



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

A Message from our Club President

by Jim E. Brown

Hi Hikers:

What's in a name? Take "PVHC," for example - let's focus on the "C" right now.

We're not called the "Pioneer Valley Hikers," we're the "Pioneer Valley Hiking Club." That's an important word in our name. We're more than just a few people occasionally traipsing through the woods.

We've got officers, traditions, supplies and 30 years of history. We take gear into the mountains and we take walks around a reservoir. We've got by-laws and a tax ID, even. New members find out quickly: We're a Club.

As a Club, we are organized, we have a plan for the future and we work together. To be a Club that will still be around after 40 years, we also need to be open to new ideas.

So, we just established a committee to come up with ideas on how to attract new members and keep them active. If you'd like to join that effort, let us know. All thoughts are welcome!

We'll report back to you later in the year on this important initiative.

Yours in hiking,

Jim E. Brown, PVHC President

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Greylock "Death March"

by Lori Tisdell



"After a four to five-year hiatus, I decided to (ha ha) resurrect the Annual Mt. Greylock Death March."

~ Lori Tisdell

After a four to five-year hiatus, I decided to (ha ha) resurrect the Annual Mt. Greylock Death March. This is a four-summit traverse of the Greylock cirque surrounding the Hopper. I started leading this hike back in 2010 to get ready for a Mt. Washington/Mt. Monroe hike in the White Mts. It's a good hike to gauge if you are ready to do some of the more difficult hikes at the White Mt Sampler.... or just train for a long hike with a lot of elevation gain. It was dubbed "Death March" by a club member who participated in the first one and the name stuck. No one has actually ever died on the hike – though some have felt close to it by the end!

When I led this hike in 2017, I think, I declared out loud that it would be the last time. I have made and broken that vow so often when it comes to hikes I will never do again that I am clearly a liar about what hikes "I will never do again!"

Anyway, with the Sampler coming up and some more 4,000'ers on my and fellow hiker's agendas I thought it was time to revisit the Greylock Death March and introduce it to a new group of hikers. And some who had done it before and should have known better but were lured in by that catchy title.

See Death March continued on page 3

Death March *continued from page 2*

It was a staple of Memorial Day weekend for some years and so it was supposed to be for this year, as well. However, the cold, heavy rains, and generally nasty weather that weekend made me rethink actually killing people on my hike. I rescheduled for June 12th. Rain was forecasted throughout the early morning hours but ending by 8:00 a.m. We all know how that goes but at this point I felt it was do or die so I did not reschedule again.

It rained for most of the ride to Greylock. But it did stop by the time we arrived and eight of us were ready to hike. It was a misty walk in on Sperry Road through the campground to the Hopper Trail. We descended two miles of road and trail and well over 1,000 feet into the Hopper. The Hopper is a glacial cirque formed by the Laurentide Ice Sheet 18,000 years ago – the southernmost one in New England. It is a beautiful and wild area of old growth, brooks, cascades, and waterfalls.

Almost as soon as we got to the lowest point in the hike, we started the long ascent out of the Hopper. The climb to Mt. Prospect is the longest of the hike with the most elevation gain of the four summits. It is almost vertical in places with a few rocky scrambles. And then it is just steep. There are some lovely views including Mt Greylock, the fourth summit of the hike, behind us. Huh? Hiking away from and north of Greylock knowing we are supposed to be heading to it was a little disconcerting. But once we reached the junction of the Appalachian Trail at the Williamstown overlook, we would start heading south. Whew!

We had a good lunch break with wonderful views of the North Taconic Mts. from our, almost, halfway point. But the hardest work of the hike was behind us with a three-mile ridge walk from Mt. Williams, over Mt. Fitch and to Mt. Greylock ahead of us. We just had to get up to Mt. Williams - the second biggest climb of the hike. We met several thru hikers on that section and stopped to chat with them for a few minutes. It gave us time to catch our breath and have a brief rest before continuing the climb.

See Death March continued on page 4

"The Hopper is a glacial cirque formed by the Laurentide Ice Sheet 18,000 years ago – the southernmost one in New England."

~ Lori Tisdell

"The climb to Mt. Prospect is the longest of the hike with the most elevation gain of the four summits."

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"This is the place I always feel if I have not died, I will survive the hike!"

~ Lori Tisdell

"But I don't think anything can compare to the satisfaction of enjoying that view after having hiked close to 10 miles and 3000 feet of elevation gain."

