

The Co-Hiker



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<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



At twenty-two, Cheryl Strayed (left) thought she had lost everything, so she made the most impulsive decision of her life. With no experience or training, driven only by blind will, she would hike more than a thousand miles of the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State—and she would do it alone. The memoir of her experiences was recently made into a movie starring Reese Witherspoon (right), simply named *Wild*.

Club News ...

Hiking Milestones

Cathy Young 500 miles

Our Thoughts Are With ...

COHC member Kathleen Hall recently had surgery and is recovering at home. Also, COHC member Roseann Costello has recently been diagnosed with cancer and started treatments in August. Your prayers and cards would be appreciated:

Kathleen Hall
6937 Hagerty Road
Ashville, OH 43103

Roseann Costello
7176 Fodor Road
New Albany, OH 43054

From Lost to Found on the Pacific Crest

"It had nothing to do with gear or footwear or the backpacking fads or philosophies of any particular era or even with getting from point A to point B.

It had to do with how it felt to be in the wild. With what it was like to walk for miles with no reason other than to witness the accumulation of trees and meadows, mountains and deserts, streams and rocks, rivers and grasses, sunrises and sunsets. The experience was powerful and fundamental. It seemed to me that it had always felt like this to be a human in the wild, and as long as the wild existed it would always feel this way."

— Cheryl Strayed, *Wild: From Lost to Found on the Pacific Crest*
http://www.goodreads.com/author/show/155717.Cheryl_Strayed

Hike Reports ...



Infirmiry Mound Park

August 22, 2015

Jamie Abel, leader; Connie Sheridan, sweep

The annual hike to accompany the corn roast at Infirmiry Mound Park, south of Granville, started from the James E. Bradley Center and headed south into open meadow, most of which was six foot high. Next, the 21 hikers clambered down into the creek ravine on the south end of the park, which had been a muddy mess just a few weeks earlier, but was fairly passable on this day. Then, we emerged back into meadow and then into woods in the backside of the park, and returned to the dressage arena, where a few hikers split off to head back to the pre-lunch gathering. We dove back into the woods on the northern side of the park, only to once again emerge into meadows and to stop at the Mirror Lake Overlook before making a beeline back to the shelter for lunch. (See Corn Roast under Social Events)



Delaware State Park

August 8, 2015

Tammy Roberts, leader; Connie Sheridan, sweep

Betty Bradley was unable to lead the hike as planned, but Tammy Roberts bravely agreed to step forward, so the hike went on for the group of nineteen hikers. The weather was warm; sky was blue, as we stepped off on the Mink Run Trail. We quickly noted how dry and cracked the ground was. At this time of year, there are not too many wildflowers blooming. This park has heavily shaded trails, but unfortunately we ran into mosquitoes also happy to be out of the sun. The pesky bugs seemed to especially like buzzing around the ears and people had to re-apply the repellent often. We were able to hike on the Lakeview Trail this time, and it was mostly dry also. Some boaters were out enjoying the water. After the hike, we retreated to the cool atmosphere of the Corner Café in Delaware. We enjoyed our time here. Reported by Connie Sheridan. 🌻



Shallenberger/Rockbridge State Nature Preserves

July 25, 2015

Heide Sloan, leader; Gisela French, sweep

25 hikers enjoyed traveling along mostly shady, natural trails with some hills for this two-location hike. At the Rockbridge State Nature Preserve, near Logan, Ohio, we

hiked about three miles round-trip on a naturally hilly loop trail, where we viewed and took many photos of Ohio's longest natural rock bridge. After the Rockbridge hike, we returned to the highway to reach Shallenberger State Nature Preserve, near Lancaster, where we hiked another two miles, round-trip, including a climb to the top of Allen Knob (280 feet above the nearby Hunter's Run). 🌻🌻

Slate Run Metro Park (Sr. Hike)

July 18, 2015

Gerlinde Lott, leader; Jo Fuhrman, sweep

This is our second hike with extreme weather in two months; in June, we had to slush through high water because of all the rain in the area. This day, we hiked in 90+-degree weather with a humidity index that brought it up to about 100 degrees. Boy, oh boy, we earned our three miles! Eight of us hiked through mostly prairie areas dotted with flowers such as Queen Ann's lace, black-eyed Susans and various grasses. Going through a stand of woods, we rested under a huge Osage Orange tree to cool down a little. The wood from this tree can be used to make very durable fence posts or bows (as in bows & arrows), and squirrels like its fruit, hedge apples. Later, most of us relished the cool temperature at Bob Evans and enjoyed a nice dinner together. 🌻🌻



