

## 2010 AMC Fall Gathering Activities Schedule

Welcome to the 2010 AMC Fall Gathering Activities Schedule! If you will be joining us for a day or the weekend there will be many opportunities for you to enjoy hikes, bikes, climbs, and paddles in Central Massachusetts.

We would like to set your expectations as follows:

- Activity registration will begin in the Dining Hall at Prindle Pond Conference Center Hilltop at 1:00 p.m. on Friday October 15
- If you decide not to participate in an activity for which you sign up for, please remove your name from the sign-up sheet so that someone else may enjoy the activity
- All activities listed will be departing from Prindle Pond Conference Center Hilltop with carpooling encouraged
- Activities are subject to change based on safety concerns, leader recommendations, weather, trail and road conditions, time, or other circumstances
- The duration times and distances are approximate
- Every individual is responsible for having the appropriate skills, physical conditioning, equipment and supplies
- Please notify the leader of any condition or limitation which could affect your enjoyment of the activity, your safety, or the outcome of the activity

### Friday Activities

#### Pat's Friday Afternoon Hike

Moderate

Friday 2:00 p.m. (2 hours)

Leader: Pat Lambert ([plambert119@yahoo.com](mailto:plambert119@yahoo.com))

Leader's choice hike to kick-off a great weekend of Fall Gathering activities

**Bring:** water, snacks

#### Hodges Village Dam Hike

Easy

Friday 2:00 p.m. (2 hours)

Leader: Michele Simoneau ([michelesimoneau@msn.com](mailto:michelesimoneau@msn.com))

5 mile easy hike in Hodges Village Dam area, a 1,200 acre US Army Corp of Engineers park in Oxford, MA <http://www.nae.usace.army.mil/recreati/hvd/hvdhome.htm>

**Bring:** water, snacks

## Saturday Activities

### Hatha Yoga

Suitable for all levels

Saturday 6:30 a.m. - 7:15 a.m.

Leader: Nellie Burruano, Delaware Valley Chapter ([auntinels@aol.com](mailto:auntinels@aol.com))

Greet the new day and its adventures with Hatha yoga. Expand your awareness, balance, and flexibility in body, mind, and spirit.

**Bring:** a yoga mat, towel, or other mat and wear comfortable non-restrictive clothing

### Trail Building Workshop and Demonstration at Wachusett Mountain

Suitable for all skill levels

Saturday 9:00 a.m. - 3:00 p.m.

Leader: Steve Crowe ([steve@sunshinelandscapingco.com](mailto:steve@sunshinelandscapingco.com)) or (508) 450-1091

Join experienced leaders to learn the fundamentals of safely moving rock, trail stabilization and treadway protection. Learn the mechanical advantage and fundamentals of safely moving rocks with a grip hoist and highline system. We will look at different styles of trail construction and debate the merits of these construction techniques. If enough people sign up we will be able to demonstrate rock splitting along the side of the trail. Tremendous opportunity for all skill levels to be involved in a local project whose results will be around for decades. There will be something for everyone on this workshop, even a hike to the summit if warranted. Tools and training provided. Car pool and meet behind the Wachusett Mountain Visitors Center, Princeton.

**Bring:** lunch, water, work gloves, appropriate foot wear, and rain gear.

### Steve's Tri-State Bicycle Loop

Suitable for intermediate and advance bike riders

Saturday, 9:00 a.m. (60 miles)

Leader: Steve Gabis ([gabis66@verizon.net](mailto:gabis66@verizon.net))

Co-leader: Colleen McLaughlin ([colleen.mclaughlin@comcast.net](mailto:colleen.mclaughlin@comcast.net))

This is a 60 mile hilly scenic tour taking you from our hideaway in central Mass into Connecticut and Rhode Island!

