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The Co-Hiker

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- Crossword: View from the trail!

Hiking Milestones

Sharon Thompson, Harry Sanger and
Margaret Sanger 500 miles

I'm Happy When I'm Hiking

Once I tore around the country on a motorbike
Now I like to stretch my legs and go out on a hike.
On my back I buckle my pack so you can keep up the sport
And hike around the country in a pair of khaki shorts.

*I'm happy when I'm hiking, pack upon my back.
I'm happy when I'm hiking off the beaten track.
Out in the open country, tramping all the way
With a real good friend to the journey's end.
Ten, twenty, thirty, forty, fifty miles a day*



See me speeding down the lanes,
roaming oe'r the dzwns
Past the sleepy villages
and dear old-fashioned towns
If you should see me having my tea
beneath the shady tree
With lambs, cows and chickee-birds
to keep me company.

CHORUS

*****whistle the chorus*****

*Rolling home, (rolling home)
Rolling home, (rolling home) by the light of the silvery moon
With a real good friend to the journey's end.
Ten, twenty, thirty, forty, fifty miles a day!*

*****whistled: "Ten, twenty, thirty, forty, fifty miles a day!"

*Rolling home, (rolling home)
Rolling home, (rolling home) by the light of the silvery moon
With a real good friend to the journey's end.
Ten, twenty, thirty, forty, fifty miles a day!*

Lyrics and music by Ralph Butler and Raymond Wallace

*—Songwriters in England during the Great Depression
were recommending a brisk in long shorts (or short longs)
as an antidote to an unfortunate turn of events in the stock
market, not to be confused with the ongoing rotten state
of things ever since the Great War had shaken the Empire
and let upstart Americans strut about, flooding the isles
with their jizzy-jazz and slang.*

YouTube video: <https://www.youtube.com/watch?v=AIZmdSrrzA0>

Club News ...

In Memoriam



Roland George Dartau, age 84, a native of Riga, Latvia, and long-time member of COHC, died May 30, 2016, at his home in Columbus.

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

Hike Reports ...

Wooster Memorial Park

May 7, 2016

Ruth Brown, leader; Bob Brown, sweep

An intrepid group of 13 hikers trekked along four miles of Wooster Memorial Park's winding foot trails. Traveling along the steep ravines that surround scenic Rathburn Run, the group followed Spangler Trail (named after park donor Paul Spangler) and Education Trail, as well as parts of some others. Following the event, the hungry hikers retired to Bob Evans Restaurant in Wooster for a hearty repast.



Darby Creek

Scioto Audubon Metro Park (Sr. Hike)

May 14, 2016

Gerlinde Lott, leader; Criss Molasso, sweep

Our first Senior Hike this year took us from the Scioto Audubon MP to the downtown Scioto Greenways. Even though this was the middle of May, the weather was very cool and windy, with rain in the forecast. This did not deter seven hikers to join us. We hiked along the climbing wall on the trail to the river, then north toward downtown, crossing the Main Street bridge to the west side of the Scioto. While passing COSI, we could smell various aromas from the Street Vendors Festival and saw children having a good time. Onward we marched to the Broad Street bridge where we crossed to the east side and back to the park. Arriving back at the climbing wall, the group of Army Reservists who started their march when we did, returned at the same time, and some were lucky to reap the benefits of Tom Olander's "bread basket" – as did we!