~ Lori Tisdell

Death March *continued from page 3*

Mt. Williams has limited views but is a good place to have a brief break. This is the place I always feel if I have not died, I will survive the hike! Ahead is that wonderful ridge walk of rolling trail with breezes, occasional views, amazing geological features, the lyrical sound of bird calls and old growth balsam fir and red spruce. To me the scent of fir and spruce trees approaching the summit of Greylock is so distinctive and like no other place in MA.

The last climb, to not put too fine a point on it, sucks. Or so it feels in the doing of it. It is a few hundred feet of elevation gain and only about 0.3 of a mile but we are in mile 9 -10 of the hike. Just one foot in front of the other – it's the last climb and it will be all downhill and less than an hour back to the cars once we reach the top! And there is ice cream in our future! Sometimes I think it's the thought of the ice cream reward that gets me up that last bit. And the chocolate milk and cold Frappuccinos Rick was providing back at the cars!



We had far-reaching views and a breeze for the break at the summit of Greylock. Indoor plumbing and cold water helped, too. I saw a couple having a picnic on a blanket as we were having our snack and thought it seemed sweet and lovely. But I don't think anything can compare to the satisfaction of enjoying that view after having hiked close to 10 miles and 3000 feet of elevation gain.

It was a cheerful group that left the summit. We'd had a beautiful day of hiking in weather that was far better than anticipated or was forecasted. There was a spring in our steps and lots of laughs and teasing. Ed said everyone deserved a patch that said, "I survived the Greylock Death March!" Hmm, maybe I'll investigate that.

See Death March continued on page 5

Death March *continued from page 4*

In all seriousness – it's a wonderful hike, I'd forgotten how much I enjoy all the beauty of and seeing how much Greylock has for those of us who love the outdoors. We have so many amazing places here in MA that are so close. Over the last 15-16 months of the pandemic, I've come to appreciate more and more living in MA and exploring the wonderful places it has to offer. Thanks to all who participated in the Death March...and survived. I'll think about those patches!

-- Lori Tisdell

"In all seriousness – it's a wonderful hike, I'd forgotten how much I enjoy all the beauty of and seeing how much Greylock has for those of us who love the outdoors."

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“One of the most overlooked aspects of our health seems to be the importance of sleep.”

~ Sandy Segó

“Sleep is essential to happiness, it can improve your outlook and give you the resources to be prepared for challenges.”

~ Sandy Segó

Benefits of Sleep

by Sandy Segó

Consider how you feel now. Are you tired? Do you feel like you want to lie down? Close your eyes for a couple of minutes and relax? Is it an effort to pay attention? One of the most overlooked aspects of our health seems to be the importance of sleep. People often consider the time they are sleeping as unproductive. As a society, we don't prioritize getting enough sleep and often wear a lack of sleep as a badge of honor.

Sleep is a naturally occurring activity that animals engage in. While we sleep, our bodies don't shut down. Internal organs and processes continue while we sleep. Sleep is important to the brain's ability to adapt to different types of incoming information. It helps us think more clearly and speeds our reflexes.

A lack of sleep makes it harder to focus and concentrate on information. Our ability to reason, solve problems and pay attention to details is impaired. A lack of sleep can make it harder for us to remember information later. When people lack enough sleep, their moods are more negative; they are more likely to lash out. People are more likely to make unethical decisions. Being deprived of sleep puts people at greater risk of high blood pressure and migraines can be worse. The immune system becomes compromised and increases the risk of illness and infection. Being deprived of sleep makes it harder to manage weight. The signal that the digestive system sends to the brain to indicate fullness is slower to reach the brain when someone is sleep deprived. This leads to eating more calories before the brain recognizes fullness. Chronic lack of sleep puts people at greater risk of Alzheimer's disease or dementia. It can lead to greater mortality.

When people sleep, neurons in the brain expand and accelerate the release of neurotoxins through the brain. This allows the brain to clear toxins that improve cognition. This increases the ability to consolidate memory. Sleep is essential to happiness, it can improve your outlook and give you the resources to be prepared for challenges. It allows everyone to be more productive.

See *Benefits of Sleep* continued on page 7

Benefits of Sleep *continued from page 6*

So what can a person do to get better sleep? First, make time for sleep. Allow between seven and nine hours for optimal health. Set a regular routine. Try to go to bed and get up at the same time every day. Engage in regular exercise. Avoid alcohol and caffeine at least six hours before bedtime.

