



# Bootprints

The Bimonthly Newsletter of the  
Pioneer Valley Hiking Club

## PVHC Annual Picnic 2017

by Lori Tisdell

First, I'd like to thank all those who volunteered to help with the picnic. It's really heartening to see so many club members step up to help with set-up, clean-up, serve on the picnic committee, grill the food (hottest job of them all!), etc. You made life so much easier for Angela and me knowing we could count on you.

For as long as I can remember, PVHC has had the annual picnic at the Mt. Tom pavilion. It's close by, easy to get to, has a good set up, but the "facilities" are atrocious, if you know what I mean. The last few years the E-Board has thought about changing to a different location. This year we looked at Wendell State Forest. We took a vote at one of the club meetings last year and the club agreed.

*See Annual Picnic on page 4*

## Day Hike Nourishment

by Cindy Dolgoff

At the July 11, 2017, monthly PVHC Meeting, I gave a short presentation on "Nourishment on Day Hikes." It was an interactive talk regarding eating on the trail. We discussed alternatives to the old standby – Peanut Butter and Jelly Sandwiches.

You might not get hungry on a hike but you need to eat something nutritious to maintain your energy.

For your main event (i.e., sandwich), think three:

**Protein** - Nut Butters, Cold Cuts, Egg, Hummus, Cheese

**Carbs** - Bread, Crackers, Rice Cakes, Bagel, Croissant, Bun, Wraps

**Fat** - Butter, Mayo, Avocado, Nutella, Cream Cheese

*See Nourishment continued on page 7*

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Smurfy advice for the trail...

## How to Tie Your Shoes

by John "PaPa Smurf" Klebes

Here's another, often taken for granted, skill that can help with your next hiking adventure. That shoe-tying technique you learned in elementary school doesn't always work under the strenuous demands of adventure hiking. Everyone's feet are different, and short of a custom-made boot, they are never a perfect fit. Add to that, long days, steep terrain, and worn-out footbeds, and your next adventure might include blisters, hot spots, swelling and smashed toes.

A poorly laced hiking boot can allow movement which almost always results in hot spots and blisters. Or if too tight can cause uncomfortable pressure points and sore spots on the top of your foot. If your foot is sliding forward, you get pressure and painful banging on your toes, which can lead to painful bruising and even black bleeding toes and loss of your toenails. And if you ever had a pair of boots that let  
See Shoes continued on page 8

## Believing in the Benefits of Exercise

by Sandy Segó

When people say that exercise makes you feel better, not everyone is a believer. And beliefs may be very important for the benefits to occur. A research study conducted in Germany by Mothes, Leukel, Jo, Seelig, Schmidt, and Fuchs, which was published earlier this year, set out to see if one's expectations impacted physiological, neurophysiological and psychological measures. Their study examined how a single bout of exercise could impact people. The researchers proposed that the health benefits of exercise are driven by an individual's expectations. Basically, if you think exercise will benefit you, then exercise will have a larger positive effect on you.

To investigate this, the researchers recruited 78 individuals who did not exercise regularly to take part in the study. At the start of the study, all of the participants were shown a three-minute video.

See Exercise continued on page 11

*"That shoe-tying technique you learned in elementary school doesn't always work under the strenuous demands of adventure hiking."*

*~ PaPa Smurf*

*"The researchers proposed that the health benefits of exercise are driven by an individual's expectations."*

*~ Sandy Segó*



## The Adventures of Peakbagger: Notes from "52 With a View" in New Hampshire

by Peakbagger

*"A group called the "Over the Hill Hikers" created the 52-With-A-View ('52 WAV') club as a way to draw attention to New Hampshire's great peaks that are between 2,500 and 4,000 feet in elevation."*

*~ From the website*

*"[http://](http://www.NewEnglandWaterfalls.com/52withaview.php)*

*[www.NewEnglandWaterfalls.com/52withaview.php](http://www.NewEnglandWaterfalls.com/52withaview.php)"*

My hiking partner and I have been whittling away at attempting to climb all of the "52 With a View" in New Hampshire. We have spent several weekends this summer towards this goal.

