



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

News and Notes from our Acting President

by Acting President Jeanne Kaiser

I hope all of our members are out on the trail these days. Fall is perhaps the best time of year for hiking in New England. I had been worried that the colors would be drab this year because of the drought. But the colors are wonderful, especially by the bright red.

Some interesting pieces of news to communicate this *Bootprints* edition:

-**We have an election October surprise!** Jim Brown has stepped forward to fill the empty role of Vice President of the PVHC. We will have a special election so he can assume the post. Somewhat ironically, the special election will be held on Tuesday November 3rd. same date as that other, somewhat more anticipated election. I guarantee we will know the result of the PVHC election quite quickly. No guarantees about that other one. Thanks to Jim for pitching in—it will really help the club to have a Vice President especially as we navigate the Covid winter.

-**Holiday party**—to probably no one's surprise, we have canceled this year's holiday party. Nonetheless, we will have a zoom celebration on the evening of the regularly scheduled party. Everyone can grab a beverage of their choice, and we can watch the slide show and announce the awards. If anyone has other ideas for making a zoom party fun, please let me know. Don't forget to send pictures to Joc Brannan for the slide show. At least we won't have to worry about the weather.

-**Dues reduction:** we have noticed that as the year has progressed, the PVHC bank balance has been going up. That's because we haven't been spending any money—stripped down picnic, no holiday party, etc. We
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Nov, 2020

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know that most of your bank accounts are not going in the same direction. Therefore, for the year 2021 only, PVHC dues will be \$15.00 for individuals and \$30.00 for families.

-Holiday Hiking-palooza - all of our holidays are going to be different this year. Chances are that we won't be gathering with large numbers of people, traveling to distant places, or hosting giant dinners. For some members, who live alone, or who have family in far-flung places, the holidays will be vastly different. To help make the season more festive, I am hoping we can have a holiday hiking-palooza. I would like to see us schedule a number of hikes throughout the day on Thanksgiving, the holiday formerly known as Black Friday, Thursday December 10 (first night of Hanukkah), Friday December 18 (last night of Hanukkah), Christmas Eve, Christmas Day, and New Year's Eve and Day. Please volunteer to lead a walk or a hike on one or more of those days. Email pvhchikingclub@gmail.com with details. Anything is welcome—from a long, all-day affair to a short walk in the park. Socializing in the great outdoors will make all of our holidays more festive and rewarding.

That's it for now. See you on the trail or in the zoom meeting!

-- Jeanne Kaiser

"To help make the season more festive, I am hoping we can have a holiday hiking-palooza."

~ Jeanne Kaiser

Dear White Mountain National Forest

by Erin Squires

Dear White Mountain National Forest-

I recently went on a lovely hike in your beautiful mountains. I climbed up South Kinsman and then over to North Kinsman. This was number 33 and 34 of my 4000 footers in the White Mountains. While I am no expert in the White Mountains, I feel as though I have the general feel of your trails. With that being said, there is much improvement that needs to be made.

I am not sure if you are aware of the dangerous obstacles that are along many of these trails but let me bring a few to your attention:

1. Water crossings without bridges
2. Roots that could trip you
3. Boulders placed willy nilly
4. Stepping stones and ladders made for giants and not normal sized people
5. Slabs that when wet are like slip and slides without the fun
6. Harmless little stones that gather in groups and shift underfoot
7. Mud

I suggest that you start with widening the trails. Then make them soft packed dirt and add some cushioning pine needles. Acorns should be removed daily and mud should be cleared out as soon as the rain stops or the snow melts. I also recommend that steep climbs are leveled out and transformed into gently rising switchbacks.

I do have some 5-star recommendations for you to consider if you ever wanted to upgrade your image:

1. Hydration stations every mile
2. Snack kiosks every 2 miles

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"While I am no expert in the White Mountains, I feel as though I have the general feel of your trails."

~ Erin Squires

"I also recommend that steep climbs are leveled out and transformed into gently rising switchbacks."

~ Erin Squires



*“4. When you reach the summit clapping and cheering would be greatly appreciated”
~Erin Squires*

WMNF continued from page 3

3. As you near the summit “Eye of the Tiger” by Survivor or The Rocky Theme could be playing
4. When you reach the summit clapping and cheering would be greatly appreciated
5. After the cheering ends hot dogs and hamburgers with an icy cold drink should be made available
6. A professional photographer should be stationed at the summit for the perfect summit portrait
7. On the descent it would be great to have someone organize a singalong to keep hikers from getting too weary
8. At the end of the hike a theme song should be played as you exit the forest like “We are the Champions” by Queen or “We Will Rock You” also by Queen
9. Foot massages after the boots come off
10. Cold drinks, salty food and fresh fruit stand at the end of the trail

Then again, keep it the way it is and let us enjoy the wild for all its beauty.

