

The Co-Hiker



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“I think that I cannot preserve my health and spirits unless I spend four hours a day at least sauntering through the woods”
— Henry David Thoreau

Member News ...

In Memoriam

Andrew Jackson “Jack” Shay died March 11, 2013.
Janet C. Lafferty died March 5, 2013.
Laura Tannehill died Sept. 11, 2012.

In Gratitude

Longtime member Charlotte Mueller died in 2011 and left COHC a monetary gift. To benefit the most members, the board used the gift to pay everyone’s 2013 YMCA dues. Of those dues, \$12 of \$18 and \$15.50 of \$30 for couples goes to the YMCA, and the rest to our general fund.

Hiking Milestones

Betty Bradley 2,500 miles!
George Mead, Sandy Garey and
John Troutman 1,000 miles!

2012 Top-Ten Hikers

Bob Merkle 151 miles
Connie Sheridan 139 miles
Cathy Young 122 miles
Betty Bradley 120 miles
Dick Barbee 115 miles
Jeanne Barbee 108 miles
Gisela French 105 miles
Jamie Abel and John Troutman 89 miles
Natalie Kupferberg 76 miles

Current Board Members

<i>President</i>	John Troutman
<i>VP/Trail Master</i>	Connie Sheridan
<i>Secretary</i>	Linda Coe
<i>Treasurer</i>	Gerlinde Lott
<i>Co-Hiker Editor</i>	Jamie Abel
<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>	Kathy Lince

Hike Reports ...

Alum Creek Mountain Bike P2

April 13, 2013

John Troutman, leader
Jamie Abel, sweep

18 members hiked on the six-mile Central Ohio Mountain Bike Organization (COMBO) trail Phase 2 (P2). This is the second of two mountain bike trails created within the park. It was well maintained and had nice views of the water. There were only a few bicyclers on the trail on this cold, windy, damp day. The group dined at Smokey Bones Restaurant, near the Polaris Fashion Place Mall. 🌳🌳

Clear Creek Metro Park

March 16, 2013

John Troutman, leader
Whaja Troutman, sweep

The 5-mile hike started with a 700-foot climb through woodlands and then followed the ridgeline along a wide grassy road. The last section featured a couple of long steep climbs that passed through hemlock ravines and rose to the ridge top over rocky terrain with sandstone outcroppings. The group of 21 hikers dined at Todd's Mountain View Restaurant, Lancaster. 🌳🌳

Prairie Oaks Metro Park

March 2, 2013

Dick Barbee, leader
Jeanne Barbee, sweep

This five-mile hike featured 24 members crossing a newer section of the park on the east side of the Big Darby Creek. They walked across a bridge, past a big fishing pond and then back along the creek. The group dined at Der Dutchman Restaurant, Plain City. 🌳🌳

A.W. Marion State Park

Feb. 16, 2013

Don Shaw, leader
Harry Jones, sweep

21 hikers followed the five-mile nature trail around the Hargus Lake. It was a beautiful scenic trail, with some hills to climb and streams to cross. The group dined at Goodwin's Family Restaurant, Circleville. 🌳🌳

Olentangy Parklands

Feb. 2, 2013

Betty Bradley, leader
Kathy Lince, sweep

A group of 12 hikers walked six miles along the extended blacktop trail of Olentangy Parklands for several miles along the river and then returned. The group dined at the nearby Rusty Bucket Restaurant. 🌳🌳

Highbanks Metro Park

Jan. 19, 2013

Elaine Buhrlage, leader
Leslie Buhrlage, sweep

28 hikers traversed the Dripping Rock and Overlook Trails. Most of the five-mile hike meandered through wooded areas and a meadow. The group dined at Frisch's Big Boy Restaurant on U.S. Route 23 in Columbus. 🌳🌳

Battelle Darby Creek Metro Park

Jan. 5, 2013

Connie Sheridan, leader

21 COHC members hiked for five miles on portions of the Darby Creek Greenway Trail, viewing the bison, the creek and other things in nature. The group dined at the Bob Evans Restaurant at the Westland Shopping Center. 🌳🌳



Members of the COHC pause on a bridge during a hike at the Alum Creek Phase 2 Advanced Level Mountain Bike Trail in April 2013.

Dawes Arboretum

Dec. 22, 2012

Connie Sheridan, leader

Bob Merkle, sweep

A hardy group of 15 hikers trekked 4-5 miles through several sections of the Arboretum, including Holly Hill and Conifer Glen. The hikers also explored new areas on the main grounds. The group dined at Stacy's Buffet restaurant in Heath. 🌻🌻

Great Seal State Park

Nov. 25, 2012

John Troutman, leader

Jamie Abel, sweep

14 hikers took on six miles along several trails on the western boundary of the park. The terrain went from steep to rolling with many hills featuring some steep but short climbs. Hikers saw great views of Chillicothe, numerous cairns (man-made stacks of stones) and a few mountain bikers along the way. The group dined at Ponderosa Steak House in Chillicothe. 🌻🌻

