



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

Hiking the New Hampshire 48 in Winter

On March 14, 2015, I completed the 48-4,000 footers of New Hampshire in winter – something I never thought was a viable goal and which I persistently doubted my ability to achieve. But, what I did not realize and have come to appreciate, is that the most essential ingredient for success on these hikes and the most memorable aspect was and is: the people with whom you hike and the people you meet along the journey. And I have been blessed to have had some great people to hike with and to meet. While pictures tell the graphic images of the hike and the patches and scrolls are nice mementos of this quest, the people are what I remember the most about this quest. Hiking the White Mountains in winter has demonstrated that the hikers I meet are not “strangers,” but merely persons whom I had not met previously.



The signature move of “Snow Hiker Angel”

What did the Winter 48 entail? Well, 48 peaks . . . at least 300 miles of
See *Winter 48 continued on page 3*

50 Shades of Greylock

In the early morning hours of February 21st, with the temps bottoming out at -11 degrees F., four of us met to hike to the summit of Mt Greylock. Snow was in the forecast and our original plan to hike in the Catskills was changed to avoid a long ride home in nasty conditions. Those hearty souls who met with determination and grit, and a bit of lunacy, might I say, were the three leaders, myself, Karen Markham and Al Roman, and one lone follower, Rick Briggs.
See *50 Shades of Greylock continued on page 5*

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May, 2015

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Adirondack Annie

"We are much more than a hiking club. We truly are a family. I love you guys!"

~ Adirondack Annie



Dick on the way up Old Speck Mountain in Maine

Featured Club Member: Ann Mundy

I literally fell into the hiking community by accident. I stopped at Ray Tibbetts' store for camping gear. He began talking about PVHC and urged me to come to a meeting. Everyone was friendly and encouraging. Ray mentored all of us and encouraged us to try hikes which, in retrospect, were a real stretch (i.e., Mt Greylock was one of my early hikes!). The experience of hiking through the woods, climbing mountains, whether big or small, and visiting with fellow hikers, is beyond description. Status vanishes, we are all one community, and we share nature and friendship together. I love the simplicity and serenity. There is a sense that ALL IS WELL.

I was intrigued by the spiritual component of becoming a 46er. The 46ers were founded by, among others, Grace Hudowalski. As club historian, she asked people to write about their "experience" rather than just peak bagging. Everyone who wanted to become a 46er had a correspondent who would listen, encourage, and read about our adventures. There is a Vespers Service every year at the 46er induction in May - it is very beautiful. We sing the 46er song, hear a reflection from a 46er, read the names of those who have died, and close with singing Taps before proceeding to a beautiful dinner and induction. -- See Ann Mundy on page 6

Winter Mountain Climbing (subtitled: "Don't Hike in High Heels")

Winter hiking offers hikers different challenges than at other times of the year. As a person who is relatively new to climbing mountains in winter, I can attest to that. You need more clothing to keep you warm, more equipment, like snowshoes and hiking poles with baskets, to get you up the mountain, and more food energy to keep you warm. You have be prepared for different weather conditions and you have to know your route up and down the mountain well. You also have to be concerned about travel conditions to and from the trailhead.

Yeah, so what is it about high heels? Since I wanted to climb mountains this past winter (I'm working on my "67 Highest in New England" list), I bought new winter boots and new snowshoes this past fall. I conservatively climbed two 4,000 footers with snow on the ground this past fall

