



New Hikemaster and Assistant for the 2019-2020 hiking season

I consider myself so fortunate to have so much support. The Tech Team is close by-Jim Chisholm, Bob Porterfield and Bill Hill. The Hike Selection Committee of Wayne Moshier, Bob Porterfield, Jim Chisholm, Duane Dotson and Terry Ferguson are all working with me to offer a variety of hikes for you to chose to do.

We have 42 hike leaders and 36 assistant hike leaders ready to volunteer and lead some great hikes. Two of our great leaders have retired and are now Emeritus Leaders; we so appreciate their time and talents as leaders. Thank you Bob and Lorrie Koons. **(See Below)**

My Assistant Hike Master, Duane Dotson and I look forward to the next few months as more and more leaders, assistant leaders and hikers return from their summers away from Green Valley. We missed you. Summer hiking meant quieter Thursday mornings in the parking lot, hotter temperatures while hiking, higher hiking altitudes and more water consumption.

As you return to hiking, please be mindful to give your body time to adjust. Acclimate slowly and always keep hydrated. All of us want hiking to be safe and enjoyable.

Sally Boysen, Hike Master

If you haven't heard, work has begun (or is already complete) on the reconstruction of the Handicapped Trail from the Proctor trail head to Proctor Road. It's very good news! And when non-handicapped hikers occasionally stumbled on the rough-hewn pathway, it was time to smooth the way.



Thank you Lorrie and Bob Koons for your many years of leading our hikes to enhance our hikers' appreciation of what our trails have to offer.

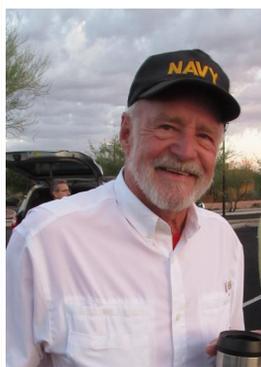
Minnesotans have a talent for this!

Coming soon: Photos and an interesting story line covering Patsy Sills and Valerie Robinson's May, 2019, trek across northern Spain along the Camino de Santiago (The Way of St. James). Looks interesting!



Club Potluck: (PLAN AHEAD) November 17th.

Liz Blair reports, our first potluck will featurte a speaker from the Empire Ranch; should be interesting.



David Hinkel, Presidents Column

It's a pleasure and an honor to represent our Green Valley Hiking Club as its president. The club has given me so much since my move to Green Valley and joining the club. It was one of the best ways to learn the area, and hike with some great leaders and members. Our members are some of the most friendly and knowledgeable people I have known.

Our mornings In the West Centers parking lot waiting for our hikes, is full of chatting and camaraderie. Exchanging stories of hikes and welcoming new hikers.

On another note this summer I got an interesting request from the GVR, wanting to know how many volunteers we have in our club. I started calculating, and was amazed: counting our hike master, assistant hike master, our 90 leaders and sweeps, plus the many who work behind the scenes counting up miles, working the web, and devising hike schedules, the total comes up to 131 (out of 450 members) or 30% of our membership. Wow! Talk about more than 100% participation! I am indeed proud to represent the GVR Hiking Club.

Toni Garreffa and Sue Palfrey report that current membership totals include 60 new hikers, with a total club membership of 459. These figures pretty much remain consistent with the numbers over the past ten years.

A number of our hikes cross bridges.Why not consider taking hikes across any of the following:

http://ascreepyasclowns.ning.com/forum/topics/bridges-i-don-t-think-so?xg_source=activity

NEW HIKES: WHY, HOW, AND WHERE

One of the features of our hiking club is the periodic appearance of new hikes on our Thursday listings. Of course these hikes don't just 'happen.' Usually there is a specific need, though oftentimes it's just an inspiration from a hike leader who wanted to investigate a given area for potential hikes. The Spring 2015 TRAIL TALES featured former hike master Dan Schroeder's take on new hike development. Sometimes it's just "a matter of going into an area in which we already hike and putting new combinations of trails and bushwhacks together to give a new hike of the desired length and difficulty."

