



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

An Unending Fount of Resources

by President Lori Tisdell

So often on the trail, and elsewhere, many of us talk about Pioneer Valley Hiking Club, how much it has given to us over the years and enriched our lives. I know I speak for many others and not just myself when I say my life changed when I attended my first PVHC meeting. That was 14 years ago. I look back on those years and think about all the people who had some effect on my life and taught me so much about the activity I had come to love. Those people were hike leaders and mentors to me. Which brings me to this my topic this month.

PVHC has, hopefully, an unending fount of resources in our members. Members who chair and serve on committees, serve on the board, organize, and coordinate maintenance, the picnic, and holiday party, edit and update our website, compile *Bootprints*, update the club calendar, and so on. Without all the volunteers who give of their personal time to administer and organize the club it would be...chaos. All the above volunteers are integral to the club and for keeping it so successful for the past 31 years.

But there are volunteers without whom we would not be able to exist at all. And those are the club leaders. Without someone leading hikes, walks, bike rides, kayaking, camping, backpacking and multi-day trips for the club we would go nowhere fast.

PVHC is so fortunate to have so many great and resourceful leaders! From walks in parks, to hikes, bike rides, kayaking and organizing weekend and weeklong trips they provide over 300 activities a year for members to participate in, expand their horizons (and social circle) and challenge themselves.

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“If you look at our club calendar, there are few days without an activity listed on it.”

~President Lori Tisdell

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Having just returned from another great White Mountain Sampler weekend, I’d like to thank Al Goodhind for continuing to organize this annual trip for 25+ years. In August we have another Adirondack camping trip, this one organized by Dick Forrest. It was started by Ann Mundy, continued by Karen Markham and now Dick. There’s another ADK trip, as well as one in Maine, in September led by Karen. These multi-day trips are so much fun and lead to wonderful bonding experiences for everyone involved. But they require a lot of work and effort on the part of the leaders - so thank you to Al, Dick, and Karen!

If you look at our club calendar, there are few days without an activity listed on it. July has an activity EVERY SINGLE DAY! And some days more than one. Is there any other local hiking club that has as many (and diverse) activities as PVHC leaders provide for us? I don’t think so. Our core group of day hike leaders have made PVHC one of the most active hiking clubs in this area. And they offer all levels of hikes from walks to easy, moderate, and difficult hikes, as well as bike rides and kayaking.

We have weekly weekday hikes – and some of the leaders have been doing them for years. Others saw a need, filled it, and now lead weekly hikes. And others are continuing a weekly hike started by someone else in years past. Chip has been leading Monday hikes for 12 years, more recently Brenda has joined him in co-leading. Lori leads a Tuesday evening hike that started over 20 years ago, continued for 12 years by Carol Vanderheiden and passed to Lori. Deb and Cheryl started Wednesday morning hikes that are in the easy 1 to moderate 1 range. It was a need the board had talked about for years. Deb and Cheryl have run with it and done an amazing job finding new and interesting places to hike. For some years Harry led Thursday mornings and when he decided to retire from the weekly grind others stepped up to fill in to keep the weekly hike going. Now there are multiple leaders on Thursday’s – Peggy, Al, Lynn, Jim, Lori, Gina, Rick, Chris...and Harry, too. Last year regular Tuesday bike rides were added to the schedule, changing to hikes when the colder weather arrives – thanks to Jim, Lynn, and Al. And weekly Friday kayaking was also added - thanks to Mike!

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President's Corner *continued from page 2*

Lest anyone think we are strictly a retiree hiking club.... weekend hikes are on the calendar virtually every Saturday and Sunday. We have leaders willing to lead locally as well as in the Berkshires, CT, and VT. The level of difficulty ranges from easy to difficult for a variety of hikes for all members to enjoy. We have members who study their maps, figure out a route, the miles, difficulty rating and lead 2-3 (and sometimes more) weekend hikes in a month. They are Sandy, Peggy, Erin, Ed, Lori, Jeanne, Teri, Gary.

Our hike leaders are a crucial part of PVHC. They are more than leaders - they answer questions, share their knowledge, mentor, and advise and are often the first contact with new members. It's a big responsibility. Many thanks to all of you who lead hikes for PVHC – it would be difficult to have a club without you! If I have forgotten anyone I sincerely apologize.

