



# The Co-Hiker

email: cohc\_hikingclub@yahoo.com

## In This Issue ...

### Club News

### Hike Reports

- Fort Hill/Serpent Mound Historic Site
- Conkle's Hollow State Nature Preserve
- Charles Alley Memorial Park
- Clear Creek Metro Park
- Blendon Woods Metro Park
- Prairie Oaks Metro Park
- Dawes Arboretum

### Social Reports

- Spring Camp – Burr Oak State Park
- Spring Banquet – Lennox Bravo

### Trekking Tidbits

- How hiking can change your life
- Fun facts about U.S. National Parks

### Puzzle Page

- Crossword: View from the trail!

## Club Officers

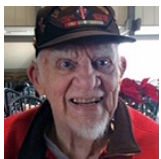
<i>President</i> .....	John Troutman
<i>VP/Trail Master</i> .....	Connie Sheridan
<i>Secretary</i> .....	Linda Coe
<i>Treasurer</i> .....	Gerlinde Lott
<i>Membership</i> .....	Kate Graham
<i>Special Events</i> .....	Jeanne Barbee
<i>Historian</i> .....	Betty Bradley
<i>Social Events</i> .....	Carol Beal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



Grandma Gatewood

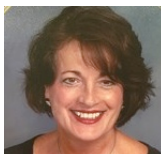
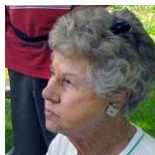
## Club News ...

### In Memoriam



**Thomas F. Perone** passed away Feb. 21, 2016. He was a sergeant in the Marine Corps during World War II and the Korean Conflict. Tom was president of the Central Ohio Hiking Club for 15 years.

**Evelyn P. Bahnsen** passed away March 28, 2016. Raised on a farm in Clinton, Iowa, she never lost her love of the great outdoors. Evelyn worked as a seamstress and a registered nurse.



Longtime member **Roseann Costello** passed away peacefully at home “surrounded by her children in love” March 19, 2016.

## The Reward of Nature

If you'll go with me to the mountains  
 And sleep on the leaf carpeted floors  
 And enjoy the bigness of nature  
 And the beauty of all out-of-doors.  
 You will find your troubles all fading  
 And feel the creator was not man  
 That made lovely mountains and forests  
 Which only a supreme power can.  
 When we trust in the power above  
 And with the realm of nature holds fast  
 We will have a jewel of great price  
 To brighten our lives till the last.  
 For the love of nature is healing  
 If we will only give it a try  
 And our reward will be forthcoming  
 If we go deeper than what meets the eye.

—by Emma 'Grandma' Gatewood (1887-1973)

From a cross-stitch owned by Emma's daughter, Lucy Seeds  
[edenvallleyenterprises.org/proqdesc/gatewood/images/poem.jpg](http://edenvallleyenterprises.org/proqdesc/gatewood/images/poem.jpg)



## Hike Reports ...



### Fort Hill Earthworks & Nature Preserve /Serpent Mound Historic Site

April 2, 2016

John Troutman, leader; Connie Sheridan, sweep

To start the day, we organized an informal hike around Serpent Mound, the largest surviving prehistoric effigy mound in the world. Each person explored the area at his/her own pace. Afterward, we caravanned over to Fort Hill, where the 20 hikers trekked for five miles to conquer a second set of earthworks. We headed out on Deer Trail by climbing a substantial hill up to the Fort Hill trail. We continued on the Gorge Trail and dropped back down to the river through a hilly section, weaving through outcroppings and boulders along the river on this very scenic section of the hike. We then headed back up to the Fort Hill Trail and back to the parking lot. After the hike, we drove into Hillsboro, where we dined at the Ponderosa Steakhouse. 🍴🍷



### Conkles Hollow State Nature Preserve

March 19, 2016

Jamie Abel, leader; Natalie Kupferberg, sweep

A group of 17 hikers headed out of the parking lot and up to the mouth of the hollow on a messy Saturday. They then climbed first the stairs and second the steep path to head counter-clockwise around the Rim Trail. We stopped at one of the rocky vistas for a group photo, and then traveled ahead to the head of the canyon and back down the west rim. We descended more steps – wooden ones and earthier ones – to the floor of the hollow, where we thereupon hiked back to the head of the canyon to enjoy spectacular views of the waterfalls. The falls were running pretty well, considering they had received substantial rain upstream in the preceding days. Following the hike, we traveled just down the road to enjoy conversation and a meal at the Hocking Hills State Park Dining Lodge. 🍴🍷