See High Heels continued on page 8

Winter 48 continued from page 1

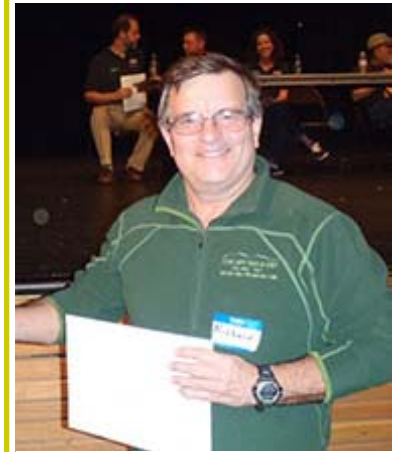
trails . . . 100,000+ feet of elevation gain. . . hiking in temperatures range below -20 to a summit high of around 50 (that was Mount Washington!) . . . in snow . . . sleet . . . rain . . . and sometimes even sunny bluebird skies. The time and financial expense are something I'd like to forget, also the aches and pains – hurt shoulders, aching knees, twisted ankles, etc. But, the people . . . though I may not remember all of their names, I will never forget the joy brought by hiking on those cold, snowy and icy trails with some of the greatest people I have ever met.

I reached my first 4,000 footer summit as part of a White Mountain Sampler hike on June 21, 2003, with Bob Morgan – we climbed Monroe and Washington together; two and a half years later, on January 1, 2006, I climbed my first Winter 4,000 footer with Bob – Mt. Tecumseh. It seems appropriate that Bob was on my climb of Mount Carrigain on May 5, 2007, along with Shari Cox, John Klebes, Rick Briggs, and Allison Cook, when I finished the all-season 48. I never envisioned doing most of these peaks a second time – much less in winter. And it was more than appropriate that Bob was with me on March 14, 2015, when I completed my Winter 48. Thank you, Bob, and everyone else who joined me on my journey.

Over the past 9 years, I have had the privilege and joy to experience many of these climbs and their peaks with numerous club members, including (I am sure I have left some out) Bob Morgan, John “PapaSmurf” Klebes, Rick Briggs, Rob Schechtman, Shari Cox, Allison Cook, Kathleen Damon, Al Roman, Karen Markham, and Tom Pederson. We have shared great views (such as Mount Adams with Bob, John, and Rick) . . . frigid subzero temperatures and wind chills (such as North Twin with Bob and Shari) . . . near zero visibility and learning that the summit is not that important (such as the first attempt at Mount Jefferson with Bob and Rob). Learning new techniques and need for new gear such as how to mark the trail for the return with Rob, or the benefit of mittens over gloves with Shari . . . MSR snowshoes with Rick . . . crampons with John and others.

At times, I ventured out to do some summits solo. This was sometimes great, although my first effort – Mt. Zealand – ended with me taking a

See Winter 48 continued on page 4



Richard receiving his “67 Highest in New England” award

“I will never forget the joy brought by hiking on those cold, snowy and icy trails with some of the greatest people I have ever met.”

~ Richard Harris



Richard receiving his “Winter 48” award



**Frolicking on Mt.
Starr King**

*“To everyone who helped
me along the way . . . here
is a huge ‘Thank You!’ Now,
let’s go hiking!”
~ Richard Harris*



**On one of the
Winter 48**

Winter 48 *continued from page 3*

“swim” right above Zealand Falls, having to spend an extra night in the hut, and hiking out in subzero temps wearing frozen boots the next morning. Other times, over the past several years, I set out to hike solo, but met terrific persons at the trailhead or on the trails and ended up hiking with them – a great experience even though I have never seen those people again (I guess they were a different type of trail angel). I also met some people during the “off season” on the trail and ended up hiking with them during the winter . . . such as Kimberly Doe from New Hampshire with whom I did the Bonds Traverse this past January, Mt. Garfield in early March, and, consequently, learned to conquer my fears.

I developed my winter hiking signature . . . Snow Hiker Angel. Whenever possible, sometimes to the consternation of certain hiking companions, I will leave at least one Snow Hiker Angel imprint in the snow along the trail.

