

BOOTPRINTS

Volume 16, Issue 6

November 2012



Annual Holiday Party

Saturday December 8, 2012,
5:30 to 11:30 p.m.

Where: The Pueblo, Springfield
College, East Campus, off
Wilbraham Rd. in Springfield,
MA. Alternate parking and
shuttles will be available.

Attendees: All club members
are welcome upon
R.S.V.P.(Important), by

November 30 at no charge! There's a ten dollar fee for
non-member guests.

Food: The main entrees will be provided by a caterer. The
choices of entree include a vegetarian offering as well as
chicken, pork, beef, and fish. This year we have decided
that attendees are to bring either an appetizer or desert;
please indicate what you will be bringing in your RSVP.

Slide Show: This year the slide show highlighting PVHC
events is being done by Lori Tisdell; please submit PVHC
event photographs to her no later than November 30.

Music: Will be provided again this year for our dancing
enjoyment; by DJ Mike Mahan who rocked the house last
year!

We will need a final count of attendees by no later than
November 30. Please indicate the number of people
who will be attending (e.g., John Hiker and one non-
member guest). Please also indicate if you will be
available for set-up and or cleanup, and if you're bringing
an appetizer or desert. Coolers with ice are needed.
Nonmembers guests can pay the ten dollar fee upon
entrance to the Greeters.

Contact: Chip Pray by e-mail at
everettdathird@excite.com or Brenda Doucette by e-mail
at b.doucette@yahoo.com or Marie Bienvenue by e-mail
at macb38@aol.com. If you don't have e-mail contact Chip
at 413-783-5658 various sign-up sheets will also be
available at Nov. 8 regular meeting.

A friendly reminder: The PVHC Holiday Party is an
alcohol-free event.

Join us in dancing the night away! We hope to see you all
there!

OUR NEWEST 46ER

Congratulations, Tom Pedersen, for becoming an
Adirondacks 46'er. As you might know, or not
know, hiking the 46 peaks in the Adirondacks is
not a small feat. Not only are the roots, rocks and mud
abundant on most trails, some of them are not even

blazed, so bushwhacking is required as well. I also hear
that a little bit of help from your friends is a must. You
have made Adirondack Annie proud. Congratulations
Tom.



My 46th ADK Peak and
115th Northeast 4000+
footer

EL CAMINO 500 MILES

By Laurie Mahoney and Marie Babbitt

Congratulations to Laurie Mahoney for
completing the El Camino in Spain. She was
inspired to do the walk by the movie 'The
Way' which starred Martin Sheen and his son Emilio
Estevez who also wrote and directed the movie. There
are many Camino routes all over Europe but the most
popular is the Camino Frances. It is 815 kilometers long
(about 500 miles) and goes across northern Spain from
St Jean Pied de Port in France at the eastern end to
Santiago de Compostela in Spain at the western end. It
is more of a walk than a hike because it is not
mountainous and people typically walk 15 miles a day
and stay in albergues at night. It's called a pilgrim's walk
because people have been walking the caminos for over
1000 years for spiritual reasons. Even now, many still
walk it as a pilgrimage to pay homage to St James at the
Cathedral in Santiago de Compostela. Laurie just
wanted to walk it to be outdoors each day and to meet
interesting people from all over the world.

Laurie started the El Camino on September 7th in St
Jean, where she got a credenzia (a Pilgrim's passport)
that gets stamped along the way and completed it on
October 9th in Santiago. The credenzia gets stamped
with stamps in various colors and shapes from the
See Camino on page 3 for continuation

WEEKEND IN THE ADIRONDACKS

By Cindy Hibert

Ann Mundy outdid herself again. What beautiful mountains and colors! Jeanne Kaiser and I arrived at The Garden parking area early afternoon, with a few parking spots to choose from . a great start! The day was cool and the scenery had changed with portions of the trail and some shelters having been moved. This made for a quick+hike in . the meatballs had arrived!

We arrived to find our fellow hikers relaxing in the sun on the porch, and so we went to find our bunks and settle in. This trip to JBL was my 4th. So now, being a regular, I have a better, lighter backpack, lighter sleeping bag, and know what lightweight food to pack. I think you get the idea . everything has gotten lighter!

Big decision was what high peak to conquer on Saturday. Everyone was discussing options and giving advice. Haystack . here I come! After a delicious dinner of pasta and chicken, Jeanne taught us (me again) Hot Dice. Some people are very competitive! After lots of laughter we were off to bed, as we needed to rise early.

