



The Co-Hiker

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In Memoriam

Avid hiker and COHC member Wanda Lillian (Fields) Neudorfer-Pack, 76, passed away March 3 in Westerville, Ohio.



Long-time member and former club secretary Linda Coe passed away March 15 after a courageous battle with cancer.

Hike Leaders/Sweeps in 2017

| | |
|-----------------------|--------------------------|
| Jamie Abel | Dick & Jeanne Barbee |
| Carol Beal | Bob & Ruth Brown |
| Jim Dearnell | Sandy Garey |
| Ann Forrester | Gisela French |
| Harry Jones | Natalie Kupferberg |
| Lisa Kuhn | Monique Mills |
| Chris Molasso | Mike & Therese Passerini |
| Janie Reeves | Harry & Margareth Sanger |
| Joe Schinner | Don Shaw |
| Violet Shaw | Heide Sloan |
| John & Whaja Troutman | Cathy Young |
| Linda Young | |

Club News ...

Club Officers

| | |
|-----------------------|-----------------|
| President | John Troutman |
| VP/Trail Master | Connie Sheridan |
| 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 |

Recent Milestones

| | |
|---------------------|-------------|
| Janie Reeves | 1,000 miles |
| Tammy Roberts | 500 miles |

Journal in the Lakes

"In the evening, I walked alone down to the Lake
by the side of Crow Park after sunset
and saw the solemn coloring of night draw on,
the last gleam of sunshine fading away on the hilltops,
the seep serene of the asters,
and the long shadows of the mountains
thrown across them, till they nearly touched the hithermost shore.

At distance hear the murmur of many waterfalls
not audible in the day-time.
Wished for the moon,
but she was dark to me and silent,
hid in her vacant interlunar cave."

This thought was authored by Thomas Gray (1716-1771), an English poet, letter-writer, classical scholar, and professor at Pembroke College, Cambridge.

Hike Reports ...

Tar Hollow



Tar Hollow State Park

June 23, 2018

Gisela French, leader; John Troutman, sweep

The Ross Hollow Hiking Trail at Tar Hollow State Park is a 3.5-mile loop with reasonable terrain. The trail starts out with a hill but after that it is a moderate hike with narrow tracks and some fairly steep drop-offs. However, there were many scenic views to behold. Because of especially tricky footing, we avoided the hillside near the end, instead taking the road. We had experienced some rain and encountered several downed trees from an earlier storm, but we experienced a great hike just the same. Later, we enjoyed dinner at Goodwin's Family Restaurant back in Circleville. 🍴🍷

Pickerington Ponds Metro Park (Sr. Hike)

June 16, 2018

Gerlinde Lott, leader; Diane Smith, sweep

Oh my—what a day to go on a hike! The temperature was over 90 degrees, but eight of us seniors hiked about four miles at Pickerington Ponds Metro Park anyway. The first half of the hike took us along the Arrowhead Trail, an all-grass trail that featured some wildflowers such as black-eyed susans, milkweed, etc. We even saw a little frog hopping out of our way. Because of standing water on the

lower portion of the two loops, we had to backtrack to continue our hike. Returning to the shady picnic area, we took a long rest before heading toward the ponds and marsh area of the park. There, the increasing clouds shielded us from the sun, which made this portion of the hike more comfortable. We did see one Egret flying over Blue Wind Pond, probably looking for dinner. We made it back to the cars without rain despite thunder and lightening. Unfortunately, we did not go for dinner together because we were all done in by the heat. 🍴🍷



Chestnut Ridge

Chestnut Ridge Metro Park

June 9, 2018

Jim Dearnell, leader; Carol Beal, sweep

Chestnut Ridge is the first ridge in the foothills of the Appalachian Mountains. We headed out through the forest on Ridge Trail and then followed wide stone-covered paths on Meadows Trail. We found black oak, shagbark hickory and northern red oak trees on the upper slopes of the ridge and sugar maples and American beech on the lower slopes. We trekked along an old farm road, crossing Amanda Northern Road to access a view of Columbus near the Cider House, a structure left from the original farmstead. Following the five-mile hike, we ate dinner at Kingy's Pizza Pub in Canal Winchester. 🍴🍷