Dave Pack then joined as for supper at Plank's. 🍪🍪

Batelle Darby Creek Metro Park

May 21, 2016

Connie Sheridan, leader; Jeanne Barbee, sweep

The "third time was *not* the charm" as 17 of us, including two visitors, met at the Metro Park. Each hike this month has been cool and rain-threatened. This time the rain came, but at a time when we were well-protected by the forest canopy. At each rest spot along the creek, the mosquitoes appeared. Fortunately, a couple of hikers in our group were fore-sighted, had brought the bug spray and shared it with the rest of us. We were able to see a few wildflowers and some kind of wild berry bushes were blooming also. Otherwise the predominant color was green! We travelled up and down many hills and passed the old Indian mound. Just as we arrived back at the parking lot, the sun broke through – a good ending to the hike. We dined at El Vaquero in Hilliard and enjoyed the time together! 🍪🍪

Ariel-Foundation Park

June 11, 2016

Carol Beal, leader; Jim Dearnell, sweep

On a 90+ degree day, 11 hikers met in Mt. Vernon at Ariel Foundation Park for what we anticipated to be a beastly hot, sweaty hike. So much for anticipation, the "man upstairs" took care of everything. Beautiful blue skies, fluffy white clouds, constant heavenly breezes provided for a very pleasant hike. Along the Kokosing River, around the ponds, through the woods, across the bridges and 140 feet up the tower for a scenic view we went. The Canada geese with the families of varying ages were constant companions. The labyrinth, its path adorned with emerald sprinkles of glass, was a highlight, as well as all the brick ruins, elevator shafts, and the pavilion decorated for a wedding reception. Ted Schnormeier's influence upon the park's design was evident in the red sculptures, large rocks, the river of glass and overall design of Ariel Park. A sumptuous home-style meal at Watts followed a lovely hike in the park that had something for everyone!



Whetstone Park of Roses (Sr. Hike)

June 16, 2016

Gerlinde Lott, leader

Seventeen hikers formed our circle at Whetstone Park on quite a hot day. Our hike took us through the prairie area first, then along the Olentangy River to Henderson Road, around Whetstone High School and back into the park and past the little pond where two kids were fishing. We finished our hike with a leisurely walk through the Park of Roses, where a wedding ceremony was taking place. Ten of us then met again for dinner at the new Rusty Bucket just north of the park. We all enjoyed a good dinner, and some of us a cool beer. George's beer order of Murphy's Stout gave us a good chuckle and taught us something new: a beer that has to be shaken! After the can was empty of the beer, we could hear a rattle inside; so Carol proceeded to open the can completely – and the mystery was solved: there was a small ball inside. It seemed funny at the time and we had a good laugh. The next week, I learned at the grocery store that this small ball is a Nitro Ball that blends the ingredients and gives the beer its fizz!



Glen Helen Nature Preserve

June 25, 2016

Carol Beal, leader; Jim Dearnell, sweep

With a happy group of hikers and the temperature in the upper 80s, we walked down the 138 steps leading to the creek level of the glen. We walked north to Pompey's Pillar which is a column of stone about 15-20 feet high. Then we walked to the Grotto, a semi-cave with a small waterfall. Going by the old damn, we came to the Yellow Spring. The spring is another small waterfall that washes over rock stained by iron over time. Stopping at the Cascades, a beautiful waterfall in Birch Creek, we headed south, crossed the creek and walked through the Pine Forest and the maze of trails which led back north to the bridge with a beautiful view of the creek below. Everyone seemed to enjoy the hike, except maybe climbing back up the 138 steps! 🌿 🌿

Christmas Rocks St. Nature Preserve

July 9, 2016

Jamie Abel, leader; John Troutman, sweep

Christmas (Rocks) in July! Responding to an earlier request to hike the scenic, six-mile trail, 20 hikers set out to celebrate the holiday. Tackling the most strenuous climb early in the hike, we ventured up the Jacobs Ladder loop trail for a splendid view of the tree-covered hills of Fairfield County. For a little surprise, lyrics were passed



out to the group, and we sang “Rocking Around the Christmas Tree” and “Jingle Bell Rock!” We then descended the heights, back to the main trail and headed up and around the Christmas Rocks Loop. The hike was completed with a long, slowly descending return to the parking area. We then traveled to Lancaster for wings and other selections at Roosters. 🌿 🌿