Make sure there is a good mattress and pillows. Mattresses only last eight to ten years, and many people have mattresses that are much older. The temperature of the room can impact sleep. Cooler temperatures pull people into deeper sleep and keep them there. So set the temperature at 70 degrees or less.

Then take about a half an hour to wind down from the day. Stop using computerized devices and avoid screens. Relaxation training may help. Meditating can help people to relax. Keep the bedroom as a place for sleep. Some people may need to work on removing stress when they enter the bedroom – suffering from insomnia can make people worried about continuing to experience trouble sleeping. In extreme cases, cognitive behavioral therapy may be used.

Good sleep is critical to health. So if you want to feel better tomorrow, make sure you get a good night's sleep.

-- Sandy Segó

"Allow between seven and nine hours for optimal health."

~ Sandy Segó



Smurfy advice for the trail...

Mountain Light Shows

by John "PaPa Smurf" Klebes

Thunder and lightning on the mountain! From a distance it's a spectacular light show. Awe-inspiring effects crackling through the sky, illuminating clouds in light, and filling the valley with the echos of thunder. But for a hiker on a ridge it can be frightening. I remember as a kid the old saying, "Lightning never strikes twice in the same place," and hearing that the odds of getting hit by lightning are a pretty rare event. Like many myths from childhood it's just not as true as you thought. This became particularly real for me when Rick, Ed and I hiked up to Guitar Lake hoping to camp on the summit of Mt. Whitney. For three days we waited for an opportunity but each day around 2 p.m. there was this amazing lightning show across the summit ridge. Turns out Mt. Whitney, as the highest point in California, has very consistent lightning strikes. Lightning clearly hits the same place more than twice!

"During a wilderness first-aid course I learned that, while rare for the average person, lightning is not uncommon in exposed mountain areas."

~ PaPa Smurf

During a wilderness first-aid course I learned that, while rare for the average person, lightning is not uncommon in exposed mountain areas. When hiking, particularly above treeline, the importance of lightning awareness cannot be understated. We have all heard that lightning likes to strike the highest point. Don't stand under the tallest object like a lone tree in an open field or next to a metal tower. Well, for a mountain ridge, the ridge itself is a giant lightning rod.

The number one risk of injury while hiking is trips and falls, followed by water-related dangers of dehydration and drowning, and preexisting medical conditions. While rare, guess what's next, common ahead of the more common fears of bear attacks, snake bites, other attacks by animals and humans, hypothermia, and sunstroke? Lightning!

See Light Shows continued on page 9

Light Shows continued from page 8

Lightning Strike Avoidance

The best way to avoid a lightning strike is to pay attention to the weather and avoid high risk areas when a storm is likely. In the mountains, storms typically form in the afternoon and during periods of high humidity. For example, during the summer it's a common mantra to hike the high peaks and exposed ridges in the early morning and make sure you're well on your way down by early afternoon when storms usually form. If the air is cool and the wind is calm in the morning, this is a good sign, but if it is already warm and humid, thunderstorms are more likely. Plan your hikes based on the weather and time of day to avoid getting caught on the summit during lightning strikes.

Watch the horizon for cloud formations as it is often possible to see the storm coming and make an escape plan. Be particularly concerned with clouds that form an anvil-like shape with a flat bottom. Listen for the sound thunder but don't rely on it as a good warning as often it can be dangerously close by the time you hear it.

While you can determine the distance by counting the time from lightning flash till you hear the thunder you should assume it's too close if you can hear it. Lightning can strike up to six miles away from where it last struck. That's about 30 seconds from when you saw the flash and heard the thunder. Anything less than 30 seconds and you are entering the danger zone. Best to get off a ridge and seek shelter as soon as you hear thunder.

Shelter in Place

There are no completely safe places to hold out in a lightening storm

See Light Shows continued on page 10



PaPa Smurf

"The best way to avoid a lightning strike is to pay attention to the weather and avoid high risk areas when a storm is likely."

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“You never want to be the highest point within your surroundings; or nearby any other structures....”

~ PaPa Smurf

“Avoid anything that represents a taller point to your general surroundings.”

