



# TRAIL TALES

FALL- WINTER 2025



## Steve Toeniskoetter, Hikemaster

Hello Hikers.

Assistant Hikemaster Barb Fleshman and I are looking forward to fall as so many club members return and we ramp up the hiking. Our leaders have been out scouting new hikes, and thus we have ten new hikes on the schedule for November, December, and January.

Online hike signups and Member Services have changed! You'll still be able to sign up for potlucks, order name tags, and pay your yearly dues, but it looks different now and more importantly uses a different login.

Previously your email address and password was your ticket into Member Services and hike signups, **but now it's your GVR number and will**

**require you to add in a new password.** If you haven't done so yet, start by clicking the "Forgot Password" link which allows you to set a new password. **See you at West Center!**



## Presidents Report: Sue Palfrey

Mapping and GPS classes are in the processing stage and scheduled for Jan. 2026.

They will include the use of the popular iPhone and Android app versions of **GaiaGPS.com** which will be headed by Dan Paxton. Jim Chisholm will be providing instructions on the use of the various **Garmin GPS** models, and Joe Frasier will be instructing on how to read, locate and plot a route using actual **maps**.

Scheduling will be arranged by our vice President, Nancy White. Be sure to check for all the details which will be sent by e-blast to our membership.



## Social Chair Report: Josie Trobec

Our fall Potluck will be held on November 9th at the GVR West Center. Doors open at 4:00 pm with dinner at 5:00pm followed by our speaker, Jim Woodward, a club member.

Jim will be sharing with us his experiences as a Lampist. You won't want to miss this event and the opportunity to socialize with fellow hikers and guests.



## Membership Update, Marysia Czachor

Dear Hikers,

This is a reminder that if you wish to continue your GVR Hiking Club Membership, the 2026 dues are due and payable by January 1, before the first hike of the year.

Online renewal will be available beginning November 1. *Paper application and waiver forms will not be available this year.* All members are expected to renew online. If you are not comfortable paying dues on our safe and secure website, dues may be mailed to Green Valley Hiking Club, PO Box 1074, Green Valley, AZ, 85622. I will also be available at the November potluck to assist with updating profiles and renewing membership.

To renew online, first go to [gvrhc.org](http://gvrhc.org), click on Member Services, and log in. Starting on November 1 you will see a red "Renew Membership" button. Click that button and follow the prompts. Membership dues for 2026 are still \$20.00 per person and may be paid securely on the website.

One last step after your renewal is completed is to update your member profile. Click on view profile, which is directly underneath your name on the Member Services Home page. If there is anything that needs to be changed or added, click edit profile, make the changes and then save the changes.

If you will be a continuing member who leases property, please do not complete your renewal until you have a valid GVR number for the upcoming year. When you get your new GVR number please email it to me, [marysia21@yahoo.com](mailto:marysia21@yahoo.com) and I will make that change within a day or two. You will then be able to renew your membership.

**Remember, you must be current with your membership if you wish to hike in 2026.**



## **The Green Valley Hiking Club and the Grand Canyon: An inspiring combination!**

*When Duane and I heard about the five club members of the Green Valley Hiking Club's Rim-to-Rim trek taken on May 27th of this year, we knew that the hikers' accounts just had to be featured in this issue of Trail Tales. The words 'vivid' and 'emotional' don't do full justice to their collective experience. And what a hike it was! Here's Bill White's overview followed by each hiker's personal perspective:*

### **Bill White:**

**Keith Blair** conceived our awesome day in the Grand Canyon and invited others to join the adventure. Five club members signed on-- **Keith, Jill Cross, Janet Gerdes, Ron Pohlen, and I.**

Enabling us all were Liz Blair, Barb Fleshman, and Joy Lenz, who drove us to the trailhead and greeted us with cheers, beverages, and snacks as we trudged to the finish line many hours later. Janet and I hiked Rim-to-Rim before; the others were newbies.

Keith, Ron, and I tackled some grueling spring hikes to get ready: Rincon Peak, Mt. Wrightson, and Mt. Kimball. Tough as those hikes were, they had the disadvantage of being uphill for the first half, followed by a long downhill, the exact opposite of what the Rim-to-Rim offered.

More: our trek covered 21 miles in about 12 hours. By doing it in one day, we avoided needing permits. We took about 4 1/2 hours to hike to the Phantom Ranch near the Colorado River, about 14 miles in. Our descent was nearly 6,000 feet from the 8300-foot elevation at the North Rim.

