



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

Vice President's Corner:

Covid and PVHC

by Vice President Erin Squires

COVID came crashing into our lives in March, 2020. All hikes were canceled, meetings went to ZOOM and hiking bubbles became a thing. Our club changed dramatically. No more meeting up and carpooling, no car spots, no walk and dinner hikes and, for a time, masked smiles.

Our new normal is smaller groups for hikes, finding parking areas to accommodate the extra cars and elbow bumps in place of hugs. For most, we are learning to embrace these new changes but I hear many reminisce of the days when we had larger groups on hikes and in-person monthly club meetings.

While the smaller hiking groups will probably stay in order to ensure we do not create more trail erosion, I do miss the monthly in-person meetings. It was always great to see everyone without a backpack on and to hear about hikes I was not able to go on. I also miss hike planning and getting caught up in throwing in a hike of my own.

I hope that we can soon go back to in-person meetings, the New York City trip and carpooling. Until then, we must embrace what we still have and that is hiking. We have a lot of new members and it is great to meet new friends who love what we love. COVID may have changed PVHC in some ways but the core of the club is still alive and well. That core is hiking and the love of nature. So I say COVID may have changed some things we hold as tradition but it did not change what we value.

Hike on my friends,

-- Erin Squires

Volume 25, Issue 6

Nov, 2021

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The Right Place and Time

by Lori Tisdell

A few weeks back, Jos Brannan, Erin Squires, Ed Marrone, and I decided to hike Mt. Monadnock in southern New Hampshire. Jos had wanted to hike since early summer, but weather issues canceled two planned outings. We had originally been planning either Garfield or Moosilauke in the White Mountains on that day. We went back and forth multiple times, checking weather forecasts (iffy in the Whites), debating, blah, blah, blah, until finally deciding on Monadnock. The importance of this final decision becomes more apparent as I go on.

It was a wonderful day, a bit warm for mid-October, but with some good views and great company. We decided on the Spellman Trail in between White Dot, Cascade Link and Pumpelly Trails to the summit. Jos, Erin, and Ed had not done that trail, and Jos had wanted to hike it ever since she heard about the scrambles and ledges.

It was a fun hike up as Monadnock usually is for those of us who enjoy rocks, scrambles, and ledges! The Spellman Trail did not disappoint with views along the way and a few challenges that required fancy footwork to negotiate. We attained the Pumpelly Trail and headed up the open ridge trail to the summit.

After enjoying the summit (with fewer people than I have ever seen on a beautiful fall day) and a break, food and drink, we headed down. We decided on the White Cross Trail as it is a bit less steep than the White Dot. We were not far down it when the group we had been leap frogging with came to a sudden stop when one of them had had a hard sit-down fall. They were part of a larger group of about forty students from Harvard on a bus trip to hike Monadnock.

Vanessa, we learned her name during the hike down, had injured her wrist. We stopped to see if she was OK and if she needed help. Erin and I checked her wrist - it was apparent her wrist was broken.

See *The Right Place and Time* continued on page 3

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~ Lori Tisdell

“But being right there and able to help within minutes made a difference.”

~ Lori Tisdell

The Right Place and Time *continued from page 3*

Vanessa was hoping it was just sprained, but the bone looked displaced. We asked if her group had any first aid supplies before getting ours out of our packs. They did not.

So, Erin and I took charge. We overwhelmed their group a bit! They were astonished at the supplies we were pulling out of our packs. We wrapped an ace bandage around Vanessa’s wrist to stabilize it, wrapped an ice pack around that as well and gave her a pain reliever. The process gave her some time to settle. I had really wanted to put a sling on her arm as well, but Vanessa firmly resisted thinking it would make her too unstable on the steep and rocky trail. She was probably correct and being less stable would not have helped her situation. I had her hold her wrist close to her body and above her heart as much as possible.

Our group stayed with Vanessa’s group for the rest of the hike down. One of the people in her group stayed close to her to help her on the trickier parts of the trail while we looked for “easier” ways down, which is almost impossible on the upper trails of Monadnock. Erin and I continued to check on Vanessa and assess how she was doing. She was impressive, continuing the hike down while in a great deal of pain, despite the Ibuprofen and Tylenol. It took about 2-2 ½ hours and by the end she was done in. I cannot imagine having to hike down that trail in that condition. Her group had a car waiting at the trailhead to take her to the hospital. We said our goodbyes and wished her luck.