### Charles Alley Memorial Park

March 5, 2016

Heide Sloan, leader; Gisela French, sweep

The weather report was discouraging, calling for “chance of light rain or snow shower” with high temp of 42F, after about 2” of snow on the day before. We (hike leader &



Co.) were prepared to be the only ones in Alley Park's parking lot. But ... a number of other people and their dogs were also ready to enjoy the park; we should have had more faith in our fellow hiker's love and enthusiasm for the great out-doors! We thank the 16 optimists who met us. The trails were in remarkably good shape, despite the rain and snow only days before. Our group moved steadily uphill and down, first in loops near Twin Lake, then up Meadow Trail to Alley Trail, followed by a few more up-down-and-around trail sections. We clocked over four miles before returning to the start just as it started to rain. The dinner at Lancaster's Bob Evans was a "happy meal." Reported by Heide and Gisela. 🍽️🌿



## Clear Creek Metro Park

Feb. 20, 2016

Marcy, leader; Connie Sheridan, sweep

With a spectacular blue sky overhead, 24 hikers, including two visitors, gathered at the park office to meet Naturalist Marcey Shafer and two volunteers for a specially arranged hike. Due to recent warm temps (60 degrees this day) and snowmelt, Clear Creek had risen so high as to block access to the off-road area where we had planned to hike. Marcey made an adjustment by taking us up a steep hillside that had once been a township road; we struggled to climb that path and wondered how the early autos had made it. Along the way we gained info about natural features. The rock outcroppings and the edges of our path were adorned with beautiful emerald green moss. The shaded ravine along the path showed numerous openings where thick icicles were resisting any melting – yet. Once on top, we descended a portion of the Chestnut Trail to the Lake Trail, dropping into the valley to a view the harbinger of spring, skunk cabbage. Back up the hill, and a rest at the picnic area, before we retraced our steps to the park office. It was a rugged five-mile hike, and many were commenting about their sore legs, but it was worth it to be out on such a day! Most of the group travelled to Todd's Mountain View Restaurant for dinner. Reported by Connie Sheridan. 🍽️🌿

## Blendon Woods



## Blendon Woods Metro Park

Feb. 6, 2016

Elaine Buhrlage, leader; Leslie Buhrlage, sweep

We hiked a variety of the trails in the park on this sunny day, including the path to the Walden Waterfowl Refuge, which isn't ordinarily open to hiking by the public. After making a circuit of the refuge, our group of 33 hikers returned to the Nature Center and then headed eastward through the park to the Cherry Ridge area by way of a bit of the Hickory Ridge Trail and most of the Brookside Trail, returning the way we came. After the hike, we ate at O'Charley's in Gahanna. 🍽️🌿



## Prairie Oaks

## Prairie Oaks Metro Park

Jan. 23, 2016

John Troutman, leader; Whaja Troutman, sweep

Twelve hikers met in the parking lot at the Darby Bends area of Prairie Oaks Metro Park and headed south along Darby Creek on the Greenway Trail. At the bridge, we continued south along Alder Trail until we reached Sycamore Plains Trail. Circumnavigating that that muddy, root-lined trail, we headed back north on Alder Trail to the bridge and then hiked around the old frozen gravel ponds on the Lake View Trail. Following the hike, we made our way into Hilliard, where we had dinner at El Vaquero Mexican Restaurant. 🍽️🌿



## Social Reports ...

### Spring Camp

April 16-18, 2016

Jeannie Barbee, coordinator

Springtime Camp at Burr Oak State Park this year out did itself with wildflowers, warm weather and not much mud. A total of 26 members stayed at the lodge while Jamie Abel, Harry Jones, Don Shaw and Seiglinde Martin drove in on Saturday to hike with us. The Buckeye Trail seven-mile loop was *really* strenuous as predicted, but with stops and food refills along the way, the hikers came out victors! 24 hikers tackled all or part of that trail. Meanwhile, the shorter three-mile Buckeye Trail loop was on flatter level and appropriate for all, but a challenge nevertheless, as most of the eleven hikers first tackled the Lakeview Trail three-miler. No hikes were done as a group on Friday, but members met in the meeting room for Bingo games with candy prizes. After the Saturday hike, people met again in the evening for Vespers and a short business meeting before going on to the serious job of working on the puzzles. Several different lodges and places were suggested for our 2017 Spring Camp. Sunday featured an early check out, as 21 hikers headed for Wildcat Hollow where the fun of seeing backpackers and their dogs and campers inspired our hiking. It wasn't too awful muddy either as we went up and down the hills. Many bluebells, trillium, Spring Beauties, Dutchman's Breeches, etc. were with us throughout the trails. A great job was done by hike leaders John Troutman and Gerlinde Lott and sweeps Jamie Abel and Connie Sheridan. Hope you can plan to come next Spring! Reported by Jeannie Barbee.



