



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

A "Sweet" Hike

by Cindy Dolgoff

On a Thursday morning in early March, I participated in Harry Allen's weekly hike. This day, it was breakfast at the North Hadley Sugar Shack, followed by a hike at Mt. Sugarloaf State Reservation. Later in the day, I asked Harry if there was any significance of the *sugar* reference. Harry laughed and said no, it had not occurred to him. So, we had a *sugary* day by sheer coincidence.

Sometimes it's nice to start the hiking day with a hearty breakfast. My meal was eggs and pancakes and home fries. Tasty. The Sugar Shack easily accommodated our group of 15 diners. We chowed down.

Following breakfast, our caravan of cars headed for the mountain. When
See Sugarloaf continued on page 4

September 9-11, 2016 Vermont

Bike/Hike/Camp Trip

by Shari Cox

Just sending information out concerning the VT bike-hike-camp weekend. We will be staying at the Ricker State Park in Vermont. I have reserved one cabin (that is all that was available). The cabin has bunks to hold four, but 2 can sleep inside on sleeping pads. There are tent sites and lean-to's available. Here is the site where you can look at the sites. <http://www.vtstateparks.com/pdfs/ricker.pdf>. Click on the site that you might be interested in and a picture will pop up. If enough people show
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May, 2016

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Colorful club members
on Mt. Monadnock
(photo by Debbie Bombard)



Harry on a mountain to
climb: Mt. Monadnock
(photo by Debbie Bombard)

This poem (©2003) was a gift to Ruth Preston:

Mountains To Climb (1940)

O I'm hitting the trail and I'm hardy and fit.
I've a mountain to climb and it's high I admit.
But I throw out my chest and I hold my head high
For today I'm a part of the earth and the sky!
Every bird on the trail, very new view is mine!
And I revel in life that has mountains to climb.

I sing and I laugh as I tramp on my way
And I pause on the trail then I'm off and away.
For I'm bound for the top and ahead I can see
The edge of the timberline calling to me.
The trail's getting rougher, but I'm feeling fine!
And I revel in life that has mountains to climb.

Now I'm climbing the heights that are windswept and bare
And rocky and free, and the wind's in my hair
And the world's at my feet; and my heart is so gay
I could climb and keep climbing my whole life away
I've come to the top - but ahead I can see
Another great mountain that's calling to me.
I must go, I must climb it, I've plenty of time!
Oh thank the great God for his mountains to climb!

From the annals of PVHC history: “The Night from Hell”

by Dick Forrest

Back in the mid-1990’s, PVHC President Al Goodhind and six other PVHC members, myself included, decided to visit Cape Cod National Seashore. After touring the Cape during the day, all seven PVHC members spent the night at the Sheraton Hotel in Eastham. Four men and three women split the cost of renting rooms at the hotel. There were four men in one room and three women in the other.

Al Goodhind and I slept in one queen-sized bed, and Ray Tibbetts and Scott Aschenbach slept in the other same-sized bed. Unknowingly, I was bunking with three loud snorers. In fact, it was a symphony of snorers. I stayed awake most of the night listening to these stentorian, inharmonic, log-sawers.

See *Night from Hell* continued on page 7

“The Rules of Adventure” – Surviving Life’s Adventures

From the “Appendix” of the book, *Deep Survival: Who Lives, Who Dies, and Why*, Laurence Gonzales, 2003.

by Dick Forrest

Crises in the wilderness (accidents, medical emergencies, getting lost, inclement weather, having no light source with darkness falling, etc.), with no one immediately around to help, especially if you look at wilderness accident reports, happen with some frequency. How do survivors cope in these situations?

This past Fourth of July weekend, in 2015, Al Roman, Karen Markham, Rick Briggs and I backpacked on the Maine Appalachian Trail. Three of the four of us finished both the 67 Highest

See *Rules of Adventure* continued on page 8

“I stayed awake most of the night listening to these stentorian, inharmonic, log-sawers.”

~ Dick Forrest

“How do survivors cope in these situations (i.e. crises in the wilderness)?”

~ Dick Forrest



"When we reached the top of the hill, it was all worth it. Not a cloud in the sky - a clear view of the Connecticut River and surrounding valley."

