



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner

by PVHC President Lori Tisdell

For as long as I can remember I've felt as though joining Pioneer Valley Hiking Club was a life-changing event for me. That the club made a significant difference in and added so much to my life. Occasionally I would hear similar thoughts from my hiking companions. A few weeks ago, a member told me they didn't know what they would do if they didn't have PVHC in their life. It made me think about what my life would be like without PVHC.

I'm sure I wouldn't be out enjoying nature as I do now. Part of the allure of the club, as I enjoy and have heard from others, is the companionship, comradery, society of like-minded people, and fun of being outside with others. Even though I'm sure I would be hiking, as I did before joining the club, I'm quite sure I wouldn't have accomplished some of the most significant hiking
See President's Corner continued on page 5

Wilderness Medicine Presentation

by Joe Stella

The following is a brief summary of the main points made during my presentation on "Wilderness Medicine" given during our March club meeting. My three principal points were:

1. **Understand the differences between (serious) remote injuries and those occurring close to home.** In all likelihood an injured hiker cannot be transported to professional emergency care within the "Golden Hour." A general rule of thumb for estimating evacuation time is one hour for every one-quarter mile of rescue distance. In the event of an accident, it is not reasonable to assume help and /or evacuation will be available in a short period of time. The injured hiker may have to be attended to over a long period of time before outside help arrives. Additionally, medical supplies, clean water, and other needed resources will be in limited supply, at
See Wilderness Medicine continued on page 6

Volume 22, Issue 3
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Inside this issue:

- Important Renewal and Membership Notices 19
- Upcoming Events And The Usuals 20
- Important Notices 20

Special points of interest:

- Lori Tisdell's President's Corner article on page 1
- Joe Stella's article on page 1
- Sandy Segó's article on page 2
- PaPa Smurf's article on page 2
- Mike Gross' article on page 3
- Mike Gross' 2nd article on page 4
- Peakbagger's article on page 4

Exercise Helps with Mental Health

by Sandy Sego

Have you ever worked out after a stressful day? Don't you feel better afterwards? It turns out that there is a strong link between exercise and mood, but psychologists need to do more research to better understand this relationship.

There are a variety of studies which suggest exercise is related to more positive moods. For one thing, active people are less depressed than inactive people. Experimental studies also suggest a benefit to exercising.

Major depressive disorder is a severe mood disorder which causes people to develop intense feelings of sadness or despair, decrease activity, lose interest in their hobbies, experience fatigue, and have difficulty concentrating. They may simply not care about things that

See Exercise continued on page 8

"There are a variety of studies which suggest exercise is related to more positive moods."

~ Sandy Sego

Smurfy advice for the trail...

Tick Season

by John "PaPa Smurf" Klebes

As the warm weather of spring returns, my thoughts wander to images of budding trees, green grass, and hiking through fields of wild flowers. Of course, with the warm spring weather and new growth comes the renewed assault of the dreaded Lyme disease carrying deer tick. Ticks are abundant in New England and Lyme disease, if untreated, can quickly become serious and should not be taken lightly. And it's not just Lyme but other diseases like babesiosis, erlichiosis, anaplasmosis, and other diseases from tick bites that are on the rise.

Be sure to be tick-aware when hiking in the woods. After hiking do a thorough skin check for any crawling or attached ticks. They like warm, moist places especially the groin, waistband, armpits and head, and can usually be found crawling up your arms and legs toward these spots. If they have not attached and started feeding,

See Tick Season continued on page 9

"Ticks are abundant in New England and Lyme disease, if untreated, can quickly become serious and should not be taken lightly."

~ PaPa Smurf



Featured Club Member: So It's Been 20 Years!

by Mike Gross

Twenty years in PVHC seems like a long time. It's hard to write about being a member when you have so many memories of the hikes I've been on. Some of the hikes from 10 to 15 years ago still feel like they happened yesterday.

"So how did I join the club? It was the first Wednesday in October of 1997."

