September 8-9, 2012
Join us for Lakes of the Clouds Hut Night featuring Flags on the 48!

NH CHAPTER HUT NIGHTS
Hut Nights are a special tradition for NH Chapter members and we look forward to a special evening at our highest hut. We have reserved a limited number of bunks at a special rate of $89.50 per person.

On the morning of September 8th you are welcome to join us for a group hike to the hut. Upon arrival we will check in, select our bunks, and unpack our gear. Tripsters will then be free to relax around the hut or take a hike to Mount Monroe for Flags on the 48.

In the evening, we will gather for a wine and cheese happy hour followed by a hearty dinner prepared and served by the Lakes of the Clouds Hut Crew.

On the morning of September 9th, we’ll enjoy breakfast by the crew before saying goodbye and heading-out for our hiking adventures. Lakes of the Clouds Hut provides a great starting point for a summit day on Mount Washington or a Southern Presidential Traverse.

Sept 8-9, 2012, Lake of the Clouds Hut Night featuring Flags on the 48!

Excursions Leadership Training Class 3-4 — October 12, 2012
BY RICK SILVERBERG

A single day of leadership training. Class 3-4 Leader Training (formerly called Walks and Short Hikes); it is also for Young Members and Over 55 Activities.

The Excursion Committee will be offering leadership training for those who would like to lead Class 3 or 4 trips. This is a chance to do some leading without having the extensive experience required for leading trips to mountain...
Mothers Day at Zealand Falls

BY WANDA RICE

On Mother’s Day weekend, the NH Chapter Family Group hosted a very successful Spring Hut Night with a full house at Zealand Falls Hut. Families from four New England states were in attendance with children from age 3 to 17. The weather was perfect and everyone enjoyed the many Saturday afternoon activity options whether it was relaxing on the rocks, hiking down the Ethan Pond Trail or heading up to add Mt. Hale to their 4000’er list. The moms especially enjoyed it when the boys made the pancakes and did the dishes!

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<th>AD SIZE</th>
<th>PRICE (per issue)</th>
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<tbody>
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<td>December</td>
<td>1/8 page</td>
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<td>Mar/Apr</td>
<td>February</td>
<td>1/4 page</td>
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<td>May/Jun</td>
<td>April</td>
<td>1/2 page</td>
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<td>Nov/Dec</td>
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For questions, or to submit ad: Advertising@amc-nh.org
Please send ads as color PDF or jpeg high-resolution files, at correct size. Ads will appear in color in on-line version and black and white in print version.

Mail check for advertising to:
Appalachian Mountain Club
c/o Ron Janowitz, 88 W Haven Rd., Manchester, NH 03104

We reserve the right to refuse ads that are not related to the mission of AMC. We do not provide proofs and accept no liability for errors beyond the cost of the ad.

tops and/or four season hiking. Come experience the joys of leading your own mini-adventures for those interested in less demanding activities.

The course is a single day-long event. People interested in leading Young Members and Over 55 or family group events are also encouraged to attend. Training will be comprised of inside discussion in small groups and field exercises in trip planning and logistics, and screening participants as well as explaining gear requirements to trip participants.

This training is one component of the requirements for becoming an approved Class 3 or 4 trip leader in NH Chapter Excursions or Young Members; other components include the mentoring process and several prerequisites.

This session runs from 8:30 am until 4:30 pm, and will be held in Weare, NH at the home of co-instructor Bob Humphrey. The second co-instructor is Rick Silverberg (synergyc@aol.com).

Pre-registration with a fee of $25 members ($30 non-member) is required and space is limited.

Fee covers morning snacks and training materials.

Bring a trail lunch and gear for a day of hiking on 4-5 miles of moderate trails at a moderate pace.

Mountain Passages Online. If you’re receiving Mountain Passages through the mail, please consider signing up to get the electronic version instead.

Mountain Passages is published six times a year by the New Hampshire Chapter of the Appalachian Mountain Club.

Submissions. Members may submit articles or photos (hi-res jpeg) to newsletter@amc-nh.org. Articles may be edited at the discretion of the editor to meet space and style requirements.

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

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 2012 Ad Rate Sheet, send an email to newsletter@amc-nh.org.

We reserve the right to refuse any submission, photo or advertising that is not consistent with the mission of the AMC.

