

Idaho Alpine Club Bulletin

Volume 48 - Issue Number 6 - June 2008

CLIMBING MOUNTAINEERING BACKPACKING DAYHIKING BICYCLING XCSKIING SNOWSHOEING RAFTING

web site: www.idahoalpineclub.org

e-mail: 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:

June: Cummings's home, 1860 Whitney

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.

JULY Bulletin Deadline is:

5 PM on June 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

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

IDAHO ALPINE CLUB GENERAL MEETING

"Mountain and Desert"

Wednesday, June 4, 2008, 7:30 PM

IDAHO FALLS LIBRARY

COME ENJOY AN ICE CREAM SOCIAL AT 7:00 PM

The last time Idaho Falls orthopedic surgeon Stan Griffiths spoke to us it was about his climb of Aconcagua. Since then he has continued to pursue and enjoy outdoor activities and in spring of last year spent some time mountain biking near Zion National Park in southern Utah. He then took a break from the bike to do a hike in a slot canyon called "Subway". Actually, the slot canyon involved wading in some rather frigid water as well as hiking. Then in the fall, he climbed Mt. Rainier in late September when the crevasses on the mountain were no longer snow covered. In his words, he felt like he climbed the mountain twice because of all the maneuvering needed to get around the crevasses. So, whether your interests are hiking, biking or climbing, or all three, be sure to come and enjoy Stan's slides of his adventures.

The meeting is open to the public and all outdoor enthusiasts are invited. For more information log onto the club website at www.idahoalpineclub.org or contact Bob Tyler at programs@idahoalpineclub.org.

President Speaks

I hope this newsletter finds everyone healthy, happy and planning lots of outdoor activities. Winter is finally loosening its grip and letting spring into our little corner of the world. With the warmer weather we need to remember to watch for heat related illnesses.

Heat prostration and heat stroke can strike anytime during the summer months. Know the symptoms and what to do if you or a member of your party gets sick. A wilderness first-aid courses is a good idea for anyone spending much time in the backcountry.

Something else to watch out for this time of year is ticks. Yuck! Little blood sucking insects that can carry diseases such as Rocky Mountain Spotted Fever. Be sure to check yourself and your cloths when you are done with the day's activities. If you find an embedded tick there are commercially available products for removing them that should be part of your first-aid kit.

Remember, Do Not leave any part of the tick in your body or you risk getting very sick. If the tick is embedded to far see a doctor, it is worth the time and money to get treated properly. Now that your skin is crawling, go out in the woods and have some fun.

Mark Whitham

Day Hiking / Backpacking

Unless otherwise indicated in the trip descriptions, Contact Sam Pole: Home-523-4970, cell-520-3630, or email sbpole@cablone.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 previous month 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. For instance, if someone lives in Rexburg and we are headed past Rexburg to go hiking, we can always meet-up there and proceed.

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.

This season will be similar to 2007 in that your hiking coordinator intends to continue to schedule one Thursday hike each month. Thursdays are obviously aimed at retirees and other slackers but also allows for additional hikes without tying-up and additional weekend. I hope more of the Thursday trips can make this year because they are a lot of fun and there are no crowds. Overall this year will include old standards and new hikes. Another goal is to schedule at least one 2-nighter in June, July, August and September.

June 7, Dayhike / Snake River Canyon Rim, Saturday. This hike is along a shelf above the Snake River canyon east of Heise. Round trip 6-8 miles depending on how far folks wish to go. **This is a rescheduled trip** since access was restricted in May. Trip Coordinator: Sam Pole. Fairly easy hike along a canyon shelf overlooking the South Fork of the Snake River. Meet at the East-side/Ammon Wal-Mart north end, 7:30 a.m.

June 19, Dayhike / Spencer Peak, Pine Creek Canyon, Thursday.

Easy day hike in the Snake River Range. Trip coordinator: Sam Pole. Round trip approximately 6 miles. Please call prior to the hike. Meet at **8:30 a.m.** at the Ammon Wal-Mart on the garden side of the store parking area.