Jeanne and I headed out around 8:00 AM in the rain and fog . hoping weather clear. Who wants to climb all day and not be rewarded with beautiful views? Not me. Well, it looked like that was going to happen. We made it to Little Haystack . or so we thought. There were no views, so what did we know? A hiker heading the other way set us straight . and to expect 50 mph winds ahead. We bundled up and climbed on through the clouds and wind. What a pile of rocks!

Who wants to climb all day and not be rewarded with beautiful views? Not me!

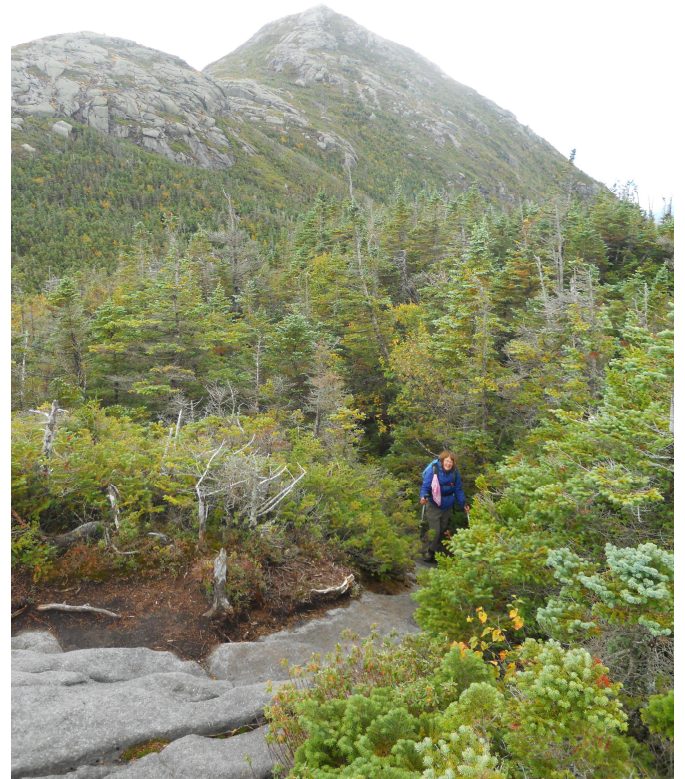
The wind was less on Haystack, though the clouds were still thick. Since we were hungry, we found a sheltered spot to eat. Over the next 15 minutes we were rewarded with views of many peaks along this beautiful mountain range as the clouds lifted. And, by the time we were heading off Haystack and over to Little Haystack, the clouds had moved on. It was spectacular. Kevin Withers and Candelyn were heading up Haystack and we cheered them on.

Then the rocky descent . can you tell I really don't like this part! After that other rocky mountain in Maine that we conquered in June, neither Jeanne nor I much liked descents. At least we could cast a few layers off once we were below the tree line.

We arrived back at JBL late afternoon. Appetizers were out and dinner preparation was underway. Ann had counted the meatballs . at 84 we would have plenty for us and everyone else staying in the Lodge! Out of our wet clothes and, yes, not showered, we joined others who had returned to share in our hiking adventures. Mike Gross had gone off to hike Big Slide and the Brothers. Karen had climbed Saddleback and Sawteeth, along with Al Roman and Mike Reed, leaving them behind as she hustled to the finish line. Dick and Sue were back from

Basin; Sue is well on her way to hiking all 46. John and Regina Fortune joined Ann in climbing Saddleback . John and Regina's 1st high peak!

After a delicious dinner, we enjoyed a few games of Oh Hell, with lots of fun and laughter as the fire blazed behind us. Another great hiking day came to an end.



At breakfast on Sunday, Ann asked Mike R. if he was stopping at the hostel for a shower before heading home. Jeanne and my ears perked up . showers? Tell us more. For \$5, we could have a hot shower, towel provided. Oh, it sounded like heaven. Nothing like a hot shower to motivate one to pack up quick and head out! Not to mention a more pleasant ride home.

Thanks Ann for another great Adirondack trip!



Camino continued from page 1

different places she stopped along the way. In order to get her compostela (certificate of completion of the Camino) in Santiago the passport is used as proof that she walked the whole way. As you might imagine she met many people from different countries along the way and in her usual way made friends with a number of people.