All of this experience was reflected my March 14, 2015, hike. Bob and I met a couple (Mike and Nicole from New York) in the parking lot, and helped them get their car out of the snow before beginning our hike. We then ventured up the Jewell Trail expecting clouds, snow, and potentially strong winds. But, the conditions were gorgeous as we broke tree line. We then tried to bushwhack to lessen the amount of climbing and backtracking to and along the Gulfside Trail. That was an ill-fated bushwhack, but we eventually made it to the Gulfside Trail. As we reached the Sphinx Trail, Bob was having some difficulty, and he suggested that I continue and that he would catch up. At the time, the skies were gorgeous and I only had one mile to the summit. Ten minutes later, the winds picked up, followed, shortly thereafter, by clouds descending on the summits and snow and sleet coming towards me. I continued anticipating that the conditions would change, which they did - they got worse. When I reached the summit, there was near zero visibility, and I hurried up taking pictures and in descending – I assumed Bob had turned back as that was the wise thing to do. A half mile from the summit, I met Mike and Nicole – Bob was to wait at tree line for me – and we agreed to meet at the Jewell Trail and hike to tree line together.

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Winter 48 continued from page 4

Hiking to the Jewell Trail was a challenge, as the conditions resulted in the trail being hard to follow, and I lost it four times - Mike, Nicole, and I lost the Jewell Trail four times before reaching tree line. The previous winter hikes were great training for this hike - it had great views and white out conditions.

This experience has been largely fun, but not because of the views (there were frequently no views), thanks to the people with whom I hiked and the people whom I met along the way. That is what makes the trails so much fun . . . the summits, views, etc., are just an added plus. To everyone who helped me along the way . . . here is a huge "Thank You!" Now, let's go hiking!

-- "Snow Hiker Angel" Richard Harris

50 Shades of Greylock continued from page 1

Our first stop at McDonald's in Adams did not bode well for a good day. The heating system was broken. Our hopes of, at least, putting our boots on in a warm place were dashed. Though not completely, there was a space heater which we huddled around while trying to decide if we would hike, or go see "50 Shades of Grey"! We girded our loins and headed to the trailhead. The steep road was slick with ice and snow and, with my foot firmly on the gas, my car reluctantly made its way to the top. The day had warmed up - it was now -2 degrees F. Once again we debated the merits of going to a nice warm theater to see the previously mentioned movie. Really, even if the theater wasn't warm, we would likely have warmed up quickly enough given the nature of said movie.

Eventually we all got out of the car, and once again debated, hike or movie. Hiking won out, so we strapped snowshoes to our boots, donned heavy mittens, hats, numerous layers and passed the trailhead sign. It was a go! The snow was soft and the trail unbroken, as we quickly realized the discussion about whether we would need snowshoes was moot. We moved ahead on the trail and warmed up nicely.

See *50 Shades of Greylock* continued on page 6



Inside a hollowed out tree

"I won't say here what was said, as what happens on *50 Shades of Greylock*, stays on *50 Shades of Greylock*."

~ Lori Tisdell



Sasquatch sighting on Mt. Greylock

50 Shades of Greylock *continued from page 5*

The Gould Trail is one of my favorite Greylock trails - I hike it every winter. Though it is a continuous climb, the grades are easy to moderate, steadily rising higher and higher through forested glens made even more beautiful by the pristine snow. It was, in actual fact, a winter wonderland.

At the top of the Gould Trail we moved onto the Appalachian Trail for the final half mile. Here the snow was deeper, with trees shouldering foot-thick blankets of snow, their branches bowing low over the trail. Or maybe the trail, thick with packed snow, rose up to meet the branches overhead. From the first time I hiked Greylock in winter conditions I have been in thrall of this summit. Sometimes, it is viewless and feels like being in a snow globe; other times, we have been rewarded by seeing the bluest of skies imaginable with a radiant sun seeming to make the whole mountain sparkle. Whatever the conditions, it is never disappointing. On that day the winds were blowing, the sky a bit overcast but still with views to distant peaks, and the temperature biting cold. We sat outside with warm drinks, eating a snack looking north to Vermont.

Then it was time to head down. Now with the bulk of the work behind us we got a little giddy. 50 Shades of Grey quips were abundantly exchanged, until Al finally dubbed the hike, "50 Shades of Greylock." I won't say here what was said, as what happens on 50 Shades of Greylock, stays on 50 Shades of Greylock. Suffice it to say, we laughed often and loudly. Karen brought her sled and that made for more fun.