**Bring:** helmets, water and snacks.

### Hike the Midstate Trail, Charlton Section

Suitable for most ages

Saturday 9:00 a.m. (4 hours)

Leader: [Duke Charbonneau](mailto:Duke Charbonneau) 508-885-4387

Co-leader: Barbara Day 508-987-0549 ([blsday@verizon.net](mailto:blsday@verizon.net))

This hike will be on the local section of the mid-state trail ([www.midstatetrail.org](http://www.midstatetrail.org)), with a moderate distance of 6.4 miles, ending with a walk through a cow tunnel under Route 20.

Please be dressed and equipped to hike.

**Bring:** sturdy shoes, water, trail snacks, and clothing appropriate for the weather

## **Hike the Midstate Trail to Hodges Dam**

Suitable for most ages

Saturday 9:00 a.m. (3 hours)

Leaders: Paul Glazebrook ([paul.glazebrook@bluecod.net](mailto:paul.glazebrook@bluecod.net))

This section, starting also in Charlton, will proceed southerly to Oxford and through the Hodges Village Dam area, ending at Rocky Hill Road. This 5 mile hike will be over moderately easy terrain ([www.midstatetrail.org](http://www.midstatetrail.org)). Please be dressed and equipped to hike.

**Bring:** sturdy shoes, water, trail snacks, and clothing appropriate for the weather

## **Buffumville Lake Hike**

Moderate

Saturday 9:00 a.m. (3.5 hours)

Leader: Michele Simoneau ([michelesimoneau@msn.com](mailto:michelesimoneau@msn.com))

A 7.2 mile hike in an around Buffumville lake, a recreational site operated by the US Army Corps of Engineers and located in Charlton, MA. Please be dressed and equipped to hike.

<http://www.recreation.gov/campgroundDetails.do?contractCode=NRSO&parkId=75276>

**Bring:** plenty of water, trail snacks

## **6 Ponds Hike**

Moderate

Saturday 9:00 a.m. (5 hours)

Leader: Ken Pickren ([kenpickren@charter.net](mailto:kenpickren@charter.net))

7 Mile thru hike from Southbridge's Westville Recreation Area (Heritage Trail, Grand Trunk Trail, etc.) all the way to Union, CT's Bigelow Hollow State Park. Will spot cars at Bigelow Hollow. Please be dressed and equipped to hike.

<http://www.ct.gov/Dep/cwp/view.asp?A=2716&Q=325066>

**Bring:** plenty of water, lunch, trail snacks

## **Quitewater Paddle Quinebaug Canoe Trail**

Suitable for all paddlers and families with children

Saturday, 9:30 a.m. 5 hours (6 miles)

Leader: David J. Miller ([pagayeur@verizon.net](mailto:pagayeur@verizon.net))

This is a wonderful paddle on a nationally designated scenic waterway. This is a slow meandering river, and we will look for birds, marsh plants and wild flowers. If it is a warm day we may swim.

**Bring:** Lunch, rain gear, water and a change of clothes in a water proof container. Also, your boat, pfd and paddles!

## **Quietwater Paddle French River**

Suitable for all ages

Saturday 10:00 a.m. (7 miles)

Leader: Elaine Cibelli ([elaine\\_cibelli@hotmail.com](mailto:elaine_cibelli@hotmail.com))

Nature lovers don't miss this one! This 7 mile leisurely paddle should be packed with creatures, including turtles, beavers, muskrats and ducks. Some brief portaging might be necessary.

**Bring:** Participants must have pfd, boat, lunch, snacks and water.

## **Rock Climbing**

Suitable for adults and children with their guardians

Saturday 10:00 a.m.

Leader: John Grote ([john\\_c\\_g@msn.com](mailto:john_c_g@msn.com))

We will either be climbing at Crow Hill at Leominster State Forest or indoors at Central Rock Gym in Worcester. The climbing location will be determined by the weather and group preference. No previous rock climbing experience required. All climbing gear will be provided but if you do climb and have gear, please bring it along.

