



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Our Club Picnic

by President Lori Tisdell

Every year Pioneer Valley Hiking Club hosts two social events. In August we have the picnic, which is usually held at the Mt Tom Pavilion, and in December the holiday party, which will be at the Chicopee Elks Lodge this year. We are so lucky to have many members over the years who have volunteered to organize the social events.

The last two years Erin Squires has organized the picnic. Each year there is a volunteer committee who help her with the organizing and decisions that make the picnic so much fun. There are usually two committee meetings to lock down all the details.

There is a lot of behind the scenes goings on in the weeks before. One of the biggest decisions is how much food to buy to ensure there is enough for everyone but not so much left over that we've "wasted" club funds. It's a fine line and it's usually pretty close. Years ago, when I was organizing the picnic, I discovered a good place that has reasonable pricing and good quality meats. It was a win-win! And someone must shop for the paper goods, non-perishables, perishables, beverages, charcoal, etc. It's usually the organizer and a helper.

All the appetizers, side dishes and desserts are provided by the club members. A "throw down" tradition was started several years ago. Club members vote on which member had the best in each of the three categories. The winners receive a \$25 REI gift card. This year Regina Fortune won for her appetizer, Rob and Lisa Schechtman won for their side dish, and Joe and Noel Stella won for their dessert. Thanks to all for the wonderful dishes you prepared!

Each year people bring games for everyone to participate in and that's

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always fun. Giant Jenga seems to be the biggest hit. Everyone waits with bated breath to see who will pull the wrong block and make the whole thing come tumbling down! Corn hole has become a hit the last several years and horseshoes is a long-held tradition. Sometimes there are competitive games but when the temps and humidity soar, they tend to get 86'd. For some it's a time to catch up with other club members they haven't seen in a while.

Renting the pavilion ensures we have seating in the shade and protection in case of rain. Though we have been very lucky in that respect. We've had hot and humid weather but in the last 10 years we have not had a rainy day! Even this year the rain forecast changed the night before to sunshine – Erin must have prayed to the weather gods!

Thanks to all the people who volunteered for set up, clean up, participated on the committee, brought food, chests of ice, took trash and especially the grill team! There were many compliments on the grilled food – Lori, Jim, Peter and Erin did a wonderful job!

Many thanks to Erin for stepping up to organize the picnic – you did an awesome job once again!

-- Lori Tisdell

“Many thanks to Erin for stepping up to organize the picnic – you did an awesome job once again!”

~ Lori Tisdell



Save the Date – 2019 PVHC Holiday Party

by Cindy Dolgoff

Changes are in store for this year's extravaganza!

Please note that the date of the party will be the first Saturday of December, not the second Saturday as has been tradition. The date of the party is Saturday, December 7. The party will start at 5:30 p.m. Mark your calendar.

We have a new location – The Chicopee Elks Lodge at 431 Granby Road, Chicopee, MA. This facility provides additional space for our party, as well as convenient parking. There will be a cash bar option.

Also new this year – Gary Dolgoff has organized a Karaoke event (a/k/a "Garyoke"), for hikers of all musical abilities. Pick out your favorite song, or join in the chorus with other clubbies for a hilarious night of tunes and croons. Or just stick around and be part of the audience.

As always, the party will feature potluck and purchased food (menu to be announced at a later date), leadership awards, and prize raffles. The famous PVHC Slide Show will be produced by Jocelyn Brannan.

Sign ups for party volunteers will be forthcoming. We hope you can help out and join in the fun. If you have any questions in the meantime, please contact one of the PVHC Holiday Party organizers – Cindy Dolgoff, Gary Dolgoff, and Gina Geck.

- - Cindy Dolgoff

Food

by Sandy Segó

Whenever I am planning a hike, one of my first thoughts is about food. Instead of thinking how much distance I will cover, the elevation gained, the time involved, I start to think about what I will be eating before, during, and after the hike.

To be healthy, we have to think about what we eat. Our diets influence our health in many ways. An unhealthy diet can create or contribute to many health-related problems, like obesity, cardiovascular disease, and diabetes.

Eating a well-balanced diet is always important (<https://medlineplus.gov/ency/article/002458.htm>). Getting some carbohydrates will provide energy during exercise. Complex carbohydrates are in foods like whole-grain breads, pasta, and rice. They provide energy, fiber, vitamins, and minerals. These foods tend to be low in fat. It's been suggested that you should eat some carbohydrates if you will be exercising for more than an hour, and after exercise to rebuild your energy stores.

Protein is important for muscle growth and to repair body tissues. It also aids in making hormones and antibodies. Protein can also be used by the body for energy, but only after carbohydrate stores have been used up. Eggs, fish, seafood, chicken, turkey, nuts, seeds, and beans are great sources of protein.

