

WESTERN MASS. OUTDOOR ADVENTURES HIKING CLUB QUARTERLY NEWSLETTER

Western Mass. Outdoor Adventures

Volume 1, Issue 7

October 1st, 1992

WELCOME NEW MEMBERS

Welcome to Leslie and Mark McDonough our newest members.

Since we started in February, we have grown to 30 members strong, and still growing.

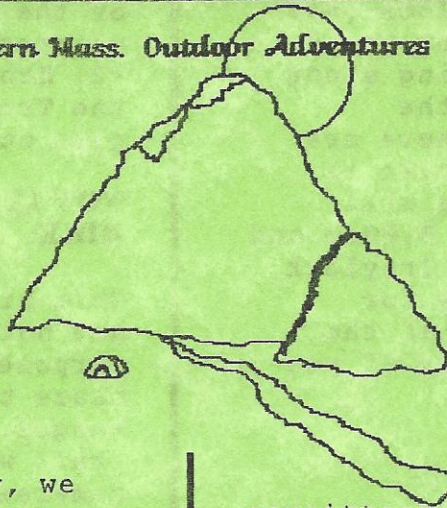
WHAT'S NEW!

The club has been fairly busy during the Summer months. A lot of great hikes, and good times had by all. Also, we did some good trail work up at Beartown State Forest. So what is new for the club is more of the same and then some. During our last meeting on September 29th, a lot of great ideas for different events were bantered about. So look for OVERNIGHT HIKES, HIKES TO THE WHITE MTS., TRAIL MAINTENANCE, WINTER HIKES, and many other activities.

ISSUES AND CONCERNS

Our last meeting was a good one. A lot of issues were raised by the membership that the club needs to focus on. During the hike to Dabuge State Forest, we found the trail, and trailhead in sorry shape. The trail had not been maintained in two years, and vandals had chopped up part of shelter for a fire. Based on this, the club is going to go on a letter writing and petition campaign to generate interest in improving the situation in the State Forests.

Also, we discussed fund raising



plans to assist us in our Trail Maintenance efforts.

In order to attain our goals, we need the help of the membership in the form of

committees. Some of the committees that will need staffing are: Fund Raising, Public Relations, and Trail Maintenance. We need the support of as many members as we can to make this work. A few people trying to accomplish everything will soon get burnt out and nothing will get accomplished. So if you would like to work on any of the committees let Ray Tibbets know, 781-0388, or Ed Lizotte, 589-9632.

MONTHLY CLUB MEETINGS:

Club meetings will now be held on either the 1st or 2nd Tuesday of the month. This way we can better discuss upcoming events, and get hike leaders. The time will still be 7:00pm, and there will still be a clinic following the meeting. The meeting should last approximately 30mins. So if you plan on just attending the meeting you should be done at 7:30, and if you just want to attend the clinic you can get to the store for 7:30.

INFORMATION FOR THE NEWSLETTER:

If you have any information or topic for the newsletter, try to get it to Ray at the store prior to the 15th of December for the next newsletter.

TRIP INFORMATION

OCT 10TH, MOUNT GREYLOCK HIKE:

This hike will be a stroll in the park compared to some of our other ones. This hike will take us to the summit of Mount Greylock (via car), so that we can enjoy the fall foliage. We will be hiking along the northern portion of the Appalachian Trail where there are some scenic views. The hike is about 4.5 miles long. We will leave Backpacking ETC at 8:00am and caravan to the summit of Greylock. Bring some spending money for Bascom Lodge, an AMC Hut at the summit. Contact the store if you plan on going.

OCT 11TH, 12TH, TRAIL MAINTENANCE HIKE:

This will be the final Organized Trail Maintenance work party for the season. It is not designed as an overnight, but you can if you desire. We will leave Backpacking

ETC at 8:00am on the 11th, and 12th, or you can drive up yourself and meet us at the Beartown State Forest parking lot, (directions on the back of the newsletter). The purpose of this hike will be two fold, (1) Mark the Western portion of the trail, do some trailhead maintenance, trail re-location, and (2) Scout the Eastern portion of the Trail. Contact the store if you plan on going.

