

# Idaho Alpine Club Bulletin

Volume 44 - Issue Number 5 - May 2004

P.O. Box 2885, Idaho Falls, Idaho 83403-2885

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Rob Mullin 524-3594

Canoeing  
John Page 356-6486  
Sue Page 356-5118

Rafting  
Greg Hulet 523-6199

Trail Maintenance  
Open

Day Hiking  
Mark/Donna Whitham 520-1728

Please mail completed common adventure forms to the secretary.

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.

Membership Fees

	Full Year	July 1 - October 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.

Council Meetings and Bulletin Deadline

Council Meetings held on the third Tuesday of each month at 7:30 PM

May Council Meeting: Barb Brown's

201 West Commons Road

June Council Meeting: George Cole's

1704 E. 25th St.

Materials for inclusion in the next bulletin are due by the weekend before the council meetings.

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

**June Deadline is Midnight May 16**

## OUTDOOR KITCHEN

**Wednesday, May 5, 2004, 7:30 PM at the Idaho Falls Library**

Ever wonder what to cook when you go backpacking? What to cook with when you can't take the big Coleman stove and the kitchen sink? How you are going to purify your water? Find out at this months meeting. Idaho Mountain Trading plans to demo the latest in backpacking food, stoves, and water purifying systems.

A brief discussion on meal planning for over night trips and multi-day trips will follow.

The presentation is open to the public and all outdoor enthusiasts are invited to attend. For more information contact [programs@idahoalpineclub.org](mailto:programs@idahoalpineclub.org) or check out the club website at [www.idahoalpineclub.org](http://www.idahoalpineclub.org) or call D. Whitham at 520.1728.

## President Speaks

### Presidents Message:

Hi everyone - It's that time of year when, unless you're on a trip to the Caribbean or maybe southern Utah, you stay inside out of the wind and rain, and try to do all the household chores and paperwork that you neglected while playing in the snow. This is a good time to go visit relatives too. Then, when it finally comes, you can enjoy the Idaho summer with a free conscience, and go on or lead some IAC trips. There are more trips in this month's bulletin for you to check out.

Speaking of trips, it could happen that you are on a trip and find yourself in a situation where you feel uncomfortable, whether due to the something about the activity or about the people you are with. First try to get yourself into a safe position, by talking to someone, leaving, or getting outside help. But when you get back please let me or one of the other council members know what happened. We want IAC trips to be fun and safe, and participants to be comfortable with the group and with what they are doing.

Garney

## IAC Council Meeting Minutes

April 20, 2004

Attendees: Garney, Barb, George, Betsy, Michelle

1) March minutes – changed – ‘purchase of raft’ to ‘purchase of kayaks’.

2) Treasurer’s report

Income \$77.02

Expenses \$150.10

Balance \$4148.14

Raft Fund Balance \$1469

Members to date

Total 78, including 3 new members in March/April

3) President’s report

Status of grant proposals:

Chicken Springs – denied

Harriman Yurt – denied

Hunt’s Corral – denied; possible resubmission next year.

Discussed personal safety issues for club trips

4) Administrative business

Club-wide e.mailing of bulletin on hold for now

General Meeting snacks - May: Barb June: George

May council meeting: May 18<sup>th</sup> - @ Barb’s

June council meeting: June 15<sup>th</sup> - @ George’s – 1704 E. 25<sup>th</sup> St.

Rafting coordinator:

Purchase of kayaks complete; old raft still for sale.

5) Old Business

The ordering of club window stickers is still in progress

Scanning of old bulletins is still in progress

The reservation for the summer picnic @ Sealander Park has been confirmed for Aug. 4, 2004

National Trails Day work project will be @ Tex Creek June 5; this can be an overnite camping trip if desired

## May 15 - Highway Clean-up

Spring is here and it is that time to don the stylish bright orange vests that the Idaho highway department provides, to fill matching bright orange bags with all the trash accumulated over the winter on the IAC section of Highway 31 between mile posts 6 & 8. Sturdy work boots and work gloves are required. Afterward, we are planning a finger food potluck picnic at the Victor Park, followed by a bike ride on the bike trails which leave from the park. The ride will be between 16 and 27 miles. Another alternative will be a short hike on the nearby Aspen Trail. For more details and to sign up contact the Whithams at [programs@idahoalpineclub.org](mailto:programs@idahoalpineclub.org) or 520.1728.

