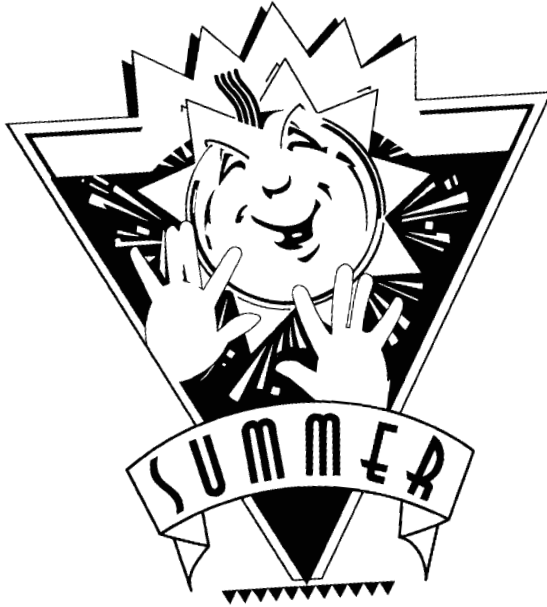


OUTDOOR CLUB of SOUTH JERSEY

Trekker

2010



Lazy Hazy Days of Summer!

Come Out and Enjoy It.

Look inside for ideas!



Celebrating 43 Years of Outdoor Experiences!

CHECK THE OCSJ WEBSITE ON YOUR COMPUTER AT WWW.OCSJ.ORG
FOR LATEST TRIP INFORMATION.
CYCLISTS JOIN THE GOOGLE GROUPS FOR THE LATEST INFORMATION.

WWW.OCSJ.ORG



Outdoor Club of South Jersey

AIMS AND OBJECTIVES

The Outdoor Club of South Jersey, Inc., is an organization dedicated to providing opportunities for extending the individual's knowledge, appreciation and enjoyment of his or her environment through experiences in outdoor activities.

The Club offers a twelve month program of activities designed for all ages and levels of ability and interest, and as is feasible with available leadership. The Club is open to all persons regardless of age or place of residence.

BOARD OF TRUSTEES

Officers

Tom Neigel, *President*

609-206-3389

Fran Horn, *Treasurer*

856-786-0048

Ray Wittkop, *Vice President*

856-662-4012

Janet Horton, *Recording Secretary*

856-461-5771

Jean Stelmaszyk, *Membership Secretary*

856-429-9089

ACTIVITY CHAIRPERSONS

Bruce Steidel, *Chair*, Backpacking/Camping, 609-915-0956

Tony Marchionne, *Chair*, Bicycling, 609-828-0268

Frank Pearce, *Chair*, Canoeing, 856-767-2780

Eileen Grevé, *Chair*, X-C Skiing/Snowshoeing, 609-877-1723

Bruce Steidel, *Chair*, Hiking, 609-915-0956

Frank Pearce, *Chair*, Activities Committee, 856-767-2780

TRUSTEES AT LARGE

Charles Cooke, 856-825-9126

Jack Dalton, 609-296-1805

Peppy Bath, 609-587-4849

Kathleen Pearce, 856-767-2780

Millicent Moore, 856-468-9709

Peggy Marter, 609-877-7847

SPECIAL ADVISORS

OPEN, Publicity

Kathleen Pearce, *OCSJ Historian*, 856-767-2780

The officers and members of the Board of Trustees actively seek and welcome your comments, suggestions or recommendations towards the fulfillment of our aims and objectives. Our progress and success are dependent upon the quality and effectiveness of our leadership. Your participation in activities, committees, or in programs and projects is solicited.

When you have questions, need further clarification, or require additional details, you are welcome to call the pertinent committee chairman.

MEETINGS

Club members are invited to attend the monthly meetings. The Board of Trustees meets each month. See schedule for locations. After the business session, some meetings will feature a program presented by the various activities. Everyone is welcome! Come out and support your representatives.

A Message From The President

You may have noticed a change in the club website (www.ocsj.org). A new format is presented, with page access buttons located across the top of the site. There are some new features and more coming. The new single 'Update Page' is easy to access and contains all the changes from all activity sections. Check it often for new information and before every trip, and for the 'website-only listings'. Initial comments requested a specific Schedule Button for each activity section, and we now have included that function.

We recently offered a member survey, and you can view the charted results from the website home page. One of the themes across the written comments was a request for variety across skill levels and trip times. We take your comments and suggestions seriously and appreciate the responses. The club is a co-created volunteer organization and we need and encourage your involvement, so let us know if you have interest in helping with leadership, board, and organizational functions, as we have openings.

With each new season comes a new set of trips and events. The warm weather brings a focus on boating trips. A great mix of these trips is on the printed schedule as well as last minute additions and changes on the website (www.ocsj.org). Remember that weather and conditions affect the boating (and other) schedules and you should check the Updates webpage often, and before every trip. Biking also has a large schedule of offerings, so keep checking the website listings for trips and changes. They also offer updates and status via their Google group. Hiking/Camping/Backpacking continue all year of course, including the standard trips and after work trips. Evening trips are a little cooler. This is also a good time to think ahead for XC-Ski trips. Check the XC-Skiing section on the website for some great instructional information. Contact the XC-Skiing activity chair or leaders for more information.

Tom Neigel,
OCSJ President
tomncenter-ocsj@yahoo.com
609-206-3389

THE SEVEN PRINCIPLES OF "LEAVE NO TRACE"

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impacts.
6. Respect wildlife.
7. Be considerate of other visitors.

Coming Events

**CHECK THE OCSJ WEBSITE ON YOUR COMPUTER AT (WWW.OCSJ.ORG)
FOR LATEST TRIP INFORMATION.**

**CYCLISTS JOIN THE GOOGLE GROUPS FOR THE LATEST TRIP
INFORMATION. FOR DETAILS GO TO THE BICYCLING HOME PAGE.**

AUGUST 20 – 22 SUMMER CAMPING AT STOKES STATE FOREST IN NORTH JERSEY. Located just off the Appalachian Trail in northwest NJ, Stokes offers a wealth of great hiking opportunities, from Sunrise Mountain to Tillman Ravine and nearby Buttermilk Falls. Swimming is available in Stony Lake. Arrive anytime after 2:00 pm Friday afternoon or Sat morning. Possible Sunday kayak trip on the Delaware. You must call or email by August 17 to reserve a spot. Reserve early. Space is limited to ten people. There will be a small per person campsite fee. Leader Bruce Steidel 609-915-0956 backpacking@ocsj.org

SEPTEMBER 10-12 ASSATEAGUE ISLAND CAMP & BEACH WEEKEND. Camp at the Federal campground on Assateague Island. Enjoy a relaxing weekend on the beach along with some light hiking and optional group dinner in town, Fiddlers Festival or Kite festival are options. Contact leader to confirm trip participation and campground information. Participants will be responsible for their own campsite reservations. Trip will only run with a minimum confirmed group. Leader: Paul Serdiuk, 609-462-3593 evenings only or pis1@cccnj.net.

SEPTEMBER 18 BUS TRIP TO NEW YORK. Meet at 7:30 am the bus departs at 8:00 am sharp. Uptown, Mid-town, Downtown and don't forget the Festival of San Gennaro, Little Italy's best, the 83rd annual feast. We drop you off at South Street Seaport and then pick you up for the return trip home at 7:00 pm sharp. Cost is \$25 each. Once in New York it is a self guided tour. Make checks payable to OCSJ and mail to Dave Hegelein at 603 Bowling Green, Moorestown, NJ 08057. Advance registration is a must. No refunds. Bus departs rain or shine from the Moorestown Mall (details TBD) off Rt. 38 at 8 am. See page 29 for details. Dave and Julie Hegelein, 856-235-8792.

SEPTEMBER IN WESTERN MAINE - BALD MOUNTAIN CAMPS, ON PRISTINE MOOSELOOKMEGUNTIC LAKE. OQUOSSOC, ME.

Proposed Dates: September 5 - 10th & September 12-17th, 2010.

Trip includes:

Accommodations: Stay in Log cabin, heated by wood fireplaces, with porch. Wood, linens included.

Meals: Dine in the lodge dining room for first class breakfasts and dinners, sack lunches for the trail.

Activity Options: Guided kayaking or canoeing pristine lakes and rivers with our host and Registered Maine Guide, Steve Philbick. ; other activities include both guided and unguided hiking, paddling, biking, golf, tennis, photography and wildlife viewing to name a few.

Payments: The total cost is \$1200. A deposit of \$240/person is due by May 1st., after that, as decided by the leader if space is available. Final payment of \$960, which includes Maine tax and all tips, is due to be paid to Bald Mt. Camps by August 1st. Payment is by check to: Bald Mountain Camps, 125 Bald Mt. Road, Oquossoc, ME. 04964-0032 (Tele 207-864-3671). Please include the week you are coming on the check. Cancellations will not be accepted after August 1st. and deposits will be forfeited. There is a \$25 fee for pre-August 1st cancellation. For complete details visit trip website below or contact leader.

http://web.me.com/judynorcross/BMC_Trekker_Info/Trekker_Information.html

Contact: Judy Norcross, 609-288-6737, E-mail: jsnorcross@aol.com

OCTOBER 1-3 OCSJ FALL CAMPOREE – BASS RIVER STATE FOREST - Camping, hiking, kayaking, biking. Sleeping in the pines to the sounds of nature. Come on down! Join in the fun! We have a group campsite for the weekend. Check in Friday after 2:00 p.m. or Saturday a.m. Campfire each night. Saturday you can hike, bike or relax at the lake. Hike and canoe/kayak trips are planned for Saturday. On Sunday, after a leisurely breakfast you must break camp. Then you can spend the afternoon hiking, biking or paddling. Bring your bikes and canoes or kayaks! There will be a small per person campsite fee, Campers must call or email the leader and make a reservation by September 26. Members not camping are welcome to join the daily activities. Check website in September for more details.

