

Mountain P A S S A G E S

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Winter: A good time to get outdoors with AMC NH!

There's lots to do outside. Among our activities:

January 14, 2015

LIGHT BACKCOUNTRY SKIING CLASS

BY VALERIO VITI

Ever wondered what that trail you've hiked so many times in the summer looks like with 10 inches of snow on the ground? Or what it would feel like to ski through those beautiful open woods by the brook, but you have been hesitant to venture off the beaten path because you have an acute sense of self-preservation? If so, you are the perfect candidate for this class.

AMC skiing instructors will take your survival

instinct and hone it on how to safely travel off the beaten path through the woods and yet satisfy your curiosity. They'll also talk about gear: skis, bindings, poles, boots, and what to bring along in your backpack.

Classes begin on January 14 and continue every Wednesday at Storrs Hill from 6:30-7:45 p.m. The final day of class will be on Saturday, February 14, 2015 from 9 a.m.-noon. The cost is \$100 for series. Contact Instructor Valerio Viti at valerio.viti@ansys.com for more information or visit amcnh.org for listings of alpine and Nordic ski trips and programs offered by AMC NH's Chapter.

WINTER, TO PAGE 2

A Few Questions for...Nancy Eichhorn

BY MICHELLE O'DONNELL

On May 3, 2003 New Hampshire's famed Old Man of the Mountain collapsed. More than a decade later, AMC NH Chapter member Nancy Eichhorn was hiking in the Whites.

You'll never guess who Eichhorn, 53, —who earns her living freelance writing, editing, and mentoring—ran into.

Tell us about the day you found



the new Old Man of the Mountain. It was a stellar above treeline day and I needed a long ramble—my way to jettison stress. I ascended Edmund's

Path to the summit of Mount Eisenhower then traversed the Crawford Path tagging Franklin, Little Monroe, Monroe, on my way to Mount Washington—my favorite hike in the Whites. From there I headed down Tuckerman's Cut Off to Davis Lawn and joined connector trails to Lake of the Clouds hut.

It was a joyous outing, and

NANCY, TO PAGE 5

OUR MISSION

The Appalachian Mountain Club is the nation's oldest outdoor recreation and conservation organization, and promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of the Appalachian region. AMC has more than 100,000 members, 16,000 volunteers, 450 full-time and seasonal staff. The New Hampshire Chapter is the second largest of the 12 Chapters within the Club.

VOLUME 41, NUMBER 1

JANUARY - FEBRUARY 2015

David Blohm: 50 years an AMC member and the love is still there

New Hampshire's David Blohm of BlohmPhoto, was among those honored at AMC New Hampshire's annual meeting on Saturday, Oct. 25, 2014 at the Grappone Conference Center in Concord. The following remarks were made by Blohm, who was recognized for his 50 years as an AMC member.

I was first introduced to the AMC in 1958 when, as an 8-year-old, my family and I stayed at Pinkham Notch and day-hiked to Tuckerman Ravine. There was a magical feel about the place back then that stirred my interest in associating with the AMC. I loved the smell of the place, the crazy way that we were awakened every morning, the dining room with the long tables and the ruggedness of the people that we met there. Over time, I also learned a little about slowing down to experience nature.

From these early hiking experiences I also learned of the way that people in the mountains take care of one another. On one hike with my father I managed to get one of my feet soaking wet. Of course, I didn't have a change of socks, but a generous passerby quickly and graciously reached into his pack and pulled out a pair for me

to keep with no expectation of receiving the socks back. That event had a lasting impression on me and as I spent more time in the mountains I had the opportunity to help others who were as unprepared as I was that day.

All of this kindled my interest in nature. My parents picked up on this interest and sent me to a summer camp in the Berkshires which had the same rugged outdoor character. I did lone survival hikes at the age of 10 and learned the benefit of the one match fire, building lean-tos and I even dared to eat frog's legs freshly caught and cooked. They were probably closer to frog sushi. As a camp counselor in my late teens and early 20s I led groups of kids from 8 to 15 years old on a variety of hiking experiences. This is when I learned that the best strategy is to make the complaining child the leader of the hike. It worked almost every time.

