

# Idaho Alpine Club Bulletin

Volume 48 - Issue Number 8 - August 2008

CLIMBING MOUNTAINEERING BACKPACKING DAYHIKING BICYCLING XCSKIING SNOWSHOEING RAFTING

web site: [www.idahoalpineclub.org](http://www.idahoalpineclub.org)

e-mail: [info@idahoalpineclub.org](mailto:info@idahoalpineclub.org)

## 2008 Council

President	Mark Whitham	520-7232
Vice-president	Teak Cummings	524-5136
	Jeff Coward	522-8135
Secretary	Jerry Painter	523-9428
Treasurer	Ken Krivanek	528-8224

## Members-at-Large

Jim McBride	529-0586
Holly Preslar	359-1418
Jo Ann Sherwin	528-6489

## Council Meetings:

Council Meetings are held on the second Thursday of each month at 7:30 PM

Upcoming Council Meetings:

August: McBride's home, 1935 South Blvd.

## Activity Coordinators:

Backpacking	Sam Pole	523-4970
Bicycling	Jeff Coward	522-8135
Climbing/Mountaineering		
	Kevin Coble	529-8142
	Eric Larsen	522-9354
Conservation	Open	787-2601
Cross-Country Skiing / Snowshoeing		
	Whithams	520-1728
Day Hiking	Sam Pole	523-4970
Rafting	Greg Hulet	523-6199
Trail Maintenance	Alan Crockett	529-5188
Bulletin Editor	Donna Whitham	520-1728
Bulletin Assistant	Mark Whitham	520-7232
Publicity	Open	787-2601
Historian/Librarian	Barbara Brown	522-8977
WebMaster	George Cole	716-0024
Program	Bob Tyler	787-2601

## General Club Meeting

Held at **7:30 P.M.** on the first WEDNESDAY of each month, normally in the large meeting room of the Idaho Falls Public Library.

NO GENERAL MEETING IN JULY.

## SEPTEMBER Bulletin Deadline is:

### 5 PM on August 10

Materials for inclusion in the next bulletin are due by the 10th of the month due to bulk mailer deadlines.

Please send electronically to the bulletin editor at [editor@idahoalpineclub.org](mailto:editor@idahoalpineclub.org)

Note: Hand written or hard copy material will be included in the bulletin, time permitting.

## Annual IAC Potluck Picnic

Wednesday, August 6<sup>th</sup>, 2008 - 6:30 pm

Sealander Park

65<sup>th</sup> West (Cinder Butte Road) &

65<sup>th</sup> South (York Road / St. John Road)

Attend the picnic for a chance to win gift certificates for Idaho Mountain Trading, Canyon Whitewater, Bill's Bike Shop, and Stonewalls Climbing Gym.

From I15 take Exit 113 West, veer to left onto 65<sup>th</sup> South to 65<sup>th</sup> West. Do not turn onto 45<sup>th</sup> (New Sweden road). At 65<sup>th</sup> West continue straight at the pink mailboxes & Drive Slow 10mph sign. (See map on page 2)

### Club will provide:

Hamburgers, hot dogs, buns, beverages, plates, utensils

### What to bring:

Insect repellent

A side dish or dessert to share.

