It’s Not About the Hike!

Well, then… what is it about?
Find out at the AMC-NH Chapter Pot-Luck Dinner
Sat., Feb. 20 at the Wesley United Methodist Church, Concord, NH. Come and join in the fun at our Chapter’s second annual Pot-Luck Dinner and enjoy a great presentation that will be exciting, uplifting, inspiring, moving, emotional, and breathtakingly beautiful! [Read more]

Notes from the Chair, by Eric L. Savage
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Warm-weather Dreaming—Cycling Vermont’s Missisquoi Valley Rail Trail, by David Ross and Anne Gwynne
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Winter Workshops Reminder
Cardigan Lodge Jan. 22, 23, & 24 or Feb. 26, 27, & 28 [Read more]

Friday Night Ski Social Jan. 29 at Gunstock
Alpine & Telemark Skiers and Snowboarders are All Welcome! [Read more]

Ice Climbing Clinics for Beginners and Intermediates
Jan. 9 and Feb. 20 in North Conway [Read more]

Wilderness Paddling Expedition Planning and Class II White Water Paddling School [Read more]
It's Not About the Hike! Well, then... what is it about?

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Come and join in the fun at our Chapter’s second annual Pot-Luck Dinner and enjoy a great presentation that will be exciting, uplifting, inspiring, moving, emotional, and breathtakingly beautiful!

Nancy Sporborg and Pat Piper, two 50+-year-old non-hiking women, started walking the sidewalks of Keene and ended up climbing the 4,000-footers in New England (all 67). They thought they were just going out for a hike when they climbed their first mountain. They were wrong. They were beginning the journey of a lifetime! Pat and Nancy have reached the summits of over 170 mountains since 2006. They have walked more than 1,000 miles and gained over 300,000 feet in elevation. But it's not about the numbers. It's about who they are becoming as they hike. Pat and Nancy are discovering the strong, courageous, determined, joyful women inside themselves. Hiking has shown them the way to their hearts and given them a glimpse of who they really are.

Come hear this inspirational and extraordinary story of Nancy Sporborg and Pat Piper’s journey and what they found inside themselves as they hiked over the summits of mountain after mountain through all four seasons. Thirs is not a story of "look at us...we did this." It is a story of "look inside you...you can do this too."

We all have our own mountains to climb. They may be 4,000 footers in the White Mountains, raising children, caring for aging parents, tackling a tough project at work, or making ends meet in a difficult financial time. This inspirational and uplifting presentation is for anyone who has struggled to accomplish anything.

Open to all — members and non-members. No cost to attend! Online registration is appreciated. If you prefer, you can fill out the registration form below and mail it to the address indicated. Circle the type of pot-luck dish you plan to bring and share. Then place in the mail.

**Directions:** From Rte. 89, take the Clinton St. exit, Exit 2. At the end of the ramp, turn right (East) toward town. Wesley UMC is on your right, approx. one-mile from Rte. 89 at the corner of Clinton St. (also Rte. 13) and Norwich St. A large parking lot is off Norwich St. which runs along the east side of the church. www.concordwumc.org.

**For questions or additional information call:** Janice Bremer, Hospitality Co-chair, at 603-672-9626 (6:30 to 8:30 p.m. only).

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**Registration Form**

AMC-NH Chapter Social Pot Luck Dinner Program  
Saturday, February 20, 2010

Non-alcoholic beverages provided by AMC-NH Chapter. **No alcohol permitted on church premises.**

Please indicate the type of dish below you plan to share:

- [ ] Appetizer/Salad  
- [ ] Entrée/Side Dish  
- [ ] Dessert

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Please send Registration Form by **Sat., Feb. 13 to:**

Janice Bremer, 50 Quarry Circle, Milford, NH 03055

Or, email to Hospitality@amc-nh.org

You will NOT receive a confirmation.

However, if this program is cancelled for any reason you will be notified.
Notes from the Chair

by Eric L. Savage

A new year and winter are upon us, and though we may be tempted to follow the bears into hibernation, especially after all the holiday feasting, the club offers a lot to do outdoors — and OK, indoors, too. Whether you’re a seasoned winter fanatic or looking to try something new, check out our listings, online or in the Outdoors magazine.