Directions: Entrance is on Stage Road. 3.4 miles E. of Rt. 679 (from the W and NW) or 6 miles W of Tuckerton (from the E and N) or 3 miles N of New Gretna (from the S). From all points, follow signs. For GPS users: 762 Stage Road, Tuckerton, NJ 08087. GPS Coordinates DMS 39° 37' 14.30" N 74° 25'28. 83" W

Leader: Scott Eves, 609-805-1463, cscotteves@gmail.com

Co-Leader: Bruce Steidel, 609-915-0956 backpacking@ocsj.org

OCTOBER 8-11 COLUMBUS DAY WEEKEND IN LONDONDERRY VT. Stay in private home (sleeps 10), hike, or sightsee. Last year was peak of fall colors. Cost approx \$90 pp for 3 nights incl. breakfast. Eileen Greve, 609-877-1723 or egreve212@gmail.com

OCTOBER IS PINELANDS MONTH. A month long celebration of the Pinelands with all kinds of activities on-going. Cranberry harvest fairs, festivals, wagon and walking tours, nature walks, and hikes. Pinelands month opening celebration is held at Whitesbog Village. The Pinelands Preservation Alliance (PPA) is in need of volunteers to staff information booths, lead nature walks, lead hikes, or just help out. To get on the VOLUNTEER LIST OR FIND OUT MORE INFORMATION CALL 609-859-8860.

NEWS AND NOTES

CHECK THE OCSJ WEBSITE FOR THE LATEST TRIP INFORMATION INCLUDING ADDITIONS AND CANCELLATIONS.

Carpooling, ride sharing or anything similar is strictly a private arrangement among the participants and not part of the official Club Activity. Participants assume the risks associated with this travel. The choice to participate is yours.

Minors (under 18) should be listed on sign-in sheets and parent or guardian sign for them.

TRAIL MAINTENANCE

Leaders be aware that the Club is now a participating member in the New Jersey Parks VIP (Volunteers In Parks) program. This means that trail maintenance we organize in State Parks is to be run through the VIP Program This requires notifying the park before the activity, and sending a copy of our sign-in sheet to the park. We are not permitted to use power tools of any type. Trail maintenance done on trails not on NJ State Park property must be reviewed by the board for coverage.



BACKPACKING/CAMPING

A Message from the
Backpacking/Camping Activity Chair



All backpacking and camping trips begin with a club sign in and waiver sheet. Everyone must sign for liability reasons. Members are welcome to bring a non-member friend as a guest. Non-members are welcome for an initial trip, but need to join thereafter.

Be sure to check the backpacking and camping sections of the club's web site for updates, new trips and cancellation notices.

The backpacking section needs a couple of new assistant leaders. Please call or send an email if interested. We will train you.

Bruce Steidel, backpacking@ocsj.org



BICYCLING



A Message From the Bicycling Activity Chair

Well, we survived our snowiest winter in recent memory, and spring has been it's usual wet and windy self. That can only mean one thing – SUMMER!! Hopefully by the time you're reading this the rain has dried up, the winds have died down, and the sun (and humidity) has returned. This is prime South Jersey riding weather!

Great things are happening in our area related to cycling. A bicycle/pedestrian path is planned for the Scudders Falls Bridge, the 3 Foot Passing Law went to the NJ State Senate (not sure of the status as of this writing), and cycling fatalities in the SE Pennsylvania were ZERO in 2009. Certainly, the area, as well as the nation, is starting to recognize a bicycle's right to share the road. Of course, the work is not done – there are still many drivers (and voters) who think that bikes don't belong. Do whatever you can to help to continue to promote cycling – write your state and local politicians, join an advocacy group, anything you can do to help the cause.

Closer to home, after many long years, we may have finally suckered, I mean secured, a volunteer to help revitalize the B program by becoming the B Coordinator. Negotiations are underway, so hopefully by the time you get this, I will have already announced the person's name. We are in dire need of all leaders but especially B leaders. Please consider stepping up and leading a ride this summer. If you are unsure about what to do or how to lead, please feel free to contact me. I would be more than willing to help you make the transition.

Ride safely and ENJOY THE SUMMER!

Tony Marchionne

tonymarch@iwon.com 609-828-0268



CANOEING/KAYAKING



A Message from the Canoeing/Kayak Activity Chair

Always check the website for current information. None of these activities would have been possible without the leaders who volunteer their talent and time. I want to thank them. When you are on a trip take the time to thank them and consider becoming a leader.

Frank Pearce

E-mail: Hornet71@verizon.net

856-767-2780.

Guidelines:

- 1-All participants must sign-in
- 2-PFD'S must be worn. (83% of canoeing fatalities were not wearing a PFD)
- 3-Stay between leader and sweep.
- 4-Wear appropriate clothes (Avoid Cotton) dress for water temperatures.
- 5-Have at least one change of clothing in a water- protected bag with you
- 6-Flip flops are not appropriate footwear. (No bare feet - 90 % of paddling injuries)
- 7-Flashlight required for evening trips.
- 8-Whistle is required for Delaware River trips and recommended for all trips.
- 9-A helmet for whitewater may also be a good investment.
- 10-Don't wish to participate in organized shuttle - make your own arrangements.
- 11-You must assess the suitability and condition of your equipment and if a trip is within your abilities.
- 12-Please leave sufficient driving time to safely arrive.
- 13-If you have questions, especially if a trip is right for you, call the leader.
- 14-Check the website – ocsj.org - for the latest information.
- 15-Leaders have final say on trip participation involving safety concerns.
- 16-Leaders - if a trip is cancelled please notify the Chair.
- 17-Leaders -carry a copy of the incident report form (can be obtained from website)
- 18-Leaders -send sign-in sheets and any incident reports to Canoe Chair.
- 20-Leaders -Leaders must submit (mail/fax) sign-in sheets to the Canoeing/Kayaking Chair in a timely manner.

(Guideline - No later than 2 weeks after quarterly schedule ends.)



HIKING

A Message from the Hiking Chair



There are two things to keep mind regarding summer hikes. First it is the buggiest season of the year, so always remember insect repellent. Second, bring plenty of water. See "What to bring on a summer hike" elsewhere in this issue.

Hiking with the club is good exercise and a great way to make new friends. Our fine leaders offer a broad range of hikes in terms of distance, pace, days and times. Hike descriptions include distance, pace and abbreviations such as WF (wet feet possible). Explanations of them and standard hike meeting places are elsewhere in this Trekker. Distances listed in hike descriptions are approximate. They can vary due to conditions, detours and other factors. If you have questions about a hike, feel free to call the leader.

Hikes usually start promptly at the stated time. Please leave sufficient driving time to safely arrive about 15 minutes early. All hikes begin with a club sign in and waiver sheet. Everyone must sign for liability reasons. Members are welcome to bring a non-member friend as a guest. Non-members are welcome for an initial trip, but need to join thereafter.

Be sure to check the hiking section of the club's web site for updates, new trips and cancellation notices, including last minute ones. On rare occasions hikes have to be canceled at the last minute without notice due to freak weather, illness, etc. If the leader is not at the designated meeting place 15 minutes after the starting time, you can assume the hike is canceled.

All our leaders are volunteers. Please thank them for their efforts while hiking with them. And we are always in need of new leaders and assistant leaders. If you are interested, talk to a current leader and/or send an e-mail to hiking@ocsj.org.

Beth Compagnucci has been the hiking coordinator for the last year and a half, coordinating the scheduling of over 400 hikes a year. It is no small task, but one that she did very well. With this issue, she is stepping down. On behalf of the entire club, I wish to say thanks for a job well done.

Bruce Steidel
hiking@ocsj.org

TRAIL MAINTENANCE

OCSJ accounts for over 30,000 annual miles of foot pounding trail traffic on New Jersey trails. In return our club is responsible for maintaining 17 miles of the Batona trail from Batsto to the southern terminus at Bass River State Forest. Help is needed to maintain those 17 miles. Trail maintenance duties include checking trail conditions, removing litter, keeping the trail clear, keeping painted blazes fresh, trimming back overgrowth and reporting large obstacles like fallen trees to the State for removal. We usually have group trail maintenance days but we also need individuals or groups of two who are willing to oversee a section of the trail, typically one to three miles.

At the present we have some sections without overseers. If you are interested in helping maintain a section of the trail, please email me. The club will assist you in getting started.

Bruce Steidel
Hiking@ocsj.org

WHAT TO BRING ON A SUMMER HIKE

Summer is time to remember insect repellent, dress in light clothes and bring plenty of water, especially on longer hikes. While hiking in shorts and short sleeve shirts is nice in the summer, in some high tick population areas like the Pines, it's a better idea to wear light long pants and a light long sheet shirt that can be rolled up at the sleeves.

(continued on page 8)

Be sure to check the weather forecast to help you bring the right apparel. If you get wet, think about extra dry clothes to change into for the drive home.

- Sturdy hiking shoes, ideally waterproof
- Good wool or synthetic socks with a lightweight silk or synthetic inner sock
- Light weight, light colored clothes. Zip-off pant legs are nice.
- Sunglasses and a wide brimmed hat if bright out
- Lip balm (Chapstick, Blistex)
- Rain gear if chance of rain
- Day pack or fanny pack
- Water and/or other fluids (bring extra as weather gets warmer)
- Snacks and possibly lunch. (Hike description will indicate whether to bring lunch.)
- Optional – Hiking poles and something to sit on (plastic bag, small piece of foam or stool).

ACTIVITIES

A Message From the Activities Chair

The Board would like to thank George and Leona Fluck for their 10 years of outstanding service to the Club. George and Leona lead canoe trips and conducted Skills Days, where members could learn the fundamentals of paddling or could improve their skills. George was webmaster of our web-site for the past 5 years which he hosted without payment. They lead cleanup trips and volunteered to man booths at various festivals. Leona is a past member of the Board and for several years the proofreader for the Trekker.

The Board approved a gift at the April meeting as a token of our appreciation.

We wish them all the best as they continue their support of the environment in various ways.

I would like to thank Beth Compagnucci, who has been the hiking coordinator for the last year and a half. Beth is leaving this position. I know the work involved in putting the Trekker together each quarter and Beth has done an outstanding job. For those that love receiving the Trekker, it is your time to step forward to help keep the tradition going.

Finally, I would like to thank all the many people who help make the activities possible. For most members the face of the Club is the person(s) who leads an activity, but there are many others who aren't as visible. There are the Officers, Activity Chairs, Trustees at Large, Special Advisors, and those that volunteer for special events. This is your Club and to keep it going takes everyone's help. So thank those who have volunteered and consider volunteering yourself. We are all the Club.

Frank Pearce
856-767-2780
Horner71@verizon.net

STANDARD MEETING PLACES

If the meeting place is one of the standard meeting places shown below, no directions will appear in the hike listing.