Address Changes. Address changes or other changes to your membership must be made through AMC Member Services at 5 Joy St. Boston, MA 02108; 800-372-1758; outdoors.org/member-center

Please note: Member address updates cannot be handled by AMC-NH officers, committee chairs, or the newsletter editor.

MOUNTAIN PASSAGES
Volume 38, No.4
July/August 2012

Editor: David Phillips
shoedsp@aol.com

Graphic Design: Susan G. Englert, Owner/Designer, Sandpiper Artisans Graphic Design, Manchester, NH. SandpiperArtisans.com facebook.com/sandpiperartisans

You'll get added resources not available to print subscribers: direct links to emails, forms and online information, color photos, online registration forms.

To sign up, go to www.outdoors.org/membercenter and set your AMC-NH Chapter newsletter preference to online.
Upcoming Excursion Events

Mark your calendars now and check the web for details and registration information:

- **October 13**: Class 3/4 Leadership Training
- **November 2-4**: Family Group Cardigan Weekend
- **January 18-20**: Cardigan Winter School I
- **February 22-24**: Cardigan Winter School II
- **April 13**: 4000-footer Awards Night
- **April 19-21**: Cardigan Spring School

—Jennifer Varney, Excursions Co Chair
AMC NH Chapter

For more adventure travel excitement, join Sam Jamke on her New Zealand backpack or her Death Valley and Nevada day-hiking trip. Both trips are scheduled for early 2013.

Join my **February 2013 trip to New Zealand** with John Lisker:
http://snebulos.mit.edu/majorexcursions/trips/1303.pdf

Or join my **April 2013 trip to Death Valley and the Red Rocks areas** of Nevada with Roger David:

Please contact me for more information.

—Sam Jamke, samjamke@myfairpoint.net
603-472-2536

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**Best Car Camping Spots**

**The Mountain Passenger**

The Mountain Passenger has been looking for the best car camping spots in the White Mountains for a long weekend of camping and hiking.

- **Lafayette Campground** in Franconia Notch has 97 wooded sites and provides direct trail access to the Kinsmans, Cannon, and the Franconia Ridge peaks of Lincoln and Lafayette. There is a lodge house with supplies, rest rooms, and coin-operated shower facilities.

  For more info: [nhstateparks.org/experience/camping](http://nhstateparks.org/experience/camping)

- **Dolly Copp Campground** just north of Pinkham Notch has a variety of rustic spots with direct access to the Northern Presidential and nearby access to the Wildcats and the Carter-Moriah Range. There are rest rooms and water on-site and you can take a short drive down to the AMC’s Pinkham Lodge Visitor Center for supplies, coin-op showers, and access to Pinkham’s dining hall.


- **Crawford Notch Campground** is a family-owned campground just south of Crawford Notch with a general store, rest rooms, and showers. It provides super access to the Southern Presidential and the Tom, Field, and Wiley Range.

  For more info: [http://www.crawfordnotchcamping.com](http://www.crawfordnotchcamping.com)

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**2012 AMC Hiker Shuttle Service**

<table>
<thead>
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<td>White Mountains Inn</td>
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AMC Excursions group enjoying the Tuckerman Ravine junction last October.
The NH Chapter Educational Committee presents the 13th annual Winter Hiking Series. (WHS) This series is designed for EXPERIENCED 3 Season hikers who want to advance into the winter season. This is not a beginner hiking course it; is for those who can demonstrate considerable three season skills. Applicants will have climbed a number of the New England Four Thousand Footers, or their equivalent, and preferably have considerable experience in the White Mountains of NH. We will teach the basics of safe winter travel and give you informed choices for winter gear. Topics include: gear, body heat management, energy management, foot wear (boots/crampons/snowshoes) nutrition, winter clothing (layering) and other topics.

We will teach the basics of safe winter travel and give you informed choices for winter gear.

The WHS has become very popular; we have room for only 20 participants. We recommend you apply early to ensure a spot.

There is an application process that interested participants must complete. It is recommended you give us detailed information of your hiking experience. Vague or incomplete applications will not be considered. We collect all applications and make participant selection by mid-September.