June 28, Backpack Over-night / Darby Canyon/Wind Cave, Saturday:

Trip Coordinator: Sam Pole. Round trip approx. 6 miles. A moderate hike up to a hanging valley containing Wind Cave. Water is present exiting the cave and there is good camping within a short distance. The cave and geology are very interesting. Weather permitting we may hike up Fossil Mountain overlooking the Wind Cave valley. Please call prior to the hike. Meet at **7:30 a.m.** at the Ammon Wal-Mart on the garden end of the store parking area.

July 12, Dayhike / Glory Bowl, Tetons, Saturday:

Trip coordinator Sam Pole. The hike begins in Teton Pass east of Victor Idaho; climbs to the top of Glory Bowl; and then meanders along the mountain crests to Ski Lake or beyond to the Teton Crest Trail; then returns to the highway below and east of Teton Pass. Strenuous for first 0.5 mile then approximately 6 mile moderate rambling hike out.. Elevation gain in the first 0.5-mile climb above Teton Pass is approximately 1400 feet. Please call prior to the hike. Meet at **7:30 a.m.** at the Ammon Wal-Mart on the garden end of the store parking area.

July 28, Backpack Over-night / Iron Bog Lake, Saturday:

Trip coordinator Sam Pole. The hike begins between Arco and Mackay and climbs into an area of several mountain lakes in the Pioneers, which allegedly have good fishing. The hike to camp is fairly short and moderate in effort. Please call prior to the hike. Meet at the west side Wal-Mart on the garden end of the parking area.

Climbing

For information on trips, driving instructions, or to sign up to go, contact Kevin Coble at 529-8142 or Eric Larsen522-9354. 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: To subscribe visit 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

Hi Everyone,

Here's the schedule for the Wednesday night climbs. We'll officially start the Wed. after Memorial Day. 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. Until then, let's plan on climbing at the gym every week, and if the weather gets nice we'll sneak out for a few early season evenings.

As for other trips this summer, I don't have anything planned yet. I'm probably not going to plan any weekend trips. As most of you know, I'm recovering from pretty major shoulder surgery, and at this stage I really don't know yet what I'll be able to do. I don't want to commit to any trips that I can't complete. But 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 and want others to know. Note: If you plan a trip far enough in advance, please remember to send it to 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. - Eric

2008 Wednesday Evening

Climbing Schedule:

- May 28 - Ririe
- June 4 - Blackfoot
- June 11 - Heise
- June 18 - Ross Park
- June 25 - Paramount
- July 2 - Blackfoot
- July 9 - Heise
- July 16 - Ross Park
- July 23 - Paramount
- July 30 - Blackfoot
- August 6 - Heise
- August 13 - Ross Park
- August 20 - Paramount
- August 27 - Blackfoot

Rafting

For information on renting club rafting gear (IAC club members only) contact Greg Hulet at 523-6199 or 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.

May 23-26: Rafting/Memorial Day Weekend

– Day trips on Shoup stretch of Main Salmon (Class III+). Camp at Spring Creek Campground.

You MUST bring gear up if you are planning to run, club gear or your own. If you plan on participating, call Greg far enough in advance to allow for gear pick up. Anyone who wants to run an inflatable kayak or run a boat with oars, plan on hauling that gear.

Two runs per day, 11 miles each with a break for everyone to eat lunch in between on Saturday and Sunday. One or two runs on Monday if enough are interested. Pot luck dinners on Saturday and Sunday. Rafting fees are \$10 per person per day on the water regardless of number of trips per day. Wet suits are recommended. (Greg Hulet 523-6199).

April - 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.).

May 31: Rafting/(or before if sufficient water), Fall River

(Class III+), One or two runs depending on interest of those signing up. (Greg Hulet 523-6199)

June 20-22: Rafting/Sunbeam day section Salmon River

(class III). Camp at O'Brien campground. Bring your own boat. (Jim Lee 524-5836)

August 16: Rafting/Alpine Canyon

(Greg Hulet 523-6199)

Bicycling

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

June 21: Cycling/Tour of Marsh Creek Valley. Sponsored by ICE (Idaho Cycling Enthusiasts). Start and finish at Pocatello Charter School at the intersection of Arthur and Bannock Highway in Pocatello. All rides exit and return to the city via Bannock Highway. 26-mile, 60-mile ride, and 100-mile ride options. Food & water stops. You can register for the tour online at www.sportsbaseonline.com for the Tour! For additional information: Contact Rob Van Kirk at 2 0 8 - 2 3 3 - 0 9 5 1 o r rob.vankirk@gmail.com, or visit ICE on the web! www.idahocycling.com.