Many of us carry extra gear and supplies in our packs “just in case.” It is times like these I am grateful that I and my fellow hikers do so. Another prepared group or hiker may have come along, or they could have called the rangers to come up and help. But being right there and able to help within minutes made a difference. And maybe they learned something from us about being better prepared when accidents happen on the trail. Or maybe, as a few related, they’ll never hike Monadnock again!

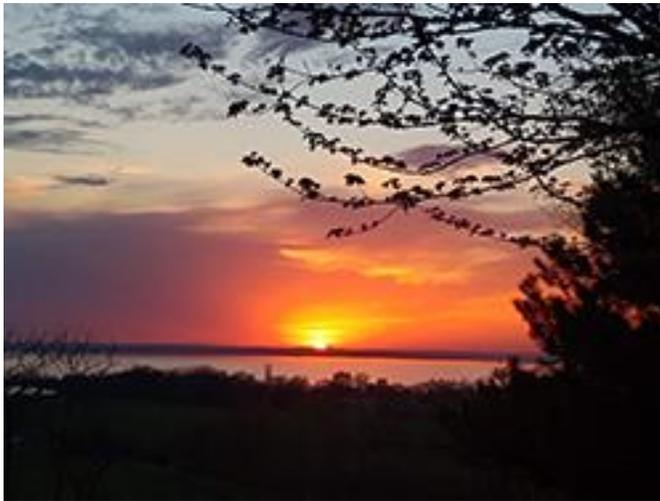
--Lori Tisdell

Smurfy advice for the trail...

Hiking After Dark

by John "PaPa Smurf" Klebes

November in New England. The leaves are falling, the bugs are gone, and there's a fresh wholesome bite to the crisp, autumn air. It's a great time of year for hiking despite the shorter and shorter days. As a kid I would backpack every Thanksgiving weekend with my family with a leftover turkey sandwich in hand. Lots of great memories but the most vivid memory was that it got dark by 4:30 p.m. We would always chant: be sure to start looking for a spot to camp around 4 p.m. or it will be too dark to find a good flat campsite.



If you have ever found yourself outside hiking and the dark creeps up to you unprepared, it can be a harrowing experience. So the best strategy is "be prepared." First, know when sunset is in your hike area and plan your hike accordingly. If you don't want to hike in the dark it's a good rule of thumb to know that it's too dark to navigate without a light about 20-30 minutes after the sun sets. Of course, a full moon or an overcast sky can make a significant difference but knowing you will be out by sunset is a safer strategy.

See *Hiking After Dark* continued on page 5

"The leaves are falling, the bugs are gone, and there's a fresh wholesome bite to the crisp, autumn air."
~ PaPa Smurf

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“And whether you plan to hike after dark or not you should be prepared with the ten essentials.”

~ PaPa Smurf

“Another important essential for night hiking is warm clothing.”

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“Just keep in mind that it will take a lot longer to navigate and it’s easy to miss turns or features on the trail.”

~ PaPa Smurf

Hiking After Dark *continued from page 4*

And whether you plan to hike after dark or not you should be prepared with the ten essentials. One key essential being a source of light. If you are planning on hiking in the dark you should have at least one good light that is strong enough to see details far down the trail, as well as a backup light, should it fail. You should also store it in a spot where you can find your flashlight/headlamp even if it’s too dark to see well. I recall struggling in the dark when I waited too long to get my light out. I was poking through my backpack trying to find my headlamp and being pretty frustrated. Keep it handy where you can find easily.

If you do find yourself without a light remember your cellphone can be a very useful backup. Just know that it uses a lot of battery power and you probably want to save your battery in case of a real emergency, so don’t make your cellphone your primary light source.

Another important essential for night hiking is warm clothing. It can be surprising how quickly the temperatures fall after the sun sets. Which brings up another important point at this time of year: As it gets colder after dark, snowy or wet trails, that were previously soft, become hard and icy. It may be appropriate to put on some kind of boot traction, such as micro-spikes, if the conditions warrant. And, at the least, slow down and be cautious of the changing conditions.