Wooster Memorial



Wooster Memorial Park

May 26, 2018

Ruth Brown, leader; Bob Brown, sweep

Known for its beautiful trees, steep ravines, rich spring flora and scenic Rathburn Run, Wooster Memorial Park recently played host to five COHC hikers. The five-mile hike wound through the varied terrain of the scenic woodlands, including several hills of short duration. After the hike, we dined at Bob Evans in nearby Wooster. 🍄🍄

Upper Arlington Parks (Sr. Hike)

May 19, 2018

Diane Smith, leader; Elaine Buhrlage, sweep

We started at Northwest Kiwanis Park, passed through Burbank Park and hiked one mile on residential sidewalks to Thompson Park. At the park, we nine hiked another 1.15-mile asphalt loop and then returned via sidewalks to Burbank Park and Northwest Kiwanis Park. After the four-mile hike, we enjoyed dinner and friendship at Rooster's Restaurant on West Henderson Road in Columbus. 🍄🍄



Lake Hope

Lake Hope State Park

May 12, 2018

John Troutman, leader; Connie Sheridan, sweep

Fifteen hikers gathered at the Hope Furnace site in the park. We carpooled up the ridge roads to the top of Long Ridge Road. The leaves had come out in full force making for a lush canopy around and above us. Many lovely wildflowers were showing their colors, too. I also must report that a rat snake, reported to be about five feet long, was startled and exited quickly from our path. John Troutman led out as we hiked several mountain bike trails—Copperhead, Bobcat, Yosemite—and saw some bikers along the way. The trails were dry and not as steep as Great Seal bike trails were. We wound down one set of hills and into the ravine which featured a creek that was not flowing much. Afterward, we dined at the attractive dining lodge, re-built just a few years ago after being destroyed by fire. A flower and craft show was taking place and that brought out the shopper instinct in a number of people. (Reported by Connie Sheridan, sweep). 🍄🍄



Great Seal

Great Seal State Park

April 21, 2018

John Troutman, leader; Connie Sheridan, sweep

Great Seal State Park has a reputation for rugged terrain. Undaunted, 22 of us hiked for six miles, traversing several of its many hills and making for a strenuous outing. We

traveled a section of the park that we hadn't hiked in many years, as well as a couple of new loops that have been added by the mountain biking folks. The hike included the Rock Garden, Annie's Trail and Lawn Chair Loops. We also walked parts of the Mt. Ives, Rocky Knob and Shawnee Ridge Trails. We ate dinner at the Golden Corral in Chillicothe. 🍴🌲



Charles Alley

Charles Alley Memorial Park

March 24, 2018

Heide Sloan, leader; Gisela French, sweep

Trails in Charles Alley Memorial Park are infamously hilly, with some being very steep. The 350-acre property has been a city park with the Lancaster Parks and Recreation since 1978. On this day, 18 COHC members hiked for four miles around Twin Lakes, along the Meadow Trail, Oak Trail and Alley Trail, then looped back along Buck Run and Vulture Roost. Winter's icicles hung off the mossy cliffs at the back of the park along Alley Trail! We enjoyed dinner with friends at Todd's Mountain View Restaurant in Lancaster. 🍴🌲

Prairie Oaks



Prairie Oaks Metro Park

March 10, 2018

Dick Barbee, leader; Jeanne Barbee, sweep

After having a couple weeks of rain, it was great to have sun for this six-mile hike. 27 people came to enjoy the sunshine. We went toward the Big Darby and over the bridge to see the heavy river flow. We started around the lake and over to Old Indian Mound. Then continued up the Greenway path to where it ends at the road. From here we went back around the east side of the river. Water was rapid and full. On the way back there was a nice bathroom facility and some evidence of beaver chewing but not as much as before. Now we continued the Greenway path back across the bridge and up the hill to reach the end of the hike. Don and Harry found a geocache, which they showed to others and explained how the game is played. We had four new people join us on this hike, as well as Bob Merkle. We headed to Der Dutchman where tables were reserved for dinner to renew our energy (reported by Jeanne Barbee). 🍴🌲