Sincerely,
Hiker

-- Erin Squires

Attitude is Everything

by Sandy Segó

As we have continued to adjust to fluctuating events during the pandemic, we have all seen friends struggle with how to deal with the changes to our lifestyles. Some people have really struggled with accepting how life has changed. One thing that impacts how well we cope with change is our attitude. It can change an obstacle into a learning opportunity. It can impact how we cope, the actions that we take and how successful we may be.

In psychology, attitude is a psychological construct, a mental and emotional entity that inheres in, or characterizes a person. They are complex and are an acquired state through experiences (Wikipedia). Another way of explaining attitudes it is that an attitude is a settled way of thinking or feeling about someone or something, typically one that is reflected in a person's behavior (Encyclopedia.com).

Attitudes can positively or negatively impact a person's behavior. Having a positive attitude can impact how much you progress in both your personal and professional life. You can chose whether to see the glass as half empty or half full. If you "fake it till you make it" with attitude, you can benefit.

For some quick tips, you could try: Making statements that are positive – "I can do this" or "we can solve this problem". The words we use convey meaning and can impact our moods and attitudes. Spend time with people who have positive attitudes. It can rub off on us; and avoid people who are negative. Listen to music that puts you in a good mood. Laughter is a great way to get in a better mood; and positive moods make it easier to adopt a positive attitude. Getting enough sleep can make a big difference in mood and attitude as well. Reading inspiring books or watching inspiring movies can also work to help keep a positive mindset. Exercise will work to improve your overall mood as well as providing physical benefits.

For some people, meditation is a way to adjust their mindset. Meditation can be challenging to begin. You may feel that as you try to

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"One thing that impacts how well we cope with change is our attitude."

~ Sandy Segó

"Spend time with people who have positive attitudes."

~ Sandy Segó



"When we are able to focus on the present we can let go of our worries."

~ Sandy Segó

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quiet your mind, it just jumps around more and more. Let it. But be aware that your mind is jumping to different thoughts and nudge it back to your calm place. The simple act of being aware of what we are thinking is the first step in meditation.

Meditation encourages us to focus on the present moment, without judgement. Having a singular focus – on our breathing, a sound, or image – can help distract us from the thoughts that cause anxiety, stress, or frustration. Over time, and with practice, we learn to appreciate the present moment versus lamenting over the past or getting overwhelmed by the future.

When we are able to focus on the present we can let go of our worries. Remembering that life changes and we need to adapt continually can help us in confronting our challenges. The pandemic has made it clear that everyone has challenges in their lives. How we frame the challenges makes a big difference. Embracing a challenge and seeing it as an adventure, as a learning opportunity, can reduce stress and make dealing with the event interesting and exciting instead of frustrating and annoying.

So adopt a positive attitude to deal with challenges. At worst, it won't matter. At best, it will allow you to thrive in a difficult time.

-- Sandy Segó

Smurfy advice for the trail...

South Dakota and Hiking in the Year of the Virus

by John "PaPa Smurf" Klebes

As we enter the winter of 2020-21 I'm afraid the virus will continue to impact our hiking community. In this month's column I'd like to share my hiking adventure to South Dakota as a teaching experience on how to explore new areas during the time of Covid-19. With travel outside the USA almost impossible and not being ready to risk mass transit travel on planes, trains, and buses, Sybille and I decided on a more local road trip where we could control our exposure to others. We picked the Black Hills and Mt. Rushmore with a trip through the Badlands on the way in as our destination.

Plans changed almost from the start and that just reinforces the mantra to stay flexible with your plans. We had originally planned to drive through Minneapolis, pick up the oldest grandchild, Deagan, then explore the Badlands and head out to the Black Hills for a backpacking trip. A week later we would return to Minneapolis swap the older grandkid for the middle child and spend a few days camping in a cabin with Levi for a more age-appropriate adventure with him. We never expected the Sturgis Motorcycle Rally to not be canceled as almost any major event has been. So, at the last minute, we had to change our plans to avoid what would obviously be a very seriously risky environment as large crowds would be canvassing all the attractions in the Black Hills during the rally.