Day 2 on the Camino - 780 kilometers to go

The albergues that she stayed in varied in size, composition and amenities. The municipal albergues cost 5 euros a night and you can only stay one night at a time in each and everyone needs to be out of them by a set time every morning. Private albergues usually cost 10



Cathedral of Santiago with Camino friends from Washington, Sweden, Iceland and Ireland

euros per night and there are also usually more expensive places to stay in most towns and villages. Laurie ate pretty well on the trail with her fellow pilgrims at different restaurants along the way.

Here is an interesting fact to learn about the El Camino. A pilgrim only needs to walk 100 kilometers (about 60 miles) to get a compostela and Sarria is about 100 km from Santiago, so many people start walking from Sarria in order to get a compostela. So if you only have a limited amount of time you could still do the El Camino. Congratulations again Laurie, I wonder what your next adventure will be.

PACIFIC COAST TRAIL

Congratulations to John Klebes, AKA Papa Smurf, for completing the Pacific Coast Trail this year. John began his hike from the border of Mexico, on May 23, 2012 and finished at the border of Canada on Oct. 9, 2012. The 2,650 mile PCT goes through three western states: California, Oregon and Washington. Due to the fires this summer John had to make some detours. In John's usual way he added side hikes to his adventure just for the fun of it. Congratulations again John, what is your next adventure?



WELCOME NEW MEMBERS

September	October
Allan Herrick Betsy Sokol	Jean Gran Peter and Jerilyn Beauregard John McQuade JR Kate Kahn

LABOR DAY WEEKEND BACKPACK

By Cindy Hibert

It was a beautiful late summer day, and the 3-day weekend promised to be sunny with no rain. For hikers, you can't ask for much more. Lori Tisdell and I headed out early for VT, to meet up first with Shari Cox and John Fortune just west of Peru. We left their cars there and headed down to Stratton Arlington Rd to meet Ron and Lisa Schechtmann.

By 10:00 AM we had our boots on and had our backpacks snug on our backs. What? 35 or so lbs! We headed north on the AT / Long Trail. Stratton Mtn at 3,936 feet was 3.8 miles and 1,700 feet of elevation gain away. We summated before noon and enjoyed lunch by the tower, as people kept flowing by to go up the tower with their flip flops on and purses over their shoulders. Where did they come from? They took the Stratton ski area gondola up. Silly us hiking up with heavy packs!

We took in the 360° view from the tower, then headed down the trail for 3.3 miles to Stratton Pond. The shelter was empty and a bunch of Princeton freshmen were heading to the camping area, so we decided to bunk in the shelter. Packs were dropped and bathing suits and other attire were donned. Oh, how refreshing the pond felt! We hung out and swam and chatted with the caretaker and fellow hikers. And, and I can't forget to mention the fun of pumping and sterilizing our water! Really not too bad a task, though we did gain an appreciation of using a pump when there isn't a lot of running water.



We collected firewood and made up our beds, settling in for the night. Delicious meals of beef stroganoff, ramen noodles and chicken or turkey, and rice pilaf and tuna were enjoyed, followed by chocolate, some cards, and a beautiful fire. A few other hikers came along to share our accommodations. After hanging up our food bags, we headed to bed around 8:30 to 9:00 PM!

Some slept pretty well, though others struggled with the sounds of others (both human and furry) snoring and moving about the shelter, respectively. We were up by 7 the following morning, making another great meal of oatmeal, dried fruit, tea and coffee. We packed up and, one by one or two, we headed for the trail.

This section of trail was fairly easy, with no mountains to climb, just gentle ups and downs for 5.7 miles to Prospect Rock. What a beautiful spot, with views to the west on this clear day. We hung out at Prospect Rock for over an hour, had lunch, took pictures, napped. ahhh, so nice. Loaded up again, we traveled the remaining 2 miles to Spruce Peak Shelter.

Rob, Lisa and Lori stayed in the shelter and were joined by a through-hiker and a freshmen from Williams College (both well behaved!). Shari, John and I set up our tents in a clearing nearby. We played cards, pumped water (again), collected firewood, and welcomed two freshmen orientation groups (one of the groups tented).

More delicious meals of beef stew, rice and salmon, ramen and turkey, and angel hair pasta and parmesan cheese were enjoyed. Cindy taught the group Oh Hell and we enjoyed the laughter and competitiveness as people tried to master the game. We relaxed with chocolate and the fire before heading to bed around 9.