What is the "52 With a View" in New Hampshire all about? From the website "<http://www.NewEnglandWaterfalls.com/52withaview.php>":

A group called the "Over the Hill Hikers" created the 52-With-A-View ('52 WAV') club as a way to draw attention to New Hampshire's great peaks that are between 2,500 and 4,000 feet in elevation. The idea was to create a new hiking list that would complement the New Hampshire 4000-footers club. The idea caught on, and now hundreds of hikers have now completed this special journey.

*See Peakbagger continued on page 12*

## Will You Pay to Hike in the White Mts. of New Hampshire Some Day?

by Dick Forrest

On June 7<sup>th</sup> Sue Forrest and I hiked Mts. Welch and Dickey in the Sandwich Range of the White Mountains of New Hampshire. It's a 4.50 mile loop trail that several PVHC members have done. It's a great hike over two peaks with many bare slabs of granite bedrock, as well as broad, exposed ledges, on portions of the trail. I'm sure that there was soil and plants/trees on these bare slabs and ledges at one time. They are undoubtedly bare due to erosion in the steep spots of the mountain trails, which seem to have been fragile and perhaps were not able to hold their soil. I'm certain that hiking on and near these trails have had a major impact in contributing to that erosion.

*See Pay to Hike continued on page 14*

**Annual Picnic** *continued from page 1*

Wendell has a beautiful location for the picnic pavilion. It's has excellent grills, is right near Ruggles Pond, is next to hiking trails, has a baseball field, volley ball/badminton net, horse shoe pit and has pretty good facilities too! And added to that it was a beautiful day for a picnic. We really lucked out.

The first part of the picnic was Chip and Gina leading a pre-picnic hike around Wendell. As they were leaving, some of us were arriving to do set-up. With so much help everything was ready to go by noon and looked great! Thanks to Deb and Cheryl for being such good sports when I put you in charge of getting the pavilion set up. Meanwhile, Paul and Sandy manned the Greeter's Table welcoming members to the picnic.



At noon, we were ready to start grilling, with the usual grill masters: Mike, Rick and Lori! Awesome job and thanks to you and your great grilling skills once again. This year we had a southern BBQ with pulled pork and chicken along with beans, coleslaw, corn, and the side dishes club members made. While we were grilling, everyone enjoyed the delicious appetizers club members provided. It was great to see so many members attending and enjoying themselves and the food. I heard lots of laughter and saw so many smiling faces. Then

See *Annual Picnic* continued on page 5

*"It was great to see so many members attending and enjoying themselves and the food. I heard lots of laughter and saw so many smiling faces."  
~ Lori Tisdell*



*Annual Picnic continued from page 4*

it was time for dessert – yum. Jane brought a birthday cake for Harry, so we sang “Happy Birthday,” and Harry blew out the candles on another year. Best wishes for many more to come!



Going Thru the Food Line



Chowing Down Under the Pavilion

*See Annual Picnic continued on page 6*



**Annual Picnic** *continued from page 5*

After lunch, there were games for picnic goers to enjoy, but Jenga was definitely the most popular. The cheers and groans were audible for quite a long way away depending on a smooth move, or a not-so-smooth move. Some of us played badminton and realized it wasn't as easy as when we were kids. But fun, nonetheless. A few of the men got the whiffle ball and bat out to start a game, while some went for a walk on the nearby trails.

There was a "Throw Down" competition for the best appetizer, side dish and dessert decided by club members' votes. Paul Kozikowski won for his Texas Caviar app, Harry Allen for his grilled peaches side dish, and Jos Brannan for her Key Lime Pie dessert. Congratulations. Many thanks to all the club members for the delicious foods we all enjoyed. Although we had planned some eating contests, they just never happened. But some people got to take home apple pie to eat with forks, instead of hands-free pie eating, and others got salsa and chips without having the hottest sauce roast their palates!



