

S U M M E R 2 0 1 2

The Wachusett Views

News from the Worcester Chapter Appalachian Mountain Club



Pat on South Baldface
Courtesy of Jack Downing

Under the Red Felt Crusher

Summer Time and the Recreating is Easy!

As I write this message, the Summer Solstice is just a week away. June has already brought with it National Trails Day, high school graduations for the children of some (including me!) of our members, radishes, salad greens and snap peas from the garden.

On National Trails Day, members were out in full force in Princeton to recognize our Midstate Trail maintainers and celebrate the completion of the foot bridge at Princeton Four Corners Conservation Area. This allows us to move the Midstate Trail off the road and into the woods.

FMI:

<http://www.midstatetrail.org/new.html> ..

We also had a crew of volunteers continuing the work on the Pine Hill Trail at Wachusett Mountain. Our Trails Chair, Steve Crowe, had the opportunity to put AMC's President John Judge to work, too. Later this month, an AMC trails crew will spend full days working on the trail to give the project a big boost in terms of percent of work complete. These are two outstanding examples of how we "give back" to the areas in which we recreate

The season of workshops is over and our novice backpackers and cycling tourists have already gotten out and put new skills into practice. This underscores the fact that we are the little Chapter that does!

Fun and adventure await you from volleyball in Northborough to kayaking in Casco Bay and everything in between! Check out all our upcoming Chapter trips at <http://amcworchester.org/> and click All Upcoming Events.

See you on the trails, waters, and roads.

Pat Lambert
Worcester Chapter Chair



Photos: Dana Perry

2012 Progressive Backpacking Trip Series Gets Under Way Submitted by Dana Perry

With the days of winter a distant memory, those who completed the March 2012 Backpacking Workshop are now venturing out on overnight forays into New England's wilderness to work on the skills they have learned.

On the weekend of May 12-13, ten of us set foot on the Appalachian Trail in the October Mountain State Forest heading with the overnight destination Kay Wood Shelter. The beautifully planned trip was co-lead by Walt Lazarz, AMC leader and leader-in-training, who is working towards leading his own backpacking & up-country trips. Christine Fogarty and I served as leaders and instructors.

Check trip listings for other planned backpacking trips!

Wonderful Feedback from the Backpacking trip

Renee Pittelli: Since this was my first backpack, there was so much for me to learn! For example, I learned how to pack a pack, how a pack should fit, principles of Leave No Trace, ways to cook food and then clean up, how to filter water, and proper tent placement and set up. I learned I want to do more backpacking! This was one of the best weekends of my life; I spent it in the woods with 11 witty people and with what felt like paid guides.

Walt Lazarz: The hike was excellent. We all had a great time!

Dana Kelley: The trip was lots of fun. Leaders were patient and informative, and the group dynamics led to fun conversations. Meals were tasty and very nutritious, and additional highlights were the group dinner and sleeping in a tent.

Mountain Classroom Trip with the Ayer-Shirley Middle School

submitted by Barbara Dyer

50 students from the Ayer-Shirley Middle School reached their peak in May when they went on the annual Mountain Classroom trip to the AMC Cardigan Lodge with Barbara Dyer. Julie Higgins led a group of the students to Mt. Cardigan's summit with many hallmark memories. The 7th graders students spent 3 days and 2 nights exploring the trails and waters on the Cardigan reservation. They learned leadership and outdoor skills, played team-building games, explored the rivers, mountains and valleys, and enjoyed the warmth of the beautiful Cardigan lodge.



Student Hikers at the Summit (photo: Barbara Dyer)

Barbara Dyer is Past Chair of AMC Worcester Chapter and is presently a teacher at the Ayer-Shirley Middle School. Julie Higgins is AMC Worcester Chapter Conservation Chair and Mountain Classroom Instructor.

Worcester Chapter of the AMC assisted in the funding of this program. If you are a teacher and would like to learn more about the program for your school, contact Barbara Dyer barbaradyer@gmail.com



Three Mile Island

Submitted by Barbara Dyer

Family Fun & Giving Back on National Trails Day

A volunteer weekend opening up the Three Mile Island Camp for the summer season is one of the best-kept secrets of the AMC, until now! The Worcester Chapter Families group spent the weekend in monsoon type rains working on the trails, setting the sails, sweeping cabins, cleaning the main kitchen and dining hall, and doing dishes that fed all the dedicated volunteers who annually come out to assist the TMI crew. The volunteers were of all ages; small children, energetic teens, enthusiastic college students, young adult members, and older families too. Many of these families spend weeks at the camp every year!