**Bring:** lunch and water

## **Family Hike at Purgatory Chasm**

Easy - suitable for all ages

Saturday, 10:00 a.m. (3 hours)

Leader: Barbara Dyer ([barbaradyer@hotmail.com](mailto:barbaradyer@hotmail.com))

This is a slow paced 2 mile ramble through a unique natural landmark, with rock formations, and granite walls rising up to 70', and plenty of caves to explore.

**Bring:** lunch and water

## **Brimfield State Forest Hike**

Moderate

Saturday 10:00 a.m.

Leader: Tim Smith ([fitzwoodle@yahoo.com](mailto:fitzwoodle@yahoo.com))

Hike at Brimfield State Forest in Brimfield, MA. Brimfield forest is a heavily forested property has over 20 miles of roads and trails and is used primarily for hiking, walking, horseback riding and fishing. Please be dressed and equipped to hike. water and trail.

<http://www.mass.gov/dcr/parks/central/brim.htm>

**Bring:** plenty of water, trail snacks

## **Mt Wachusett Hike**

Moderate

Saturday 10:00 a.m. (3 hours)

Leader: Steph Keimig ([focusonbalance@earthlink.net](mailto:focusonbalance@earthlink.net))

Summit Mt Wachusett at Wachusett Mountain State Reservation in Princeton, MA. Mt Wachusett stands as a unique landmark within the central New England landscape. From the summit, a clear day reveals views of Mt. Monadnock in New Hampshire, the Berkshires to the west, and the Boston skyline to the east. Please be dressed and equipped to hike.

<http://www.mass.gov/dcr/parks/central/wach.htm>

**Bring:** plenty of water, trail snacks

## **Wells State Park Hike and Brewery Tour**

Moderate

Saturday 1:00 p.m. (2.5 hour hike follow by optional brewery tour)

Leaders: Mike Foley ([mjfoles@charter.net](mailto:mjfoles@charter.net))

Co-leader: Rob Trotte ([rob750@gmail.com](mailto:rob750@gmail.com))

Join leaders on a 3 mile hike thru the trail system at Wells State Park, followed by an optional brewery tour at Pioneer Brewery in Sturbridge. Please be dressed and equipped to hike. <http://www.mass.gov/dcr/parks/central/well.htm>

**Bring:** plenty of water, trail snacks

### **Post Chapter Meeting Hike**

Easy

Saturday following conclusion of Chapter meetings (2-3 hours - distance TBD)

Leader: Steve Ciras ([worcamchiking@yahoo.com](mailto:worcamchiking@yahoo.com))

Shake off the cobwebs after the conclusion of the Chapter committee meetings on Saturday afternoon. Hike is leader's choice. Please be dressed and equipped to hike.

**Bring:** plenty of water, trail snacks.

### **Family Bike around Prindle Pond**

Suitable for all bike ages

Saturday, 4:00 p.m. (5 miles)

Leader: Colleen McLaughlin ([colleen.mclaughlin@comcast.net](mailto:colleen.mclaughlin@comcast.net))

This is a fun very slow paced pedal around the pond on the country roads at our encampment.

**Bring:** Helmets, water, and a snack.

## **Sunday Activities**

### **Yoga**

Intermediate

Sunday 6:30 a.m. - 7:30 a.m.

Leader: Colleen McLaughlin ([colleen.mclaughlin@comcast.net](mailto:colleen.mclaughlin@comcast.net))

Start your day in a relaxing way.

**Bring:** yoga mat and wear loose-fitting clothing

### **Douglas State Forest Hike**

Moderate

Sunday 9:00 a.m. (2.5 hours)

Leader: Mike Foley ([mjfoles@charter.net](mailto:mjfoles@charter.net))

Hike ~ 3 miles of trails within Douglas State Forest, a nearby 5,907 acre park, bordering both Connecticut and Rhode Island. Please be dressed and equipped to hike.