- Atsion** - Meet in field on east side of Rt. 206 just north of Wharton State Forest Office.
- Batsto** - Meet at Batsto village parking, off Rt. 542, between Hammonton and Green Bank.
- Bullock** - Meet on north side of road in Bullock. Turn east from Rt. 72 at railroad bridge 6.5 miles southeast of Rt. 70/72 intersection. Continue 3.3 miles to tee intersection. Turn right, then immediately left, and park.
- Carranza** - Meet at Carranza Memorial parking, 6.7 miles SE of Tabernacle on Carranza Road.
- Cemetery** - Meet at cemetery on Rt. 563, 0.6 miles south of Rt. 532 in Chatsworth.
- Moorestown Mall** – Meet at big flagpole, front of Macy's, off Rt. 38. See May 10 entry.
- D & R Parking** - a mile N of Lambertville on Rt. 29, just before the Rt. 202 Bridge. Turn left and drive to the parking.
- Evans** - Meet just to the north of Evans Bridge (on east side of Rt. 563), 0.7 miles south of the Rt. 563/Rt. 679 split (about 10 miles south of Chatsworth).
- Friendship** - Meet at Friendship ruins on Carranza Road, 10 miles SE of Tabernacle.
- Harrisville** - Meet at Harrisville Pond, on Rt. 679, 1.5 miles south of Rt. 563, between Chatsworth and New Gretna.
- Henry Avenue & Walnut Lane parking area, Philadelphia** – Take Rt. 76 (Schuylkill Expressway) West to Lincoln Drive, exit #340A. Turn right at bottom of ramp, cross short bridge and take Ridge Avenue West exit. Proceed to 2nd traffic light and bear right. Go two more lights and bear left. At the next light, turn right onto Walnut Ln. Go to 2nd light and turn left onto Magdalena and a quick left into parking area. Approximately 9 miles from Ben Franklin Bridge.
- Jackson** - Meet just north of small bridge on Rt. 534 (Jackson Road), 1.7 miles northeast of Atco Raceway.
- Kingston** - Meet at Kingston Lock parking, off Rt. 27. Take I-295N / 95S to Exit 8 (Princeton Pike, Rt. 583) to Rt. 27 in Princeton. Follow Rt. 27, 3.3 miles to Kingston Lock parking on right.
- Lake Absegami** - Meet at Lake Absegami parking, Bass River State Forest. Entrance is on Stage Road, 3.4 miles E of Rt. 679 (from the N & W); or 6 miles W of Tuckerton (from the N & E); or 3 miles N of New Gretna (from the S).
- Byrne office** - Meet at Byrne (Lebanon) forest office. Turn east off Rt. 72, 1 mile southeast of Rt. 70/72 intersection. After 0.4 miles, turn right. Forest office is on the left.
- Pakim Pond** - Meet at Pakim Pond parking, Byrne S.F. Turn off Rt. 72, 1 mile southeast of Rt. 70/72 intersection. After 0.4 miles, turn right. Pakim Pond is 2.7 miles beyond the Forest Office.
- Byrne campsites** - Meet at Byrne (Lebanon) campsite. Turn off Rt. 72, 1 mile southeast of Rt. 70/72 intersection. After 0.4 miles, turn right. Campsite parking is 3.5 miles beyond the Forest Office.
- Oswego** - Meet at Oswego Lake parking, 3.1 miles northeast of Rt. 563 from Jenkins. (Turnoff is 8.4 miles south of Rt. 532 in Chatsworth, between Pine Barrens Canoes and Mick's Canoes).
- Skit** - Meet at the Skit Branch bridge, 5.2 miles SE of Tabernacle on Carranza Road.
- Tyler Park** - Take 1-95 and get off at exit 49, (Newtown/Yardley) and travel toward Newtown. Continue on the Newtown bypass and turn left into the park at the intersection of Swamp Road. Meet the at the Boat House parking lot.
- Wells Mills** - Meet at Wells Mills Park, off Rt. 532 (which is 16 miles southeast of the Rt. 70/72 intersection), 3.6 miles northeast of Rt. 72.
- Whitesbog** - Meet at Whitesbog village parking. Go east on Rt. 70 6.9 miles from Rt. 70/72 intersection. Make a sharp left on Lakehurst Road, go 1.3 miles, turn right for the village.

WALKING PACE DEFINITIONS

WALKING PACE

These are averages only; actual results may vary due to factors such as surfaces (e.g., trails, vs roads), terrain (e.g., bushwhacking vs clear), elevation changes, (e.g., hilly vs flat), and weather.

PACE:	EASY	MODERATE	BRISK	FAST
	less than 2.5 mph	2.5-3.0 mph	3.0 – 3.5 mph	over 3.5 mph
Avg. time per mile	25 or more minutes	20-25 minutes	17-20 minutes	17 or less minutes

HIKE DESCRIPTIONS

- **EASY** - pace defined as slower walking with more frequent rest breaks (e.g. for viewing surroundings, nature calls, equipment adjustments, and allowing walkers to catch up). For the slower walker.
- **MODERATE** - pace defined as as comfortable walking with occasional rest breaks. For the average walker.
- **BRISK** - pace defined as faster walking with occasional rest breaks. For the average, better conditioned walker.
- **FAST** - pace defined as fitness walking with few rest breaks for any reason. For seasoned, in fit condition walkers.

HIKING GUIDE

Hike distances are in miles, and may optionally be followed by hike duration in hours. The following codes are used to show unusual features of a hike:

BW - Bushwhacking	WF - Wet feet possible	NS - No stops
NP - No pets	NC - No children	FS - Few stops
LP - Leashed Pet		

Refer to the page listing Standard Meeting Places for directions to hikes.

BACKPACK TRIP RATING SYSTEM

1. **NOVICE:** 5 or less trips - mild weather, relatively flat terrain.
2. **INTERMEDIATE:** 5 or more trips - mild weather, moderate climbs - up to 8 mile trips.
3. **ADVANCED:** 10 or more trips - three season, except winter. Strenuous climbs over difficult terrain - upgraded equipment.
4. **EXPERT:** Leadership experience or comparable ability - all seasons - good physical condition - completely equipped for all terrain and weather.

PARTICIPATION NOTICE

The Outdoor Club, its officers and leaders, shall not be liable for any injuries, illness, loss or damage to any person or property, as a result of participation in any Club outing. Each participant assumes all risk and liability connected therewith. All persons, MEMBERS ALIKE, are to sign with the leader at each activity.

X/C SKIING and SNOWSHOEING

A Message from the X/C Skiing & Snowshoeing Chair

Kudos to our leaders for putting together another great line up of cross country ski trips. Whether you are a beginner or expert, or if you like to snowshoe, there is something here for you. 2010 was an excellent year for skiing, with tons of snow, and lots of skiers signing up to enjoy our trips. And we are putting together another great schedule for 2011, with a couple new trips. **The schedule below is only a brief description. See the website for more details and prices.**

It may seem odd to be planning for your next adventure on the snow while you are still sweltering with summer's heat, but this is the ideal time to make your move. Select the trips that interest you and call the leaders for more information. Don't wait till the snow falls and be shut out because the trip is full. Eileen Greve, 609-877-1723.
e-mail: skiing@ocsj.org

Watch the website for an announcement of the date for the fall meeting, usually in Oct, to get a chance to meet the leaders and hear more about the trips. An ideal time to sign-up.

- DEC. 29-JAN. 2 CRAFTSBURY, NORTHERN VERMONT.** 5 nights inc. all meals and trail fees. If interested contact leader, ASAP!! Fran Horn, 856-786-0048 or franhorn@aol.com
- DEC. 30 TO JAN. 2 PULASKI, NY north of Syracuse.** 4 nights with breakfast and gala NY's eve dinner. Eileen Greve, 609-877-1723 or egreve212@gmail.com
- JAN. 7 TO 9 PROSPECT MTN, BENNINGTON, VT.** 2 nights Free ski lessons. Dan McAuliffe, 215-630-7478 or DNMLogistics@msn.com
- JAN. 14 TO 17 KEENE VALLEY, NY NEAR LAKE PLACID.** MLK weekend 3 nights Ski or snowshoe. Steve Bailey, 609-737-7138 or sbailey@pds.org
- NEW TRIP JAN. 21 TO 23 MOUNTAIN MEADOWS, CENTRAL VT.** 2 nights, all meals, 3 day ski pass. Dennis & Fran McKane, 609-707-5695 dennisfran1@verizon.net Can link to Stowe trip, below.
- NEW DATES JAN. 23 TO 28 STOWE, VT.** 5 nights (option for 4 or 3) My fav place to ski! Eileen Greve, 609-877-1723 or Egreve212@gmail.com
Can link to Weston trip, below.
- JAN. 28 TO 30 COLONIAL HOUSE INN, WESTON, VT.** -southern VT. 2 nights Revisit an old favorite. Eileen Greve, 609-877-1723 or Egreve212@gmail.com
Can link to Stowe, above
- JAN. 30 TO FEB. 2 BLACKWATER FALLS LODGE, DAVIS, WV.** 3 nights with most meals. Pool & hot tub. Ann & John Palaitis, 856-810-2487 or palaitis@verizon.net
- FEB. 3 TO 6 LONDONDERRY, VT.** 3 nights in private chalet with breakfast & dinner. Eileen Greve, 609-877-1723 or egreve212@gmail.com
- FEB. 4 TO 9 QUEBEC CITY – WINTER CARNIVAL.** Sounds fantastic!! See full description on OCSJ website. Dan McAuliffe, 215-630-7478 or DNMLogistics@msn.com Link to Bretton Woods, below.
- FEB. 9 TO 13 BRETTON WOODS, NH.** One of the top X/C resorts in North America with 100 km trails. Too many amenities to list here. Dan McAuliffe, 215-630-7478 or DNMLogistics@msn.com
- FEB. 18 TO 21 PULASKI, NY NORTH OF SYRACUSE.** 3 nights Presidents Day weekend. Great skiing in Snowbelt. Eileen Greve, 609-877-1723 Egreve212@gmail.com
- MAR. 4 TO 6 LAPLAND LAKES IN THE SOUTHERN ADIRONDACK MTNS., NY.** 2 nights. Dan McAuliffe, 215-630-7478 DNMLogistics@msn.com



JULY



"You always pass failure on your way to success."

RESERVATIONS AND DEADLINES

Act Now! Make your reservations as soon as possible. Spaces usually are limited. Don't miss out by waiting too long.