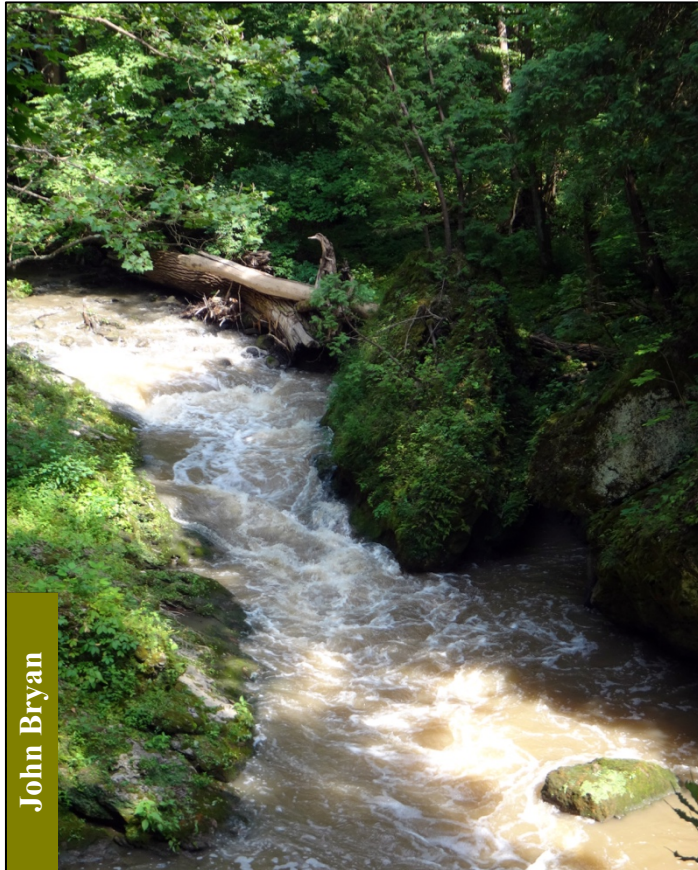
Franklin Park Conservatory and Botanical Gardens (Sr. Hike)

July 16, 2016

Janie Reeves, leader; Elaine Buhrlage, sweep

Twenty hikers met at Franklin Park in Columbus on a pleasant July day and took a short walk on the nearby Alum Creek bike trail to reach Jeffrey Park. Jeffrey Park is a 34-acre estate that belonged to Robert H. Jeffrey, the 32nd mayor of Columbus. Mr. Jeffrey donated the family estate to Bexley in 1941 to be used for educational and recreational purposes. Now included in the park are playgrounds, picnic areas with shelter houses, tennis courts, and a swimming pool. We explored the park on mulched shady trails through mature woods along Alum Creek until we arrived at the beautiful Jeffrey Mansion. The 3-story English style mansion now houses the offices for Bexley's Department of Recreation. Not open to the public on weekends except for special events we admired the mansion's beauty from the outside. After continuing on a few more park trails we left Jeffrey Park and returned to the bike trail. We followed it back to a pedestrian bridge that crossed Alum Creek and led us to The Old Bag of Nails Pub. There we enjoyed an early dinner on a patio overlooking Alum Creek. After dinner, we walked back to Franklin Park and visited the 4-acre Community Garden Campus. Here we viewed landscaped gardens as well as garden plots available for rent. The campus was established to educate the community about organic

gardening and conservation practices such as composting. Some of the produce from the plots is donated to food banks. The campus was very attractive and peaceful. The public can visit it for free every day from dusk to dawn!