~ PaPa Smurf

Light Shows *continued from page 9*

but there are many places that are worse than others. You never want to be the highest point within your surroundings; or nearby any other structures such as lone trees, boulders, man-made structures, or rock outcroppings that are higher points than the surroundings. Partially open structures, such as picnic shelters, open lean-tos, tents, and even rock overhangs, or anywhere near the entrance of shallow caves, do not offer protection from lightning. The electrical energy from a nearby strike travels around to find the easiest path to discharge into the ground. It can follow along rocky ridges and down around the outside edges of rock formations, passing through you, too, as it finds the best way to dissipate into the earth.

Keep in mind that It’s not just the direct strike you should worry about. The electrical energy travels in tendrils away from where it hit the mountain in just about any direction, searching for it’s easiest path into the ground. It can travel sideways across the ridge, around rock alcoves, and anyone near it, on it’s path into lower ground.

Avoid anything that represents a taller point to your general surroundings. Come down from high places and away from ridges, lone trees or groups of trees, and forest edges. Seek a valley or depression in the terrain without flash-flood dangers. Sheltering in the middle of a lower stand of trees would make a good place to shelter.

If you are above treeline, seek shelter in the lowest area you can reach quickly, away from the largest boulders and avoiding isolated trees or tall structures. Remove any metal frame backpack, hiking poles or anything else you have that’s metal and place away it from where you are sheltering. If you are in a group it might make sense to spread

See Light Shows continued on page 11

Light Shows continued from page 10

out, to minimize the number of people that could be hit together from one strike, should lightening strike nearby. If you are not able to get shelter it also helps to assume a commonly recommended safety position where you crouch down and make yourself as small as possible. Crouch down with your weight on the balls of your feet, feet together, with your head tucked down which reduces your exposure and directs any electrical charge to travel down your back and hopefully avoid passing through your vital organs. Never lie flat on the ground.

Lightning First Aid

The first thing to do if someone is hit by lightning is assess the safety of the situation. Is there still a danger of more lightning to both the injured and rescuer? If you are in a high risk area you should move the injured person to a safer location immediately.

Next assess the injury. The most significant dangers from a strike, or near strike, is a heart attack, electric shock and burns. Check to see if the victim is breathing and has a heartbeat. There is an excellent chance that you can revive them with CPR since the cause is directly related to the electrical shock and not a chronic medical condition. A quick CPR response can restart a shocked heart and mouth-to-mouth resuscitation can restart breathing. Less severe symptoms such as burns especially around jewelry, buckles, and around fingers and toes can be treated with standard first-aid. Treat for shock by keeping the victim warm and calm.

Summary

You should always keep aware of your environment and changing weather conditions but it's especially important in the mountains.

See *Light Shows* continued on page 12

“The first thing to do if someone is hit by lightning is assess the safety of the situation.”

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“And don’t forget to refresh your CPR training.”

~ PaPa Smurf

Light Shows *continued from page 11*

Always have an escape plan ready and pay attention to changing conditions. And don’t forget to refresh your CPR training. It’s an easy and inexpensive class and well worth the peace of mind should you ever need it. It’s thunderstorm season - start your hike early and be well off the summit well before mid-afternoon.

-- 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)

White Mountain Sampler - Good to be Back!

by Gary Dolgoff

After more than a year dealing with the insane Covid situation and tragedy, after many of us being isolated for so long, it was *totally glorious* to be at the White Mountain Sampler! (normally held yearly, but we skipped last year)

Al Goodhind presides as he has for almost 30 years! This year the Sampler was from Friday thru Sunday, June 25th thru 27th (though a number of club members arrive earlier, some stay up there in New Hampshire's White Mountains for as much as a week!) As



always, he sat at his table just outside his motel room on Friday evening at 7 p.m. at the Briarcliff Motel (in North Conway, NH, where many of us clubbies get our discounted rooms there, compliments of Al's well-done coordination. He proceeded, as he always does for this event, to name each hike that would be led the next day (Saturday). The leaders for each of these hikes talk about what the hike will be like overall, including such important specs as distance to be traveled on the hike itself, amount of elevation that the participants will be tackling, what time each hike leader is having the participants leave for the hike, etc. And then, Al determines how many participants there will be for each outing. He truly does such a good job of organization each and every year at the Sampler.

The magic of this year's Sampler, in particular, was that thanks to the wonderful magic of the vaccines, we, over 50 of us, could gather
See *White Mountain Sampler continued on page 14*

"...it was 'totally glorious' to be at the White Mountain Sampler!...."