Although the Ski Committee is relatively new to our Chapter, celebrating its third season this year, it was formed by many experienced skiers from our Excursions and Mountaineering Committees and is again offering a full program of events, including a series of instructional opportunities. The Mountaineering Committee offers ice climbing, including a couple of instructional sessions, in addition to their weekly indoor climbing nights.

If you’re not looking to take up a new sport, you can extend some of your current activities into the winter (sorry, paddlers — though there are some out there pushing the limits). For hikers, the descent of winter does not have to send us scurrying inside with only our maps and plans for next spring to keep us warm. I can personally recommend the Winter Workshops, at Cardigan Lodge, as a great opportunity to extend your hiking experience into the fourth season or to improve your existing skills and knowledge. The workshops also include sessions for backcountry skiers. Full disclosure: I’m one of the instructors (but most of them are even more experienced than I am, so you’ll be in good hands).

As for the indoor opportunities I mentioned, in addition to our next dinner program (which I can also highly recommend) and the ongoing Young Member socials, I was thinking of the AMC Annual Meeting on January 30. For me, one of the best things about becoming vice chair was attending club-wide gatherings and meeting people from different chapters. But this opportunity has never been restricted to those of us in executive positions and I wish I had done more of it sooner. The “meeting” is really a full day of conservation, education and recreational workshops and an Exposition showcasing AMC Chapters, destinations, and volunteer opportunities, topped off by the business meeting and dinner, with a keynote speaker.

At the business meeting, outstanding volunteers will be recognized and we — and by this, I mean the whole membership — will elect club officers and members of the Board of Directors. Notable among the new candidates is the nominee for Regional Director, North: our own past chair, Sam Jamke. We look forward to working with her and the rest of the Board as we pursue the goals and carry out the vision of the Club.

I encourage you not to wait until you have a leadership position in the Chapter to take advantage of this opportunity to mingle with other outdoor enthusiasts from as far away as Washington, D.C., and learn more about what’s going on beyond our chapter. And for many of us, this is an easy day trip since it happens a mere half hour south of the border in Danvers, Massachusetts.

See you out there!

Eric L. Savage
NH Chapter Chair
Warm-weather Dreaming
Cycling Vermont’s Missisquoi Valley Rail Trail
by David Ross and Anne Gwynne

We know it’s the middle of winter and you’re not likely to be out bicycling, but Anne and I wanted to share with you a great experience we had this past September. Perhaps when warm weather returns, you’ll be inspired to do a similar ride.

Our interest was piqued by an article written by local syndicated columnist Tim Jones in our city newspaper. We had been looking for a quick and easy expedition to do with our friends Trudi and Marty, with whom we had cycled the hilly terrain of New York’s Finger Lakes last year. This adventure was closer to home, and easy to do on two weekend days plus a Friday half-day.

**The Rail Trail.** A rail trail provides a startling contrast to the typically hilly roads and single-track of New England. Back in the days when the railroad was the most economical and reliable form of transport in the region, nearly every hamlet was connected in some way by a ribbon of iron. Because locomotives pulling heavy loads can rarely climb a grade exceeding 3 or 4 percent, rail beds were laid out to avoid as many hills as possible.

Throughout the area, river valleys provided a useful route for the rails. Water conveniently doesn’t like to climb hills any more than locomotives, and the occasional waterfalls and cascades could be dealt with by bridges, cuts and fills and even tunnels.

We drove up to St. Albans on Friday afternoon, and enjoyed our comfortable accommodations at a quaint B&B close to downtown. After a yummy breakfast, featuring waffles with Vermont maple syrup, we headed to the opposite end of the trail in Richford. There we left the car and set off back toward St. Albans.

Richford to St. Albans. The Missisquoi Valley Rail Trail, MVRT, is a 27 mile route in the northwestern part of Vermont. The trail is almost entirely surfaced with a smooth crushed limestone coat. There are short areas of asphalt at either end and at the many agricultural crossings.

The four of us marvelled at the contrast with our New Hampshire scenery. Here in Vermont we had vistas over rolling fields of cows and late corn. Farmyard after farmyard passed by as we easily cycled along, the odor of cow manure tweaking our noses. Vermont may have more people than cows these days, but from the trail those cows ruled!

On one occasion we even had to come to a halt while farm workers herded a bunch of Holsteins across the trail. There were gates conveniently provided to shut off the trail and direct the bovines from one field to the other. That’s a good reason, by the way, to have fenders on your bike, and to use a hydration system rather than low-slung water bottles.