Playing with Jenga blocks



Thanks to all the club members who came out to Wendell to support the club, as well as catch up with old hiking friends and meet new ones. All in all, it was fun time, plenty of food and a beautiful day. What more could we ask for?

-- Lori Tisdell

*"Thanks to all the club members who came out to Wendell to support the club, as well as catch up with old hiking friends and meet new ones."*

*~Lori Tisdell*



*“I recommend Cliff Shots, Double Espresso, or Gu Gel – products with caffeine.”  
~ Ricky Rick Briggs,  
Trail Name: Sharky*

**Nourishment** continued from page 1

Trail bars are easy to pack and tasty. They are not all created equal. Some are packed with vitamins and some are barely a step up from candy bars. Check the labels and research the internet for nutritious alternatives. Some trail bars include caffeine.

Snacks – fresh and dried fruit and cut up veggies are tasty and full of nutrients. You can also bring nuts, chips, trail mix, or jerky.

Following the clinic, I asked participants to fill out an index card if they had any specific tips. Wow - I got a lot of them!

### **Tips**

Tuna or salmon single-serving container with crackers.

Simms snack sticks – turkey sausage (Aldi’s)

Soft boiled eggs

I recommend Cliff Shots, Double Espresso, or Gu Gel – products with caffeine. These will get you to where you’re going if your energy runs low.  
— *Ricky Rick Briggs Trail Name Sharky*

Sweet potato – good carbs and potassium.

REI has a big selection of trail bars

One pound liverwurst, 6 clementines, one vodka tonic [I think this was a joke.]

Fresh dates stuffed with peanut butter or almond butter

Jerky – buffalo, turkey or chicken. You can get these with no nitrates added at Whole Foods or River Valley Co-Op.

If you have an upset stomach on the trail, try crystallized ginger. Keeps well.

Prepared salads from Trader Joes.

Alternative to PB&J is PB with banana – yummy.

I like Turkey Jerky on the trail. It’s easy to carry. Nice and salty.

Hard-boiled eggs. A bit of chocolate – I usually have Hersey Kisses or M & M’s. — *Deb Bombard*

Peanut butter, jelly and banana sandwich. — *Cheryl Stevens*

Epic Bars have good protein.

See *Nourishment* continued on page 8

**Nourishment** *continued from page 7*

A good protein boost at lunch – packet of tuna, packet of mayo, and a wrap. Make the sandwich fresh at lunch time.

Egg and onion matzos with peanut butter. An extra filling trail bar is the Builder's Bar. — *Gary Dolgoff*

Avocado spread onto bread, rice cakes or wraps.

Shopping Suggestions per *Cheryl Stevens*:

Aldi's – Elevation bars, sweet potato chips

Ocean State Job Lot – Dried fruit, walnuts

EMS & REI – Nunn tablets, blocks, emergency energy packets

Whole Foods – Nuts, bars, dried fruit

River Valley Market – Epic jerky (chicken and turkey), nuts, bars, dried fruit.

**Summary**

Try new items.

Think nutrition.

Shop at different stores – health food stores, sports/bike shops, small grocery stores and specialty food shops.

Thank you everyone who attended and everyone who provided tips.

*This was an amateur presentation and not intended to provide dietary advice. See your physician or professional dietician for specific dietary concerns.* -- Cindy Dolgoff

**Shoes** *continued from page 2*

your heel lift, you have felt that nasty rubbing on the back of your heel that results in blisters that can turn your skin raw. While the right solution is a good well-fitting boot, it is not always possible, and conditions can change as your feet swell during the day and your boots wear.