There was more hiking in The White Mountains with my father including stays at Lakes of the Clouds, Greenleaf, Galehead, Zealand, Mizpah, Madison and Carter Notch. We joined several hut-to-hut treks with the AMC and on one occa-



sion had to participate in a litter rescue of an exhausted woman from Zealand Ridge down to Zealand Hut. That carry at the age of 15 was far more difficult than I could have imagined and, once again, taught me to respect the benefit of being prepared and in shape for the mountain

experience.

With my driver's license in hand I was able to head out into the mountains on my own with a friend. We carried packs that were too heavy and we were proud of it. We always carried a tent and spent the night camped out wherever the day ended.

BLOHM, TO PAGE 5

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MOUNTAIN PASSAGES

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January/February 2015

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Advertising. The AMC NH Chapter members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking and more.

For information and the 2014 Ad Rate Sheet, send an email to newsletter@amc-nh.org.

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Editor: Michelle O'Donnell
[michelle\(at\)skinnytowel.com](mailto:michelle(at)skinnytowel.com)

Graphic Design: Jessica Clifford,
Graphic Designer, Artist & Photographer.
[jess.amcnews\(at\)gmail.com](mailto:jess.amcnews(at)gmail.com)

January 10-11, 2015

Avalanche hazard awareness class

BY JED ELIADES

This winter the NH Chapter avalanche class will be held in a new venue at Crawford Notch after 11 years running in Pinkham Notch. Tony Schmidt, AMC NH Ski Committee chairman and ski mountaineering guru, feels this move will improve class time utilization. The class will forego the usual hike to Tuckerman Ravine in hopes of finding closer access to suitable snow and avalanche terrain.

In the field of avalanche study, the body of useful ava-

lanche knowledge is constantly growing. To cover this increase, the national trend in avalanche education for level-one classes has increased from 2 to 3 days. Because the Ski Committee wants to keep within the limits of a two-day weekend, the need for improved efficiency in time utilization overrides the luxury of the traditional hike to Tuckerman Ravine.

Safe travel in avalanche terrain is the prime focus of this clinic, not snow science or attempting to forecast instabilities. Instructors will stress terrain management (route-

finding), careful travel habits, and human factors (group interaction, risk management, and psychology). This better prepares the winter traveler for safe adventures than would studying snow crystal metamorphosis and heat transfer in the snowpack. Instructor Jed Eliades likens this to an operator safely driving a car without understanding the thermodynamics of internal combustion. Checking the oil, tire pressure and knowing engine basics is enough.

The course, which will also be taught by instructor Thor

Smith, will however cover essentials like why the snow slides and how weather creates, then changes, the snow structure. This is simple but important. "The approach is to learn to avoid avalanches in the first place and not in locating victims," said Eliades. "All winter travelers who venture into steep terrain are urged to take an avalanche course this winter." This class is for adults only and costs \$75 for AMC members and \$80 for nonmembers.

Visit activities.outdoors.org/search/index.cfm/action/details/id/79216 for more information.

January 30-February 1, 2015 or February 27-March 1, 2015

41st Winter Hiking, Skiing & Leadership Workshop

BY RICK SILVERBERG

Cold weather doesn't mean you have to hang up your backpack until spring. Learn how to go out and explore the New Hampshire wilds safely and with confidence at AMC New Hampshire's 41st Annual Winter Hiking, Skiing & Leadership Workshop at Cardigan Lodge in Alexandria.

There will be two sessions: Friday, January 30 to Sunday, February 1 and Friday, February 27 to Sunday, March 1. (And don't worry. You'll be home in plenty of time for Super Bowl XLIX's kickoff on Sunday, February 1.)

