



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner: Volunteerism

by PVHC President Lori Tisdell

"When I joined the club...", I seem to start so many articles with that sentence. Be that as it may. When I joined the club 10 years ago I had no idea how involved I would become over the years. It started slowly, and then kind of snowballed as I became more and more involved with club activities. I started volunteering to help or lead various activities.

It was a bit scary at first when I started leading hikes. The first activity I volunteered to do. Wait a minute, I had to be responsible for leading people on a trail? Yikes! My first one was Greylock in the round – an 11-mile hike that was strenuous. And needed directions to the trailhead! It was fine, everyone survived and had a good time. And we had ice cream afterwards which makes everything better. I got the hang of it and started leading hikes regularly. And so many members have a wealth of knowledge they are happy and
See President's Corner continued on page 6

The Allergy Hike

by Cindy Dolgoff

We met in Southwick, MA, which I couldn't understand since the scheduled hike was the Mohawk Trail, which I thought was in Greenfield, MA?

"Where exactly are we hiking today?" I asked our leader, Paul.

"The Mohawk Trail. In Connecticut."

Oh. That explains it. I didn't know there WAS a Mohawk Trail in Connecticut. And Lori M. thought the Massachusetts and Connecticut trails were connected; Paul advised that they are not.

Off we went in four cars to the Mohawk Trail – in Connecticut. There were 10 hikers and we were car-spotting at each end of the trail. We had perfect hiking weather – sunny and temperatures in the low 70s.

See Allergy Hike continued on page 7

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More Energy from Exercise

by Sandy Sego

As we move into summer, we all want to be outside playing for hours. Everyone wants the energy to keep going all day long, regardless of whether we are taking care of chores around the house or having fun outdoors. So what is the key to having more energy?

The answer is regular exercise. Exercise increases your body's fitness and your mood, which play into your health and well-being. But how does it work?

First, exercise leads to an increase in endorphin levels. Endorphins are natural hormones produced by the central nervous system and pituitary gland. They can be released in response to pain and they

See *More Energy* continued on page 8

Smurfy advice for the trail...

Getting Un-Lost

by John "PaPa Smurf" Klebes

What should you do if you find yourself lost in the woods? The easiest thing to do is *not* to get lost in the first place. Ha-Ha. See the May, 2017, *Bootprints* for my article on *Overgrown and Hard-to-Follow Trails*, and the companion article from March, 2017, on *Trail Awareness*, where I give some Smurfy advice on how to avoid getting lost. This is a follow-up article on what to do if you find you really might be lost after all. Thanks, Cindy Dolgoff, for suggesting the topic.

Finding yourself lost is easier than you would think. One of the most common ways is when you step off the trail for an urgent bathroom break to find firewood or water, or to see a scenic spot on a prominent point, such as a rock or summit that is just off the trail. If you hurry to find a secluded bathroom spot or that perfect stash of firewood or a wonderful view, you will at some point realize you don't

See *Getting Un-Lost* continued on page 10

"So what is the key to having more energy?"

The answer is regular exercise."

~ Sandy Sego

"What should you do if you find yourself lost in the woods?"

~ PaPa Smurf



Featured Club Member: Joining PHVC Has Brought So Much Enjoyment

by Gina Geck

Clueless! That is how I feel when I look back to my pre-retirement years. I was the leader of two Girl Scout troops when I first came to Massachusetts from Texas. We did short, easy hikes with the young girls, mostly at places like Stanley Park and Forest Park. From then until I retired, I did no hiking. No one I knew hiked, no friends nor fellow teachers ever



mentioned hiking. When I did finally start hiking, one of my new friends asked me what did I think as I drove and passed cars parked by the side of the road at trailheads. I knew nothing about trailheads; I thought the cars' occupants were fishing. Clueless!

About the time I retired, I met a new friend, Joan, who told me about her hiking group, the Fourth Hillers. I joined and spent several years hiking with Ray and his group. I also persuaded Lorraine Plasse to join. As we hiked, we were often told by Dave Vibber that we should join Pioneer Valley Hiking Club. We would have more days to hike and more hikes to choose from. As Ray began to experience some health issues, his hikes became shorter. We were ready for longer hikes and more days to hike so we joined PVHC.

However, we did not take the opportunity to do many hikes at first. We finally signed up with Harry Allen to do his traditional High Ledges hike. Lorraine and I loved it but we didn't return for quite a while.

See *Featured Club Member* continued on page 13

"About the time I retired, I met a new friend, Joan, who told me about her hiking group, the Fourth Hillers."

~ Gina Geck

The Adventures of Peakbagger: Vermont Peaks on the 50 Finest

by Peakbagger

The *50 Finest in New England* is a hiking list of the 50 peaks (on the list are 20 peaks in Maine, 15 in Vermont, 14 in New Hampshire, and one in Massachusetts) with the highest topographic prominence in New England.