He adds, "leaders will often propose changes to old hikes to make them easier to follow or adapt them to changing conditions." The "dead cholla" might have disappeared or the "faint trail" may have become overgrown. Thus the use of a GPS is a virtual requirement for accurate hike descriptions which can be more easily followed by hike leaders assigned to those hikes. Also the trail head might become inaccessible or the access road so deeply eroded, rendering it unfit for driving, even with 4-wheel drive vehicles. Road closures and locked gates are other forces for change. Currently the club has 97 archived hikes, treks that no longer are offered because of any of the reasons above. Thus change is the name of the game. And the good news is that the club currently offers 453 hikes, with many more in various stages of planning.

To gain a better understanding of how our hikes have been put together, let's listen to seven of our former and current hike leaders as they explain their considerations when they formulated their hikes. (Numbers in parentheses indicates the number of hikes they have either created or revised.)

Helen Zaukas (48)



"Because the club has so many people who do only or primarily C hikes, I wanted to add more C hikes to the list, and I tried to get our C hikers into sections of a trail that they generally didn't go on; also I wanted to find a way to get our C hikers into Madera Canyon during the warmer months while using regular passenger cars to get there; finally the closeness of the trail head to Green Valley was an added plus."

One of her favorite hikes? "I especially like Lillian's Fern Trail Loop: it takes in the beautiful area down to the Kent Road along the Fern Trail and then goes to the waterfall, which in wet times when water is running, is a wonderful serene area." "There are times when a hike is considered for adding to the club's inventory but upon doing the hike a decision is made that for various reasons it wouldn't work.

"The nice feeling one gets when a new hike is added to the inventory that is enjoyed by all is very rewarding."

Tom Johnson (66)



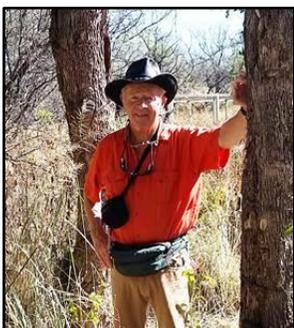
When Tom joined the club in 1996, the great majority of hikes offered were A hikes: thus a real need to add additional B and C hikes to the listings. Considering that 60% of our hikers are C hikers, this certainly made sense. Also "it was apparent that the majority of the hikes were concentrated in relatively few areas and that there were a number of areas just begging to be explored."

"Some mountain ranges, particularly the Huachucas, Chiricahuas, Rincons, and Dragoons, were sparsely visited by our hikers. This changed when several young, new leaders (Dick Paige, Wayne Moshier, Bud Boysen et al) joined the club and wanted to use these areas to develop new hikes."

Tom really liked the advent of the GPS to more accurately list the elevation totals and hike distances in order to more precisely determine the classification of hikes into A,B,and C. And what does he mainly look for in coming up with new hikes?

"Of particular interest is an area that has historical significance or is an area of scenic beauty." The Chiricahuas' Fort Bowie comes to mind.(Tom just turned 85 and shows no sign of slowing down!)

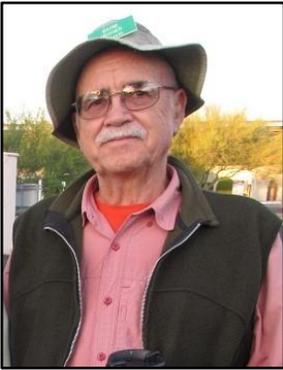
Bill Becker (42)



"Free lance scouting, especially with informal groups of leaders, brings new ideas and new territories into view." This aptly summarizes Bill's approach to developing new hikes. He further states, "As a club leader and outdoor explorer, the joy of first planning, then field testing, and finally publishing a hike write-up for others to follow was for me the most satisfying of all exercises."

He follows two guidelines: "Normally I shun established trails except where these could be combined with cross-country (bushwhack) routes to form loops. The allure of developing a loop to hike rather than retracing steps is always foremost in my mind."

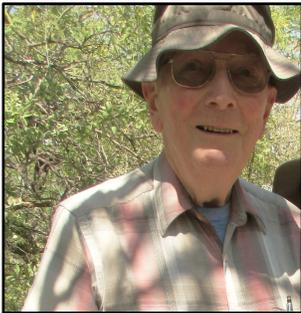
He beautifully summarizes what could be construed as a 'must' for the club's leadership: "Submitting these 'candidate' hikes by responsible leadership for peer review and publication has been the traditional lifeline of our club to generate ongoing interest." Well said....