~Cindy Dolgoff

Sugarloaf continued from page 1

we arrived, Harry asked "Who has never been here?", and I was the only person who raised my hand. I remembered looking up at the mountain when I was a kid. We used to visit our Aunt Helen and Uncle Benny, who lived in South Deerfield. I daydreamed that one day I would go up to the top of the mountain. And here was that day, decades later. Up we went, taking the Pocumtuck Trail.

The first half hour of the hike was quite steep. There were patches of ice remaining on the ground, as the temperature was only in the low 30s. When we reached the top of the hill, it was all worth it. Not a cloud in the sky - a clear view of the Connecticut River and surrounding valley. We lingered at the station house long enough to admire the scenery and snap some photos.

Our next portion of the hike took us along the blue trail. We reached another high point and more exquisite views.

We had what looked to be a short bushwhack down the mountain. It was painfully slow. We were carefully trying not to tumble over, as the footing was muddy and slippery. Finally, we made it back to the maintained trail. Nobody fell, although a couple of us, me included, intentionally slid down parts of the trail.

We continued onward to a junction with a red-marked trail. There, we met a young woman with a cute fuzzy white German Shephard puppy. They walked along with us for the last half-mile or so of the hike.

See Sugarloaf continued on page 5

Sugarloaf continued from page 4



My favorite part of the hike was seeing the icicles. In various areas, they would pop out of the landscape, shimmering and glistening on the mountainside. The icicles were a stark contrast to the dead brown autumn leaves and sparse patches of green moss. To me, they looked like tiger fangs protruding out of the ground.

We reached the parking lot and our hiking day was over. Thanks again, Harry. Your Thursday hikes are awesome.

-- Cindy Dolgoff

Bike/Hike/Camp continued from page 1

interest in the lean-to, I will reserve the site. If you want to camp, you can make your own reservations. There are some nice spots on the pond.

There are a lot of possibilities for this weekend. I plan on biking the Cross Vermont Trail which looks like it goes through the

See *Bike/Hike/Camp* continued on page 6

"My favorite part of the hike was seeing the icicles. In various areas, they would pop out of the landscape, shimmering and glistening on the mountainside."

~ Cindy Dolgoff

Bike/Hike/Camp *continued from page 5*

camp area. The terrain will be varied from dirt to paths, to roads depending on how many miles we decide to do. See below for the description.

GROTON, MARSHFIELD

Map #3 Groton (Wilson Dr) to Marshfield Village (Rte 2) (12.74 miles)

- Continue long stretch of trail on old railbed.
- Groton State Forest, Vermont's second largest state forest.
- A string of lakes and ponds, with small, steep mountains providing dramatic backdrop.
- Several campgrounds. This is the part of the trail for a camping vacation.

MARSHFIELD, PLAINFIELD

Map #4 Marshfield Village (Rte 2) to Plainfield Village (6.96 miles)

- The "village to village" route. One nice theme of the entire statewide route is the sequence of still active village down town areas.
- (More) rolling pastures and forested hills.
- A very cool timber frame covered bridge. (Now in park to the side of Rte2.)

Feel free to bring kayaks. Might be a little chilly for swimming, but you never know!

We will bike on one day and hike on another. I am not sure of the hike, but it depends on the day. It might be Mt. Moosilauke or Mt. Ascutney. Everything depends on weather.

Contact me by phone if you are interested. Spots might fill up quickly, so let me know what your interest is.

— Shari (413) 796-1326



Night from Hell continued from page 3

On top of that, at about two a.m., it sounded like a fire alarm was going off in the hallway of the hotel. The alarm would go off about every minute. At one point, Al Goodhind had had enough. He called down to the night manager of the hotel, and said, "If you don't come down here, and shut off this alarm that's constantly blaring, I'm going to run down the hall in my underwear and knock on every door in the hotel. It's not going to be a pretty sight." The night manager said that he couldn't leave his desk to come down to fix the alarm. So, after listening to the alarm some more, Al got dressed and went down to the hotel lobby, reprimanded the night manager, and admonished him that he would follow through with his threat.

Sometime after Al got back to the room, the night manager came running into our room, got up on a chair and pulled the wired-in, smoke alarm plug from our ceiling, shutting off the malfunctioning alarm, and then ran out of the room. It was surprising that the alarm was blaring only in our room because it sounded like it was going off in the hall.