Narrows Reserve

July 11, 2015

Connie Sheridan, leader; Roberta Core, sweep

A new hike spot, for us, and a beautiful sunny day blessed this hike! After numerous rainy days, we awoke to sunshine and blue sky. Granted, it was a little humid and there were mosquitoes, but at least the sun was shining. We walked all the trails available in this park, which is part of Greene County Parks, near Xenia. Once a farmed

area, now the woods on the ridges have reclaimed the territory, and some of the maples are tapped for sap. We admired numerous gnarled, large trees that appeared to be very old. The River Trail parallels the Little Miami River, which was full of lively canoes and kayaks. This trail though flat had significant mud and proved to be a challenge for staying upright. Slip-sliding was frequent, and some derrieres even made contact with the ground. Fortunately there was a lovely side stream nearby for hand washing. Our designated place for dining was Frisch's Big Boy, Xenia, where we continued our camaraderie. The sunshine was with us all the way back to the car pool site. My thanks to Roberta Core who did an excellent job as substitute sweep for Elaine Buhrlage. 🌻🌻



Hocking Hills State Park

June 27, 2015

John Troutman, leader; Jamie Abel, sweep

The first half of the hike was on the Grandma Gatewood trail, starting at Cedar Falls. This section, part of the Buckeye Trail system, was very well maintained with some sections almost metropark-like. We arrived at Ash Cave just as a wedding was getting ready to begin, with ladies in nice dresses and men in snappy tuxedos. We even witnessed the bride making her way up the path to the cave, wearing flip-flops in order to cross the large puddles that spilled across the sidewalk. The second half of the hike followed a horse trail into the primitive group camping area, where the hikers all pitched in to help push a Girl Scout troop's mini-van out of a muddy campsite. Later on, where the trail had been very weedy during the scouting hike a month earlier, a bulldozer had been used to scrape and mangle the trail to within a half-mile of the terminus – once again at Cedar Falls after covering six miles for the day. The Olde Dutch Restaurant in Logan provided our dinner location. 🌻🌻

M.L. 'Red' Trabue Nature Reserve (Sr. Hike)

June 20, 2015

Gerlinde Lott, leader; Jo Fuhrman, sweep

On a rainy afternoon, nine members had the courage to come out for a hike. Fortunately, the rain was light, but standing and sometimes flowing water forced us to make detours. Instead of hiking through the woods, we stayed on the bike path on our way to the Indian Run Meadows Park. Walking through 6 or 7 inches of water, we were able to reach the arboretum, but could go no further – because of the dip in the terrain, water came streaming to the creek from all sides. When George Mead tested the depth of the path, standing in water almost to his knees, we reversed course, walked along Post Road, through part of a condominium complex and back to the trail where we had started. Of course, the rain stopped when we returned to our cars! We did have a very good supper at Matt the Miller's. 🌧️☂️



Miami & Erie Canal Towpath

June 20, 2015

Carol Beal, leader; Jim Dearnell, sweep

On a warm June afternoon, a group of 19 hikers tackled eight miles of flat, dirt trail along the Miami and Erie Canal towpath, which is also part of the Buckeye Trail. Throughout the hike, we had excellent views of Saint Mary's River and the canal. The wooded path meanders by a large pheasant habitat and small lakes, which exhibited many beautiful wildflowers. Late in the hike, thunderstorms rumbled in the distance. After the hike, we retreated to Generations Café in St. Marys for a great dinner and conversation. During the trip back to

Columbus, the thunderstorms caught up with many of the hikers, but also provided a beautiful rainbow. 🌧️☂️



Wolf Run Regional Park and Knox Woods State Nature Preserve

May 16, 2015

Jamie Abel, leader; John Troutman, sweep

Wolf Run Regional Park and Knox Woods State Nature Preserve near Mount Vernon, Ohio, provided a new venue for club hikes and was the setting for a spring trek by 30 COHC members. The moderate hills, open meadows and dense woods offered plenty of scenery, especially from the deck at an early overlook. We covered most of the park, omitting only the most western trails. We walked around a pond and along the headwaters of Wolf Run, which flows to the Kokosing River. After our exercise, we stopped nearby at Allison's Finer Diner for supper and friendly chatter. 🌧️☂️

Inniswood Metro Gardens (Sr. Hike)

May 16, 2015

Bob Merkle, leader; Connie Sheridan, sweep

Even though rain showers were threatening, 22 hikers came out to walk in the beautiful lush gardens of Inniswood. We were especially happy to see some of our long-time members who had missed club hikes due to health reasons. A light sprinkling of raindrops began and we got out our ponchos and umbrellas to fend it off. Bob



Merkle led us along the boardwalk, where some spring flowers were still blooming. Then we ambled through the waterfall area with many lovely plantings and new growth showing on the evergreens. We next visited the Sisters Garden and experienced the tree house and story of Earth Mother and the Turtle told in the paving stones. Then just as we thought we had escaped serious rainstorms, the rain began to fall very hard and fast. We walked rather quickly back to our cars, most of us getting drenched clothing of one thing or another. Nevertheless, we re-grouped for a good time of fellowship at the MCL Cafeteria in Westerville. Reported by sweep, Connie Sheridan. 🌸🌸



Findley State Park

May 9, 2015

Ruth Brown, leader; Bob Brown, sweep

On a beautiful spring day, 13 intrepid COHC hikers made their way through the woods and open areas of Findlay State Park. The wildflowers were in bloom, especially the Jack-in-the-Pulpit. Most of the trail, involving the Wyandot, Hickory Grove and Larch Trails, was fairly level with several small, short hills, including a couple of stretches of the Buckeye Trail. Following the hike, we all retired for dinner to Dimitri's Corner Restaurant in Wellington. 🌸🌸

Social Reports ...