The prominence of a mountain is the minimum height of a summit above the surrounding terrain. Prominence is the elevation difference between the summit and the lowest contour that encircles it and no higher summit.

~ taken from "Map ©2003 by Aaron Maizlish; Peak list compiled by Ray Schweiker, Edward Earl, Andy Martin, and Ron Tagliapietro"

See *Peakbagger* continued on page 15

White Mountain Sampler - 2018

by Cindy Dolgoff

This year's weekend at the White Mountains had a super-high turnout. The Pioneer Valley Hiking Club returned to North Conway, NH, once again for the annual event.

Like many other club members, Gary and I planned a few extra days in the Whites. We drove up on Wednesday, in glorious weather and sparse traffic. After arriving and checking into the Briarcliff Motel, we had a wonderful dinner with PVHC friends.

Karen Markham and I co-led a club hike on Thursday. Karen picked out a hike that was on the **52 With a View (52WAV)** list. These are mountains in New Hampshire that are less than 4,000 feet high, with special views. Eight of us hiked to Mt. Hibbard – elevation 2,940 feet – via the Wonalancet Trail.

See *White Mt. Sampler* continued on page 16

"The '50 Finest in New England' is a hiking list of the 50 peaks...with the highest topographic prominence in New England."

~ Peakbagger

"This year's weekend at the White Mountains had a super-high turnout."

~ Cindy Dolgoff



"We successfully finished on Mt. Success in the Mahoosuc Range..."
~ Dick Forrest

A "Successful" Climb

by Dick Forrest

On 6/23/18, on my deceased father's birthday (thanks, Dad!), Sue Forrest and I completed our quest to complete the New Hampshire *52 With a View* (52WAV) hiking list. All of the peaks on the list are in New Hampshire, and there are 52 peaks on this list and all of the peaks are below 4,000 feet in elevation, and most of the peaks have good views. All of the peaks are less than the 48-4,000 footers and above in New Hampshire. Why 52? I suppose it is to make it an even 100 peaks if you add in the 48 higher peaks in New Hampshire.

We successfully finished on Mt. Success in the Mahoosuc Range, just
See Successful continued on page 18

Book Review

Tamed: A City Girl Walks from Mexico to Canada on the Pacific Crest Trail, by Anne Elizabeth O'Regan
Book review by Dick Forrest

Anne O'Regan came to our May, 2018, monthly club meeting gave a slide presentation about her walk on the Pacific Crest Trail (PCT). She started the approximate 2,650 mile trail in late April and finished in late September of the year 2010 – in 5 months. A number of us bought Anne's book, and I was one of them.



"The first thing that struck me in reading the book is that Anne writes very well."
~ Dick Forrest

The first thing that struck me in reading the book is that Anne writes very well. Her prose is interesting and well-constructed.
See Tamed continued on page 21

President's Corner continued from page 1

willing to pass on. I asked lots of questions and received great advice. I also got to meet and know so many members of the club and enjoy wonderful hikes with them. Definitely one of the best perks of being a hike leader.

One year the club needed someone to do the annual slide show for the holiday party. I had taken several courses at work and in college in PowerPoint so knew how to put a presentation together. Each year I did the slide show I got to relive my own hikes and adventures along with everyone else's. It really was quite wonderful going through all the photographs, seeing all the hikes, trips and activities our club members put together for our enjoyment. It really came home to me how many members give of themselves to make these activities happen for the club. Whether it's an evening walk at Ashley Reservoir and seeing the beavers swimming, the deer on the hill, the goslings in the spring and the herons, snakes and turtles, seeing a 360° view from a 4,000-foot mountain or hiking our many interesting local trails, it's an adventure. Without our leaders we would not have them.

About 6 years ago co-secretaries Cindy D and Cindy H retired and a new secretary was needed. It seemed to be a fairly innocuous position. I can take notes. Yes, it was more than taking notes, but it has been so interesting being part of the "inner workings" of PVHC. It gave me a very different perspective and even more respect for those who take time out of their lives to help the club continue to grow and move forward. Knowing I am contributing gives me a sense of pride that in my small way I am part of the bigger picture. It also gave me a sense of responsibility to the club than I would not have had I never served on the executive board.

See *President's Corner* continued on page 7

"One year the club needed someone to do the annual slide show for the holiday party."

~ Lori Tisdell

"Knowing I am contributing gives me a sense of pride that in my small way I am part of the bigger picture."

~ Lori Tisdell



"PVHC is very lucky to have so many members with knowledge, skills and experience that they can use to contribute to the club's needs."

~ Lori Tisdell

"The hike was the kind of hike I love – some elevation gain but not crazy, heavily shaded, a few water crossings, and birds galore."