<http://www.mass.gov/dcr/parks/central/doug.htm>

**Bring:** plenty of water, trail snacks

### **Cycling**

Intermediate

Sunday 9:00 a.m. (15-20 miles)

Leader: Colleen McLaughlin ([colleen.mclaughlin@comcast.net](mailto:colleen.mclaughlin@comcast.net))

On-road cycling route with hills. Options for distance.

**Bring:** helmet, water, snacks, spare tube

### **Bigelow Hollow Hike**

Moderate

Sunday 9:00 a.m. (4 hours)

Leader: Jim Walsh ([hikerjim502@yahoo.com](mailto:hikerjim502@yahoo.com))

6 mile hike around Breakneck Pond in Bigelow Hollow State Park, Union, CT.

Please be dressed and equipped to hike.

<http://www.ct.gov/Dep/cwp/view.asp?A=2716&Q=325066>

**Bring:** plenty of water, lunch and trail snacks.

### **Mt Wachusett Hike**

Moderate

Sunday 10:00 a.m. (3 hours)

Leaders: Andy Wojckowski ([awojy@comcast.net](mailto:awojy@comcast.net))

Co-leader: Charlie Arsenault ([cea100@verizon.net](mailto:cea100@verizon.net))

Join leaders on a Sunday morning 5 mile hike up Mt Wachusett at Wachusett Mountain State Reservation in Princeton, MA. Please be dressed and equipped to hike.

<http://www.mass.gov/dcr/parks/central/wach.htm>

**Bring:** bring plenty of water and trail snacks.

### **Family Hike at Broad Meadow Brook Conservation Ctr. & Wildlife Sanctuary**

Suitable for all levels

Sunday 10:00 a.m. (3 hours) (2miles)

Leader: Barbara Dyer ([barbaradyer@hotmail.com](mailto:barbaradyer@hotmail.com))

Explore Mass Audubon's urban wildlife sanctuary with over 400 acres of woods, fields, streams, and marsh. Admission free for Mass Audubon members, Worcester residents & Greater Worcester Land Trust members. Non-member adults \$4.00, non-member children (2-12 years) & seniors \$3.00

**Bring:** water and lunch

### **Family Geocaching Ride**

Easy

Sunday 1:00 p.m. (8 mile loop)

Leader: Colleen McLaughlin ([colleen.mclaughlin@comcast.net](mailto:colleen.mclaughlin@comcast.net))

On-road cycling to local Geocaching site

**Bring:** helmet, water, snacks, GPS for geocaching

## **2010 AMC Fall Gathering Program Schedule**

### **Friday Programs**

#### **AMC Team Trivia with the Dynamic Duo**

Friday 8:30 p.m. - ?

Master of Ceremony: Charlie Arsenault ([cea100@verizon.net](mailto:cea100@verizon.net))

Side-kick: Steve Ciras ([worcamchiking@yahoo.com](mailto:worcamchiking@yahoo.com))

Come one, come all and test your knowledge of AMC trivia. If you choose your team mates wisely you might just win some memorable prizes.

### **Bonfire**

Friday 9:30 p.m. - ?

Amphitheatre

Enjoy the company of your fellow AMC'ers around a roaring fire! Bring your own beverages.

## **Saturday Programs**

### **Princeton Wind Farm Upgrade Project**

Jonathan Fitch, P.E., General Manager, Princeton Municipal Light Department

Saturday 1:00 p.m. - 2:15 p.m.

PMLD completed its Wind Farm Upgrade Project at the end of October 2009 installing two Fuhrlaender 1.5MW wind turbines on 65 meter towers. The project cost \$7.3M and will produce approximately 40% of the town's energy requirements in a renewable, cost effective manner. The wind farm project demonstrates our commitment to renewable energy, reduces our dependency on the fossil fuels that cause pollution, reduces the Town's energy costs, and most importantly, balances the environmental and community impacts.