Night hiking can be fun in itself. Wildlife are more active, the scenery looks much different, and if you have the moon or bright stars visible it can be a wonderful adventure. Just keep in mind that it will take a lot longer to navigate and it’s easy to miss turns or features on the trail. Go slower and plan more time. It’s a good idea to hike trails you know well as it’s harder to adapt to turns, trail intersections, and blow downs in the dark. Even following the trail can be much harder with the leaves down

See Hiking After Dark continued on page 6

Hiking After Dark *continued from page 5*

covering the obvious contours of the trail ahead and the lack of long distance sight with only having a picture within the beam of light of your headlamp.

To navigate at night go slow so you don't miss a trail turn, intersection, or trail sign. Take special care around blowdowns where you can easily miss the trail, or when you hike around a blowdown, you might have difficulty reacquiring the trail on the other side. Because it is so easy to miss a turn you should take special care to be aware of where you are, how far it is to the next landmark, and have a good guess at what time you should find the next landmark. Knowing that it may take a little longer to get there in the dark but still being aware that you may have missed it in the dark. You might have to backtrack as it's not uncommon to miss a turn, since things look so different after dark.

Many trail signs and markers are not as easy to find at night. We only see what is in the beam of light and it's easy to keep your eyes focused on the ground to avoid obstacles and not trip. You can easily miss markers and signs so try and consciously look up often and scan the trees around you for blazes and trail features ahead and even behind you. If you are not alone put everyone into the navigation tasks as more eyes are better. Make sure everyone knows the next turn, intersection, or landmark ahead on the trail. You can even have one person looking always toward the left of trail and another person responsible to look right, to be sure that you don't miss a turn.

If you are having trouble following the trail, slow down and pay careful attention to the clues in front of you. As the leaves of fall, or snow, cover the trail it can be harder to follow in the dark. Look for
See *Hiking After Dark* continued on page 7



PaPa Smurf

“Because it is so easy to miss a turn you should take special care to be aware of where you are, how far it is to the next landmark,....”

~ PaPa Smurf

“Many trail signs and markers are not as easy to find at night.”

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"If not everyone has a light in your group put the person with the best light up front so they can see the farthest down trail."

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"Hiking in the dark can be lots of fun."

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Hiking After Dark *continued from page 6*

clues such as the indentation the trail makes on the packed ground and clues, such as trimmed branches, cut stumps, or lack of branches, crossing the route. Imagine you are a snake sliding on the ground ahead. How would the snake slither forward on the easiest route. That's probably your trail. Then look up and to the sides for the trail markers on trees.

If not everyone has a light in your group put the person with the best light up front so they can see the farthest down trail. Then have the person or people in the back shine their lights forward onto the trail so that those in the middle, without lights, can use the light beam to see obstacles on the trail ahead of their feet. If you are worried that you might run out of battery power, take turns with the available lights so that if some fail you can use the unused lights as a backup.

Hiking in the dark can be lots of fun. If the terrain feels safe you might even try seeing how long you can go without turning your lights on. As it gets darker and darker your eyes adjust to the available light. If there is natural starlight or moonlight you may be able to see well enough to enjoy the joys of headlight-free night hiking. Keep in mind that if you do use your light you will lose this adapted night vision. It takes at least 10 minutes or more for your eyes to readapt to the dark after using your flashlight, even for just a moment. Some people like to get a red light feature for their headlamp as the eye will not light adapt if you only use the red night light feature. It can come in handy if you want to read your map using the red light without losing your night vision adaptation.

As the shorter days of autumn and winter approach plan ahead and be prepared. But don't be afraid to venture out into the dark - it's all part of the adventure!

--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)



Northeast Hiking Challenges

by Dick Forrest

"...I became curious about what other hiking challenges there are in the northeastern United States."

~ Dick Forrest

Since I have undertaken and completed several hiking challenges (I admittedly like to receive the hiking challenge's certificates of completion and the patches) I became curious about what other hiking challenges there are in the northeastern United States. (Why the Northeast? I don't want to drive to the trailheads any further than I have to to achieve these awards.) Well, I googled and found this website named <http://www.northeastexplorer.com> which has a webpage titled, *Guide to Northeast Hiking Challenges* (<http://www.northeastexplorer.com/wordpress/guide-to-northeast-hiking-challenges/>). How perfect!