Blackhand Gorge Nature Preserve

Nov. 10, 2012

Connie Sheridan, leader

Cathy Young, sweep

26 folks hiked six miles of the Blackhand and the Quarry Rim trails. The trails were primarily blacktop, though the group also hiked about a mile along dirt trails, mostly in wooded areas. The group dined at the Cottage Restaurant in Hanover. 🌻🌻

Rocky Fork Metro Park

Oct. 27, 2012

Jamie Abel, leader

Joe Schinner, sweep

A group of 16 hikers braved bad weather to hike a three-mile route through the not-yet-open to the public Rocky Fork Metro Park, situated along a tributary of Big Walnut Creek. The group dined at the Bob Evans restaurant in New Albany. 🌻🌻

Scioto Audubon Metro Park – Sr. Hike

Oct. 20, 2012

Gerlinde Lott, leader

12 hikers stopped for a look at the nature center, then hiked the usual two miles. The group later dined at Plank's Bier Garten in Columbus. 🌻🌻

Blendon Woods Metro Park – Sr. Hike

Sept. 23, 2012

Gerlinde Lott, leader

Kathy Lince, sweep

A group of 12 hikers trekked the Sugarbush Trail, an easy 2-mile hike on well-maintained trails radiating from the Nature Center. The group dined at Bob Evans restaurant in Gahanna. 🌻🌻

Lake Hope State Park

Sept. 15, 2012

Bob Merkle, leader

Starting at the Furnace, 22 hikers took the Peninsula Loop Trail following the lake. Then they followed a long steady uphill climb and then headed downhill back to parking lot, a distance of three miles. After a rest at the Furnace, they crossed the highway and hiked the Olds Hollow Loop Trail for an additional mile and a half. The group dined at the Olde Dutch Restaurant in Logan. 🌻🌻

Alum Creek Mountain Bike P1

Sept. 1, 2012

John Troutman, leader

Whaja Troutman, sweep

14 hikers traveled the Central Ohio Mountain Bike Organization (COMBO) bike trail Phase 1 (P1). The terrain was rolling with many bridges to smooth out the dips. There were no big hills, but there was one small stream that they crossed. The group dined at Smokey Bones Restaurant near the Polaris Mall. 🌻🌻

Hinckley Reservation

July 21, 2012

Ruth Brown, leader

Bob Brown, sweep

A group of ten hikers traveled five miles around Hinckley Reservation, partly up and down and partly on flat terrain. The group dined at Bob Evans restaurant in Brunswick.




Fort Hill State Memorial

Aug. 4, 2012

Bob Merkle, leader

Connie Sheridan, sweep


9 hikers took on this rugged five-mile hike over hilly terrain. The walk along the gorge was beautiful. The group dined at Timbers Restaurant in Bainbridge. 

Char-Mar Ridge Preserve

July 15, 2012

Gerlinde Lott, leader

Kathry Lince, sweep


A trio of hikers strolled about 1.7 miles through the woods and over five small hills. The group dined at Max & Erma's restaurant in Westerville. 

Hocking Hills State Park

July 7, 2012

Connie Sheridan, leader

Leslie Buhrlage, sweep

Ten hikers followed the Grandma Gatewood trail to Cedar Falls, before returning on the Overlook trail. The group dined at the park lodge's dining room. 


Schnormeier Gardens

June 23, 2012

Carol Beal, leader

Cathy Young, sweep (regular hike)

Connie Sheridan, sweep (senior hike)


Beautiful gardens with eight different themes greeted 31 COHC members. The regular hikers walked three miles of the gardens, while the seniors walked two. The group dined at R&M Southside Diner in Mt. Vernon. 

Slate Run Metro Park

June 9, 2012

Janie Reeves, leader

Elaine Buhrlage, sweep


A group of 16 hikers traversed some woods on gravel trails and visited the farm. Toward the end of the hike crossed a covered bridge and a paved trail to Buzzard's Roost Lake. The group dined at Shade on the Canal Restaurant in Canal Winchester. 

Clifton Gorge Nature Preserve

May 26, 2012

Ron Miller, leader


Clara Coyle, sweep

This was a bright and beautiful hike along the scenic Miami River for 15 hikers. The trail was moderately easy with a few small hills and rocky areas. The group dined at Bob Evans on State Route 72. 

Walnut Woods Metro Park – Sr. Hike

May 19, 2012

Gerlinde Lott, leader

This new park provides for an easy and even level 2-mile hike for 14 hikers. One trail was in a pretty open area, while the other part led through a stand of pines and another stand of maple trees. The group dined at Bob Evans restaurant on Hamilton Road in Columbus. 



Club member Bob Merkle celebrated his birthday at the R&M Diner following the Schnormeier Gardens hike in June 2012.

Social Reports ...