~ Mike Gross

So how did I join the club? It was the first Wednesday in October of 1997. I was on lunch break from work and stopped at Ray's backpacking store, Backpacking Etc. I told Ray about a bushwhack hike I had done the previous weekend in Vermont and wanted any information about GPS devices he had for sale. After talking with him a few minutes, he told me about the club, gave me an application, told me there was a hike planning meeting the next Tuesday and that I should stop by to meet some of the members. Club meetings and hike planning meetings were held on separate nights back then. So the following Tuesday I stopped by the meeting. I sat in the back of the room and



Mike Gross' unorthodox way to climb Laura's Tower at Laura's Lookout in Stockbridge, MA, in the year, 2000.

watched, not saying much. Near the end of the meeting Dick Forrest asked me if I wanted to lead a hike. There was some question about my level of hiking ability. Someone jokingly said that maybe I'd done Mt. Everest, for all they knew. It made for a good laugh since I didn't know anyone in the club and they didn't know me. I was hesitant at that time but said I would put Savoy State Forest North-South Pond Loop on the schedule for December. That evening I met Dick and Sue Forrest, Terry Cripps, Al Goodhind, Shari Cox, Frank Grabinski, and a few other members.

See Featured Club Member continued on page 11

"...Dick Forrest asked me if I wanted to lead a hike. There was some question about my level of hiking ability."

~ Mike Gross

New England Weather: Spring - Where is it this Year?

by Mike Gross

It's April 15th, we are 25 days into spring and there has only been one 70 degree day in southern New England (yesterday). Today it is 35 degrees, grey, cloudy, cold, and feels like winter again, with a threat of sleet and freezing rain tonight. Why is this happening? Global warming? A new ice age? Just crazy New England weather?

Typically, the jet stream moves northward in spring, allowing warmer air from the southeastern United States to move northward. This year you can blame a slower jet stream, the warm waters off the Southern California coast, and high snowpack in southern Canada to our north. In springtime, the wind speeds in the jet stream slow down causing

See *NE Weather* continued on page 14

“Typically, the jet stream moves northward in spring, allowing warmer air from the southeastern United States to move northward.”

~ Mike Gross

The Adventures of Peakbagger: Thoughts About Boots, Blisters, and Bull Frogs

by Peakbagger

I guess boots and blisters go together, but bull frogs?. What do these three things in the above title have to do with one another? Not much, but let me explain what I'm thinking about in regard to these things: boots, blisters, and bull frogs.

First, thinking about boots. This past winter, Facebook served me an ad in my Facebook account that I actually appreciated (for once) and that I am really intrigued by. I was intrigued by the ad showing two young women actually dancing on ice in their winter boots. You might have seen this ad for Arctic Grip Vibram® soles, which are now found on some styles of Merrell and L.L. Bean winter boots, among others.

See *Peakbagger* continued on page 14

“I was intrigued by the ad showing two young women actually dancing on ice in their winter boots.”

~ Peakbagger



President's Corner continued from page 1

journeys of my life. I doubt I would have experienced hiking the NH48, I didn't even know what they were before joining PVHC! What an amazing five years completing them with so many wonderful friends. It then segued into three years joining my daughter, Jos, and Gina, Angela, Sandy, Peggy, Ron, Dave, and Cheryl in completing their NH48. And continuing with Jeanne, Kathy, Erin, Mark (and likely many more) in completing their journey. I wonder if I would have hiked the Grand Canyon, or Zion, Bryce, Katahdin and all the other spectacular places I have been privileged to hike with friends I made through PVHC.

But it isn't just about the big hiking challenges, though they certainly form lasting bonds. The local weekly hikes, seeing the same group of people week after week. Those also create wonderful bonding moments. We found connections with certain people as we grew to know them through the club. We've taken vacations together, gone to dinner, the movies, etc. We have found friends. And some members have even found love, and some have gotten married! Talk about life-changing!

