

MOC Explorer

www.marylandoutdoorclub.org

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Adventure Sports • Travel • Social

MARYLAND
Outdoor Club

P.O. Box 652, Columbia, MD 21045

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Extra Water, Extra Clothes: Tips for Safe Outdoor Fun

Hiking and camping are always fun activities, but it's also wise to be aware of your surroundings. This past winter, hikers had a sobering warning with the murder of a Georgia woman who was out on a day hike.

While these events are rare, there are a number of safety tips that you can take. Bad weather can happen at any time, and it's always smart to bring extra water and food. These tips shouldn't take the enjoyment of your outdoor activities, but make you more prepared to handle any emergency that might arise.

Heading out?

- If you don't have a dog (or even if you do), try to bring a hiking partner... especially if headed out on a long trek.

MOC WINS THE KELLY CUP!



Thirty-four MOCers hit the streets of Baltimore for the Kelly's Saint Patrick's Day 5k Race – and won the Kelly Cup for having the largest group registered for the race. Congrats MOC!

- Give someone a general game plan of where you are going. Tell them where you're going and when you expect to be back. Check in with this person upon your return.
- Forget to tell someone? Use checkpoints, like ranger stations, to let them know where you are going.
- Always carry a cellphone with you — even if you're not sure about the reception.
- If you are hiking alone, bring a whistle and some form of protection (flashlight, small knife, bear spray).
- Always be alert and aware of your surroundings. If you think there might be bad weather, note some spots that would offer protection.

Continued on p. 2

Hiking Safety Tips: Enjoying the Great Outdoors

Continued from p. 1

What is my body saying?

- Be honest about your capabilities, and don't over estimate what you can do. If you're out of shape, plan for your trip by taking the time to exercise and build your stamina.
- Listen to your body. If you're tired or out of breath, take a break. If you're hungry or thirsty, eat or drink. If you're overheated, sit in the shade and cool down.
- Take plenty of extra drinking water and some extra food.
- Sun screen, sun screen! It's not just the painful aftereffects. A bad sunburn can also cause headaches, joint pain, and even dehydration.
- Weather can change. If you're unsure, wear multiple layers of clothing. It's better to have extra clothes rather than not enough clothes. A rain poncho and extra fleece are always handy to have around.

Hiking around?

- Take a map! Don't wander around. Use landmarks to keep track of where you are. Use the horizon, peaks, valleys, boulders, and trees.

Bears!

- If possible, try to avoid strong camp smells. Never leave food out at camp. Use a bear-



MOCers enjoy a scenic break at Chimney Rock, which sits 1419 feet above sea level.

safe container, or put it in your trunk or car. Make sure to roll up the windows and lock it.

- If you are hiking in an area known for snakes, try to avoid them by stepping on top of logs, not over them. Lots of snakes hide under the logs for shade and protection.

Excerpted from online sources

What are the 10 Essentials?

REI just updated their 10 essentials list for hiking. The original 10 essentials were developed in 1930 by The Mountaineers, a Seattle-based outdoor group. REI updated the list to reflect new technology, but the core idea remains the same.

The Original 10 Essentials:

- | | |
|-----------------------------|------------------------|
| 1. Map | 6. Headlamp/flashlight |
| 2. Compass | 7. Firestarter |
| 3. Sunglasses and sunscreen | 8. Matches |
| 4. Extra clothing | 9. Knife |
| 5. First-aid supplies | 10. Extra food |

The Updated 10 Essentials

- | | |
|--------------------------------|-------------------------|
| 1. Navigation | 6. Fire |
| 2. Sun protection | 7. Repair kit and tools |
| 3. Insulation (extra clothing) | 8. Nutrition |
| 4. Illumination | 9. Hydration |
| 5. First-aid supplies | 10. Emergency shelter |

Rei.com

MOC Spring Picnic

Mark your calendars for May 17, 2008!

Join us for the First Annual Maryland Outdoor Club Spring Picnic to be held at the Johns Hopkins Applied Physics Lab Recreation Area. Look for more details on MOC's Web site.



Want to be more involved and help us plan the event? Contact Stacy Murphy, at stacy@mdoutdoorclub.org

What Makes A Waterfall?

This will launch an occasional series in which the *Explorer* attempts to answer a “probing question” posed by MOC-ers.

QUESTION: What’s a waterfall?