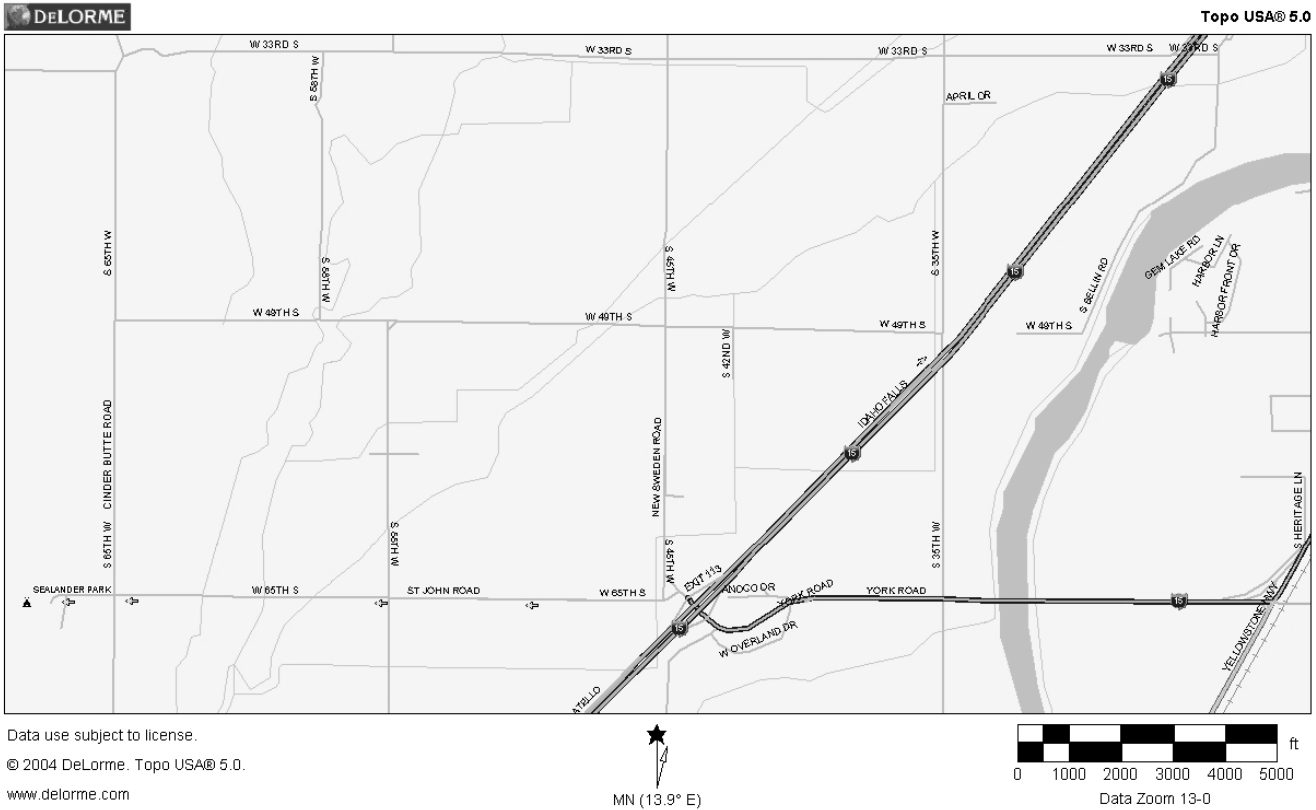
Chairs or a blanket to sit on.

Extra insect repellent

### President Speaks

My wife and I recently went on a day hike up Darby Canyon on the west slope of the Tetons. Shortly before you reach the Wind Cave there is a monument for some Girl Scouts and their leader who were killed by a lightning strike back in the 1950's. A sobering reminder of one of the most common hazards we face during outdoor activities. Forty five people died in this country last year from lightning strikes and there have been at least sixteen so far this year. So when you're out playing in the mountains or even just out on the golf course know how to stay safe from lightning it can save your life.

Mark Whitham



## Bicycling

For spring bicycling information and trips, contact Jeff Coward at 208.522.8135 or by email: [bicycling@idahoalpineclub.org](mailto:bicycling@idahoalpineclub.org)

## Day Hiking / Backpacking

Unless otherwise indicated in the trip descriptions, Contact Sam Pole: Home-523-4970, cell-520-3630, or email [sbpole@cableone.net](mailto:sbpole@cableone.net) for trip information and to sign up to go on a scheduled trip.

*NOTE: The following meeting and time information applies to trips led by Sam Pole. If anyone else is leading a trip call them for the meeting location, time, and to sign up to go.*

Trip Meeting Places: Unless otherwise noted will leave from two locations:

1. Trips west of the Snake River at Idaho Falls will leave from the West-side Walmart (parking lot at the garden side).
2. Trips basically east of the Snake River at Idaho Falls will

leave from the East-side Walmart on Hitt Road (north end or McDonald's end of parking lot).

Trip departures will be at 7:30 a.m. from the parking lots, unless otherwise noted in the newsletter. If running late, please call or at least always check the parking lot first because others may have called to say they also will be late. If it is more convenient for you to meet us on the way or at the trailhead, please call to let me know.

### Hike Minimums:

1. Water
2. Food/snacks
3. Protective clothing-no cotton
4. Minor first aide items
5. Appropriate shoes
6. Personal medications, as needed during the day.