Here are a few techniques that can be used to relieve foot discomfort in the field:

**The Surgeon's Knot**

This simple and versatile technique can be used in a number of ways. The surgeon's knot is a just a simple friction hold created by twisting the laces around each other twice. Just cross the laces over each other and tuck one lace under the other; just like you would normally use when tying off your shoe. But then continue to tuck it under again creating two or more twists. The extra twists provide sufficient friction to hold the laces in place and will not work themselves loose.

See *Shoes* continued on page 9

*"Try new items,  
think nutrition,  
shop at different  
stores..."*

*~ Cindy Dolgoff*



The Surgeon's Knot





PaPa Smurf

**Shoes** *continued from page 8*

You can use this knot to reduce the volume of a loose fitting shoe and to stop your heel from excessively sliding.

First, pull out any slack in the laces and snugly tighten the laces over your toes. Locate the two pairs of lace hooks closest to the point where the top of your foot begin to flex forward. Tie a surgeon's knot above and below the spot where your boot bends. Be sure to run the laces directly up to the next hook to lock in the knot's tension. Finish lacing as normal. This will greatly tighten the laces evenly and keep them from loosening.

Another great use of the surgeon's knot is to isolate different parts of your laces from one another. You can create areas that are tighter or looser. For example, if you have a sore spot on the top of your foot you can make those laces below tight, lock them off with the surgeon's knot, and then tie the area above the spot more loosely. Or conversely, you can make the area above tight to lock in your heel but leave the laces looser over the toes for a shoe that is too tight due to swelling.

**Window Lacing**

A great technique to alleviate pressure points on the top of your foot is "window lacing" or "box lacing."

This one is really simple. Unlace your boot down to the hooks that are just below the pressure point. Then lace straight up to the next hook and then crossing the laces over. You are basically skipping crossing the laces over the pressure point. Finish the box - continue lacing the rest of your boot as usual. This gap in the lacing, the window, relieves some of the pressure on the top of the foot. Another variation is to start and stop the window using a surgeon's knot.

**Toe-Relief Lacing**

If your boots are too small and your feet swell from hiking, you may find that the pressure on your toes is unbearable. One quick trick that may work is to completely unlace your boots and re-lace them, but skip the first set of hooks. This leaves the front of the toe box without lacing over it to take some of the pressure off your toes. This might get you home, OK, but buy some bigger boots for next time!

*See Shoes continued on page 10*



Window Lacing

*Shoes continued from page 9*

### **The Heel Lock**

If you get heel blisters, it's probably because your heel is lifting up and rubbing against the inside of your boot. The heel lock technique uses a pulley-like system to increase the amount of tension you can apply to tightly lock in your heel. This is a great technique for stiff leather or even plastic mountaineering boots that are hard to get tightly laced. Plastic mountaineering boots are notorious for heel blisters.

Lace your boots as normal, but when you get to the spot where your foot begins to curve upward, place a heel lock. At this point stop the normal back and forth diagonal lacing and run the laces straight up either side similar to the window box technique. Next, take each lace and cross over and down and slip the lace under the straight up portion of the box. This makes a kind of loop that acts as a pulley. Pull the laces toward the middle and feel how it gives you leverage to securely tighten the heel from the center of the loops. (There are a number of videos online showing this technique if you Google "heel lock" on YouTube) The goal is to lock your heel in place to prevent heel blisters and movement of your foot that smashes toes.

While these techniques are no substitute for good-fitting boots, they can help customize your fit or possibly get you back to the trailhead without injury. Enjoy the great outdoors without sore feet!

-- PaPa Smurf

{If you have a suggestion for future topics or a hike-related question you would like covered in the column, send a note to [john.klebes@gmail.com](mailto:john.klebes@gmail.com)}



Heel Lock



Heel Lock finished  
with a Surgeon's Knot



*"Basically, exercise will reduce blood pressure for everyone; that is a good thing."*

~ Sandy Segó

*"The benefits (of exercise) were greater for people who expected that the exercise would make them feel better."*

~ Sandy Segó

**Exercise** continued from page 2

To manipulate expectations, half of the participants saw a video designed to raise their expectations of the positive benefits of exercise, while the other half of the participants watched a video that simply discussed the study. Next, all participants were asked to ride a bicycle for 30 minutes. After the exercise, researchers measured the blood pressure of participants, administered an electroencephalogram (EEG – a test to measure electrical activity in the brain), and administered tests to measure mood and anxiety levels of the participants.