## Spring Wolf-Watching in Yellowstone - May 8-9

We will be heading to the Lamar Valley in northeast Yellowstone watching for wolves and other animals. The grizzlies have been particularly active lately so hopefully we'll see them as well. We will meet Saturday morning at the Albright Visitors Center in Mammoth Springs, Yellowstone (the North entrance) at 6:00 am to get to the Lamar Valley by 6:45-7:00 am. Afterward we will have an optional dayhike of approximately 5-7 miles depending on weather and snow conditions in the area. Other activities will be decided with the participants consensus. Lodging can be found in Gardiner, MT just outside of the North gate or in Cooke City, MT outside of the Northeast gate. Arrangements for such will be on your own. It's **Yellowstone** so be prepared for sun/rain/snow/heat/cold/wind. For more details contact Tim Adkison 542.0786.

## June 5 - National Trails Day Project

This year’s project is planned to working on trails in the Tex Creek Wilderness Management Area near Ririe Reservoir so mark your calendars for a fun trail work day. After work we plan to car camp in one of the camp areas located in the WMA. Potluck dinner Saturday night. Sturdy work boots and work gloves are required. Safety glasses, pulaskis, pick axes, shovels, etc. are desired. **C o n t a c t W h i t h a m s t o s i g n u p :** [dayhike@idahoalpineclub.org](mailto:dayhike@idahoalpineclub.org)

## **Idaho Falls Ski Club Trail Work at Kelly Canyon Nordic Area - June 5, 2004**

We plan to make a portion the Upper Hut Trail flat on one of the steepest side hills. Meet at McDonald's by Fred Meyers at 9:00 a.m. Bring shovels, pick ax, pulaski's, etc for moving dirt and of course lunch, etc. Call Norm Kramer (522-8677) if you have questions.

## **Dayhike Schedule**

**May 16 - Flower Power:** Day hike and learn some of the local flora. The location of the hike will depend on how warm the weather continues to be. The Mink Creek Gibson Jack trail near Pocatello is the planned destination. A car shuttle will be necessary. We will have some of our favorite guides and photos we have taken of flowers while out on the trails, to help identify flowers we see along the trail. There will be a test at the end of the hike to see how well everyone pays attention. Contact the Whithams for more information and to sign up at 520.1728 or [dayhike@idahoalpineclub.org](mailto:dayhike@idahoalpineclub.org).

**June 6 - Tex Creek Wilderness Management Area:** See Trails Day Project for details. We will be in the WMA over night and hope to rise early for a bit of wildlife watching. Contact the Whithams for more information and to sign up at 520.1728 or [dayhike@idahoalpineclub.org](mailto:dayhike@idahoalpineclub.org).

**July 9 -11 - Car Camp and Day Hike** the Trail Creek / Ching Creek areas of the Dubois Ranger District. Contact the Whithams for more information and to sign up at 520.1728 or [dayhike@idahoalpineclub.org](mailto:dayhike@idahoalpineclub.org).

**August 13 - 14 - Mount Borah:** The plan is to car camp at the trail head on Friday night, (maybe we will get lucky and see another display of northern lights), arise EARLY on the 14<sup>th</sup> to hike up while it is cooler and be on our way down before afternoon electrical storms. This is a steep, strenuous, mostly class 3 hike with one short, section of class 4 scrambling. The elevation gain is about 5400 feet with a little over 2100 feet in the first of the 3.5 miles to the summit. Contact the Whithams for more information and to sign up at 520.1728 or [dayhike@idahoalpineclub.org](mailto:dayhike@idahoalpineclub.org).

## **Backpacking Schedule**

**May 22 - 23 - Early Season Backpack** to Aldous and Hancock Lakes. This is a easy trip for beginners and a shakedown trip for the rest of us. Camping sites are at Aldous Lake with a short hike up to Hancock Lake. Contact the Whithams for more information and to sign up at 520.1728 or [dayhike@idahoalpineclub.org](mailto:dayhike@idahoalpineclub.org).