The next morning we were on the trail by 7:30 with lighter packs, for a rambling 3.9-mile hike back to our cars. By 10, we were in our cars headed for home. A few of us discovered a scrumptious bakery along the way, and enjoyed tarts, croissants, and hot beverages. Yum!

For me, it was the 1st time in 30 years that I had backpacked with a tent, stove, etc., and it was Lori's 1st time ever! We had trained for this adventure by hiking with nearly full packs for a couple weeks prior to this event. It paid off as we are looking forward to more full backpacking ventures. A fun time was had by all.



WHITE MOUNTAIN SAMPLER INTERVIEW

By Cindy Dolgoff

White Mountain Weekend - June 15-17th, 2012, with many attendees, both new and returning, and perfect weather. First, a sincere thank you to everyone who contributed to making this happen: the hike leaders - Mike Reed, Richard Harris, Dick & Sue Forrest, and Al Goodhind; those who drove carpools up to New Hampshire and/or to the Saturday hikes; to Chip Pray, for bringing the PVHC table and banner to the Briarcliff Motel in North Conway; everyone who brought a snack for before/after hikes, Richard Harris and others who organized the special celebration for Alison and Cathy, who both attained their 48th 4,000-footer(!); and to anyone else I might have left out. But ESPECIALLY, many thanks to Al Goodhind for organizing this wonderful event. It wouldn't happen without you, Al.

To give you a feel for what this event was like, here are interviews with various attendees, gathered during an après-hike get-together at the Briarcliff Motel on Saturday night:

Question #1

What was your favorite part of the weekend?

Seeing all the wonderful people in PVHC - many members from years ago came. Its like having a family reunion!! Gathering outside the rooms at the Briarcliff Motel.

Question #2

What is your favorite eatery here?

Peaches (breakfast), Flatbread (pizza), and three votes for The Moats/Brewery.

Question #3

Did you see any Moose?

No one saw any moose. But Brenda had her camera ready! She wanted to see one so bad ... but no moose! Every time she saw cars parked on the side of the road she said, "Look, I bet they see moose!"

Question #4

Which hike did you go on and what was it like?

Mount Chocorua - Waterfalls, rocks, views, beautiful! Mount Moriah - Fantastic! It was a great experience to celebrate the Final 48 [4,000 footers] for Alison and Cathy. The hike . all the beauty, rocks, waterfalls, plush green carpeted forest floor - butterfiles, mud, not too many bugs . nothing like last year. Great leader, fantastic workout! Views were so breathtaking from above, like being on top of the world. Doesn't get any better than that!

Mt. Jackson . a rocky mountain, fun - flies only on summit. Mount Chocorua . Wonderful, moderate hike pace; suitable for all hikers. Great hiking with Ann Marie again. Scaling rocks, with vast views and lakes. I forgot how wonderful it is to hike on boulders in the high elevations, where the air feels so wonderful and you have to be creative in your ascent.

Question# 5

How was the bug situation this year?

Black flies on the summits; lower elevations not as bad. Okay - Deet works.

Question #6

Did you consume any ice cream. If so, what flavor?

Only one person ate ice cream, the flavor was Caramel Caribou. Who said, %dforgot to go to Ben & Jerry's+

Question #7

How many times have you been to the White Mountain Sampler?

Too many to remember.

5 years.

Twice - pretty good advertisement that I came back after the first one - much more comfortable the second time.

At least ten.

Question # 8

What was the strangest/most striking thing that you saw this weekend?

Blazes were not easy to find.

A 4-year-old girl with a camelback pack and hiking boots sized %minus 1+

A woman riding a motorcycle with no helmet and no shoes.

Question #9

Did you do any shopping this weekend? If so, what did you buy?

Yes, for chocolate . a jacket.

No . I hate shopping.

For a new backpack from EMS. EMS employee was extremely helpful with the fitting.

Question #10

On a scale of 1-10 rate the difficulty of your hike – 1 (Easy Walk in the Park) to 10 (Insane Death March):

4 - 6 - 6 . 7.

Question #11

Did you get lost or go off trail on your hike today?

No

No

Yes - bad trail blazes near the end of the Moriah hike.

Yellow blazes at end of Chocorua hike were difficult to spot.

Question #12

What is your favorite bug spray?