Through all of this interminable commotion, with the loud snoring and the alarm going off, I saw some humor in the situation, and remember giggling. But, truly, it was "a night from hell" - I slept about 2 hours that night.

In the morning, Al demanded our money back from the hotel, and also requested money back for the three PVHC women in the adjacent room, who didn't hear a thing that night, and who all slept like logs. Thanks to Al, all seven of us slept that night for free; however, that veritable "night from hell," became, for me, a night of "uncivil" unrest.

-- Dick Forrest

Rules of Adventure *continued from page 3*

in New England and the Northeast 111, which is now comprised of 115 peaks (the 67 Highest in New England, the 46 High Peaks in the Adirondacks, and the 2-4,000 footers in the Catskills = 115 (four peaks were added to the original list)). A little over two and a half years ago, AT thru hiker Geraldine Largay, hiking alone, disappeared without a trace in the very same area that we were backpacking in. At that time, the Maine Warden Service instituted a massive search and rescue, which turned up nothing.

About two years after Geraldine's disappearance, in mid-October, 2015, Geraldine Largay's remains were found in the same area about 3,000 feet from the AT. (It was reported that she had evidently set up her tent and was in a sleeping bag at one point, and the Maine Warden Service speculated that that is why the search dogs had such a hard time coming across her scent, and that she had evidently died of exposure and lack of food and water.)

A question comes to mind: If foul play wasn't suspected, as was initially reported, did Appalachian Trail thru hiker Geraldine Largay get lost from the Maine Appalachian Trail, get hypothermic (it was raining when she disappeared), find herself in a hopeless situation, and die? What is it that allows some people to overcome adversity and to survive in the midst of dire circumstances, and others to succumb to their deaths?

"I (ed. note: Laurence Gonzales) eventually distilled those observations down to twelve points that seemed to stand out concerning how survivors think and behave in the clutch of mortal danger." If you are an adventurer, these "Rules of Adventure" from Laurence Gonzales' book, *Deep Survival*, may one day save your life.

The Rules of Adventure (by Laurence Gonzales)**1. Perceive, believe (look, see, believe)**

"Even in the initial crisis, survivors' perceptions and cognitive functions keep working...They immediately begin to recognize, acknowledge, and even accept the reality of their situation."



Rules of Adventure continued from page 8

2. Stay calm (use humor, use fear to focus)

“In the initial crisis, survivors are making use of fear, not being ruled by it. Their fear often feels like and turns into anger, and that motivates them and makes them sharper.”

3. Think/analyze/plan (get organized; set up small, manageable tasks)

“Survivors quickly organize, set up routines, and institute discipline.”

4. Take correct, decisive action (be bold and cautious while carrying out tasks)

“Survivors are able to transform thought into action. They are willing to take risks to save themselves and others. They are able to break down very large jobs into small, manageable tasks.”

5. Celebrate your successes (take joy in completing tasks)

“Survivors take great joy from even their smallest successes. That is an important step in creating an ongoing feeling of motivation and preventing the descent into hopelessness.”

6. Count your blessings (be grateful – you’re alive)

“This is how survivors become rescuers instead of victims. There is always someone else they are helping more than themselves, even if that someone is not present.”

Rules of Adventure continued on page 10

Rules of Adventure continued from page 9

7. **Play (sing, play mind games, recite poetry, count anything, do mathematical problems in your head)**

"Since the brain and its wiring appear to be the determining factor in survival, this is an argument for expanding and refining it. The more you have learned and experienced of art, music, poetry, literature, philosophy, mathematics, and so on, the more resources you will have to fall back on."

8. **See the beauty (remember: it's a vision quest)**

"Survivors are attuned to the wonder of the world. The appreciation of beauty, the feeling of awe, opens the senses. When you see something beautiful, your pupils actually dilate. This appreciation not only relieves stress and creates strong motivation, but it allows you to take in new information more effectively."

9. **Believe that you will succeed (develop a deep conviction that you'll live)**

"All of the practices just described lead to this point: Survivors consolidate their personalities and fix their determination. Survivors admonish themselves to make no more mistakes, to be careful, and to do their best. They become convinced that they will prevail if they do those things."

10. **Surrender (let go of your fear of dying; "put away the pain")**

"Survivors manage pain well."