--President Lori Tisdell

*"Our hike leaders are a crucial part of PVHC."
~ President Lori Tisdell*



A Descent off a Mountain I Will Never Forget!

by Lani Giguere

Beautiful mountains, stunning views and meaningful experiences with fellow hikers from PVHC. As with many other club trips and local hikes alike, this was a trip that deepened friendships and started new ones, a backpacking trip to remember!

They say trials build character, hard times show you a bit of yourself but hard times and trials also build connections with those who stay with you. People who give up their own comfort and plan to be by your side to give support when it is needed. As most of you have heard by now, I recently had the opportunity to experience this first hand.

Karen Markham and Al Roman once again worked their magic in planning a backpacking trip to Galehead Hut in the White Mountains. Eighteen eager hikers made their way up the 4.6-mile trail to the hut, which was to be our base camp for the weekend. We all had our favorite hikes from there we would enjoy on both Friday and Saturday. On Saturday some groups headed off to Galehead Mountain, some wanted to stay and relax at the hut for the day, and what seemed was the largest group headed up the 3 miles trek to Mt. Garfield summit. Small groups left at various times. Melanie Sarna, Al Roman and I formed our own little group and headed up. We had a great hike; we chatted all the way, tackled hiking up the waterfall and donned spikes to meet the challenge of hiking up the icy, snowy trail that was close to the summit. At the summit we were met by 360 degrees of WOW! Other club members were already there and a few came up after us. It was wonderful sharing this summit experience with so many of our own group!

When Al and I decided it was time to head back, we waved goodbye to fellow club members who were taking one last glimpse of the views before they too would start back down. Melanie had already gone on ahead. Al and I made our way down the tricky snow and ice-packed trail. We
See Descent continued on page 5

“They say trials build character, hard times show you a bit of yourself but hard times and trials also build connections with those who stay with you.”

~ Lani Giguere

“At the summit we were met by 360 degrees of WOW!”

~ Lani Giguere

Descent *continued from page 4*

managed our way down the challenging waterfall. Soon we were on safer ground although rocky and steep. The footing was difficult but we made it safely down the most dangerous sections. In an area of such precarious footing was a nice large flat rock. This deceptively safe rock turned out to be anything but. One step onto it and my right foot went straight out in front of me. I came down hard on my left foot. I felt something I had never felt before with pain I had never had before...and it wasn't letting up. Al came running over asking if I was all right? I couldn't answer. We got my boot off and I wrapped my foot with an Ace bandage and took some Advil. We got my boot back on and Al helped me to stand. I couldn't put any weight on it. At that point John Klebes and his brother, Larry, were coming down. After assessing my situation I felt strongly that I would try to get back to the hut. Larry took my backpack and Al and John got me to my feet. The three of them stayed with me every painful step of the way. They were encouraging in their comments that helped keep me in a positive frame of mind. We had about 2.5 miles to go to get back to the hut. The guys all helped me get up rock faces I couldn't reach and slide down long drop-offs for a soft landing. I so appreciate their sticking with me even though the going was so very slow. A hike that should have taken roughly two hours took 4 ½ hours. The guys were tired, hungry and out of water but they stuck with me and never complained.

After hiking for a couple of hours, we came to a rise with a clearing. We could see the hut. It was still a long way off. The four of us stood there with our hearts sinking. It was getting late and it was clear that we had underestimated how long it would take to get back to the hut. At that point it was decided that John would go on ahead for help. The hut master, Isaac, met Al, Larry, and me on the Gale River Trail that led up to the hut. He had fresh water for Al and Larry and another hiking couple gave us some food. Before long the hut was within sight and we were on the porch, back and safe! The unexpected applause as the three of us walked into the hut was overwhelming. One look at Karen with her outstretched arms and all the emotions I had been holding back came out as I hugged her, and oh See *Descent continued on page 6*

"I felt something I had never felt before with pain I had never had before...and it wasn't letting up."

~ Lani Giguere



Descent continued from page 5

did I need a hug. Many on the trip who I had just met came up to me and expressed their relief that we all made it back safely. I cannot put into words how deeply their concern for me as well as the gratitude expressed for Al, John and Larry meant.