The WHS starts October 20th with a weekend-long session at AMC’s Pinkham Notch facility. Saturday October 20th is dedicated to lectures on winter gear, winter clothing, and safety topics. Attendance at this first weekend event is mandatory for participation in the series. The WHS will run from October 20th thru December 22nd. The non-refundable registration fee is $75 for AMC members and $85 for non-members. Sessions include 10/20 lecture & 10/21 hike to Boot Spur. Lodging and meals can be obtained for this weekend, but are not included in the registration fee. After the first weekend we will have five or six additional day hikes. These hikes will include Mt. Flume, Mts. N&S Kinsman, (possibly Mt. Garfield), Mt. Mooselauke, Mts. Eisenhower & Clinton, and Mts. Lincoln & Lafayette. These sessions will be day hikes combined w/instruction.

For more information and an application send “SASE” or preferably EMAIL bobh@mcttelecom.com; Bob Humphrey, 19 Gould Rd., Warner, NH. 03278, 456-3708 (7-9 PM. only please). Please try to understand that we are volunteers and do not get reimbursed for calls. Due to expense we do not return phone calls unless you are within a toll free area of Warner, NH. If you do not reach me by phone, please keep trying. Thank you.

NH AMC’s Paddling “Croo” Volunteers at Duck Race

The NH AMC’s Paddling “Croo” volunteered at the Memorial Day “Duck Race” on the Amoskaeg River in Manchester. Many thanks to Sally, Paul, and the whole team!

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Summer Biking Tips

by Gene Harding

Sunny days and warmer temperatures make us want to ride more often and for longer distances. With the increased riding and higher temperatures come some risks.

I learned an important lesson last summer, much to my embarrassment. I tried to ride 30 miles a day on a mountain bike equipped with road tires for two days in a row in 95+ degree temperatures. I made out alright on the first day, however, even though I was stopping more often and hydrating more than usual.

On the second day I got in trouble. My arms started to ache, and my legs seemed to be tiring even on small hills after only about 10 miles. I tried stopping for ice cream, even going inside an air conditioned dining room to eat the cone. After another four miles on my bike, I started to feel slightly light headed. Luckily at this point I knew something was wrong and decided to get off my bike before I fell off.

Soon I was sitting on someone’s front lawn less than a quarter of a mile from home and simply could not get back on my bike. The home owner brought me a cold bottle of water which I was stood-up to drink, and I promptly went down. As I noted, fortunately, I was quite close to home and eventually made it back. Nevertheless, it was a sobering experience, and one I was not eager to repeat.

My solution was to go out the next day and buy a case of Gatorade and take a day off. One day later I rode 25 miles again in 95+ degree temperatures drinking 100% Gatorade, and I didn’t experience any trouble.

I am sure most of you know the trick of putting your bike water bottle in the freezer the night before. My formula now for hot weather biking or other outdoor activities in extreme heat is:

1. 75 to 85 degrees: 50% Gatorade and 50% water.
2. 85+ degrees: 100% Gatorade.

I have checked-out this formula with my doctor and other medical people and trainers at my health club and all agree it should work. Other drinks that replenish electrolytes can be substituted for if the sugar content in Gatorade is too high for you.

Other tips for riding in hot weather:

1. Try rail trails, they are usually 50 to 75% in shade.
2. Ride along the coast; it is usually 10 degrees cooler than inland.
3. Ride along lakes and rivers where breezes off the water may cool you.

If you are not finding the type of bike rides you enjoy listed on the web site or in Outdoors, please consider joining our biking committee to help us plan more rides and recruit more ride leaders. Our committee usually meets six to eight times a year for about an hour and a half in the Manchester, NH area. We will offer Bike ride leader training again in October 2012. You do not have to be a hike leader to be a bike ride leader. If you are interested contact Gene Harding: Gene37h@aol.com.

Committee approved rides coming up:

1. Hampton Seafood Fest Sept. 8 – Salisbury, MA to Rye, NH and back with stops at the Sea Food Fest going both ways
2. Columbus Day weekend Oct. 6 and 7 – Franklin, NH to Alexandria, NH with overnight stay at Cardigan Lodge on first day and Alexandria, NH to Lebanon, NH on second day.
3. Berkshire weekend of biking, hiking and music Aug. 3, 4 & 5. Concerts Friday and Saturday nights, with bike ride on Ashuwillticook Rail Trail on Saturday and a hike on Mt. Greylock on Sunday.

Take care and ride safe.
“Flags on the 48” is an annual memorial hike to each of New Hampshire’s 4,000-foot summits in memory of those who lost their lives on September 11, 2001.