Both workshops will offer the same curriculum, except as noted later in this article. These training workshops are designed to teach you what you need to know for safe travel in the winter mountains, what to wear, what to take, how to use it, how to get there, how to get back, and how to plan for the unplanned. All sections include extensive time outdoors. You must be 18 years or older to attend.

A variety of instructional groups are offered that cover most every aspect of

winter backcountry travel and safety. The weekends will be filled with instruction, field exercises, lectures and group discussions. Your time will be divided between your individual class and activities for the entire workshop. When you're not learning, there is plenty of great food to fuel you back up!

The workshops will begin promptly at 7:30 p.m. Friday evening and end Sunday afternoon at approximately 4 p.m. (Super Bowl kickoff is Sunday, February 1 at 6:30 p.m. ET). The cost is \$150 for AMC members and \$170 for nonmembers and includes lodging, meals, materials and instruction.

Not sure which class is right for you or need more information? Contact Winter Workshop Director Rick Silverberg at (603) 225-5921 from 7-10:30 p.m.

Go to our online application at AMC_registration.ccctr.org to sign up. If this is your first time using our online registration form, you must first create an account. Otherwise, login with your password.



Snow. Jessica Clifford ©

January 14, 2015

Learn Winter Fun at Concord Library

Learn about Winter Fun in and near Concord on Wednesday, January 14, 2015 at 7 p.m. at the Concord Public Library auditorium, 45 Green Street, Concord. The program is free and open to all. No registration is required.

You'll learn of the easy and affordable locations of nearby snow-shoeing, cross country skiing and hiking

spots, and how to use that new equipment you might have received for the holidays.

Visit www.concord-publiclibrary.net or contact AMC NH's Paul Berry at (603) 603 423 1192 or [paulberryamctrip\(at\)aol.com](mailto:paulberryamctrip(at)aol.com) for more information. This event is co-sponsored by AMC NH Programs and the Concord Library.

February 1, 2015

Hedgehog Mountain via UNH Trail

Hikers and snowshoers will do a 4.8-mile loop with only 1350' elevation gain on Sunday, Feb. 1, 2015 at Hedgehog Mountain via the University of New Hampshire Trail. There are great views for modest effort. Appropriate winter gear is required and should include insulated winter boots (not your regular hiking boots!!), snowshoes, microspikes, wind/rain proof outer layers and wicking clothing layers. If you don't

have much winter experience, that's okay. AMC NH Trip Leaders are happy to offer advice on gear. The difficulty level is considered moderate.

Call Leader Wanda Rice at (603) 432-7840 (before 9 p.m.) or email her at [wandarice\(at\)comcast.net](mailto:wandarice(at)comcast.net) or Co-Leader Ellen Ruggles at (603) 486-8989 (before 9 p.m.) or email [ellen.ruggles\(at\)unh.edu](mailto:ellen.ruggles(at)unh.edu) for more information or to register. Registration is required.

March 7, 2015

Mount Jefferson via Jewell Trail

Experienced winter hikers will climb to Mount Jefferson via Jewell Trail on Saturday, March 7, 2015. The route is a 10.5 mile loop at a moderate pace. Full winter gear is required and this trip is for experienced

winter hikers only. Call Trip Leader Leon Tokatlian at (603) 635-2609 (between 7-9 p.m.) or email [LTOCKAT\(at\)aol.com](mailto:LTOCKAT(at)aol.com) for more information or to register. Registration is required.

April 11-12, 2015

2015 Spring White Water School

BY PAUL BERRY

2015 Spring White Water School will be held Saturday, April 11 and Sunday, April 12, 2015 with an optional gear talk/kayak wet exit practice in March in the Nashua area.

The Spring White Water School provides Class II white-water instruction for flatwater and quickwater paddlers. The school teaches you the skills and proper preparation to paddle Class II whitewater and gives you the practice so that you are

comfortable and having fun paddling tandem canoe, solo canoe or solo kayak. The School will take place in Henniker, and on several area rivers selected according to appropriate river levels and difficulty.