**July 2-5 - White Cloud Mts., Chamberlain Basin.** Leave Idaho Falls on Friday after work and camp at the trail head. Backpack into Chamberlain Basin on Saturday morning, explore the basin on Sunday, then hike out and return to Idaho Falls on Monday. The 9 mile hike in is strenuous and goes over the Chamberlain Divide. The views are awesome of Castle and Merriam Peaks. Contact Mark or Donna Whitham for more information and to sign up at 520.1728 or [Backpack@idahoalpineclub.org](mailto:Backpack@idahoalpineclub.org).

**July 17 -18 - Annual Chick Trip - Kane Lake** - We will leave the guys at home while we do this moderate 5 mile hike into the Pioneer Mts. Multiple waterfalls drop into this pretty little lake that nestles below the Devils Bedstead. Mountain goats are often seen on the cliff shelves above the lake and the last time we were there, the fishing was excellent. Contact the Donna for more information and to sign up at 520.1728 or [Backpack@idahoalpineclub.org](mailto:Backpack@idahoalpineclub.org).

**August 20 - 29 - Big Horn Crags Part 2:** Reflection Lake, Turquoise Lake, Buck and Doe Lakes are all in a part of the Crags we haven't been into before. Ask for the time off at work now so you can come explore with us. The trail has been recently redone so it gently contours into that section of the Crags. Contact Mark or Donna Whitham for more information and to sign up at 520.1728 or [Backpack@idahoalpineclub.org](mailto:Backpack@idahoalpineclub.org).

## **Run / Walk Races (for early season conditioning)**

June 19, 2004: Scenic River Classic - 5k/10k run/walk  
<http://www.dwinc.org/run/>

## **Open Boat Practice**

The Idaho Falls Aquatic Center is available for kayaking practice from 8:30 to 10PM on Mondays. Beginning March 20, alternating Saturday afternoons from 4:30 to 6:30PM will also be available until May 24, with the exception of April 17. Admission is \$5.30, exact change is required. Kayakers must provide their own boats & gear. Pool will close if no one shows up in first half hour.

## **Rafting Schedule**

**May 29-31,** Annual Memorial Day float near Shoup (class III). Camp at Spring Creek campground. Pot luck dinner Saturday and Sunday night. Contact Greg Hulet 523-6199

**June 5** (approx.), Fall River (class III-IV), Flow dependent, Whoever wants to go should call early and be flexible because the window for the right water level has been short. Contact Greg Hulet 523-6199

**June 18,** Blackfoot river (flow dependant, class III). Contact Jim Lee, 524-5836

**June 23-27**, Sunbeam day section (class III). Camp at O'Brien campground. Contact Jim Lee, 524-5836

**July 17**, Alpine Canyon (class III), Group permit required so sign up early. Contact Greg Hulet, 523-6199  
Other Alpine Canyon trips will be scheduled, but group will be held to less than the number required for a permit. Call around to see who might be going.

**July 21-25**, South Fork Boise river (class III-IV). Camp near Danskin bridge. Contact Jim Lee, 524-5836

**Aug 14**, Henry's Fork (class III), Riverside campground to Hatchery Ford, Contact Jim Lee, 524-5836.

### Mountaineering Schedule

**May 20 - 23 - Mount Hood, Oregon:** Mount Hood, at 11,239, is the tallest mountain in Oregon and one of the most prominent of the Cascade Volcanos. It's also a great introduction to glacier climbing. The plan is to leave IF Thursday the 20<sup>th</sup> after work and spend the night in a hotel in Boise. Friday we will drive to Government Camp, Oregon, and set up camp at the campground there. If time permits we will drive up to Timberline Lodge for a quick skills review. Then it's off to bed for an EARLY wake-up call. We will try and start climbing by midnight. The route up will be the standard South Side/Hogsback Ridge route. We should hit the summit about sunrise for some fantastic views of Mts. Rainier, Adams, Jefferson, and St. Helens. The round trip climb should take about 10-12 hours. After the climb, we can either drive back to IF on Saturday, or send an extra night and return on Sunday.

