What is a Presidential Range Hike really like?
Find out at the AMC-NH Chapter Pot-Luck Social Dinner Program
Sat., Feb. 21 in Concord, NH
Guest Speaker: Tim Kennedy

Tim Kennedy has been an active trip leader for the NH Chapter for over 30 years and has been taking part in the Presidential Range Hike (PRH) since 2002. Come and learn about the PRH which has been a tradition of the AMC for over 40 years. Tim will tell us about hail storms and lightning bolts and how he pulled a magic bus out of thin air last year. He has also spoken before at a NH Chapter dinner (Why my wife won’t hike with me anymore!) and he has said that this too, will be entertaining.

So come and join in the fun and camaraderie at our first annual Pot-Luck Social Dinner Program! Open to all—members and non-members. During our social hour share your latest adventure with friends; meet new friends; win door prizes. Just send in the registration form on page 6 so we know how many of you to expect. Then show up with your favorite pot-luck dish and a smile on your face. Beverages (non-alcoholic only) will be provided by the Chapter. Register early as seating is limited to 60.

Set your Mountain Passages delivery preference to electronic delivery on the new AMC Member Center

AMC’s new Member Center makes it easy for you to set your preference for receiving Mountain Passages—either through the mail or via an email link. Join the hundreds of other AMC-NH Chapter members who are helping the environment and saving the chapter money in printing and postage!

Important Note: even if you were previously receiving Mountain Passages electronically you’ll need to set your preference in the AMC Member Center. Email preference did NOT carry over. In the Member Center, you can also check your member status, renew your membership, update your address, and change your chapter affiliation.

Mountain Passages is distributed six times per year. The same day each issue mails, you’ll get an email alert with a link to the members-only online version of Mountain Passages. Update your member profile now at www.outdoors.org/membercenter.

Deadline to register for the Pot-Luck Social Dinner Program is Feb 13.
See page 6 for a reservation form and directions.

Check out the Winter Workshops on page 3!
Who's Who in New Hampshire

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Treasurer  
Mitch Manseau  603-744-2332

Secretary  
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AMC-NH Chapter Website  www.amc-nh.org

Address changes and membership renewals:  
AMC Member Services, 5 Joy Street, Boston, MA 02108  
617-523-0636 or www.outdoors.org/membercenter

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Mountain Passages

Advertise in Mountain Passages

The AMC NH Chapter membership is over 10,000 strong. Members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking.

If you have a product or service that New Hampshire AMC members would benefit from, consider advertising in Mountain Passages, published six times a year!

Display ad rate: $12 per square inch (4 sq. inch min.)
Classified ad rate: $1 per word (20 word minimum)

Email newsletter@amc-nh.org for a rate sheet.

The AMC-NH Chapter reserves the right to refuse ads that are not related to the mission of the AMC (outdoor adventure, education and conservation).

For more information, or to place an ad, email newsletter@amc-nh.org or call 603-566-8270.

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Submitting Articles & Photos

Members are welcome to submit articles or photos to newsletter@amc-nh.org. Articles may be submitted as MS Word docs and may be edited to meet space and style requirements. Photos must be high resolution: 300 DPI when sized to about three inches wide. If you set your camera to the highest or best quality setting, this will produce a high resolution image. Lower resolution images may look sharp on your camera or computer screen, but do not work in print. Please save the image as a JPG file. The image must not include a date stamp or caption embedded in the photo. Please include separately as text caption, the names of the people in the photo, where it was taken and the photographer. Email photos and text as attachments to newsletter@amc-nh.org.

Publication is on a space-available basis at the discretion of the editor. While Mountain Passages does not pay for submissions, a byline or photo credit is given.

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Moving?

Contact AMC Member Services for address changes or membership renewals. To update your member information:
- Call 617-523-0636 Ext 0
- Or visit www.outdoors.org/membership

Please note AMC-NH officers and committee chairs cannot take updates to your membership information.
The New Hampshire Chapter Annual Winter Workshops

Just because it’s winter doesn’t mean you have to hang up your backpack until spring. Come to Cardigan Lodge February 27 to March 1 and learn how to go out and explore the New Hampshire wilds this winter, safely and with confidence. Both workshops are designed to teach what you need to know for safe travel in the winter mountains.

