

# BOOTPRINTS

Volume 4 Issue 1

March 2000

## A parting word from Shari Cox

Hello, fellow PVHC members! Just wanted to say goodbye to everyone before I left. My final preparations are coming together and I will be leaving Springfield on March 18<sup>th</sup>. Jennifer Lamothe offered to drive me and a friend of mine down to Georgia. Jen will stay on to hike with me for four days before she heads back.

When I joined this club, I certainly didn't think I would be taking on this adventure. I used to think it sounded kind of neat but never imagined my following thru with doing it. I have learned a lot being a member of this club, and I still have a lot more to learn. I just want to thank everyone who has helped me grow and learn about the outdoors and hiking.

Many people have come and gone in this club, but there are still some members that I remember from my first meeting and first hike. I have found everyone willing to help one another and encourage others to learn more. The hiking has been great but hiking with great people makes it more enjoyable.

If you want to keep in touch with me, I have an e-mail address that I plan to use when I get into towns. It is [uturnshari@hotmail.com](mailto:uturnshari@hotmail.com). You can also follow my journal at [www.trailplace.com](http://www.trailplace.com).

Here is a list of Post Office drops that I will be using. When addressing to a post office, put my name, General Delivery, Town, State, Zip. Also mark, "HOLD FOR THRU-HIKER." I would love to hear from you. All of you people have helped me get to this point. You can keep on helping me. You can help me get to Katahdin by keeping in touch. With your encouragement and support, I can do it. I feel more confident every day.

If you do write, send it about two weeks ahead of the dates listed. The mail may be slow, and I may be faster than anticipated.

### MAIL DROPS FOR SHARI

- 3/31/00 c/o The Blueberry Patch  
5038 Hwy 76 East  
Hiawassee, GA 30546
- 4/14/00 Fontana Dam, NC 28733
- 4/26/00 Hot Springs, NC 28743
- 5/11/00 Damascus, VA 24236
- 5/25/00 Pearisburg, VA 24134
- 6/06/00 c/o Wilwood Campground  
6252 Elon Road  
Monroe, VA 24574
- 6/19/00 Front Royal, VA 24574
- 7/01/00 Duncannon, PA 17020
- 7/18/00 Bear Mtn., NY 10911
- 7/29/00 Cheshire, MA 01225
- 8/09/00 Norwich, VT 05055
- 8/21/00 Gorham, NH 03581

## The gentle art of co-leading

By Dick Forrest

**G**ary Dolgoff may have something after all, namely, the gentle art of co-leading. On January 8, 2000, six club members climbed Mt. Monadnock, an annual club event in January, one of the best times of year to climb the mountain because there are fewer people around.

My intention on January 8 was to lead the six of us both up and down the standard White Dot Trail, the most direct and frequently climbed trail on the mountain. I made sure everyone had at least in-step crampons, just in case we needed them.

This is where the gentle art of co-leading came in. Rob Schechtman suggested that we go up the Spellman Trail instead. I was game, so I let Rob lead the way. (Gary, you've got something there!) I'm glad I did because I found the Spellman Trail delightful. The route to the Spellman Trail branches

See **Co-Leading**, page 5

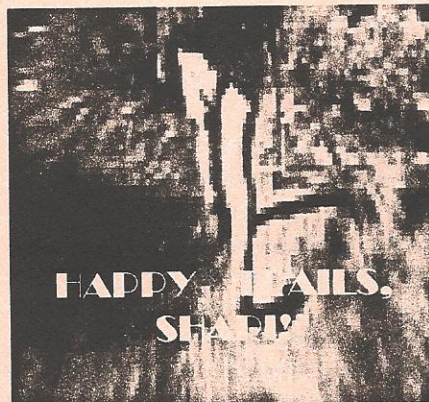
## A night hike at Robinson State Park

By Terry and Sandy Cripps

**I**t was a December night much like any other to start with but as the evening progressed, things changed. We left the starting point and proceeded to stage our cars at each end of the proposed hike (a gesture that proved to be useless, but nonetheless, we did it).