Water is an important, yet overlooked, nutrient for athletes. Water and fluids are essential to keep the body hydrated and at the right temperature. Clear urine is a good sign that you have fully rehydrated. Make sure you drink plenty of fluids with every meal, whether or not you will be exercising. Drinking water before a workout can help you be well-hydrated. It is important to start exercising with enough water in your body. Continue to sip water during and after you exercise.

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“Whenever I am planning a hike, one of my first thoughts is about food.”

~ Sandy Segó

“It's been suggested that you should eat some carbohydrates if you will be exercising for more than an hour, and after exercise to rebuild your energy stores.”

~ Sandy Segó



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Most of us know it can be challenging to pursue a healthy diet. Many dietitians suggest fixing meals at home to ensure you know what goes into your meals. Having some lean protein at each meal can help you manage your hunger levels between meals. Add in fresh vegetables and fruit at each meal. Veggies and fruit can also make great appetizers or snacks.

Remember, you want to eat a variety of foods to get all the vitamins and minerals your body needs. As you exercise, eating helps keeps your energy levels up – so have a snack when taking a break at a lovely view or summit. Food always seems to taste better when you eat outside. Maybe it's because we don't have all the electronic distractions that we have at home. Eating in front of the television or computer often leads to less awareness of what we are eating and how much we consume. When you visit the supermarket, remember to shop the perimeter – that's where the less processed food is. When you are in the aisles you are with the more processed foods. And don't deprive yourself of things you truly enjoy. I love ice cream. I indulge after hikes.

-- Sandy Sego



Smurfy advice for the trail...

If the Shoe Fits, Wear It!

by John "PaPa Smurf" Klebes

"One of the biggest gear decisions hikers make is your choice of footwear."

~ PaPa Smurf

"While fit and comfort are all important you also need to consider seasonal weather conditions, terrain, and the weight of the gear you carry in your backpack."

~ PaPa Smurf

Are you heading out on your first longer distance hike? Thinking of going ultralight? Or just hate your current hiking shoes? One of the biggest gear decisions hikers make is your choice of footwear. And your choice is not as easy as you think. Today's hiking shoes can take the form of trail shoes, running shoes, and approach shoes and are clearly not your kid's sneakers. But even ultralight hikers may also need to consider the benefits of a good mid-weight or heavy hiking boot. What's right for your hike? It all depends on you, your budget, and your hike plan. But if you are still wearing those old-school, heavy leather boots you should really consider all the new options available today.

While fit and comfort are all important you also need to consider seasonal weather conditions, terrain, and the weight of the gear you carry in your backpack. The ideal shoe or boot is inexpensive, very comfortable with no break-in period, extremely durable, grips wet and slippery surfaces like glue, blocks sand and rocks from entering, and give amazing ankle support. And of course you will want it to breathe well, vent moisture, and keep your feet cool but also be waterproof and keep your feet warm. Of course no such shoe exists so you will need to trade off one feature for another in a game of compromise.

Hiking shoes provide a good compromise for comfort at the expense of durability and support. They are typically much lighter, require little to no break-in, give good traction when new, and vent well to avoid overheating and blisters - but this comes at the expense of durability. A typical thru-hiker may go through 5-6 pairs in a single thru-hike of the PCT. And most of them are pushing those shoes well past the point

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If the Shoe Fits continued from page 6

that they give adequate foot support. Be sure to watch wear-and-tear as the lightest shoes will move from worn to failing within days. Be ready to replace them before they fail on the trail.

Mid-weight **hiking boots**, while heavier than hiking shoes, give great ankle and foot support and are much more durable. I had no trouble finishing the AT with life left in my second pair. If you are not hiking ultralight, carry a heavy pack, easily roll your ankles, have concerns with balance, then you may need the extra support of a hiking boot. The line between some of the lightest boots and hiking shoes is narrowing but typically it's a trade-off of lightweight/comfort against support and durability.

Fortunately, just like the advances in hiking shoes, mid-range hiking boots have come a long way, too. The current crop of mid-weight to light hiking boots are more like a crossover between the boots of old and trail shoes. You will need to find that sweet spot that represents the best match for your hike.

The old tried-and-true, heavy leather hiking boot gives great ankle support and durability, especially when carrying heavy loads, but requires a good break-in period to avoid blisters and hot spots. The more durable materials keep heat and moisture in, requiring thick socks to absorb and wick out the moisture. But they last and last and will withstand months of abrasion and wear-and-tear from rugged mountain terrain. They are my go-to choice for winter hiking and expeditions with a stiff sole that will support ice crampons but are unlikely to be a good choice for most summer hikes.

Shoes: best for good traction, lightweight comfort, breathability, fast

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"The line between some of the lightest boots and hiking shoes is narrowing but typically it's a trade-off of lightweight/comfort against support and durability."

~ PaPa Smurf



“The newest crossovers have many of the features of hiking shoes and may be a better choice if you want more support, expect difficult terrain that can damage the shoes, or cannot easily afford to have them fail during a long hike.”