NOV 1ST, GRANVILLE STATE FOREST HIKE:

This hike is 4.5 miles in length, and not difficult. The primary purpose of this hike will be to blaze the trail for the Forest Ranger. But it is a very pretty trail with lots of wildlife, cameras are welcome. We will meet at Backpacking ETC at 8:00am and caravan to the State Forest.

*LIFE IS A PURE FLAME AND WE
LIVE BY AN IVISIBLE SUN WITHIN
US*

CALENDAR OF EVENTS

OCTOBER, 1992

- 6 - HIKING CLUB MEETING
- 10 - GREYLOCK HIKE
- 11 - 12 TRAIL MAINTENANCE
- 17 - 18 INTRO TO ROCK CLIMBING
- 31 - INTRO TO ROCK CLIMBING

DECEMBER, 1992

- 1 - HIKING CLUB MEETING
- 13 - HOLYOKE RANGE HIKE

NOVEMBER, 1992

- 1 - GRANVILLE STATE FOREST HIKE
- INTRO TO ROCK CLIMBING
- 7 - 8 INTRO TO ROCK CLIMBING
- 10 - HIKING CLUB MEETING
- 14 - BERLIN MTN HIKE
- 29 - SURVIVAL COURSE

TRIP INFORMATION (CONT)

NOVEMBER

14th: BERLIN MOUNTAIN HIKE. This is a moderate 4.5 mile hike with plenty of scenery. We will meet at Backpacking ETC at 8:00am on the 14th and depart at 8:30am. This will be the last "fair, warm" weather hike of the season. Next stop is winter hiking.

*AS ALWAYS, IF YOU PLAN ON GOING ON ANY OF THE HIKES, CALL RAY TIBBETTS AT BACKPACKING ETC, 781-0388 TO LET HIM KNOW.

SWAP SHOP

The place for gems of Backpacking and Hiking information!

THE LAYERED LOOK IS IN! That's right, today's hiking fashions will now include the layered look. But what is the layered look, you may ask. Simple, the layered look is a clothing system designed to help the body's temperature regulating systems. The layered look is made up of three parts:

- (1) WICKING LAYER
- (2) THERMAL LAYER
- (3) WINDPROOF/WATERPROOF LAYER
PREFERABLY BREATHABLE

So we start with the WICKING Layer. The wicking layer is clothing designed to take the moisture away from the skin as you sweat during your hike. Usually, this layer should be POLYPROPYLENE, or another material such as CAPALENE, or SILK. The wicking layer keeps the skin of the body dry by "venting" the sweat away from the skin, through the wicking layer, and into the thermal layer. By keeping the skin "dry" you are less likely to chill from sweat of your body.

The second layer, the THERMAL Layer is designed to insulate the body, and assist the body in maintaining CORE Temperature. This layer, of the three is probably the

most important. This layer can be any kind of material that has good thermal qualities, for example: WOOL, THERMAX, WOOL/POLYPRO BLEND, OR SYNTHETIC PILE. The best is the synthetic pile. Pile is designed to keep you warm when wet similar to wool. However, unlike wool which weights a ton when wet and takes forever to dry, pile remains light, and can be dried by swinging it over your head, acting like the spin cycle of your washing machine.

The third layer, WINDPROOF/WATERPROOF Layer. There are a lot of materials that will keep you dry: Vinyl, Coated Nylon, Coated Canvas, and the such. But there are very few materials that will keep you dry and protected from the cooling effects of the wind. GOR-TEX is the most popular. Peter Storm is similar, and not as expensive. The important thing is this. This layer should protect you from both the rain and wind, and it should breathe. Breathing is allowing the moisture (perspiration) inside (Thermal Layer) to vent through the material, while at the same time preventing moisture (rain, snow) from getting in.

By using the layered approach, and all three layers, you can properly help your body regulate body temperature and not overheat or freeze when hiking in weather where Jack Frost is all around you.

Now, you can always add clothes, or take them off. It is better to "Dress COLD" if you are going hiking in the winter. You will get warm. Just make sure that you have adequate layers to put on when you stop!

TTFN!