



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Moving Forward with the Times: Updating Club Forms

by President Lori Tisdell

In keeping with PVHC's efforts to move forward with the times, the board looked at implementing and streamlining some of the processes we use. We looked at the release form, having members electronically sign a liability waiver, and the new member application.

First the release form. We have always had a member release form for hike participants to sign. The release was to protect the hike leaders, and the club, should someone be injured on a hike. The waiver states in very legal-ese terms that the leaders are volunteers without professional training and each participant is responsible for themselves. Each participant is supposed to print and sign their name and list an emergency contact should someone need to be notified.

We looked at and made several changes to the current release with several iterations before settling on the one we would like to use going forward. This one will have a place for the participants' name and emergency contact only. There will also be a release to be used for non-member, or guest, participants with the waiver to sign and list an emergency contact. We have non-members hike with us on occasion and they should sign the release.

Next the waiver. We still need to have members sign a waiver releasing the club and leaders from liability. We will be emailing a waiver to every club member to sign electronically and return it via email to PVHC Treasurer, Judy Alfano. She will note on the membership list that the waiver was signed. This waiver will be very similar to the one signed at each hike. When members receive the email waiver, they should electronically sign it and email it back to Judy (how-to directions will be included). This process of using an electronic agreement is very similar to the one used during the early days of the pandemic to avoid contact as much as possible.

President's Corner continued on page 2

Volume 28, Issue 5
Sept, 2024

Inside this issue:

Important Renew- 13
al and Member-

Upcoming Events 14
And The Usuals

Important Notices 14

Special points of interest:

- Lori Tisdell's
President's Corner
article on page 1
- PaPa Smurf's
article on page 3
- Dick Forrest's
article on page 7
- Future Events
on page 11



“The waiver will be sent via email and returned via email with the members’ electronic signature.”

~ President Lori Tisdell

President’s Corner continued from page 1

To address the concern about more paper being used. The waiver will be sent via email and returned via email with the members’ electronic signature. Judy will have an email folder and file each returned waiver there.

Using an electronic waiver releases PVHC and its leaders from liability and ensures each member knows he or she is responsible to assess their ability and acknowledge the leader is a volunteer with no professional training. All PVHC leaders will continue to make a good faith effort to provide an accurate hike description of the event and its difficulty and will answer questions concerning the hike based on whatever level of personal knowledge the leader(s) may have.

Finally, the PVHC membership application. The application will have a waiver included on it going forward. Each new member will be required to sign it when submitting the application. A signature release from liability will be check marked on the membership list.

All the forms will be included on the PVHC website for members and leaders to download and print them.

--President Lori Tisdell

Smurfy advice for the trail...

Pacing, Resting & Rhythm

by John "PaPa Smurf" Klebes

Hiking, one of those great activities that doesn't require any specialized skills. It's just put one foot in front of the other, right? Experienced hikers quickly learn that hiking at a steady pace and rhythm can drastically change your enjoyment of the adventure. Have you ever started out strong then felt like the whole rest of the day was a slog. A steady walking pace, with good rhythm and regular breaks, let you sustain your energy level over the whole day.

Without good management of pace, rhythm and rest stops many newer hikers either get worn out too early, or bite off more trail than they can reasonably hike while still enjoying it. Hiking is not a sprint; it's a marathon.

Pace

Finding your pace may take a while. You will want to start off slower and evaluate your breathing and efforts. The idea is to find a pace and rhythm that is relaxed enough that you can keep it up fairly consistently given the present terrain and trail conditions. You should adjust your pace for changes in terrain to maintain a steady breathing pattern and energy output.

Start with a pace that seems pretty easy. After a period of time evaluate the effect on your breathing and sweating. Slow down or speed up as appropriate. Breathing heavily and sweating? Slow down. Breathing normally and feeling good? Speed up a little. Adjust and set a pace of the same length and speed between steps that you feel you can sustain without frequent breaks. Try to settle on a pace that almost raises your breathing, but does not make you perspire.

Rhythm

The easiest way to stay on pace is to develop a hiking rhythm. This is a *Pacing, Resting & Rhythm continued on page 4*

"Experienced hikers quickly learn that hiking at a steady pace and rhythm can drastically change your enjoyment of the adventure."

~ PaPa Smurf

"Start with a pace that seems pretty easy."