I have heard often "PVHC changed my life." Which tells me that my experience is like so many other PVHC members. When I joined I was a rather shy (yes, really), introverted person just looking to hike with other people. I certainly did find that, but as with so many other members found so much more. I am no longer (for the most part) shy or introverted. This hiking community helped me to become the person I really am, far from perfect, but more fully me. PVHC and what we offer helped instill a sense of confidence, strength, self-reliance and self-assuredness that only comes from challenges met and support given. Our club excels at challenging and supporting each other. We are a community and a family, not perfect, but always striving to be better. -- Lori Tisdell

*"I have been privileged to hike with friends I made through PVHC."
~ Lori Tisdell*

*"I have heard often 'PVHC changed my life.' Which tells me that my experience is like so many other PVHC members."
~ Lori Tisdell*

Wilderness Medicine continued from page 1

best, many maybe even nonexistent. Many other factors also come into play when dealing with a remote injury, such as terrain, weather conditions, group size, physical conditioning, injury type and severity, etc. In the case of a remote injury we will be called upon to do our best in less than perfect conditions over an extended period of time.

2. Share wilderness medicine knowledge and experiences with others. By improving both our awareness to prevent remote accidents and our understanding of how to treat remote accident injuries, we will be better prepared to handle an emergency situation when it does arise. This can be done on the trail, in a car traveling to a hike, or at club meetings. Challenge your fellow hikers with realistic accident scenarios. It is much easier to address a mock accident situation than an actual accident, but the thought process will help prepare for the real thing.

3. Be prepared to help - it is a team effort. In a wilderness accident situation, there are many duties and responsibilities that must be addressed. Most of these tasks will be unique to the conditions at hand. The duties may include: transport/moving of injured person, spinal column stabilization, CPR, critical info note taking, shelter fabrication, medical supplies inventory, resource acquisition, acquiring a dependable communication link, finding a clean water source, hiking to trail head to summon help, building a fire, etc. Your help and assistance will be needed.

A discussion was facilitated to determine what we, as a group, can do to minimize the chances of injury and how best we can address the needs of the injured person. Because of the numerous items brought into the discourse each will be listed with a short explanation.

1. Keep in mind the limitations of each of the hikers in a group and stay within everyone's comfort level. Hiking speed was specifically mentioned.

2. Maintain a calm and positive demeanor during an accident to add a level of confidence to a normally rushed and hectic situation. This is definitely easier said than done.

3. Increase the number of group members certified in CPR.

Based on a show of hands at the meeting, about 10% were willing to
See *Wilderness Medicine* continued on page 7

"In the case of a remote injury we will be called upon to do our best in less than perfect conditions over an extended period of time."

~ Joe Stella

"In a wilderness accident situation, there are many duties and responsibilities that must be addressed."

~ Joe Stella



Wilderness Medicine continued from page 6

administer CPR, while about half that were actually certified. Recertification is required every two years and costs about \$40 through the Red Cross.

4. Increase the number of members who are certified or have taken the Wilderness Medicine course. The course is given over a weekend (16 hours) by AMC, REI and other vendors. It costs around \$160. A couple of weeks ago, Gina, Peggy and Sandy completed the course with the AMC.

5. For each hike, designate a co-leader who is familiar with the route and possible evacuation itineraries in the case that the leader is injured and incapacitated.

6. Keep an updated list of ailments and medications in our packs to assist caregivers in the event of an accident. This list will provide useful information for formulating a rescue plan.

Originally included in the presentation were suggested atypical items for your First Aid Kit. Time did not allow for this to be presented. These recommended items are meant to be added to your existing kit, which most of us carry in our packs. These ideas came from EMTs and Army Medics attending the same Wilderness Medicine course that I attended.

1. Clotting gauze will help stop bleeding and is especially important for those who take anticoagulant medicine. It is expensive, about \$19 for a 3x24 inch strip by Quik Clot at Amazon. CVS has a 2x2 inch pad for about \$3.

2. A SAM splint is a lightweight strip (4"x36") of flexible aluminum, covered on both sides with orange foam. The SAM can be easily shaped into a splint or used as a neck and head support. It weighs about 5 oz. and costs \$6-\$12, depending on the manufacturer, at Amazon.