**The Return Ride.** After reaching St. Albans we took Route 36 east from downtown to our Saturday night accommodations several miles out of town. This involved climbing a very steep hill which we hadn’t anticipated. What a contrast to the rail trail!

This B&B proved to be just as warm and comfortable as the previous one, and the hostess was glad to provide us with dinner, so that we didn’t have to do another round-trip to St. Albans.

Sunday morning dawned chilly and rainy, and we were glad to have our rain gear along in our panniers. We stoked up on another beautiful breakfast, and set out for a point part way along the rail trail, riding easily along the rolling roads, admiring the vistas despite a gentle rain.
There was virtually no traffic on this back road until we came to a Vermont traffic jam of Holsteins plodding from one pasturage to another. We waited until they shyly walked by us, then continued our ride.

The lack of wind, and relatively warm temperatures, kept us warm even with moderate pedalling, and we were soon back on the rail trail at Sheldon Junction. In bygone days the MVRT was crossed here by the line wending its way up from Morrisville and points south. I wondered how many trains passed by here each week, and who and what they carried, and how many people owed their livelihood to the railroads. Just traces remain now.

As the day wore on, the weather improved, and soon we were stripped down to jerseys and shorts. After a lunch in a café in Enosburg Falls, we soon were back at the car, after a very enjoyable day and a half cycling the countryside of the Green Mountain State.

Our Bicycles. The four of us used mountain or hybrid bikes for this outing, although a wide-tired touring bike would have been equally satisfactory. Because we were staying overnight at a B&B, we carried a change of clothes and rain gear in panniers attached to rear racks. This proved to be a comfortable way to carry the load, and the wide tires provided plenty of traction and cushioning on the gravel-covered route.

Anne and I are considering investing in touring bikes equipped for longer outings. For now, we were pleased with our experience on the MVRT, and we highly recommend it to cyclists of any age.

Ice Climbing Clinics for Beginners and Intermediates
Jan. 9 and Feb. 20 in North Conway

The NH Chapter Mountaineering Committee will be offering two ice climbing clinics this winter with the International Mountain Climbing School in North Conway. The first session on Sat., Jan. 9 is especially suited for beginners, and the second session on Sat., Feb. 20 is oriented toward those with some previous experience.

Instruction will focus on climbing technique, including movement and balance on steeper terrain and climbing with one and two tools. More experienced students will have the opportunity to refine their technique, practice climbing more efficiently, and try new gear.

Previous rock climbing or mountaineering experience is required to participate in either session. The cost for each clinic is $75 and includes guide fees and individual rental equipment. Participants will need to provide appropriate winter clothing. Bring basic climbing gear if you have it.

Space is limited and the clinics will be filled on a first come first served basis. Contact Marianne Roy for more information (603-434-9388 before 9 p.m.; Marianne@Roy-Associates.biz).

AMC’s 2010 Annual Meeting

The AMC’s 134th Annual Meeting will be held Sat., Jan. 30 at the Crowne Plaza Boston North Shore in Danvers, MA. This event is open to members and non-members alike. Diverse workshops will be offered throughout the day and an Exposition will showcase AMC Chapters, destinations, and volunteer opportunities.

Dinner in the evening features the keynote speaker, author, adventurer, and photographer Jonathan Waterman whose latest book, Where Mountains are Nameless: Passion and Politics in the Arctic National Wildlife Refuge relates his journeys into the Arctic Refuge.

For more information and to register, go to outdoors.org.
Annual Presidential Range Hike
by Tim Kennedy

Each year starting in January, 21 strangers sign up for an eight-day trip through the White Mountains in July. The first day is the meeting of all the participants and the four leaders at Pinkham Notch Visitor Center. The trip really starts the next day as we ride a big yellow school bus over to Franconia Notch. By the time the trip ends on the following Sunday at Madison Hut, we are no longer a group of strangers but rather a family of new friends. These new friends tend to keep in touch for many years. This wonderful bonding is really the heart and soul of the trip.

The group of participants typically varies dramatically in their hiking experience and their age. Last year we had a father and his 18-year-old daughter. Several of the others were in their mid-sixties. Some are brand new to hiking. For a few, the trip is a visit to familiar mountains. I try to make sure that everyone is ready for the trip so I start sending out “encouragement” letters by early March. These letters suggest they lose those 20 pounds that they always wanted to and to start getting in great shape. Carrying your pack around your neighborhood every other night is sure to get a few comments. I also tell them to stop using the elevator and to hike up those stairs.