Sunday morning my leg looked worse. The hut master felt I might have a fracture and highly recommended that I not hike out on it. Search and rescue was called. Both NH Fish and Game and the Pemi Valley Search And Rescue (SAR) responded, sixteen rescuers in all. The way they worked together was impressive. They kept checking with me to make sure I was doing okay. It took them four hours to get me back down to the parking lot. I even got a ride on an ATV for the last mile and a half. Karen and Al stayed with me the entire hike out. What an experience!

As it turned out, x-rays revealed that I had broken the fibula. It was a clean break and should heal nicely.

Once safely back to the parking lot, there was paper work to fill out. We were asked questions about how well we were prepared for hiking. There were questions about appropriate clothing and footwear, first aid kits and the ten essentials. We were able to check off each box and passed with flying colors. This also speaks well of the club I might add. We were also asked if we had *Hike Safe Cards*. I hadn't heard of it. After learning about the card and its purpose, I bought cards for my husband and me. For those who are not familiar with *Hike Safe*, the funds from the sale of the cards helps pay for the equipment needed for rescues. The folks with NH Fish and Game are paid but they still need additional funds for their equipment. Pemi Valley SAR are all volunteers. They also need funds for the equipment they use. All of these men and women deserve to be supported. If you are unfamiliar with *Hike Safe* you can go to www.hikesafe.com for more information.

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“Sunday morning my leg looked worse. The hut master felt I might have a fracture and highly recommended that I not hike out on it.”
~ Lani Giguere



Descent *continued from page 6*

I want to thank the club members for the many messages, emails, phone calls, cards flowers and plant. A special thank you to those who were on the trip for your support, to Karen and Al who stayed with me throughout the rescue and hike out and my heartfelt gratitude to Al, John and Larry. Without them I never would have made it back to the hut! PVHC truly is a family!

--Lani Giguere

Press Release of the Rescue Taken from Facebook:**NH Fish and Game Law Enforcement Division and Operation Game Thief Injured Hiker Rescued From the AMC Galehead Hut**

Bethlehem, NH: On Sunday May 22nd at 9:46 AM the New Hampshire Fish and Game Department was notified of an injured hiker at the Galehead Hut in the Pemigewasset Wilderness. A 69 year old female had suffered a lower leg injury on Saturday afternoon and was helped to the hut where she was spending the weekend. The hiker stayed Saturday night in an attempt to recover and be able to hike out. Sunday morning it was quickly realized that injury was worse and would require a carry out. At 1:25 PM the first rescuers reached the Galehead hut and the injured hiker. The rescue team was comprised of Conservation Officers and volunteers from the Pemigewasset Valley Search and Rescue Team. The injured hiker was identified as Lani Giguere of Longmeadow, Massachusetts. She was placed in a rescue litter and carried over 3 miles to a waiting ATV then driven the last 1.5 miles to the trailhead on Gale River road where she arrived at 5:30 PM. The injured hiker was taken from the trailhead by her hiking companions for further treatment and evaluation of her injury.

Lani Giguere was 1 of 18 members from the Pioneer Valley Hiking Club who were staying at the Galehead Hut for the weekend. They were well prepared and had done numerous hikes from the hut to surrounding peaks. The group was returning from Mount Garfield when the injury occurred. They had all the proper equipment for the hike and had hiked in the White Mountains on other occasions without incident.

For safe hiking tips and a list of essential gear, visit hikesafe.com. Outdoor enthusiasts are encouraged to purchase a Hike Safe card at wildnh.com/safe. The card helps support Fish and Game search and rescue activities.

"I want to thank the club members for...."

~ Lani Giguere



Table and Pine: Two White Mountain Sampler Hikes

by Dick Forrest

*"The White Mountain Sampler, led by club member Al Goodhind, is the one of our hiking club's best kept secrets."
~ Dick Forrest*

The White Mountain Sampler, led by club member Al Goodhind, is the one of our hiking club's best kept secrets. It's our annual trek to North Conway, New Hampshire (NH), where we, as a club, motel it and hike during the day. Instead of just one day of hiking on a Saturday, Pioneer Valley Hiking Club (PVHC) members are going up early sometimes hiking on Thursday, Friday, as well as Saturday, and even on Sunday. Potentially you could get four days in a row of hiking on an extended weekend in the Whites. And if you are working on a hiking list it's really convenient to hike with fellow hiking club members since we in the Pioneer Valley of western Massachusetts don't live so close to the White Mountains of NH.