BUS TRIP TO NEW YORK CITY. See Coming Events September 18 entry.

LAKE EFFECT, SUNDAY EDITION HIKES. Call leader.

LAKE EFFECT AFTER WORK WEDNESDAY HIKES. Call leader.

SOCIAL KAYAK TRIP. See July 11 entry.

SUNSET CRUISE AND COOKOUT ON THE MULLICA RIVER. See July 17.

FOSSIL SHARK TOOTH TRIP TO BIG BROOK. See July 18 entry.

SOCIAL MOONLIGHT KAYAK TRIP. See July 23 entry.

FOSSIL SHARK TOOTH TRIP TO BIG BROOK. See August 1 entry.

MENANTICO CREEK. See August 8 entry.

SUMMER CAMPING AT STOKES STATE FOREST IN NORTH JERSEY. See Coming Events August 20-22 entry for details.

SUNSET KAYAK ON THE BATSTO. See August 25 entry.

ASSATEAGUE ISLAND KAYAK TRIP WEEKEND. See September 10-12 entry.

CANOE/KAYAK THE DELAWARE RIVER. See September 12 entry.

FOSSIL SHARK TOOTH TRIP TO BIG BROOK. See September 26 entry.

OCSJ FALL CAMPOREE. See October 1-3 entry.

COLUMBUS DAY WEEKEND. See October 8-11 entry.

ANNUAL FALL X/C SKI MEETING. See October 16 entry.

SEPTEMBER IN WESTERN MAINE. See coming events.

✓ **NOTE VARIOUS OTHER TRIPS REQUIRE PARTICIPANTS TO CONTACT LEADER.**

CHECK THE OCSJ WEBSITE ON YOUR COMPUTER AT (WWW.OCSJ.ORG) FOR LATEST TRIP INFORMATION.

CYCLISTS JOIN THE GOOGLE GROUPS FOR THE LATEST TRIP INFORMATION.

FOR DETAILS GO TO THE BICYCLING HOME PAGE.

JULY 1

Thursday

6:00 p.m.

Recurring Every

Thursday Night



ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Stop on the way home for a turn around The Cooper River Park. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Boulevard cancels. Contact leader before 8:30 p.m. Leader: Jeff Neill, 856-772-6465 or Geofneil@aol.com. Recurring hike on Thursday nights as listed.

JULY 2

Friday

7:00 p.m.

Recurring Every

Friday Night with

the Bakers



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. The ongoing, every Friday night, all year round, Friday night fitness hike; where we try to work up a sweat exploring the sand roads and trails of Brendan Byrne State Forest. Be prepared to walk at an average of 4 MPH, 15 minutes per mile pace with few breaks. Bring water and wear well broken in boots, shoes, or sneakers (sneakers are adequate in dry conditions). Socks are also important foot gear; synthetics and wool being better at preventing blisters (avoid cotton socks). The first Friday of each month there is a dessert/dinner stop after the hike at a local restaurant. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

JULY 4
Sunday
10:00 a.m.

FOURTH OF JULY ON THE MAURICE RIVER. Meet at Garden Road, south side. We paddle to Union Lake thru the less populated stretch looking for shady spots. Pack lunch and hydration; also bug and sun protection. Be prepared to go for ice cream after. Leader: Vicki S. 856-256-9568 or ravingwriter@netzero.com

JULY 4
Sunday
11:00 a.m. (Call)
Recurring every
Sunday



LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, moderate/brisk pace, some hills, mud, and bushwhacking. Meet at the sports complex parking lot off East Holly Avenue between Hurffville Cross Keys Road, (Rt. 654) and Delsea Drive (Rt. 47). This is adjacent to Washington Lake Park, 626 Hurffville Cross Keys Road, Sewell, NJ (Washington Township). Leader: Rick Galster, H: 856-256-0379, C: 856-449-6636 or retslager55@hotmail.com. Call prior to hike.

JULY 7
Wednesday
4:00 p.m. (Call)
Recurring Every
Wednesday Night

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, moderate/brisk pace, some hills, mud, and bushwhacking. Meet at the sports complex parking lot off East Holly Avenue between Hurffville Cross Keys Road, (Rt. 654) and Delsea Drive (Rt. 47). This is adjacent to Washington Lake Park, 626 Hurffville Cross Keys Road, Sewell, NJ (Washington Township). Leader: Rick Galster, H: 856-256-0379, C: 856-449-6636 or retslager55@hotmail.com. Call prior to hike.

JULY 8
Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Boulevard cancels. See July 1 Listing for details.

JULY 8
Thursday
7:30 p.m.



CLUB MEETING. Board of Trustees. Activity Committees Leaders. New Cherry Hill Library, 1100 Kings Hwy. (Rt. 41) North of Route 70 in Cherry Hill.

JULY 9
Friday
9:30a.m.

WADING RIVER PADDLE. Spend a few hours on a beautiful, twisty and partially shaded river. Meet at Mick's Pine Barrens Canoes, Rt. 563, Chatsworth. Call 1-800-732-0793 to reserve a boat. Rain cancels. Bring lunch and water. Proper foot wear required – no flip-flops. Reservations with leader are appreciated but not required. If you discover at the last minute that you can join us, come on down! Well behaved dogs are welcome on this trip. Call or e-mail Becky S. if you have questions. E-mail quasar@snip.net or 856-218-7725.

JULY 9
Friday
7:00 p.m.



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See July 2 listing for full hike description. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

JULY 10
Saturday
9:00 a.m.

CANOE/KAYAK THE N. BRANCH RANOCAS CREEK. Join me for a 10-mile trip on my favorite Pinelands waterway and look for turtles sunning themselves along the way. We'll paddle from the trailhead behind Burlington County Community College to Smithville. Meet at the Canoe Trail launch ramp on W. Rancocas Road, off Rt. 530 in Pemberton. Leader is an "early riser", so contact him between 4 am and 7 pm if you have any questions. Participants *MUST* be ready to shuttle at 9 am so

arrive early to unload your boat and gear. Rentals are not available. Leader: Dave Lynch cell 609-784-4066 or e-mail dlynch50@verizon.net

JULY 10
Saturday
10:00 a.m.
SHARP

CARRANZA PRE-MEMORIAL CEREMONY HIKE. 5 miles, moderate pace. Meandering walk by the Batona campground and High Crossing. We will be back in time to optionally join the Ceremony honoring Emilio Carranza an aviation pioneer who crashed in the pines returning from a good will flight between Mexico City and New York City in 1928. Meet at Carranza at the end of the paved road, beyond the memorial. Hike will start promptly so we do not interfere with the ceremony. Leader: David Bicking, 609-332-2109, dbickin@yahoo.com.

JULY 11
Sunday
9:00 a.m.

✔ **SOCIAL KAYAK TRIP.** We will do the majestic and wild Egg Harbor River. This is a pristine river that is always a pleasure to paddle. We will have a pizza party after trip as well as a volley ball game. Call leader to confirm participation and trip information. Meet at Palace Restaurant, Rt. 322, Weymouth, Atl. Co., Leader: Paul Serdiuk, 609-462-3593 evenings only or pis1@cccnj.net

JULY 11
Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See July 4 listing for full details.

JULY 11
Sunday
2:00 p.m.

LATE AFTERNOON LOTUS BLOSSOM HUNT ON THE EGG HARBOR RIVER PADDLE. Meet at Weymouth Furnace Park. Paddle to the Lake to Lolly-gag. No time clock punchers, please. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

JULY 14
Wednesday
4:00 p.m. (Call)



LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See July 7 listings for details.

JULY 15
Thursday
9:00 a.m.

CANOE / KAYAK TOMS RIVER. Follow the route of the Annual Toms River Canoe Race without the competition. Ten miles of changing scenery and river conditions from park and forest to open bay and river. Contact leaders to confirm participation. We will meet at Friendly's on Rt. 37, just past mile post 4, on the East bound side. Come early and join us for breakfast. Bring six quarters for the parking meter at the take out. Joe Logan, 609-634-1542, or mayandpops@aol.com

JULY 15
Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Blvd cancels. See July 1 Listing for details.

JULY 16
Friday
7:00 p.m.



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See JULY 2 listing for full hike description. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

JULY 17
Saturday
8:30 a.m.

SKIT BRANCH HIKE. 6-7 miles, moderate pace. Early morning hike. We'll pick blueberries on the way. We need to cross the Batsto River, may get wet feet depending on water level.

Bring water, snack, repellent, and container for berries. Meet at Skit Bridge on Carranza Road. Leader: Christine Denneler, 856-461-5379.

JULY 17
Saturday
4:00 p.m.

SUNSET CRUISE AND COOKOUT ON THE MULLICA RIVER. Bring your favorite cook out/picnic food. Grills will be fired up and ready at Crowley's Landing for the dinner stop. PFD must be worn. *YOU MUST BRING FLASHLIGHT AND REMAIN WITH GROUP.* Meet at Pleasant Mills (Mullica River put-in off of Rte. 542, before Batsto Village.) Leaders: Kathy and Frank Pearce, 856-767-2780 hornet71@verizon.net

JULY 18
Sunday
8.00 a.m.

FOSSIL SHARK TOOTH TRIP to Big Brook or where ever we want to go. If you have knowledge of fossil sites along the Crosswicks Creek or other places let me know. Spend a day sifting for Shark Teeth and other fossils from the Cretaceous Period. Trip size is limited to 3 to 5 people and 1 to 2 cars due to limited parking. Shuttle time from Vineland area is at least 2 hours one way. We can meet and carpool up Rt. 206 along the way. You need to contact me to reserve a spot. I have sifters for everyone. Also I know several websites to explore so you know what to look for. Don't wait till the last minute to sign up. John Kee, 856-691-3047. Taxman56@aol.com. Please put OCSJ in all email headers.

JULY 18
Sunday
9:30 a.m.

GREAT EGG HARBOR RIVER PADDLE. Penny Pot to Lake Lenape. We stop to enjoy the water, stop for lunch and stop along the way again. Bring water to drink, sun screen/ hat as the lake offers no shelter. You'll need it –this is the "big one" 16 mile trip. Meet at Harley Dawn Diner. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

JULY 18
Sunday
10:00 a.m.