The route is a relatively easy glacier climb, but it is very strenuous. It's just over 5000' from base to summit. It's equivalent to Mt. Borah for physical stamina, with the added element of climbing roped and in crampons in the dark. Basic knowledge of ice ax and crampon use is required (snow school on April 24<sup>th</sup> would be perfect), as well as excellent physical conditioning. But if you're up to it, it's a great climb on a fantastic peak. This trip is limited to 8 climbers.

Keep in mind, the snow in May on Hood is generally good, but the weather can be really bad. The trip leaders will be monitoring the weather leading up to the departure date and may cancel/postpone the trip at the last minute. After all, who wants to drive 10 hours just to watch it rain?

For more information call Eric Larsen (522-9354) or Kevin Coble (529-8142).

### Raptor Closures:

From American Alpine Club E-news Spring is just around the corner—on the calendar, if not necessarily in your area—so thoughts begin to turn from ice climbing

and winter ascents to warm rock and alpine climbs. However, it's also mating and nesting time for falcons and other cliff-dwelling birds. We need to do all we can to ensure these majestic birds bounce back in number, so before heading out for your latest climb, check to see if your favorite formation is closed for seasonal raptor nesting. The Access Fund maintains the most comprehensive nationwide list at [http://www.accessfund.org/access/access\\_restrictions.html](http://www.accessfund.org/access/access_restrictions.html)

### Bicycling Schedule

Note: If anyone has any rides that they would like to do that are not listed, or any other information of interest, please contact the Idaho Alpine Club bicycling coordinators, Jeff Coward, at 522-8135 (home) or 529-0775 (work) or [jdc1100@srv.net](mailto:jdc1100@srv.net) or Michelle Benson at 525-3228. Both can be contacted at [bicycling@idahoalpineclub.org](mailto:bicycling@idahoalpineclub.org) Your ideas and input are always welcome.

Note: One of the two possible May 8-9 weekend ride locations will be selected, depending on the interest of other riders.

May 8 (Saturday) Lakeside Ride - Henry's Lake, Quake Lake, Hebgen Lake This ride is sponsored by the West Yellowstone Chamber of Commerce. It is a 65 mile loop that starts and ends in West Yellowstone. The route goes west over Targhee Pass, then north past Henry's Lake over Reynolds Pass, then east along Quake Lake and Hebgen Lake, and south back to West Yellowstone. You get a t-shirt, dinner, and a chance to win door prizes. <http://wyyellowstone.com/bicycle/>

May 8-9 STOKR - Scenic Tour of the Kootenai River

Note: If anyone is going to the STOKR ride, and/or if anyone is going to ride the 98 mile loop on the first day, please contact Jeff Coward. This ride is sponsored by the Kootenai Valley Partners Habitat for Humanity. There are two distance options for the first day - 45 miles or 98 miles. Both options start from Libby, Montana and head west along the scenic Kootenai River past Kootenai Falls. The 45 mile option then follows a meandering blue ribbon trout stream for a distance, then goes over a small farmland plateau and returns to Libby along the Kootenai River. The 98 mile option follows the Yaak River, past Yaak Falls and through remote countryside with little one room schoolhouses and bars like the Golden Nugget and the Dirty Shame. The route gradually climbs 4000 foot Pipe Creek pass for a scenic 25 mile descent back to Libby. The second day's route follows a 37 mile route out and back alongside the Kootenai River to Libby Dam and Lake Koocanusa along a private side road with little vehicle traffic. <http://www.libbymt.com/events/stokr.htm>

May 22-23 TOSRV-West - Tour of the Swan River Valley This ride is sponsored by the Missoulians on Bicycles. It

(TOSRV cont.) goes from Missoula to Bigfork (just south of Kalispell) and back. There are 205 mile and 260 mile distance options. The scenery and food on this ride are second to none. You will need to be in shape for the distance however. A detailed route map and applications are available on the web site listed below. Printed copies can be obtained from the IAC cycling coordinators. <http://www.tosrvwest.org>  
<http://www.missoulabike.org>