Counting the number of people that showed up (13) should have given us a slight inkling of what was ahead. Nonetheless, we forged ahead, following

See **Robinson State Park**, page 3



# New England's Highest State Summits

by John Klebes and Stephanie

**F**or the year 2000, the Pioneer Valley Hiking Club will present the opportunity to visit the highest points in each of our unique New England States. Each month, a different state high point will be attempted. As we cross New England, we will see a mix of differing terrain, fauna, vistas, and landscapes as we watch the seasons change from spring to summer to fall. Each hike brings with it unique opportunities to explore some of the best features of each of our New England neighboring states.

While safety is always the most important feature of our summit attempts, you can expect to achieve a great sense of accomplishment for each peak that we successfully summit. And remember, there is always another day to try again. Whether you attempt one or all six state summits, I guarantee you will return with a new and better appreciation for what New England has to offer in scenic hiking.

**APRIL** is Connecticut. Our first hike will bring us to the summit of Mount Frissell (2,380 feet) in early spring. The summit of Mount Frissell is actually located in Massachusetts and reaches 2,543 feet. Connecticut's high point is on its south slope at 2,380 feet. Nearby Bear Mountain (2,316 feet) is the highest summit in Connecticut and is traversed by the Appalachian Trail. Time permitting, we will attempt to touch on both the highest peak and highest point in the same hike. We should see magnificent views of Brace Mountain, Round Mountain, Riga Lake, and South Pond as well as a stop to touch the tri-state marker signifying the point where Connecticut, New York, and Massachusetts meet.

**MAY** brings Rhode Island. Jerimoth Hill (812 feet), while one of the lowest in altitude, is considered "America's most inaccessible high point." "Keep Out" signs surround the summit of

Rhode Island, only a 100-yard round trip from the nearest road crossing with a trivial 15-foot elevation gain. The landowner, who lies between you and the summit, takes his property rights seriously. Arrangements have been made to open the summit to the public on only four days during the year 2000 (Feb 20, May 28, July 2, and Sept 3). Our summit attempt is scheduled for Sunday, May 28. To make this trip complete, we will also hike the Walkabout Trail, the signature hiking trail of Rhode Island's George Washington Management Area, considered one of the nicest back country parklands in the state.

**JUNE** in the Green Mountains of Vermont. Mount Mansfield (4,393 feet) is well-known to many skiing enthusiasts. When viewed from afar, the summit ridge is seen to have the features of a face looking skyward. Our long bare summit, towering above treeline, represents the very "chin" of the face at its high point. The summit ridge provides an opportunity to observe the unique and fragile arctic vegetation that exists here.

**JULY** close to home in Massachusetts. Mount Greylock (3,491 feet) in the Berkshires of western Massachusetts offers scenic and far-reaching views. From the War Memorial tower on the summit of Massachusetts' highest mountain, you will be able to see New Hampshire's Mount Monadnock and the Adirondacks of New York.

**AUGUST** stands out the highest in New Hampshire. Mount Washington (6,288 feet) is the highest peak in the Northeast. East of the Mississippi, only the highest summits of the southern Appalachians are taller. Mt. Washington is uniquely different however, since its summit lies well above treeline. The landscape is devoid of trees and exposed to the elements but leaves you with

breathtaking views. The geography of Mt. Washington and its surroundings is unlike anything else in New England. Travelers on the exposed ridges above treeline are exposed to some of the worst weather in the world. Despite this weather, the area above tree line supports a unique community of alpine flowering plants, mosses, and lichens that are normally only seen in northern Canada.

**SEPTEMBER** at Maine's northern terminus of the Appalachian Trail. Mount Katahdin's Baxter Peak (5,268 feet) concludes our tour of the highest peaks in each of the six New England States. Katahdin is a very isolated massive granite mountain with a long curving summit ridge. It has several summits including Baxter Peak, South Peak, Pamola, and Hamlin. Between Baxter Peak and Pamola is the famous Knife Edge, a long and dangerous section of narrow trail with precipitous drops on either side. The Native American word Katahdin means "greatest Mountain." A fitting end to our tour of New England.



**CONGRATULATIONS  
TO OUR  
NEWLY-ELECTED  
OFFICERS**

**PRESIDENT**  
Rob Schechtman

**VICE-PRESIDENT**  
John Klebes

**SECRETARY**  
Jennifer Lamothe

**TREASURER**  
Joyce Berg

**Robinson State Park**  
Continued from page 1

our hike leader, Mike Gross.

The rain started as soon as we entered the woods, slowly at first, then building up to a crescendo of an honest-to-goodness rain!!!