BELLEPLAIN STATE FOREST HIKE. 8-9 miles, WELCOME NEW HIKERS! This is a great hike at a moderate pace with a rich variety of habitats: Atlantic white cedar and mixed hardwood swamps, oak-hickory forest, old fields, and freshwater lakes, with a possible view of Bald Eagles. Meet at Belleplain Main Office. Just south of Route 550, near Woodbine (DMS 39 14 36.85 N 74 50 58.29" W) (www.nj.gov/dep/parksandforests/parks/belle.html). NC/NP. Bring lunch and water. Bad weather cancels, call day of hike or check website (www.ocsj.org) to confirm. Leader: Scott Eves, 609-805-1463, Please e-mail me for directions at: cscotteves@gmail.com.

JULY 18
Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See July 4 listing for full details.

JULY 21
Wednesday
10:30 a.m.



KAYAK TRIP TO BEACH. Kayak back bay from 34th Street, Ocean City to Corson's Inlet State Park- hike around or over point to swim in surf. Kayak round trip about 2 hrs. Meet 10:30 directions: Exit 25 GSP (Roosevelt Ave.) to Ocean City. Take first right on bridge after crossing into Ocean City. meet by dock under bridge. Bad weather or threat of storm cancels. Leader: Suzanne Towe, sgtp414@verizon.net 609-390-1361

JULY 21
Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See July 7 listings for details.

JULY 22
Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Boulevard cancels. See July 1 Listing for details.

JULY 23
Friday
5:00 p.m.

SOCIAL MOONLIGHT KAYAK TRIP. Paddle the Mullica River under a full moon with a bbq after the paddle. Some paddling experience required. Open to all members. Limited space, contact leader to reserve space. Please bring picnic type food to share after paddle. Meet at Bel-Haven Paddle Sport on Rt. 543, 12 miles east of Hammonton, Atl. Co. Bring flashlight and whistle. PFD's must be worn. Leader: Paul Serdiuk, 609-462-3593 evenings only or pis1@cccnj.net

JULY 23
Friday
7:00 p.m.



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See July 2 listing for full hike description. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

JULY 24
Saturday
7:30 p.m.

SOCIAL MOONLIGHT HIKE. 6 miles moderate pace. Hike dirt roads lit by moonlight in the Pines. Bring swimwear, chair, or blanket. Bring snack type food to share at tailgate social after hike and swimwear. NP/NC. Meet at Lake Oswego parking lot, on Lake Oswego Road, off Rt. 563 8 miles south of Chadsworth, Burl. Co. Inclement weather cancels. Contact Leader for additional info. Leader: Paul Serdiuk, 609-462-3593 evenings or pis1@cccnj.net.

JULY 25
Sunday
9.30 a.m.

MENANTICO CREEK - BROAD ST TO PONDS TRIP OR RT. 47 BRIDGE IS for intermediate paddler's. If you like a paddle with lots of technical turns this it. You MUST be able to handle your boat and be able to get it over obstructions. There will be trees and shallow areas. Call leader for meeting place. John Kee 856-691-3047 Taxman56@aol.com Please put OCSJ in all email headers.

JULY 25
Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See July 4 listing for full details.

JULY 28
Wednesday
10:00 a.m.

WATERSLIDE AT WILDWOOD, N.J. Take a day off at the Jersey Shore. Come have some fun on the water slides. Bad weather cancels. Bring or buy lunch. Seniors have been free prior years. Meet at 25th Street and the Boardwalk in North Wildwood at the entrance for Morey's Pier. Dave and Julie Hegelein, 856-235-8792 or our cell the night before or that day, 609-332-9262.

JULY 28
Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See July 7 listings for details.

JULY 29
Thursday
6:00 p.m.



ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Boulevard cancels. See July 1 Listing for details.

JULY 30
Friday
7:00 p.m.



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See July 2 listing for full hike description. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com alison@mikebaker.com

JULY 31
Saturday.
9:00 a.m.

CANOE / KAYAK TOMS RIVER. Follow the route of the Annual Toms River Canoe Race without the competition. Ten miles of changing scenery and river conditions from park and forest to open bay and river. Contact leaders to confirm participation. We will meet at Friendly's on Rt. 37, just past mile post 4, on the East bound side. Come early and join us for breakfast. **Bring six quarters for the parking meter at the take out.** Joe Logan, 609-634-1542, or mayandpops@aol.com



AUGUST



"When in doubt, just take the next small step."

RESERVATIONS AND DEADLINES

Act Now! Make your reservations as soon as possible. Spaces usually are limited. Don't miss out by waiting too long.

BUS TRIP TO NEW YORK CITY. See Coming Events September 18 entry.

LAKE EFFECT, SUNDAY EDITION HIKES. Call leader.

LAKE EFFECT AFTER WORK WEDNESDAY HIKES. Call leader.

FOSSIL SHARK TOOTH TRIP TO BIG BROOK. See August 1 entry.

MENANTICO CREEK. See August 8 entry.

SUMMER CAMPING AT STOKES STATE FOREST IN NORTH JERSEY. See Coming Events August 20-22.entry for details.

SUNSET KAYAK ON THE BATSTO. See August 25 entry.

ASSATEAGUE ISLAND KAYAK TRIP WEEKEND. See September 10-12 entry.

CANOE/KAYAK THE DELAWARE RIVER. See September 12 entry.

FOSSIL SHARK TOOTH TRIP TO BIG BROOK. See September 26 entry.

OCSJ FALL CAMPOREE. See October 1-3 ENTRY.

COLUMBUS DAY WEEKEND. See October 8-11 entry.

ANNUAL FALL X/C SKI MEETING. See October 16 entry.

SEPTEMBER IN WESTERN MAINE. See coming events.

✓ **NOTE VARIOUS OTHER TRIPS REQUIRE PARTICIPANTS TO CONTACT LEADER.**

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CYCLISTS JOIN THE GOOGLE GROUPS FOR THE LATEST TRIP INFORMATION.

FOR DETAILS GO TO THE BICYCLING HOME PAGE.

AUGUST 1
Sunday
8.00 a.m.

✓ **FOSSIL SHARK TOOTH TRIP.** To Big Brook or where ever we want to go. If you have knowledge of fossil sites along the Crosswicks Creek or other places let me know. Spend a day sifting for Shark Teeth and other fossils from the Cretaceous Period. Trip size is limited to 3 to 5 people and 1 to 2 cars due to limited parking. Shuttle time from Vineland Area is at least 2 hours one way. We can meet and carpool up Rt. 206 along the way. You need to contact me to reserve a spot. I have sifters for everyone. Also I know several websites to explore so you

know what to look for. Don't wait till the last minute to sign up. John Kee 856-691-3047 Taxman56@aol.com. Please put OCSJ is all email headers

AUGUST 1
Sunday
10:00 a.m.



PADDLE THE MAURICE RIVER. We will start at Willow Grove Lake and go to Sherman Avenue (long trip). Meet at the Malaga five points Wawa Delsea Drive and Rt. 40. Call or E-mail to confirm. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

AUGUST 1
Sunday
11:00 a.m. (Call)
Recurring every Sunday



LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, moderate/brisk pace, some hills, mud, and bushwhacking. Meet at the sports complex parking lot off East Holly Avenue, between Hurffville Cross Keys Road, (Rt. 654) and Delsea Drive (Rt. 47). This is adjacent to Washington Lake Park, 626 Hurffville Cross Keys Road, Sewell, NJ (Washington Township). Leader: Rick Galster, H: 856-256-0379, C: 856-449-6636 or retslager55@hotmail.com. Call prior to hike.

AUGUST 4
Wednesday
4:00 p.m. (Call)
Recurring Every Wednesday

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, moderate/brisk pace, some hills, mud, and bushwhacking. Meet at the sports complex parking lot off East Holly Avenue, between Hurffville Cross Keys Road, (Rt. 654) and Delsea Drive (Rt. 47). This is adjacent to Washington Lake Park, 626 Hurffville Cross Keys Road, Sewell, NJ (Washington Township). Leader: Rick Galster, H: 856-256-0379, C: 856-449-6636 or retslager55@hotmail.com. Call prior to hike.

AUGUST 5
Thursday
6:00 p.m.
Recurring Every Thursday Night

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Stop on the way home for a turn around The Cooper River Park. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Boulevard cancels. Contact leader before 8:30 p.m. Leader: Jeff Neill, 856-772-6465 or e-mail: Geofneil@aol.com.

AUGUST 6
Friday
7:00 p.m.
Recurring Every Friday Night with the Bakers



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. The ongoing, every Friday night, all year round, Friday night fitness hike; where we try to work up a sweat exploring the sand roads and trails of Brendan Byrne State Forest. Be prepared to walk at an average of 4 MPH, 15 minutes per mile pace with few breaks. Bring water and wear well broken in boots, shoes, or sneakers (sneakers are adequate in dry conditions). Socks are also important foot gear; synthetics and wool being better at preventing blisters (avoid cotton socks). The first Friday of each month there is a dessert/dinner stop after the hike at a local restaurant. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

AUGUST 7
Saturday
8:00 a.m.

TYLER STATE PARK, PA. Approximately 10-12 miles, brisk pace. Hike on paved roads. Meet at the Fisherman's parking lot. Rt. 332 to Newtown-Richboro Road. The parking lot is across the street from the Spring Garden Mill Playhouse. Bring snack and water. Leader: Beth Compagnucci, bcompagnucci@comcast.net or 973-879-0055.

AUGUST 8
Sunday
9:30 a.m.



PADDLE HAINES CREEK (MEDFORD CANOE TRAIL). Shaded and no shuttle! Take a break from the heat! We'll

paddle up to Medford Park, eat lunch, and return with current. It offers superb scenery with lush vegetation and tranquil waters. Meet at Kirby's Mill on Church Road. Easy float trip, but no rentals. Check out the trails website: <http://medfordcanoetrail.wordpress.com/> Call Leader Harry Barok between 6 and 10 PM. 856-985-6172 or e-mail, Harrykaraoke7@aol.com but not at last minute.

AUGUST 8
Sunday
9:30 a.m.



MENANTICO CREEK - BROAD ST TO PONDS TRIP OR RT. 47 BRIDGE IS for intermediate paddler's. If you like a paddle with lots of technical turns this it. You **MUST** be able to handle your boat and be able to get it over obstructions. There will be trees and shallow areas. Call leader for meeting place. John Kee, 856-691-3047 Taxman56@aol.com put OCSJ is all email headers

AUGUST 8
Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See August 1 listing for full details.

AUGUST 9
Monday
10:00 a.m.