Corn Roast

August 22, 2015

Carol Beal, coordinator

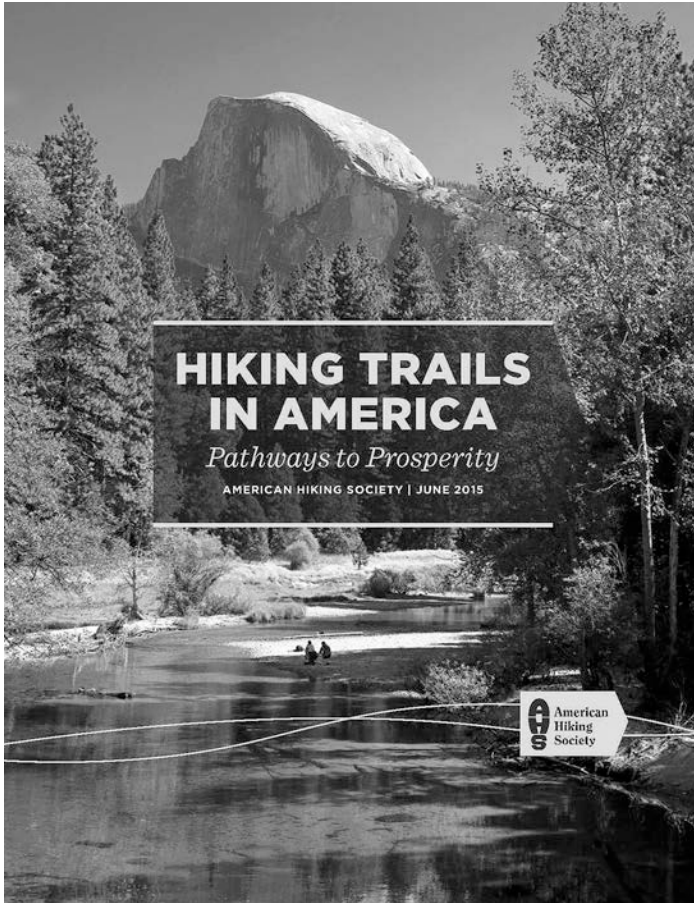
August 22nd turned out to be a perfect day for a hike and a corn roast at The Infirmary Park. As Jamie led a group of 19 on a four-mile hike, a few of us prepared for their return by roasting hot dogs and corn. We celebrated in OSU style, with buckeye favors and, of course, lots of scarlet and gray. The tables also were decorated with bouquets of wild flowers, which included ironweed, Queen Ann's lace and black-eyed Susans. Everyone brought their favorite dishes to share and accompany the hot dogs and corn. Everything tasted so good. I saw lots of empty bowls leaving. We missed those of you that were not with us.



Tidbits from the Trail ...

10 Cool Trail Facts from AHS Report:

"Hiking Trails in America: Pathways to Prosperity"



The American Hiking Society recently released a 28-page "state of the trails" report, a comprehensive rundown of where hiking is today and how far it's come over the past 50 years. The full report is well worth a read, but here are 10 cool takeaways:

1. Since the National Trails System was established in 1965, the total mileage of trails on federal lands has increased from 88,000 miles to 193,500 miles. On state lands, the number has increased from 15,000 miles to 42,500 miles.
2. 35 million Americans went day hiking in 2013, up from 30 million in 2006.
3. 9 million Americans went backpacking in 2013, up from 7 million in 2006.
4. Volunteers put in 1.2 million hours of trail maintenance and management for the Forest Service in 2012, estimated to be worth about \$26 million. In 2014, more than 1 million hours were donated to maintaining National Scenic and Historic Trails, valued at \$24 million.

5. More than 21,800 volunteers participated in 439 trail projects on National Trails Day in 2014.
6. The outdoor recreation industry grew about 5% annually from 2005 to 2011 despite the nationwide economic sluggishness.
7. In 2012, consumers spent \$646 billion on outdoor recreation in America. When factoring in total economic activity, that number swells to \$1.6 trillion and provides an estimated 12 million jobs.
8. By 2060, day hiking is projected to see the greatest rate of growth in adults out of any outdoor recreational activity.
9. The Appalachian Trail receives about 2 million recreation visits annually.
10. In 2008, trail availability was the number one amenity among prospective home buyers, outranking things such as security, golf courses, parks, and access to shopping.