Step one was to swap the local camp-cabin adventure with the younger boy to the first week to get us away from nearing the areas around Sturgis during the peak of the motorcycle rally. That allowed us to arrive at the Badlands just after the last of the rally crowds had died out. See *South Dakota* continued on page 8

"Plans changed almost from the start and that just reinforces the mantra to stay flexible with your plans."

~ PaPa Smurf



“The best strategy during this viral pandemic is minimize your exposure to crowds, especially those that don’t practice social distancing, and limit your indoor activities.”
 ~ PaPa Smurf

South Dakota *continued from page 7*

Traveling by car allowed us to pack lunches and we were very selective at finding outdoor venues for meals or getting take-out and using picnic areas.

The best strategy during this viral pandemic is minimize your exposure to crowds, especially those that don’t practice social distancing, and limit your indoor activities. Our strategy was to mitigate the risks of crowds by planning our hikes to less traveled trails and routes and pick days/times that minimize crowds at major attractions, like Mt. Rushmore.

We wanted to visit Mt. Rushmore, climb Black Elk Peak (formally Harney Peak, 7,242 ft, and the high point of South Dakota and the highest peak east of the Rockies), and visit a couple of the key features in the Black Elk Wilderness. We also wanted to drive through the famous Needles highway through Custer State Park. Since we had to drive right by it we also planned to check out the best parts of the Badlands National Park.

The first step in our planning was to figure out the most popular routes and days people visit the most popular attractions. We then put together a plan to try, where we could, to take routes that were less popular and times and days that were not peak demand to limit the crowds.

For the Badlands we made sure we arrived on the last day of the motorcycle rally figuring that most people had already left or were heading home after the last weekend. The Badlands are mostly outside, and most of the best features require some strenuous hiking

See South Dakota continued on page 9

South Dakota *continued from page 8*

so we felt it was pretty safe as long as we avoided any congested roadside rest stops and vistas that didn't feel safe. Keeping things flexible we kept two lodging options open. We would check out a drive in the National Park campground. If it seemed too crowded or filled with unsafe behavior we would keep open a backpacking option. The Badlands has no restrictions on camping as long as you are 500 feet from a trail or road, which left us many options to hike off-trail and camp near a road if we didn't feel it was safe at the campground.

For the Black Elk Wilderness we were able to put together a great 3-4 night backpacking loop that entered the wilderness from the north end of the park, which is much less popular. We would avoid the most popular trail up to Black Elk Peak until we were within a ¼ mile of the summit, minimizing our exposure to tourists. We would also circle around the park to several other features, such as Sylvan Lake, Little Devil's Tower, Cathedral Spires and Mt. Rushmore, via less traveled trails and where we didn't want to be during certain times of the day, which limited how many others would be out and about on the same trails as us.

To summarize our strategy was not to compromise on what features we wanted to see but to pick alternate approaches that had less people and times of the day that are less popular. Backpacking let us pick a place to camp that would position us to visit features on off-peak times of the day, and while our more remote routes were sometimes longer and more rugged they had a remoteness and character that added to our experience.

We reached the Badlands National Park early afternoon and found
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PaPa Smurf

“To summarize our strategy was not to compromise on what features we wanted to see but to pick alternate approaches that had less people and times of the day that are less popular.”
~ PaPa Smurf



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the National Park campground very open and spacious and not at all



crowded so I was outvoted on primitive backcountry camping. We spent the first night grilling dinner at our campsite and taking a late afternoon hike on the out-and-back Notch Trail, which is the one of the best hiking features in the park with

ladders and rock canyons and reaches a notch in the wall of the ridge. Because we did the hike near dinner time we only saw two small family groups on this normally very popular trail.



The next day we hiked the Cliff Shelf Nature Trail Loop right after breakfast, which again because we started early had almost no people on another of the most popular and accessible easy trails. After breaking camp we did a great hike up the Saddle Pass Trail, which is



one of the most strenuous hikes in the park as it climbs rapidly up to the top of a saddle in the wall where it meets the Castle Trail and Medicine Root Trail. What a fantastic climb we had to the top of the Castle on the ridge. On this trail, because of it's difficulty we again saw only a few other hikers

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and could easily keep some distance. For the rest of our visit through the Badlands we stopped selectively at roadside vistas and wildlife sightings along the park road. We only skipped a few vistas that were really crowded and/or wore masks and tried to keep distance from the other tourists.