I led two 52 With a View (52WAV) hikes over the extended weekend. (52 With a View is a hiking list of 52 NH peaks created by the Over the Hill Hikers of Sandwich, NH, to complement the 48-4,000 footers of NH, another hiking list of 48 peaks. The 52WAV, having good views, are generally easier hikes than the 48-4,000 footers of NH.) My first hike was a hike on Friday, June 24, to Table Mountain (Mt.) in Bartlett, NH. My second hike was on Saturday, June 25, to Pine Mt. in Randolph, NH, just south of Gorham, NH.

Table Mt. (elevation 2,675 ft.) is a lesser mountain in the Moat Range. (South Moat, Middle Moat and North Moat Mts. can be seen behind the Briarcliff Motel in North Conway, NH, where most of our PVHC members stay.) The hike is listed as 4 miles roundtrip and 1,378 feet of elevation gain. There were 12 PVHC members who took the Attitash Trail off of Bear Notch Road to the top of Table Mt. What is most memorable for me is the gradual climb through woods past Louisville Brook and up to more difficult sections of trail. The trail then took us to some open ledges with good views. More difficult sections further up the trail had loose gravel on them and you had to be careful ascending but especially careful descending the trail. (One of our
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climbers, our only mishap, fell down on the descent and scraped her arm badly.) There was one difficult section of steepness and loose gravel where one of our climbers was reluctant to go further up the trail. Luckily another club member was able to coax that person carefully up the trail past the perceived impediment. When I



View from Table Mt. (Photo by Erin Squires)

got near the top most of the climbers were having lunch at an overlook. From that overlook, we took a side trail to get to the summit in about 100 yards, and from there we had a tenth of mile climb to it. The view at the overlook was looking south at Mt. Chocorua with its summit in the clouds surrounded by lesser peaks. One of my favorite views in the White Mts. is from the top of Mt. Chocorua looking north. That view seems like a sea of mountains in the distance. Table Mt. is one of those peaks.

Pine Mt. (elevation 2,405 ft.) is a lesser mountain in the northern Presidential Range. There were 7 PVHC members on this hike. The hike is listed as 4.1 miles roundtrip and approximately 1,000 feet of elevation gain. You can do this hike either from the north side in Gorham, NH, or from the south side in Randolph, NH. We climbed it from the south side of the mountain and drove past the Dolly Copp and Barnes Field campgrounds to the trailhead. At the trailhead we headed down and up an unpaved Pine Mountain Road for 0.9 miles to the Ledge Trail. There was quite a bit of bare rock and some rock scrambling on this section of trail. The views from this section of trail were spectacular. **In fact, from my perspective, Pine Mt. has one of the best views of all of the 52WAV hikes.** Mt. Madison towered over us prominently to the southwest. We could see the Wildcat Mountains to the southeast and the southern portions of the Carter Range to the east. The summit of Pine Mt. was at 1.5 miles, and, since it's in the woods, was not as memorable as the hike up. At the summit a fire

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“One of my favorite views in the White Mts. is from the top of Mt. Chocorua looking north.”

~ Dick Forrest



On Pine Mt. with Mt. Madison
in the background

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tower was torn down in 1975 but low-lying, concrete and metal stanchions remain.

From the summit we followed the Pine Mt. Trail on the ridgeline as it wended its way to the northeast. We stopped for lunch at an empty lean-to, undoubtedly built by members of the Horton Center, a religious camping and retreat center run by the NH Conference of the United Church of Christ (Congregational), whose camping and retreat buildings are located near portions of the hike. We knew that we, as hikers, were not welcome on their private property, and avoided their buildings. Along the ridgeline there were several outlooks, some of which we visited.