Did that stop our fearless leader?? You guessed it, no it didn't. Those of us wearing gaiters wished that they were waders, but no such luck. Unwittingly, we plodded ahead, following our leader through the brooks and mud, all the while saying "Isn't this fun?" "What a great hike!" "I'm glad I came."

As we sloshed along the river, even the Canada geese left the water to seek cover for the night, but we hiked merrily along behind our leader who kept saying things like "Where are we?" "Is this the right trail?" and "I think we should be over there."

Still we kept going knowing that it was only a two-mile hike. After a couple of switchbacks, we ran into another hiking party only to find out it was the rest of our own group. Our leader then decided at that point to suggest that we hike back to where we started, (having realized that we had just completed a circle hike that brought us almost back to our cars where we had started and we were nowhere near where we were supposed to be.

Tired, wet, and smelling, we made it back to our cars just as the next deluge hit. But we would like to thank Mike Gross for a fun night and a good hike.

## Down the Trail

I want to thank the club for the privilege of being your president for the last six years. It is hard to believe that we began with about a handful of members. The only ones from that time still active today are Ray Tibbetts and Dick Forrest. I want to thank them both for all of their help in teaching me about hiking (and packing my pack).

Since that time, many of you have stepped forward to help nurture the club along. People like Terry and Sandy Cripps brought new ideas for different trips which we have all enjoyed. Sue and Dick Forrest have done a great job in running the hike-planning meetings. I also want to thank Joe and Bernadette for the great newsletter that we have.

My thanks to the officers who have helped keep the club on the path: Joe Zawrotny, Dottie Gates and Jay Sylvain. I also want to thank Dave Rotondo for all his help and enthusiasm. He never says no when asked to help. I can never thank Ray enough for all that he has taught me and his friendship. The club is not one person or small group of people; it is all of us.

My congratulations to the new officers: Rob, John, Jennifer and Joyce. I am sure they will do a great job. My only regret is that I have not been able to hike as often as I would have liked. I am proud to be associated with the club and I will see you all down the trail...

—Al Goodhind

## Springfield Camping Show

By John Klebes

The Pioneer Valley Hiking Club booth at this year's Springfield Camping & Outdoor Show was by all measures a great success and a fun time for all involved. Despite heavy snow on Friday night and Saturday morning, we had an increase in show attendance over last year. This year, 30 club members came out to support our booth and share our love of hiking and backpacking. With a backdrop of pictures, and a live slide show showing us at our best, we had a constant flow of people expressing interest in our activities. On Sunday Night, we had over 12 members join in on the Sunday Night Party, dancing to the sounds of the Crescents live on stage. Many thanks to all 30 of you that volunteered to make the booth a success.

The highlight of the booth was a daily raffle of one free year of club membership, a club T-shirt, and a pair of fleece mittens. Over 230 people entered to try to win a membership in our club with over 60% checking a box requesting further information. We had four winners — one for each day the show was open. Please congratulate our new members and be sure to make them feel welcome at our meetings and outings. The four winners are: Jim Warden Jr., Tim Hallenberck, Cindy Mason, and Stacey Sullivan.

In addition to our raffle winners we had several new members sign-up at the show. Please welcome our new members John & Carol Bobbin, Bill and Deb Kenny, and Glenn Young.

Please give special recognition to Dave Rotondo who put together some excellent pictures and equipment displays to help finish the booth and helped with the setup and take down, and Ray Tibbetts for his donation of fleece gloves for the Raffle winners and new members that signed up at the show.

# Is this any way to start a new year?

Saturday 1/1/2000  
An Odyssey Begins!

By Terry and Sandy Cripps

Leaving civilization at 8:00 a.m., we drove westward for what seemed like at least an hour to reach our intended destination, a deserted little parking area on a small side road. There stood the challenge, dark, foreboding, semi-hidden in the morning mist – Mount Greylock, all 3,450 feet of it!

The eight members of our hiking party were nonetheless pumped and ready to challenge this mass of rocks, dirt, water, ice and snow!

It was 9:30 a.m. when we began our ascent, slowly at first, then even more slowly as we were forced to climb uphill. Gasping for breath and leg muscles crying out for a break, we undauntedly forged ahead.