~ Cindy Dolgoff

President's Corner *continued from page 6*

The annual picnic is always a fun time. It's a relaxed and wonderful atmosphere for catching up with other members, all the while enjoying the grilled food as well as all the wonderful culinary contributions from the other members. Angela and I had so much fun and derived a great deal of satisfaction during our time heading up the picnic. Angela worked in catering for 16 years and I attended culinary school. Our combined knowledge and experience really helped us in organizing it. One of the things I so enjoyed was seeing how many PVHC'ers volunteered with food prep, set up, break down, help with the food service, grilling, etc. With so many people it absolutely became many hands make light work. We always have so many people willing to help to make the picnic a fun day for all.

PVHC is very lucky to have so many members with knowledge, skills and experience that they can use to contribute to the club's needs. And they so willingly do so. I feel when you volunteer you become even more invested in PVHC. You also derive a great deal of satisfaction knowing you are helping and contributing to the good of the club. I recommend that all who can, should volunteer, whether in small ways or large. Each person who does so will make a difference, make connections with other club members, help our club continue to grow and move forward, derive a sense of satisfaction and become more invested in PVHC.

-- Lori Tisdell

Allergy Hike *continued from page 1*

Some hikes are assigned names, and today's hikers dubbed the hike "The Allergy Hike," due to the fact that many of us were sneezing and wheezing on this fine early May day. I would subtitle the hike "The Annoying Bugs in Our Faces" hike. The insects were being selective about who they actually bit. They seemed to prefer women named Lori. Me, I had no bites, but the black flies and gnats were in my eyes and I accidentally swallowed a couple.

The hike was the kind of hike I love – some elevation gain but not crazy, heavily shaded, a few water crossings, and birds galore. We saw a scarlet tanager, warblers, cardinals and many other birds.

See *Allergy Hike* continued on page 8

Allergy Hike *continued from page 7*

Lunch – we stopped at a picturesque overlook. Funny that there were few other hikers on the trail, and none at all on the lunch spot that Paul selected. We settled onto rocks to enjoy our sandwiches. I moved to a higher bluff and joined Dick and Sue. We surmised that there were fewer insects up there. Our friends down below were getting swarmed. Lori M. was attempting to insert food under her bug net. Lori T. covered her entire head and face with her jacket. It's kind of hard to eat when there is no direct opening to your mouth.

Someone on the hike relayed a trick to deter flying insects. It actually works! Hold your hiking poles up high above your head, either vertically or in an X position. The gnats and black flies will gravitate to the highest spot. Apparently, they are not smart.

After our lunch, we continued on the trail. When we reached six miles (ish), I was starting to get tired. "I think I see shiny objects," Jos said. We looked through the trees towards the road. Yes, we could see parked cars.

"I hope it's OUR cars," I said. It was.

Time to conclude the hike and drive back to Massachusetts. But not before stopping for well-deserved ice cream! Thanks for a wonderful hike, Paul.

-- Cindy Dolgoff

More Energy *continued from page 2*

are released when people engage in aerobic exercise, which produces the "runner's high". The "runner's high" is the positive feeling people experience when they exercise. Personally, I find that you can't beat the combination of endorphins from the climb up a mountain with a nice view of the valley below. It makes all the hard work seem worth it!

Second, exercise improves cardiovascular health. This allows you to have more endurance during the day. If it is easier to do your daily activities, you will have energy remaining and not feel as tired. So even though it can be difficult at first, making yourself exercise for a few minutes after a hard, tiring day at work can lead to positive outcomes. See *More Energy* continued on page 9



Mohawk Trail sign



Who is that masked person?

"Personally, I find that you can't beat the combination of endorphins from the climb up a mountain with a nice view of the valley below."
~Sandy Segó



*"A third way that exercise increases energy is by helping you to get a better night's sleep."
~ Sandy Segó*

*"So what is the best workout for increasing your energy? It must be an exercise you enjoy."
~ Sandy Segó*

More Energy *continued from page 8*

The American Heart Association suggests 30 minutes of moderate-intensity aerobic activity at least five days a week. For added benefits of lower cholesterol and lower blood pressure, the AHA suggests a minimum of 40 minutes of moderate or vigorous-intensity aerobic activity three or four times a week. And remember, you can break up the time guidelines – ten minutes of exercise in the morning, another ten minutes around lunch time, and then finish your exercise in the evening. So you don't have to do all of your exercise at once.

A third way that exercise increases energy is by helping you to get a better night's sleep. When you sleep well at night, you feel more refreshed during the day. One study of people who suffered from insomnia had participants engage in at least 150 minutes of moderate-intensity physical activity over a week. The researchers found that this level of exercise was correlated with a significant reduction in the severity of insomnia symptoms. They also found that participants reported a better mood.

Finally, exercise can improve our mental focus. One study of older adults had participants engage in 24 weeks of moderate aerobic exercise. The researchers found the exercise improved concentration and general cognitive function in the older adults. Another study found that high-intensity exercise improved cognitive function, particularly attention and short-term memory.