PAKIM POND. 6 miles, moderate pace. Hike the Batona Trail to Pakim Pond return by the Cranberry Trail. Meet at Brendan Byrne Ranger Station. Leaders: Rose Barranger, 856-589-6807, rhosa129@yahoo.com & Janet Horton, 856-461-5771, Cell # 609-706-5691, janeth1@comcast.net.

AUGUST 11
Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See August 4 listings for details.

AUGUST 12
Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Boulevard cancels. See August 5 Listing for details.

AUGUST 12
Thursday
7:30 p.m.



CLUB MEETING. Board of Trustees. Activity Committees Leaders. New Cherry Hill Library, 1100 Kings Hwy. (Rt. 41) North of Route 70 in Cherry Hill.

AUGUST 13
Friday
7:00 p.m.



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See August 6 listing for full hike description. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

AUGUST 13
Friday
7:30 p.m.

METEOR SHOWER & ANNIVERSARY HIKE. 6 miles moderate pace. We will do a short hike on sandy roads and return to watch the Perseid Meteor shower, a solar system spectacular. Bring snack type food to share at our tailgate social after the hike, a chair or blanket to sit on. NP/NC. Meet in open field next to Atsion Office on Rt. 206 10 miles south of Red Lion Circle, Rt. 70 & 206. and 6 miles north of Hammonton. Leader: Paul Serdiuk evenings only-609-462-3593 or pis1@ccnj.net

AUGUST 14
Saturday
8:30 a.m.

ATSION BOGS HIKE. 6-7 miles, moderate pace. Early morning hike around some scenic bogs. Bring water, snack, and repellent. Meet at Atsion Ranger station. Leader: Christine Denneker, 856-461-5379.

AUGUST 14

Saturday
9:00 a.m.



CANOE/KAYAK THE N. BRANCH RANCOCAS CREEK. Join me for a 10-mile trip on my favorite Pinelands waterway and look for turtles sunning themselves along the way. We'll paddle from the trailhead behind Burlington County Community College to Smithville. Meet at the Canoe Trail launch ramp on W. Rancocas Road, off Rt. 530 in Pemberton. Leader is an "early riser", so contact him between 4 am and 7 pm if you have any questions. Participants **MUST** be ready to shuttle at 9 am so arrive early to unload your boat and gear. Rentals are not available. Leader: Dave Lynch Cell, 609-784-4066 or e-mail dlynch50@verizon.net

AUGUST 14

Saturday
10:00 a.m.

ATLANTIC CITY. 9-10 miles, easy to moderate pace. Hike, swim, gamble, dine or just spend the day at the shore. Bring or buy lunch at The Irish Pub. Bad weather cancels. Meet on the Boardwalk in front of Caesar's Casino. Dave and Julie Hegelein, 856-235-8792 or our cell the night before or the day of hike, 609-662-9262.

AUGUST 15

Sunday
9:30 a.m.



MULLICA RIVER SUMMER SERENADE PADDLE. Meet at Atsion Rangers Station. Paddle from Rt. 206 thru "Lillypad City" ending at Pleasant Mills takeout.. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

AUGUST 15

Sunday
10:00 a.m.

BELLEPLAIN STATE FOREST HIKE. 8-9 miles, WELCOME NEW HIKERS! This is a great hike at a moderate pace with a rich variety of habitats: Atlantic White Cedar and mixed hardwood swamps, oak-hickory forest, old fields, and freshwater lakes, with a possible view of Bald Eagles. Meet at Belleplain Main Office. Just south of Route 550, near Woodbine (DMS 39 14 36.85 N 74 50 58.29" W) (www.nj.gov/dep/parksandforests/parks/belle.html). NC/NP. Bring lunch and water. Bad weather cancels, call day of hike or check website (www.ocsj.org) to confirm. Leader: Scott Eves, 609-805-1463, Please e-mail me for directions at: cscotteves@gmail.com.

AUGUST 15

Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See August 1 listing for full details.

AUGUST 18

Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See August 4 listings for details.

AUGUST 19

Thursday
9:00 a.m.

CANOE / KAYAK TOMS RIVER. Follow the route of the Annual Toms River Canoe Race without the competition. Ten miles of changing scenery and river conditions from park and forest to open bay and river. Contact leaders to confirm participation. We will meet at Friendly's on Rt. 37, just past mile post 4, on the East bound side. Come early and join us for breakfast. **Bring six quarters for the parking meter at the take out.** Joe Logan, 609-634-1542, or mayandpops@aol.com

AUGUST 19

Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Blvd cancels. See August 5 Listing for details.

AUGUST 20Friday
9:30 a.m.

WADING RIVER PADDLE. Spend a few hours on a beautiful, twisty and partially shaded river. Meet at Mick's Pine Barrens Canoes, Rt. 563, Chatsworth. Call 1-800-732-0793 to reserve a boat. Rain cancels. Bring lunch and water. Proper footwear required – no flip-flops. Reservations with leader are appreciated but not required. If you discover at the last minute that you can join us, come on down! Well behaved dogs are welcome on this trip. Call or e-mail Becky S. if you have questions. quasar@snip.net or 856-218-7725.

AUGUST 20Friday
7:00 p.m.

FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See August 6 listing for full hike description. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com alison@mikebaker.com.

AUGUST 20-22

Fri. – Sun.



SUMMER CAMPING AT STOKES STATE FOREST IN NORTH JERSEY. Located just off the Appalachian Trail in northwest NJ, Stokes offers a wealth of great hiking opportunities, from Sunrise Mountain to Tillman Ravine and nearby Buttermilk Falls. Swimming is available in Stony Lake. Arrive anytime after 2:00 pm Friday afternoon or Saturday morning. Possible Sunday kayak trip on the Delaware. You must call or email by August 17 to reserve a spot. Reserve early. Space is limited to ten people. There will be a small per person campsite fee. Leader Bruce Steidel, 609-915-0956 backpacking@ocsj.org

AUGUST 21Saturday
10:00 a.m.

FRIENDSHIP AND BULL'S BRANCH. 5 miles, moderate pace. Walk along the old bogs on the Bull's Branch of the Tulpehocken Creek. See the blueberry monument and the Friendship Bogs reservoir. Meet at Friendship. Leader: David Bicking, 609-332-2109, dbickin@yahoo.com

AUGUST 21Saturday
7:30 p.m.

SOCIAL MOONLIGHT HIKE. 6 miles moderate pace. Hike dirt roads lit by moonlight in the Pines. Bring swimwear, chair, or blanket. Bring snack type food to share at tailgate social after hike and swims wear. NP/NC. Meet at Lake Oswego parking lot, on Lake Oswego Road, off Rt. 563 8 miles south of Chadsworth, Burl. Co. Inclement weather cancels. Contact Leader for additional info. Leader: Paul Serdiuk, 609-462-3593 evenings or pis1@cccnj.net

AUGUST 22Sunday
10:00 a.m.

GREAT EGG HARBOR RIVER PADDLE. Weymouth Park to Lake Lenape. We stop to enjoy the water, stop for lunch and stop along the way again. Bring water to drink, sun screen/ hat as the lake offers no shelter. Meet at Weymouth Park. Call or E-mail to confirm. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

AUGUST 22Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See August 1 listing for full details.

AUGUST 25Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See August 4 listings for details.

AUGUST 25

Wednesday
4:00 p.m.



SUNSET-FULL MOON KAYAK ON THE BATSTO. Meet along the fence at Batssto Village Rt. 542 with lunch, beverage and a flashlight. SORRY-NO RENTALS. Trip requires dirt road shuttle before and after trip. Leader, Pat Burton, 856-767-8064 camperpat@hotmail.com

AUGUST 26

Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Blvd cancels. See August 5 Listing for details.

AUGUST 27

Friday
7:00 p.m.

FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See August 6 listing for full hike d escription. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

AUGUST 29

Sunday
9:00 a.m.



CANOE / KAYAK TOMS RIVER. Follow the route of the Annual Toms River Canoe Race without the competition. Ten miles of changing scenery and river conditions from park and forest to open bay and river. Contact leaders to confirm participation. We will meet at Friendly's on Rt. 37, just past mile post 4, on the East bound side. Come early and join us for breakfast. Bring six quarters for the parking meter at the take out. Joe Logan, 609-634-1542, or mayandpops@aol.com

AUGUST 29

Sunday
10:00 a.m.

PADDLE THE MAURICE RIVER. We will start at Willow Grove Lake and go to Sherman Ave. (long trip). Meet at the Malaga five points Wawa Delsea Drive and Rt. 40. Call or e-mail to confirm. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

AUGUST 29

Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See August 1 listing for full details.

Volunteer Opportunities

The Club offers all members an opportunity to be a part of, or to create their own outdoor experience or activity. All activities are led by volunteer members. NO volunteers, NO activities. It's that simple!

You can make a difference. Your volunteer involvement in Club activities is unique and special contributions that play a valuable role in *YOUR* Club.

PLAN AND LEAD AN ACTIVITY.

PLAN AND LEAD A "LITTER" CLEAN-UP DAY.

WRITE YOUR LEGISLATORS. A SIMPLE NOTE IN SUPPORT OF TRAILS, BIKE PATHS AND GREENWAYS IS ALL IT TAKES.

CHAIR A COMMITTEE. (See Christmas Party, Officer Nominations, etc.)

PLAN AND LEAD A TOUR TRIP.

Talk to your Activity Committee Chair about what you can volunteer to do to improve *YOUR* Club.



SEPTEMBER



*"If you don't know where you are going,
any road will get you there!"*

RESERVATIONS AND DEADLINES

Act Now! Make your reservations as soon as possible. Spaces usually are limited. Don't miss out by waiting too long.

BUS TRIP TO NEW YORK CITY. See Coming Events September 18 entry.

LAKE EFFECT, SUNDAY EDITION HIKES. Call leader.

LAKE EFFECT AFTER WORK WEDNESDAY HIKES. Call leader.

ASSATEAGUE ISLAND KAYAK TRIP WEEKEND. See September 10-12 entry.

CANOE/KAYAK THE DELAWARE RIVER. See September 12 entry.

FOSSIL SHARK TOOTH TRIP TO BIG BROOK. See September 26 entry.

OCSJ FALL CAMPOREE. See October 1-3 entry.

COLUMBUS DAY WEEKEND. See October 8-11 entry.

ANNUAL FALL X/C SKI MEETING. See October 16 entry.

SEPTEMBER IN WESTERN MAINE. See coming events.

