

## April Fools ...

We were not. The Maryland Outdoor Clubbers got out and enjoyed some fantastic weather in the month of April, from fabulous sunshine for the Cherry Blossom Festival to snow at Deep Creek Lake. The hardiest of the hardy endured the nastiest weather the month had to offer but came out smiling.



While the weather looked great, these hikers would have been happy with just the wine and cheese.



Gorgeous weather for the George Washington National Forest hike to Bird Knob.

The NCR Trail ride did fool some members with the threat of bad weather, but this doesn't look so bad!



## News You Can Use

### Inside this Issue:

Member Spotlight and Are you Overwatering?, p. 2; Member Bulletin Board and Things Overheard about the Hike Across Maryland, p. 3

### Officers Needed!

We are looking for a Vice President for the Maryland Outdoor Club. You can see the job description on the Officers page of the web site for more info on qualifications and requirements. If you're interested, please contact Amy Pickwick.

### T-Shirt Contest

We're looking for new ideas for MOC t-shirts. If you have an idea for a design, based on a memory from an MOC event or a more generic MOC-style logo, please submit it to Amy Pickwick as soon as possible. Based on entries, we'll either have a drawing to decide the new design or have t-shirts available at the Anniversary picnic (see below).

### Save the Date

The 3rd Annual MOC Anniversary Picnic will be held at Quiet Waters Park in Annapolis on Saturday, July 16. Watch for signup info on the web site in the upcoming months.

### New Web site Features

In the Member Area of the web site, you can now choose to hide the date of your birthday (though not the year) from others' view. Thanks to Jeff Schneider, who is constantly adding new features. Have an idea for a new feature? Please send it to Jeff or Amy.

### Spring Organizer Clinics on the Way

Watch for upcoming clinics on organizing events for the MOC. Officers and organizers walk you through the step-by-step process for creating and hosting a successful event. Learn how to snag details from earlier events at the same place and how to find a co-organizer to help with the planning.

### Help out the MOC!

We're always looking for event organizers, social greeters, and extra hands who have special talents to share. Want to help in another way? We love that, too! Send us an email with your interests, and we'll see how they fit the club's needs.

### Events Coming Soon:

Watch for a bike tour around Virginia battlefields, an Ohiopyle rafting trip, and a ladies' dancing night among others!

## Upcoming Events

For more info, visit the "Events" section of our web site.

**Sat, May 14 @ 10 AM** 🐾  
**Difficult AT Hike - Blackburn Ctr.**  
**Keys Gap, WV**

**Sat, May 14 @ 12 Noon**  
**Wine in the Woods**  
**Columbia, MD**

**Sun, May 15 @ 10 AM**  
**Mod/Difficult Hike - Billy Goat Tr.**  
**Potomac, MD**

**Sun, May 15 @ 9 AM** 🐾  
**Difficult Hike - White Oak Canyon**  
**Shenandoah Natl Park, VA**

**Fri - Sun, May 20-22 @ 5 PM**  
**Rock and Raft Camping Weekend**  
**Fayetteville, WV**

**Sat, May 21 @ 9:30 AM**  
**Mod/Difficult Hike - Catoctin Mtn.**  
**Thurmont, MD**

**Sat, May 21 @ 10:30 AM**  
**Easy Hike - North Point State Pk**  
**Dundalk, MD**

**Sun, May 22 @ 10:00 AM**  
**Difficult Hike - Kennedy Peak**  
**Luray, VA**

**Sat, May 28 @ 6 AM**  
**City Hike - New York City**  
**New York, NY**

**Sat, Jun 4 @ 10 AM**  
**Bike Ride - Capital Crescent Trail**  
**Silver Spring, MD**

**Sat, Jun 4 @ 10 AM**  
**Day Trip to Historic Philly**  
**Philadelphia, PA**

**Tue, June 14 @ 7 PM**  
**Social Hour at Red Robin**  
**Columbia, MD**



*Don't see anything interesting?  
Why not organize something? See  
the Organizer Area in the Member  
Area of the web site, or speak with  
an officer.*

## Overwatering?

Athletes, whether amateur or pro, should think twice before reaching for that water bottle: A study confirms that drinking too much can be dangerous, even deadly, for runners, hikers, bikers and other endurance enthusiasts.

Researchers who studied runners in the 2002 Boston Marathon found that more than one in eight had a serious fluid and salt imbalance from drinking too much water or sports drinks.

One 28-year-old woman died after the race from the condition, called hyponatremia, in which the excess water dilutes the salt level in the body too much.

"More is definitely not better when it comes to fluids, but it's a hard message to get across," said Leslie Bonci, director of sports nutrition at Pittsburgh Medical Center.

Endurance athletes have long been warned about getting dehydrated, and many tend to drink more on race day than they do during training.

The study found hyponatremia was most serious in runners who gained substantial weight -- 4 1/2 pounds to 11 pounds -- from drinking lots of water along the route. Extremely thin runners also were at high risk. Runners who drank sports drinks, which contain very little salt, were not less likely to develop hyponatremia.

Weighing oneself before and after a workout can help indicate whether one is drinking too much water. The goal is simply to replace water lost to sweating. Finding the right balance and finding it long before the big event is key.