Near the end of the trail is a hollowed out tree. I always stop, and several times I've had my photo taken or taken another person's photo inside the tree. This time we decided to all have our photos in the tree...all together. This was a bit tricky as we all had snowshoes on our feet, and the tree isn't that big! We each had to back in one at a time, carefully overlapping snowshoes and hold on so no one would fall out of the tree. Somehow we managed it, and have the photo to prove it! It was a great end to the hike.

When we got back to the car it was a positively balmy 22 degrees F.! As we drove away the clouds rolled in and covered the summit. The snow had arrived.

-- Lori Tisdell

Ann Mundy *continued from page 2*

My 4000-footer journey evolved gradually. I did a trip to Mizpah Hut with Rob Schechtman and John Klebes and could claim to have climbed Pierce and Eisenhower. I had a sister-in-law in the Adirondacks who was an ADK 46er. She encouraged me to climb Mts. Cascade and Porter. I experienced hypothermia that fall day, but I was hooked on starting the ADK 46. I had 2 down and 44 to go!

I convinced Al Roman to "experience" Algonquin with me. He literally carried me the last few feet up that mountain, but we were both determined to return. John Klebes and Rich Briggs agreed to backpack and
See *Ann Mundy* continued on page 7



Ann Mundy *continued from page 6*

camp with me in the Seward's. I never "got" any mountains on that 95-degree weekend, but I was determined to return. Soon I connected with the Glens Falls/ Saratoga Chapter of the ADK and joined a group who were "working" on their 46. A core group became very close and we were committed to helping each other accomplish our goal. In those days I would stay at my Dad's place which was nearby. He would be waiting up for me and wanted to hear about my day. With a twinkle in his eye, he would praise me as though I had climbed Mt. Everest.

I started volunteering at two ADK Mountain Club facilities, which provided an opportunity to network with fellow hikers in my quest to become a 46er. For those of us who are hikers, the discussions always enthusiastically go to our hiking tales - feats and woes. Goal-oriented hikers become immediate friends.

It is important to add that after climbing mountain #23, I was not sure if I would continue because I feared Mt Allen. I attended a JBL work weekend and met Peggy MacKellar, the gal who would later become my mentor and correspondent. She took me aside and told me she intended to take me up Mt. Allen. Just like life, we all have roadblocks, fears that paralyze us, and then some angel comes along to encourage us. **So many of you in PVHC have been those angels.**

I wanted to share the 'dacks with my PVHC friends. I began leading a PVHC camping trip to the ADK LOJ at Heart Lake each summer, as well as a backpacking trip to the backcountry Johns Brook Lodge in the fall. Al Roman co-led the first LOJ trips, and Ed LaRoche co-led our first trip to JBL. In spite of rain and more rain, people kept coming back and some began to get the 46er fever! Even for those who are not bent on peak bagging, there is a bond that develops at a weekend of camping/hiking. Nothing makes me happier than listening to people share the experiences of the day around the campfire. We love the woods and we love each other!

I enjoy biking both solo and with a group. I attend classes at Hartford Seminary and The Elms with the goal of living life more fully and being present for others. I spend a lot of time with three wonderful great grandsons and have started taking them on woods adventures. I share time with the many friends I have met in PVHC. Life is good, real good.

PVHC has changed my life. It has led me to focus on staying fit. It has taught me a lot about being part of a team, falling in and working for the good of the group. I have found love and encouragement beyond measure. There is a spiritual component. The beauty of the woods and the mountains are beyond description. More importantly, however, for me, has been the opportunity to experience life in a unique way as family. Conversation and attitudes are positive. We sometimes have differences, but we are committed to finding ways to nurture each other, resolve issues, and grow together. We are much more than a hiking club. We truly are a family. I love you guys!

-- Adirondack Annie

High Heels *continued from page 2*

and winter, and attempted to climb another. Modern backcountry snowshoes have heel lifts (also known as a climbing bars or Televators). A heel lift on each snowshoe is designed to lift your heel, preventing calf muscle and Achilles tendon fatigue, with the purpose of placing your foot in a more comfortable position on long, steep ascents.

