which backpacking becomes the science-recommended way to prepare for the SATs, chess tournaments, and all of life's biggest mental challenges.

■ The man behind the project

The driving force behind the research, David Strayer, Ph.D., is a bespectacled, bearded man with a friendly, intellectual air. Strayer is something of a rock star in the world of brain science. His pioneering, 15-year work on the dangers of distracted driving helped spawn public awareness campaigns, dozens of state texting-while-driving bans, a segment on The Oprah Winfrey Show, and a Pulitzer Prize-winning series in The New York Times.

But unlike your average cognitive neuroscientist, Strayer, 54, is just as comfortable in the wilderness as he is in the lab. The University of Utah professor grew up hiking and backpacking near his hometown of Spokane, and he added river rafting to his repertoire about 20 years ago. Despite the demands of academic life, not to mention marriage and raising two teenage sons, he still spends a total of two months a year canyoneering, rafting, and hiking.



■ How to proceed?

Tomorrow morning, Strayer will lead a small group into the Grand Gulch Primitive Area, an orange-hued playground of sandstone walls dotted with Ancient Puebloan ruins. His purpose is twofold. One, he's using the trip as a four-day, 30-mile-long brainstorming session to cook up a research design. How can he best test his idea about nature being good for the brain? Strayer is in preliminary talks with Outward Bound about setting up a pilot study with dozens of the program's students, and details need arranging. To that end, he's recruited professors Paul Atchley (a cognitive scientist at the University of Kansas) and his wife Ruth Ann (a cognitive/clinical psychologist, also at Kansas). I've signed on as test subject, along with Utah graduate student Nate Medeiros-Ward and Strayer's neighbor Richard Boyer.

The second purpose for this trip? Strayer needs his wilderness fix. "I do like to mix business and pleasure," he says, grinning.

Strayer and the Atchleys are on the frontier of what's called environmental neuroscience, a field that resides under the umbrella of environmental psychology. But while the latter rather broadly examines the relationships between people and their physical worlds, environmental neuroscience hones in on how one's surroundings specifically affect the way the brain works.

The idea is that something about being in the wilderness causes physiological changes: the release of certain hormones, maybe, or the switch of activity from one brain region to another. Previous studies have linked short-term nature exposure to increased performance on a battery of cognitive tests, but no one knows what happens after a multiday wilderness immersion, or exactly what's going on in the body and brain. 🧠👣

This article was very heavily edited for space. It was written by Elisabeth Kwak-Hefferan. The full article appeared online at: <https://www.backpacker.com/skills/hiking-makes-you-smarter-bp=0%2Fimg1>. Illustration by Noma Bar.

Benefits of Hiking with Trekking Poles

After years of thinking trekking poles were ridiculous, I found myself seriously struggling on a 500-mile trek across France and Spain. A lot of people seeing my struggling recommended trekking poles, but it took a young, handsome guy from Canada to convince me. That was five years ago, and I still use the same pair almost every day on the trail.

■ Love your knees

Poles help the knees for a couple of reasons. First and most simply, they carry the weight of your arms so your legs don't have to. If you think about it your arms are probably about 10% of your body weight which is significant. If you are pushing down in the wrist straps you can take even more weight off your knees, and even help propel yourself forward when your legs start getting tired.

■ Staying upright

I mean this two ways—the first is obvious. On slippery, wet, loose, steep footing, poles are great for helping you keep your balance and catch you when you trip. But they also help keep your body upright so you don't slouch and stress your back out more than it already is.

■ Stream crossings

This one is also pretty obvious. When fording a stream/creek/river, hopping from rock to rock or just wading through, poles are the best way to keep your balance and stability.

■ Self defense

I've never actually had to use them for this, but I've thought about it a lot. Just today I saw a coyote about 10 ft off the trail in mid-day. My first thought was "maybe it's rabid" and my second thought was "I can hit it with my pole and keep my distance."

■ What do I do with my arms?

I think a lot about efficiency of movement when I'm on long treks, trying to save energy where I can. My arms are never really tired, but I like having something to do with them. I think the motion helps engage my abs too. Now when I don't have my poles I feel really awkward and often end up hooking my hands in my shoulder straps which does weird things to my shoulders.

■ Look cool in pictures

Hahaha, just kidding. They never look cool. But the solution is to drop them on the ground. Doesn't get much easier than that.



■ Go-go gadget arm!

This one I learned from Colin Fletcher's book "Complete Walker." Picture it: you've set up camp and a sudden downpour sends you running into your tent. But your water bottle is still outside, just out of reach. No need to find your raincoat—just use your pole to reach it.

■ Keeping pace

On the few hikes that I've forgotten my poles I actually hike slower, and I don't have as steady a rhythm. A tip I learned from running is to always try to keep the same cadence, even if that means you're taking baby steps uphill. The length of the step isn't as important as the rate of steps when you're covering long distances, and poles often help do that.

■ Tripod

I do a lot of hiking and camping by myself. I'm not super vain, but it is nice to actually be in the frame once in awhile. I've found that the wrist strap makes a clever little cradle for my camera/phone. I just stab the pole into the dirt as hard as possible, cradle the camera in the strap on a timer setting, and then continue up the trail. 📷

This article, edited here for length, was written by Nicole Mason. Photo by Christin Healey. The article appeared online at: <https://www.theoutbound.com/nicole-mason/the-benefits-of-hiking-with-trekking-poles-plus-how-to-use-them>.

COHC Dots: Connect the dots; guess the location!

Here's a really easy two-part puzzle. Connect the dots and see if you know where this hiking scene was!