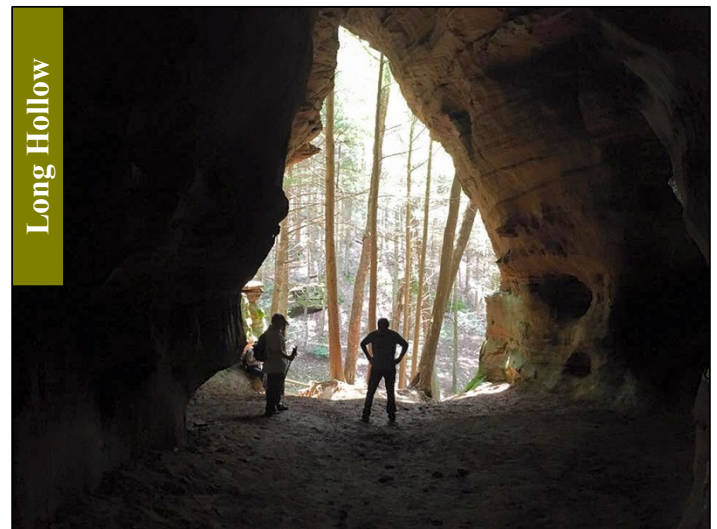
John Bryan

Clifton Gorge State Nature Preserve

June 16, 2016

Dick Barbee, leader; Jeanne Barbee, sweep

Seven hardy hikers showed up for this hot, humid hike, but due to the recent heavy rainfall we had great roaring waters accompanying us most all the way. Dick Barbee led off, showing the spot where a famous pioneer once jumped the Little Miami. Then we all took the stair steps down and enjoyed hearing the rapids as we hiked. We crossed the first bridge for a ways to look for falls on that side of the river, then returned because the next bridge was closed for repair. The hike continued to the campgrounds for an R&R stop. Then we returned, staying on the lower path to be near the roaring river. This sweaty, soggy bunch climbed those now huge steps back out of the gorge. After a brief detour, we arrived at Youngs Dairy restaurant for much appreciated food and ICE CREAM! After which Dick led them over to see the milk cows. See what you missed! 



Long Hollow



Long Hollow

Hocking State Forest: Long Hollow

June 16, 2016

John Troutman, leader; Jamie Abel, sweep

A dozen hikers met at the rappelling trailhead in Hocking Hills State Forest and headed north on scenic Long Hollow Trail. The first amazing stop was a beautiful box canyon with a trickle of a waterfall (actually substantial in less dry

seasons)! We then backtracked a bit and turned off the trail for a visit to Chapel Cave, also known as 21-horse Cave. Following a brief stop in the cool recesses, we returned to the main trail and made our way up onto the ridge, circling the end of the hollow and, eventually, ending up at Airplane Rock – a prominent overhang and sheer cliff face more than 100 feet above Crane Hollow. A short descent brought us down to Big Pine road, which we followed back to the trailhead. We then caravanned back to Logan, where we shared a meal and good conversation at Olde Dutch Restaurant. 🍴🌿



Infirmary Mound

Infirmary Mound Park

Aug. 20, 2016

Jamie Abel, leader; John Troutman, sweep

A warm afternoon greeted 23 hikers as they worked up an appetite for the annual corn roast get-together! Tackling the four-mile route in reverse direction this year, the hikers headed north from the shelter past Mirror Lake, where they were distracted by a group of painters using their craft to capture the wetland scenery. Next, they headed up to the Mirror Lake Overlook and then quickly descended into the shade of the woods, meandering through the trees and circling to the east of the horse and dressage arenas. We then emerged from the woods near Picnic Shelter 4 and crossed a short stretch of prairie to make it back in time for the 1 p.m. dinner. 🍴🌿

Social Reports ...

Annual Corn Roast

Aug. 20, 2016

Carol Beal, coordinator

The annual hike/corn roast at Infirmary Park was another successful event. Yours truly joined 21 hikers (thanks to Cathy, Connie and Sharon for taking over for me) on the



Corn Roast

trail. The hike through the meadows of wildflowers and fluttering butterflies was beautiful. Back at the ranch, dawgs and corn were ready as the hungry hikers filed in from the 4-mile hike. There were so many dishes one couldn't begin to partake of them all, not to mention all the desserts. So many good cooks; thanks for sharing. The table bouquets, watermelon and extra corn were raffled off, everything cleaned and stored away til we meet again next year. Thanks for all the extra helping hands...see you all on the next trail! 🍴🌿



Corn Roast

Trekking Tidbits ...