### Suggested Other Items:

1. Sun glasses
2. Sun screen
3. Hat
4. Light gloves
5. Hiking staff or poles
6. Other personal items of interest depending on whether one is a minimalist or tech-head.

## August 8-10 Backpack Over-night / Iron Bog Lake:

Trip coordinator Sam Pole. This is rescheduled from July with a second night added to the hike. This hike begins about 25 miles west of Arco, ID, and consists of a five mile round trip. The area is scenic and offers several lakes to visit. Iron Bog Lake is above 9,000 feet. Leave from the westside Wal-Mart garden-end parking lot at 1:00 p.m. Please contact Sam Pole, 523-4970, prior to departure.

## August 23 Dayhike / Indian

**Creek:** Trailhead is toward the upper end of Palisades Lake in the southern end of the Snake River Range. This is a day hike that can be up and back or done as a loop depending on the interest and hiking pace of the parties hiking. However, I prefer a moderate pace to enjoy the scenery, so the hike will most likely be up and back. The distance is approximately 8 miles and can be slightly demanding in hot weather. We will leave from the Ammon Wal-Mart garden-end parking area at 7:30 a.m. Please contact Sam Pole, 523-4970, prior to departure.

## August 31: Fastpack the John Muir Trail—10 days/221 miles

The John Muir Trail, always billed as one of the most spectacular in the world, runs for 211 miles in the Sierra Nevada from Yosemite NP, through the John Muir Wilderness, Ansel Adams Wilderness, Devils Postpile National Monument, Kings NP, and Sequoia NP to its' end at Mt Whitney.

Statistics: Total hike (exiting at Whitney Portal) = 221 miles

Total elevation Gain = 40,000+ feet

Most of the hike is above 8,000'

Much of the hike is above 10,000'

Highest Pass = 13,100'

Highest Point = Mt Whitney – 14,500'

Resupply points = 4

The Hike: I have obtained a hard-to-get 6-person permit (reservation confirmation) that starts from Happy Isles in Yosemite on August 31, 2008. We will fastpack the entire 221 miles in 10 days, with a 3-day grace period.

Fastpacking basically involves using ultralight packs, tarps instead of tents, no stoves (no hot food /drinks), crack starts, other minimalist/dual purpose gear, and resupply points. However, approved bear canisters are required (though they do make good seats). A little suffering should be expected, but the rewards are bountiful.

I'm looking for a few hardy souls with backpacking experience, stamina and positive attitudes. To deter bailers, I'm requiring a nonrefundable \$75 contribution for trip expenses (permits, gas, shuttle, food drops, etc) for each person accepted. For more info or to be considered, contact Mike Allen at madallen@cableone.net or 208 384-1545 (Boise). Very limited.

## Climbing

For information on trips, driving instructions, or to sign up to go, contact Kevin Coble at 529-8142 or Eric Larsen at 522-9354. To find out about last minute changes to the summer climbing schedule or

about impromptu weekend trips you will need to subscribe to the IAC climbing mailing list by visiting: [http://www.macrobotics.com/mailman/listinfo/iac\\_climbing](http://www.macrobotics.com/mailman/listinfo/iac_climbing) or, via email, send a message with subject or body 'help' to:

[iac\\_climbing-request@macrobotics.com](mailto:iac_climbing-request@macrobotics.com)

The great thing about the e-mail list is that anyone can plan a trip and let others know about it. So speak up if you've got a trip you want to plan.

Note: If you plan a trip far enough in advance, please send it to [editor@idahoalpineclub.org](mailto:editor@idahoalpineclub.org) to post in the monthly bulletin and let club members who haven't subscribed to the e-mail list know about it too.

Hi Everyone, Here's the schedule for the Wednesday night climbs. For the climbs south of IF (Blackfoot, Ross Park), we'll meet at the climbing gym. For climbs east of IF (Ririe, Paramount, Heise) we'll meet at the McDonald's by Fred Meyer. Meeting time is 5:45.

- Eric

### 2008 Wednesday Evening

#### Climbing Schedule:

August 6 - Heise or IAC Picnic

August 13 - Ross Park

August 20 - Paramount

August 27 - Blackfoot

## Rafting

For information on renting club rafting gear (IAC club members in good standing only) contact Greg Hulet at 523-6199 or [rafting@idahoalpineclub.org](mailto:rafting@idahoalpineclub.org).