While I would have liked to primitive backpack in the Badlands we got to see most of the best features with our car camping adventure. If I get a chance I'd like to return to explore more. I think the ideal plan would be to arrive in the afternoon as the day is starting to cool and hike in on the Castle Trail. Camp somewhere off-trail near the wall to see the sunset and enjoy primitive camping. Then hike a loop around the Medicine Root Trail after watching the sunrise and breaking camp to be out before the afternoon heat of the day. Sunset, sunrise, and a private camping spot on the wall would be ideal! The wildlife you see in this park is fantastic.

We did do one high-risk stop on the way through Wall, South Dakota, to stop at Wall Drugs. We wore masks and only stayed a little while trying to stay in the open as much as we could - it was not what I would call Covid safe. We opted not to have lunch as it was too crowded and moved on without seeing it all. Flexibility and a willingness to change plans is important in today's times.

Moving on to the Black Elk Wilderness we chose our entry into the wilderness from the northern trailhead of the #9N Black Elk Trail. As most people take the shorter #9S trail from the south to reach the high point of Elk Peak we had the trailhead to ourselves and saw not one person on our hike in. We found a wonderful campsite with views of the nearby Elkhorn Mountain. The next day we hiked a wonderful trail all the way to the spur trail to the Harney Tower on Black Elk Peak without meeting a single person. This is a great route to the
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*"While I would have liked to primitive backpack in the Badlands we got to see most of the best features with our car camping adventure."
~ PaPa Smurf*



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summit! Unfortunately the last ¼ mile through rock steps and into the rock base of the tower were crowded with hikers that came from the #9S approach trail so we wore our masks and tried to keep some space between us. We had a late lunch out on the rocky

summit where there was plenty of space to spread out and only climbed the tower when we found a lull in the crowds. We waited till later in the afternoon, when many of the hikers had headed down and the new arrivals had pretty much stopped, to head down the popular #9S trail down to Sylvan Lake, with only a few straggler hikers to hike by. We had thought of camping near Sylvan Lake but it's a major road accessible tourist attraction so we found a picnic table out of the sun and away from the beach crowds and cooked dinner before hiking on.

After dinner we headed up the #4 trail toward Little Devil's Tower and found a spot to camp. Because it was late we saw only a handful of hikers climbing back to their cars. In the morning we hiked up near



Cathedral Spires and had breakfast with views of the Little Devil's Tower. I hiked out the rock scramble to the top of Little Devil's Tower while Sybille and Deagan hiked into the Cathedral Spires. When I caught up to them I found we were in a flat

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mesa that was like an amphitheater with rock spires all around us. Very Cool! After telling Deagan about the views from the rock scramble up Little Devil's Tower we ended up backtracking and re-hiking it together. It's another site in

the wilderness that's challenging but not to miss.

Since we got to the tower and Cathedral Spires early we didn't see any others at first but now more people were climbing up. Our strategy of hiking in the afternoon to get close to key features before camping and visiting the sites early was working out very well to keep us out of the crowds. We next moved upward, back toward Elk Peak again but on the less traveled #3 trail before diverting onto the Grizzly Bear Creek Trail #7, then the Horse Thief Lake Trail #14 and Centennial Trail #89. These trails were lightly used and overgrown at points so you really felt you were in the wilderness. We found a great open spot to camp part way on the Centennial Trail so we were well positioned to hike into Mount Rushmore National Memorial the next day.



We left our camp set up and took a day pack to hike into Mt. Rushmore in the morning via the Blackberry Trail. This trail comes right into the parking lot for Mt. Rushmore and we saw no one on the trail. There were only a few people at the memorial at first because it was so early. We had a nice

brunch and drinks at an outside table with views of Mt. Rushmore

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where we had almost the whole patio area to ourselves. As the day got later the crowds started to form so we ended up wearing masks while hiking the Presidential Trail Loop and



heading back to our trail to the campsite. Other than a group of horseback riders on the Blackberry Trail we saw only one or two other hikers the rest of our trip. We continued on the Centennial Trail to a saddle on a ridge near Pine Creek where I heard there might be a great camping spot but Deagan was ready to get back to the car. In hindsight we should have camped and made it a nicer hike but Deagan was doing well and really wanted to hike out that day so we pushed on for a long day to reach our car via the Willow Creek Rushmore #5 Trail. I was pretty sure we could primitive camp at the Willow Creek Horse Camp at the trailhead if we needed to but we ended up finding an opening at the Mt. Rushmore KOA campground as walk-ins to end our backpacking adventure with hot showers!