11. **Do whatever is necessary (be determined; have the will and the skill)**

"Survivors have meta-knowledge. They know their abilities and do not over- or underestimate them. They believe that anything is possible and act accordingly. Play leads to invention, which leads to trying something that might have seemed impossible."

12. **Never give up (let nothing break your spirit)**

"There is always one more thing that you can do. Survivors are not easily frustrated. They are not discouraged by setbacks...They pick themselves up and start the entire process over again, breaking it down into manageable pieces."

As adventurers, many of us can provide examples from these twelve points, which illuminate their meaning. From my life, I know that I can. Thank you, Laurence Gonzales.

Take these 12 points to heart – you may accidentally need them some day.

-- Dick Forrest



Selected Hiking Quotes

"After more than two thousand miles on the [Appalachian] trail, you can expect to undergo some personality changes. A heightened affinity for nature infiltrates your life. Greater inner peace. Enhanced self-esteem. A quiet confidence that if I could do that, I can do and should do whatever I really want to do. More appreciation for what you have and less desire to acquire what you don't. A childlike zest for living life to the fullest. A refusal to be embarrassed about having fun. A renewed faith in the essential goodness of humankind. And a determination to repay others for the many kindnesses you have received."

— Larry Luxenberg

"Returning home is the most difficult part of long-distance hiking; You have grown outside the puzzle and your piece no longer fits."

— Cindy Ross

"Definition of GastroHike: Simple!.....Hike something, then go eat something!"

— Found in a post online

"There are no shortcuts to any place worth going."

— Beverly Sills

"Only one who wanders finds a new path."

— Norwegian Proverb

"Perhaps we all need time to be free, time alone in nature, supported and encouraged to discover our own wild selves, to reconnect with who we are and what we want from life."

— Jennifer Hanson

Important Membership Renewal Notices

The following memberships are up for renewal:

May Renewals

Lorraine Baron
 James & Diane Brown
 Icelene Campbell
 Steven & Amy Dane
 Anita Easter
 John & Maria Hagopian
 David Hershops
 Steven Hilburn & Kelly Turney
 Tom Lake
 Betsy Loughran
 Peggy McLennan
 Ron & Eleanor Morrissette
 Michael Reed & Deb Gebo
 Erin Squires
 Robert & Georgene Trombley
 David Vibber
 Bruce & Jennifer Wade
 Janice Webb
 Celeste Ziemba

June Renewals

Judy Alfano
 John Boyd
 Bill Burgart & Marianne Huber
 Allison Cook
 Rachel Davis
 Robert Duclos
 Gina Geck
 Cindy Hibert
 Jeff McAuslin
 Beth Ouellette
 Sarah Shapiro
 Jim & Peggy Tibbitt
 Peter Tomb
 Lisa Troy
 Mary Ann & Peter Wilcox

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)

Pioneer Valley Hiking Club Officers

Chip Pray, President
 Lori Tisdell, Vice President
 Paul Kozikowski, Treasurer
 Gina Geck, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jeanne Kaiser & Chip Pray
 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: Chip Pray
 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

March

Thomas E. Hanson
 Laura Hinton
 Keli Kuklewicz
 Scott Williams

April

Karon Belunas
 Tracy Benoit
 Dan Harrington



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Wed. (MA) Wed evening hikes w/ Marcia
- Every Thurs. (MA) Afternoon walks w/ Ruth
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir evenings w/ Erin
- May 7 (MA) Race Brook Falls and Mt. Everett
- May 14 (MA) Bear Mt. and Mt. Hitchcock Loop
- May 21 (CT) NET in CT – Hike 3
- May 28 (MA) High Ledges and Shelburne Falls
- June 4 (CT) NET in CT – Hike 4
- June 11 (MA) South Taconic Trail
- June 18 (MA) Monument Mt. and Naumkeag
- June 24-26 (NH) White Mt. Sampler
- July 2 (MA) Pocumtuck Trail
- July 9 (CT) Hidden Valley Preserve

IMPORTANT NOTICES

Next Club Meetings:
 May 3, 2016, 7 pm at **FBC**
 June 7, 2016, 7 pm at **FBC**

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

Deadline for submissions to the next *Footprints* is July 1, 2016

**** 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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