~ PaPa Smurf

If the Shoe Fits continued from page 7

drying, ultralight backpacking in mild to hot temperatures. The go-to shoe if you want comfortable feet for long mile days.

Mid-weight Boots: best for durability, ankle and foot support, abrasive rock terrain, heavier traditional backpacking loads and cool temperatures. The newest crossovers have many of the features of hiking shoes and may be a better choice if you want more support, expect difficult terrain that can damage the shoes, or cannot easily afford to have them fail during a long hike.

With both boots and shoes consider the following:

- If you want good traction that usually means a soft, sticky rubber sole that wears down fast. Hard rubber soles last long but are slippery on wet roots and rocks. La Sportiva makes a lug design that combines both soft and hard rubbers for a great hybrid approach.
- For summer hikers, heat and sweat build up in your footwear and your choices will focus on shoes that vent heat and dry quickly. Waterproof or vapor barrier shoes and boots hold in the moisture and dry very slowly. And no boot stays waterproof on a long hike. Quick drying is especially important if you are hiking trails where you may be constantly starting the day in damp ground and crossing multiple streams without removing your boots. If you expecting cold weather or deep snow you might want the more waterproof or heavier option of boots.
- When trying on boot and shoes for size and fit be sure to keep in mind that a hiker’s feet flatten out over the day. Be sure to test for fit in the afternoon instead of first thing in the morning. Test for no pressure points in the toe and width but be sure the heel is captured well to avoid sliding motion that causes blisters. To test for this be sure to find an inclined

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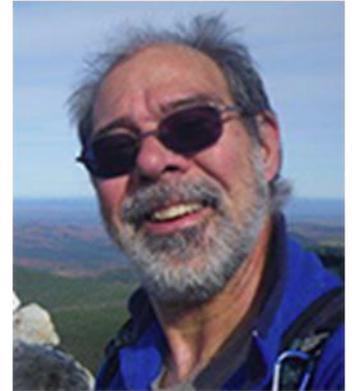
surface where you can walk up and down at a steep angle and see if your heel moves up and down, or if your toes move forward and put pressure on your toes.

- I'm not normally brand loyal but when it comes to footwear loyalty is king. Manufacturers use a mechanical form called a *last* that defines their proprietary inside shape of a size shoe. Lasts are different with each manufacturer. When you find a brand that fits well to your foot it is very likely that other models from that manufacturer will also fit well and vice versa. Models change from year to year but if one model fits from that manufacturer you have a good chance the next model will fit you well, too.

My recommendations: Find a brand that fits well and buy their last year's best selling model. It's the best value for the money. What's in my gear locker? For my feet I like the fit of La Sportiva's and Lowa's brands but your feet may fit a different brand. There is a reason there are so many brands. And be ready to fit the boots to the hike. Models change often and what I bought one year is usually not available the next but here's what's in my closet. I keep a pair of lightweight, low-cut boots for all around hiking (Lowa Renegade), a very light and grippy, low-cut hiking shoes for rocky trails that need extra grip (La Sportiva Ultra Raptor), and sturdy mid-weight boots for winter hiking (La Sportiva Cascade GTX). Just like my other hiking gear sometimes you have to match the boot to the hike.

-- PaPa Smurf

(If you have a suggestion for future topics or a hike-related question you would like covered in this column, send a note to john.klebes@gmail.com.)



PaPa Smurf

*"Find a brand that fits well and buy their last year's best selling model. It's the best value for the money."
~ PaPa Smurf*



"A three-day weekend in the beautiful Adirondack Mountains of New York State with a number of hiking options and, of course, that wonderful Pioneer Valley Hiking Club camaraderie!"
~ Gary Dolgoff

Heart Lake Weekend

by Gary Dolgoff

Yes, this is an event that I was thinking about for years and years, but somehow had never got around to going to it!

PVHC member Ann Mundy leads this trip and has been doing so for over 20 years! A three-day weekend in the beautiful Adirondack Mountains of New York State with a number of hiking options and, of course, that wonderful Pioneer Valley Hiking Club camaraderie!

But for me, the most compelling aspect of this three-day weekend, in my mind, was hearing of the legendary Saturday nite campfire. Plus, Ann would gently talk of this wondrous weekend, and I was tempted each time I didn't go, Ann's mellow encouragement kept me buoyed and interested.

Finally, for this year, I decided that 'I'm going, for sure!' And I reserved a room at the Adirondack Loj as I hadn't done any camping out since I was in my twenties.

So, shortly before the trip, Fred Riotte signed on to drive up with me. He was *in the same boat*, thinking about it for years, and now finally *ready to roll*.

My anticipation grew as I neared my destination getting up to Heart Lake.

I got there mid-afternoon on Friday and offered to take six PVHCers in my minivan to go to dinner in town (Lake Placid is only a few miles from Heart Lake). Meanwhile, soon after I got to Heart Lake, I started to hang out and socialize with my fellow club folks who had arrived a bit before I did.