We started the North Kaibab Trail at 4 a.m. in 30 degrees cold and darkness. It rose nearly 50 degrees during the hike. We wore headlamps for the first hour while hiking down through a rich forest that since has burned. The silver Milky Way striped the sky. Gradually the purple-hued dawn unveiled the Canyon to us. For the rest of the day we gaped at the surrounding spectacle, taking many photos along the way.

At the ranch (about 2,500 feet elevation) we recovered at a shaded picnic table for at least an hour, enjoyed a leisurely lunch, purchased lemonade, replenished our water, visited other hikers, and shooed away pesky rodents that nosed our packs. We hiked mostly together to this point. For the 4,000 feet, 7 mile ascent, we mostly separated, taking 5-7 hours to reach the South Rim finish line.

For me, a big highlight was The Box, a miles long flat stretch just before Phantom Ranch through a narrow, deep canyon that the shushing Bright Angel Creek escorted. A regret is that we lacked a geologist among our crew, someone who could demystify the two billion years of Earth history we traversed.

The hike up from the river was a grind. The South Kaibab Trail was steep, pitted by mule traffic and increasingly warm, with mere slivers of shade. Often I'd gaze up the trail and see two or three hikers huddled in a cliff nook. A sign of shade. Soon that shade was mine; that brief break was mine.

When we reached the South Rim, our welcome party embraced us. Arizona Trail all the way. We did it. Exhausted and exhilarated.

### **Janet Gerdes:**



I had done Rim-to-Rim in two days (staying at Phantom Ranch) in 2014. I was thinking at the time that I COULD have done it in one day, but was glad that we had taken our time, seeing the sites, because we were in no rush. So when this opportunity came up, I thought this was my chance to do the trek in one day, no problem! Forget about the eleven years in between! I did Wrightson a couple of times in the weeks before, and felt as ready as I could be.

We started out at 4 a.m., and stayed pretty much together or within sight of each other, all the way down to the Phantom Ranch Canteen where we all had some lunch together.

I think everyone was feeling GOOD at that point...Then we started up the Kaibab Trail to the South Rim...with no shade and a steep ascent.

As we started up, we spread out. I knew that Keith and Bill were ahead of me, and Jill was behind me (I saw Ron off and on.) I'm not sure what happened to me on the way up, but I felt as though I had "hit a wall" and was having a very hard time keeping any pace at all.



Perhaps I wasn't drinking enough, or needed some electrolytes (which I have rarely used), but I forced myself to keep going...stopping OFTEN to catch my breath. I finally saw some people sitting in a tiny patch of shade and decided to join them for a while. Ron came along and joined me. We probably sat for 15 minutes, and then I continued on. I had a little more energy after that, but the trip up seemed endless.

When I finally made it to the top (in 12 hours), I was SO GLAD to see Barb, Liz, Joy, Keith and Bill. They had COLD drinks for us – "HEAVEN", and I must've looked like death walking, because Keith encouraged me to lie down for a while, saying that he had done that and it helped him to recover. I did lie down and felt much better by the time Ron and Jill made it to the top.

#### Ron Pohlen:



The perspectives of the Grand Canyon are different, more beautiful, while going down the North Rim to Phantom Ranch. We were spent while climbing up to the South Rim, and not taking in the views. The experience was more difficult than we anticipated: the heat in the afternoon was intense. If I hiked R to R again, I would spend the night at Phantom Ranch for a two-day excursion.

#### Some points:

1. Do your research (drinking two servings of lemonade or Gatorade too quickly probably contributed to my nausea.
2. I recommend bringing a sun umbrella and earbuds with music for a distraction.
3. I ate very little during the hike: don't skimp on the necessary calories.
4. Take your time going down and across so you have more energy for the climb out.
5. Do your homework re: electrolytes, and the pace at which you should drink.
6. Pace yourself slower for the first 2/3 of the hike.

#### Keith Blair:

The inspiration for this hike belongs to Ron Pohlen. He proposed doing the hike but ran into logistical difficulties when trying to get a block of rooms for all of us, so it kind of fell apart. When Liz decided she would be willing to help by driving from the North Rim to the South Rim, I went ahead and successfully made reservations at the Kaibab Lodge near the north rim.

The biggest benefit of doing the Rim-to-Rim in one day is the avoidance of any permits at all. In today's environment of needing to participate in a lottery for permits, that is a huge benefit.

Hiking North-to-South saves an extra 1000' of elevation gain (5800' down and 4800' up) I also thought the views going down from the North Rim were spectacular, which wouldn't be the same going up.