~ PaPa Smurf



“Steady consistent demands on your muscles are more sustainable than fluctuating strains and rests.”

~ PaPa Smurf

“A pleasant rest stop now and then allows you to enjoy more of the hike and it’s scenery.”

~ PaPa Smurf

Pacing, Resting & Rhythm *continued from page 3*

cadence that you can keep going for a long time without requiring a break. You don’t want to hike so fast that you are constantly out of breath or over-exhausted. Steady consistent demands on your muscles are more sustainable than fluctuating strains and rests.

Once you’ve got a steady pace try moving in a fluid motion. Move everything in harmony so that your steps are rhythmic and efficient without wasting energy.

Take it easy at first. Warm-up, and get to the rhythm that feels best early. You don’t want to push too hard before you are ready. Practice breathing in time with your steps. Your breathing can help synchronize your steps so that your whole body hikes in a fluid motion.

Rest stops

A pleasant rest stop now and then allows you to enjoy more of the hike and it’s scenery. It is also a time to catch your breath, adjust clothing and gear, and have a drink and snacks. It is also a good time to assess how everyone is doing and make sure the group stays together. It is also a good time to check for hot spots, sore spots, or other issues that might be developing, like blisters or chafing.

But be careful. Too many rest breaks can break up the rhythm and become frustrating and discouraging. It is better to adjust the pace to a more manageable rhythm that can be sustained than to be taking frequent stops.

Try to keep any short rest stops to 2 minutes. A drink of water, enjoy a view, catch your breath, and then move on. This will allow you to quickly return to your previous pace and rhythm.

Longer breaks of 5-10 minutes can be used to re-fuel. Have a snack, take a bathroom separation, and rest and relax. Remove your pack, sit down and relax. You should aim for a longer break every hour or so.

Save breaks over 10 minutes for lunch and dinner stops. When you rest for more than 10 minutes you will find it much more difficult to return to your previous pace. You might need to ease back into hiking slowly.

Pacing, Resting & Rhythm continued on page 5

Pacing, Resting & Rhythm continued from page 4

Uphill ascents

Shorten your steps and slow down to a pace that matches your breathing. Try to keep the same rhythm, but take shorter steps. This is better than taking normal steps, which require an excessive amount of effort to climb at the same pace and may result in needing to take more breaks. You want to pick a pace and rhythm that is sustainable as each break becomes harder and harder to return to the original rhythm. Zigzagging across steeper slopes may be easier than going directly up or down.

Downhill descents

You can take some longer steps downhill but try to keep your rhythm if the terrain allows. On steeper and more dangerous sections go ahead and adjust your downhill rhythm as this will have the least impact on your overall pace. Remember most accidents happen on the downhill so be cautious and safe.

Group leads

As a leader you can set an enjoyable rhythm for less experienced hikers by walking at a pace that is adapted to be comfortable to the less experienced members of the group. A group should only be as fast as the slowest members and should never be forced to hike a pace that they are not able to maintain. Put the fastest hikers in the back and slower hikers near the front to keep control of the pace. It's too easy for a faster hiker in front to move the pace up faster without realizing it. Keeping the group together at a sustainable pace is important for both enjoyment and safety.

Summary

Start a hike with a pace that's right for you, and adjust it as needed
Pacing, Resting & Rhythm continued on page 6



PaPa Smurf

"You want to pick a pace and rhythm that is sustainable as each break becomes harder and harder to return to the original rhythm."

~ PaPa Smurf

"A group should only be as fast as the slowest members and should never be forced to hike a pace that they are not able to maintain."

~ PaPa Smurf



Pacing, Resting & Rhythm continued from page 5

throughout your hike. Match your breathing to your stride. Don't break your stride on steep sections but adjust the speed and timing. Take short breaks when needed. Aim to finish the day walking the same speed at which you started. Think rhythm and graceful form.

--PaPa Smurf

(If you have a suggestion for future topics or a hike-related question you would like covered in this column send a note to john.klebes@gmail.com)

Three PVHC Members Complete the New England 50 Finest

by Dick Forrest

On August 16, 2024, three PVHC members, Al Roman, Karen Markham and Dick Forrest, completed the New England 50 Finest (NE 50 Finest). Their last climbed peak on the list of 50 mountains was Mt. Blue in Weld, Maine. Two other PVHC members, Shari Cox and Rebecca Hegstetter, joined them on their last climb and helped them celebrate their achievement.