The trip itself goes from hut to hut. We stay at Pinkham, Greenleaf, Galehead, Zealand, Mizpah, Lakes, and Madison. The day from Greenleaf over to Galehead is considered to be the hardest. The day from Galehead over to Zealand is a great day. We try to get as many folks as possible over to West Bond. All you can see is more mountains from there. We also make sure that all the new folks enjoy the spectacular view from Mt. Zealand. But we make up for our little joke by enjoying the views from Zeacliff. The extra rest day at Zealand Hut would not be complete without a trip over to Thoreau Falls to enjoy the great swimming holes on a bright summer day.

That evening the participants put on some hilarious skits. The day from Zealand over to Mizpah is cool. We all get our clean clothes bags and a chance to have an ice cream at the Highland Center. The true heart of the trip is really from Mizpah Hut over to Madison Hut. When the weather is good, the views from the Northern Presidential cannot be beat. On those times when the weather is bad, the participants are glad that they have four experienced leaders who have no trouble finding the trails through the pea soup thick fog and wind. On the last Sunday morning we have graduation where only those that do the entire trip get the coveted PRH patch.

Have I got you interested? Last year I had a fellow from Great Britain, a lady from Mississippi, and another lady from Ontario, among others. Who knows where the folks will come from next year? Maybe you will meet someone like “Wayne the Train” or “Iron Mike” or “Lovely Leona” or “The Iron Maiden.” You never know what new friends you will make on the Presidential Range Hike.
Lessons Learned: A Warm Hiker is a Happy Hiker

by Renée Robertie

Sometimes I just have to learn the hard way. Although I had dabbled in winter hiking back in my college days, and had enjoyed winter day hikes of 4,000 footers over the previous few years, and had even taken the AMC-NH’s Winter Workshop on winter backpacking, I wasn’t prepared for one bitterly cold February a few years ago.

I planned to hike Carter Dome with friends and stay at the Carter Notch Hut. Simple enough: an easy 3.8 mile hike up the 19-Mile Brook Trail, a short break at the hut, then summit Carter Dome. The weather report was cold and clear.

My companions were gung-ho hikers, whereas, I’m the slow and easy, enjoy-the-way type. Pushing too hard, I cramped by the time we got to the hut. The summit would not be an option for me that day. Though disappointed, I know my limits and instead did my best to warm myself in the hut.

The hut was full to capacity, and then some, when three rugged hikers intending to tent, instead opted for and were granted quarters. We had merry conversation and dinner complete with a bottle of wine. I held off on drinking tea or cocoa so nature’s call wouldn’t require a night-time venture outside.

Hikers gathered thickly around the weather station for the evening entertainment. With each wind gust, the digits nudged deeper into negative numbers. Amid thunderous cheers, cameras flashed to capture the moment when the wind chill reached a low of 44 below.

At 9 p.m. we reluctantly left the warmth of the hut and headed for our bunks. The hill to the bunk houses was glare ice, requiring us to fasten crampons in the bitter cold, with frozen fingers. We noted with awe the clear, starry sky.

I was optimistic. I had, I thought, prepared well: a new 20 below bag; a Nalgene® hot water bottle; down booties; hand and toe warmers; and, most importantly sheer determination to manage the cold. I snuggled into my nicely lofted sleeping bag, then alternately scrunched and shivered through a long, bitter night.

The faint glimmer of morning light through the window was a welcome relief. The walls of the hut were thick with frost—the INSIDE walls, that is. Realizing I needed to get to the hut to warm up, my sweetheart, Tom Hampton, asked “How do you want to do this,” half thinking he’d need to carry me. “Helicopter” I replied. He laughed. I wasn’t joking.

I managed to get to the hut on my own two crampons. The woodstove was lit—either due to the hut guy’s compassion or because he realized he would have had a mutiny had he refused. Early risers had secured front row seats. I must have looked like hell, since folks cleared a path when I arrived. I sat like a jumbo banana wrapped in my bright yellow not-really-20 below-bag. Defrosting, I heard animated tales of survival.
The next year, I headed back to Carter Notch Hut for a do-over. Darn it! I needed to get it right and to bag Carter Dome in winter. Here’s what I did differently:

**Clothing:** My layers had been right-on with a base moisture-wicking layer, and a middle insulating layer topped with a Gortex® jacket plus plenty of options for venting. I was already good at making adjustments to modulate my temperature. My mistake the year before was not changing out of the moist clothes I had hiked in once we got to the hut. Fresh long-johns, thick fleece pants and a better quality down jacket made all the difference.