Deet

Lavender - but none work on the black flies.

Question #13

Did you purchase any new equipment for your trip?

What was it, and how did it work out?

Yes, a camelback pack and poles - did not use but nice to know they were there.

New backpack from EMS, North Conway. EMS employee was extremely helpful with the fitting.

Lexi Poles - easy to adjust.

Question #14

How much sleep did you get on Friday night?

Not as much as needed.

7 or 8 hours

Question #15

Did your roommate snore last night?

When my roommate read this question she said, "I don't know how to answer this question because I had ear plugs in my ears." But with the ear plugs in her ears she could not hear herself snore!

SECTION 1 OF VERMONT AT

By Marie Babbitt

Cindy and Jeanne have begun their AT series in Vermont. On a cool morning, at 6 am, the journey began. It was still dark when we met in the parking lot. By the time I arrived all car assignments were made and off we went. We met some fellow hikers at the car spot in Bennington, which had a very nice privy, and traveled back to Mill Road. We took a before-hike photo and some wise guy asked, "Before what?" in hindsight I wish I had responded "Before ice cream." The hike was uphill right from the start, and with the morning being cool, it was just enough work to get us warmed up. The day was partly sunny and we, of course, were all hoping that the forecasted rain would hold off.

Most of the foliage was past peak color, but there were patches of bright red leaves on the ground. The trail was pretty wet, and I was having a good ole time slopping around in the mud. I got to love those gaiters on a day like this. There was some talk of Jeanne adopting the trail name "Dirty Girl" due to the amount of mud she was accumulating as she slogged along the trail. We never found the log bridge described in the hike itinerary, so we continued on and took a nice break at Consultation Peak; no view, but a nice place to take a break. From there it was downhill to Sucker Pond, with its nice view, and then a wonderful little walk along Stamford Stream. The gurgling sound of the water is always pleasant to hear. We stopped to take a group picture along the way. Oh, I almost forgot to tell you, that we saw the biggest dog I have ever seen. Cindy and I were in the back and couldn't figure out why no one was letting this one guy go past us, coming from the other direction. When we finally approached him he was restraining this black dog, whose back must have been 36+ high, and whose head was another 10+ high. Trust me, this is not one of those fish stories. I can't imagine what the dog food bill is for that guy.



The Before Picture ~ Before What you say?

We finally stopped for lunch at the Congdon Lean-to, after walking through this very dark and gloomy section of forest. It was like walking at nighttime, and I almost pulled out my headlamp it was so dark. After returning to the group from using the privy, I remarked on its wonderful condition. Brand new with fresh wood shavings, it turned into a destination for my fellow hikers.

Just as we were finishing up our lunch, it began to rain and we knew our time was running out. So, we packed up quick and headed out. The trail was pretty flat from that point, well until we got to Harmond Hill. We were blessed with a wonder field of yellow ferns and a craggily old tree which had dropped all its leaves. It was a perfect Halloween tree; maybe it was the tree that dropped the leaf that read "BOO" that Cindy found on the trail. Nope, probably not, since Cindy and I saw that before lunch.

When we were leaving the 1st car spot, Cindy pointed across the street to what she said was where the trail resumed, although none of us saw any indication of a trail. Later we found out why. The last 1.8 miles was downhill and lost about 965 feet of elevation. With it raining off and on, and with the wet leaves, the going was slow at the end. To my surprise there were people just heading up the trail, with pretty large packs. The last half mile were stone steps, which were also wet and covered with leaves. Hiking poles were a must, at least for me. Jeanne and I took our time going down, and after crossing Route 9, which was busy road and a bit challenging, we met up with the group. We made our way back to Mill Road, and by that time the temperature had dropped into the 40s. I was glad Cindy had heated seats for the ride home.

Thanks, Cindy (Rocket Boots) and Jeanne, for another great hike.



Good Morning JBL

DIRECTIONS TO PVHC'S HOLIDAY PARTY

Saturday, December 8, from 5:30 p.m. until 11:30 p.m.

The Pueblo - Springfield College, East Campus (701 Wilbraham Rd., Springfield, Ma)

From the East or West

Mass Pike Rt. 90, to Exit 6. Take 291 West for one mile to Exit 5 (East Springfield/Indian Orchard) Turn right onto route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and take a left. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot.