For trip information contact the trip leader indicated in the trip description. You MUST be an IAC member to participate in IAC raft trips.

**Through - November:** Call to arrange Alpine Canyon (class II-III) float trips. One to four people welcome, additional people (15 max total) please provide boats. (Jim Lee 524-5836) Note: Saturday's are very busy. Week day afternoons or Sundays work best.

For those planning to take a group to Alpine Canyon the following rules apply. You will be ticketed if you are caught breaking them:

1. If your party is 15 people or less, no other limits apply, including the four boat limit.

2. Organizational trips only apply to groups with a paid leader (ISU Outdoor Program, Youth Minister, etc.).

## August 16: Rafting/Alpine Canyon (Greg Hulet 523-6199)

### Support the Merchants who Support the IAC

Show your membership card for 10% discounts on regularly priced merchandise:

- ★ Idaho Mountain Trading  
523-6679  
Shoup & B, Idaho Falls
- ★ Canyon Whitewater Supply  
522-3932  
450 S Yellowstone, Idaho Falls
- ★ Alpine Schwinn 523-1226  
1352 S. Holmes Ave.
- ★ Bill's Bike Shop 522-3341  
805 S. Holmes Ave.
- ★ Lynna and Leland Howard offer members of IAC a 10% discount on all of their published books.  
357-1917 or 357-3166;  
[lyнна.howard@mac.com](mailto:lyнна.howard@mac.com)  
[leland@wildernessbooks.com](mailto:leland@wildernessbooks.com)
- ★ Stone Walls Rock Gym. \$1 off of Daily Rate. Call 528.8610 for information and winter hours.
- ★ Discounts on Jerry Painter's Hiking & Biking guide books

## Trip Reports

Thursday, June 19; No interest. The Thursday schedule does not appear to be of interest so no further hikes will be scheduled on Thursdays.

Saturday, June 28; Gayland Lords and myself overnighted in the Wind Cave valley. Considerable snow remained through the trees and the approach to the cave. Also snowfields remained up to and through the pass below Fossil Mountain. Weather was perfect for hiking and overnighting.

Dates to Remember:

August 6: IAC Annual Picnic / Sealander Park

August 6: Climbing / Heise

August 8-10: Backpack Over-night / Iron Bog Lake

August 13: Climbing / Ross Park

August 16: Rafting / Alpine Canyon

August 20: Climbing / Paramount

August 23: Dayhike / Indian Creek, Snake River Range

August 27: Climbing / Blackfoot

Get out there and experience it!

**Enjoy the outdoors with the IAC  
Join today**

*For more information write to the address below or visit our web site to download a free newsletter and application:*

**Idaho Alpine Club  
P.O. Box 2883  
Idaho Falls, Idaho 83403-2883**

[www.IdahoAlpineClub.org](http://www.IdahoAlpineClub.org)

**Membership Fees**

	Full Year	7/1 to 10/1
Individuals:	\$20	\$15
Family:	\$25	\$20

After October 1, the payment of full year fee applies to the following year.

Full-time students (18 or older) and seniors (65 or older): \$5 off the above fee schedule.

IAC Council Meeting Monthly minutes are available at [www.idahoalpineclub.org](http://www.idahoalpineclub.org)

**IAC Logo T-Shirts & Patches!**

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered IAC Logo! Short sleeve \$14 each. Long sleeve \$21 each. Sizes Small, Medium, Large, and X-Large.

A limited number of embroidered Color IAC Logo Patches are available for \$10 each.

The shirts and patches are available at the monthly meetings, but if you just can't wait until the next meeting, contact the club Treasurer to get yours sooner.

**Grey Sale!!!!**

All long sleeve grey silk screened IAC logo T-shirts are now \$14 instead of the normal \$21. All short sleeve grey silk screened IAC logo T-shirts are now \$10 instead of the normal \$14. These would make a great gift for the hiker that has everything. We will not be ordering any more silk screened logo T-shirts; this is your last chance. Contact the club Treasurer for size availability and to buy now.

*Idaho Alpine Club  
P.O. Box 2883  
Idaho Falls, Idaho 83403-2883*