**May 15/16 or 29/31** A possible ride in the Sun Valley & Ketchum area may be scheduled, possibly the Harriman Trail.

**June 12 (Saturday) West Yellowstone to Warm River** - mountain bike ride This ride is sponsored by the Idaho Alpine Club. It can be done either as a one day ride or a two day ride, depending on the preference of those interested. If done as a two day ride, the campground at Big Springs is the overnight stop. Most of the trail is (Bike cont.) either nearly flat or downhill, since railroad grades are generally less than 3%. The only significant climbing is going up Reas Pass, and that is short. There are a few sections of loose sand or cinders and washboard sections, but even those are not overly difficult. Total mileage is about 55, with 27 of that from West Yellowstone to Big Springs. A possible side trip to Warm River Springs adds about 3 miles to the second half of the ride. This ride has excellent scenery. There is generally lots of wildlife as well as large meadows filled with wildflowers. A car shuttle is required on this ride.

**July ??-?? (dates not yet set - make your preferences known to Jeff Coward) Route of the Hiawatha rail trail (Taft Tunnel), Trail of the Couer d'Alenes, and Centennial Trail, Couer d'Alene to Spokane**

This ride is sponsored by the Idaho Alpine Club. The ride starts near the Taft Exit 5 on I-90 near the Idaho - western Montana border. It is suitable for riders of all ages, since the outbound leg is all downhill and there is a shuttle back to the top for those who don't want to ride back up the 2% grade. The first thing you do is ride through the 8,700 foot long St. Paul Pass (or Taft) tunnel. Lights are required for this ride, as are trail passes. The passes are \$8 for adults, \$4 for children ages 3 to 13, with children under age 3 free. The shuttle cost is \$9 for adults and \$6 for children ages 3-13. There are many other tunnels and trestles, with views of the forested hills and mountains, and many streams in the valleys. There are also numerous trail signs detailing the local history of the area and the railroad. There is a small museum in Avery for those who want to ride a little farther. We may also visit the museum in Wallace if there is time. We will also ride at least part of the new Trail of the Couer d'Alenes - a 76 mile long paved trail

on the old Union Pacific rail line through the Silver Valley and along Lake Couer d'Alene. The web sites below have maps and photos of these trails. We may also ride part or all of the Centennial Trail between Couer d'Alene and Spokane. If enough people want to go, I am planning on taking my motor home and boat so we can go boating on Lake Couer d'Alene. Anyone who is interested in this trip should contact Jeff Coward.

[http://www.skilookout.com/bike\\_home\\_page.html](http://www.skilookout.com/bike_home_page.html)

[http://www.skilookout.com/bike\\_lodging.html](http://www.skilookout.com/bike_lodging.html)

lodging information

<http://wallace-id.com/skilookout/taft.html>

[http://wallace-id.com/CdA\\_trail/index.html](http://wallace-id.com/CdA_trail/index.html)

New! Trail of the Couer d'Alenes, 76 mile paved trail!

<http://wallace-id.com/> -info on Wallace, map, etc.

<http://wallace-id.com/recreate.html#hiawatha>

[http://friendsofcdatrails.org/photo\\_trail.html](http://friendsofcdatrails.org/photo_trail.html)

[http://friendsofcdatrails.org/links.html#ride\\_the\\_wall](http://friendsofcdatrails.org/links.html#ride_the_wall)

<http://www.harrisonidaho.com/Maps/TrailMaps.html#Overview>

## Weekday Bicycling

Of perhaps interest to some of the club membership -- retirees, shift workers, and housewives or house husbands, or worker bees wanting to take a morning off -- is this year's continuation of the Tuesday morning rides. These are not Alpine Club sponsored rides but many of the participants are members. If you're not on the "bike2004" e-list and would like to be, let me know ([barbbrown212@msn.com](mailto:barbbrown212@msn.com)).

## Safe Riding Tips...

These tips for "safe group riding" are intended primarily for pace groups but I think they apply to our slower groups. Most of us are not comfortable riding pace lines. I think they're fairly obvious but maybe at the beginning of season reminders are worthwhile. They're paraphrased from an article written by Bill Harris for cycling utah.com, the freebie that appears monthly at the downtown Great Harvest bakery.