Mt. Blue is #49 on a list of 50 mountains that are the highest topographically prominent mountains in New England. Mt. Blue just happened to be the 3 PVHC member's last peak to complete the list. As the last peak climbed, the Mt. Blue Trail to the summit was 1.6 miles over 1,800 feet of elevation. So Mt. Blue was steep and, additionally, the rocks were wet. This one, as well as most all of the other climbs, was not particularly easy. Here's a link to a list of the New England 50 Finest in Wikipedia: https://en.wikipedia.org/wiki/List_of_New_England_Fifty_Finest

To give you an idea of prominence, Mt. Blue has a prominence of 1,840 feet and has an elevation of 3,190 feet. By contrast, #1 on the NE 50 Finest list is Mt. Washington in New Hampshire - its prominence is 6,150 feet and has an elevation of 6,288 feet.

How does prominence differ from elevation? From Google Search: "Definition: Prominence is a term in topography that refers to the elevation of the summit relative to its surrounding terrain. This is different from its overall elevation, which measures the height of the summit above sea level." In other words, prominence is defined as "the vertical distance between a mountain's summit and its key col, which
See *NE 50 Finest continued on page 8*

"To give you an idea of prominence,...."

~ Dick Forrest

"How does prominence differ from elevation?"

~ Dick Forrest



NE 50 Finest continued from page 7

is the lowest point on the highest ridge connecting the mountain to a higher place." (From: What is Topographic Prominence? <http://www.nhfamilyhikes.com/Prominence.php>) For instance, Mt. Washington's key col is the Champlain Canal.

The Erie Canal is certainly more famous, but it turns out that the Champlain Canal, connecting the Hudson River to Lake Champlain, is actually lower at its summit, and therefore the lowest route through the extensive Appalachian/Adirondack mountain system. And this makes it the key col for Mount Washington, since it the lowest col on the divide leading south from New England to the higher peaks of the southern Appalachians. (From: <https://www.peakbagger.com/KeyCol.aspx?pid=6960>)

Topographers can get scientifically technical in various ways to measure prominence. Suffice it say, I don't entirely understand the concept of prominence, but I sort of get the gist of it.

"Why did the 3 PVHC members climb the most prominent peaks in New England?"

~ Dick Forrest

Why did the 3 PVHC members climb the most prominent peaks in New England? Partially because it's a list which had on it many of the mountains that they had already climbed. On this list, there are 20



peaks in Maine, 15 peaks in Vermont, 14 peaks in New Hampshire, and 1 peak (Mt. Greylock) in Massachusetts. It's not surprising that See *NE 50 Finest* continued on page 9

NE 50 Finest continued from page 8



“Logo designed by Anna Blahut of ABgraphic.net exclusively for the three PVHC finishers of the NE 50 Finest.”

~ Dick Forrest

they finished up on a peak in Maine, since Maine is the furthest state from where they live. They started this list pre-Covid pandemic so it's been completed one mountain at a time over many years.

Some disparate thoughts about the NE 50 Finest: We (Al, Karen and I) would never have gone to some of the places in New England we went to if the mountains hadn't been on this list. We found a new place to go for our hiking club, a group site at Lily Bay State Park in Maine on Moosehead Lake. While camping there, some of us have even achieved the Moosehead Pinnacle Pursuit Challenge (you have to climb 6 peaks, two of which are on the NE 50 Finest). There are only 8-4,000 footers in the White Mts. of New Hampshire on the list. You See *NE 50 Finest* continued on page 10

“We (Al, Karen and I) would never have gone to some of the places in New England we went to if the mountains hadn't been on this list.”

~ Dick Forrest



"We had to bushwhack several mountains on the list, and Al Roman deftly used his GPS skills to get us to those summits."