I soon realized that being totally immersed in nature (everyone but me was either staying in tent cabins or pure tents - there were no doors
See *Heart Lake Weekend continued on page 11*

Heart Lake Weekend *continued from page 10*

being closed here, and we were all socializing even more in this wonderful all-natural environment.) It was cabins, that beautiful lake, and the oh-so-low humidity!

Anyway, the seven of us went to dinner in Placid, and had a great time aided by a front porch on the premises of the restaurant, in plain view of the streets of this lovely little village.



(photos by Gary Dolgoff)

After dinner, our whole group of 20 weekend participants, with our nightlights and headlamps. were sitting in an oval circle around a fire as the sun set. Meanwhile, Ann Mundy, was a constant and enlivening *ball of strength*, had contagious enthusiasm and just a very generous personality. She radiated competence, and seemed to be everywhere at once, making sure everything was good, and that everyone was happy and well taken care of. That was Friday.

Saturday, the main day, was a blockbuster! The evening before, many hike options for Saturday were presented to the group by the PVHC

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"After dinner, our whole group of 20 weekend participants, with our nightlights and headlamps. were sitting in an oval circle around a fire as the sun set."

~ Gary Dolgoff



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hike leaders. Everything from a mile walk around the lake, a shortish hike up nearby Mt. Joe, to harder hikes. I chose the hike led by Karen Markham, a 1600-foot elevation gain up to a fire tower.



“But what makes climbing fun for me, besides the climb itself, is the wonderful encouragement of a number of my fellow club leaders and other members.”

~ Gary Dolgoff

Everyone who hikes with me knows that I am slow on hills - I don't crawl but it takes me longer than many other members to get up to the top on various club outings. But what makes climbing fun for me, besides the climb itself, is the wonderful encouragement of a number of my fellow club leaders and other members. Al Roman stayed with me the entire time. His words of encouragement and sometimes advice, plus his good jovial humor and camaraderie carried the day on that multi-hour, sweaty hike. Karen Markham, always encouraging plus good fun company, a definite friend and club comrade, peppered me with encouragement, and with her trademark hearty laughs, all contributed to this wonderful three-day weekend. After the hike was done, though I did my fair share of huffing and puffing on the way up, I jumped in the wonderful refreshing water of Heart Lake - what a relief!

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Heart Lake Weekend *continued from page 12*

After taking a shower, I was totally ready to experience the evening with my Adirondacks comrades. I went over to a gathering area, which was in front of Canvas Tent #2, and I saw that almost everyone else of the clubbies there, were sitting in their folding lounge chairs talking, sometimes laughing, just generally interacting and grooving on each others' company. I, of course, did the same.

Soon, Ann Mundy announced that food was on the horizon, aka, dinner. Al Roman was a cooking guru, working hard and intensely, cooking up food for all of us. He cooked regular burgers, veggie ones, and my favorite - those well-done bean burgers, mouth-watering and delicious, which were provided by Ann Mundy. Other members made tasty homemade coleslaw and other side dishes. I brought a circle of various cheesecakes for dessert, others brought homemade brownies, and us hungry hikers, just ate and ate, under the edge of a screen house tent, while the rain outside was pouring, but not for a super long amount of time, thank goodness.

After eating, and with a few of us having a bit of wine, we hung out for the next part of the evening and night. That fabled campfire, which I was about to, at last, experience. With the campfire burning, Ann directed each of us, in turn, to *review the day*, the hike, whatever we did or wanted to mention. We enjoyed sharing, having some more laughs, sprinkled in with our stories. After we went around, each person sharing, we then just went free form, spending what became hours of joyous and mellow socializing under the stars, looking at the campfire. All good, as they say.

Ann Mundy had asked if anyone wanted to go to the pier area of the very nearby Heart Lake, and just hang out there, sit on the benches,
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"With the campfire burning, Ann directed each of us, in turn, to review the day, the hike, whatever we did or wanted to mention. We enjoyed sharing, having some more laughs, sprinkled in with our stories."

~ Gary Dolgoff



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look at the stars. But everyone was relaxing and just being in that oval circle so after a while, I took Ann Mundy up on her idea. We went to the pier, where she said jokingly, "We'll solve the problems of the world." Good conversations and sharing of life stuff ensued, and it was nice to just lean back and look up at the stars, and look out at the calming waters, plus the mountains in the distance. Later on, going back to the Loj, I reflected on what a wonderful time I had this three-day weekend. The Heart Lake weekend lived up to my expectations and more!

"Good conversations and sharing of life stuff ensued, and it was nice to just lean back and look up at the stars, and look out at the calming waters, plus the mountains in the distance."

~ Gary Dolgoff



Next year I'm coming back to Heart Lake, and with the encouragement of Karen, Al, Rick Briggs, and others, there's a very good chance I'll brave staying in a canvas cabin!

Thank you everyone who was there, all 20 of you or so, for your company, and all that good stuff, and most of all, thank you to Ann Mundy, such a swell lady and such an great organizer!