(For AMC's wind power policy visit [www.outdoors.org/pdf/upload/amc-energy-policy.pdf](http://www.outdoors.org/pdf/upload/amc-energy-policy.pdf))

### **The Marvels of the Midstate Trail**

Marie Auger, Midstate Trail Committee

Saturday 2:30 p.m. - 3:45 p.m.

The 92 mile Midstate trail goes through woods, fields, along public highways, over streams and stone walls. Learn about the trail - its history, protection efforts, through hikers and riders, maintainers, and hiking events.

### **Downloading Photos for the Great Weekend Photo Share**

Saturday 3:00 - 4:15 p.m.

Bring your weekend photos to the hospitality table for downloading. Bring your own download cord or card reader to facilitate the process. Sit back and enjoy the events of the weekend during the social hour and dinner.

### **Through-hiking America's Three Great Distance Trails**

John Illig, Middlebury College ([www.johnillig.net](http://www.johnillig.net))

Saturday 7:15 p.m. - 8:15 p.m.

Through this powerpoint presentation join John as he shares his experience of through-hiking the Appalachian Trail (1993), Pacific Crest Trail (1999) and Continental Divide Trail (2005). The hikes totaled 8,000 miles through 22 states, each took four and a half months to complete, along the way he caught Lyme Disease & Giardia, experienced a marriage and a divorce, and met countless wonderful people. These efforts culminated in a written narrative Trilogy describing life on the trail that will be available for signing and purchase.

### **Contra Dancing with Riverbend**

Saturday 9:00 p.m. - 11:00 p.m.

Put your dancin' shoes on! "Riverbend," ) playing lively tunes in aid of celebration and joyful dance, blends vocals with a variety of stringed instruments. Joining Riverbend (Myra MacLeod, Mary Carfagna, Rob Huffman and Ron Carlson) will be Rich Leufsdedt on bass, Rick Quimby on keyboard and Bill Fishcher ([www.billthedancecaller.com](http://www.billthedancecaller.com)) as the contra dance caller. The musicians are well seasoned in the art of dance tuneage, and are most entertaining as well!

### **Bonfire**

Saturday 9:30 p.m. - ?

Amphitheatre

Enjoy the company of your fellow AMC'ers around a roaring fire! Bring your own beverages.

## **Sunday Programs**

### **Dutch Oven Cooking Clinic**

Don Martin, Co-Owner, Blackstone Valley Outfitters ([www.bvori.com](http://www.bvori.com))

Sunday, 9:00 a.m. - 10:30 a.m.

For hundreds of years people have been cooking with the magical Dutch ovens. Join Blackstone Valley Outfitters for a cooking experience. The clinic will cover: choosing a Dutch oven, curing your Dutch oven, how to determine cooking temperatures with charcoal, tools required, and cooking & eating food.

### **New England Ice Climbing - Exploring the extensive new route potential of New England's mountains and hollows during winter.**

Matthew McCormick, Outdoor Research

([www.outdoorresearch.com](http://www.outdoorresearch.com)) & ([mattmccormickclimbing.blogspot.com](http://mattmccormickclimbing.blogspot.com))

Sunday 9:00 a.m. - 10:30 a.m.

Over the last 10 years Matt McCormick has developed some of the northeast's most cutting edge ice and mixed routes. This presentation shares the trend of northeast climbing over the last 20 years to today's inspiring routes on par with the best in the country.

### **Pakistan Expedition 2010 - Alpine climbing and cultural experiences through the worst monsoon season in Pakistan history.**

Matthew McCormick, Outdoor Research

([www.outdoorresearch.com](http://www.outdoorresearch.com)) & ([mattmccormickclimbing.blogspot.com](http://mattmccormickclimbing.blogspot.com))

Sunday 11:00 a.m.-12:30 p.m.