Alum Creek

Alum Creek State Park

Feb. 24, 2018

John Troutman, leader; Jamie Abel, sweep

The Rocks & Roots Trail at Alum Creek State Park was created by the Rocks & Roots Trail Running Association. The trail has a north and south loop each of about six miles (10 Km) each, and the ten intrepid hikers covered most of the south loop. We had to step carefully along the extremely wet path, as mud and high water added to the namesake rocks and roots along the way. Despite the conditions, we enjoyed some nice views of the lake, as well as good food nearby at Buffalo Wings & Rings. 🍴🍷

Highbanks



Highbanks Metro Park

Feb. 3, 2018

John Troutman, leader; Jamie Abel, sweep

Highbanks Metro Park was named for its massive 100-foot-high shale bluff towering over the Olentangy State Scenic River. Tributary streams cutting across the bluff have created a number of deep ravines in the eastern part of the 1,200-acre park. On this day, 23 hikers walked for five miles through hardwood forests, over a number of hills and through a number of these shale ravines to a 110-foot elevation view of the river. We passed a cemetery of the first area settlers and stopped by a burial mound left by

the ancient Adena Indians (one of the reasons this park has been designated a National Natural Landmark). We also ran into Carol, who happened to be hiking there the same day. Following the hike, we gathered again at Bob Evans for dinner and conversation. 🍴🍷



Char-Mar Ridge

Char-Mar Ridge Park

Jan. 20, 2018

Jamie Abel, leader; John Troutman, sweep

A brisk January afternoon found 21 members of the hiking club at Char-Mar Ridge, a property of the Preservation Parks Delaware County. Exiting the park at the back of its loop trail, we hopped on the Genoa Township section of the Ohio to Erie Trail, following it north alongside State Route Old 3-C and crossing a plate-girder railroad bridge over Little Walnut Creek and entering the Village of Galena. We circled the town, recrossed Little Walnut on the Old 3-C bridge over the Mud Flats and returned to Char-Mar Ridge to finish the six-mile trek. We then met back in Galena at the Mud Flats Bar and Grill for dinner.



Spring Camp: Hueston Woods Lodge

April 6, 2018

Jeanne Barbee, coordinator



Hueston Woods



Hueston Woods



Hueston Woods

Hueston Woods Lodge was the site for our Spring Camp. Friday night was our first hike; 17 people circled up to walk out to Mud Lick Trail which was challenging to enter over the many downed dead trees from Emerald Ash Borer. An abundance of rain also made for muddy spots to walk around. The path was broad and well marked. It also serves as part of the disc golf course that is around the lodge area. Dick led and Jeanne swept, as the group followed around this pathway with some circling and climbing over the trees. A few hills were noted and three nice foot bridges to use. As we were going over the last bridge we noted someone in a hammock preparing for the night (it was drizzling and cold). As we left the woods we again had to climb over logs to head on down the pathway behind the lodge. We followed the paved trail and climbed the stairs up to the pool area to another long flight of stairs to the lodge, just at the finish the rain began to come down. We all went in for a meal at the lodge.

On Saturday morning, we circled up with 26 hikers and then carpoled to get to the Mountain Bike Trail parking lot. We walked down Hedge Row Road, which is part of the American Discovery Trail, and on to the New Red Covered Bridge. Our trail was slightly snow-covered at the start. We now traveled through a large picnic area. At the Camp Ground Loop area, we headed up and saw a few wild flowers and Trillium starting to grow. The plan was to eat at the picnic table areas when we came down but due to rain and snow the tables were wet, so we had to walk further to finish out the Camp Ground loop trail and got over to the Four Mile Creek Bridge on Main Loop Road to have our picnic lunch on the huge rocks at the warmer and drier bridge. Here some people were able to get in cars to head back to the lodge. A large group of boy scouts on a weekend camping trip walked past us there. We continued on to the Green Loop Trail which had some gravel and was flatter but we encountered a few muddy places near the end. The six-mile hike wasn't too strenuous, and it didn't rain on us. We saw many cut and downed trees that are available for free firewood to get for burning (reported by Jeanne Barbee).