The cost is \$100 for active AMC leaders, \$125 for AMC members, and \$160 non-members.

Visit [wwschool\(at\)nhamc-paddlers.org](mailto:wwschool(at)nhamc-paddlers.org) or call Paul Berry at (603) 423-1192 to register or for more information.

Paul Berry is co-chair of AMC NH's Paddling Committee.



July 11-19, 2015

49th Annual Presidential Range Hike

The 49th Annual Presidential Range Hike will be held Saturday, July 11 to Sunday, July 19, 2015. Described as "a strenuous and wonderful group hike," PRH includes 15,000 feet elevation gain, about 50 miles, 8 nights lodging and meals at AMC huts, gratuities, trail snacks and in-hike transportation. The daily hikes are 5-10 miles a day with a variety of hiking

options each day. There will be four AMC New Hampshire Chapter leaders and a maximum of 21 hikers. The cost is \$880 for AMC members and \$925 for non-members.

Visit the PRH website at amcnhprh.org or contact co-Leader John McHugh at [ljmchugh\(at\)comcast.net](mailto:ljmchugh(at)comcast.net) or (603) 382-6685 for more information.

NANCY, FROM PAGE 1

as I burned off the intensity fueling my pace, I eased into a meditative walk and absorbed the vastness of the Presidential Mountain Range—so totally different from the Sierra Nevada where I grew up. The spring flowers were in bloom: diaspensia, alpine azalea, Lapland rosebay, wild mountain laurel. I often hear Julie Andrews singing, “The hills are alive with the sound of music,” while rambling between Monroe and Eisenhower, and this day was no different. The expansive perspective of peaks, the 360-degree view of trails I’d explored and those awaiting my traverse, it filled my soul with a sense of freedom that’s hard to come by in my day-to-day life.

I paused for a final glimpse of all that surrounded me before heading down Edmunds and there he was—the infamous Old Man. He was checking out one of my favorite views, too! I can’t even begin to count the number of times I’ve done this trek,

for years and years now, and I had never noticed him before. I laughed and thought to myself: The Old Man didn’t slide off the mountainside in Franconia Notch and land in a jumbled pile of rock. Nope, he simply strapped on his hiking boots and headed over to Crawford Notch to appreciate a change of view.

When did you start hiking? My father did his best to induct our family into the joys of the great outdoors. The first official hike I recall was in Sequoia National Park. I think I was 7 years old. We were totally unprepared. A massive thunderstorm sent us scurrying into a dark, damp cave until another family came along with flashlights and some trail savvy. Despite the small details, I was hooked by the beauty of it all.

Hardest hike? Dunderberg Peak in California. Noted as the highest point (12,379 feet) in the Humboldt-Toiyabe National Forest, this mass of rock is as formidable as it appears. I have yet to claim this peak.

Was this hike harder or easier than getting your PhD? Easier.

Anything I’ve ever faced in my life has been easier than getting a PhD!

If you’re not hiking, you’re probably... Working **Five words that describe you on the trail.** Spunky, joyous, resilient, persistent, geeky .



New Old Man. Nancy Eichhorn ©

Favorite healthy food? Broccoli.

Favorite “bad” food? Chocolate.

Favorite hike snack? Broccoli.

Last book you liked. This sounds rather cliché—I’m sure I’m not alone: *Wild* by Cheryl

Strayed.

Best part about hiking. The freedom of movement and the awe of nature.

If you could hike with one person, living or dead, it would be... John Muir. I’d love to explore the vastness of the un-

known with this naturalist/author to gain insight into the wilderness and how to capture its essence on the page.

Have you ever danced on a trail? Yes! It was a winter hike with a Meet Up group. We were stalled at the Lake the of Clouds hut due to two hikers’ cold feet issues. We were freezing so my hiking buddy and I, wearing crampons no less, started doing a variation of the jitterbug and the lindy hop. We had a blast.