3. Traumatic wound dressing was developed by the Israeli Military to be a self-administered hemorrhage control bandage. It comes in a vacuum sealed pouch and has two sizes. The smaller, 4" version costs about \$6 at Amazon.

4. Triangular bandages or cravats are made of thin cotton that can be folded into many useful shapes. Cravats are used to stop bleeding, create pressure bandages, tie up splints, and support injured limbs, among others. They come in multiple sizes, my version is 40"x40"x56" and costs about \$7 for twelve individually packaged items at Amazon.

5. A small plastic syringe is useful to apply a pressurized stream of water to clean out a wound. A 10 ml syringe should be adequate and costs about \$2.50 at CVS.

If you have any comments, questions, or suggestions, please do not hesitate to contact me. -- Joe Stella

"Originally included in the presentation were suggested atypical items for your First Aid Kit. Time did not allow for this to be presented."

~ Joe Stella

Exercise *continued from page 2*

they used to be concerned about. In one study, adults with major depressive disorder who were not active were assigned to one of four groups: Supervised exercise, home-based exercise, antidepressant therapy, or a placebo pill. After being in treatment for four months, individuals who were exercising and those on antidepressant medication had higher rates of remission than individuals in the placebo group. That is, both people who exercised and those who took antidepressant medications reported fewer symptoms than the individuals who did not receive a treatment. The researchers concluded that exercise was comparable to antidepressants for individuals with major depressive disorder. When these individuals continued to exercise one year later, they reported fewer symptoms than individuals who were not as active. The researchers concluded that exercise may aid in preventing relapses as well.

A separate study on people with major depressive disorder focused on individuals who had not responded to medication. Researchers divided the patients into two groups: one group engaged in little exercise while the second group engaged in a higher rate of exercise. Both groups showed improvements – they reported fewer or more moderate symptoms. The group engaged in more exercise showed more benefits.

Exercise may also benefit people who suffer from anxiety disorders. Anxiety is when a person experiences a state of alarm out of proportion to the threats present in the environment; that is, they may feel danger even when they are at safe at home. They worry excessively and may feel restless or fidgety, and have difficulty sleeping. They also experience sweating and increased heart rate – which are seen in exercise as well. Participants in a study took part in a two-week exercise program and then showed significant improvement in anxiety sensitivity compared to a control group which did not exercise. The exercise worked as an exposure treatment, so the participants were not experiencing as much anxiety. The individuals who exercised learned to associate the symptoms with safety, not danger.

Most studies have focused on the use of aerobic exercise in dealing with mental health issues. However, some researchers believed that weight training may also be effective. Mind-body exercises such as yoga have not been studied extensively. While the outlook is positive
See *Exercise continued on page 9*

“The researchers concluded that exercise was comparable to antidepressants for individuals with major depressive disorder.”

~ Sandy Sego

“Exercise may also benefit people who suffer from anxiety disorders.”

~Sandy Sego



"And no one knows exactly how exercise benefits us, from a psychological perspective."

~ Sandy Sego

"The risk of infection from Lyme disease is very low if removed within 24-72 hours so don't panic if you find one early."

~ PaPa Smurf

Exercise continued from page 8

that exercise may be a great strategy for both preventing and treating mental health problems, there is still room to discover how much exercise and how frequently one should exercise for the benefits to be evident in our mental health.

And no one knows exactly how exercise benefits us, from a psychological perspective. There are some researchers who suggest that exercise may help us fight against chronic depression by increasing the amount of serotonin in the brain. Serotonin is a chemical that exists naturally in the brain which is impacted by anti-depressant medication. Other researchers suggest that exercise aids us in normalizing sleep. And most of us are not getting enough sleep or having difficulty in the sleep cycle, which affects the brain.

Yet another group of researchers suggest that exercise benefits people who suffer from major depressive disorder by getting the person to engage in meaningful activity and giving a sense of accomplishment. These psychological aspects are important when a person feels helpless and as if their actions are meaningless.

Most likely, there are a combination of factors at work. Psychologists have been slow to study the benefits of exercise in relieving mental health concerns. Hopefully, they will pursue this line of study and find that exercise not only benefits us from a physical aspect, but helps with our mental outlook and well-being.