On Sunday, 20 hikers gathered to caravan around the Main Loop Drive, almost directly across Acton Lake from the lodge, to the Nature Preserve area of the park. Cool temps prevailed, but the sky remained sunny! Cathy Young led off onto the Big Woods Trail, which included several easy stream crossings. The trail took us through a beech and maple forest. Since it's a nature preserve, the dead trees



Hueston Woods



Hueston Woods

are left to return to nature. We noted many maple trees with aluminum buckets for collecting sap. That season was over, but the buckets were still there. Spring flowers, especially trillium, were bravely rising from the cold ground but very few were showing their blossoms. There was evidence that they were cutting the invasive Honeysuckle vine. We then ventured onto a section of the Blue Heron Trail, which led downhill to the lake shore and the Sugar House. Connie Sheridan led along the lake shore, past the Bath House and the beach (not in use that day). We used a road to climb back up the hill and enter another section of the Big Woods Trail. There was one large ash tree across the path, and no one was able to limbo under it, so we took the short detour up and around. One last hill was left to climb and then we were back at the parking lot. Good-byes were said and we all departed for home (reported by Connie Sheridan)! 🍷🍷



Hueston Woods



Hueston Woods



Spring Banquet

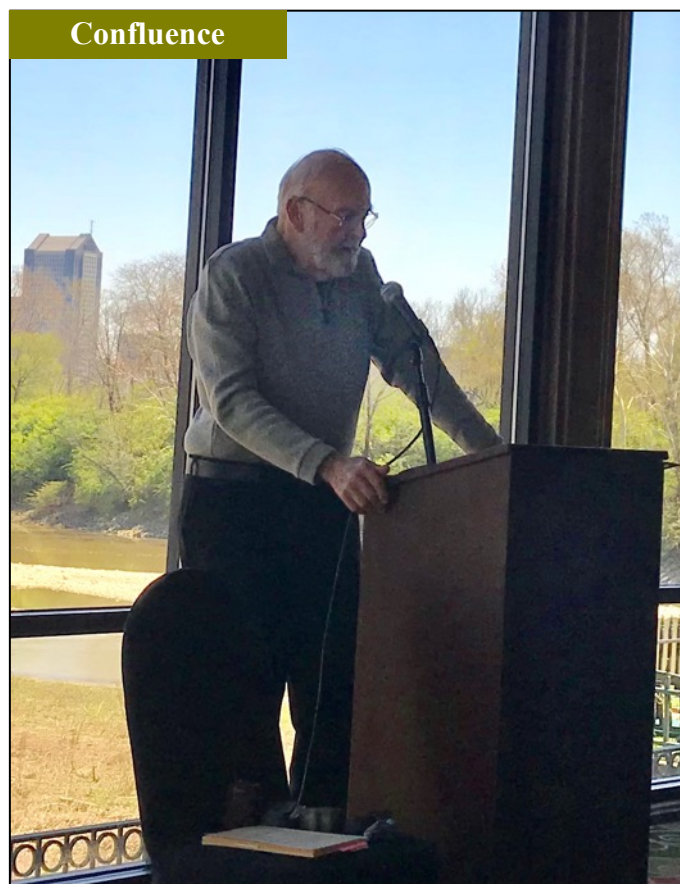
April 29, 2018

Carol Beal, coordinator

This year's Spring Banquet was held at The Boat House at Confluence Park. Dick Barbee once again played the role of emcee, and John Tannehill delivered the invocation. Our speaker for the occasion was Judge James Graham, U.S. District Court for the Southern District of Ohio and a COHC member, speaking on the topic of Ohio History.