Rustic Cabins & Camaraderie

We stayed in rustic cabins with no electricity, but the cabins were clean, cute, comfortable, and historic. The camp brings you back in time to the days of pre-technology, kerosene lamps, card playing, board games, napping, and family style dining chatting with interesting members, and ending the day with a beautiful sunset. Each cabin had its own boat dock and all were lakeside. Some cabins were a short distance away, while others were closer to the boats at the main dock.

We enjoyed the camaraderie and watching our teens “give back”. Thanks to all who made the washout of a weekend fun and memorable. We’ll be back!

The AMC Three Mile Island is a remote island in Lake Winnepesaukee. For more information and rates:

<http://www.3mile.org/> and <http://activities.outdoors.org/search/index.cfm/action/details/id/61692>

Take your family and start your own traditions. Or, catch the boat with our Worcester Chapter returning to the island August 14 – 17, 2012!

Photos: Barbara Dyer & Karen Clark-Hoey



Merry Band of Hikers on Summit of Mt. Washington on St. Patrick's Day

Left to right: Pat Lambert, Steph Keimig, Brian Palmer, Debi Garlick, Rick Tricca, Mark Tricca
(photo: Brian Palmer)

Fixin' To Get Ready For Winter Hiking

Submitted by Pat Lambert

What's the purpose of 3-season hiking? To get ready for winter hiking, of course! With 6 months to go before winter officially arrives, now is the time to develop a solid fitness program that will enable you to enjoy, rather than struggle with, your journeys through the winter wonderland. Winter hiking requires more and heavier gear than 3-season hiking. Prepare your body and mind to handle this reality.

The components for an all-around fitness regimen include:

- Strength training for both your upper and lower body so that you can carry yourself and your gear
- Core conditioning so you can move with balance under the heavier load
- Cardiovascular training to break trail on steep slopes

Think first about extending your exercise. Take the stairs rather than the elevator, park further away from entrances at work, stores, etc. Wear a weighted pack to increase the load on your body and walk, run or ride a bike when running errands.

Pack your pack and either hike the stadium stairs at your local football field or on the StairMaster at the gym. You may feel self-conscious at first but you can grab a buddy to

join you and you'll become trendsetters! I've seen this already at the YMCA in Westborough.

Plan your summer and fall hikes based on where you want to hike this winter so you will be familiar with the trailheads and the trails. The trails do have a different look and feel once the snow falls, especially if we have a more typical winter for 2012-13 than we did for 2011-12. Pre-hiking your winter hikes will help you to determine if you are ready to tackle them in winter conditions or if there is more work you need to do in terms of your fitness level.

Join us for the "Fixin' to Get Ready for Winter Hiking" training hikes we are scheduling for the summer and fall. These provide great opportunities not only to assess your fitness level but to ask us questions on all things related to winter hiking from gear to proper hydration/nutrition to heat management to having fun!

Finally, come to our winter hiking workshops on November 7 and 14. FMI: <http://activities.outdoors.org/search/index.cfm/action/details/id/62512>, <http://activities.outdoors.org/search/index.cfm/action/details/id/62511>

See you on the trails!

New footbridge on Ware River enables long-distance trail to access Princeton's open space



Princeton--On National Trails Day, June 2, at 2 p.m. over 25 people gathered in the rain for a ribbon-cutting for a new footbridge on Old Colony Road over the East Branch of the Ware River. The event celebrated a 12-year “grass-roots” effort to preserve land and re-route the 93-mile Midstate Trail through the Four Corners neighborhood of the town.

Great Times at Annual Spring Picnic

Thank you to all the Volunteers
Submitted by Charlie Arsenault

Worcester Chapter members and guests enjoyed near perfect weather at the annual Spring Picnic held on May 20th. The Spring Picnic was held at Hopkinton State park, where participants enjoyed hiking, biking, and paddling activities.

A large turnout of children and families especially enjoyed Map and Compass training, Leave No Trace activities, and a “kids only” Fishing Tournament. A special thanks goes out to the over 20 volunteers who helped make this year’s Spring Picnic a great event for all.

Save the Date!

2013 Annual Spring Picnic

May 19, 2013



Photo: Karen Clark-Hoey

Editor, Nancy Cahn. All newsletter submissions should be sent to njcahn@charter.net. We reserve the right to edit for length and content. All contributions are welcome. Fall deadline September 15th.