Watching the rest of our party hike along at semi-breakneck speeds, we continued our slow but steady progress (the tortoise and the hare). Catching up to our party at a lookout, we found them rescuing a picnic table from a possible crushing end.

Our break over, we continued ahead to the summit of that damned mountain. We lunched at the newly converted shelter at the top.

We then began our descent, donning crampons. Well, some of us did. It would appear that some one of us forgot theirs and had to rely on another for the use of theirs.

As we approached the trail that penetrated the forest covered in

treacherous ice and snow, we watched our leaders walking merrily down the blacktop road hand in hand singing what seemed to be a marching song, and enjoying the warm sunlight. Undaunted, we continued, inching along, looking over the snow and ice encrusted edge of the trail, being very careful to place each and every footstep so as not to become just another statistic on this forsaken mountain. Somewhere along this ice-encrusted trail, our leaders did join us once again, leading us to safety and to our waiting cars.

We once again must say "thanks" to Mike and Monica for taking the initiative to lead and coordinate another fun-filled hike.

## Recipe: Beef Jerky

Use lean top round, slice 1/8 inch thick (try to be consistent, a little thinner is ok and reduces drying time), trim all fat, marinate overnight, remove excess marinade with fingers, spread out on drying rack, dry at 145° about 8 hours. This varies depending on humidity and thickness. Turn once during drying. Pieces must cool completely to room temperature before storage in sealed container.

### Marinade:

(yes it is salty, but it needs to be to cure the meat; this is not a barbecue sauce)

- 1 cup tomato sauce (plain)
- ½ cup soy sauce
- ½ cup Worcestershire sauce
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon hickory flavoring
- 1 teaspoon red pepper or Tabasco

### Variations:

- add ¼ cup red wine vinegar
- for extra garlic, use garlic salt and garlic pepper instead of plain salt and pepper
- add 1 teaspoon mustard powder
- vary red pepper from mild above, to hot or five alarm
- substitute ½ cup catsup for ½ cup tomato sauce for some sweetness

--Rob Schechtman

## THE PVHC

Our hiking club has grown from 10 people to 150 people strong under the leadership of Al Goodhind, leader extraordinaire.

We have become diversified to a point where we can feel proud of all that has been accomplished. We hike, backpack, canoe, kayak, climb mountains, hold many types of special events, and have included a certain amount of social activities just to mention a few.

We have learned where all the ice cream shops and restaurants are located in 5 states (a very important part of hiking).

Al has not only led us but has learned from us. I once saw him boil his own water without any assistance whatsoever. On another occasion, it's reported that he actually helped to load his own pack for a hike (we're so proud of him)!

This is just a simple note from us to say, "THANKS, AL GOODHIND, for a job well done."

—Terry and Sandy Cripps



## BOOK REVIEW *A Life on the Edge; Memoirs of Everest and Beyond* by Jim Whittaker

Reviewed by John Klebes

Jim Whittaker's new book, "A Life on the Edge," answers that age-old question of why people climb mountains. His autobiography captures the desire and drive that makes many of us seek out and continually challenge ourselves through new and greater adventures. In 1963, Jim Whittaker was the first American to stand atop Mount Everest. For many, that would be a crowning achievement but for Jim that turned out to be the first of many stepping stones in his adventure-laden career.

This book follows his life from his role in taking REI from its one-man humble beginnings to CEO of the highly successful, member-owned cooperative specializing in outdoor gear. We follow his adventures as he and his twin brother gained experience in mountaineering and guiding on Mount Rainier. Then Jim and his brother met up with eccentric millionaire John Day who talked them into guiding him during his

goal of setting new speed-climbing records on Washington State's six major peaks. Within a one-week span, they bagged five of the six peaks, missing a record only on Mount Rainier. The next year they returned to climb Mount Rainier in seven hours and fifty minutes, and moved on to climb Denali (Mount McKinley). Jim's descriptions of working through problems and dealing with weather and accidents on his climbs will keep you on edge throughout the book.

After Jim's account of the 1963 Everest climb, we follow his growing relationship with Senator Robert F. Kennedy. Together they summit Mount Kennedy, Canada's highest unclimbed peak named in honor of the late John F. Kennedy. We follow Jim as he plans and executes his first failed attempt on K2 giving insight into the difficulties and planning necessary to mount such an ambitious assault in unforgiving and undeveloped areas.