“What a great way to see all the features in the Black Elk Wilderness of the Black Hills safely in the year of the virus.”
~ PaPa Smurf

What a great way to see all the features in the Black Elk Wilderness of the Black Hills safely in the year of the virus. On our way back home we stopped at the Delta-09 Minuteman Missile Silo site & visitor’s center. Both worth a stop and the silo tour is self-guided. Unfortunately tours of the command center bunker are canceled due to Covid and the aboveground tour requires preregistration so we missed those.

I hope you have enjoyed this quick summary of our trip and it inspires you to visit the Badlands and Black Elk Wilderness some time. And more importantly, I hope this helps you plan your own safe trips in this time of the virus. Pick less popular trails and routes, adjust your time of
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the day to limit crowds, and try to plan your meals and breaks so that you limit exposure to others even if it means eating outside or in your car. And be ready to adjust your plans with alternatives if you don't feel safe. As the trail-famous Rick (Sharky) Briggs likes to say, "Plan the hike – Hike the plan".

-- 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)



Thoughts on Life during the Covid-19 Pandemic

by Dick Forrest



Redstone Rail Trail sign

“We have kept our social bubble small.”

~ Dick Forrest

Life is hard and has become considerably harder with the novel coronavirus pandemic. I suspect that it's been harder for some of us; however, each of us will cope in our own ways. In our (my wife, Sue's, and my) particular case, since our favorite summer and fall large group hiking club events have been canceled this year, as an alternative, practically every morning before breakfast, Sue and I have been walking the Redstone Rail Trail in East Longmeadow, four minutes from our house by car. We have seen club member Shari Cox, often at least once a week, running with friends there, and, similarly, have bumped into other hiking club members on the same path from time to time. This flat section of rail trail in East Longmeadow is just over 3 miles round trip. Usually once a week I also walk with a friend in Springfield's Forest Park.

Regrettably, Sue and I haven't been hiking much. (However, I admire each of you who haven't let the coronavirus interfere with your club hiking.) We have kept our social bubble small. One of our favorite activities this past summer was playing doubles tennis (never on the same court with one another, mind you), and, indeed, it was admittedly risky behavior. (I suspect that you have certain extracurricular activities which you don't want to give up, too, and club hiking may be one of them.)

It's a scary time. The confirmed coronavirus cases in Massachusetts are
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ramping up again after the worst outbreak being in April of 2020 and after a relatively mild summer lull. A second wave seems to have been accurately predicted for the late fall and the winter months. We have lost just over 10,000 lives in our state since the beginning of the pandemic. And even if we don't succumb to the virus if we get infected, there can be long-term, debilitating health consequences. I'm not trying to scare you; I'm just trying to be realistic. Everyone should be careful to avoid this deadly infection. Make sure that you wear a mask and social distance and, as much as possible, try to avoid crowded indoor and outdoor gatherings with people who might possibly be infected.

I'm not trying to justify why Sue and I aren't hiking with the club at this time. Each of us has to justify in our own minds whether we want to risk exposure to the virus by hiking with the club. After all, it's a life-and-death decision for each of us.

I do miss each of you. Recently I did help our trail maintenance chairmen, Chip Pray and Rob Schechtman, with the initial trail clearing for a wheelchair-accessible path at Rising Corner, at the first section of the New England Trail in Massachusetts. We were there to clear a wheelchair-accessible path down to our club-built (and Appalachian Mountain Club-assisted) bridge. It was good to see several club members helping with this project. I have missed seeing and talking with them in person for several months. (It's certainly not the same as seeing them on a Zoom meeting.)

Over the years Sue and I have received much love from members who belong to PVHC. We all need human touch, whether literally or figuratively, and a feeling of belonging. PVHC has provided that in spades for us. I think of what our Club Treasurer Erin Squires so eloquently said to me when she was relatively new to the club, "I think I have found my people." And that was also true of my relationship to the club, even though I didn't realize it at the time that I joined which was in the early 1990s.

We are going to beat this scourge, with the help of science, and faith, and be stronger for it. Keep hiking, stay safe, and hang in there, club members. We can't wait to party with you again in close contact.

-- Dick Forrest

"Over the years Sue and I have received much love from members who belong to PVHC."