Hitting the Trails:

Ten Quick Tips to Becoming a Better Hiker

Need a little direction for hitting the trails this summer? Check out these tips to get you started and keep you moving toward reaching your goals!

■ How Training Helps

Whether your goal for the year is to climb [a mountain], take the scouts backpacking, hike with family and friends, or get toned and lose weight, mastering certain techniques will help you become a better hiker. Effective training allows you to improve speed, build strength and practice endurance so you can be prepared to hike a wide variety of trail conditions. Along with training, learning proper hiking technique will help you conserve energy, avoid injury and enjoy yourself on the trail.



■ Hike It Off

If you want to get in better shape, hiking is undoubtedly one of the best ways to get fit and lean. Hiking tones all the muscles, especially the glutes, abs and quads. Hiking is also a great way to burn calories. Brisk hiking on gentle terrain can burn up to 500 calories per hour, while hill-climbing burns 600-800 calories per hour.

■ Hill Climbing

The key to getting in optimum hiking shape is to develop the large muscles, namely the quads and glutes. The best way to do this is to train by climbing hills at least two to three times each week. Start with a steep, paved hill and simply walk up it at an even pace, keeping your posture straight, pushing yourself to the point where you are breathing hard but can still carry on a conversation.

■ Conditioning Hikes

Nothing can train you better for a long hike or mountain climb than getting out on a real trail, which is variable with constant change in steepness, pitch and surface.

■ Cadence

Have you ever hiked with someone who seems to be able to hike forever without tiring? Chances are they have good cadence, or hiking rhythm. This means that a person's steps are consistently the same length and time. Mastering this technique will allow you to hike for longer distances,

keep your breathing steady, avoid tiring, conserve energy, avoid injury, and enjoy the experience.

■ Rest Step

This technique, practiced by mountaineers, increases your energy efficiency on very steep hills. As you step forward, lock your downhill leg, shifting all your body weight onto it. This allows your leg, hip and back muscles to get a micro-rest on every step. Then, in a relaxed manner, swing your other leg forward shifting your weight onto it as it now becomes the downhill leg.

■ Trekking Poles

Trekking poles give you four points of contact with the ground for greater control and stability. They also work your arm muscles, take stress off your back and hips and transfer it to your upper body, helping you maintain balance, and allowing you to conserve energy.

■ Taking Breaks

Keep your hiking breaks short and regular so that your muscles don't have a chance to cool down and stiffen, making it more difficult to get back up and continue hiking. Take a 2-minute break about every 20-30 minutes to shed a layer or rehydrate and take a 5-minute break every hour to rehydrate, eat a snack, or answer the "call of nature."

■ Hiking Downhill

Many a hiker has noticed how going downhill is sometimes more difficult than climbing uphill, because of the added pressure on the knees. As you hike down a steep incline, keep your head and torso directly over your legs, neither leaning forward nor backward. To minimize knee stress, take short steps and keep your downhill leg slightly bent so the muscles (and not the joints) take the load. Over time, and as your ankles and legs get stronger, you will become more sure-footed. Using trekking poles going downhill will also help relieve some of the stress on knees.

■ Get Out and Hike!

As you take the time to train and practice your technique, you will be in condition to explore [more challenging] trails. Most of all, take time to enjoy your hikes and don't forget your camera! 📷

This article was written by Tina Crowder, a writer at WasatchHiker.com. It has been edited here for space and fair use, but the full, most-interesting article can be found online at the Provo Daily Herald: http://www.heraldextra.com/online/hitting-the-trails-tips-for-becoming-a-better-hiker/collection_3e9ffe5-42cf-599e-86cc-6b9e0ae027b7.html.

Rules of Etiquette Hikers Should Know

If Miss Manners backpacked, she'd agree with us.