So what is the best workout for increasing your energy? It must be an exercise you enjoy. After all, if you don't like exercise, you won't do it. So riding a bike, swimming, hiking, basketball, tennis, or anything that gets your heart pumping can be a good choice. You want to find an activity that you want to engage in, so you will be more likely to exercise.

If you can get your friends to join in the activity, you can get additional benefits. You can spend quality time with friends and family while you exercise. You can strengthen the social bonds between you and your workout buddies. You can also create great memories to share when you do these activities together. And you will have the energy to play all day!

-- Sandy Segó

Getting Un-Lost *continued from page 2*

remember which way you hiked into that spot. Trust me, we have all done it and many a hiker has gone in circles trying to figure out how to get back to the trail that they know was not far away.

One trick I try to use is to mark the direction I came in with my hiking poles pointing in that direction or a couple of sticks or rocks made into an arrow. Great if you remember, but let's assume it's too late for that. Here are some steps to take when you first find yourself lost or disoriented.

The major rules are: **Don't Panic, Don't get more lost,** and **Plan before you act.** If you panic, nothing good can happen, and if you act quickly without thinking through your next steps, you can easily get more and more lost or disoriented making a small problem into a big problem. Stay put, calm down, and make a plan.

First off, I would suggest marking your spot so you don't get more lost. Make an "X" or write your name in the dirt or mark with sticks or rocks the spot you are in. This way you can always retrace your steps back to the first spot you got lost. The number one safety rule if you are really lost is to stay in place so rescue teams can find you. The more you move the larger the area they will need to search and the more likely they are to miss you if they are looking for you. You might actually hike into an area that they have already searched and really get yourself in trouble. Only move from the spot you are in if you are sure you can find your way back to the spot.

Step two is to make a plan. Use your map and compass, orient yourself so you know what major features might be in what direction. If you think you can return the way you came and find yourself back on a known trail, road or landmark, then you can try it. Just be sure you are careful to mark your path so that if you are not able to retrace your steps that you can at least make it back to the original spot you noticed you were lost. I don't care if you are sure the trail is just a short distance away. Mark the spot you are at and carefully explore in short distances that you can retrace back to the start if you don't find you are making progress.

See *Getting Un-Lost* continued on page 11



PaPa Smurf

*"The major rules are:
**Don't Panic, Don't get
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~ PaPa Smurf



"If you are still on a trail or path, backtrack until you return to familiar ground."

~ PaPa Smurf

"Mark your spot, then carefully hike a fixed number of steps in your best guess of a direction for the trail."

~ PaPa Smurf

"It is always best to stay in place than to get more lost. If you think people will be looking for you, it's always the safest plan."

~ PaPa Smurf

Getting Un-Lost *continued from page 10*

If you are still on a trail or path, backtrack until you return to familiar ground. If you are off-trail and know the path is close, you can try exploring but only if you are sure you will not get more lost.

For example, say you took an urgent bathroom break. You quickly hiked off-trail a short distance so you would not be visible from the trail, but in your hurry to find toilet paper, you dig a hole, and such, and then you find you don't remember which way the trail is. Let me make it clear this is one of the number one reasons people get lost. You think the trail is a short distance and you head off in the wrong direction. The more you hike, the more confused you get on which direction you came from. Many hikers have hiked miles and spent hours wandering the woods when they were only a few dozen yards originally from the trail. As soon as you are sure you are lost, STOP.

Mark your spot, then carefully hike a fixed number of steps in your best guess of a direction for the trail. Mark the direction on the ground and only hike a short distance, say maybe 100 steps. If you don't find the trail return to the original marked center spot and try another direction. A compass would be great here, but if you don't have one, just make a guess at north, south, east and west and try the compass directions one at a time until you have found the trail. If that doesn't work, then expand your search to say 200 steps, and repeat - always returning to the center point so you don't get more lost.

If it's foggy or too dark to see, you might even have to wait over night to keep from getting more lost. One time in a whiteout in the White Mountains I actually had to tie a 100-foot piece of rope to a rock, hiked in different directions trailing the rope behind until I found the next trail cairn/marker. The rope made sure I would not get more lost and could find my way back to a known cairn.

The last rule is: "Stay in place!" If you can retrace your steps to find the trail and retrace the trail to a known location, you should be all set but always return to your first spot if you can't make any progress. It is always best to stay in place than to get more lost. If you think people will be looking for you, it's always the safest plan.

See Getting Un-Lost continued on page 12

Getting Un-Lost *continued from page 11*

If you think there might be people nearby, you can use the universal help signal: three blasts on a whistle, three smoky fires, three flashes from a signal mirror, three shots from a gun, or even three loud yells.