-- Sandy Sego

Tick Season continued from page 2

it's important to remove them gently but as soon as possible to avoid infection. The risk of infection from Lyme disease is very low if removed within 24-72 hours so don't panic if you find one early.

The best way to remove ticks is to use a fine-tipped tweezer (a must for your first aid kit) to grasp the tick as close to the skin surface as possible. Pull upward with steady, even pressure to remove the tick with the mouthparts intact. Do not twist or jerk or you can break off parts of the tick below the skin. If this happens, remove as much as you can and let the skin heal. Leaving mouthparts behind will not change your chances of getting Lyme disease but may increase the chance of bacterial infections.

See Tick Season continued on page 10

Tick Season *continued from page 9*

The tried-and-true method to prevent exposure to ticks has been to wear long pants and tuck your cuffs into your socks to block access, and spray yourself with DEET or other chemicals. But times change and there is a much simpler and more reliable method - treating your hiking clothes with long lasting permethrin, which works for both ticks and mosquitoes.

I think permethrin treatment of clothing is the best option given the number of diseases you are exposed to from ticks, and much better than directly treating your skin with any of the tick repellent chemicals with or without DEET.

Since most of us hike using the same one or two sets of hiking clothes from spring to fall, the treatment is long-lasting and washable - it's a treat-and-forget method for the whole season. Don't confuse pyrethrin and permethrin - they are similarly spelled but have different formulations. Pyrethrin applied to garments is unlikely to last very long.

You can either purchase pre-treated clothing, or you can treat your regular hiking clothes yourself, or even have your clothing professionally treated by outfits like Insect Shield LLC. They claim their permethrin repellency is invisible, odorless, EPA-registered, and lasts for 70 launderings. Many of the treat-at-home products claim 6 weeks or 6 washings, but if you buy in bulk on Amazon, you can treat all your clothes many, many times with a \$40 gallon. I recommend treating your hiking shirt, pants, hat, hiking socks, and even your bug net and gloves.

If you choose not to treat your clothing, at least, be tick-aware and follow up every hike with a tick check.

Ticks and mosquitoes are no fun so think ahead and be prepared.

-- 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)



PaPa Smurf

"I think permethrin treatment of clothing is the best option given the number of diseases you are exposed to from ticks,...."

~ PaPa Smurf



Featured Club Member *continued from page 3*

My first club hike I signed up for I ended up doing on my own since the leader forgot to call me and tell me the hike was cancelled the night before. For the hike we were to meet at Ray's store at 8 a.m. But I thought I had the time wrong so I drove to the Glastonbury Mt. trailhead in Vermont near Bennington. There was only one car at the trailhead with Vermont plates. So I still did the hike, got to Little Glastonbury Mt. 6 miles out and back on a sunny day. It wasn't until my 2nd club hike that I actually hiked with some club members.

I've always enjoyed being outdoors - as a kid my friends and I had 50 acres of woodlands at the end of our street we could hike and play in. My father's family was from Vermont so when visiting relatives as a kid I watched the mountains as we drove by and thought I'd like to hike them someday. As a teenager, the first mountain I hiked was Jay Peak in Vermont.

"Over the years in the club there have been many hikes I'll never forget."

~ Mike Gross



Mike Gross (standing) with Marcia Kelly and Gary Dolgoff at the 2003 PVHC Holiday Party

Over the years in the club there have been many hikes I'll never forget. One, in particular, was on my first White Mountain Sampler in 1998, when we were drenched to the bone, wet and cold in Madison Hut waiting for the storm to stop. The odd part no one knew I was coming that day. I had originally signed up for the White Mt. Sampler, then backed out to play golf with a cousin that Saturday, instead. However, my golf plans fell thru for Saturday and got switched to Sunday. So on Saturday morning I left my house in Agawam at 5 a.m. The Weather Channel showed heavy rain in northern New England, I wasn't sure

that the hikes would go off but I drove north anyhow. When I got off the highway in Bradford, Vermont, and drove into New Hampshire, it had rained so hard that the runoff was overflowing off the pastures across the roads in spots. I was leading a hike to Mt. Moosilauke in August so I wanted to find the trailhead.