~ 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 2020 PVHC Holiday Party multimedia slide show to the following email address:
pvhcpictures@gmail.com

Important PVHC Notice

This is a copy of our club's release form as it relates to our Covid-19 pandemic. It's required of all members who wish to participate in club-sponsored activities. It must be **electronically sent (and signed)** to our treasurer, Erin Squires at pvhctreasure@gmail.com, to be placed on file with her, before you can go on any club hikes. You can find an online copy at: <http://pioneervalleyhikingclub.org/blog/wp-content/uploads/2020/06/covid-agreement-final.pdf>

PIONEER VALLEY HIKING CLUB

Post Office Box 225

West Springfield MA 01090-0225

THIS IS A RELEASE AND AGREEMENT. READ IT CAREFULLY BEFORE SIGNING.

The Pioneer Valley Hiking Club ("PVHC") is a social and recreational club for people who enjoy participation in outdoor activities centered around hiking with others. Our officers and event leaders are enthusiastic amateurs who volunteer to serve without compensation. The event leader(s) will attempt to provide a good faith description of the event and its difficulty and will answer questions concerning it based on whatever level of personal knowledge the leader(s) may have. Leaders may deny the right to participate in the event to any person, including club members, if the leader has a good faith belief that the person's participation in the event will be unsafe or detract from the safety or enjoyment of other participants or the timely completion of the event or the person fails or refuses to sign this form. However, no representation is made that the PVHC or its members or leader (s)

have any particular level of knowledge, experience, training or ability with respect to this event or situations that may arise during it. Each participant in this and other PVHC events acknowledges his/her agreement with the statements made above and further acknowledges and agrees that each participant is responsible for his/her own safety, determination of fitness to participate in the event and determination of what food, water, clothing and equipment is necessary to safely participate in the event.

During the period of the Covid-19 pandemic, PVHC has imposed certain conditions upon individuals who wish to participate in club -sponsored activities. By signing this agreement, and participating in a PVHC sponsored event, individuals agree to adhere to the following rules:

-members will not participate in PVHC events if they know or believe they have an active covid-19 infection or symptoms of such an infection, or have been in recent contact with a person who has developed symptoms of, or

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-participants will adhere to social distancing guidelines during events when it's safely possible and not environmentally destructive to do so, including remaining a minimum of six feet from all other individuals; moving off the hiking trail when passing other groups and individuals; and avoiding all physical contact with non-household members at the event, except in an emergency.

-participants will bring a face mask to all events to use in the event social distancing is not reasonably possible;

-participants agree to notify the hike leader if after their participation in an event, they suffer symptoms of, or test positive, for Covid-19 or learn they have recently been in close contact with a person who has developed symptoms of, or tested positive for Covid-19.

-participants agree to permit hike leaders to provide their name, contact information, and the fact of their participation, to contract tracers from a department of public health seeking to track infections of Covid-19.

-participants will adhere to state and local government rules or recommendations for the area where the hike is taking place and all additional rules for individual events that may be imposed by the leader of the hike.

In consideration for the services of the PVHC and the event leader(s) in organizing this event, each participant hereby releases the event leader(s), the PVHC, its members, officers, agents, servants, employees, volunteers and the other participants from any and all claims and liabilities, of every kind and nature, for bodily injury, personal injury, property damage or other form of loss or damage arising from or relating to any involvement in this event.

This agreement is valid for participation in all events between June 17, 2020 and December 31, 2020. _____

Important Membership Renewal Notices

The following memberships are up for renewal:

Nov Renewals

Lynn Gebo
Norma Casillas
Jos Brannan
Warren Wilkinson
Martha Spiro
Karen Chaffee
Susan DeTorrice
Richard Harris
Chuck Serafin
Marie Babbitt
Bill Packard
Lori Tisdell
Peter Thieme
Mary Moriarty
Terry L. Champiney
Tracy Harrity
Barbara Bigelow
Charles & Wendy
Bernstein
Mary Heaner
Mary Ellen Brew and Peter Stark
Phyllis Levenson
Diane LaBarge

Dec Renewals

Lynne Shapiro
Debbie Mac Neal
Teri McElwain
Patricia Watson
Sherry Goyette
Suzanne Roberts
David Pierrepont & Theresa
Murphy

Pioneer Valley Hiking Club Officers

Jeanne Kaiser, Acting President
Erin Squires, Treasurer
Gina Geck, Secretary
Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Chip Pray & Jeanne Kaiser
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: Jeanne Kaiser
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

September

Ann VanDyke
Lani Giguere

November

Betty Lempke
Isabella Forest
Janine Roberts
Lisa Grenier

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)

(Starting in January: Renewals - \$15 for single and \$30 for family)