On the *Guide to Northeast Hiking Challenges* webpage the website author breaks down the various challenges into four levels: Beginner, Intermediate, Advanced, and Extreme. Here's his or her list of the various levels. If I've completed them, I have placed "(completed)" to the right of each challenge.

Level: Beginner

Tupper Lake Triad
 Moosehead Pinnacle Pursuit (completed)
 Saranac Lake 6 (completed)
 Belknap Range Challenge (completed)
 Lake George 12ster

Level: Intermediate

52 With a View (completed)
 Vermont 4000-Footers (completed)
 Fire Tower Challenge
 Maine 4000-Footers (completed)

Level: Advanced

The Terrifying 25
 Adirondack 46 (completed)
 New Hampshire 48 (completed)
 Catskill 3500 Club (completed)
 New England 67 (completed)
 New England 100 Highest (completed)

See Northeast Hiking Challenges continued on page 9

Northeast Hiking Challenges *continued from page 8*

Level: Extreme

The Grid

Northeast 115 (completed)

White Mountains (Red-Lining)

White Mountains Direttissima

Northeast Ultra 8

(This list was composed on March 13, 2019.)

(By the way, I couldn't have achieved any of this without fellow members of PVHC, some of whom have also achieved these same challenges.)

It's a pretty comprehensive list, which I'm grateful that someone has compiled, but I have a problem with some of the challenges listed. For instance, the Vermont and Maine 4000-Footers at the Intermediate Level are included in the New England 100 Highest at the Advanced Level. And at the Advanced Level, the New Hampshire 48 and the New England 67 are also included in the New England 100 Highest. I can understand listing the New Hampshire 48 and the New England 67 separately but the list should also reflect those connections among the challenges. The same goes for the Extreme Level Northeast 115 (which is really still called the Northeast 111). The Northeast 115 includes the 67 New England 4000-footers and the Adirondack 46, plus a few other peaks. So those connections should also be noted. If this is all pretty dizzying, I don't blame you.

The AMC Four Thousand Footer Club (<http://www.amc4000footer.org/the-lists-we-recognize.html>) offers the most awards for hiking in the Northeast. The great thing about this club is that you can also get an award for completing these lists in winter. A few other hiking award promoters also offer winter hiking awards. It should also be noted that for some of the awards you can get an *ultra* award for completing the challenge in a specific amount of time, as in completing all the peaks on that challenge in 48 hours. And, additionally, you can get a special award for completing an ultra award in winter.

Personally, I'm only interested in completing the Catskill 3500 Club

See Northeast Hiking Challenges continued on page 10

"It's a pretty comprehensive list, which I'm grateful that someone has compiled, but I have a problem with some of the challenges listed."

~ Dick Forrest



Northeast Hiking Challenges *continued from page 9*

winter award but there are others in our hiking club who have completed or are in the process of completing the New Hampshire 48 winter award. Among the other challenges listed above I would consider completing the Lake George 12ster, the Fire Tower Challenge, and The Terrifying 25. Along with a couple of others in PVHC I am trying to complete the 50 Finest in New England challenge which has been either overlooked or omitted from the above list. One other challenge which has also been either been overlooked or omitted or not created when the list was first compiled is the NEK (Northeast Kingdom of Vermont) Mountain Challenge. I would also consider completing that one.

Ah, so many challenges/peaks to climb in the Northeast and so little time to complete them.

-- Dick Forrest

Upcoming Events

The 2021 PVHC Holiday Party

is being held on Saturday, December 11th, at the Holyoke Elks, 250 Whitney Avenue in Holyoke, MA

4-5 p.m. Set-up

5-6 p.m. Social Hour with club member's appetizers

6-7 p.m. Catered dinner, YES Catered dinner! Dessert will be club member's desserts!

6:30-7 p.m. Awards & Raffle

7-10 p.m. DJ with 60's & 70's music - bring 'yer dancing shoes!!!

Catering by Hamel's Catering

DJ presented by MBS Productions (Bruce)

Bar sells soft drinks, cocktails, beer, wine—water will be available for freeeeee!

DEADLINE to SIGN UP TO attend is: Monday, November 22nd, unfortunately no exceptions due to the fact it's being catered!

RSVP - NLT Nov. 22nd!

Karen Markham (413) 348-3343 -text/call OR email [ka-
ren@library.umass.edu](mailto:karen@library.umass.edu)

Rob Schectman (860) 970-1043 -text/call

-and let us know if you'd like to bring an app or dessert... (though not mandatory to bring either!)