Wayne Moshier (92)

Anyone hiking with Wayne realizes before too long that he seems to have a sixth (7th, 8th) sense as to which direction to go when either bushwhacking or developing new trails or hikes. Maybe this stems from his earlier years on the rural family farm in Michigan when roaming the forests while deer and turkey hunting.

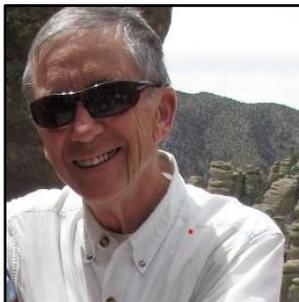
He points out that he was fortunate not only that he joined the hiking club but "got to hike with Old Timers who knew every route, nook, and point of interest." With so many hikes lost to mine development and housing tracts, and old roads being washed away by wildfire/monsoons, new hikes were absolutely necessary. And a gratifying change: "Many of our new hikers seem more willing to travel longer distances to hikes which encourages us to consider developing new hikes in the Chiricahuas, Huachucas, Dragoons, and Rincons."

With the advent of the software Terrain Navigator, "the topographic help it gave made it easier to more accurately devise scouts and later the trails through the area we would be exploring." Some hikes could be devised with only one scout but most require multiple scouts. Wayne's favorite is his Mowery Mine hike, which required six or seven visits. Perseverance personified...

Dan Schroeder (49)

As Dan mentions, "an unusual source of hikes can be from trails that were first made for another purpose, such as bike trails. In the spring of 2015, Bill Becker and I were looking for a way to convert an existing in-and-out hike into a loop hike. Quite by accident we came upon a trail which turned out to be one of many bike trails of a trail system some 20 miles in length.

"With a map of this area in the northern foothills of the Tumacacoris in hand, exploration began soon after until all of the trails had been hiked, many more than once. 'Pivot Points' on GPS's made it easy to find our way through the maze of unsigned trails. With all tracks from our two-year exploration loaded into Terrain Navigator mapping software, it was then a straightforward exercise to slice-and-dice and create multiple hikes of the desired length and difficulty."

Frank Surpress (39)

In 1950, Frank's parents (in Illinois) for various reasons exiled him for the summer to the Little Outfit Ranch in the San Rafael Valley south of Patagonia. When he returned fifty years later, he again fell in love with its scenic beauty, which he remembered so well from earlier. Thus, when he became a hike leader he wanted to create a hike in the valley for the club.

The Bog Hole trek whet his appetite, so he pored over a topographic map of the same general area and thought he saw a potential hike at the valley's north end. On the day he set out to explore the potential hike, he was accosted by a cowboy who was driving a herd of cattle. Frank showed him his topo map with the proposed routing inked in. The cowboy's reaction: "Do it." It took just two visits.

The San Rafael Red Rock Canyon Loop remains his favorite hike, though it's currently archived because of a locked gate. Frustrating, but it just goes to show how some hikes have come about.

Jim Chisholm (33)

"Most of my considerations for new hikes come from my curiosity. Sometimes that happens when hiking a ridge and wondering what is in the next canyon. Or hiking a good trail in a canyon I may wonder, 'What's just over that ridge or up this feeder canyon?' Sometimes we will spot an interesting rock formation and want to get a better look at it. Other times we just may be looking for a better way to accomplish a hike and will find something very interesting and it builds from there.

"Lucky for me, I have many hiking friends who either share my passion for exploring new sights or they indulge me and agree to wander off and explore after thoroughly questioning why I want to do this.

"Many times we will find sad humor in the day's adventure and say, 'Well I guess we never have to do that again!' Every now and then we do strike it rich and you hear the "Oh Wow!" comments. However, the bottom line for all the new adventures is always the same – is there a Safe and Enjoyable way to do this track and is this new adventure worth the effort. If the answer is "Yes", then the real work begins by documenting all the necessary information for the adventure and turning it into a new hike for the club."

The seven foregoing hikers have devised 366 of the clubs 453 hikes, or 80% of the total (!), which is a splendid example of how they have gone out of their way to provide new hikes for all to enjoy.