**✓ NOTE VARIOUS OTHER TRIPS REQUIRE PARTICIPANTS
TO CONTACT LEADER.**

**CHECK THE OCSJ WEBSITE ON YOUR COMPUTER AT (WWW.OCSJ.ORG)
FOR LATEST TRIP INFORMATION.
CYCLISTS JOIN THE GOOGLE GROUPS FOR THE LATEST
TRIP INFORMATION.
FOR DETAILS GO TO THE BICYCLING HOME PAGE.**

SEPTEMBER 1

Wednesday

4:00 p.m. (Call)

Recurring Every

Wednesday

LAKE EFFECT AFTER WORK HIKE. 3.5 miles. Moderate-brisk pace, some hills, mud, and bushwhacking. Meet at the sports complex parking lot off East Holly Avenue, between Hurffville Cross Keys Road, (Rt. 654) and Delsea Drive (Rt. 47). This is adjacent to Washington Lake Park, 626 Hurffville Cross Keys Road, Sewell, NJ (Washington Township). Leader: Rick Galster, H: 856-256-0379, C: 856-449-6636 or retslager55@hotmail.com. Call prior to hike.

SEPTEMBER 2

Thursday

6:00 p.m.

Recurring Every

Thursday Night

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Stop on the way home for a turn around The Cooper River Park. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Blvd cancels. Contact leader before 8:30 p.m. Leader: Jeff Neill, 856-772-6465 or e-mail: Geofneil@aol.com.

SEPTEMBER 3

Friday

7:00 p.m.

Recurring Every

**Friday Night with
the Bakers**



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. The ongoing, every Friday night, all year round, Friday night fitness hike; where we try to work up a sweat exploring the sand roads and trails of Brendan Byrne State Forest. Be prepared to walk at an average of 4 MPH, 15 minutes per mile pace with few breaks. Bring water and wear well broken in boots, shoes, or sneakers (sneakers are adequate in dry conditions). Socks are also important footgear, synthetics and wool, being better at preventing blisters (avoid cotton socks). The first Friday of each month there is a dessert/dinner stop after the hike at a local restaurant. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

SEPTEMBER 5

Sunday
10:00 a.m.



MULLICA RIVER PADDLE. Meet at Atsion Rangers Station. Paddle from Rt. 206 thru "Lilly pad City" ending at Pleasant Mills takeout. Leader: Vicki S. 856-256-9568 or ravingwriter@netzero.com

SEPTEMBER 5

Sunday
11:00 a.m. (Call)

**Recurring every
Sunday**

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, moderate/brisk pace, some hills, mud, and bushwhacking. Meet at the sports complex parking lot off East Holly Avenue, between Hurffville Cross Keys Road, (Rt. 654) and Delsea Drive (Rt. 47). This is adjacent to Washington Lake Park, 626 Hurffville Cross Keys Road, Sewell, NJ (Washington Township). Leader: Rick Galster, H: 856-256-0379, C: 856-449-6636 or retslager55@hotmail.com. Call prior to hike.

SEPTEMBER 8

Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See September 1 listings for details.

SEPTEMBER 9

Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Boulevard cancels. See September 2 Listing for details.

SEPTEMBER 9

Thursday
7:30 p.m.



CLUB MEETING. Board of Trustees. Activity Committees Leaders. New Cherry Hill Library, 1100 Kings Hwy. (Rt. 41) North of Route 70 in Cherry Hill.

SEPTEMBER 10

Friday
7:00 p.m.

FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See September 3 listing for full hike description. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

SEPTEMBER 10-12

Fri.-Sun.



ASSATEAGUE ISLAND CAMP & BEACH WEEKEND. Camp at the Federal campground on Assateague Island. Enjoy a relaxing weekend on the beach along with some light hiking and optional group dinner in town, Fiddlers Festival or Kite festival are options. Contact leader to confirm trip participation and campground information. Participants will be responsible for their own campsite reservations. Trip will only run with a minimum confirmed group. Leader: Paul Serdiuk, 609-462-3593 evenings only or pis1@cccnj.net.

SEPTEMBER 11

Saturday
10:00 a.m.

BELLEPLAIN STATE FOREST HIKE. 8-9 miles. WELCOME NEW HIKERS! This is a great hike at a moderate pace with a rich variety of habitats: Atlantic White Cedar and mixed hardwood swamps, oak-hickory forest, old fields, and freshwater lakes, with a possible view of Bald Eagles. Meet at Belleplain Main Office. Just south of Route 550, near Woodbine (DMS 39 14 36.85 N 74 50 58.29" W) (www.nj.gov/dep/parksandforests/parks/belle.html). NC/NP. Bring lunch and water. Bad weather cancels, call day of hike or check website (www.ocsj.org) to confirm. Leader: Scott Eves, 609-805-1463, Please e-mail me for directions at: cscotteves@gmail.com.

SEPTEMBER 12

Sunday
9:30 a.m.



CANOE/KAYAK THE DELAWARE RIVER. We'll paddle from Kingwood, NJ access on Rt. 29 near Frenchtown to Bull Island This is a trip of about 8 mile. Meet at Kingwood access. We'll

enjoy some riffles and Class I rapids along the way including passing thru the Lumberville wing dam. Experienced paddlers only. No rentals available. Call Leader Harry Barok between 6 and 10 PM. 856-985-6172 or E-Mail, Harrykaraoke7@aol.com-but not at last minute.

SEPTEMBER 12

Sunday
10:00 a.m.

SOME PEOPLE CALL ME MAURICE RIVER PADDLE. Meet at Garden Road, south side, we paddle to Union Lake. Pack lunch and hydration; also bug and sun protection. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

SEPTEMBER 12

Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See September 5 listing for full details.

SEPTEMBER 15

Wednesday
10:00 a.m.

KINGSTON LOCK TO GRIGGSTOWN HIKE. 9-10 miles, moderate pace. Hike from Kingston Lock to Rocky Hill to Griggstown causeway and back. Lunch at Griggstown picnic area. Meet at Kingston Lock. LP. Bad weather cancels. Leaders: Bill Poulson, 856-983-7609. Heinz Knaupp, 609-801-1168.

SEPTEMBER 15

Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See September 1 listings for details.

SEPTEMBER 16

Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Blvd cancels. See September 2 Listing for details.

SEPTEMBER 17

Friday
7:00 p.m.



FRIDAY NITE FITNESS HIKE. 8-10 miles, fast pace. See September 3 listing for full hike description. Meet at Brendan Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

SEPTEMBER 18

Saturday
7:30 a.m.



BUS TRIP TO NEW YORK. Meet at 7:30am the bus departs at 8:00 am sharp. Uptown, mid-town, downtown and don't forget the festival of San Gennaro, Little Italy's best, the 83rd annual feast. We drop you off at South Street Seaport and then pick you up for the return trip home at 7:00 pm sharp. Cost is \$25 each. Once in New York it is a self guided tour. Make checks payable to OCSJ and mail to Dave Hegelein at 603 Bowling Green, Moorestown, NJ 08057. Advance registration is a must. No refunds. Bus departs rain or shine from the Moorestown Mall (details TBD) off Rt. 38 at 8am. Dave and Julie Hegelein, 856-235-8792.

SEPTEMBER 18

Saturday
9:00 a.m.



CANOE/KAYAK THE N. BRANCH RANCOCAS CREEK. Join me for a 10-mile trip on my favorite Pinelands waterway and look for turtles sunning themselves along the way. We'll paddle from the trailhead behind Burlington County Community College to Smithville. Meet at the Canoe Trail launch ramp on W. Rancocas Road, off Rt. 530 in Pemberton. Leader is an "early riser", so contact him between 4 am and 7 pm if you have any questions. Participants MUST be ready to shuttle at 9 am so arrive early to unload your boat and gear. Rentals are not

available. Leader: Dave Lynch Cell 609-784-4066 or e-mail dlynch50@verizon.net

SEPTEMBER 18

Saturday
10:00 a.m.

MOORESTOWN LIBRARY TO STRAWBRIDGE LAKE HIKE.

5 miles, easy to moderate pace. We start at the Moorestown Library and head to Strawbridge Lake and Waterwork woods. Leader: David Bicking, 609-332-2109,dbickin@yahoo.com

SEPTEMBER 18-19

Sat.-Sun.

APPALACHIAN TRAIL BACKPACK in PA. 13 miles, intermediate. From Lehigh Gap to Smith Gap. See good views of the Aquashicola Creek Valley & southern farmlands from overlooks, as we run the ridgeline south. We'll be staying at a campsite on the way, as there is no shelter on this section of the trail. Max 8 people. Leader: Kevin Drevik, 856-778-3817. kdrevik@aol.com

SEPTEMBER 19

Sunday
9.30 a.m.



MENANTICO CREEK - BROAD ST TO PONDS TRIP OR RT.

47 BRIDGE IS for intermediate paddler's. If you like a paddle with lots of technical turns this it. You **MUST** be able to handle your boat and be able to get it over obstructions. There will be trees and shallow areas. Call leader for meeting place. John Kee, 856-691-3047 Taxman56@aol.com. Please put OCSJ is all email headers.

SEPTEMBER 19

Sunday
11:00 a.m. (Call)

LAKE EFFECT, SUNDAY EDITION HIKE.

3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See September 5 listing for full details.

SEPTEMBER 22

Wednesday
9:45 a.m.

MID-WISSAHICKON CREEK GORGE LOOP HIKE.

9-10 miles, moderate pace. We'll see Walnut Lane Bridge, Lover's Leap, Bluestone Bridge, 'Toleration' Statue, Fingerspan, Livezy House, Devil's Pool & Shakespeare Rock. Wear sturdy footwear for rocky terrain. A hiking stick is a real good idea. Bring lunch and beverage. Foul weather cancels, call leader if in doubt. NC/NP. Meet at Henry Avenue & Walnut Lane Parking in Philadelphia. Leader: Jerry Goldstein, 609-859-8133, jerryhyker@yahoo.com.

SEPTEMBER 22

Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE.

3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See September 1 listings for details.

SEPTEMBER 23

Thursday
9:00 a.m.



CANOE / KAYAK TOMS RIVER.

Follow the route of the Annual Toms River Canoe Race without the competition. Ten miles of changing scenery and river conditions from park and forest to open bay and river. Contact leaders to confirm participation. We will meet at Friendly's on Rt. 37, just past mile post 4, on the East bound side. Come early and join us for breakfast. Bring six quarters for the parking meter at the take out. Joe Logan, 609-634-1542, or mayandpops@aol.com

SEPTEMBER 23

Thursday
6:00 p.m.