What would you advise someone who has never hiked before? Start slow and low, build your skill and get the right gear.

And remember that hik-

ing isn’t about ticking off a summit noted on some list. It’s about having fun being outdoors.

Complete this sentence. If I weren’t a ____, I’d be a ____... If I didn’t need a self-sustaining income, I’d walk the world’s trails and write about my adventures.

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BLOHM STORY, FROM 2

Sometimes in September we awoke surprised that snow had fallen on the tent and debated who would get out of their sleeping bag and into the morning air first. I was usually second. We often hitch-hiked from one trailhead to another without fear, to get better trail access.

We also never worried about dropping our packs at a trail junction so that we could hike to a summit and return. No one ever bothered our

equipment.

Kindled by my early AMC experiences I have hiked extensively in the Sierra and the canyons of southeastern Utah. And just to make my pack heavier and to share my experiences with others, photography of the outdoors has become a passion for me.

My family and children crave the outdoors just as I did. My wife always tells the story of how the first birthday present I bought her, before we were married, was a pair of hiking

boots. She was appreciative, but it was not quite as romantic as she expected.

As I got older and busier and even moved out of the area for a while, it hasn’t always been possible to spend time in the mountains as I did, especially with my knee, which was recently replaced. But, I have continued my tie to AMC. It is a way of maintaining my connection to the White Mountains and the experiences of my youth, and it is a constant reminder of the stuff that I love.

Notes from the Chair

BY WAYNE GOERTEL

It's now officially recognized: we have spirit! The AMC New Hampshire Chapter was recently awarded a Volunteer Champion Award at the 2014 Spirit of New Hampshire Awards Ceremony. This event was organized by Volunteer



NH, a nonprofit organization with a mission to promote the tradition of service in New Hampshire. It is exciting for our Chapter to be acknowledged for its volunteer service to the state.

As you know, the volunteers of the New Hampshire Chapter organize and lead events which promote outdoor recreation and conservation throughout New Hampshire. In the past year, our well-trained and dedicated volunteer leaders offered over 400 trips, including nature walks, programs, hikes in our state's hills and mountains, kayaking and canoeing, bicycling, skiing, and climbing. Our Chapter helps to maintain the rivers and trails we utilize, offers top-notch training events for beginner and advanced activities, and promotes conservation advocacy. These events



are open to club members and nonmembers alike, and draw thousands of participants from New Hampshire as well as other states.

The NH Chapter's volunteer leaders personally contribute their time, energy, and expertise to share these opportunities with others. Many of our leaders themselves learned

how to safely explore our rivers and mountains under the guidance of other volunteers, and are strongly committed to passing this tradition of responsible outdoor recreation and conservation advocacy to others. NH Chapter volunteers, thank you for your service!

In other news, there is plenty of winter outdoor fun to be found. A quick look at NH Chapter activities at <http://amc-nh.org/calendar/activities.php>, or via <http://outdoors.org>, displays an impressive quantity and variety of activities and educational opportunities for winter hiking, skiing, and climbing. I hope you'll check them out.

See you outdoors!

—Wayne

Wayne Goertel is AMC NH Chapter Chair.



Confessions of a Winter Hiking Animal

BY DENISE SPOOR

I'd like to introduce you to a different breed of hiker, affectionately referred to as the hiking animal. Oh, they will deny that they belong to an exclusive species of human being, but trust me, they are uniquely different. I should know. I became one of them.

I will pause here to issue a disclaimer about my reference to the hiking animals. This is, in fact, a term of endearment for some of my best friends and my husband without whose help and support I would not have been able to become a hiking animal.