See Featured Club Member continued on page 12

Featured Club Member *continued from page 11*

When I got there it was raining moderately and felt pretty sure Dick Forrest's hike to Mt Madison wasn't happening. However, it was 8:45 a.m. and thought I would drive by the Appalachia trailhead anyhow. By the time I pulled into the parking lot, the rain eased up and I spotted Dick's Subaru. It was 9:30 a.m. and I had no idea how long Dick's group had been on the trail. I laced up my boots, grabbed my daypack, and off I went. I later learned they had a 2-hour head start on me. I met 3 other hikers on my way up. The first person (30 minutes on the trail) hadn't seen anyone matching the description of what I thought Dick's group consisted of. After an hour of hiking the second person I met coming down and said they saw Dick's group, but they were at least 45 minutes ahead of me. I said 'thanks' and sped up the trail.



About this time it started raining again. After another 20 minutes I met a third hiker coming down, I asked about Dick's group again and he said you mean the 'Monks.' I must have had a puzzled look on my face because he explained that the

group had put their rain gear up and over their daypacks which made them look like hunched over monks. I laughed and he said they were about 20 minutes ahead. I thanked him and sped up the trail again. At this point, the intensity of the rain increased as the trail climbed higher and it was getting windy. Just as I reached tree line I ran into the last person in Dick's group, Dottie Gates. She heard me coming and stopped, I said 'Hi, Dottie' but it never even clicked in her head that I hadn't started the hike with them. I then caught Monica Kendra whom was rather surprised and happy to see me. At this point I was soaked to the bone but luckily Madison Hut was in sight.

See Featured Club Member continued on page 13

"At this point I was soaked to the bone but luckily Madison Hut was in sight."

~ Mike Gross



Featured Club Member continued from page 12

I walked in and it took a minute for Shari Cox to realize that I hadn't started the hike with them and asked where I had come from. Dick and Sue Forrest were also surprised to see me. In which I explained the story of switched golf plans. It had basically taken me half the time to hike the same trail they had. However, this is not the end of the story, No one had placed any of their spare clothes in plastic bags in their packs so if you were lucky you might find a dry shirt or pair of socks at the very bottom of your pack. I had half of a dry shirt and a pair of dry socks. I gave the socks to Monica to use as mittens while in the hut. Also, your rain gear was soaked through. The nice thing was that you could get a hot cup of tea in the hut which helped somewhat.

"I feel lucky and honored to have shared the beauty of the outdoors with everyone I've hiked with in the club over the years."

~ Mike Gross



After 45 minutes to an hour, Dick said it was time to head down. It was still pouring out with the rain blowing horizontally. Nobody was looking forward to the hike down. Everyone bundled up as best as they could and headed out of the hut, and within 30 seconds you stepped onto the trail and water poured into the top of your boots and filled them. So now add soaking wet feet to a soaked-to-the-bone feeling. After

hiking down for 30 minutes, the rain stopped, and just before reaching the cars, the sun came out. Once at the parking lot we took out our soaked shirts, placed them on the guardrails of the parking lot, and in 30 minutes or so, they were dry. By the time everyone headed back to North Conway we felt warm and relatively dry again. That day was nearly 20 years ago.

I feel lucky and honored to have shared the beauty of the outdoors with everyone I've hiked with in the club over the years. Little did I know that 20 years ago joining the PVHC would provide so much enjoyment in my life.

-- Mike Gross

NE Weather *continued from page 4*

weather systems to move slower. Also, there is higher than normal winter snowpack in southern Canada, cooler than normal water temperatures in the Great Lakes and North Atlantic, and warm ocean water off the California coast. This warm water off the west coast causes a high pressure to form in the Pacific, west of Southern California, forcing the jet stream into Alaska. The jet stream then heads south into the central United States forming a trough over Hudson's Bay in Canada. The remnants of this winter's Arctic (polar) vortex sits in the trough allowing colder than normal air for springtime to invade New England and all the northern United States this year.