ROUND ABOUT HIKE.

3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Blvd cancels. See September 2 Listing for details.

SEPTEMBER 24

Friday
7:00 p.m.



FRIDAY NITE FITNESS HIKE.

8-10 miles, fast pace. See September 3 listing for full hike description. Meet at Brendan

Byrne State Forest Campground. Leaders: Alison & Mike Baker, 609-758-4768, 609-577-9004, mike@mikebaker.com, alison@mikebaker.com.

SEPTEMBER 25

Saturday
10:00 a.m.

FRANKLIN PARKER PRESERVE. 10 miles, moderate pace. We will hike the preserve on both sides of Rt. 563. We will pass the cars after @ 3.5 miles on the East side, so you can drop out at that point. The rest of us will continue on to the West side for another 6.5 miles. This is an interesting view of formerly active bogs reverting back to Mother Nature. Dress for walking in mostly open areas. Meeting place: Meet at the gate to the preserve, 2.8 miles south of Chatsworth on Rt. 563. Should be dry. Normal stops. Well-behaved pets OK. NC. Leader: George Galcik, 856-783-8329, georgegalcik@comcast.net

SEPTEMBER 26

Sunday
8.00 a.m.

✓ **FOSSIL SHARK TOOTH TRIP** to Big Brook or where ever we want to go. If you have knowledge of fossil sites along the Crosswicks Creek or other places let me know. Spend a day sifting for shark teeth and other fossils from the Cretaceous Period. Trip size is limited to 3 to 5 people and 1 to 2 cars due to limited parking. Shuttle time from Vineland Area is at least 2 hours one way. We can meet and carpool up Rt. 206 along the way. You need to contact me to reserve a spot. I have sifters for everyone. Also, I know several web sites to explore so you know what to look for. Don't wait till the last minute to sign up. John Kee, 856-691-3047 Taxman56@aol.com Please put OCSJ in all email headers

SEPTEMBER 26

Sunday
9:00 a.m.



CANOE / KAYAK TOMS RIVER. Follow the route of the Annual Toms River Canoe Race without the competition. Ten miles of changing scenery and river conditions from park and forest to open bay and river. Contact leaders to confirm participation. We will meet at Friendly's on Rt. 37, just past mile post 4, on the East bound side. Come early and join us for breakfast. Bring six quarters for the parking meter at the take out. Joe Logan, 609-634-1542, or mayandpops@aol.com

SEPTEMBER 26

Sunday
10:00 a.m.

GREAT EGG HARBOR RIVER PADDLE. Weymouth Park to Lake Lenape. We stop to enjoy the water, stop for lunch and stop along the way again. Bring water to drink, sun screen/hat as the lake offers no shelter. Meet at Weymouth Park. Call or e-mail to confirm. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

SEPTEMBER 26

Sunday (Call)
11:00 a.m.



LAKE EFFECT, SUNDAY EDITION HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See September 5 listing for full details.

SEPTEMBER 29

Wednesday
10:00 a.m.
(See optional start)

NINTH ANNUAL PHILADELPHIA WALK. 10-11 miles, moderate pace. We will pass historic sites, through interesting neighborhoods along the Delaware and Schuylkill Rivers. If permitted we will "walk" the 1/4 mile track at Franklin Field; continue through University of Pennsylvania, Drexel, up to the Art Museum then return. We always attempt to do something a little different. Bring lunch. Since the walk is circular, there are many locations where one may leave the hike after advising a

leader. Meet at the Visitor Center in Philadelphia (NE Corner at 6th & Market Streets). Suggest using PATCO Hi-speed line. Many of us will meet at the Woodcrest Station at 9:00 a.m. NP. Leaders: Joe Hummel, 856-235-8817 and Bill Poulson, 856-259-7609. Optional Start. Meet at the Woodcrest Station at 8:00am. We will go to Camden (2nd stop) and walk across the bridge to the scheduled start. Distance approximately 2-2.5 miles.

SEPTEMBER 29

Wednesday
4:00 p.m. (Call)

LAKE EFFECT AFTER WORK HIKE. 3.5 miles, Sewell, NJ. Moderate/brisk pace, some hills, mud, and bushwhacking. See September 1 listings for details.

SEPTEMBER 30

Thursday
6:00 p.m.

ROUND ABOUT HIKE. 3.8 miles, moderate to brisk. Meet at The Cooper River Yacht Club, S. Park Drive. Rain or flooding on Admiral Wilson Boulevard cancels. See September 2 Listing for details.

OCTOBER 1-3

Fri. – Sun.



OCSJ FALL CAMPOREE – BASS RIVER STATE FOREST - Camping, hiking, kayaking, biking. Sleeping in the pines to the sounds of nature. Come on down! Join in the fun! We have a group campsite for the weekend. Check in Friday after 2:00 p.m. or Sat a.m. Campfire each night. Saturday you can hike, bike or relax at the lake. Hike and canoe/kayak trips are planned for Saturday. On Sunday, after a leisurely breakfast you must break camp. Then you can spend the afternoon hiking, biking or paddling. Bring your bikes and canoes or kayaks! There will be a small per person campsite fee. Campers must call or e-mail the leader and make a reservation by September 26. Members not camping are welcome to join the daily activities. Check web site in September for more details.

Directions: Entrance is on Stage Road, 3.4 miles E. of Rt. 679 (from the W and NW) or 6 miles W of Tuckerton (from the E and N) or 3 miles N of New Gretna (from the S). From all points, follow signs. For GPS users: 762 Stage Rd Tuckerton, NJ 08087. GPS Coordinates DMS 39° 37' 14.30" N 74° 25'28. 83" W

Leader: Scott Eves, 609-805-1463, cscotteves@gmail.com
Co-Leader: Bruce Steidel, 609-915-0956
e-mail: backpacking@ocsj.org

OCTOBER 3

Sunday
10:00 a.m.



SONG OF THE PITCHER PLANT PADDLE ON OSWEGO RIVER. We meet at Oswego Lake Put-In. Volunteer shuttle. Pack Lunch. Call or email to confirm. Leader: Vicki S., 856-256-9568 or ravingwriter@netzero.com

OCTOBER 8-11

Fri-Mon.

COLUMBUS DAY WEEKEND IN LONDONDERRY VT. Stay in private home (sleeps 10), hike, or sightsee. Last year was peak of fall colors. Cost approx \$90 pp for 3 nights incl. breakfast. Eileen Greve, 609-877-1723 or egreve212@gmail.com

**OUTDOOR CLUB OF SOUTH JERSEY
NEW YORK CITY BUS TRIP AND SELF- GUIDED TOUR
SATURDAY, SEPTEMBER 18, 2010**

Meet at 7:30 am the bus departs at 8:00 am sharp. Uptown, Mid-town, Downtown and don't forget the festival of San Gennaro, Little Italy's best, the 83rd annual feast. We drop you off at South Street Seaport and then pick you up for the return trip home at 7:00 pm sharp. Cost is \$25 each. Once in New York it is a self guided tour. Make checks payable to OCSJ and mail to Dave Hegelein at 603 Bowling Green, Moorestown, NJ 08057. Advance registration is a must. No refunds. Bus departs rain or shine from the Moorestown Mall (details TBD) off Rt. 38 at 8 am. Dave and Julie Hegelein, 856-235-8792.



**YES! I want to participate in the Annual Washington, DC Bus
Trip and Self-Guided Tour.**
Enclosed is my payment.

Please make your check payable to OUTDOOR CLUB OF SOUTH JERSEY

NAME: _____

Phone #: _____

Address: _____

E-mail address: _____

For a receipt, include self-addressed stamped envelope.

**Return this form to Dave Hegelein
603 Bowling Green
Moorestown, NJ 08057**

Save this Date!

SATURDAY

DECEMBER 4, 2010

OCSJ HOLIDAY PARTY

Price: TBA

for more info contact

Chuck Cooke Kayaker650@aol.com

856.825.9126

or

Millie Moore MMoore7778@aol.com

SEPTEMBER IN WESTERN MAINE - BALD MOUNTAIN CAMPS, ON PRISTINE MOOSELOOKMEGUNTIC LAKE, OQUOSSOC, ME.

Proposed Dates: September 5-10 & September 12-17, 2010

Trip includes:

Accommodations: Stay in Log cabin, heated by wood fireplaces, with porch. Wood, linens included.

Meals:

Dine in the lodge dining room for first class breakfasts and dinners, sack lunches for the trail.

Activity Options:

Guided kayaking or canoeing pristine lakes and rivers with our host and Registered Maine Guide, Steve Philbick. Other activities include both guided and unguided hiking, paddling, biking, golf, tennis, photography and wildlife viewing to name a few.

Payments:

The total cost is \$1,200. A deposit of \$240/person is due by May 1st., after that, as decided by the leader if space is available. Final payment of \$960, which includes Maine tax and all tips, is due to be paid to Bald Mt. Camps by August 1st.

Payment is by check to: Bald Mountain Camps, 125 Bald Mt. Road, Oquossoc, ME 04964-0032 (Tel: 207-864-3671).

Please include the week you are coming on the check. Cancellations will not be accepted after August 1st. and deposits will be forfeited.

There is a \$25 fee for pre-August 1st cancellation.

For complete details visit trip website below or contact leader.

http://web.me.com/judynorcross/BMC_Trekker_Info/Trekker_Information.html

Contact: Judy Norcross (609)-288-6737, E-mail: jsnorcross@aol.com

PREVENT LYME DISEASE

Don't avoid the "great outdoors"! Just remember to take the proper precautions!

While no one can guarantee that you will not be bitten by ticks or contact Lyme disease, here are some tips that may help protect you from tick bites.

WEAR THE PROPER CLOTHING

When in tick infested areas, light colored clothing will help you spot ticks.

- *Wear long sleeved shirt tucked into pants.*
- *Tuck slacks into high socks or put elastic or tape around cuffs.*
- *Wear a hat and fully-closed boots or shoes.*
- *Apply a personal insect repellent according to the directions on the label.*
- *Check frequently for ticks. Use a buddy system*
- *After an outing, look for ticks on your skin, clothing and gear.*
- *Examine entire body carefully. Pay special attention to areas with bodyhair, scalp, back of neck, especially if you have long hair.*



OUTDOOR CLUB OF SOUTH JERSEY
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TREKKER SUMMER 2010



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