Every game has rules you can't learn from a book. In basketball, if you make a basket while shooting around, you get to take another shot. After a blizzard, any cleared parking space marked by a plastic lawn chair is someone else's claim. We learn these rules through observation and experience, not from exams.

Outdoor recreation is also guided by unwritten but generally accepted rules. These conventions direct trail traffic, promote cleanliness, and protect domestic tranquility. They aren't commandments, but if you don't follow them, a more experienced hiker might notice the infraction and give you an educational scolding. To make sure you remain on the good path, here are five of the unwritten rules of hiking.

■ Step aside on slopes

Vehicles making turns from traffic lanes enjoy the right of way. A similar rule applies to head-on encounters on the trail. If you're descending a steep trail and you see hikers coming up, step off the path to let them pass. Since gaining elevation requires more energy than going down, it's polite to give way to the person burning more calories. If the ascending hikers want to stop for a rest break, they can wave you ahead.

■ Let cairns be

I have a certain friend who loves toppling cairns—the pyramids of small rocks that mark trail routes and decorate mountain summits. He justifies his destructive habit by claiming manmade objects have no place in the wilderness. He also scoffs at hikers who rely on cairns to find their way. His style seems too extreme to me. A better approach is to respect the status quo. Don't destroy rock cairns, but also refrain from adding a rock to the pile to make them taller. Take only photos, leave only footprints, and let cairns be.

■ Take a long walk before making a deposit

The seven principles of Leave No Trace—commonsense outdoor rules to reduce human impact—are written down. The first point advises hikers to move 200 feet from a trail, campsite, or body of water before digging a cat hole to deposit human waste. Two hundred feet equals 40 adult paces, but hurried hikers often shorten that distance. But here's why 25 feet isn't as good as 200 feet.

The distance you walk is like the radius of a circle. The farther you travel, the bigger the circular area of your potential dumping zone. For example, if you walk 25 feet from the center of a campsite, taking one more step (approximately three feet) increases that circular zone by 500 square feet. A second step adds 550 sq. feet. You get

the picture. The larger the radius, the bigger the zone, and the less the probability of someone stepping into your smelly cat hole (or you discovering someone else's). Trekking the recommended 200 feet creates a circular pooping area equal to 2.9 acres—or more than two football fields.



Photo by [Frédéric Minne](#)

■ Say hello to other hikers

When you encounter others on the trail, stop to chat. It's not just about being friendly; it's about safety. The family you chat with for two minutes could be the vital link that directs rescuers to your location after you break your leg and become overdue. You want them to remember talking to you. If you meet them head-on, ask about the trail conditions ahead—especially water sources, stream crossings, and how far until the next trail junction or campsite. The only exception to stopping is the rare event when you encounter another person who makes you feel unsafe. Keep moving in those situations, pull out a cell phone if you have one, or pretend you are with a group if you are hiking alone.

■ Drop in and tune out

Yes, phone's 4G LTE network is crazy awesome. But that doesn't mean you need to test it at every viewpoint and summit. Use your smartphone for snapping photos, not for bragging to your cubicle buddies about the tremendous view. Nearby hikers will thank you. And they will be less likely to grab your phone and test its aerodynamic properties. Pack a cell phone, but keep it turned off (to conserve battery power) and buried deep in your pack.

This article was written by Jason Stevenson, author of [The Complete Idiot's Guide to Backpacking and Hiking](#). It has been edited here for space and fair use, but the full article can be found online at [backpacker.com](http://www.backpacker.com/skills/beginner/prof-hike-5-unwritten-rules-of-trail-etiquette): <http://www.backpacker.com/skills/beginner/prof-hike-5-unwritten-rules-of-trail-etiquette>

Puzzle Page

Rebus Puzzles: COHC + H + + +

Decipher the word, syllable or near-misses represented by the pictures to find some COHC hiking destinations!

(answer on page 6)