So what was the impact on a physiological level? Thirty minutes after exercising, blood pressure was measured on all participants. Blood pressure went down for everyone, expectations had no effect on blood pressure. Lowering blood pressure after exercising is a typical result in the exercise literature. Basically, exercise will reduce blood pressure for everyone; that is a good thing.

At the neurophysiological level, researchers assessed activity in the brain by means of an electroencephalogram (EEG). Brain cells communicate by an electro-chemical process and the electrical impulses can be measured by attaching electrodes to the scalp. The EEG reports brain activity as wavy lines on a chart. Brain activity goes on all the time, even when you are sleeping. The strength of the waves are labeled using Greek letters (Alpha, Beta, Gamma). Alpha waves are considered the resting state of the brain. This study showed an increase in alpha activity after the exercise, suggesting the participants were calm yet alert. An increase in alpha activity is associated with lower cortical activation and is often associated with lower anxiety and higher levels of relaxation. This sort of thing is found when people are meditating. Again, it suggests that exercise is a good thing. The participants that were expecting exercise to help them relax seemed to show more alpha activity in the brain.

Finally, researchers looked at the psychological benefits of exercise on their participants. People who had more positive expectations of the benefits of exercise showed greater psychological benefits. Participants reduced their anxiety, depression and hostility on tests that were administered after the exercise. Further, they reported feeling less fatigue. The benefits were greater for people who expected that the exercise would make them feel better. This suggests that our beliefs can greatly impact the psychological effects we see when we exercise. If we can convince ourselves of the benefits of exercise, then we will see them.

-- Sandy Segó

**Peakbagger** continued from page 3

You can find the list of all 52 peaks on the website listed above.

Now I'm going to relate some short notes which I've gathered from climbing some of the "52 With a View" in New Hampshire.

My hiking partner and I were hiking down the trail, not far from the bottom of the trail, after climbing both North and Middle Sugarloaf off of Zealand Road in the Whites. And lo and behold, 30 or more French Canadian men and women came up the trail passing us. I asked them, "How many?" One man said, "About 20." Another woman said, "45." I think it was somewhere in the middle. I have never, ever, seen such a long line of a single group of people on a hiking trail in the Whites. If there is a group trail limit (perhaps 10 people?), I'm sure that they exceeded it by at least 3 times. They certainly didn't try to split up into 3 groups.

My hiking partner and I were climbing Blueberry Mt., just west of Mt. Moosilauke in the Whites. We encountered two women coming down the trail, and I asked if they were doing the "52 With a View." They said yes, and then we compared some of the peaks that we had both climbed or had not climbed. In the midst of the conversation one of the ladies noticed my partner's Pioneer Valley Hiking Club hiking shirt. She said that they had encountered PVHC members this summer on Mt. Chocorua. (A group from our White Mt. Sampler weekend attempted to climb Mt. Chocorua that weekend. Due to the elements, the summit attempt of Mt. Chocorua was aborted.) Small world!