On the Pine Mt. Trail we came to a 4-way intersection. One way took us out to Pine Mt. Road via the Pine Mt. Loop Trail – our way back to our cars. However, here, we continued on the Pine Mt. Trail to an intersection with a bog bridge. Immediately in front of us was an imposing rock face. This turned out to be the base of Chapel Rock, an imposing granite outcrop. We eventually turned left on the bog bridge and found the entrance to Chapel Rock. I cautioned the hiking group that the Horton Center wanted to limit access to Chapel Rock in the months of June, July, and August to church members only, per Ken McCray's 52WAV guidebook. Not seeing a sign to that effect we climbed to the top of Chapel Rock. Chapel Rock has approximately a 270 degree view of the mountains around us, with the exception of a view to the northeast. We enjoyed the view and then climbed back down to the base of the rock. We then backtracked to the 4-way intersection where we met up with the Pine Mt. Loop Trail which took us further down the mountain back to Pine Mountain Road, where we then walked 1.4 miles back to our cars on the same unpaved road that we initially came in on.

--Dick Forrest

Smurfy advice for the trail...

Feel the Burn

by John "PaPa Smurf" Klebes

No, I don't mean that intense feeling of accomplishment from a good workout. I'm talking about chafing and heat rash. No one wants to feel *that* burn. As we enter the warmer summer months I'm reminded of the few times I wasn't careful and allowed myself to get chafed while hiking. Such a miserable experience and one I hope everyone can avoid.

Any exercise that causes sweating, friction, and rubbing can lead to a chafing disaster. Chafing usually occurs between your thighs or butt where skin can rub against skin and hot or humid conditions exist. Other common spots include the top of your feet, shoulders under backpack straps, waistband, nipples, and anywhere else rubbing causes friction. Chafing can feel like sandpaper scraping against your skin and gets worse with every step you take.

Prevention

The number one best way to avoid chafing in the first place is to pick the right clothing for hot and humid weather. Starting from your underwear out, the best way to prevent chafing is to keep moisture out of the picture. That means no materials that absorb moisture and stay damp and wet against your skin. Pick underwear, shirts, and socks that wick moisture away from the skin and keep things dry. Synthetics are best. Stay away from cotton and cellulose fibers, including biofabrics such as bamboo, soy, rayon, modal, viscose, Tencel, or lyocell. All of these may be eco-friendly and feel soft but quickly absorb moisture and stay damp and wet against the skin in humid, hot conditions.

The cut and fit of your underwear is also critical. Avoid both tight-fitting and super loose-fitting underwear. Underwear with lots of seams, lace details, or other embellishments may also create contact
See *Feel the Burn* continued on page 12

"I'm talking about chafing and heat rash."

~ Papa Smurf

"Any exercise that causes sweating, friction, and rubbing can lead to a chafing disaster."

~ PaPa Smurf



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points that can rub and irritate skin. Women should avoid bikini or thong cuts and choose styles with a longer leg that helps to protect some of the thigh area from friction. Men should avoid loose-fitting boxers and opt instead for fitted jockey shorts.

Moving outward, you should also be aware of any place where clothing or gear is too tight and can cause rubbing; or too loose and cause bunching or irregular contact points for friction. The fit of your shoes, fit and adjustment of your backpack, hip belt, and backpack straps. Even your hiking shorts/pants and shirt can all be poorly fit and cause places to rub. Avoid tucking in your shirt and keep it loose and free when hiking as sweat, from under your backpack, can drain and soak in under your waistband instead of evaporating. You want to adjust your backpack to keep as much ventilation as you can behind your back, if possible.

“The second contributor to chafing is hygiene.”

~ PaPa Smurf

The second contributor to chafing is hygiene. Keep your clothing and skin free from salts and dirt that irritate and contribute to chafing. It's important to start the hike with clean skin and fresh clean clothing. On multi-day trips or under very humid conditions you might even need to switch out your shirt, underwear, or socks during your hike. With limited clothing on multi-day trips make a point of at least rinsing out dirt and sweat at the end of the day from critical clothing and skin.

Lastly be sure to stay hydrated and take lots of quick breaks in humid weather. Staying hydrated keeps your sweat diluted and free-flowing instead of concentrated with salts and prone to block pores. Taking a quick break whenever you start to get really sweaty allows time for the sweat to dry off. In really humid conditions you may even want to remove your shirt and socks and let them air-dry while you take a short break, airing out your feet and shoes.

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Feel the Burn continued from page 12

Treatment

Just like blister care, prevention is much better than treatment after you have a problem. As soon as you feel a rubbing or itching start to show up, stop and rinse or wipe off the skin around the spot of any sweaty salts and dirt. If available, change your shirt, underwear, or socks for a dry, clean pair. Acting early will stop chafing from getting worse.