Only if you are confident in your abilities, or sure no one will come to help, should you risk getting more lost. That said, there are many areas that are well-populated and you are unlikely to really be lost for long. If you know there are roads, trails, or landmarks, such as rivers, summits, buildings, and the like, you could attempt to hike toward these clear anchor points. If you are in doubt, head downhill till you hit a river, trail, or road. They will almost always lead to houses or more populated areas. One exception would be if a short detour uphill will lead to a spot you can see your surroundings to get a better orientation of where you are.

Keep in mind that it is very hard to walk in a straight line through the woods. We tend to lean to one side and will end up making a long circular path right back to where you started. Use landmarks for dead reckoning or a compass to keep you walking straight.

A special note about cell phones: If you have a cell phone, know that it sometimes can be located even if the cell signal is too weak to send a message. You should turn it on and off occasionally to save battery power, but also to help let it ping a cell tower if it can. This may help search and rescue find you.

To recap: **Don't Panic, STOP, Make a Plan**, then either retrace your steps if possible, signal for help, shelter in place, or carefully follow a route to a known anchor point, such as roads, rivers, or populated areas.

-- 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)

"Only if you are confident in your abilities, or sure no one will come to help, should you risk getting more lost."

~ PaPa Smurf

*"To recap: **Don't Panic, STOP, Make a Plan....**"*

~ PaPa Smurf



Featured Club Member continued from page 3

Eventually, we did a few hikes and then began to hike on more week-ends. After a few years we joined the group attending the Sampler. For 2 years we did Dick and Sue's moderate hikes, which we thought were rather difficult.



On our third Sampler Lori Tisdell strongly encouraged me to hike Kathy and Allison's 48th White Mountain hike on Mt. Moriah. I thought a ten-mile hike was beyond my ability but Lori said I could do it and she would stay with me. I thought we would never get to the top but we did, after many opportunities to look behind us and enjoy the view (rest). I had completed my first 48er.

Lori had me partially hooked as I accompanied her on Mt. Carrigain (46 for Lori), Owl's Head (47) and Cannon (48). Forty-eight seemed like so very many tough hikes to complete but Jos and soon other hikers became interested and joined in the quest. Lori started on her second round of the 48 as she encouraged us and planned trips to the Whites. She constructed an elaborate, color-coded spreadsheet to plan daily and weekend hikes so we could attain our goal.

At first, our group was women but then some men started to join us. I can't say enough about the women in our group who supported and encouraged each other. I have always been active, jogging and skiing. But, those high, rugged mountains were often intimidating. Some of my friends thought I was crazy to start such an adventure at age 70.

See **Featured Club Member** continued on page 14

"I thought we would never get to the top but we did, after many opportunities to look behind us and enjoy the view (rest). I had completed my first 48er."

~ Gina Geck

"Some of my friends thought I was crazy to start such an adventure at age 70."

~ Gina Geck

Featured Club Member *continued from page 13*

But, the growing friendships between the 48 peak-seekers helped us reach our goal. We knew we would always have the support and encouragement of each other.

However, hiking with my PVHC friends was not the only relationship that grew. My brother, David, is 10 years younger than I. When I made my home in Massachusetts, he was still quite young. As adults we would see each other at Christmastime and try to catch up with each other. But it wasn't until I started hiking regularly that he began to hike again. When I would visit El Paso, the two of us would hike together. Now, we had long hikes to really get to know each other. When he knew I was approaching my 48th peak, he made plans to come join me. I was so happy that he would meet our group and also be able to hike in the Whites. When I slipped on wet leaves coming down in a slight rain, he was there to see what great friends my hiking buddies are. He was a little disappointed he wasn't present for my 48th, but was happy to see "the outpouring of love and concern" from my hiking buddies.

I was one of those people who had some apprehension about my retirement years. What would I do with all that time? Little did I know that joining PVHC would bring me so much enjoyment being outdoors with a whole set of new friends.

-- Gina Geck



"But, the growing friendships between the 48 peak-seekers helped us reach our goal."

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"Little did I know that joining PVHC would bring me so much enjoyment being outdoors with a whole set of new friends."

~ Gina Geck



"Well, I've just recently completed all of the Vermont peaks on the '50 Finest in NE' with a little help from my friends, who are also working on the same list."

~ Peakbagger

"The next stop on the list of the '50 Finest in NE' is in the state of Maine."

~ Peakbagger

Peakbagger continued from page 4

Admittedly, this explanation is all pretty fuzzy in my mind. Who could possibly compile this list? I suspect that it was a bunch of geographers who might have interest in this sort of thing.

I was attracted to this list because I was pretty far along on completing the list since I've completed the *100 Highest in New England*, and many of the peaks on that list are also on the *50 Finest in NE* list. As a committed peak bagger, why not finish the *50 Finest in NE* list, too.