-- Gary Dolgoff

Heart Lake

by Sandy Segó

Anne Mundy has been leading a camping trip to Heart Lake in the Adirondacks for many years. I ventured out for the first time a couple of years ago and was immediately converted to the regulars who go year after year.

This trip involves car camping – that is, you drive right up to where you are staying in canvas cabins. The Adirondack Mountain Club puts the cabins up each summer and each cabin has three sets of bunk beds. They provide great protection from rain, which happens more than you would like. Nearby are actual bathrooms with showers as well – all the comforts of home in the wild!

After arriving on Friday afternoon, I joined some fellow campers on a walk around the lake for the first time. It is a nice way to get some exercise without exerting yourself too much. You can see the lake and if you are lucky, hear the loons calling. And the lake offers a great way to cool off when it gets hot. You can rent a canoe to get out on the lake or just sit on the dock and enjoy the view.

Many of us went into Lake Placid for dinner on Friday night. You can walk around the town, sightseeing and enjoy a nice meal with good friends. But you want to be back for the meeting where everyone decides on what they are hiking on Saturday.

There are plenty of options for hiking the High Peaks – the 4,000 foot mountains in the area. And lots of experienced club members to accompany you or offer advice on what big mountain you want to climb. After hiking a couple of high peaks in the area, I have decided that my favorite is not a high peak, but Mt. Jo, which I hiked up for the second time. For comparable effort to getting up our local Mt. Tom, I had incredible views! (Better than I got on some taller mountains.) You can look out over the Adirondacks and see unlimited

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“Anne Mundy has been leading a camping trip to Heart Lake in the Adirondacks for many years.”

~ Sandy Segó



Heart Lake *continued from page 15*

mountains. Unlike the White Mountains of New Hampshire, you won't see any small towns in the valley between the mountains. Just trees, mountains, and endless sky. There are plenty of hikes of all levels to do in the area. Visit a waterfall, go out to Marcy Dam or hang out at the campsite.

Saturday evening we have a group meal – everyone brings something to contribute. As is typical of club events, the food is great and plentiful. And as evening comes, we have a great campfire going. Everyone sits around the campfire relaxing, and shares what they did that day. The stories are great and it is a wonderful bonding experience.

If you are looking for a way to get to know people in the club better, going on a trip will help you make friends and have great experiences to share. And you don't need camping equipment to do this trip. Just bring your sense of adventure and a rain jacket (just so you are prepared).

-- Sandy Segó

“If you are looking for a way to get to know people in the club better, going on a trip will help you make friends and have great experiences to share.”

~ Sandy Segó

The Adventures of Peakbagger:
**Do You Ever Have Musical Tunes
 Running Through Your Head
 While You Hike?**

by Peakbagger

When you are not walking down a trail talking with a hiking companion, do you ever have a musical tune or two running in your head while you hike? Well, I do, quite often, and without earbuds in my ears being broadcast from some electronic device. Oftentimes it's the last tune that I've heard on the car radio.

An earworm is defined from the Oxford English Dictionary as *a catchy piece of music that continually repeats through a person's mind after it is no longer playing*. And from *Wikipedia* reported in the topic of Earworm:

In [Joe Simpson's](#) 1988 book *Touching the Void*, he talks about not being able to get the tune "[Brown Girl in the Ring](#)" by [Boney Mout](#) out of his head. The book tells of his survival, against the odds, after a mountaineering accident in the remote [Siula Grande](#) region of South America. Alone, badly injured, and in a semi-delirious state, he is confused as to whether he is imagining the music or really hearing it.

Here are several songs below – I know that they date me – that you might say are appropriate for several hiking occasions, but are mentioned with the intention of not giving you an earworm:

For instance, consider the lyrics: *I can see clearly now the rain is gone*: Johnny Nash's *I Can See Clearly Now* (https://www.youtube.com/watch?v=FscIgtDJFXg&list=RDFscIgtDJFXg&start_radio=1)

Now he walks in quiet solitude the forest and the streams, Seeking grace in every step he takes, His sight has turned inside himself to try and understand, The serenity of a clear blue mountain lake | And one

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“An earworm is defined from the Oxford English Dictionary as a catchy piece of music that continually repeats through a person's mind after it is no longer playing.”
 ~ Peakbagger



Musical Tunes continued from page 17

of my favorite lines from the song: *Friends around the campfire and everybody's high:*

John Denver's *Rocky Mountain High* (<https://www.youtube.com/watch?v=eOB4VdlkzO4>)

Almost heaven, West Virginia, Blue Ridge Mountains, Shenandoah River:

John Denver's *Country Roads* (<https://www.youtube.com/watch?v=1vrEljMfXYo>)

Wish that I was on ol' Rocky Top, Down in the Tennessee hills:

The Osborne Brothers' version of (written by Felice and Boudleaux Bryant) *Rocky Top Tennessee* (<https://www.youtube.com/watch?v=n9prNixjbg>)

Don'tcha know that there, Ain't no mountain high enough:

Marvin Gaye's and Tammi Terrel's version of (written by Nickolas Ashford and Valerie Simpson) *Ain't no Mountain High Enough* (<https://www.youtube.com/watch?v=Xz-UvQYAmbg>)

Climb every mountain, Ford every stream:

Climb Every Mountain (written by Richard Rodgers and Oscar Hammerstein) from *The Sound of Music* (<https://www.youtube.com/watch?v=EoCPuhhE6dw>)

We are stardust. We are golden. And we've got ourselves back to The Garden (think Keene Valley, New York Adirondacks):

Joni Mitchell's *Woodstock* (<https://www.youtube.com/watch?v=cRjQCvfcXn0>)

I took my love. I took it down. Climbed a mountain and I turned around. And I saw my reflection in the snow covered hills. 'Til the landslide brought me down:

Fleetwood Mac's *Landslide* (<https://www.youtube.com/watch?v=WM7-PYtXtJM>)

-- Peakbagger

Hiking Through: One man's journey to peace and freedom on the Appalachian Trail, by Paul Stutzman

Book Review by Dick Forrest

It seems that each person who attempts to hike the entire Appalachian Trail (AT) has a different reason for doing so. Paul Stutzman, the author of *Hiking Through*, a book about hiking the AT in the year 2008, was motivated by a great loss — his wife died of breast cancer. After his wife's passing, he was now alone and dealing with the grief from the loss of his wife, the mother of his six children. Paul decided to quit his job as a long-term restaurant manager in Holmes County, Ohio, halfway between Cleveland and Columbus, and decided to make a new beginning by undertaking a rigorous journey on the AT.

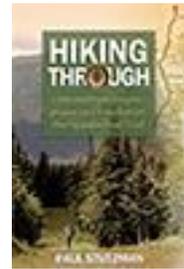
One of the defining moments of Paul Stutzman's hike on the AT is described in the *Prologue*, at the beginning of the book. Stutzman, with a 30 lb. backpack on, was crossing an alpine bog near the summit of Mt. Success in New Hampshire when he slipped on a wet, slippery board, which was underwater and used by hikers to walk above the bog, rather than sinking down into it. When he slipped and fell, he became wet, cold and frightened, and instantly, *was covered in decaying muck and slime*. It seemed like a rebirth to him at the time but it was also a close call from being swallowed up by the bog. (Incidentally, Mt.

Success was my wife, Sue's, and my last hike on the 52 With a View hiking list in New Hampshire, where several PVHC members joined us to celebrate our accomplishment. We were sitting on a rock summit overlook-



ing that very bog. Common cottongrass, actually from the sedge family, was in bloom and its white, cottony, bristle-like flowers were swaying in the wind all over the bog when we climbed Mt. Success in late June.)

See *Hiking Through* continued on page 20



"Paul decided to quit his job as a long-term restaurant manager in Holmes County, Ohio, halfway between Cleveland and Columbus, and decided to make a new beginning by undertaking a rigorous journey on the AT."

~ Dick Forrest



"Paul Stutzman's AT name tells you something about him: Apostle."

~ Dick Forrest

Hiking Through *continued from page 19*

Paul Stutzman's AT name tells you something about him: *Apostle*. Stutzman has a Mennonite religious background, like many people in Holmes County, Ohio, so it's not surprising that he would bring his dealings with God into the book. It's also not surprising that he was mourning the loss of his wife, and questions why God allowed his wife's death to happen. Interestingly, he gets some clarification from God during the journey. This emphasis on God in the book may turn some readers off but he is being true to himself in writing about it. I, personally, am comfortable with his writing about his spiritual understanding and journey.

I honestly don't quite understand the title and subtitle which reads *hiking through* and *one man's journey to peace and freedom*. Obviously, hiking through is a play on the words *thru hiking*. To me, it doesn't make a lot of sense. And in regard to the subtitle, I'm not sure that he achieved peace and freedom on his journey; however, he did finish the entire trail in five months. He did establish relationships with his fellow thru hikers and other people along the way, which was certainly positive, especially in light of losing his closest friend. Here's a quote from the book: *Most enjoyable of all was the excitement of meeting new people who were like flowers scattered along the path of my life.*

How many millions of decisions are made by an individual hiking the AT? For instance, where to put your feet on any portion of the trail. In that regard, I have a bone to pick with the author. This book was obviously written from his daily journal but I don't need to know about every little decision which he makes for finding food or lodging — those decisions are reported ad nauseam. Any thru hiker will make his own decisions when he or she does the trail on his/her own. Sure, it's good to have recommendations from time to time but I don't need to know about every, little, tedious decision.