**Food & Drink.** We again ate high protein, high carbohydrate food, but I limited my wine to one glass since, contrary to popular myth, alcohol makes you colder, not warmer, by reducing blood flow to your extremities. Yes, I knew that, but I wasn’t too smart about it the first year. Year two, hot tea throughout the evening kept me both hydrated and warm.

**Gloves.** I used to wear liner gloves topped with weatherproof mittens, so I could remove the mitt when I needed my fingers. Then, I discovered flip-tops made by [Snowstoppers®](https://www.snowstoppers.com). Both the finger mitt and thumb flip back and, while my other pair snaps, these fasten back readily with tiny built-in magnets. The wristband is long Thinsulate™ that goes nearly to my elbow and a zipped pocket fits a hand warmer for extra warmth. I get the best of both warmth and dexterity with these mitts.

**Heating Elements.** Ramping up the hand and toe warmer concept with larger ThermaCare® Heatwraps typically used for sore muscles, I strategically plastered myself. These are now regulars on my cold-weather hikes checklist.

**Sleeping Bag:** I thought I had bought a good bag that first year, but I hadn’t done my homework near well enough. I learned that bag ratings are imprecise at best, basically indicating warmth for *survival*, not comfort. For trip two, I sought the advice of other winter hikers, finally opting for the REI Kilo Expedition -20 degree bag. I also wouldn’t hesitate to use my bivvy sack, if needed. For added insulation, I use my Therm-a-Rest® even when I’m sleeping on a bunk mattress.

I learned how to sleep in a mummy bag. That first frightful night, I burrowed, totally cocooning, which meant I was breathing into my bag. I realized my mistake in the middle of the night, but by then my breath had already frozen inside my bag. In anticipation of trip two, I practiced Zen sleeping — “becoming one with my bag” — so my mouth was always at the opening, keeping my breath out of the bag. I kept my balaclava close, but not too close, to insulated the air around my face.

My second trip was a success. Like so many other outdoor enthusiasts, I find winter hiking to be a joy, now that I’ve worked out some pretty important kinks. I encourage you to venture out, but, most importantly, I encourage you to first learn all you can by talking with experienced winter hikers and taking advantage of the [Winter Workshops](https://www.amcnh.org) offered by AMC-NH.
Winter Workshops Reminder!

Come to Cardigan Lodge and learn how to go out and explore the NH wilds this winter safely and with confidence. There are two workshop weekends: Workshop #1: Jan. 22, 23, & 24 and Workshop #2: Feb. 26, 27, & 28. Classes cover many aspects of winter backcountry travel and safety and include field exercises, lectures, and group discussions. You may choose one of the following:

- Introduction to Winter Wilderness Travel
- Intermediate Winter Wilderness Travel
- Advanced Winter Wilderness Travel
- Introduction To Backcountry Skiing
- Intermediate Backcountry Skiing
- Advanced Backcountry Skiing
- Mountain Touring
- Leadership and Mountain Skills
- Introduction to Winter Backpacking
- Intermediate Winter Backpacking

Workshop will begin promptly at 7:30 p.m. Fri. evening and end Sun. afternoon at 4 p.m. Cost $120 (AMC members), $135 (nonmembers), includes lodging, excellent meals, materials, and instruction. Note: Not all classes will be held both weekends. For more information, go to amc-nh.org.

Register online or send a business size self addressed stamped envelope to the Registrar: Lynda Caine, 64 South Bow Rd., Hooksett, NH 03106. Send check or money with completed application or pay online. 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, 7-9 p.m. only) or bobh@mcttelecom.com).

Wilderness Paddling Expedition Planning Course Jan. 23

This course will cover the planning, equipping, and provisioning for wilderness canoe expeditions. We'll discuss sources of information, logistics, equipment, safety, and meal planning. We'll provide equipment lists and show some of the equipment we use as well as discuss our different philosophies and group dynamics. The day-long course will be held in Lexington, MA. For more information see www.nhamcpaddlers.org or email Tom Todd.