Unfortunately, this pattern will most likely continue for another 4-6 weeks, with gradual warming temperatures during this period. Historically, this pattern has occurred before - 1982 and 1977, come to mind. Both years had a cold wet spring, and snow occurred, as well, with 14 inches of snow falling in Springfield, MA, on April 6th, 1982, and over a foot in the Berkshires on May 10th, 1977.

Spring is coming - it's just taking a little longer to get here this year than normal.

-- Mike Gross

Peakbagger *continued from page 4*

This new Vibram® sole with anti-slip technology, using a rubber compound embedded with things like aluminum oxide grit or furry, glass fibers, has been designed to give you "three times" more grip on "wet" ice. Wow! Here's a video from Scientific American that talks about walking on ice in boots and also briefly talks about this new boot sole technology: <https://www.youtube.com/watch?v=mrHXZ1SmQak>

I remember the time that I was walking into work and slipped on some ice that was just below a thin layer of snow. Boy, my legs slipped right out from under me and I went down to the ground fast. I hit the back of my head and had to sit at my desk for about 15 minutes, recovering from the fall. I could have used this new technology at that moment. On another occasion, in winter, slipping on some ice,

See Peakbagger *continued on page 15*

"Unfortunately, this pattern will most likely continue for another 4-6 weeks, with gradual warming temperatures during this period."

~ Mike Gross

"This new Vibram® sole with anti-slip technology, using a rubber compound embedded with things like aluminum oxide grit or furry, glass fibers, has been designed to give you 'three times' more grip on 'wet' ice."

~ Peakbagger



“...a lead investigator, a Dr. Lipman from Stanford, who came up with a way (as Dr. Welch states as a ‘gold standard’ of medical research) on how to prevent blisters.”
 ~ Peakbagger

Peakbagger continued from page 14

a friend of mine broke his ankle getting into his car on the way to work. Additionally, I think of another person in our hiking club, who, in winter, and for an unknown reason, is loathe to use her micro-spikes. In each case, this new technology would be and would have been ideal.

Second, thinking about blisters. I just read an article in the March-April, 2018, edition of *Adirondac* magazine (an Adirondack Mountain Club (ADK) publication), written by Dr. Tom Welch, professor and chair of pediatrics at Upstate Medical Center in Syracuse, New York. Dr. Welch writes a regular column in the magazine, called “ADIRONDOC,” which I always eagerly look forward to reading. In this issue, Dr. Welch writes about a “cheap and effective prevention” for blisters on your feet. He referenced a study that he found in the *Clinical Journal of Sports Medicine* by a lead investigator, a Dr. Lipman from Stanford, who came up with a way (as Dr. Welch states as a “gold standard” of medical research) on how to prevent blisters.

Dr. Lipman studied a group of ultramarathoners during a 155-mile ultramarathon. From the article:

He (Dr. Lipman) applied paper tape smoothly over areas of the foot on which athletes had developed blisters in the past. If the tape loosened or came off, it was just reapplied.

The result: 98 of the 128 runners had no blisters in the areas treated by tape, while 81 of the 128 had blisters on the untreated feet.

“Paper tape” is a special form of surgical tape that is thinner and less adhesive than most medical tapes. It is widely available in drug stores. Nexcare® by 3M is one brand; a roll costs less than a buck. Note that the advantage of this

See Peakbagger continued on page 16

Peakbagger continued from page 15

"less adhesive" tape is that it comes off painlessly in the event that a blister forms under it. Thus, one should *not* pretreat the skin with something to make it more adhesive, something which I (Dr. Welch) have previously recommended.

Dr. Welch wants to keep his "readers up to date on new developments that affect backcountry health and hygiene." And so the above is directly applicable to hikers.

Third and last, thinking about bull frogs. Well, actually it's not about bull frogs, but "wood" frogs. (The name, wood frogs, doesn't alliteratively fit with boots and blisters, but the name, bull frogs, does.)