On my most recent climb up Old Speck Mt., a 4,000-footer in Maine, with Al Roman, Karen Markham and Rick Briggs, I used the heel lifts on my snowshoes just once on a steep incline. And later, walking the ridge for about three-tenths of a mile, I barely made it to the summit due to leg cramps. I started down the mountain ahead of the other three because of my cramping legs. And about one third of the way down the mountain, I realized that the heel lifts on my snowshoes were both up. Karen helped me lower the heel lifts, and it was as if a switch had been turned off. I could walk almost effortlessly again. I hadn't realized that I was "tiptoeing through the tulips." My feet were jamming into my boot toe boxes, and I thought it had something to do with my new boots being too wide - I was ready to return them to L.L. Bean. (Ladies, now I know what you go through to be fashionable in high heels and why they are so bad for your feet.)

Here are some important lessons that I learned while hiking three 4,000-footers, Hunter Mountain in the Catskills, Old Speck Mountain in the Mahoosuc Range of the White Mountains, and Mt. Ellen in the Green Mountains, this past fall and winter:

Everything takes longer to do in winter – Put clothing on, take clothing off, adjust, and re-adjust, and therefore, getting to the top of the mountain becomes longer than you anticipate.

For me, the weather is crucial – I don't want to climb mountains in sub-zero weather. For me, it's a matter of safety. We had perfect weather for Hunter and Old Speck Mts.

Put your snowshoes on when you need to – My brother and I waited too long to put our snowshoes on a winter climb on Mt. Ellen, became fatigued and didn't make it to the summit. Karen on Old Speck Mt. was post holing deeply into the snow – she stubbornly waited too long to put on her snowshoes.

Sunglasses are an important accessory in winter – On the summit ridge of Old Speck, there was so much snow that the tops of the trees were in your face. I would have had a severe eye injury if I hadn't worn my sunglasses. Also, in bright sunshine, polarized sunglasses can protect your eyes from harmful glare and snow blindness.

When your hands and your feet are warm, it's more enjoyable – On top of Hunter Mt. this past fall hiking with Rick Briggs, the wind was blowing and my hands were freezing as I tried to eat lunch without gloves. As soon as we got off the top of the mountain and started moving again, out of the wind, my hands warmed up.

Don't hike in high heels – When we are fatigued, we don't often learn from our mistakes. My legs cramped up previously on Hunter Mt. because I had used the heel lifts on my snowshoes on flat places in the snow rather than exclusively on steep spots. I didn't immediately recall that lesson from Hunter Mt. on Old Speck Mt. -- Dick Forrest

PVHC 25th Anniversary Planning

Dear members and friends,

Next February, 2016, will mark the 25th anniversary of the Pioneer Valley Hiking Club.

Did you know our Club name was originally “Western Mass Outdoor Adventures Hiking Club”?

We have been enthusiastically discussing the upcoming anniversary of the PVHC at both the regular Membership meetings and also at the E-Board or Officer’s meetings.

At this point we have collectively decided that beginning in February, 2016, and thru the Holiday party in Dec. 16, we should do something at every PVHC gathering to honor and celebrate our Club’s quarter century of highly active existence.

Some of our ideas for the 25th anniversary celebrations include a different celebration for each monthly meeting, specifically, “throwback hikes” from a particular year, including a reenactment of the very first scheduled Club hike.

Most importantly, we’d like to get more PVHC Members to participate and have involvement in generating ideas and the practical implementation of our 25th anniversary celebrations!

Therefore, we are asking for volunteers to form a committee for the above purpose. To volunteer, please e-mail : everettdathird@excite.com before May 29th.

