

Welcome to Spring!



COLUMBUS OUTDOOR PURSUITS

Spring 2020

Newsletter #159

Unveiling A New Mission Statement - President's Report

The board voted and accepted a new mission statement (shown at right) at the January board meeting. The new statement holds true to our original mission, but includes language that reflects a modern organization. We believe this statement will open up opportunities for us to engage with community partners who enjoy outdoor recreation as much as our members do.

Outdoor Pursuits is a volunteer-driven, nonprofit organization devoted to providing inclusive opportunities for outdoor recreation and adventure.

Our shared experiences promote the health of participants, teach responsible enjoyment of the outdoors, and strengthen community.

We strive to expand equitable access to the outdoors and to foster environmental stewardship.



COP President, Jerry Rampelt

Hitting Our Stride - Women's Backpacking



Judy Fasone on the trail

*by Judy Fasone,
Activity Leader*

The first quarter

of the year has been interesting with regards to weather! Very little snow, with sporadic forty to fifty degree days helped me to get out more, and I invited others to join me.

My intention for 2020 is to introduce new hikers to the great outdoors, specifically women interested in hiking/backpacking. My mantra is "no women left behind" and I stress go at your own pace. My pace is naturally slow, and for years I felt I was holding up others, and even hurt myself trying to keep up. As I have gotten older, I have learned to honor my need to keep it "slow and steady". My body is much happier and I enjoy both backpacking and hiking with my husband and in small groups, or just with a friend in all kinds of weather, as I age gracefully.

The first Women's Backpacking Group meeting brought 32

women together at the offices on Front Street for a planning meeting. Very few had experience on the trail and/or backpacking, most with none! Exciting for me...I love community building and facilitating groups! If I can be outdoors and do this, AWESOME! You may have missed the first couple events, but the program is STILL OPEN TO NEWCOMERS.

We spent the morning discussing our desires regarding hiking/backpacking and getting to know each other a bit. Cheryl Rapose read some inspiring nature poems at perfect moments, and we all were able to feel the love of nature bestowed on us as we sat indoors at the COP office. It was a grey day, but inside it was warm, and potent with energy.

Our first hike was at Clear Creek, and nineteen of us carpooled together. We enjoyed the Fern trail and ridge loop. It was a beautiful, blue sky day and brisk. Lisa Daris had contacted REI for their "try before you buy" loaners, and we played with 8 sets of hiking poles and a hammock.

One of our members, an experienced hammock user, demonstrated a great gadget to hang your hammock with.

Our hike was a big success - no one was lost or hurt, not even a cell phone! One of our members arrived a bit late and although she was right behind us, she could not catch the group. I have so much to learn as a new leader!

Our first overnight was at Lake Hope. After a day of hiking with our packs (for practice!) in the Zaleski State Forest, we lodged in cabins as we eased ourselves into the season.

I am a somatic (mind-body) therapist, and help many of my clients regain strength, and let go of psychophysical patterns in the body that do not work for them any longer. The body has an

innate capacity of healing itself, if put in the right environment. Science is now touting the benefits of "nature time" and Outdoor Pursuits is a great place to find activities to suit your level and strength.

As a health and wellness nurse coach, I am also here to support your growth and set manageable goals for preparing for these hikes. If you have any fear about taking a hike, this group is for you. If you want companionship, we are doing this together, and will take all paces and levels into account. We are in this together, so join in, and contact me if you have any doubts about your ability. My guess is you can do it, with support!

-Judy Fasone



A beautiful day for a hike at Clear Creek Metro Park

Attention Leaders!

[Heartsaver CPR AED and Heartsaver First Aid Course](#)

Combination \$60 or individual class is \$40 each

Sunday, April 19

Heartsaver CPR: 10:00 - 12:00

Heartsaver First Aid: 12:00 - 4:00

Note: For your health and safety the training manikins are professionally sanitized. Ample space is also provided between class participants.

Columbus Fire Department Training Facility -
3639 Parsons Avenue Columbus, Ohio 43207

We encourage all leaders to be certified to ensure the safety of participants. A generous member's contribution has allowed us to pay 50% of the \$60 for any leader that registers and takes the combination of both courses.



Membership Benefits

Have you used your membership benefits this year?

In December, members received the retailer discount card in the annual update letter.

