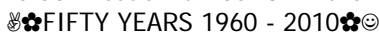


# Idaho Alpine Club Bulletin

Volume 50 - Issue Number 3 - March 2010



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)

## 2010 Council

President	Sam Pole	523-4970
Vice-president	Al Jantz	525-8510
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

## Members-at-Large

Colleen Bohan	529-0151
Jeff Coward	522-8135
Matt Sweetser	569-9857
Mark Whitham	520-7232

## Council Meetings:

Council Meetings are held on the second TUESDAY of each month at 7:00 PM until further notice

Upcoming Council Meetings:

March: McKinley's Home	425 Pevero Dr.
April: Bohan's Home	748 Adell

## Activity Coordinators:

Backpacking	Sam Pole	523-4970
Bicycling	Jeff Coward	522-8135
Climbing/Mountaineering	Kevin Coble	201-1840
Conservation	Open	
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	
Historian/Librarian	Barbara Brown	522-8977
WebMaster	George Cole	716-0024
Program	Bob Tyler	787-2601

## General Club Meeting

Held at **7:00 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.

## APRIL Bulletin Deadline is:

**5 PM on MARCH 10**

Trip descriptions, reports, and material 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.

## IDAHO ALPINE CLUB GENERAL MEETING

### "FROM BRITISH COLUMBIA TO YELLOWSTONE BY BICYCLE"

**WEDNESDAY, MARCH 3, 2010 @ 7:00 PM**  
**IDAHO FALLS LIBRARY**

Leaving home on a 2 ½ month trip with just \$100 in your pocket is something only the young have the chutzpah to do. When he was only 27, Bob Breckenridge did just that. The year was 1978 and he had been hired to drive a car from State College, PA to the West Coast. After dropping the car off at its destination, he took a bus to Seattle where he then caught a ferry to Prince Rupert, B.C. From there, he and a friend embarked on an 1800 mile bike journey that would end in Yellowstone.

Even more remarkable was that they started their trip through the Canadian Rockies on September 1 and would not arrive in Yellowstone until two months later. Chalk up the decision to leave so late in the year to complacency that comes from living in the eastern US near sea level where fall afternoons can be warm and pleasant. Nevertheless, Bob survived in spite of the late departure and made it to Yellowstone, albeit not without some grizzly bear encounters. Bob and his buddy camped out each night, traveling with about 65 lbs. of gear loaded on each of their ten-speed bikes. They enjoyed some spectacular scenery along the way including the Icefields Parkway between Jasper and Banff. Be sure to come and enjoy Bob's slides of this ambitious and exciting bike trip.

To learn more, come to the meeting and check it out.

The meeting is open to the public and all outdoor enthusiasts are invited to attend.

For more information contact [programs@idahoalpineclub.org](mailto:programs@idahoalpineclub.org), log onto the club website at [www.idahoalpineclub.org](http://www.idahoalpineclub.org), or contact Bob Tyler at 787-2601.

## President Speaks

Two years ago, while leading a hike, I noticed a wire(?) hanging from the side of one of my fellow hikers. Concerned about it getting caught on a branch, I mentioned it to the hiker. To my surprise, he said that the wire was actually a tube from his insulin pump plugged directly into his abdomen. I mention this incident because many of us do have health issues that could become a problem on an outing, be it hiking, biking, rock climbing, rafting, etc.

I recommend that if any club member has a health issue, that could present a problem while participating in club activities, they notify the trip coordinator. I have frequently mentioned to hiking partners that I have a mechanical heart valve and an in-body defibrillator. Should I collapse or appear to have a heart attack it is best to just monitor me and let the defibrillator do its thing. The likely-hood that an individual, even a trained individual, would be able to help me is very remote out on the trail, on a raft or half way up a rock wall.

Not knowing that a health problem exists, and responding incorrectly to one, not only endangers the person having a problem, but could be devastating to anyone who tries to offer aid. As you proceed through the year and participate in club activities, please consider what information the trip leader needs to know to keep you and others safe.

Sam Pole

**Participation on Club Activities Common Adventure / Trips:** With the exception of rafting, Non-members may attend a maximum of two club trips or activities, then must be members in good standing to continue participating.

Participants on rafting trips or rafting rentals must be members in good standing.

Participants on a club trip must pay any established trip fee, abide by club rules and activity guidelines, and must follow instructions of the activity coordinator.

An individual may not participate in any common adventure/trip of the club unless that individual has read and signed the common adventure form for that specific activity prior to embarking on that adventure / trip / activity.

### **XCSkiing / Snowshoeing**

Contact the Whithams 520.1728 or, [xcski@idahoalpineclub.org](mailto:xcski@idahoalpineclub.org) for trip information, meeting location and time, and to sign up to go on a scheduled trip, unless otherwise indicated in the trip descriptions. Additional trips to be added over the winter, depending on conditions. If the roads are closed, or the weather too severe, the location of a trip may change or the trip may be canceled at the last minute.