Dawes Arboretum

### Dawes Arboretum

Jan. 9, 2016

Connie Sheridan, leader; Elaine Buhrlage, sweep

Thirty hikers gathered for the first club hike of 2016. The temperature of 50 degrees was balmy for the time of year, but we had a cloudy and damp day. We gathered on the deck of the visitor center before heading off on soggy ground. (For those who asked, I have learned that this property is about 2,000 acres!) Beginning with the Bald Cypress and Dawn Redwoods we moved on to the renovated Japanese Garden. Next was Holly Hill to see the namesake and the winterberries, which provided the best color of the day. Further along we delighted to see a gaggle of Canada Geese fly over and make a perfect landing on the pond. The geese already assembled there welcomed the newcomers with loud honks. Unfortunately the "deposits" they leave on the path are not as delightful. We ended by walking along the newly paved "Lake Connector" and we saw a group of deer frolicking in the woods. Neat! My thanks to Elaine Buhrlage for volunteering to sweep. Dinner was at Stacy's Buffet in Heath. Reported by Connie Sheridan.



Burr Oak





Spring Banquet

## Spring Banquet

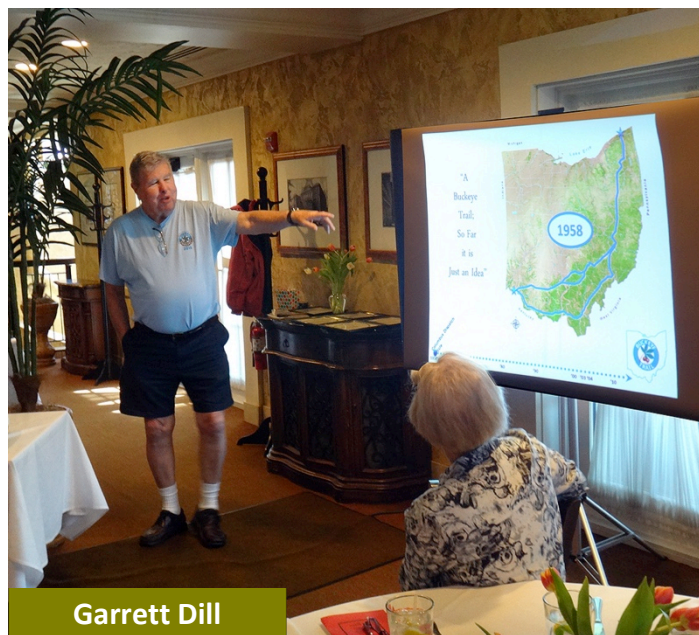
April 24, 2016

Carol Beal, coordinator

For our 80th Annual Spring Banquet we landed at Lennox Bravo Cucina Italiana. The upstairs banquet area was perfect for our group of forty hungry hikers. The buffet meal was delicious, the service was great and the tables were beautifully decorated with pretty spring tulips. George Mead graciously filled our emcee needs, and I might add provided us with his delightful humor, while Jeannie Barbee delivered the invocation. Garrett Dill, from the Buckeye Trail Association, was our guest speaker for the afternoon. His presentation was educational and very interesting; he had lots of pictures to share some from days gone by. After the presentation, COHC President John Troutman introduced the club officers and committee chairpersons. Then Vice President and Trail Master Connie Sheridan presented annual awards, such as mileage awards, including high mileage (John Troutman), and recognized hike leaders and sweeps for the last year. We had people join us for their first time, and John Tannehill came all the way from Indiana. Thank you all for your efforts to attend. It's so enjoyable to see everyone, some we don't see often enough. Reported by Carol Beal. 🍷🌸



Troutman and Sheridan



Garrett Dill



George Mead



## Trekking Tidbits ...

### How Hiking Can Change Your Life

#### Lessons You Can Learn After Taking Up Hiking

Growing up in a woodsy suburb, I always felt like I was more of an indoor kid. I wasn't particularly athletic; I was scared of the woods, allergic to most plants, and sneezed in the sun. About a year ago, my brother dragged me on a hike with him, and it changed my life immeasurably.