Guess what? They're still out there today, looking for even more exciting and interesting hikes.... All for the benefit of our membership.

Why Hiking is the perfect Mind Body Workout

At first, walking and hiking may sound like two words for the same form of exercise. The footwear and scenery may vary, but the lower-body mechanics seem the same.

Surprisingly, though, they're radically different. Research shows that your joints, heart and muscles perform in distinct ways during a hike compared to what they do during a jaunt around the block.

"When you walk on a level surface, your body does a really good job of what's known as passive dynamics," says Daniel Ferris, a professor of engineering and biomechanics at the University of Florida. Your walking stride, he says, is like the swing of a pendulum.

"Thanks to gravitational and kinetic energy, if I start that pendulum swinging, it's going to keep moving back and forth for a long time without any additional energy input," he says.

Like a pendulum, walking on flat terrain allows you to keep moving with little effort. "But when you walk on uneven terrain"—the type you'd encounter on nature trails, deep-sand beaches or other natural surfaces—"that knocks out a lot of that energy transfer," Ferris says. "Your heart rate and metabolic rate go up, and you burn more calories.

In fact, hiking on uneven terrain increases the amount of energy your body uses by 28% compared to walking on flat ground, Ferris found in a study he conducted at the University of Michigan.

The varying ground slopes you encounter while hiking also make it different from flat-ground walking. Paths that go up, down and sideways require subtle shifts in the way your leg muscles lengthen or shorten while performing work, and those shifts increase the amount of energy you're expending during your trek.

But the benefits of hiking extend well beyond the extra calorie burn.

Navigating uneven ground—whether you're hiking or trail-running—recruits different muscles than you would use on flat, man-made surfaces.

You're turning on and strengthening a lot of muscles in your hips and knees and ankles that you don't normally use," Ferris says.

Pumping up those oft-neglected muscles may improve your balance and stability, which helps protect you from falls. Using those muscles may also knock down your risk for the kinds of overuse injuries—like knee or hip pains, or band issues—that can result from the repetitive nature of level-ground walking or running.

Of course, hiking isn't without its own risks. If you're not careful (and sure-footed), missteps can lead to rolled ankles, sprained knees, or even tumbles. Just as a novice runner or weightlifter is asking for trouble by kicking off a new routine with an extended, arduous workout,

Ferris says inexperienced hikers may be more likely to injure themselves if they tackle a long, rocky hike right off the bat. You need to give those little-used leg muscles time to build up strength.

While variable terrain works your body into shape, the sights, sounds and smells of nature may be performing a similar kind of alchemy in your brain.

A 2015 study from Stanford found that time spent in natural environments (as opposed to busy city settings) calmed activity in a part of the brain that research has linked to mental illness.

Hanging out with Mother Nature also seems to reduce your mind's propensity to "ruminate"—a word psychologists use for negative, self-focused patterns of thought that are linked with anxiety and depression.

"I'd say there's mounting evidence that, for urbanites and suburbanites, nature experience increases positive mood and decreases negative mood," says Greg Bratman, a Stanford research fellow and coauthor of that study.

More research is needed to back up these benefits. But, Bratman adds, "the idea that nature helps our mental state goes back hundreds if not thousands of years."

For both your mind and body, a walk in the woods may be tough to beat.



On the Lower Madera Trail in February, Liz Lutz noticed a cluster of photographers aiming their Kodaks toward a virtually invisible, but brightly arrayed Trogon not too far off the trail. She was able to creep close enough to take the accompanying photo, which some birding photographers might consider the shot of a lifetime.

Congratulations, Liz!

Magnificent Mileage Awards:

250 miles: Ralph Atkins, Larry Rundell, Heather Mathisen **500 miles:** Keith Blair, Christi Heinz
2000 Miles: Jim Chisholm, George Pavey, Julianna Sandahl

3500 MILES (!): SALLY BOYSEN

Treasurer's report:

At the beginning of 2019, the Club had a cash balance of \$10,215.41. Through August 31, income has been \$1,189.69 and expenses have been \$4,810.60 leaving a balance of \$6,594.50. In the next four months, most of our annual income is expected when members pay dues for the coming year.

For more information, please contact Janet BeMiller at janet_bemiller@yahoo.com or 206-200-3600.