My hiking partner and I were hiking down from Mt. Resolution, from a spur trail off of the Davis Path, when we encountered a friendly guy whom we spoke briefly with who told us that he was also on his way to Mt. Stairs. We did meet him again close to the summit of Mt. Stairs, on another spur trail off of the Davis Path. (Mt. Stairs has a fabulous

See *Peakbagger* continued on page 13

*"In the midst of the conversation one of the ladies noticed my partner's Pioneer Valley Hiking Club hiking shirt. She said that they had encountered PVHC members this summer on Mt. Chocorua."*  
~ Peakbagger



*"You can learn some interesting and amazing things while hiking New Hampshire's "52 With a View," as well as climb peaks with incredible views which you would not normally hike."*

*~ Peakbagger*

**Peakbagger** *continued from page 12*

view and a steep cliff at the summit.) He told us that his name was Ken McGray, and that he owns the "52 With a View" Facebook page. (Some time before this hike, I had requested to join his FB page, and when I got home I found out he has over 3,000 members who have joined and can post to his page.) He also gave us some good recommendations for our next "52 With a View" hikes.

The last note which I will relate was after climbing Mts. Hedgehog and Potash which are in the Sandwich Range of the White Mts. My hiking partner and I were in the parking lot at the trailhead after the hike, changing out of our hiking boots, when a car pulled in with Massachusetts plates. On the plate was the word: "NHHIKER". I told the driver, as he got out of his car, as he was dropping off one of his buddies so that he could pick up his car, that I liked his license plate. So we got to talking... He told me that he was "redlining" the trails in the "White Mountain Guide." He explained that "redlining" means that you hike every trail in the "Guide." He was doing this, he said, to hike the lesser-known trails that don't have the crowds on them in the Whites. Wow! He also related that he had achieved the "100 Highest in New England," which I have also done.

You can learn some interesting and amazing things while hiking New Hampshire's "52 With a View," as well as climb peaks with incredible views which you would not normally hike.

-- Peakbagger



**Pay to Hike** *continued from page 3*

After finishing the hike, Sue and I talked with some White Mountain National Forest (WMNF) trail volunteers who had set up a *hikeSafe* display kiosk in the parking lot at the base of the mountain. The three volunteers wanted to make sure that hikers could safely do this hike, and to discourage those who were not prepared or who didn't have the ability to do so. In the course of our conversation the lone woman volunteer mentioned that we are "not able" to keep up with the maintenance of trails in the White Mountains. Indeed, it's no wonder, when we got to the Welch/Dickey parking lot early, there were about 10 or 15 cars in it. When we came back to the large parking lot after hiking the mountains, the parking lot was full and overflowing on the road outside of the lot (with at least 50 to 100 cars total).

**The problem:**

It's not really surprising that the WMNF is having a problem with maintaining its trails (and it's a problem not unique to other high-use hiking areas, like the Adirondacks). There are all kinds of hiking awards available by hiking in the White Mts.: the 48-4,000 Footers in NH, the 67-4,000 footers in NE (which includes the 48 in NH), the 100 Highest in NE, the 4-Season White Mountain 4,000 Footer Award, the Grid (12x48 or 576 peaks, in NH). And each of these awards has additional winter awards available, with the exception of the 4-Season and the Grid awards, which have built-in winter components to them. So, essentially, the White Mountain trails of New Hampshire never get a rest.

**The solution to the problem:**

Currently, there is none, except if you consider that you have to pay

*See Pay to Hike continued on page 15*

*"In the course of our conversation the lone woman volunteer mentioned that we are "not able" to keep up with the maintenance of trails in the White Mountains."*

*~ Dick Forrest*



*"In other words, if you want to hike in the White Mts., you will pay for a day-use permit to access the trails."*

*~ Dick Forrest*

*"If you were an administrator of the WMNF who oversees hiking trail maintenance, how would you solve the problem of trail maintenance falling behind on WMNF trails?"*

*~ Dick Forrest*

**Pay to Hike** continued from page 14

for parking either daily or annually in certain high-use, WMNF parking lots.

If the WMNF is having a problem with trail maintenance now, what will the future look like for hiking in the Whites?

### **Possible future solutions to the problem:**

**1) You will pay to play.** In other words, if you want to hike in the White Mts., you will pay for a day-use permit to access the trails. And for multiple day-use, you will also pay for the privilege to hike and camp. Who is going to pay for maintaining the trails but the users, which includes many out-of-staters and foreigners? In-staters will still pay, but will pay less. Think of Baxter State Park in Maine where this is already occurring.