Let me give you a visual on what constitutes a hiking animal and what traits they exhibit. While most sane people are snuggled beneath the blankets

of their warm bed, the hiking animal is getting up at 4:30 a.m. to go outside and "play" even though it's 10 degrees below zero out there. With a 25-30 pound pre-packed backpack sitting at the ready by the door, the hiking animal boils some water, adds a bit of flavor and sugar to it before pouring it into a Nalgene bottle which will be nestled into a carrier so it doesn't freeze solid.

Everything gets thrown into the car in a frenzy because, well it's c-o-l-d out there! A hearty, but hasty breakfast is consumed in the car on the way to the trailhead so as not to waste a moment of daylight. There is precious little daylight in the winter months, so the hiking animal uses it wisely and learns to multi-task. There you have it, the hiking

HIKING ANIMAL, TO PAGE 7

Jessica Clifford joins 'Mountain Passages' staff as a designer

Jessica Clifford (below, left) is *Mountain Passages'* new graphic designer, replacing Susan Englert, right, who stepped down after three years as graphic designer. Jessica is a graphic designer at Spectrum in Manchester, and likes to draw, paint and most of all be outdoors! Welcome Jessica and thank you Susan for your

many wonderful issues and contributions to *Mountain Passages*.



HIKING ANIMAL, FROM PAGE 6
 animal in all its glory. When I first approached the idea of hiking the 4000 footers in winter, I figured I should have a Plan. You know, sensible things like waiting until the latter part of winter to do the hikes that had water crossings so the water would be frozen solid. Other things I considered were doing the shorter hikes during the early part of the winter when there is very little daylight and saving the longer hikes for the end of winter so I would have more time to get back to my car before dark.



the winter season. Sometime during the first week of official winter as I scratched and clawed my way up the

After all this reasoning, I compiled a Master Plan, complete with a chronological list to conquer the 4000 footers during

ledges of Mount Whiteface, only to realize that the

HIKING ANIMAL TO PAGE 8

Come to August Camp 2015 in Oregon's Central Cascade Mountains

BY RUTH ("SAM") JAMKE

Studded with volcanic peaks, mountain lakes, wildflower meadows, old lava flows and miles of hiking trails, Oregon's Central Cascades is the place to be for August Camp, which runs July 18-August 15, 2015. Base camp is near Santiam Pass (elevation 4,800') where the Pacific Crest Trail traverses Route 20. Major hiking destinations are in the Deschutes and Willamette National Forests and the Three Sisters, Mount Washington and Mount Jefferson Wilderness

Areas.

This full service tent village accommodates 64



campers each week and offers multiple hikes each day for all levels of ability.

AUGUST CAMP, TO PAGE 8

Dress smart for winter biking

BY DORIA HARRIS

As I was biking along my local back roads on a 29-degree November day I appreciated the first skim of ice on the pond and what the newly bare woods revealed. I also appreciated the gear that let me get out in the cold and enjoy it.

If you live in New England, have a bike and enjoy hiking, snowshoeing or running in winter, then you probably have all the gear you

need to ride through the cold weather.

The same layers you use for these other winter sports can serve you well for biking. Hands, feet and face are the most vulnerable to cold but there are simple solutions:

- A wool hat under your bike helmet and a rain/wind cover over the helmet will keep the head warm. Don't have a helmet cover? Use a shower cap.
- For the feet, you can spend the dollars for insulated bike boots or shoe covers or just use

your winter hiking boots with chemical toe warmers and you can bike for hours comfortably.

- For the hands, lobster claw gloves work great. Lightweight wind block mittens over wool gloves work as well. Throw in chemical hand warmers if necessary.
- A neck gaiter or a smudge of Vaseline over the nose and cheeks will prevent them from freezing in all but the coldest weather.

As long as the road surface is



safe, don't let a little cold stop your riding. Get out there and enjoy what the road offers.

Doria Harris is co-chair of AMC NH's Bike Committee.