John Troutman, president of COHC, introduced officers and committee chairpersons, and Connie Sheridan, vice president and trail master, presented the mileage awards and recognized the hike leaders and sweeps for 2017 (see list, page one). Dick Barbee received the Hiking Mileage award for 2017, registering 163 miles last year. Barbee (2,000), Connie Sheridan (1,500), Carol Beal (1,000) and Natalie Kupferberg (500) received Mileage Milestone awards. Jamie Abel, absent, received the Volunteer award.

Working to make the event a success, Carol Beal served as banquet coordinator, Troutman handled the programs, Sheridan procured the Hiking Mileage Award plaque and Betty Bradley organized the club history display. 🍷🍷





Confluence



Confluence



Confluence



Confluence

■ How to Prevent Hiking Injuries

Camping/hiking is fun and I love it. Like any other person who has got the zeal and passion for the paths to amazing views and high alpine trails, I sometimes forget that the activity is strenuous and has several potential dangers. I have been hiking for quite some time and I won't sugar coat things by assuming and declaring that it is a safe haven since I have had a taste of what it is to get an injury from hiking. An injury from hiking can be severe and I am sure most people have had all sorts of stories about fatal hiking accidents. In this post, we discuss ways to prevent injury while hiking.

■ Dress Accordingly

Dressing properly for hiking is quite important. I remember one time I went hiking on a hill adjacent to my place with my normal rubber shoes, putting not much attention to other pressing factors. I had to deal with blisters on my feet for a whole week. Thank God they never got infected; otherwise I could have been in for greater problems leading to endless hospital visits. Injuries such as blisters, sunburns and twisted ankles are often caused by inappropriate dressing while hiking. Don't go hiking with yoga suits or tennis shoes and workout tops. I usually go for synthetic clothes that keep me dry as I start to sweat during the hike. I also avoid short-sleeved shirts since they expose my skin to the poison ivy. I pick shoes that are durable and make my feet comfortable to avoid spraining my ankles. When I am in a mountainous and rocky terrain, I prefer boots that come slightly higher on the ankle to improve support.

■ Check Weather Patterns

This is among the most important element in one of my hiking principles "Know Before You Go". I usually play it safe by checking on the internet or consulting with weathermen about the weather pattern that day. Poor weather such as rain leads to slippery leaves and rocks which make it very easy to slip and fall. Lightening is a common phenomenon in mountainous places, hence I pay close attention to weather forecasts to avoid getting trapped in the ridges during electrical storms. If I find the weather unfavorable that day, I calmly return my hiking boots to the house and patiently wait for another favorable day. I hate getting injuries due to ignorance or defiance.

