



## Mid-Atlantic Region

*July – December 2010 Calendar*

### **Women Outdoors website**

Have you visited our new website yet? Go to [www.womenoutdoors.org](http://www.womenoutdoors.org), look around and learn about our national organization. Then check out the Mid-Atlantic page in the “Our Regions” section for photos, news and to sign up for one of our adventures. Keep up with our activities by subscribing to the RSS feed on the [News](#) page in the Mid-Atlantic section.

### **Email address**

Our email address is [MidAtlantic@womenoutdoors.org](mailto:MidAtlantic@womenoutdoors.org). Please use this address for all correspondence, and make sure that your email service will accept emails from womenoutdoors.org.

### **Register in advance**

Please register for our activities by clicking on the “Online Calendar” link on the Mid-Atlantic page, [www.womenoutdoors.org/mid-atlantic](http://www.womenoutdoors.org/mid-atlantic). It will take you to a calendar with all of our upcoming events. Click on the link to the event and register online. The registration form asks for your name, email, home and cell numbers (in case something changes).

### **Please arrive on time**

We will wait 15 minutes after the scheduled start time for any event. If you’re on your way, call the trip leader and let her know you’re almost there. Plan ahead, leave early and be on time.

### **If you must cancel**

If you can’t make it to an event for which you’ve registered, please send an email to [MidAtlantic@womenoutdoors.org](mailto:MidAtlantic@womenoutdoors.org) by 5:00 p.m. Friday of the weekend of the event.

### **Bring your camera**

Take lots of photos of our adventures and email them to [MidAtlantic@womenoutdoors.org](mailto:MidAtlantic@womenoutdoors.org) so we can post them on the Mid-Atlantic page or in our photo gallery. Please get permission from all women in the photograph in advance.

### **Our Activities**

All of our activities are free for members and non-members of Women Outdoors. Non-members are invited to join us on two events before we ask you to join Women Outdoors.

### **Lead at trip**

All members of Women Outdoors Mid-Atlantic are invited and encouraged to lead trips. Come to our planning meeting/potluck brunch on Sunday, October 24. Bring your calendar and ideas about what you’d like to explore.

Date	Event
<p><b>Saturday, July 24</b> 9:30 a.m.</p>	<p><b>Slow Poke Bike Ride</b> – Millsboro, DE. Our friends near the beach graciously offered to let us start our bike ride from their house in Millsboro. Our morning ride of 15 miles through the flat country roads of rural Delaware will leave plenty of time for those who want to head to Rehoboth Beach afterwards. <b>Leave very early (6:15 – 6:30 a.m.)</b> to avoid the Chesapeake Bay Bridge traffic.</p>
<p><b>Saturday, August 14</b> 10:00 a.m.</p>	<p><b>Dog Days of August Hike</b> – Shepherdstown, WV. We'll do a nice easy hike along the C&amp;O Canal. Bring your four-legged friends on this hike. We may wander around Shepherdstown afterwards in search of ice cream.</p>
<p><b>Saturday, September 11</b> 10:00 a.m.</p>	<p><b>Kayaking on the Eastern Shore</b> – Chesapeake Bay Environmental Center, Grasonville, MD. The CBEC, a bird and waterfowl preserve just east of the Bay Bridge, offers lovely scenery and lots of wildlife. Kayaks and canoes are available to rent.</p>
<p><b>Sunday, October 10</b> 10:00 a.m.</p>	<p><b>Biking along the W&amp;OD</b> – Leesburg, VA. We'll start this ride in historic Leesburg and head west to Purcellville before turning around and heading back. Plan on a 20 mile bike ride along this old railroad that ran from 1859-1968.</p>
<p><b>Sunday, October 24</b> 11:00 a.m.</p>	<p><b>Planning Meeting / Potluck Brunch</b> – Takoma Park, MD. Come bring your ideas for adventures for January - June 2011. Good food, great women. Be there.</p>
<p><b>Saturday, November 6</b> 10:00 a.m.</p>	<p><b>Leaf Peepers Hike</b> – Maryland Heights, near Harpers Ferry, WV. Enjoy a two-fer: beautiful fall colors and rich Civil War history. This 5.3 mile strenuous hike features some steep climbs and rocky terrain, but we'll be rewarded with spectacular views of the Potomac and Shenandoah Rivers.</p>
<p><b>Saturday, December 4</b> 10:00 a.m.</p>	<p><b>Holiday Hike</b> – Catoctin Mountain Park, Thurmont, MD. Start the holiday season with a half-day hike at Catoctin Mountain Park (next to Camp David). We'll take the Wolf Rock/Chimney Rock loop and hope we see the Hiker-in-Chief and First Hiker.</p>