In January, the ten-ride Cycling Series became available for \$50 (a \$50 savings!) for members.

In February, a code for free admission to the Wexner Center was sent via our monthly e-newsletter. Are you planning on attending the Banff Festival held April 2, 3, and 4 at the Wex? We'll be there - hope to see you!

In March, a low-cost watercraft rental program became available to all members who have illustrated paddling experience to others within the organization. An appropriate transportation plan for the boat(s) at the time of pick-up must be demonstrated. This may include cam lock straps, a roof rack, trailer, or other appropriate means.

For more information -
outdoor-pursuits.org/activity/rental/



Columbus Young Professionals - A new partnership

*by Matt Wolf,
Program Coordinator*

For the first time Outdoor Pursuits will be participating in Columbus Young Professionals (CYP) Week from August 24 - August 30. This is a week-long series of events and activities celebrating Columbus and all the great things there are to do for emerging professionals, college students, nonprofits and newcomers to the city.

The week will begin with a kickoff "expo-style" party at Polaris Fashion Place. This will be a great opportunity to introduce Outdoor Pursuits to young professionals. Making this a growing demographic of our brand is important to our organization's long-term goals of growth. Later in the week a Volunteer Expo will allow young people to talk to OP members, learn more about our unique volunteering opportunities, and perhaps even serve on our Board.



A Scioto Plogging event is being planned as our keystone event, which will be open to the public and members.

What is plogging? It's a combination of jogging and picking up litter. Beginning in Scioto Audubon Metro Park, participants can either jog, walk, or bike as they move through nearby neighborhoods. Everyone gets some exercise, fresh air, and improves their community at the same time. It seems like a perfect match for Outdoor Pursuits and everything we stand for.

IMPORTANT NOTICE:

The board, staff, and medical director of Outdoor Pursuits are reviewing the directives related to COVID-19 coming from the State of Ohio. We will be working with local public health jurisdictions to determine the possible re-scheduling of all events listed in this newsletter and on our website. All registered participants will be notified of any scheduling change once they happen.

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Leaders of the Outdoor Pursuits Boating Group

Boating Events

All trips are suitable for kayaks. Please contact leader if you are interested in canoeing or rafting.

Interested in renting? A low-cost watercraft rental program is available to all members who have illustrated paddling experience to others within the organization. For more information - outdoor-pursuits.org/activity/rental/

Big or Little Darby Creek Saturday, April 11, 2020

A spring paddle, for novices and above, on one of our local National Scenic Rivers and some of the best in Ohio.

Skill Level: Beginner
Moving Water (no white water)

Distance: 5-6 miles

What to bring: Lunch, maybe a wetsuit, and a change of clothes

Call or text Tony Sasson at 614-519-9291, or email asasson@aol.com

Little Beaver Creek Pagan Paddle, Class I Trip April 10-12, 2020

Location: Little Beaver Creek State Park in Columbiana County (3.5 hour drive from Columbus). This waterway was the first in Ohio to be designated a Wild River.

Distance: approx ten miles

A leisurely Saturday breakfast, shuttle the vehicles and be on the water around 11:30 am. We'll paddle an hour or so and stop for lunch (byo). Our route depends on the water level and our collective mood. Sunday morning, the pace is even more leisurely. Be prepared to be flexible.

Arrive early (Friday) and hike or bike trails along the river and through the park. Check out the restored lock from the Sandy and Beaver Canal, the park's nature center, the pioneer village and Gaston's Mill.

Skill Level: Mostly flat with occasional riffles and perhaps a Class II if the water level is right (nothing really challenging).

Lodging: Camping at the state park

What to bring: Lunch and dry clothes

Contact Walt Taylor 614-519-8633 or kayakcolumbus@gmail.com

Dry Fork Trip (Cold Water Class III), April 11-12

Location: Dry Fork Cheat Basin, WV

Skill Level: Level III whitewater

The Cheat Basin is a fine place to start the paddling year if you didn't drive south to meet spring. While the paddler-friendly Dry Fork (part of the JB to Hendricks section) is the planned river, other similar-class tributaries may be considered if levels are suitable. Camp out, dinner out.