Through Jim's descriptions, we can share in the trials and finally the success of his second attempt at summiting the world's second highest but most dangerous mountain. Later, he organized and led the 1981 Pelion Project to summit a team of handicapped climbers on Rainier and the 1990 Mount Everest International Peace Climb, which brought the Soviet Union, China, and the United States together in a common goal.

Today, at the age of 70, Jim is circumnavigating the globe with his family aboard their sailboat *Impossible*.

I found this book captivating from the beginning and it sparked anew my own personal desire to attempt some of the world's high peaks. I would strongly recommend this as a good read. Be forewarned that you might have trouble putting it down. Why? For the same reasons we climb mountains, "because it's there."

### Co-Leading

Continued from page 1

off the White Dot Trail close to the base of the mountain.

What was intriguing about this route up the mountain is that it is quite steep in spots, and you can get a good view almost immediately. On the way up, we picked our way around patches of ice.

Three rather tricky spots stand out in my memory. At the first, we had to step up to and around ice on a steep pitch while avoiding more ice on the trail.

The second tricky spot, my favorite, consisted of a sharply slanted, gigantic rock face that you could walk up if you were careful. I made it most of the way up by placing my hands in cracks in the rock face and bending way over at the waist. Unfortunately, I ran out of cracks close to the top of the rock face, and had to stop. I told Terry Cripps to put his hiking stick within reach just in case I couldn't make it safely up the last few yards. I'm glad to report that his hiking

stick was unnecessary. I made it, barely. I didn't want to look down what I had just come up.

The third spot required us to lift our legs up a steep embankment on the trail. Rob fortunately preceded us up this last tricky spot, and practically pulled us all up this steep pitch.

The rest of the climb up was a piece of cake. It took us about three hours to climb the mountain on this trail. And if it's bitterly cold, which, thank goodness it wasn't when we climbed it, you are exposed to a strong north wind for an extended period. Nevertheless, it was fascinating to be on a part of the mountain that was so wide open with so much relatively flat bare rock to trod on.

We didn't stay on the summit too long, since any time of year it's exceedingly cold on top. On the day we climbed, the wind was especially brisk. We passed

Paradise Valley close to the top of the mountain and soon came to the junction of the White Dot Trail and the White Cross Trail.

I decided that we should take the White Cross Trail down, since a beautiful new sign said that it was the easiest trail on the mountain.

Climbing up and climbing down, we skirted around patches of ice, and so avoided using our crampons. Three hours going up, and about two hours going down – that's probably the average amount of time to climb the mountain in winter.

After the hike we stopped off at Lily's on the Pond, a favorite apres-hike watering hole south of Jaffrey, NH. Looking back, we should have all hoisted our glasses to Gary Dolgoff and sighed, "Ah, to Gary, for the gentle art of co-leading."

## WHITE MOUNTAINS SAMPLER

**DATE:** June 23-25, 2000

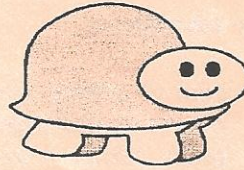
**ACCOMMODATIONS:** Briarcliff Motel

12 Queens @ \$79.92 (includes tax) per night  
3 Kings @ \$74.52 (includes tax) per night

I have reserved these rooms for now. We can get extra rooms as needed.

Contact: Al Goodhind (413) 788-6608 or Ray Tibbetts

## WANTED: BOOTPRINTS EDITOR



Sorry this issue has been so slow in getting to you. Since I started my new job as editor of the Longmeadow News, I haven't had the time to devote to Bootprints. If you're interested in continuing the newsletter, please contact me. I'll guide you through the process. As for me, this will be my last issue.

Bernadette Johnson  
569-5736

## HIKE LEADERS NEEDED

Please come in and **volunteer**.  
We need more hikes at all levels.  
Most of all, we need **YOU** to  
**lead or participate**.

**Club meetings: 1st Tuesday of each month**

## CLUB OFFICERS

Ray Tibbetts, <i>backpacking, etc.</i>	(413) 786-1023
Rob Schechtman, President	(860) 668-2758
John Klebes, Vice President	(413) 786-3620
Jennifer Lamothe, Secretary	(413) 562-5654
Joyce Berg, Treasurer	(413) 594-8299

# BOOTPRINTS

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