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Hiking Through continued from page 20

In finding food, Stutzman is no different than all of rest of the thru hikers who have to really chow down after hiking big mileage days. Thru hikers on the AT burn 5,000 to 7,000 calories a day, and sometimes more when they push themselves to do almost superhuman distances on the trail. Consider that a thru hiker's calorie burn is often equivalent to a person running a marathon daily.

In regard to the author's writing style, Paul Stutzman must have had a good editor. I find it beyond credulity that a former restaurant manager could have such a good writing style, especially based upon one or two of his actual journal entries that he shared from his journal in the book.

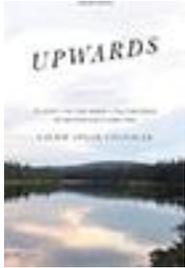
Some of Paul Stutzman's stories made me laugh — I found those closer to the second half of the book. One criticism, however: Stutzman purposely doesn't delve too much into the lives of his hiking partners who he meets along the trail, who have interesting stories to tell in their own right. That often makes for a drier, less interesting narrative.

Overall, I like a good adventure story and the act of hiking the AT offers some good writing material, and therefore, good reading material. It helps to be a hiker and have an interest in learning about hiking the AT, even though as a reader you may never attempt to hike the trail in its entirety.

-- Dick Forrest

“Overall, I like a good adventure story and the act of hiking the AT offers some good writing material, and therefore, good reading material.”

~ Dick Forrest



Upwards: The Story of the First Woman to Solo Thru-Paddle the Northern Forest Canoe Trail, by Laurie Apgar Chandler

Book Review by Dick Forrest

There are thru-hikers and there are thru-paddlers. *Upwards* is a book about a thru-paddler named Laurie Chandler who, as the above subtitle states, is the first woman to solo thru-paddle the Northern Forest Canoe Trail (NFCT – <https://www.northernforestcanoetrail.org>). Laurie Chandler has written a book about her experience from her journal written during her great adventure of canoeing the entire trail alone end to end in 2015.

*“The NFCT is a continuous water trail, a series of lakes, rivers, streams, and sometimes bogs, approximately 740 miles long from Old Forge, New York, in the southwestern Adirondacks, to Fort Kent, Maine, at the very northernmost tip of Maine, essentially **upwards** from south to north.”*

~ Dick Forrest

Why the title, *Upwards*? The NFCT is a continuous water trail, a series of lakes, rivers, streams, and sometimes bogs, approximately 740 miles long from Old Forge, New York, in the southwestern Adirondacks, to Fort Kent, Maine, at the very northernmost tip of Maine, essentially **upwards** from south to north. Laurie Chandler completed this journey alone, at the age of 53 years old, in 53 days. Some of the bigger waterways on the canoe trail which you may recognize are Raquette Lake, the Saranac Lakes, Lake Champlain, Lake Memphremagog, the Connecticut River, the Androscoggin River, Lake Mooselookmeguntic, Flagstaff Lake, Moosehead Lake, and the Allagash Wilderness Waterway, among others.

Laurie Chandler loves to journal and writes very well. Here’s an excerpt from *Upwards* (pp. 108-109).

To those who have never paddled solo, the experience may be hard to comprehend. You can travel for hours and hear only the sounds that are always part of the wild. Gradually, your mind quiets and all that is other fades away. You become truly present in the time and place where you find yourself. Suddenly, your alert senses notice things you otherwise might miss.

See *Upwards* continued on page 23

Upwards continued from page 22

Colors, textures, or the exquisite detail of a single flower petal. And if you're lucky, you reach that moment when you understand that you, too, belong. You touch the water, the paddle slices in and out, a tiny whirlpool drifts behind and you simply are a part of the flowing river.

What's truly amazing is that Laurie Chandler had to paddle upstream for 150 miles of the 740 total miles and that she had 67 portages totaling 125 miles (definition of portaging: taking the canoe out of the water and moving it over land to another water put-in). When she portaged, she used canoe portage wheels underneath her relatively lightweight Kevlar canoe. But if the terrain was rough enough that it prevented her from using the wheels to move her canoe over land, she had to carry the canoe on her shoulders to the next put-in, sometimes miles away.

Like thru-hiking on the Appalachian Trail (AT), Laurie Chandler had designated places where she could tent/camp. If she didn't make it to a designated campground or a village along the way where she could find a campsite or lodging, she would *stealth camp*, meaning that she would set up her tent in an inconspicuous, barely noticeable place. Sometimes she would ask landowners if she could camp on their properties. Similar to the AT, but in her canoe rather than in a backpack, Laurie had to take everything she needed to survive for several days at a time; similar to the AT, she would have mail drops at various post offices close to the trail along the way to resupply her food.

This is a good adventure story which begins at Old Forge, New York, and ends at Fort Kent, Maine. The fact that she was able to paddle, often upstream, and portage, this entire length of 740 miles, with no help but with maps and a GPS, is astounding. There were any number of dangers and risks along the way. She's not the first to have achieved this accomplishment, but was the first woman to have done it.