**2) You will work to pay less.** In other words, if you want to hike, but want to reduce your hiking fees, you will volunteer to do trail maintenance. The more trail maintenance you do, the less your hiking fees. And after you have done a certain amount of trail maintenance, then your hiking fees will be waived and you will be able to hike in the White Mts. for free. Of course, administration of this program would be a nightmare.

This is all speculation on my part and any enforcement of these rules in the near term will be problematic. But something will eventually have to be done to prevent overcrowding in White Mt. parking lots and on its trails, leading to excess soil erosion.

If you were an administrator of the WMNF who oversees hiking trail maintenance, how would you solve the problem of trail maintenance falling behind on WMNF trails?

-- Dick Forrest

## Important Membership Renewal Notices

The following memberships are up for renewal:

### Sept. Renewals

Carol Carrington  
Shari Cox  
Jean Deforge  
Lucie Devries  
Rex Dewberry  
Krystyna Galipeau  
JoAnne Gebski  
Debra Jacobson  
Carolyn Keeffe  
Tim LaBonte  
Laurie Mahoney  
Thomas Neal  
Beverly Sager  
Marty & Meg Schoenemann  
Yasha Sharma

### Oct. Renewals

Janet Beach  
Dona Burdick  
Eliza Dagostino  
Donna Fleury  
John & Regina Fortune  
Jacki Gadbois  
Jane Garb  
Lisa Golub  
Barbara Graf  
Lori Hennessey  
Margot Lacey  
Charlie Lieson  
Karen Markham  
Thomas Pedersen  
Maria Rocco  
Al Roman  
Annie Schultz

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](mailto:dforrest@charter.net)

### WELCOME NEW MEMBERS

#### July

Janet Sharp  
Alex Fauteux  
Colleen Moynihan  
Susan Peterson & Cathleen Beals  
Gabriele (Gabi) Strauch  
Ann Van Dyke  
Stephen Phillips

#### August

Carlos Peña  
Allie Brady  
Matthew DiNatale



**UPCOMING EVENTS AND THE USUALS**

- Every Mon. (MA) Mornings w/ Chip
- Every Wed. (MA) Evenings w/ Marcia
- Every Thurs. (MA) Mornings w/ Harry & Bike Rides w/ Jane, & Ashley  
Reservoir evenings w/ Erin
- Sept 9 (MA) AT Sec. 8
- Sept 16 (CT) NET Sec. 11
- Sept 23 (VT) AT Sec. 1
- Sept 30 (MA) Rutland St. Park
- Oct 7 (MA) Mt Sugarloaf & Mike's Maze
- Oct 14 (CT) NET Broomstick Ledges
- Oct 21 (RI) Newport Cliff Walk
- Oct 28 (CT) Tunxis Trail
- Nov 4 (MA) Trail Maintenance
- Nov 11 (CT) NET— final in series
- Nov 18 (NY) NYC Trip

## IMPORTANT NOTICES

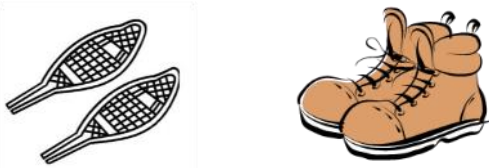
Next Club Meetings:  
September 5, 2017, 7 pm at **FBC**  
October 3, 2017, 7 pm at **FBC**

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

Deadline for submissions to the next *Footprints* is October 20, 2017

**\*\* Check out our web page at:**  
[www.pioneervalleyhikingclub.org](http://www.pioneervalleyhikingclub.org)

Members may join the PVHC Email List by sending a message to:  
[pvhc.hikingclub@gmail.com](mailto:pvhc.hikingclub@gmail.com)



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