Well, I've just recently completed all of the Vermont peaks on the *50 Finest in NE* with a little help from my friends, who are also working on the same list. The Vermont peaks on the list which we've just climbed are: East Mt. (Northeast Kingdom), Gore Mt. (Northeast Kingdom), Signal Mt. (just east of Montpelier), Cold Hollow Mts. High Point (north of Stowe), Mt. Putnam - aka Worcester Mt. (Stowe area), and Grass Mt. (north of Bennington). Three of the above peaks were bushwhacks – think of each bushwhack as doubly difficult.

And believe it or not, there are other lists in Vermont. We came across a lady on Gore Mt. who was doing the *Northeast Kingdom Mountain Challenge* (<https://www.northwoodscenter.org/wordpress/northeast-kingdom-mountain-challenge/>). And another person in one of our mountain log entries was doing the *Vermont Highest 100 List* (<https://listsofjohn.com/highest?s=VT&n=100>)

The next stop on the list of the *50 Finest in NE* is in the state of Maine. There are 9 peaks to climb in Maine, and 2 of those 9 are difficult bushwhacks. Due to my fellow hiker's tight schedules, we will have to wait until next year to begin to tackle the remaining peaks on the list.

See *Peakbagger* continued on page 16

Peakbagger continued from page 15

And after we complete this list, and since there is no achievement patch, we will have a patch originally created/designed and embroidered. Why? My fellow hikers and I would like to have our achievements commemorated in some demonstrable fashion.

-- Peakbagger

White Mt. Sampler continued from page 4

We began our hike at the end of the parking lot, at the trailhead next to the outhouse. The day was partially sunny and somewhat humid. We were mostly under tree cover for the majority of the hike. To me, it was fairly steep going up. We had a wonderful view at a rock face that was towards the top. Onward we continued, to a marvelous lookout spot on our right. The viewless summit was not far ahead. Thereafter, we opted to eat lunch at the lookout, and we descended via a marked shortcut trail. The trail downward was steep, and I had to be careful to pick my way through the rocks and not fall. The hike ended where we began, at a babbling brook just before the trailhead. A fun hike, and my 7th of the **52WAV**.

Thursday night, 22 of us dined at May Kelly's Restaurant in North Conway. Karen Markham did a superb job of handling sign-ups and coordinating assignment of different reservation times when the restaurant advised it could not handle all of us at the same time. It all worked out in the end. Thanks everyone who participated and was flexible about the change in plans. Personally, my dinner was quite delicious and we had great service at our table.

Friday night arrived, with Al's meeting and the sign-ups for the big event, the Saturday hikes. Al had previously coordinated five official PVHC hikes. Some hikers opted to hike on their own hikes, or to have a day of recreation. It's all fun! I was surprised to hear the turnout number for the Dolgoff hike – Mt. Chocorua – especially because it was a repeat from last year, when we were unable to summit due to weather.

The Mt. Chocorua hike was moved ahead one hour – 7:00 a.m. meeting time – due to mountain weather forecasts that Gary and I had been monitoring for several days. The prediction was scattered morning showers, with rain moving in during the mid-afternoon hours. Our
See *White Mt. Sampler* continued on page 17

"I was surprised to hear the turnout number for the Dolgoff hike – Mt. Chocorua – especially because it was a repeat from last year, when we were unable to summit due to weather."

~ Cindy Dolgoff



White Mt. Sampler continued from page 16



Image from the Mt. Chocorua summit

“I was so pleased to see hikers working together to make it up the final half-mile to the summit, which was rather tricky.”
~ Cindy Dolgoff

large group was on the trail by 8:00 a.m. We determined that we would bypass Champney Falls on the way up, in an effort to make it to the summit as early as possible to thwart the rain.

The hike went remarkably well, in my opinion. We (mostly) stayed together as a group. Everyone waited at the trail junctions. I was so pleased to see hikers working together to make it up the final half-mile to the summit, which was rather tricky. Rock scrambling was necessary and we all made it to the top! Despite some cloud covering, the 360-degree views were astonishing. This was my second time at the summit and I was still overwhelmed.

After we carefully picked our way down, we stopped for a brief lunch break and then headed back down the Piper Trail. When we reached the short cutoff for the falls, half of us opted to see Champney Falls and the other half of the group went down the mountain to the parking lot. The falls were a bit of a disappointment. Last year they were roaring but not this year.

Everyone made it back to the parking lot in one piece, albeit a few scratches and scrapes. Success! I was happy because now I don't have to try to lead a Mt. Chocorua hike again.

The weekend ended for me and Gary with a Saturday night group dinner at Flatbreads, and then, of course, a farewell breakfast at Peaches

See *White Mt. Sampler* continued on page 18

White Mt. Sampler *continued from page 17*

Restaurant Sunday morning. Goodbye White Mountains. See you next year.

A special thank-you goes out to Al Goodhind for organizing another rocking trip...also to the hike leaders who put together hikes for Thursday, Friday and/or Saturday, and all participants. It was especially gratifying to watch experienced hikers mentor newer hikers.