See *Upwards* continued on page 24

"What's truly amazing is that Laurie Chandler had to paddle upstream for 150 miles of the 740 total miles and that she had 67 portages totaling 125 miles."

~ Dick Forrest

"There were any number of dangers and risks along the way."

~ Dick Forrest



"She had to be incredibly courageous to undertake this journey alone,..."

~ Dick Forrest

"This book introduces you to the NFCT — I didn't know anything about the trail until I read this book."

~ Dick Forrest

Upwards continued from page 23

She had to be incredibly courageous to undertake this journey alone, and her faith in God was a factor in helping her to achieve her goal. Her parents were certainly her cheerleaders and a boost of support along the way, as well as friends whom she had met in the canoeing community also lent their support along the way. Her love of nature comes through in the book which adds immeasurably to the narrative.

This book introduces you to the NFCT — I didn't know anything about the trail until I read this book. I get the sense that this a very special wilderness water trail that I might want to canoe sections of, similar to section-hiking the AT. Through my hiking throughout New England and New York, I have been to many of the places that the trail comes close to. I have even canoed on part of the Allagash Wilderness Waterway, on a portion of the northernmost section of the NFCT in Maine.

In *Upwards*, Laurie Chandler refers to various kiosks set up by the NFCT along the trail. The PVHC members who went up to Moosehead Lake this past July saw one of the NFCT kiosks at Rockwood, Maine, vis-



ited and photographed by Laurie Chandler on her journey north, at the place where we took a boat over to climb Mt. Kineo, which is on an island in Moosehead Lake.

I love the adventure genre where people set goals, test their limits, end up achieving amazing things, live to tell about it, and then tell about it. This book is one of the best of that genre.

-- Dick Forrest

Fun Pin Awards for Completing Hikes

PVHC has started a new Fun Pin Award for participating in hikes with the club. There are three pins that members can earn:

1. **10 Hikes with PVHC**
2. **10 Mountains/Summits with PVHC**
3. **10 Trails with PVHC**

There is no double or triple dipping. One hike can be used for just one hike or summit or trail. You can count weekly hikes, summits or trails more than once if you do them on different dates. Examples - the Monday Morning hike can be used several times in the hikes log as long as you do them on different dates, Mt Holyoke can be listed several times as long as it is hiked on different dates, same with trails.

We hope you have fun hiking with PVHC and earning your Pins!

The logs for each pin are posted on the club website. Once completed you may turn it in at a club meeting for your pin award.

Slide Show Photos

Please send all slide show photos for the 2019 PVHC Holiday Party multimedia slide show to the following email address:
pvhcpictures@gmail.com

Important Membership Renewal Notices

The following memberships are up for renewal:

Sept. Renewals

- Carol Carrington
- Shari Cox
- Matthew DiNatale
- JoAnne Gebski
- Carolyn Keefe
- Tim Labonte
- Laurie Mahoney
- Paul G. Provencher
- Marty & Meg Schoenemann
- Deborah Weidner

Oct. Renewals

- Janet Beach
- Dona Burdick
- Eliza D'Agostino
- Donna Fleury
- John & Regina Fortune
- Jacki Gadbois
- Lisa Golob
- Barbara Graf
- Stephen Klein
- Nancy Lois
- Karen Markham
- Thomas Pedersen
- Maria Rocco
- Al Roman

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)

Pioneer Valley Hiking Club Officers

- Lori Tisdell, President
- Jeanne Kaiser, Vice President
- Erin Squires, Treasurer
- Gina Geck, Secretary
- Ray Tibbetts, Founder

Standing Committee Chairs

- Hike Schedule: Chip Pray & Lori Tisdell
- 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: Lori Tisdell
- 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: dforrest@charter.net

WELCOME NEW MEMBERS

July
Heather Wardrop
Constance Janik
Hiede Zajonc
Paul Tonelli

August
Stephen Ecrement and family
Shari Scott-Smith



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori/Karen
- Every Thurs. (MA) Mornings w/ Harry
(MA) Evenings w/ Erin
- Sept 3 (MA) Club Meeting
- Sept 7 (MA) AT Sheffield-Monterey
- Sept 14 (MA) North/South Sugarloaf
- Sept 21 (VT) Vermont Sampler
- Sept 28 (MA) Mt Greylock
- Oct 1 (MA) Club Meeting
- Oct 5 (RI) Newport Cliffwalk
- Oct 12 (MA) Mt Sugarloaf/Mike's
Maze
- Oct 19 (MA) Keystone Arched
Bridges
- Oct 26 (MA) Spruce Hill
- Nov 2 (MA) Sachem Head/Poet's
Seat
- Nov 5 (MA) Club Meeting

IMPORTANT NOTICES

Next Club Meetings:
September 3, 2019, 7 p.m. at **FBC**
October 1, 2019, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is October 20, 2019

**** Check out our club website at:**
www.pioneervalleyhikingclub.org

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



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