Class II White Water Paddling School

Class II whitewater instruction for paddlers comfortable in flatwater and quickwater April 9 to 11

Our experienced members give individual instruction in safety, river reading, equipment, paddling skills, rescue, and an introduction to advanced whitewater skills. Centered on a weekend of instruction in Henniker and a nearby river, a preliminary session on equipment and wet exit practice in a pool as well as follow on instructional trips, skill building, and basic whitewater rescue are required parts of the course.

The instructors provide a supportive environment helping you progress at the speed with which you are comfortable. Students may choose solo canoe, tandem canoe, or kayak.

For more information see www.nhamcpaddlers.org or email Tom Todd.
**Upcoming Events**

**January**
- 9 Ice Climbing Clinics for Beginners Feb. 20 in North Conway
- 22, 23, 24 Winter Workshop #1
- 23 Wilderness Paddling Expedition Planning Course
- 29 Ski Social at Gunstock

**February**
- 20 NH Chapter Dinner
- 20 Ice Climbing Clinics for Intermediates in North Conway
- 26, 27, 28 Winter Workshop #2
- 30 AMC Annual Meeting

**April**
- 9-11 Class II White Water Paddling School
- 17 NH Chapter Dinner. Watch future issues of Mountain Passages for more info.

**June**
- 5 NH Chapter Hut Night at Madison Hut. Watch future issues of Mountain Passages for more info.
- 19 NH Chapter Dinner. Watch future issues of Mountain Passages for more info.

**July**
- 17-25 Presidential Range Hike

**September**
- 11 NH Chapter Hut Night at GreenLeaf Hut. Watch future issues of Mountain Passages for more info.

**October 2010**
- 9 NH Chapter Annual Meeting Dinner. Watch future issues of Mountain Passages for more info.

**Weekend Calendar**
What are you doing this weekend? AMC-NH is always planning something. Our weekend calendar has all this weekend’s trip listings, social events and workshops in one convenient place. It’s just one click away at amc-nh.org/weekend. 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.

**Friday Night Ski Social**
**Jan. 29 at Gunstock**

**Alpine & Telemark Skiers and Snowboarders are All welcome!**

Ski with your AMC friends after work on Friday, Jan. 29 at Gunstock Ski area. After your legs are shot, we’ll hang out at the pub for food and drinks. A night lift ticket costs $25 (4 p.m. to 10 p.m.). Buy the lift ticket when you get there. We’ll meet at the Octagon (lift ticket) building at 6 p.m. and again at 7 p.m. If you get there earlier, take a few runs and we’ll meet at one of these times.

Directions and info at Gunstock.

Please RSVP to one of the following so we know to expect you:
Tony Schmidt 726-7256; ski@amc-nh.org
Wayne Goertel 645-6434; youngmembers@amc-nh.org
Ron Janowitz 625-9848; programs@amc-nh.org
AMC-NH Executive Committee

Chapter Chair  
Eric Savage  
603-772-6259  

Vice Chair  
Karen Thurston  
603-778-1077  

Treasurer  
Kathy Ratcliffe  
603-456-3708  

Secretary  
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Bob Harrington  
603-524-1464  
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603-456-3708  
Paul Berry  
603-423-1192  

Excursions  
David Ross  
603-224-6786  
Peter Hope  

Hospitality  
Kathy Ratcliffe  
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Janice Bremer  

Membership  
Mitch Manseau  
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Keely Norton  
603-630-5270  

Mountaineering  
Thor Smith  
603-224-4388  
Tom Meredith  

Newsletter  
Renée Robertie  
603-566-8270  

Paddling  
Tom Todd  
Joe O’Neil  

Programs  
Ron Janowitz  
603-625-9848  
Janice Bremer  

Skiing  
Tony Schmidt  
603-726-7256  

Trails  
Bill Darcy  
603-224-0709  

Web Master  
Kim Rexford  
603-497-2500  

Young Members  
Ross Garofalo  
603-264-4412  
Wayne Goertel  

Past Chapter Chair  
Paul Berry  
603-423-1192  

Regional Dir. NH/ME  
John Dolloff  
207-415-6702  

Over 55  
Nancy Seavey  
603-586-7727  
Linda Holton  
603-433-4909  

Family Group  
Dave Passios  
978-582-7476  

AMC-NH Chapter Website  
Address changes and membership renewals:  
AMC Member Services, 5 Joy Street, Boston, MA 02108  
617-523-0636 or the AMC Member Center.