76th Annual Spring Banquet

April 6, 2013

Carol Beal, coordinator

The club held its annual spring banquet at the Aladdin Shrine Temple in Columbus. Bob Merkle, the featured speaker, talked about his early days in the club. Bob has been a member of COHC since 1958 and has hiked more than 4,500 miles with the club. He's a member of the Buckeye Trail Assoc. and former maintainer of a section in the Hocking Hills. 🌻🌻

Annual Christmas Party

Dec.9, 2012

Carol Beal, coordinator

Jimmy Dearnell, leader

A nice hike by 22 club members along the trails preceded a well-attended luncheon and sing-along at Beech-Maple Lodge at Blacklick Woods Metro Park. 🌻🌻

Fall Camp at Camp McPherson

Oct. 12-14, 2012

Jeanne Barbee, coordinator

The club returned to the beautiful and luxurious "motel" Camp McPherson, located in Knox County and the vicinity of Mohican State Park. On Friday night, 7 people rode 16 miles to Butler and back to Bellville, and then Bob Merkle led his starlight moon three-mile hike on the country road. For Saturday there were two hikes – one of eight miles led by Jamie Abel and swept by John Troutman explained the hike could be 8 mi. total with 2 points to leave for less miles. All enjoyed seeing the Halloween costumes, decorations and ice cream cones. Wanda and David Pack led the Vespers service, with help from Janie Reeves, Dorothy Garwood and George Meade. On Sunday morning, 20 circled up to hike the Big & Little Lyon Falls at a slower, picture taking pace, led by Dick Barbee and swept by Jeanne Barbee. 🌻🌻

Barbee Farm Outing

Sept. 30, 2012

Dick Barbee, leader

Jeanne Barbee, sweep

Club members hiked along a country lane, across Opossum Run and Lubbergut Creek, and past corn and soybean fields. They then returned for a hayride afterwards. A cookout dinner was held at the barn. 🌻🌻

Annual Corn Roast

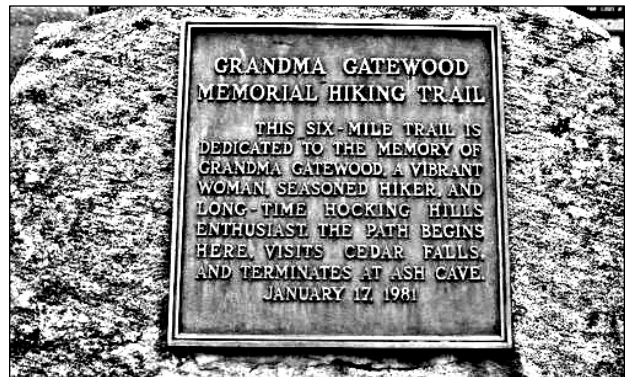
Aug. 18, 2012

Carol Beal, coordinator

Bob Merkle, leader

The Corn Roast extravaganza was again one of the highlights of the club year, featuring corn-on-the-cob, watermelon, hot dogs and drinks. 18 hikers also trekked around Infirmary Mound Park, south of Granville. 🌻🌻

Hiking Tidbits ...



Grandma Gatewood was not a COHC member, but most club members know of the trail named after her at Old Man's Cave. Here are a few more details.

Do you know Grandma Gatewood?

Excerpt from Wikipedia

http://en.wikipedia.org/wiki/Grandma_Gatewood

Emma Rowena Gatewood, better known as Grandma Gatewood (Oct. 25, 1887–June 4, 1973), was an extreme hiker and ultra-light hiking pioneer who was the first woman to hike the 2,168-mile (3,489 km) Appalachian Trail from Mount Oglethorpe in Georgia to Mount Katahdin in Maine solo, and in one season.

(more)

Gatewood was born in Guyan Township, Gallia County, Ohio. She was a farmer's wife who had eleven children and 24 grandchildren, thirty great-grandchildren, and one great-great-grandchild living at the time of her death at 85.

Gatewood hiked the Appalachian Trail in 1955 at the age of 67, wearing Keds sneakers and carrying an army blanket, a raincoat, and a plastic shower curtain, which she carried in a homemade bag slung over one shoulder, thus making her a pioneer of ultra-light backpacking. Local newspapers picked up on her story, leading to a profile in Sports Illustrated when she had reached Connecticut and an appearance on the Today Show.



Gatewood had read about it in a National Geographic Magazine. "I thought it would be a nice lark," she said, adding "It wasn't." Another time she complained "For some fool reason, they always lead you right up over the biggest rock to the top of the biggest mountain they can find."

She hiked it again in 1960 and then again at age 75 in 1963, making her the first person to hike the trail three times (though her final hike was completed in sections). She was also credited with being the oldest female thru-hiker by the Appalachian Trail Conference until 2007.

In addition, she walked 2,000 miles (3,200 km) of the Oregon Trail from Independence, Missouri, to Portland, Oregon, averaging 22 miles (35 km) a day. She traveled to every state of the continental United States.

Gatewood was a life member of the National Campers and Hikers Association and the Roanoke Appalachian Trail Club. She was Director Emeritus and a lifetime member of the Buckeye Trail Association. 🌻

NOTICE: To include all the hikes we've taken since the last issue of the Co-Hiker, to add a few photos and an occasional interest story, and to keep the newsletter at a reasonable length for mailing considerations, we had to compose very brief hike reports in this issue. My apologies if I've left out some significant details. Beginning with the next issue, we plan to resume with the more interesting reports submitted by hike leaders. On that note, please be sure to submit your hike reports promptly to jaabel@yahoo.com. Thanks for your help! —Jamie