Classes are offered that cover almost every aspect of winter backcountry travel and safety. The weekend is filled with field exercises, lectures and group discussions. Please choose only one class per workshop. Your time will be divided between your individual class and activities with the entire group. Plan to spend extensive time outdoors. And when you’re not learning, there is plenty of great food to fuel you! If you are not sure which class to pick, just ask one of our Workshop Directors.

- Winter Wilderness Travel (Beginner, Intermediate, Advanced)
- Backcountry Skiing (Beginner, Intermediate, Advanced)
- Mountain Ski Touring
- Leadership & Mountain Skills
- Intermediate Winter Backpacking

The workshops will begin promptly at 7:30 p.m. Friday evening and end Sunday afternoon at 4 p.m. Cost is $110 for AMC members or $120 for nonmembers, and includes lodging, excellent meals, materials, and instruction.

For further information and to register online, go to our web site (amc-nh.org) or send a business-sized self-addressed stamped envelope to the Registrar: Lynda Caine, 64 South Bow Rd., Hooksett, NH 03106. Do not send any check or money at this time; send it with your completed application. You must be 18 years or older to attend. For more information please contact Directors Rick Silverberg (603-225-5921, 7-10:30 p.m.) or Bob Humphrey (603-456-3708, 7-10 p.m.).

Learn how to go out and explore the New Hampshire wilds this winter, safely and with confidence.

Moultonborough Academy Outing Club Members Eager for Adventure

On October 18th Carolyn Nelson and Karin Conn, AMC members and co-advisors of the newly formed Moultonborough Academy Outing Club, led a group of students on a hike to the Carter Notch Hut. “The students were thrilled to climb and explore the boulders and caves when we arrived at the hut,” said Nelson. “We also met up with the Inter-lakes Outing club there where we shared in meal preparation and a genuine convivial atmosphere.

In the morning the group headed over Carter Dome, then on to Mt. Height. “Although it was an arduous trek for most, the group was eager to begin planning their next adventure,” said Nelson. The Outing Club has since hiked Bald Knob in Moultonborough and enjoyed an evening of indoor rock climbing at Vertical Dreams in Manchester. “We look forward to more outdoor adventures with the AMC,” said Nelson.
A few issues of MP ago we shared with you some ideas for fall hiking. Let’s talk about places to get outside and try out those new snowshoes you may have received for Christmas.

You know, winter is a great time for hiking! It’s easier to manage your body temperature than it is in the gloomy, rainy days of November or April, when temperatures in the 40s and 50s combined with damp, moist air make a good setup for hypothermia.

The ideal conditions in winter are temps well below freezing, calm winds, and nice solid snow underfoot. When you first start out, you’ll be layered up with a polypro or wool bottom layer, a fleece or wool top, water and wind-resistant pants, and maybe a shell on top. Oh, hat and mittens, of course.

It won’t take long—maybe 10 minutes—before you’ll stop to shed that shell. Maybe put aside the Peruvian wool hat for a fleece head band or ball cap. Another short time, if you’re going uphill and you may be layered right down to the base layer on top, even if it’s +10° out!

If you’re brand-new to snowshoeing, take it easy to start. You’ll be surprised at how much energy you expend breaking trail in your backyard or on the local golf course. If the golf course has trails groomed for snowshoeing (please stay off the XC ski trails) it will be a pleasant surprise to find how much easier it is than breaking virgin snow!

Here are a few ideas for when you tire of making the circuit around the back 18. As always, it’s more fun and safer to go with others. Bring some food to share, and water to stay hydrated in the cold, dry air.

**Flat to Rolling Terrain**

So. NH Website: www.svl.org/Trails/Default.asp.

*Joe English Reservation, Amherst*. There are several trails here totaling 10 miles in extent. Motorized vehicles are prohibited, including snowmobiles. Amherst has several other trails as well.

*Town of Milford trails*. Milford has several miles of trails varying from old railroad grades (flat!) to the pleasant woods of Mayflower Hill Town Forest, practically right downtown.