You've heard of peepers, which are frogs in vernal pools that make a "peeping" sound during spring mating season. Here's a video and sound recording of peepers: <https://www.youtube.com/watch?v=UwVEI5M-948>

Wood frogs, on the other hand, are also frogs that dwell in vernal pools, but make a "quacking" sound during spring mating season. Here's a video and sound recording of wood frogs:

<https://www.youtube.com/watch?v=VAdJApsDYwM>

I read an article about a study of wood frogs in Alaska, which spoke about how wood frogs are amazing hibernators. Glucose in their veins allows them to practically freeze during the winter. And when it starts to warm up with freeze and thaw cycles, they secrete greater and greater levels of glucose to eventually come out of their winter stupor. The researchers were surprised in their study that there was zero mortality found in their sample after hibernation.

See Peakbagger continued on page 17

"(The name, wood frogs, doesn't alliteratively fit with boots and blisters, but the name, bull frogs, does.)"

~ Peakbagger



“And sometimes you may accidentally spook the wood frogs into silence, and then you’ll just have to sneak up on the vernal pools to hear the wonderful sounds of these amazing amphibians.”
~ Peakbagger

Peakbagger continued from page 16

I went on two hikes recently with PVHC where I heard the “quacking” sound of wood frogs in vernal pools. I heard the wood frogs, but, surprisingly, others did not. It’s easy to overlook the sounds of nature when you are concentrating on something else, like following another person on a hiking trail. And sometimes you may accidentally spook the wood frogs into silence, and then you’ll just have to sneak up on the vernal pools to hear the wonderful sounds of these amazing amphibians.

-- Peakbagger



The PVHC 2018 New Hampshire White Mountain 4,000 Footer Awardees (from left to right): Dave Vibber, Jos Brannan, Ron Morrissette, Sandy Segó, Gina Geck, Cheryl Stevens, Angela Whittaker, (missing: Peggy Tibbitt)



PVHC 2018 Officers (left to right): Gina Geck (Secretary); Paul Kozikowski (Treasurer); Jeanne Kaiser (Vice President); Lori Tisdell (President)

Important Membership Renewal Notices

The following memberships are up for renewal:

May Renewals

Karon Belunas
James Brown
Steven & Amy Dane
Nora Dryjowicz
Deb Gebo
Steven Hilbun & Kelly Turney
Tom Lake
Betsy Loughran
Anne Maher
Peggy McLennan
Ron & Eleanor Morrisette
Elaine Moses
Michael Reed
Lou Silver
Emily Squires
Erin Squires
Robert & Georgene Trombley
David Vibber
Bruce & Jennifer Wade
Janice Webb
Christopher White
Celeste Ziemba

June Renewals

Judy Alfano
Bill Burgart & Marianne Huber
Allison Cook
Rachel Davis
Robert Duclos
Gina Geck
Sheila Goggin & Timothy Sheehan
Peter & Beth Ouellette
Jim & Peggy Tibbitt
Peter Tomb
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

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

March

Pamela Kennedy & David Lauchmen
Maryellen Sullivan

April

Thomas Pospisil
Mila Dibble
Sharyl Hill
Sushma R. Madanbhavi
Shari & Mark Dorman
Diane Norman
Susanne Burgess-Range
Asa & Per Nilsson



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
- May 1 (MA) Club Meeting
- May 5 (VT) Mt. Ascutney
- May 12 (MA) AT Section 4
- May 19 (CT) NET - Reach the Beach
- May 26 (MA) Mt. Tom traverse
- June 2 (MA) AT Section 3
- June 5 (MA) Club Meeting
- June 9 (MA) Robert Frost Trail
- June 16 (NY) Windham High Peak
- June 22-24 (MA) White Mt. Sampler
- June 30 (MA) Mt. Greylock

IMPORTANT NOTICES

Next Club Meetings:
 May 1, 2018, 7 pm at **FBC**
 June 5, 2018, 7 pm at **FBC**

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

Deadline for submissions to the next *Footprints* is June 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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P.O. Box 225
West Springfield, MA 01090-0225