During the Gunpowder Hike (2/3/08), intrepid MOC-ers debated what officially constitutes a waterfall. Is it simply an act of water falling, or does it have to fall a certain number of feet? To answer this probing question, the *Explorer* turned online (because everything on the Internet is true).

- **Wikipedia says:** A waterfall is usually a geological formation resulting from water, often in the form of a stream, flowing over an erosion-resistant rock formation that forms a sudden break in elevation.
- **Webster’s Dictionary says:** A fall, or perpendicular descent, of the water of a river or stream, or a descent nearly perpendicular; a cascade; a cataract.
- **WorldWaterfalls.com says:** A waterfall is a watercourse (stream, river, creek) that drops vertically, in other words, it flows over the edge of a cliff or down a slope. They define a waterfall as having either a drop of at least 10 feet or a slope of at least 30 degrees.
- **The Western N.Y. Waterfall Survey says:** Any sudden descent of a stream over a very steep slope or precipice in its stream bed. The stream must drop vertically (or close to vertically) and it must drop a minimum of five feet to be considered a true waterfall.

So, there you have it: It’s either a sudden break in elevation, a fall of ten feet, or at least five feet. The slope is either vertical, near vertical, or at least 30 degrees. Perhaps the best answer to what makes a waterfall is this (as WorldWaterfalls.com writes): “it is up to the eye of the waterfall lover. A waterfall can exist in the heart and mind of the individual.”

For the *Explorer*, we’ll call any sudden break in elevation a waterfall.

You decide: Is this a waterfall?



Or is this a waterfall?



(photo 1: Little Pax River Falls, MD
photo 2: Niagara Falls, NY)

Study Finds Declines in Outdoor Activities

Fewer people are getting out and enjoying nature, according to a recent study funded by the Nature Conservancy. Since 1980, there has been an 18 to 25 percent decline in outdoor recreation – about one percent each year. Hikes were the only activity to see an increase – the average person went from hiking once every 12.5 years to hiking once every 10 years.

While camping trips experienced an overall drop, the number of people going backpacking increased slightly.

Other findings from the report include:

- Fishing hit its peak in 1981, but dropped by 25 percent in 2005.
- Since 1987, visits to national parks dropped 23 percent by 2006.
- Hiking on the Appalachian Trail hit its high point in 2000, but dropped 18 percent by 2005.

Learn more at: www.nature.org

Upcoming Events

To see our full list of events, visit the MOC Web site: www.marylandoutdoorclub.org.

Interested in something that's not on the list? Why not organize an event? See the organizer section on the MOC Web site, or speak with an officer.

Want to share organizer duties? You can use the new Member Forums to find a co-organizer.



Social Hour Tuesday, April 8
(remember – Social Hour is held the second Tuesday of every month)

Build Baltimore with Habitat for Humanity	Saturday, April 12
Hike at Gathland State Park	Saturday, April 12
Fort Washington Foray	Saturday, April 12
Get Outdoors for a Cure	Saturday, April 12
Privateer Day	Saturday, April 19
BWI Trail Bike Event	Saturday, April 19
Difficult Hike at Chimney Rocks	Sunday, April 20
Spotsylvania Battlefield Hike	Saturday, April 26
Old Rag circuit hike	Saturday, April 26
Port to Fort 6K Run/Walk	Sunday, April 27
Harpers Ferry to Shepherdstown	Saturday, May 3
Spruce Up The C&O Canal!	Saturday, May 3
Signal Knob Camping Trip	Friday-Sunday, May 9 – 11
Spring Picnic and Field Day	Saturday, May 17

Events in the Works

Following Braddock's Trail Weekend	Friday-Sunday, May 9 – 11
Sunset Kayaking	Saturday, June 7
Camping at Corderus State Park	Friday-Sunday, June 13 – 15
Boordy Dancing under the Stars	Saturday, June 14
Day Trip to St. Mary's	Saturday, June 14
The Longest Day Camping	Friday-Sunday, June 20-22
MOC Summer Picnic	Saturday, July 26

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Special thanks to our previous officers!

Kate Buck, Vice President
Rob Copanic, Equipment Rental Coordinator
Carrie Graff, K-9 Coordinator
Ian Wright, Social Coordinator

Get more involved! We're always looking for a few good volunteers to help us out. Check out our Web site for more information on how you can get involved with MOC. Remember, the MOC is where good times begin!