This article was written by Erik Johnson, a writer at Backpacker.com, and references a report by the American Hiking Society. The full AHS report can be found online at: <http://www.americanhiking.org/advocacy/ahs-releases-new-report-hiking-trails-in-america/>.

Answer to Jumble puzzle on the back page:



HIKING, RIDGES, HOLLOW,
SHADOW, TRAILS



ODNR: Did you know there are two types of Buckeye trees in Ohio?

In a YouTube video, Ohio Forester Casey Burdick tells us about both and how to grow your own Buckeye Tree from seed:

The Buckeye tree is a very common tree in the state of Ohio. There are actually two kinds of Buckeyes — Yellow and Ohio. Many people are only familiar with the Ohio Buckeye, however, the yellow Buckeye tree is a much larger tree. It can stand almost 90 feet tall, while the Ohio Buckeye is only 60 feet at maturity.

The easiest way to tell the difference between the Yellow and the Ohio Buckeye is to look at the husk covering the seeds. The husk on the Yellow Buckeye is smooth, while the husk on the Ohio Buckeye has spikes on it.

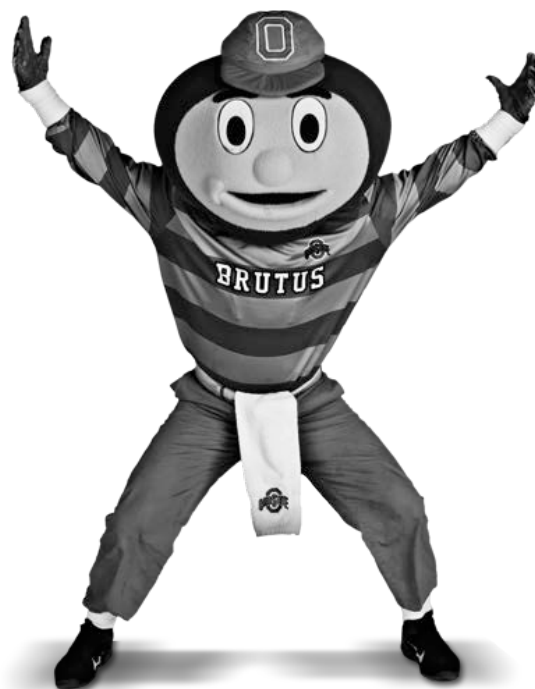
The Buckeye trees are one of the first trees to leaf out in the spring. They're also one of the earliest to lose their leaves in the fall. Now, the Buckeye seeds, they fall in late August through early September. But you have to make sure you beat the squirrels out if you want to collect seeds for your collection.

If you're looking to collect Buckeye seeds, the best place to look is along stream banks and in floodplains. Also, they're found in partially shaded areas.

The Buckeye wood is known for its lightweight, easy-to-split qualities, which is great for firewood. It was also used historically in baskets.

The Buckeye tree is one of the trees that has opposite-branching patterns, so all the branches come off exactly opposite from one another. Also, the buds of the Buckeye tree are rather large and are found at the end of each stem. They also have large scales on them, so they're very distinctive looking.

For those of you interested in growing your own Buckeyes from seed, it's best to collect the seeds from the ground, remove the husk, plant in a loose soil and cover with a layer of mulch. You want to make sure you plant the seed about three inches deep in the soil. You also want to plant



about twice as many as you think you're going to want, because the squirrels love these seeds and are going to dig them out of your planting bed.



The following spring, remove the mulch. Then you're going to want to monitor the amount of rain you get — the tree seedling needs about one inch of rain every seven to ten days, and then, from there, you're going to want to fertilize lightly throughout the season.

The Buckeye nut is thought to bring good luck by many, so carry one in your left pocket to reap the benefits!

The video from which this text and the images have been taken was produced by the Ohio Department of Natural Resources and can be found online at:

<https://www.youtube.com/watch?v=QijkjVG-wEo&feature=youtu.be>

JUMBLE: The scrambled word picture game!

Unscramble the jumbled words, one letter to each square, to form five ordinary words somewhat related to a hike in the forest. Then, arrange the circled letters to form the answer, as suggested by the image.

NKIIGH

--	--	--	--	--	--

GSREID

--	--	--	--	--	--

HLWOOL

--	--	--	--	--	--

WDASHO

--	--	--	--	--	--

ITSRAL

--	--	--	--	--	--

ANSWER:

--	--	--	--	--

--	--	--	--	--	--	--	--	--	--

WHEN WE GET MUCH OLDER, WE
SHOULD GET BACK TOGETHER AND
TAKE ONE OF THESE ...



Answer on page 6.