### **Carry or Bring Your Own:**

1. Water
  2. Food/snacks
  3. Dress in layers. Hat and gloves or mittens. Do NOT show up in cotton clothing to XC-ski or Snowshoe. Wear wool or synthetics with the final layer being a wind and or a waterproof barrier. Bring adequate extra Winter appropriate protective clothing.
  4. Minor first aid items including sun screen, personal medications, as needed during the day.
  5. Headlamp (& Batteries)
  6. Map & Compass
  7. Sunglasses
  8. Lightweight shelter / space blanket.
  9. Appropriate equipment-skis or snowshoes, boots, poles, skins, shovel and avalanche transceiver depending on activity or terrain.
  - 10 Repair kit for your own equipment including duct tape and wax kit or glide liquid.
  - 11 Mat to sit on
- Other personal items of interest.

**March 6 XCSki Ricks Basin:** Depending on conditions we will skate or XC ski on the groomed Nordic trails at Grand Targhee Resort. There are 10 miles of groomed trails that range from beginner to advanced. Day passes are \$10 for adults and \$5 for seniors or children.

**March 13 XCSki Mesa Falls:** Parking for the Bear Gulch-Mesa Falls Trail system is located at the end of the plowed section of the Mesa Falls Scenic Byway (route 47), 12 miles northeast of Ashton, Idaho, near the old Bear Gulch alpine ski area. Idaho Park N' Ski permits are required. Skiers and snowmobiles share the trailhead and unplowed Byway for the first 0.4 miles. The trail system consists of 2 loops and a spur in the Caribou-Targhee

National Forest totaling 6.8 miles. Wildlife such as bald eagles, ravens, osprey, moose, ermine and porcupine are occasionally seen along the trails. The trails provide excellent views of the Henrys Fork Canyon, and Upper and Lower Mesa Falls. Depending on conditions this may turn into a snowshoe trip.

**March 20 Hot Potting Goldbug Hot Springs:** Celebrate the first day of spring soaking in this scenic hot springs on Goldbug Ridge 23 miles south of Salmon. Two mile hike to where steamy hot spring pools and cascades await. Be forewarned: The springs are clothing optional.

**January 9 XCSki: Brimstone - Trip Report:** Twenty club members participated on this blue sky day trip to XCSki and count eagles with the Audubon Club. Three bald eagles were spotted along with several hooded mergansers. Bullwinkle was spotted on one of the loops. To see photos of the trip, become a FB fan of Idaho Alpine Club.

**January 10 XCSki or Snowshoe at Harriman State Park: - Trip Report:** Colleen and Karl Bohan skied around Silver Lake with Mark Whitham, while Garney Hardy and Donna Whitham snowshoed along the Henry's Fork on a very gray day.

**January 17 XCSki Ricks Basin: - Trip Report:** Susan McKinley joined Mark and Donna Whitham for a very pleasant day trip to the west slope of the Tetons. A late evening note that the Teton Ridge Ranch was open to skiing for free after a Saturday race, made it a quick decision to ski at that very scenic location. We skied the entire 14k race course which had a few challenging sections due to the warm afternoon sun. We were wishing we had brought along Special Red.

**February 6 XCSki: Darby Canyon - Trip Report:** Karen and Janet Arterburn and Marie and Bob Tyler enjoyed a maxi- glide kind of afternoon with a hint of spring in the air. Partly cloudy skies gave way to a beautiful sunny afternoon. Although, we did not make it all the way in to the summer trailhead, we got far enough in to hear the howl of one of the wolves that roam the west side of the Tetons between Victor and Driggs or, if not a wolf, then a very low voiced coyote.

### **AVALANCHE INTERNET SITES**

#### **Cyberspace Snow & Avalanche Center**

This one stop site provides links to just about everywhere, plus tons of information about avalanche safety in the back-country: <http://www.csac.org/>

**North America:** <http://www.avalanche.org/>

**Jackson Area:** <http://jhalavalanche.org/>

**Bozeman Area:**

<http://www.mtavalanche.com/current/index.shtml>

**Island Park Area:** <http://islandparksnow.net/>

**Avalanche Safety Instruction:**

<http://www.avalanchecourse.com/>

### E. Idaho XC-Ski Guides & Maps

Five hiking trail maps covering trails in the Teton Ranger District are now on the Alpine Club web site. Four of the trails are in the Jedediah Smith Wilderness (Bitch Creek area, Leigh Creek area, Alaska Basin and Table Mtn, Moose Creek & Taylor Mtn) and the 5th covers the Pine Creek area. Also there is a map of the Ashton Teton trail which is scheduled to become a State Park in the spring although can be ridden now. It will be a summer season non-motorized trail on the old rail bed, 30 miles long with one detour. Snowmobiling is allowed on the trail which has been funded in part by the Idaho Parks and Recreation Off Road Motor Fund. All the bridges will be completed by December, and the Teton trailhead is complete. Next spring the bed will be improved in places and sometime a trailhead in Ashton will be established.