West Yellowstone to Warm River Mountain bike ride: 21, 30, and 54 mile options are available on this annual IAC ride. A car shuttle is required, so at least two vehicles capable of transporting riders and bikes will be needed. The ride starts in West Yellowstone and follows the South Fork of the Madison River to the top of Reas Pass, then descends to Big Springs. This section is about 21 miles long. The pass has only one short section of moderately steep road. Any level of rider can negotiate this section. There may be some sections of loose cinders and sand on parts of this ride. Some areas used by ATV's may also have some washboarding. We will stop at Big Springs for lunch. For those riders not wanting to do the entire 54 mile ride to Warm River, a third vehicle could be left at Big Springs to transport them to the last 9 mile long descent along the Warm River to the campground. The flat section from Big Springs to the junction with the road to Warm River Springs crosses rivers and streams and passes by many ponds. Fields of wildflowers are generally in bloom as well. Wildlife and birds of various types can often be seen along the route. There may be some mosquitos as well, so bring some repellent with DEET in addition to your sun screen. A short side trip of 2 miles one way to Warm River Springs is an option for anyone who wants to go. There is a short steep hill on this side trip. Contact Jeff Coward, 522-8135 or jdc1100@srv.net for more information.

National Trails Day Events Near By: BLM will be hosting an event on the Stinking Springs trail. For details: <https://americanhiking.org/NTD.aspx>

Trip Reports

May 3 - Highway Clean-up: A big thank-you for supporting the club highway clean-up goes to Colleen Thompson, Karl Bohan, Paul Worth, Garney Hardy, Susan McKinley, Carrie and Ken Katsma, Mark and Donna Whitham, Jim McBride, and especially to Neil & Sally Burrell, for hosting the fabulous barbeque afterwards. We filled 13 bags with trash, 2 bags with aluminum cans for recycling, piled on the side of the road, an assortment of items including a 8' pipe, and marked for pickup, 5 animals including a moose and a skunk, while enjoying a brisk weather day.

April 19 - The hike at Craters was altered due to the roads not being fully plowed. Gaylon Lords, Ruben Vela, Jan Cariker, Alan Crockett, and Sam Pole were present. We did a short hike and tour of the monument and then finished the afternoon in the rosebud hot springs west of Craters.

May 10 - The road being closed for winter big game protection prevented the Snake River Canyon hike. As an alternative we hiked the mountain bike and ATV trails on the backside of Kelly ski area. Turned-out to be a great hike. Gaylon Lords, Chris Ischay, Alan Crockett, and Sam Pole were present.

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 o r 3 5 7 - 3 1 6 6 ; Lynna.howard@mac.com 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

Dates to Remember:

- June 4: General Meeting / Ice Cream Mountain & Desert Slide Show
- May 28: Climbing / Ririe
- May 31: (or before if sufficient water), Rafting / Fall River
- June 4: Climbing / Blackfoot
- June 7: Dayhike / Snake River Canyon Rim, Saturday
- June 11: Climbing / Heise
- June 18: Climbing / Ross Park
- June 19: Dayhike / Spencer Peak, Pine Creek Canyon, Thursday
- June 20-22: Rafting / Sunbeam day section Salmon River
- June 25: Climbing / Paramount
- June 28: Backpack Over-night / Darby Canyon/Wind Cave, Saturday
- July 12: Dayhike / Glory Bowl, Tetons, Saturday
- July 26: Backpack Over-night / Iron Bog Lake, Saturday
- August 16: Rafting / Alpine Canyon

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

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 Minutes
NOTE: Monthly minutes are available at www.idahoalpineclub.org

IAC Logo T-Shirts!!

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

White 'n' Grey Sale!!!!

All long sleeve white and 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 white or silk screened logo T-shirts; this is your last chance. Contact the club Treasurer for size availability and to buy now.

*Idaho Alpine Club
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