The first hike was an informal and spontaneous memorial by a group of six hikers who raised a large American flag on the summit of Mount Liberty the first Saturday after the 9/11 attacks. The tribute has grown significantly each year since it began in 2001.

Today hundreds of hikers are involved and they hike to the summits before noon to pay tribute by flying the American flag for two hours. Each summit group has its own special tribute with photos, peaceful music, and quiet conversation with passing hikers.

The two tiny, glacial tarns for which the hut is named are recorded far back in history. They are noted as “2 little ponds, 1 of a curious red colour, the other black,” by Darby Field, the first recorded European to have climbed Mount Washington in 1642.

AMC was drawn to this spot in 1900, when the 35th annual Field Meeting of the club was held at the Summit House on Mount Washington between June 30 and July 7. Members hiking to the summit were lashed by fierce winds, rain, and sleet and two unfortunate travelers, Allan Ormsbee and William B. Curtis lost their lives near the lakes.

In the days following the tragedy AMC voted to construct a shelter near the spot where the two men had perished. The “Refuge Hut” was a small frame cabin that could hold about six people. Soon hikers were camping there for pleasure. With the popularity and growth of Madison Spring Hut, the club eventually decided to build a similar hut at this location as well.

Today, Lakes of the Clouds Hut is one of the most popular huts in the system and a spectacular spot for experiencing Flags on the 48.

**INSTRUCTIONS FOR BOOKING YOUR STAY**

To reserve, please call AMC Reservations by Monday August 13th to receive the discounted rate of $89.50 per person including NH lodging taxes. Reservations received after that time will be on a space available basis at full price.

**SPACE IS LIMITED! CALL TODAY TO MAKE YOUR RESERVATION**

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*Reprinted in part from the AMC’s Outdoors.org website.*
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Vice Chair .....................................................vicechairnh@amc-nh.org
Wayne Goertel ..............................................
Treasurer ....................................................treasurernh@amc-nh.org
Bill Warren ....................................................
Secretary .....................................................secretarynh@amc-nh.org
Ross Garofalo ..............................................603-264-4412
Marianne Page ..............................................
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Paul Hopkins .................................................
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Paddling .......................................................paddlingnh@amc-nh.org
Kerry Frazier ..................................................Sally Leonard

Baked Oatmeal

Makes one 9-inch pan, enough for several breakfasts.
2 tablespoons Earth Balance or butter
3 organic eggs
3½ cups milk or soy milk
2 teaspoons vanilla extract
4 cups rolled oats
½ cup raw cane sugar
( or other sweetener)
2 tablespoons cinnamon
½ teaspoon baking powder
½ teaspoon sea salt
¾ cup dried cherries
( or other dried fruit)
½ cup toasted slivered almonds or other nut

DIRECTIONS
In a medium bowl, whisk together the softened butter, eggs, milk, and vanilla.

In a separate bowl, combine the oats, sugar, cinnamon, baking powder, and salt.

Slowly fold the dry ingredients into the wet ones.

Use a little butter or Earth Balance to grease a baking pan, and pour the mixture into it. Top with dried fruit and nuts.

Bake at 350 degrees for about 25 minutes.

AMC NH Chapter website: www.amc-nh.org
Address changes and membership renewals:
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617-523-0636 or www.outdoors.org/membercenter

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Bake at 350 degrees for about 25 minutes.
Four prizes will be awarded. Each winner will get a New Hampshire Chapter fleece.

Announcing the NH-Chapter Website Photo Contest

A prize will be awarded in each of the following 4 classifications:

**PRIZE 1:** Best Overall picture for the website*

**PRIZE 2:** Best Plant or Bird Identification photo*

**PRIZE 3:** Best Leader Introduction and Photo Gallery*

**PRIZE 4:** Best illustrated story of AMC-NH in action*

Help build your Chapter website by making it welcoming, dynamic, interesting, and informative by contributing photos and illustrated stories/articles.

Winners will be announced at the AMC-NH Chapter Annual Meeting, November 10, 2012.

All photos submitted are intended to be used on the AMC-NH.ORG website and in AMC-NH Chapter publications such as Mountain Passages.

You can find Contest Rules* and additional details at the AMC-NH website.

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*Disclaimer: The asterisk (*) indicates additional information or conditions related to the prize and contest rules. For a complete understanding, please refer to the AMC-NH website.