AMC NH EXECUTIVE COMMITTEE

Chapter Chair chairnh@amc-nh.org
 Wayne Goertel
Vice Chair vicechairnh@amc-nh.org
 Bill Warren
Treasurer treasurernh@amc-nh.org
 Rick Desmarais
Secretary secretarynh@amc-nh.org
 Beth Zimmer
Biking bikenh@amc-nh.org
 Gene Harding, Doria Harris
Conservation & Education conservationnh@amc-nh.org
 Paul Hopkins, Eric Savage
Excursions excursionsh@amc-nh.org
 Kevin Rooney, David Ross
Membership membershipnh@amc-nh.org
 Marianne Page

Mountaineering mountaineeringnh@amc-nh.org
 Open
Newsletter newsletternh@amc-nh.org
 Ron Janowitz, Editor
 Michelle O'Donnell, Editor
 Jessica Clifford, Design & Layout
Paddling paddlingnh@amc-nh.org
 John Pilla, Paul Berry
Programs programsh@amc-nh.org
 Lu Ann Laquerre
Skiing skinh@amc-nh.org
 Tony Schmidt
 Valerio Viti
Trails trailsh@amc-nh.org
 Richie Holstein

Website webchairnh@amc-nh.org
 Open
Young Members youngmembersnh@amc-nh.org
 John Meltzer
Past Chapter Chair pastchairnh@amc-nh.org
 Karen Thurston
Regional Dir. NH/ME regionaldirectornh@amc-nh.org
 Ruth "Sam" Jamke
AMC NH Chapter website: www.amc-nh.org

Address changes and membership renewals:

AMC Member Services
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Appalachian Mountain Club
NH Chapter
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'Mountain Passages' is only the beginning...

From hiking to biking, AMC's New Hampshire chapter has it all. Visit our website at amc-nh.org and read more about us and our many year-round events.

HIKING ANIMAL, FROM PAGE 7

neighboring trail to Mount Passaconaway was buried under two feet of unbroken snow, I was still undaunted and determined...and ignorant. During the second week of winter I became increasingly aware that there was NO Plan! The truth about winter hiking was that I had to let the weather and circumstances rule my decisions.

Water crossings don't freeze on demand and snowstorms can leave a hiking trail impassable for days. I followed trip reports that fellow animals had posted stating that they had broken out a trail on a day that I could not go with them. I literally followed in their footsteps soon after. Following big snowstorms when we could all hike together, the hiking animals would form a pack to break out a trail. After

all, it is exhausting to try to go in a small group to break out a Nor'easter.

One of the most important rules I learned was when to turn around and go back to my car if conditions warranted. Let's face



it, after getting up at 4:30 in the morning, driving for an hour to the trailhead and using half a tank of gas, I was committed! The last thing I wanted to do was turn around, but I knew deep down it was the thing to do for safety's sake. You might ask yourself at this

point, what makes the hiking animals do this? What are they running from? In reality, it is not what we are running from as much as it is what we are running to...a little-used season of adrenalin and accomplishment that is uniquely ours. No matter what else I accomplish, the memories of my winter--hiking the 4000 footers with the hiking animals--are ingrained in me forever. My advice: if you want to hike the 4000 footers in winter, find a pack of animals, get out there and create your own winter memories!

Denise Spoor is an AMC New Hampshire member and when she's not making plans for herself, she's helping plan trips as AMC's Group Sales Account Manager, based at Pinkham Notch.

AUGUST CAMP, FROM PAGE 7

Delicious home-cooked meals and trail lunches are provided, plus great camaraderie and nightly campfires make for a memorable experience. Round trip transportation between Camp and the Portland International Airport (PDX) and to and from daily activities is provided.

Plan your one- or two-week adventure now and be part of one of the AMC's oldest traditions. Visit august-camp.org for the application and camper information forms as well as detailed August Camp information.

Applications will be accepted after Jan 1, 2015. Questions about August Camp? Contact Sam Jamke at regional-directornh@amc-nh.org for more information. Ruth ("Sam") Jamke is AMC's Regional Director for New Hampshire and Maine.