You can also apply a lubricant to minimize additional damage, or prophylactically, to prevent chafing in spots that you know you have problems with. Vaseline petroleum jelly is a common ointment that can be used as a lubricant, as well as a number of commercial products that are designed for runners, bikers, and other athletes, such as Gold Bond Friction Defense, Body Glide, Megababe Thigh Rescue, and Squirrel's Nut Butter. They work best when applied before you have a problem but also can provide some relief after. Be sure to clean the skin well before applying.

For problems, such as nipple rub, it may be helpful to place athletic tape or a Band-Aid over the nipple to keep from rubbing against your shirt. Yes, this is also a common problem for guys, too.

For problems around the waistband and shoulder straps you can try adding extra padding, such as a dry, clean bandanna or shirt tucked around a looser belt or strap to provide cushioning, distribute the rubbing over a larger area, and absorb excess moisture.

Summary

This summer be sure you have a fun and carefree hike by double checking your clothing choices, invest in a quality pair of hiking underwear, make sure you and your gear are nice and clean, and stay well-hydrated and take lots of breaks to stay dry and comfortable. Perhaps add a chafing defensive lubricant to your personal care routine and first aid kit and enjoy a chafe-free hiking season.

--PaPa Smurf

(If you have a suggestion for future topics or a hike-related question you would like covered in this column send a note to

john.klebes@gmail.com)



PaPa Smurf

“Just like blister care, prevention is much better than treatment after you have a problem.”

~ PaPa Smurf



Book Review by Dick Forrest:

Things I Learned From Falling: A Memoir, by Claire Nelson



The first thing I noticed when starting to read this book was how well Claire Nelson writes. I found out that she is a professional writer and editor in her mid-thirties who lives in London, England, and is a native New Zealander. I learned that she was mostly a freelance writer who became an editor, and though successful, wasn't happy with her life of working in food and travel journalism. I got the impression that she wasn't feeling loved in her life, even though she gained many friendships over the years, but didn't feel fulfilled after working for a decade in her industry. So she sought adventure, and moved to Canada.

While in Canada Claire Nelson got an invitation to visit friends who lived just outside of Joshua Tree National Park in a desert area east of Los Angeles in southern California. So she visited them and then house sat while they were away in Europe. While there she was excited to explore the national park. She parked her friends' Mini Cooper at the Lost Palms Oasis trailhead in the national park and talked to a park ranger to make sure she had enough water, among other things, before she set off alone on her dayhike. Part way through the hike she missed a trail sign and got off trail. She was in a boulder area when her foot slipped off a rock and she fell twenty-five feet down into a chasm. She ended up breaking her pelvis and couldn't move an inch without severe pain. This accident happened on a Tuesday and she was rescued on a Friday.

Claire Nelson was very fortunate to be rescued. A helicopter came searching for her in a remote off-trail area and the helicopter pilot saw her hat on a hiking stick that she was holding aloft. Throughout the book Claire intersperses her life prior to the accident with the things that she does to survive in a perilous predicament in a harsh, desert environment. Both of these things dovetail nicely in the book
See *Things I Learned* continued on page 15

"She ended up breaking her pelvis and couldn't move an inch without severe pain."

~ Dick Forrest

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since I'm sure that each of us, if it happened to us, would think about the whole course of our lives and what we should have done differently on the hike while waiting for rescue. If I have one criticism of the book, though, it would be to have more of a narrative about her time in the desert after the accident and before rescue, and less of a narrative about the rest of her life. Though, I suppose that a memoir would have to include all of her life.

Claire was fortunate that she didn't die of dehydration, the sun beat down on her relentlessly during the day. She smartly saved and drank her urine to survive. She undoubtedly alerted predators in the area with her frequent calling for help. She was especially afraid of snakes. When she was rescued, it must have been incredibly emotional for her; and from her account in the book, it was emotional for me, too.

In the back of the book Claire Nelson has a short chapter entitled: *SAFETY TIPS FOR HIKERS*. Some of the tips seem obvious. In the first section, *BEFORE YOU GO*: 1) *Share Your Plans*, 2) *Don't rely on your phone*, 3) *Do your research*; The next section is: *ON THE HIKE: Don't leave the path* is certainly important; The next section is *PACKING TIPS*: Two especially valuable things to have are a whistle and a mirror; The last section is *A FINAL WORD*: A national park is a wilderness area so act appropriately. Although I mentioned only a few of the tips on the list all of them are concerned with hiking safely and each tip by itself could possibly save your life.