Bill and I put together several 'training hikes,' which included: *Wrightson from Florida (18 miles, 6000')*, *Roundup to Patagonia (17 miles, 3000')*, *Tanque Verde TH to Douglas Springs TH "22 miles, 6000', which were necessary but not sufficient training. Ed.)"*

*I would say this is not the hardest hike I have ever done; it was the hardest thing—period—that I've ever done.*

On the final ascent, I was dizzy (*not good with 2-3,000 ft. drops next to you*), unable to drink, and literally able to move forward about one foot at a time. The heat made this hard to do. October would be better, but snow can unexpectedly wreck your plans, so I opted for a more 'sure thing' by going late in May. And the Dragon Bravo fire happened a few weeks after our hike.

#### Jill Cross:

By far, it was the highlight of my year! I was blessed to be able to join the original group when a hiker who had planned to do it could no longer join in.

Rim-to-Rim has been on my bucket list for years, so this year my 70<sup>th</sup> birthday, I was ready for the trek (thanks to the GVR Hiking Club).

Highlights for me were the 4 a.m. start in the dark, the stunningly gorgeous beauty on the descent down, my sun umbrella on the hike out on South Kaibab, and the group I hiked with and their support spouses.

I took my time hiking up South Kaibab and felt great when I reached the top. It was an amazing adventure!



## Patty Greimann Interview:

### *The Green Valley Recreation Hiking Club: a 21st Century perspective*

I recently interviewed, Patty Greimann, our hiking club's oldest active hiker in terms of continuous membership and service on behalf of our esteemed organization. Her story is inspiring in many ways, and it really does reflect what so many of our club members have come to believe about its benefits.

A Navy brat, she started her odyssey in Iowa and Missouri and then proceeded to follow her family to Navy bases all over the world, finally ending up in Alaska, where she now resides during the summer. She married Willis, and then occasionally visited Arizona to see Willis' brother and sister.

And that's what started it..... But before beginning their seasonal stays in Arizona, she had already hiked and backpacked for many years. And winters meant additional outdoor recreation: cross-country skiing, ice skating, and snowshoeing. Her love of the outdoors and its recreational opportunities helped her develop her strength and stamina, certainly a wise transition to our hiking club's forays into high/low/long treks, which, let's face it, add to our longevity and joyful retirement.

Of note: she became close friends with a fellow hiker/leader Freddie Carter. Freddie was the first female to ascend Mt. Denali's peak. So, when in Alaska, Patty had the opportunity to hike with Freddie on the ascent to the peak.

Occasionally Freddie would regale her Green Valley audiences with slide shows covering her ascents. She was always enthusiastically received...and our club's hikers really relished her hikes because of all the commentary she offered.

It wasn't long before the Greimans began spending their winters in Green Valley. She joined the club in 1995, and is now a thirty-year veteran, an admired sweep and hike leader, and just plain fun to be with. It used to be that the club would always plan that, say, a man would lead a hike but with a female sweep; it has grown up since!

She remembers when she first joined the club that its membership swelled to over 525 but began to level off when other 'competing' activities became popular. Then she participated in helping other hike leaders develop new hikes. In particular, it was Wayne Moshier's 'Tuesday Group' which took the lead in exploring new locations, whether it was mountain tops/ranges, historic locales, differing types of trails, and so on. Wayne put together over one hundred hikes during his tenure with the club; and the current hike list tops out around 550 hikes or so!

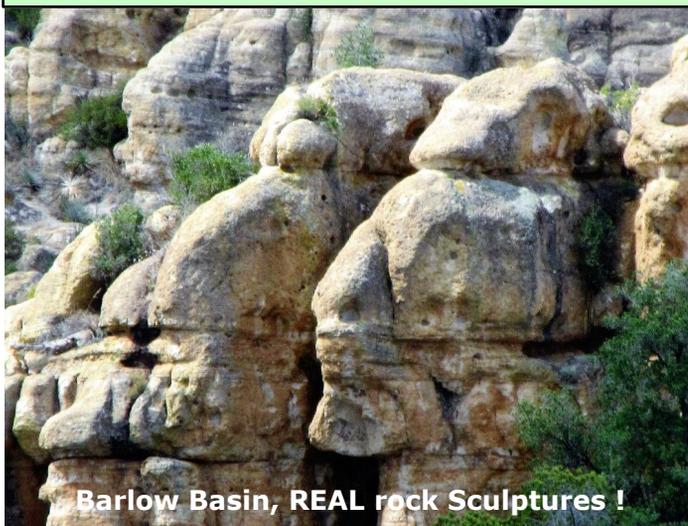
In sum, Patty's take on outdoor recreation in general and hiking in particular:

***"We're here to enjoy life and forget everything else; we're on a trail to be savored to its fullest."*** No one said it better!

**Frank S.**



**On the ascent to Mt. Denali, Alaska**



**Barlow Basin, REAL rock Sculptures !**