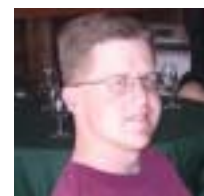
Hyponatremia can begin with confusion and lethargy and progress rapidly to twitching, seizures, stupor, coma and death.

Severe cases are believed to have become more common with the growing popularity of endurance sports. In recent years, hyponatremia has killed several amateur marathon runners, as well as competitors in the Marine Corps Marathon.

*Excerpted from Aetna Intellihealth online newsletter and the Associated Press.  
<http://www.intellihealth.com>*

## Member Spotlight

**Colin Babb**  
**Historian and**  
**Assistant**  
**Event**  
**Coordinator**



MOC Member since: April 2003

Primary Involvement with MOC: The club historian, who just happens to play one in real life, and now assistant event organizer.

Favorite Adventure Sport, Social, or Travel Activities: Sailing (on other people's boats), camping, biking, backpacking, visiting museums, x-country skiing, combining any of these with a good crowd and a good brew.

Currently resides in: Annapolis, MD  
Originally from: Eugene, OR

Favorite TV show/book/movies/music: X-files, Seinfeld, Documentaries; Oliver Wiswell by Kenneth Roberts, Kingdom of Shadows by Alan Furst; Amadeus, Ben Hur, Star Wars; Vaughn Williams, John Barry, Mozart, Ravel.

Favorite sports teams: Dallas Cowboys (don't hate me), Portland Trailblazers, New York Rangers (if they ever play again), Seattle Mariners (yes, I collect teams from the places I've lived).

Favorite local "getaway": Assateague, the C&O Canal, the Smithsonian.

Job: Working for the Navy in distant, far-away Arlington.

Other fun info about you: I have double-jointed thumbs and I'm ambidextrous; I have a Civil War ancestor who joined the Union Army and did nothing except march around West Virginia for three months—sort of like what I do now.

Best part about organizing: I get a kick out of taking people to the silly historic places I like, seeing them enjoy it and learn, too.

Anything else: "Your work is ingenious. It's quality work. And there are simply too many notes, that's all. Just cut a few and it will be perfect."

## Officers



### John Putman

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### Joanne Milne

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### Rebecca Frankenberger

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### Jeff Schneider

Web Developer  
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## Monthly Statistics

### As of May 1st

2661 - Total Members To Date  
103 - New Members in April  
60% - Female Members  
40% - Male Members  
32.9 - Average Member Age

## Member Bulletin Board

### Kayaks for Sale!

MOC Member Felicia Savage is looking to part with two kayaks: (1) Dagger Medieval (blue and green) whitewater playboatish, used, purchased from River and Trail Outfitters. (2) Yak Board sit-on-top, unused. Paddles, skirt and other accessories. Pictures on request, prices negotiable.

*Please find Felicia's email in the Member Area of the web site.*

The Biennial Appalachian Trail Conference is July 1st - 8th in Johnson City, Tennessee. This is a week long conference offering hikes, excursion, workshops, nightly entertainment, inexpensive lodging and meals. The following website has all the information on hikes, excursions, etc. and the registration form:

<http://www.southernhighlands2005.org>  
I have attended this conference for the past 20 years and it is a lot of fun and you get to hike in a new area with some great people. I would like to organize a carpool and/or a caravan to Tennessee.

*Please contact Linda Gohlinghorst through the Member Area of the web site.*

## Things Overheard about the Hike Across Maryland ...

It turns out that the HAM coordinators had an unpublished, unannounced limit of participants. This meant that only a couple of the MOC's members that were planning on doing the hike actually got to sign up for the real thing. Never fear, though; the MOCers still found a way. Jesse Allen organized those still interested into their own private reverse-route Hike Across Maryland. Stay tuned for a recap of their adventures in an upcoming issue.

*Got an idea for any number of things? See your name in print in an upcoming newsletter by submitting your ideas!*

## Join the MOC - It's Free!

The Maryland Outdoor Club conducts all administrative tasks through our web site to cut down on processing time & costs. If you want to sign up, go to [marylandoutdoorclub.org](http://marylandoutdoorclub.org) and click on any of the "Join Now" buttons you'll find throughout the site. Signing up is a short process and will save you time when you sign up for events.

The MOC does not sell or share your personal information with any third-party.

## Ads & Classifieds

Your business can reach hundreds of potential customers each month with an ad in exchange for bartered items/goods. Contact the editor for details. MOC members can sell single used items or place notices. Classifieds are \$5.00 per 25 words or less.

## Save a Tree

If you are done with this issue, please consider throwing it in your paper recycle bin instead of into a trash can.

## Calling all Creative Types

Remember, if you're a budding artist, photographer, writer, cartoonist, etc. we'll be glad to use your submissions! Those of you planning to submit for Art-o-matic 2006 can use this as a test bed for your ideas ....

## Editor's Corner

Congrats to Johnny Fogle for being my first correct respondent for April. He will receive an MOC sticker and, oh the prestige! Johnny is also the photographer of John Putman's portrait in the MOC Spotlight. And no, he was not the only respondent. Remember, I have started, mostly for my own amusement, rearranging the officers' names on this page. Can you guess the arrangement? First correct email to me wins! MOC Officers and their families are ineligible for this offer. Void where prohibited by law. Must be over 18 months old to play. Thanks for reading!

-Katie