We are looking for 5-6 clubbers to help with set-up AND 5-6 clubbers to help with clean-up, AND 2 clubbers for the welcome table - please let us know if you are interested in helping when you call/text/email

Please do not attend if you have not signed up, again, due to it being catered!

Currently the Elks does not require masks or the showing of a vaccination card -though that could change... We will update all if this changes!

Your 2021 Holiday Party Organizers:

Al Roman, Rob Schectman, Lisa Frigo, and Karen Markham

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Upcoming Events continued from page 11

Adirondacks Car Camping at Heart Lake Two Nights - August 9 (Tues.) and 10 (Wed.), 2022

Heart Lake, near Lake Placid, New York, provides the best access/trailheads to the Adirondack High Peaks. There will be easy and difficult walks and hikes, as well as swimming, canoeing and kayaking opportunities on this small lake. The nearby village of Lake Placid, as a tourist attraction, offers a variety of shops and restaurants.

We need PVHC members to respond ASAP to find out how many people can come to this club event. We have reserved 3 canvas cabins (6 people per cabin) and 2 campsites (up to 6 people per campsite). A deposit of \$50 each will reserve your spot for this event. Please send your check (made out to Susan Forrest) to: Susan Forrest, 642 Prospect St., East Longmeadow, MA 01028, and indicate whether you want to be in a canvas cabin or on a campsite. Please call us if you have any questions about the event: (413) 525-3288.

Depending on the number of people who can attend, you may receive a refund. If, for any reason, you need to cancel your reservation, you can do it three weeks before (by July 19). After that, you will lose your deposit unless you/we can find someone to take your place. There will be a waiting list if all of the spots are taken.

We will have a group meal on Wednesday night which includes hamburgers, hot dogs, and veggie burgers, with condiments. We want each attendee to contribute a side dish or dessert to the meal. Coffee will be available each morning. Wood for campfires will be provided. For Tuesday dinner, in the past there was a concession stand at the campground, or you can go into nearby Lake Placid where there are several restaurants available.

Ann Mundy was up at the Heart Lake Campground on Columbus Day weekend and said that the 4 parking lots fill up by 5 or 6 a.m. every morning and the place is very heavily used. So we anticipate that the campground will be full. If, at all possible, we need attendees to car-pool because parking space at the campground is very limited.

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Upcoming Events *continued from page 12*

Currently, there is a Covid-19 policy (it currently extends to April, 2022) that requires that you are fully vaccinated and that masks are required in the ADK buildings. We'll keep you posted if this Covid-19 policy is still in place in August, 2022.

Ann Mundy has been very helpful in giving us advice and is "THRILLED" that we are continuing this club event which she has organized for many years.

—Dick and Sue 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 2021 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:

Nov Renewals

Marie Babbitt
 Jos Brannan
 Karen Chaffee
 Terry L Champiney
 Susan DeTorrice
 Lynn Gebo
 Richard Harris
 Tracy Harrity
 Sandy Lemanski
 Bill Packard
 Nancy Sequin
 Chuch Serafin
 Martha Spiro
 Lori Tisdell
 Warren Wilkinson

Dec Renewals

Teri McElwain
 David & Teresa Murphy
 Pierrepont
 Marylinda Ramos
 Suzanne Roberts
 Lynne Shapiro
 Patricia Watson

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

Sept

Bert Schwarz
 Brian Sullivan
 Rika Clement
 Beth Higgins
 Paul & Suzanne Rilla
 David & Kathy Barzilai
 Lars Brown
 Vance Von Jarowski
 Carl Todd
 Chris Giguere
 Danielle & Richard Bellows
 Shelly Burelle
 Anne Marie Shier
 Marie Dunn
 Nicole Fonsh

Oct

Nancy Johnson
 Marcy Bloomenthal
 Laura Slowinski
 Joanne Fortin
 Darlene Elias



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning hike, evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Saturdays Morning hike
- Sundays Morning hike
- Dec 7 (MA) Club Meeting
- Jan 4 (MA) Club Meeting
- PVHC <https://teamup.com/kszb8qkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

December 7 , 2021, 7 p.m. at **FBC**
 January 4, 2022, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is December 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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