~ Gary Dolgoff

"Al Goodhind presides as he has for almost 30 years!"

~ Gary Dolgoff



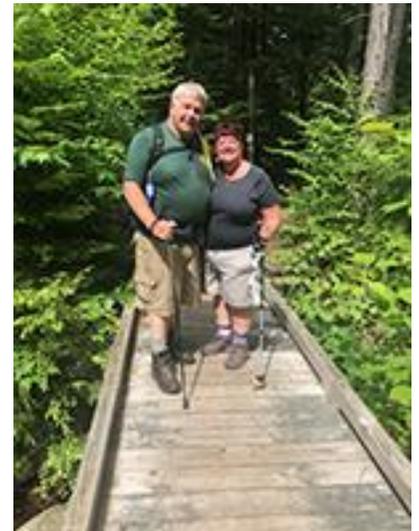
*“The town bustles with good restaurants.”
~ Gary Dolgoff*

White Mountain Sampler continued from page 13

together maskless, and effortlessly enjoy each other's company! Everybody was so happy to see their club comrades, some were even crying with happiness and filled with joy. In fact, though we knew we had to get up a bit early for some of those hikes, it seemed for a while that we didn't want to disperse! So great was our joy in our interactions and hellos with each other.

The town bustles with good restaurants. In particular, Flatbread Pizza, is wondrous and unique, as well as friendly, and though the place would no longer let Al get us clubbies free pizzas (we would, of course, tip extra generously), he was still able to get us coupons for a 15% discount on our meals there. Al even gets us packets in advance of the Sampler event with coupons for discounts, info on the area, etc. He puts a lot of time and preparation into this event, and we all appreciate it.

I went on Al's hike, which was this year at Sawyer Pond, concluding with a nice lunch at the spiffy Mt. Washington Hotel, which has grand, distant views of The Whites, and is itself a sprawling, nice-to-be-at place to dine and to view. Al drew the largest group of all the hike-leaders, 14 folks. There were some new members on our outing, and we veteran clubbies, I think, made the new members feel welcome and at home in the club.



On Sunday the Sampler weekend concluded, we each headed home, though I was lucky enough to have a nice breakfast at my favorite breakfast place in town named Peaches. I enjoyed good company with a trio of new clubbies, including relaxing, good conversation at breakfast.

-- Gary Dolgoff

White Mountain Sampler Hike: Mt. Morgan and Mt. Percival

by Dick Forrest



Four members of Pioneer Valley Hiking Club, Bob Trombley, Gary Dolgoff, Sue Forrest and I hiked Mt. Morgan and Mt. Percival in a clockwise loop on Friday, June 25th. The Mts. Morgan-Percival loop is 5.5

miles with 1500 feet of elevation. The trailhead is located just north of the center of Holderness, New Hampshire, on Route 113, about one hour south of North Conway. Right across the street on Route 113 is another trailhead, the Old Bridle Path Trail to West Rattlesnake Mt. The Rattlesnake Mts. have great views of Squam Lake. The Morgan-Percival loop has great views of both Squam Lake (nearer view) and Lake Winnepesaukee (farther view), from open rocky overlooks on each mountain.

There are both ladders and caves on this loop hike. The ladders were challenging and the caves were even more challenging. Upon recommendation, we purposely went *up* the ladders. The ladders were close to the top of Mt. Morgan, with a single cave at the top of the ladders, and there were caves close to the top of Mt. Percival, on our descent from that mountain. In regard to both, it was good to have Bob Trombley on the hike to help guide us through these two difficult spots on the trail.

See *Mts. Morgan & Percival* continued on page 16



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ders, and there were caves close to the top of Mt. Percival, on our descent from that mountain. In regard to both, it was good to have Bob Trombley on the hike to help guide us through these two difficult spots on the trail.

See *Mts. Morgan & Percival* continued on page 16

“Four members of Pioneer Valley Hiking Club, Bob Trombley, Gary Dolgoff, Sue Forrest and I hiked Mt. Morgan and Mt. Percival in a clockwise loop on Friday, June 25th.”

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“There are both ladders and caves on this loop hike.”