We parked at the base of what looked like a dangerously craggy mountain, I told my brother I wasn't getting out of the car. After 45 minutes we reached the first peak. The view was humbling. Everything hurt and I felt amazing. I was out in the world, with dirt under my fingernails and my mind felt free.

A few weeks later, while consoling my best friend who was taking her turn at having a miserable break up, I suggested we go on a hike. Sixteen towns and twenty hikes later, the winter air rendered us defeated. But just for a little, because my best friend and I will spend every possible warm weekend roughing our knees and opening our hearts to the mountains.

These are eight of the most impactful effects hiking has had on my life.



#### ■ How Not To Fuel Fear

Before each ascent, I was dizzy with fear. After that summer, I learned that best thing to do when feeling fearful is to use that adrenaline to go forward.

#### ■ How To Power Through

Before, it was my nature to fall apart when faced with obstacles. Once you take all of the ego and expectations and idealistic attachments out of the picture, it's so easy, it's just: one foot after the other.

#### ■ How To Stay In The Moment

Hiking a new trail is not dissimilar to taking a yoga class with a new teacher. You have an idea what types of

movements you might be doing. Embracing everything, not trying to get to the next checkpoint or transition into the next pose is the best way to exist in the moment.

#### ■ How To Explore

I've come to enjoy the sensation of not knowing where we're going. I've come to look forward to exploring a new town each week on a hunt for trail mix and coffee. I now have a list of trails spanning across the United States that I plan on taking in the next year. Once you take a few steps outside of your comfort zone, the whole world becomes yours.

#### ■ How To Find Internal Harmony

It's so easy to forget that the mind and body are one. But when you're on a ten-mile hike and the temperature is just barely above freezing, you learn very quickly that your body is a machine. It needs fuel and it needs care. It functions its best when it's well fed and loved. I never feel so thankful for my body then when I finish a difficult hike.

#### ■ How To Connect To Another Human

No matter how obvious your map is, and no matter how clear the trail is, you'll get lost or confused at one point on each outing. Learning how to come to one conclusion with two very different minds takes a lot of time working out the kinks and learning how to communicate most efficiently.

#### ■ How To Problem Solve

Yes, there's an app for literally every issue one might encounter indoors or outdoors. But when you've been hiking for ten hours and your phone is dead and you've wandered off the trail, you have to start using your brain. Hiking has encouraged me to educate myself about directions and survival so that I can save my ass without my phone if I need to.

#### ■ How To Trust Yourself

I wouldn't trade my introduction into the woods for anything. Hiking has taught me how capable my body is, when I allow it to be with my mind. I've learned that so much of what I told myself I couldn't do, were things that I was completely capable of. Now that my body has proved itself to me, I've learned to trust myself. There's nothing you can't do, there's only what you won't do.



---

*This article was written by Kaitlyn Wylde, a Lifestyle Writer at Bustle.com. It has been edited here for space and fair use, but the full, most-interesting article can be found online at: <http://www.bustle.com/articles/142084-8-life-lessons-you-can-learn-after-taking-up-hiking>.*

# Fun Facts About U.S. National Parks

## Geographic Curiosities Across America

The U.S. National Park Service celebrates its 100th anniversary in 2016. In honor of the centennial, we are sharing 100 facts, from the basic to the bizarre, to inspire you to join in the celebration at one of the many beautiful national parks across the country.

Grab a map and a compass. The following 18 facts center around where national parks are located, how to get there, and some of the awe-inspiring, record-setting geographic landmarks you might discover within.

■ California is home to nine national parks — more than any other state.

■ Alaska runs a close second, with eight.

■ There are 23 states without national parks.

■ However, there is a national historical park in the U.S. territory of Guam: War in the Pacific.

■ There's a national park in the U.S. Virgin Islands, as well. More than half of the island of St. John is covered by Virgin Islands National Park.

■ The only park south of the equator is the National Park of American Samoa.

■ But there are four NPS sites above the Arctic Circle: Cape Krusenstern National Monument, Gates of the Arctic National Park and Preserve, and Kobuk Valley National Park and Noatak National Preserve. All four sites are located in Alaska.

■ Most national parks are easily accessible, but many in Alaska can only be reached by bush plane, a small aircraft designed to land in remote, hard-to-reach locales.

■ You'll also need a seaplane or boat to visit Isle Royale National Park in Lake Superior.