**Gentle Hills**

*Wapack Trail, New Ipswich*. The section of the Wapack (that’s Mt. Watatic/Pack Monadnock) north of Rte. 123 between Sharon and New Ipswich is a bit more challenging—steeper slopes, (not mountainous by any means) and a bit more isolated. The reward for the hiker is great views, especially of Grand Monadnock to the west. Kidder Mt is off this section of the Wapack (don’t worry; it’s really just a hill).

The Friends of the Wapack publish an excellent trail guide with map which you can find at many local bookstores. www.wapack.org

*Monadnock-Sunapee Greenway, Stoddard*. The MS Greenway stretches for 50 miles between the two mountains; Grand Monadnock itself is not in the beginner category in winter, but Pitcher Mountain in Stoddard and the Greenway immediately to the south and north can provide an excellent and vigorous workout, with the benefit of terrific views ranging from Mt Sunapee to the north, Grand Monadnock and Mt. Watatic to the south and Ascutney to the west.


**Guided Snowshoe Hikes**

A good resource is http://trips.outdoors.org, the AMC website. Enter the keyword snowshoe and you will get a bunch of trips. If you narrow the search to a region of interest the list will be more manageable. The NH Chapter’s website, http://amc-nh.org lists all the chapter’s trips for a given month.

You’ll find a variety of snowshoe hikes guided by volunteer leaders from AMC chapters. Many will be beyond the category of beginner but there are always some beginner trips to fun and challenging locations around the state!
Hiking the Whites Goes to the Dogs
by Per Frost

Since early April 2008, my wife, Helle, and our now 1½ year old Airedale, Cinnilla, have been hiking the 4Ks in the White Mountains. We have never done this before but at the time of writing Per has completed 44 and expects to complete all 48 before the winter; Helle has done 20 and Cinnilla has done 23.

During our many hikes we have on several occasions been asked by fellow hikers “Is this the Airedale from the website?” The answer is no. People are referring to Duffy, a legendary Airedale who has a remarkable set of hiking accomplishments, including hiking all trails to Mt. Washington and completing the Winter 48 4Ks. Duffy is Cinnilla’s idol and she will attempt to repeat at least some of Duffy’s achievements. Her first goal is to complete all the 48 4Ks and become a member of the 4K Club. She hopes to do that in the 2009 season.

In her first year of hiking she crossed a roaring Gale River in the middle of April and climbed the slide to Owl’s Head with its difficult footing—both major challenges for a young dog. She also had her first encounter with a moose on the way to Isolation and decided wisely that Mr. Moose is the king of forest and has the right-of-way.

Airedales make great hiking companions. They are sturdy and have a “never-give-up” attitude. However, all our hikes are carefully planned to ensure Cinnilla is not pushed beyond her capacity. She does not carry a backpack, as this will limit her mobility and balance, which she needs for the difficult sections. So, Per acts as the “mule” carrying plenty of food and several gallons of water to ensure she is sufficiently hydrated at all times.

Per Frost is a member of AMC-NH from Meriden, NH.

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To order online by credit card visit the NH Chapter website at amc-nh.org and click on NH Chapter Store.

For more information or to order off-line, contact Mary Harrington, 603-524-1464 (before 9 p.m.) or email at thndrbrd@worldpath.net. Off-line payments must be by check or money order.

Learning More

Each year the NH Chapter holds two winter workshops at Cardigan Lodge where you can learn a lot about being outdoors in the winter—everything from what kinds of clothes to wear to brands of snowshoes to map and compass use to personal safety. This year the dates are Jan. 9-11 and Feb. 27-March 1. The cost is extremely reasonable and there are a variety of classes available. http://amc-nh.org/committee/excursions/winter_workshop_2009.php

Have fun this winter. We look forward to seeing you on the trail!
Since I was a kid, I had always dreamed of hiking Mt. Washington, and sure, I had gone up it by the Auto Road one summer about 10 years ago while I was camping after college. I have always enjoyed the outdoors—heck, that is why I am a grounds-keeper for a school district. I use my love of the outdoors as my exercise and have walked many trails along a State Park in MA to get to this point.

On July 12, I left my house early, kissed my sleeping wife goodbye, and told her I would see her later. I drove 2.5 hours and arrived at the base of the Cog Railway. I got my gear together and headed for the Ammonoosuc Ravine Trail, where I was talking with Paul, his son, his nephew, and their dog, who were surprised that I was doing this trail alone.