~ Dick Forrest



Mts. Morgan and Percival continued from page 15



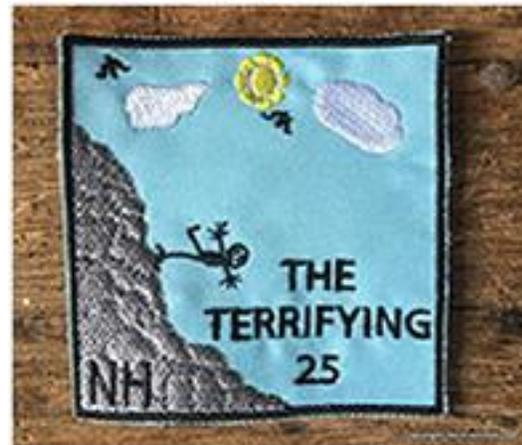
When I chose to hike these two mountains, I knew that they were relatively new additions to the *52 With a View* (52WAV) list. (Please see my article in the July, 2020, edition of *Bootprints* on page 10: <http://pioneervalleyhikingclub.org/blog/wp-content/uploads/2020/07/bp2020july.pdf>)

I didn't realize, however, that there would be such difficult spots along the trail. While I say this, I also realize that most people have the ability to do this loop.

I posted images of our hike on Ken MacGray's *NH 52 With a View Facebook* group site (6.5k followers): https://www.facebook.com/groups/nh52wav/?multi_permalink=1935639503261364. In so doing, I also learned from a response to my post that these two mountains (with the ladders on Mt. Morgan and the caves on Mt. Percival) are both on *The Terrifying 25 list*. What, another list? Yes, here's information on that list and who created it:

<https://www.theterrifying25.com>. (I had no idea that these two peaks were also on another list.) You have to do 20 required trails (both Mt. Morgan with its ladders and Mt. Percival with its caves are on the required trail list) and 5 elective trails from the list to earn your patch:

*“(I had no idea that these two peaks were also on another list.)”
~ Dick Forrest*



See *Mts. Morgan & Percival* continued on page 17

Mts. Morgan and Percival continued from page 16

The AllTrails website gives you a good idea from people who have done the loop of what to expect. View their comments on this webpage: <https://www.alltrails.com/trail/us/new-hampshire/mount-morgan-and-mount-percival-trail>

All four PVHC hikers had a good time, and a challenging time in spots, doing the loop. I would recommend this hike to others in the club, especially if you are working on either your *52WAV* list or your *Terrifying 25* list. You have an option on top of Mt. Percival to descend by either "cliffs" or "caves." We elected to descend by the "caves." In so doing, we accidentally qualified for *The Terrifying 25* Mt. Percival requirement.

-- Dick Forrest

"I would recommend this hike to others in the club, especially if you are working on either your 52WAV list or your Terrifying 25 list."

~ Dick Forrest



Dick's Friday Hike - 2 Recent Additions to the *52 with a View* List

by Gary Dolgoff

"This outing was a true adventure and a wonderful experience with great camaraderie!"
~ Gary Dolgoff

This outing was a true adventure and a wonderful experience with great camaraderie! Dick and Sue Forrest, Bob Trombley, and myself ventured on this outing, and though only approximately 5 miles in length, it took us over 7 hours to complete it! On the official register of *52 With A View* (52WAV) series of hikes, 5 required peaks of the original list were eliminated, and 5 new required ones were added, including these two mountain peaks, Mt. Morgan and Mt. Percival!



We were attempting a loop hike in a clockwise fashion, first up Mt. Morgan and then up and down Mt. Percival. As we were climbing up to the summit of Mt. Morgan, there were ladders that were fastened to the rocks behind them, that were almost vertical, with several rungs on each ladder. Two of the ladders were one above the other but the third ladder, was a few feet from the other two, higher up and to the right, necessitating stepping awkwardly into empty space to reach it. Without Bob's help and encouragement, I don't know that I would've had the confidence to tackle that 3rd ladder, but after I got up that third ladder I did feel good about the climb!

"Without Bob's help and encouragement, I don't know that I would've had the confidence to tackle that 3rd ladder, but after I got up that third ladder I did feel good about the climb!"
~ Gary Dolgoff

Near the top of Mt. Morgan, we met this nice group, a family consisting of a mother and her two little girls, ages 3 and 5, who were doing this hike as well! My heart went out to them in such a good and special way, when one of the girls pointed to me (after we had talked with them and their Mom a bit) and said, "You're a nice stranger!" Very special....