■ Standing 275 feet tall in Sequoia National Park, you won't find the world's tallest tree, but you will find the largest. This tree's trunk measures 52,500 cubic feet in volume.

■ Sequoia National Park is also home to Mount Whitney, the tallest mountain in the lower 48 states, measuring in at 14,494 feet.



■ The tallest mountain in North America is Mount Denali, which towers 20,310 feet above the landscape in Denali National Park and Preserve.

■ On the other end of the spectrum, the lowest point in North America is also located inside a national park. Badwater Basin in Death Valley National Park sits 282 feet below sea level.

■ Kentucky's Mammoth Cave National Park lives up to its name. It's home to the world's longest known cave system with more than 400 miles — about the distance between Chicago and Nashville, Tenn. — mapped so far.

■ The deepest lake in the U.S. is Crater Lake National Park. At its deepest, the lake is 1,943 feet — the equivalent of six Statues of Liberty stacked on top of one another.

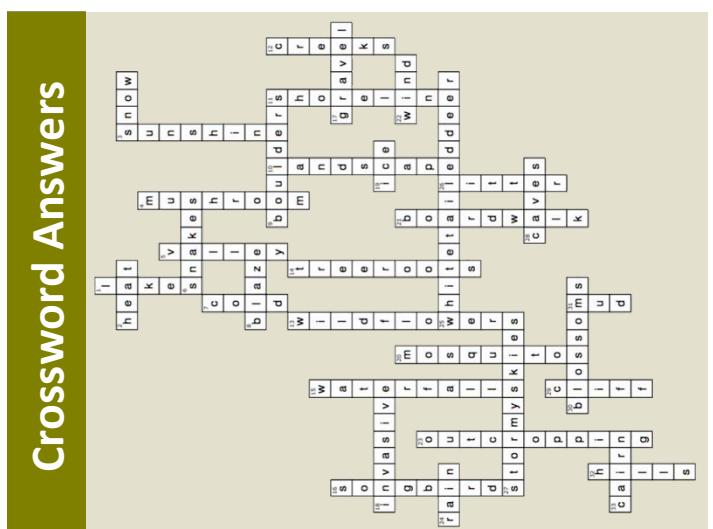
■ You can hike down the equivalent of nearly 20 Statues of Liberty when you visit the Grand Canyon's deepest point at 6,000 feet.

■ The largest national park is the 13.2 million-acre Wrangell-St. Elias National Park and Preserve, which is so big, you could fit nearly six parks the size of Yellowstone inside of it.

■ The smallest national park is Hot Springs National Park, coming in at less than 6,000 acres. That's more than 2,200 times smaller than Wrangell-St. Elias National Park.



This article was found online at Alamo.com. It has been edited here for space and fair use, but the full article, with many more beautiful national park photos, can be found online at: [https://www.alamo.com/en\\_US/car-rental/scenic-route/travel-guides/us-national-park-locations-directions-landmarks.html?&cm\\_mmc=Social\\_-Facebook\\_-NPS2\\_-2016](https://www.alamo.com/en_US/car-rental/scenic-route/travel-guides/us-national-park-locations-directions-landmarks.html?&cm_mmc=Social_-Facebook_-NPS2_-2016).





# Crossword: View from the Long, Longsome trail!

## ACROSS

- 2. Don't want to overdress
- 3. To spike or not to spike
- 6. Long, slithery creatures
- 8. Leaving you clues
- 9. Large chunks of granite
- 17. Loads of loose pebbles
- 18. Something from a faraway place
- 19. Makes for a treacherous trek
- 22. Pushing back on every step
- 24. It's poncho time!
- 25. Some have antlers, some do not
- 27. A harbinger of the damp
- 28. Shelter for bears or hikers
- 30. Color on the ceiling
- 33. Stacked for directions

## DOWN

- 1. Sizeable pools of water
- 3. Happy to have it on the shoulder
- 4. Edible or poison?
- 5. If you go in, you have to come out
- 7. Likely can't overdress
- 10. The distant vista from up high
- 11. The edge of wetness
- 12. A dangerous crossing
- 13. Color on the floor
- 14. They create steps on the inclines
- 15. Found at the end of streambeds
- 16. They chirp from the treetops
- 20. The most despised pests
- 21. A hard place to walk
- 23. A room with a view
- 26. Carry it out
- 29. Don't walk too close to the edge
- 31. The result of rain and dirt
- 32. There are only two more