1. The lead rider has the responsibility of pointing out obstacles in the road such as potholes, glass, debris. As the leader approaches the hazard, take one hand off the bars and point out the obstacle. Those behind continue to signal to those behind, kind of like a wave at a football game.
2. On narrow roads the lead riders should yell out "car up" to warn those behind of approaching traffic. Those at back of the group should yell "car back" to warn those of ahead of traffic wanting to pass from behind.
3. When turning a corner, the lead rider should signal by pointing the direction of the turn. Those behind should continue—wave theory again.

4. (Tips cont.) Maintain a constant pace and avoid quick accelerations and sudden braking.
5. Do not overlap wheels...any turn will result in a crash.
6. Stay relaxed. Do not put death grip on handlebars and keep arms bent and relaxed. Then if another rider bumps you, your body to absorbs contact force and your steering is less likely to be affected.
7. Practice looking several riders ahead and recognizing when changes in pace will occur.
8. On descents, spread out to allow more reaction time (and a better view).

## Notes Of Interest...

**Eastern Idaho XC Ski Guides and Maps** Available on the Idaho Falls Ski Club Website: <http://ifskiclub.com> (These also make good biking & hiking trails in the summer, printed on 8.5"x11" paper). [www.Delorme.com](http://www.Delorme.com) kindly allows the ski club to use these maps.

**Teton Park note:** The Grassy Lake Road within the John D. Rockefeller, Jr. Memorial Parkway is closed to all motorized vehicles from April 1 to May 31, due to springtime grizzly bear activity.

This website is a good source for plants although you do need to have an idea of what plant family you are looking for: <http://plants.usda.gov/>

## Web Site News

If you haven't noticed, the IAC web site ([www.IdahoAlpineClub.org](http://www.IdahoAlpineClub.org)) has recently been redesigned. For your convenience, the most recent club bulletins are included as well as all the posted club activities. Additionally, you can:

- Download membership applications and Common Adventure Release forms in PDF format.
- Look up contact information for club officers and activity coordinators
- Read the club By-Laws
- Search the club classified ads or post you own ad
- View pictures from recent club activities
- Find out what the 10 E's are anyway?
- Check out club members' Restaurant Reviews or submit your own review
- Find links to other cool outdoor websites
- Activity coordinators and officers wishing to publish information on the web site can contact the IAC Webmaster (George Cole) at 522-4084 or [Webmaster@IdahoAlpineClub.org](mailto:Webmaster@IdahoAlpineClub.org)

## IAC Logo T-Shirts!!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered club logo! Short sleeve \$12 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 Michelle Benson to get yours sooner.

## Club Member Benefits

10 % discount on (non sale) outdoor equipment at the following stores:

### Idaho Mountain Trading - Shoup & B

Idaho Falls - 523-6679

### K & R Adventure Gear - 522-5279

or 877-369-7407 [www.knradventuregear.com](http://www.knradventuregear.com)

### Canyon Whitewater Supply

450 S Yellowstone Idaho Falls-522-3932

### Free Heel and Wheel,

40 Yellowstone Ave. West Yellowstone, Montana, 406-646-7744.

Discounts on Jerry Painter's Hiking and Biking guide books

**Alpine Club Rental Gear is available to paid-up members. Call the appropriate coordinator for more information.**

North Face VE-24 tent--George Cole

Climbing helmets & Ice axes--

Caving helmets-- Dean K.

Carbide lamps, Clinometer & compass for cave mapping--Dean K.

Rafting equipment --Greg Hulet

## Stone Walls Rock Gym - 528.8610

Winter Hours are 12 p.m.-9p.m. Monday-Thursday

12-10p.m. Friday and Saturday 12- 5 Sundays.

The gym offers a \$1 daily pass discount to Alpine Club members.

## Newsletter Advertising

Members: Free space is usually available for members' ads for used or needed equipment. Free space (up to half pages depending on space) is also available to businesses that offer discounts to members.

Nonmembers: Half page ad - \$25

12 half-page ads, purchased at the same time - \$20 each for a total of \$240

Full-page ad - \$40 12 full-page ads purchased at the same time \$33.34 each for a total of \$400.

**Coming...**

Thursday Night Climbing Schedule

Kid Hikes

Full Dayhike and Backpacking Schedule

Spring Trip Reports