Black and white Kelly Canyon Nordic area map brochure will be available locally and at the trailhead. A full color version of the current map can be downloaded from the IF Ski Club's web site, [www.ifskiclub.com](http://www.ifskiclub.com). These and additional area maps are available on the Idaho Falls Ski Club Website:

<http://ifskiclub.com>

Bear Gulch-Mesa Falls Guide Map

Brimstone-Buffalo River Guide Map

Fall River Ridge Guide Map

Harriman State Park Guide Map

Harriman-Brimstone Connector Map

Kelly Canyon Nordic Area Guide Map

[www.Delorme.com](http://www.Delorme.com) kindly allows the ski club to use these maps.

### Climbing

For information on club climbing trips contact Kevin Coble at 201-1840. Otherwise to find out about climbing locations or 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)

### Stone Walls Rock Gym

Call 528.8610 for information.

Winter hours are:

4-9 PM Monday - Friday

12-9 PM Saturday

Idaho Alpine Club members may show their membership card to receive \$1 off of the daily admission price.

### Happening Hounds Pet Services

IAC Member: Liz Downing (208) 757-0108

[happeninghounds@yahoo.com](mailto:happeninghounds@yahoo.com)

Areas covered: Greater Idaho Falls Area

Services: Home visits (minimum half hour), overnights, pet transport, exercise & social interaction for pets, general grooming (no clipping, etc). As a member of a professional pet sitters network, Liz offers reasonably priced, reputable, and insured pet services. For those of us with backyard bird feeders, Liz is a bird watcher too, she will keep them full for you if needed.

### 2010 VOLUNTEER OPPORTUNITIES

The Continental Divide Trail Association (CDTA) is taking applications for its summer trail projects. Be a part of history helping to build and reconstruct tread, sign, and maintain the "King of Trails" the Continental Divide Trail. This year there will be two projects nearby. To sign up for one of these two or projects in Montana or Wyoming or elsewhere on the CDT go to:

[WWW.CDTRAIL.ORG/GETINVOLVED](http://WWW.CDTRAIL.ORG/GETINVOLVED)

### Big Table Mountain - Idaho, July 23-31

Caribou-Targhee Nat'l Forest (USFS)

Elevation: 8000' - 9000'

Get those biceps ready! Project work on this part of the CDT will include clearing trail, touching up drainage structures and polishing up retreat. This is a backcountry project with stock support (horses and mules) to help us get our gear into base camp. Excellent physical condition required. Availability: 8-12 volunteers.

### Monida Pass - Idaho, Sept 5-12

Caribou-Targhee Nat'l Forest (USFS)

Elevation: 6500'-7500'

With one foot in Montana and the other in Idaho, you can scratch two CDT states off your list. New trail construction with an "old-school" horse and plow for this project. Volunteers will offer support with hand tools to polish up this new trail reroute. Excellent physical condition required. Availability: 8-10 volunteers.

### 50th Anniversary IAC Logo T-Shirts Retro IAC Patches!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered 50<sup>th</sup> Anniversary IAC Logo!

Short sleeve \$20 each.

Long sleeve \$25 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 or contact the club Treasurer to get yours sooner.

**CELEBRATE IAC's 50 YOUNG YEARS!!!**

Dates to Remember:

MARCH 3: IAC GENERAL MEETING  
"FROM BRITISH COLUMBIA  
TO YELLOWSTONE BY  
BICYCLE"

March 6: XCSki / Rick's Basin

March 13: XCSki / Mesa Falls

March 20: Hot Potting / Goldbug

Climbing: Subscribe to find out any updates on the weekly climbing plans. See page 2 for information on how to subscribe.

Winter - Snow - Fun

Come play in the snow with us!!!!

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 on line.

**Support the Merchants who Support the IAC**

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

- ★ Happening Hounds Pet Services  
Liz Downing (208) 757-0108  
[happeninghounds@yahoo.com](mailto:happeninghounds@yahoo.com)
- ★ Idaho Mountain Trading 523-6679  
Shoup & B (Non-Sale Items Only)
- ★ Alpine Schwinn 523-1226  
1352 S. Holmes Ave. (Excludes bicycles)
- ★ Bill's Bike Shop 522-3341  
805 S. Holmes Ave. (Excludes bicycles)
- ★ Canyon Whitewater Supply  
522-3932 (Accessories Only)  
450 S Yellowstone, Idaho Falls
- ★ Lynna and Leland Howard offer members of IAC a 10% discount on a | | of their published books. 357-1917 or 357-3166; [lyna.howard@mac.com](mailto:lyna.howard@mac.com)  
[leland@wildernessbooks.com](mailto:leland@wildernessbooks.com)
- ★ Discounts on Jerry Painter's Hiking & Biking guide books

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*Idaho Falls, Idaho 83403-2883*