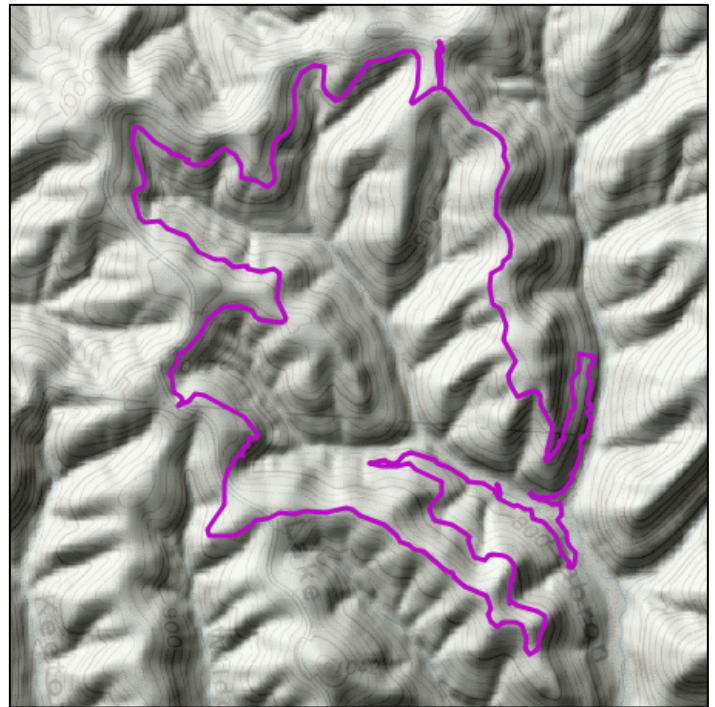
■ Taking Rest Breaks

Taking time to rest during hiking is a basic way that makes the trip safer, enjoyable and refreshing. As long-distance runners pace themselves to avoid getting tired, a good

hiker needs to take it slow and take some time to rejuvenate. I usually rest after 2 kilometers of hiking to reduce stressful exertion on my body which usually leads to muscle cramps. I normally find a slump and sit on it in solitude while I take some time to enjoy the beauty of Mother Nature before I resume.

■ Using Hiking Sticks

When I was still a novice, hiking sticks came in handy to help me complete the activity as safely as possible. For instance, I really enjoyed using a trekking pole which assisted me on the trail. The trekking pole helped me a lot in offloading work on my legs and arms making them work significantly less. An overstrained leg or arm can snap up or suffer muscle cramps. The poles also help in ensuring better balance while climbing a steep hill. However, you need to use the poles with appropriate technique to achieve the safety benefits mentioned above.



■ Study the Terrain

A thorough research on the prospective place for hiking is quite essential for a good hiking experience free of injuries. As an experienced hiker, the first thing I do before hiking in a new place is carry out an extensive research that includes reading guidebooks, using online resources, Topo maps, Google and satellite images. This makes me have a good insight of the terrain and helps me avoid obstacles such as cliffs and deep holes that can cause injury.

■ Stay Alert Always

When I talk about staying alert during hiking, I am simply referring to the importance of watching every step. A

single wrong step can mean spending days in the hospital. A slippery rock or a clay soil can cause a serious accident while leading to injuries. To stay safe, I normally avoid slamming my foot and varying my steps to mitigate the chances of getting an injury from falling.

■ Make Preparations

It is important to start off the day on the right foot. Even though many people think it is simple, hiking is like a workout and thus needs certain body tweaks. Before embarking on hiking, I make sure my muscles are adequately prepared for the activity by doing some warm-ups. This prevents incidences involving muscle cramps.

■ Eat Well

A good overall diet is essential to overall health. It is also an important factor that plays an integral role when it comes to preventing injuries while hiking. When hiking, our body and bones are usually under a lot of workloads. As a result, we need certain nutrients such as calcium for strong bones that cannot break due to work overload. The absolute worst thing that I will never do to my body while hiking is to deprive it of essential nutrients that enable it to optimize its functions. While hiking, one can lose between 3000 to 6000 calories which need to be replaced immediately.

I also need to get properly hydrated when I am hiking. That is why I never part ways with my pack of water bottles. Like any other person, if I am not properly hydrated, I will start experiencing incidence of muscle cramps, reduced alertness, and lethargy which makes it very easy for me to fall and injure myself.

■ Be Aware of Animals

Giving animals their space can help get rid of injuries such as bug bites and stings. Hiking in the wilderness is risky due to the presence of wild animals. It is thus important that a hiker stays in his or her trails always to avoid injuries caused by such animals.

In conclusion, hiking can only be an exhilarating activity if the above safety measures are taken into consideration. I usually feel good when I sit around the fireplace safe and sound with all my three children eagerly waiting to tell them stories about my hiking adventure. 🍂🍂🍂

This article was edited here for space. It was written for the Montem Outdoor Gear website and appeared online at: <https://montemlife.com/how-to-prevent-injuries-while-hiking/>.



■ A Poison Ivy Primer

Everything you need to know!