You see, on Nov. 18, 2006, I entered a program through Portsmouth Regional Hospital for gastric bypass surgery. I weighed in at 522 lbs. and needed to lose 72 lbs. for the surgery. After a combination of diet and exercise, on Jan. 15, 2008, I had a successful surgery.

That July, I hiked up to Lakes of the Clouds hut, where I ate my lunch and refilled my water bottles, then headed up to Washington. About halfway there I met up with Paul and the gang heading down. They congratulated me on my accomplishment so far. The top was almost in sight. I reached the top late in the afternoon. I was so happy—I still cannot explain it.

I took the Cog down the mountain. It took me 7 hours to get to the top and, even though I had my head lamp, I was not sure on how long it would take to get down.

I have lost a total of 172 lbs. Considering that by medical standards, I’m still obese, I think I did pretty dang good for my first 4000 footer in NH. Next time, I will leave earlier and hike up and down it in the same day.

Scott Burt is a member of AMC-NH from Sandown, NH.
**Avalanche Awareness Workshop**

Do avalanches happen in New Hampshire? Yes! There are many avalanches in the White Mountains every winter. Don’t be caught unaware.

If you missed our avalanche workshop in December, here is another chance to learn about avalanches this winter. The AMC-NH Mountaineering Committee is offering a weekend avalanche workshop at Pinkham Notch on March 21 & 22.

Come enjoy the longer, warmer days of early spring when there will be lots of snow to study. This two-day indoor/outdoor course is for hikers, skiers, and all snow travelers who are unfamiliar with the avalanche hazards lurking in their winter playground. Learn the basic information needed to travel safely in avalanche country, including how to recognize hazardous terrain, weather, and snow conditions. Cost is $60, plus $15 transceiver rental.

Contact Thor Smith (603-224-4388) to register, or for more information.

**Upcoming Events**

**February**
7 AMC’s 2009 Annual Meeting, Sheraton Ferncroft Resort in Danvers, MA. Workshops 10 am to 4 pm; business meeting at 4 pm; keynote speaker Greg Mortenson, mountaineer and author of New York Times Best Seller *Three Cups of Tea*. Seats are already selling quickly, so register today!

21 AMC-NH Pot-Luck Dinner Program, Concord, NH. Topic: *What is a Presidential Range Hike really like?* Guest speaker: Tim Kennedy

27 - March 1 Winter Workshops. Cardigan Lodge. See page 3 for details.

**March**
21-22 Avalanche Awareness Workshop, Pinkham Notch. Contact Thor Smith at 603-224-4388 for more info.

27 - March 1 Winter Workshops. Cardigan Lodge. See page 3 for details.

**April**

24-26 Club-wide Spring Fling, Mohican Outdoor Ctr.

24-26 Spring Workshop at Cardigan Lodge. More info to come.

**May**
2 Chapter Activity Day. See article at left for more information.

More information about these events and many more can be found at amc-nh.org and outdoors.org/about/calendar or see AMC Outdoors magazine.

**NH AMC Chapter Activity Day**

**Save the Date — Sat., May 2!**

Mark your Calendars for a fun filled day at this year’s Chapter Activity Day (CAD)! The date is Sat., May 2, and it will once again be held at the AMC’s Cardigan Lodge.

If you’ve never seen our lodge and the many trails we have in the area, it’s well worth your time. It is truly a unique and wonderful area.

Come get to know what things the NH Chapter offers in terms of outings. We are a lot more than just a hiking club, we do everything from nature photography to white water kayaking, rock climbing to nature walks and so much more. So set this date aside to join in the fun with other members, some of the Chapter’s leaders, and get to know your chapter. Come to CAD!

For more information, contact Bob Humphrey at 603-456-3708 (7-9 p.m. ONLY) or at bobh@mcttelecom.com.

**Classifieds**

**Manager Wanted.** AMC’s Cold River Camp North Chatham, NH Information at outdoors.org/about/employment/parttime. Please submit a resume, a letter of interest detailing previous experience and qualifications, and three references to: Mark Winkler, Search Committee Chair, 17 Southview St., Pleasantville, NY 10570 or email coldrivercamp_amc@yahoo.com.

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