~ Dick Forrest

NE 50 Finest *continued from page 9*

would think that there would be more. The highest mountains of New Hampshire (Mt. Washington), Maine (Mt. Katahdin), and Vermont (Mt. Mansfield) are at the top of the list, respectively. A number of peaks on the list we have done multiple times, like Mount Greylock (MA), Mt. Ascutney (VT), Mt. Monadnock (NH), Mt. Kearsarge (NH), and Mt. Cardigan (NH). Many of the peaks on the list are on the 100 Highest in New England list, which all three of us have completed. We had to bushwhack several mountains on the list, and Al Roman deftly used his GPS skills to get us to those summits. An example of one of our hikes, Mt. Baker in Maine, was a long, relatively flat walk into where we started climbing on a very slippery logging road composed of smooth rocks hidden by ferns taking us up to a marked trail owned by the AMC. The logging road led us to the blazed trail and we followed that trail uphill to the summit. The AMC is buying up a lot of property in the state of Maine. Some of the hikes in Maine were hard to get to, and, as mentioned, the furthest away. It is amazing that we actually finished the list. We had a logo for a patch (displayed on the previous page) designed as a reward for completing the list. Now we just need to find someone to make 3 patches from the logo, one for each of us, at a reasonable cost.

--Dick Forrest



Future Events in 2024

September 9-12 - (NY) Adirondacks High Peaks Backpacking Trip organized by Lani Giguere

September 15-22 - (ME) Lily Bay State Park Campground in Greenville, Maine, organized by Karen Markham

September 26-29 - (NY) Johns Brook Lodge (ADK) organized by Karen Markham - (there is a **waitlist** for this event)

September 27-28 - (NH) 52 WAV Weekend - Mt Israel & Mts Morgan & Percival organized by Jim Brown

October 8-9 - (NY) Bike Ride: Two-Day New York State Hudson Valley Greenway organized by Tom Lake, Jim Brown & Lynn Gebo

October 18-19 - (NH) 52 WAV Weekend - Sandwich Dome & Jennings Peak organized by Jim Brown

October 21-25 - (MA) Cape Cod Trip organized by Cheryl Stevens & Debbie Bombard

December 7 - Annual PVHC Holiday Party organized by Karen Markham, Al Roman, & Lani Giguere

PVHC 2024-2025 Executive Board



Left to Right: Judy Alfano, Treasurer; Lani Giguere, Secretary;
Chip Pray, Vice President; Lori Tisdell, President

Important Membership Renewal Notices

The following memberships are up for renewal:

Sept Renewals

Lars Brown
Cindy Cary
Rika Clement
Shari Cox
Nicole Fonsh
JoAnne Gebski
Lisa Golob
Anne Houlihan
Carolyn Keeffe
Jill Leavenworth
Jane Lefkowitz
Laurie Mahoney
Stacey Munro & family
Sarah Piazza
Marty & Meg Shoene-
mann
Lynn Schwartz
Susan & Taylor Seybolt
Kate & Tal Shaffar
Carl Todd
Paul & Kathleen Tonelli
Vance Von Jarowski

Oct Renewals

Fran Appleby
Donna Beck
Nellie Boucher
Paul Curtis
John & Regina Fortune
Barbara Graf
Diane Jacoby & Wayne Dor-
man
Betty Lempke
Michael Lillpopp
Debra Longo & Don
Nadeau
Karen Markham & Al Ro-
man
Jettie McCollough
Jim McNerney
Celeste Rosselli

Please renew early, and renew by mail. (Make checks payable to Pioneer Valley Hiking Club (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 01089
(Dues are: \$25 individual mem-
ber, \$40 family, and \$15 for
students)

Pioneer Valley Hiking Club Officers

Lori Tisdell, President
Chip Pray, Vice President
Judy Alfano, Treasurer
Lani Giguere, Secretary
Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jos Brannan & Lori Tisdell
Backpacking Advisor: 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

July

Jeff Brown
Patricia Meyerson
Kathy Schlichtig
Ina St Germain

August

Thomas Harrington
Rita Liberti
Susan Lucks
Donna (Mo) Mosley
Daniel Price & family
Carla Reissman & Ted Kennedy
Delycia Salsich
Deidra Torff



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning bike ride, evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Fridays
- Saturdays Morning hike
- Sundays Morning hike
- September 3 Club Meeting
- October 1 Club Meeting
- PVHC <https://teamup.com/ksz8qkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

September 3, 7 p.m. at **ROC**
 October 1, 7 p.m. at **ROC**

ROC - Red Oak Church, 337 Piper Road, West Springfield

Deadline for submissions to the next *Footprints* is October 20, 2024

**** Check out our club website at:**
www.pioneervalleyhikingclub.org

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



----- fold here -----

A publication of the
Pioneer Valley Hiking Club
P.O. Box 225
West Springfield, MA 01090-0225