David Seslar 614-634-6992 david.seslar@gmail.com

Intro to Whitewater Class April 18, 2020

Location: Ohio's scenic Rocky Fork and Paint Creek

Cost: \$85 for members

Karen Reinhart
[kreinhart510@gmail.com](mailto:kreinhardt510@gmail.com)

Rocky Fork/Paint Creek, Class II++ April 19, 2020

If you are registered for the Whitewater School on April 18, you can get a second day of paddling to practice your new skills while they are still fresh. Or use this as a start to the season to rinse off your dusty skills from last season. The Rocky Fork is a pretty place to paddle with the wild-flowers in bloom.

David Seslar 614-634-6992
david.seslar@gmail.com

TSRA Rendezvous April 1-5, 2020

Skill Level: Whitewater

An annual fundraiser event for the Tennessee Scenic Rivers Association.

Lodging: Camp Nakanawa
<https://paddletsra.org/event-3717930>

John Black jd.black2@gmail.com

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Cyclists have made TOSRV an annual bucket list ride since the 1960s when a father-son cycling adventure grew to include hundreds, and then thousands of riders, making it one of the largest cycling events in the nation.

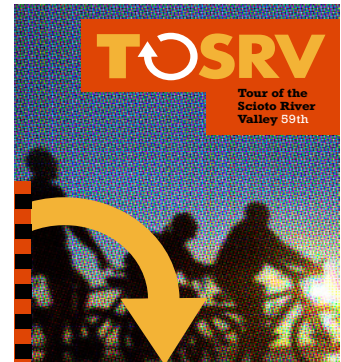
The tour is celebrating its 59th year in 2020 and you're invited to be a part of it!

Riders heading north or south along the Scioto River Valley are treated to an epic route in May, when spring is in full bloom. Healthy and plentiful food awaits riders at three food stops along the route, and the camaraderie of multi-generational cyclists, including new riders and some that have ridden for over fifty years, make this ride a memorable experience for all. Route options include **25, 50, 100, or 200 miles** and single-day or two-day options.

Be sure to stop at the iconic TOSRV mural as you arrive in Portsmouth and get your photo taken, compliments of Portsmouth Connex, our partner organization.

Post-ride celebrations are hosted in Canal Winchester at Loose Rail Brewing (Saturday), and Brew-Dog's DogTap in Canal Winchester (Sunday), and by the City of Portsmouth at Tracy Park (Saturday). A spaghetti dinner is offered by the All Saints Episcopal Church for riders on Saturday evening in Portsmouth.

To register: tosrv.org



Dates: TBD

See note at top left of this page

Ready for adventure?

Join us for XOBA 2020 - a seven day ride from Hillsdale, MI to Andover, OH. We will meet in Andover on Saturday

morning, July 25. From there we will bus to Hillsdale, MI. The ride back will be 50-65 miles per day. Indoor and tent camping are available

for all each day. Dinner is served Saturday and Friday evenings. A boxed lunch is provided for the bus.

Regular registration is \$475. Late registration, after June 15th is \$500.

To register - ride-xoba.org



Great Ohio Bicycle Adventure

Dates: TBD

See note at top left of this page

SIGN UP NOW FOR GOBA AND SAVE!

Register for the Great Ohio Bicycle Adventure by April 30 and beat the price increase! You won't want to miss the 32nd

annual GOBA tour June 20-27 as we celebrate western Ohio's air and space heritage on a self-paced, family-friendly journey. The overnight towns of Sidney, Wapakoneta, Versailles

and Troy are gearing up with numerous activities for GOBA participants. Ride as many as seven days and 400 miles or as little as four days and 150

-- on GOBA, you decide!

To learn more and register, visit goba.com **today!**





**Outdoor
Pursuits**

1193 S. Front St.
Columbus, Ohio 43206
www.outdoor-pursuits.org

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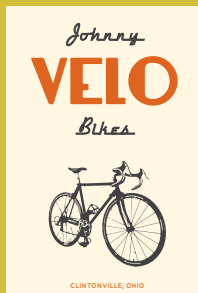
Send address, phone number, and email changes to:

office@outdoor-pursuits.org

Thanks to the Sponsors of the Cycling Series



Locations in Dublin,
Upper Arlington,
Westerville, and
Bexley
rollbicycles.com



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Columbus
johnnyvelobikes.com



200 Cemetery Rd.
Canal Winchester
cyclistconnection.com

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