Congratulations to Dick & Sue Forrest, who completed their **52WAV** hikes on Saturday, ending, appropriately, with Mt. Success. Hooray for you!

-- Cindy Dolgoff

Successful *continued from page 5*

east of Berlin, New Hampshire, off of Success Pond Road. This was Sue's and my second attempt at climbing the peak. Our first attempt was on November 12, 2017. There was snow and ice on the trail at that time of year, and we came to what looked like a 7 or 8-foot drop on the Appalachian Trail (AT) with nothing to hold on to, and we could find no way to go around and we were running out of daylight, so we turned around.

Our second, successful attempt was with 9 other Pioneer Valley Hiking Club (PVHC) members. Sue and I led the hike of Mt. Success as one of several optional hikes of PVHC's annual White Mountain Sampler weekend. Mt. Success was a 6-mile roundtrip hike – 2.4 miles up to the AT and 0.6 miles from there to the summit, with close to 2,000 feet of elevation gain.

Rain was forecasted for late afternoon that day. At the junction with the AT most everyone was putting on a raincoat since it was raining steadily. However, the rain was thankfully short-lived. At that point, I was a little worried about coming to the ledge where we had to turn around in November, 2017. Well, this time, the drop off the ledge

See Successful continued on page 19

"A special thank-you goes out to Al Goodhind for organizing another rocking trip..."

~ Cindy Dolgoff

"Our second, successful attempt was with 9 other Pioneer Valley Hiking Club members."

~ Dick Forrest



“...several members raised their hiking poles skyward in an arch for us to pass under. This has become a club tradition when a club member or club members finish a hiking list.”

~ Dick Forrest

Successful continued from page 18

wasn't so intimidating, and it was a lot easier than it looked before. Just in case, I had a rope in my daypack if the ledge proved too difficult to get down. It turned out that the rope wasn't necessary. Some of us did, however, use the rope on the way back. Personally, I'm glad I brought it – I didn't want to be stymied again.

At the summit Sue and I were a couple of the last to summit from our group. Knowing that this was our last 52WAV hike, several members raised their hiking poles skyward in an arch for us to pass under. This has become a club tradition when a club member or club members finish a hiking list. Then we had a champagne toast in celebration of Sue's and my accomplishment of finishing the 52WAV list.



On the summit of Mt. Success (photo by Karen Piepho Markham)

See **Successful** continued on page 20

Successful continued from page 19



A champagne toast on the summit of Mt. Success
(photo by Karen Piepho Markham)

A note about the summit area: there's a beautiful alpine bog at the summit. Delicate white, wispy cottongrass or cottonsedge (aka, bog cotton) was in bloom on the summit. What looked like cotton balls dotted the whole summit landscape. It's actually sedge, not grass, found in acid bog habitats in arctic, subarctic, and temperate regions all over the Northern Hemisphere. It intrigued me that the wispy cotton balls were delicately swaying in the light wind.

It was quite a journey - Sue and I climbed 40 peaks last summer and fall. Sue and I would like to thank every PVHC member who helped us achieve "Success" on our final 52WAV hike during the White Mountain Sampler weekend.

-- Dick Forrest

"Sue and I would like to thank every PVHC member who helped us achieve "Success" on our final 52WAV hike during the White Mountain Sampler weekend."

~ Dick Forrest



“Amidst all of this, the scenery on most of the trail is spectacular and breathtaking.”
~ Dick Forrest

“However, one of the more interesting stories in the book was about how Anne nearly drowned in a stream crossing.”
~ Dick Forrest

Tamed continued from page 5

I especially like the general trail map at the beginning of the book. Anne lays out her chapters from various significant towns on her journey, from point A to point B, in California. And then devotes one chapter each to Oregon and to Washington.

For north-bounders, which Anne was, you start in the desert on the Mexico-U.S. border in California. Staying cool in the day and warm at night and finding enough water are major concerns. Then you hit the snow-covered Sierras. Staying dry in the day and warm at night and finding your way on the trail in sometimes deep snow are major concerns. And then later in the northern Cascades of Washington you have similar concerns as you have in the Sierras of California. Amidst all of this, the scenery on most of the trail is spectacular and breathtaking.

I get the sense that the book was written from a journal or a diary. And, unfortunately, a lot of the same concerns from day-to-day make portions of the book more tedious and less interesting.

However, one of the more interesting stories in the book was about how Anne nearly drowned in a stream crossing. Anne got beat up by the rocks in a fast-moving stream, after losing her balance with her backpack on, was eventually barely able to grab a branch in the water and pull herself out of the raging rapid. She was one of the lucky ones, since others had drowned at that same crossing. At that point, she thought about leaving the trail and quitting, but didn't and healed slowly as she continued on the trail. The bottom line: hiking the PCT is risky.