See *Dick's Friday Hike* continued on page 19

Dick's Friday Hike continued from page 18

On the way down from the top of the second mountain, the insanity began. There was a sign on top of Mt. Percival to indicate different ways to go down, one arrow on the sign indicated "caves," and the other one indicated "cliffs." Well, we opted for the caves option, and just the cliffs on that part of the hike, were so tough in spots that Dick, veteran of countless hikes for decades, having climbed all of the NH 4000-foot mountains, and who has completed with his wife, Sue, the entire list of 52WAV hikes, said he had never seen anything like this one.



*"On the way down from the top of the second mountain, the insanity began."
~ Gary Dolgoff*

There was a squeeze between two rock bodies that was wafer thin, even I, slender as all get-out, had a hard time getting through that! There were drops on the trail of more than six feet, that we had to do. But without Bob's help and encouragement, we all agreed, we might've had an even tougher time accomplishing this outing.



In the caves portion, though we could see the daylight from above, as we negotiated through the caves it took some doing to say the least. There was in one spot/area, a giant rock protruding downward from the ceiling that we had to maneuver down and around to get through. Chubby Checkers' song *Limbo Rock*, came to mind: "Limbo a little lower, now. How low, can you go?"

When we finished the hike, happy but exhausted, we all looked forward to getting back to our rooms and taking showers. Afterwards, we had an early dinner together with free flowing comraderie.

Thank you, Dick, for leading this hike. Appreciate it - makes for some great memories!

-- Gary Dolgoff

Northeast Mountain Puzzle Game

by Shari Cox

Name the three northeast mountains below (from the White Mts. of New Hampshire):



Answers (Top to Bottom): Osceola, Carrigan, Wildcat

A Blast from the Past

Photo by Shari Cox



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 Membership Renewal Notices

The following memberships are up for renewal:

July Renewals

Rick Briggs
 Kathy Brown
 Elizabeth Case
 Pam Chandler
 Tina Garde
 Mike Gross
 Constance Janik
 Jeanne Kaiser
 Heidi Kellogg and family
 Laurent Levy
 Norm Plante
 Barbara Werum Richard
 Fred Riotte
 Rob & Lisa (Frigo)
 Schechtman
 Sandy Segó
 Paul Tonelli
 Heather Wardrop
 Carol Wood
 Carolyn Young
 Heide Zajonc

August Renewals

Virginia Ahern
 Harry Allen
 Hedy Beaudry
 Marie Bienvenue & Albert
 Gagliarducci, Jr
 Patricia Davison
 Dick & Sue Forrest
 Albert Gordon
 Joseph & Judith Haseltine
 Dan Klimoski
 William LePage
 Ann Mundy
 Dori Neuwirth
 Susan Quinlan
 Catherine Saltzgeber
 Shari Scott-Smith
 Joe & Noel Stella
 Gabriele (Gabi) Strauch
 Beth Willis
 Heather Wyman

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:

Peggy Tibbitt
 413 South Gulf Rd.
 Belchertown, MA 01007
 (Dues are \$15 member, \$25 family, and \$10 for students)

Pioneer Valley Hiking Club Officers

Jim E. Brown, President
 Erin Squires, Vice President
 Peggy Tibbitt, Treasurer
 Sandy Segó, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jim E. Brown & other club members
 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: Jim E. Brown
 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

May

Marsha Hertel
 Karen Savoy
 Michelle Leaper
 Judy Faherty
 Joanne Haley
 Jill Abrahamsen
 Phyllis Levenson
 Elsa Rosenak
 John Rothery

June

Michael Rioual
 Ed Page
 Renee Brown



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning bike, evening hike
- Wednesdays Morning hike or kayak
- Thursdays Morning hike, evening walk
- Fridays Evening hike
- Saturdays Morning hike
- Sundays Morning hike, evening walk
- July 6 (MA) Club Meeting
(tentative)
- Aug 3 (MA) Club Meeting
(tentative)
- Sept 7 (MA) Club Meeting
(tentative)
- PVHC [https://teamup.com/
ksz8qkbizhndt3qjt7](https://teamup.com/ksz8qkbizhndt3qjt7)
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings:
 July 6, 2021, 7 p.m. on Zoom
 August 3, 2021, 7 p.m. at **FBC**
 September 7, 2021, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is July 20, 2021

**** 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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P.O. Box 225
West Springfield, MA 01090-0225