From the North

Take Interstate 91 South to Interstate 291. Proceed four miles to Exit 5B, East Springfield/ Indian Orchard. Turn right at the end of the exit ramp onto Route 20A, then immediately move into the left lane. Turn left at the first light onto Roosevelt Avenue. Proceed three miles to Alden Street and take a left. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot.

From the South

From CT take Interstate 91 North to Mass Exit 2, Route 83. Proceed on Route 83 to the second traffic light and turn right onto Sumner Avenue. After two miles, turn left onto Roosevelt Avenue. Continue through two traffic lights, then bear left at the stop sign. Half a mile after the stop sign, cross a bridge and turn right onto Alden Street. Proceed down Alden St. to first light and take a right at the light onto Wilbraham Rd. East Campus is the first driveway on the right. Follow driveway to parking lot.

Pioneer Valley Hiking Club Officers & Committees

Chip Pray, President
 Marcia Kelly, Vice President
 Cindy Hibert, Co-Secretary
 Cindy Dolgoff, Co-Secretary
 Carol Vanderheiden, Treasurer
 Scott Cook, Wilderness Experiences
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Sue Forest & Chip Pray
Backpacking Coordinator: Rick Briggs
Trail Maintenance: Chip Pray & Rob Schechtman
Web Page Editor: Dick Forrest
Non Member Email Coordinator: Rob Schechtman
Club E-mail Coordinator: Chip Pray
Quartermaster: Mike Carrier
Bootprints Editors: Marie Babbitt & Mike Reed

Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story/event contributions to the editor at: marie_babbitt@hotmail.com



Important Notice

The following memberships are up for renewal:

November Renewals:

Marie Babbitt
 Ludmile Dibble
 Cyd Dispenza
 Lynn Gebo
 Richard Harris
 Cybele Kilby
 Ed Laroche
 Helen Macuil
 Mary Moriarty
 Enola Nelson
 Bill Packard
 Jeffrey & Marian Parentela
 Cathy Sena
 Chuck Serafin
 Peter Thieme
 Lori Tisdell
 Mimi Watroba
 Eliza D'Agostino

December Renewals:

Judy Gamble
 Deborah Gebo
 Frank Kamlowski
 Sandra Knoll
 Jacob Krainson
 Norah Lusignan
 Daniel O'Brien
 Elizabeth Ortiz
 Dave Pierrepont
 Ruth Preston
 Robert Rich
 Wayne Rodrigues &
 Janice Doubleday
 Rick & Sandy Wallis

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:

Pioneer Valley Hiking Club
 PO Box 225
 West Springfield MA 01090-0225

(Dues are \$25 member, \$40 family, and \$15 for students)

UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Morning Hike . various locations
- Every Tues (MA) Tuesday evening hikes with Carol
- Every Wed. (MA) Wednesday evening hikes with Marcia
- Every Thurs (MA) Afternoon Hike
- Nov. 4 (NY) Berlin Mountain
- Nov. 11 (MA) Mt. Negus in Rowe
- Nov. 25 (MA) Mt. Toby
- Dec. 1-2 (NH) Portsmouth Strawberry Banke Day
- Dec. 2 (MA) Mt. Greylock
- Dec. 8 (MA) PVHC Holiday Party . Spfld. College Pueblo
- Dec. 9 (MA) Facing Rock, Ludlow
- Dec. 15 (MA) Sect 1 & 2, New England Trail (M&M)
- Dec. 16 (CT) John Muir Trail
- Dec. 29 (CT) Bear Mountain
- Dec. 31 New Year's Eve Dinner
- Jan. 5 (NH) Mt. Monadnock (\$, crampons required)



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IMPORTANT NOTICES

- ☐ Next Club Meetings:
Dec 4, 2012, 7pm at **FBC**
Jan 8, 2013, 7pm at **FBC**
- ☐ Deadline for Submissions for the next BootPrints is December 18, 2012

FBC - First Baptist Church, West Springfield
November 30th to RSVP Holiday Party (Number of attendees, appetizer or desert; come early to set up 4:30P.M., or stay until end to cleanup. (I will send a club wide e-mail for this as well.)

Lori Tisdell will accept photos from PVHC events until Nov. 30

Elections for new board members in February with nominations in January.

**** Check out our web page at:**
www.pioneervalleyhikingclub.org

Members may join the PVHC Email List by sending a message to:
pvhc.hikingclub@gmail.com



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