In the summer of 2010 Matt McCormick traveled to the Charakusa Valley of Pakistan to attempt new routes on the many inspiring peaks contained in this beautiful valley of the Karakorum. The summer of 2010 also presented one of the worst monsoon seasons ever to hit Pakistan. While the climbers struggled to find good weather windows during which to attempt their objectives, millions of people around Pakistan struggled for their lives and

homes. This show combines high quality photos and video with inspired story telling of success, failure, and an incredible cultural experience in the Karakorum Range of Pakistan.

### **Dehydrating Your Own Trail Food**

Don Martin, Co-Owner, Blackstone Valley Outfitters ([www.bvori.com](http://www.bvori.com))

Sunday 11:00 a.m. - 12:30 p.m.

Tired of eating the same factory dehydrated food? Join Blackstone Valley Outfitters on a culinary experience. During our clinic we will go over: tools required to dehydrate food, preparing foods for dehydration, times required to dehydrate different foods, re-hydrating your food, taste testing re-hydrated food, plans for building your own dehydrator.

### **Canoe the Quinebaug - Section 2, Faybian Ct to West Thompson Reservoir**

Suitable for most ages

Sunday 10:00 a.m.

Leader: Ken Pickren ([kenpickren@charter.net](mailto:kenpickren@charter.net))

Co-leader: David Cole ([davcole550@aol.com](mailto:davcole550@aol.com))

This is a 7 mile stretch of the scenic and newly designated National Scenic Waterway. Quickwater and flatwater sections with a beautiful lake at the end, with a possible swim if weather permits.

**Bring:** boats, paddles, pfd's, lunch and snack, bathing suit and towel, change of clothes

### **Family Hike at Broad Meadow Brook Conservation Ctr. & Wildlife Sanctuary**

Suitable for all levels

Sunday 10:00 a.m. (3 hours)

Leader: Barbara Dyer ([barbaradyer@hotmail.com](mailto:barbaradyer@hotmail.com))

This 2 mile hike will explore Mass Audubon's urban wildlife sanctuary which has over 400 acres of woods, fields, streams, and marsh. Admission free for Mass Audubon members, Worcester residents & Greater Worcester Land Trust members. Non-member adults \$4.00, non-member children (2-12 years) & seniors \$3.00

**Bring:** water and lunch

## **Family Programs**

(Family activities are also listed separately for each day. There are many other activities throughout the weekend that are suitable for families.)

### **Family Movie**

Friday 7:00-9:00 p.m.

Join other families as you watch a fun filled movie.

### **Family Hike at Purgatory Chasm**

Easy - suitable for all ages

Saturday, 10:00 a.m. (3 hours)

Leader: Barbara Dyer ([barbaradyer@hotmail.com](mailto:barbaradyer@hotmail.com))

This is a slow paced 2 mile ramble through a unique natural landmark, with rock formations, and granite walls rising up to 70', and plenty of caves to explore.  
<http://www.mass.gov/dcr/parks/central/purg.htm>

**Bring:** lunch and water

### **Family Outdoor Games, Drawing Contest, and Trivia Contest**

Saturday 3:00-5:00 p.m.

Leader: Barbara Dyer ([barbaradyer@hotmail.com](mailto:barbaradyer@hotmail.com))

Join other family outdoor enthusiasts for these great afternoon events.

### **Family Bike Around Prindle Pond**

Suitable for all bike ages

Saturday, 4:00 p.m. - (5 miles)

Leader: Colleen McLaughlin ([colleen.mclaughlin@comcast.net](mailto:colleen.mclaughlin@comcast.net))

This is a fun very slow paced pedal around the pond on the country roads at our encampment.

**Bring:** helmets, water, and a snack

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### **Family Geocaching Ride**

Easy

Sunday 1:00 p.m. (8 mile loop)

Leader: Colleen McLaughlin ([colleen.mclaughlin@comcast.net](mailto:colleen.mclaughlin@comcast.net))

On-road cycling to local Geocaching site

**Bring:** helmet, water, snacks, GPS for geocaching