--Dick Forrest

"Claire was fortunate that she didn't die of dehydration, the sun beat down on her relentlessly during the day."

~ Dick Forrest



Sell, Give, or Exchange Used Hiking Gear

For Sale:

1. Suunto ambit3 altimeter watch (\$65)
2. MSR whisperlite stove with repair kit and pump and 2 gas cannisters (\$65)
3. REI men's size L blue down parka (800 fill) (\$45)

Peter M. Haas

Giveaway:

I have a pair of Salomon X-Ultra low cut hikers in US women's size 6.5. I am giving them away to someone who can use them; I wore them maybe 2 or 3 times only, so they are in great condition. [The last on Salomons, I found out the hard way, doesn't agree with all my foot/knee problems; otherwise I would have been wearing them myself.]

Jane Ricci

Future Events:**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. The last day to sign up for this trip is Sunday, July 10. If, for any reason, you need to cancel your reservation, you can do it approximately three weeks before (by Sunday, July 17). 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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Future Events continued from page 17

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

Future Events in 2022

August 9-11 - Adirondack Heart Lake car camping led by Dick & Sue Forrest

August 14 - Annual club picnic at Mt. Tom organized by Pat Davison

September 3-9 - Lily Bay State Park (on Moosehead Lake), Maine Camping Trip led by Karen Markham

September 23-25 - Johns Brook Lodge Backpack Adirondacks led by Karen Markham

December 10 - Annual holiday party at Holyoke Elks organized by Karen Markham & Al Roman

PVHC 2022 Executive Board



Left to Right: Lori Tisdell, President; Erin Squires, Vice President; Peggy Tibbitt, Treasurer; Lani Giguere, Secretary

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 2022 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

Diana Berg
Rick Briggs
Kathy Brown
Elizabeth Case
Pam Chandler
Amy Cohen
Matthew DiNatale
Andrea Dustin
Tina Garde
Mike Gross
Constance Janik
Jeanne Kaiser
Denise Lauze
Laurent Levy
Alexander Nee
Norm Plante
Barbara Werum Richard
Fred Riotte
Robert & Lisa (Frigo)
Schechtman
Sandy Segó
Heather Wardrop
Bill Wright
Carol Wood
Carolyn Young
Heide Zajonc

August Renewals

Virginia Ahearn
Harry Allen
Hedy Beaudry
Marie Bienvenue & Albert
Gagliarducci Jr.
Stephanie Bustos
Linda Chastain
Patricia Davison
Dick & Sue Forrest
Carol Geoffrey
Dave Gliese
Albert Gordon
Joseph & Judith Haseltine
Gabriela Horvay
Dan Klimoski
Lou (Lutze) Kornet
Kara Knott
Ann Mundy
Don Neuwirth
Catherine Saltzgiver
Shari Scott-Smith
Joe & Noelle Stella
Gabriela (Gabi) Strauch
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 \$25 individual member, \$40 family, and \$15 for students)

Pioneer Valley Hiking Club Officers

Lori Tisdell, President
Erin Squires, Vice President
Peggy Tibbitt, Treasurer
Lani Giguere, Secretary
Ray Tibbetts, Founder

Standing Committee Chairs

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

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

WELCOME NEW MEMBERS

May

Deborah Cook
Marin Goldstein
Marie Hart
Lisa Martial & Timothy Webster
Karen O'Connor

June

Barbara Davis
Melanie Greenman
Richard Harrington
Wendy Katz
Susan Space
Whitney Wilson



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning bike, evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Fridays Kayak
- Saturdays Morning hike
- Sundays Morning hike
- Aug 2 (MA) Club Meeting
- Sept 6 (MA) Club Meeting

- PVHC <https://teamup.com/kszbqkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

August 2, 2022, 7 p.m. at **ROC**
 September 6, 7 p.m. at **ROC**

ROC - Red Oak Church, 337 Piper Road, West Springfield

Deadline for submissions to the next *Footprints* is August 20, 2022

**** 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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