Thanks and Happy Trails, Chip Pray

Important Membership Renewal Notices

The following memberships are up for renewal:

May Renewals

Elizabeth Avalone
Lorraine Baron
James & Diane Brown
Steven & Amy Dane
Deena Gilbert
Vicki Haggerty
Jonathan Hagopian
David Herships
Steven Hilburn & Kelly
Turney
Beth & Craig Kronlund
Tom Lake
Betsy Loughran
Anne Maher
Becky Mason
Peggy McLennan
Ron & Eleanor Morrissette
Jeffrey Patnaude & Bonnie
Collins
Christine Plasse-Brown
Michael Reed & Deb Gebo
Jeffrey & Christine Sagalyn
Robert & Georgene
Trombley
David Vibber
Bruce & Jennifer Wade
Janice Webb
Celeste Ziemba

June Renewals

Judy Alfano
Diane Berg
Lucila Bruno
Bill Burgart & Marianne Huber
Valerie Carman
Allison Cook
Richard L. Fitzgerald
Gina Geck
Cindy Hibert
Beth Ouellette
Susan Padgett
Martha Sullivan
Peter Tomb
Donald Weld
Mary Ann & Peter Wilcox

Pioneer Valley Hiking Club Officers

Chip Pray, President
Marcia Kelly, Vice President
Lori Tisdell, Secretary
Paul Kozikowski, Treasurer
Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jeanne Kaiser & Chip Pray
Backpacking Coordinator: Rick Briggs
Trail Maintenance: Chip Pray & Rob Schechtman
Club Website Editor: Dick Forrest
Non-Member E-mail Coordinator: Rob Schechtman
Club E-mail Coordinator: Chip Pray
Quartermaster: Mike Carrier
Bootprints Newsletter Editor: Dick Forrest

Bootprints is a publication of the Pioneer Valley
Hiking Club. Please email your story/event
contributions to Dick Forrest at:

WELCOME NEW MEMBERS

March

Maureen Davis
Meg Allard
Patty Carmody

April

Robin M. Fasoli
Dani & Robert Scott



Please renew early, and renew by mail. (Make checks payable to PVHC.) Mail your renewal with your name and any address or phone number changes to:

Pioneer Valley Hiking Club
PO Box 225
West Springfield MA 01090-0225
(Dues are \$25 member, \$40 family, and \$15 for students)

UPCOMING EVENTS AND THE USUALS

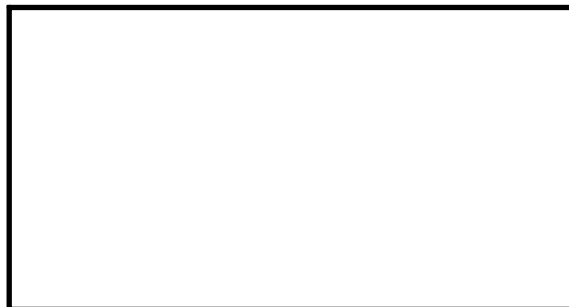
- Every Mon. (MA) Morning Hike – various locations
- Every Tues. (MA) Tuesday evening hikes
- Every Wed. (MA) Wednesday evening hikes with Marcia
- Every Thurs. (MA) Morning hike
- May 2 (NH) M&M Series Finale: Section 21 Gap Mt. to Section 22 Grand Monadnock
- May 9 (MA) Tully Mt.
- May 16 (MA) Race Brook and Mt. Everett
- May 15-17 (NH) Mizpah Hut Backpack
- May 23-25 Backpacking Location TBD
- June 26-28 (NH) White Mountain Sampler
- July 17-19 (NY) Adirondack Heart Lake Camping
- Aug. 23 (CT) Club Picnic



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West Springfield, MA 01090-0225



IMPORTANT NOTICES

Next Club Meetings:
May 5, 2015, 7 pm at **FBC**
June 2, 2015, 7 pm at **FBC**

Deadline for submissions to the next *Bootprints* is June 20th, 2015

FBC - First Baptist Church, 337 Piper Road, West Springfield

**** Check out our web page at:**
www.pioneervalleyhikingclub.org

Members may join the PVHC Email List by sending a message to:
pvhc.hikingclub@gmail.com