To Anne's credit, you get the sense that long-distance hiking the PCT is very difficult. Her longest day of hiking on the trail was 41 miles. She
See Tamed continued on page 22

Tamed continued from page 21

lost 18 pounds (13% of her body weight) over the course of the whole trail. Having enough food on the PCT is a constant concern all along the trail since the resupply points are far apart. How do you possibly get enough food into you to maintain body weight when you are hiking such long distances at a time? To help, Anne encountered a number of trail angels closer to the beginning of the journey; further along the trail there were none.

The mental aspect of the hike is perhaps toughest, Anne acknowledged. You get the sense that the trail community, the numbers of people, is much less on the PCT, than say, the Appalachian Trail. For instance, in the state of Washington, Anne came across only 5 people on the trail. Anne often preferred to stealth camp so her journey on the trail was perhaps lonelier than some.

I don't understand the title, "Tamed." (After reading Cheryl Strayed's book, I can understand the title of her book, "Wild.") Did Anne "tame" the trail, or was she "tamed" by the PCT? Maybe I missed it, but I didn't see any reference in the book to the reason for the title. Also, from the subtitle, being a "city girl" (from the Boston area), has little meaning either since she shows no evidence in the book of being a city girl.

Incidentally, two former members and one current member of our hiking club have hiked the entire PCT. The two former members of PVHC are Diane Arnold (1st to finish) and Jan Barlow (3rd to finish) and the current member of PVHC is John Klebes (2nd to finish), all of whom hiked the trail separately.

The book is worth reading since it's well-written and mostly interesting, with a only few reservations. And I'll have to say that Anne sure is resourceful – she's still selling her book eight years after she hiked the PCT.

-- Dick Forrest

"How do you possibly get enough food into you to maintain body weight when you are hiking such long distances at a time?"

~ Dick Forrest

"I don't understand the title, 'Tamed.'"

~ Dick Forrest

"Incidentally, two former members and one current member of our hiking club have hiked the entire PCT."

~ Dick Forrest

Important Membership Renewal Notices

The following memberships are up for renewal:

July Renewals

Rick Briggs
 Kathy Brown
 Elizabeth Case
 Pam Chandler
 Janice & David Fedor
 Tina Garde
 Mike Gross
 Steve Harvey
 Marcia Kelly
 Ravi & Rushmi Kulkarni
 Norm Plante
 Darlene Renaud
 Barbara Werum Richard
 Fred Riotte
 Robert & Lisa (Frigo) Schechtman
 Sandy Segoo
 Carol Wood
 Carolyn Young

August Renewals

Harry Allen
 Hedy Beaudry
 Marie Bienvenue & Albert Gagliarducci Jr
 Alex Fauteux
 Dick & Sue Forrest
 Albert Gordon
 Gabriela Horvay
 Charlotte Lee
 Sandy Lemanski
 William LePage
 Mike Mastroianni
 Bert McDonald
 Colleen Moynihan
 Ann Mundy
 Carlos Peña
 Susan Peterson & Cathleen Beals
 Stephen Phillips
 Janet Sharp
 Joe & Noel Stella
 Gabriele (Gabi) Strauch
 Heather Wyman
 Carole Zambito

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

Lori Tisdell, President
 Jeanne Kaiser, Vice President
 Paul Kozikowski, Treasurer
 Gina Geck, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jeanne Kaiser & Lori Tisdell
 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: Lori Tisdell
 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

May

Jean Brunges
 Kathy Fisher
 Thomas E. Hanson
 Richard Towne

June

Marie Holmes
 Donna Lee
 Thomas McBride
 Dale Sundstrom



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Mornings w/ Chip
- Every Tues. (MA) Evenings w/ Lori
- Every Wed. (MA) Evenings w/ Marcia
- Every Thurs. (MA) Mornings w/ Harry & Ashley Reservoir Evenings w/ Erin
- July 3 (MA) Club Meeting
- July 7 (CT) Mts. Frissell & Race
- July 13-15 (NY) Adirondacks weekend
- July 22 (CT) NET Series
- July 28 (CT) NET Series
- Aug 4 (MA) Wendell St. Forest
- Aug 7 (MA) Club Meeting
- Aug 11 (MA) AT Section 2
- Aug 18 (MA) AT Section 1
- Aug 25 (MA) AT Section 10
- Sept 1 (MA) Pocumtuck Ridge
- Sept 4 (MA) Club Meeting

IMPORTANT NOTICES

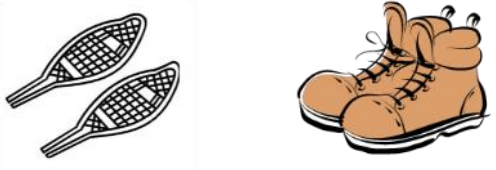
Next Club Meetings:
 July 3, 2018, 7 p.m. at **FBC**
 August 7, 2018, 7 p.m. at **FBC**

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

Deadline for submissions to the next *Footprints* is August 20, 2018

**** 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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