Spend enough time outdoors, and you'll eventually have a run-in with poison ivy — the three-leaved scourge of the natural world. Famous for the incredibly itchy rash it causes, poison ivy is a common and benign-looking plant, which can wreck a camping trip and send you home with a long-lasting reminder of the encounter.

But, with a bit of knowledge, preparation and practice, you can learn to identify poison ivy at a glance and avoid it like a skilled pro. Below, we'll cover some of the basic facts about the plant (and its close relatives), explain how the rash occurs and provide tips for avoiding the plant during your next outdoor adventure.

■ Poison Ivy Basics

Poison ivy is a broad-leafed, deciduous plant that is native to most of the United States east of the Rockies, as well as parts of Canada and Mexico. It usually grows along forest margins, where sunlight is abundant and pollinators (primarily bees and wasps) are common.

The plant can exhibit any of several different growth habits; it can grow as a ground-spreading creeper, a climbing vine or an erect, bushy shrub. Its leaves are green throughout the late spring to early fall, but they become bright yellow, orange or red as the days grow short. Shortly before winter arrives, the plant jettisons its leaves and remains bare until the early spring.

Poison ivy plants contain a yellowish oil called urushiol, which permeates most of the plant's tissues. When bruised (which can happen with very gentle contact), the oil is released from the plant. This oil triggers an allergic reaction in many people, which leads to the itchy rash associated with the plant.

However, while humans may despise the plant, poison ivy is actually quite important for many ecosystems. Deer and other herbivores frequently consume the leaves without suffering any ill effects, and several birds and small mammals dine on the berries. Many animals make their homes amid the plant, and its roots and vines help to slow erosion. Poison ivy also competes with many invasive weeds and vines and helps to maintain the native species and biodiversity of the locations in which it grows.

So, while you may not want poison ivy growing in your backyard, and you certainly want to avoid it while camping, it should not be considered a "bad" plant. Instead, it simply deserves respect and deference.



■ Poison Ivy Myths and Misunderstandings

Many hazardous components of the natural world become the focus of myths and misunderstandings, and poison ivy is no exception. Below, we'll clear up three of the most pervasive examples:

Myth #1: If you itch after a hike, you probably touched poison ivy.

Poison ivy elicits an allergic reaction, which often takes some time to manifest. Although some people may develop the rash within 24 to 48 hours, others won't see the rash development for a week. This means that any itching that occurs immediately following a trip through the woods is very unlikely to be the result of poison ivy. It's probably the result of sweat, bugs or some other itch-inducing plant.

Myth #2: Scratching poison ivy rashes can cause them to spread.

Spreading urushiol around will cause your body to develop rashes in several different places. However, by the time the rash appears, you've (hopefully) washed off any of the oil that was present. This means that scratching a poison ivy rash will not cause it to spread.

Myth #3: Poison ivy is poisonous.

Technically, poison ivy isn't poisonous at all. Urushiol isn't a toxic substance used in the name of self-defense; it is actually an oil that enables the plant to better conserve water. This is important, as the plant often grows in areas with full sun exposure, where water stress is common.

However, urushiol enrages the human immune system (at least in many cases – individual reactions vary). This triggers an overzealous allergic response, that results in the rash and itchiness.

Poison ivy can certainly cause problems, but it is easy to avoid these by simply using a bit of care when traveling through the great outdoors. Learn to identify the plant and the places it tends to grow, and you'll find that it's usually pretty easy to stay rash-free. 🦋🦋

This article was edited here for space. It was written for the Montem Outdoor Gear website and appears in full online at: montemlife.com/poison-ivy-primer-everything-you-need-to-know/.

*Red-leaf photo by Famartin-
https://commons.wikimedia.org/wiki/File:2014-10-29_13_43_39_Poison_Ivy_foliage_during_autumn_leaf_coloration_in_Ewing,_New_Jersey.JPG*

*Green-leaf photo by Cramyoursam-
https://commons.wikimedia.org/wiki/File:Poison_ivy_in_May_besi_de_Appalachian_Trail_in_Rockfish_Gap_VA_area_1.jpg.*

