

Idaho Alpine Club Bulletin

Volume 48 - Issue Number 5 - May 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:

May: Krivanek's home, 2185 Saint Clair Road

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.

JUNE Bulletin Deadline is:

5 PM on April 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

"Backpacking the Brooks Range"

Wednesday, May 7, 2008, 7:30 PM

IDAHO FALLS LIBRARY

The Arctic is as remote and isolated a landscape as you can find in North America. Mark Abetz was looking for just such a pristine and wild destination when he decided to travel above the Arctic Circle and spend two weeks backpacking in the Brooks Range of Alaska. Although he didn't travel alone, having joined a Sierra Club outing with 15 other people, he spent most of the 60 mile backpack hiking off trail and was as much as 100 miles from the nearest road. There was wildlife from caribou to musk oxen, but his itinerary also brought him in contact with small native villages, so his talk and slideshow will encompass the cultural aspects of this vast landscape, as well as its beautiful scenery and magnificent wildlife.

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

Hey Alpine Club members! It is that time of the year when we are looking forward to getting outside. This year think about leading a trip to a location you would like to go to, instead of hoping that by ESP one of the trip coordinators will magically think of the same thing. All you need to do, is first of all coordinate the date with the appropriate coordinator, send a trip description to the bulletin editor by the 10th of the month, print out a common release form for the trip participants to sign, lead the trip, don't lose anyone, and then send a trip report to the bulletin editor so everyone knows how much fun the trip was and that you didn't lose anyone. The Common Release Form is conveniently located on the club web page and after the trip is completed, you need to send it to the club secretary or to me. If there is a trip you really want to go on, but are unsure of your herding capabilities, it doesn't hurt to suggest it to the appropriate coordinator. Or maybe bribe them to schedule it.

I would also encourage you to sign up for some of the IAC trips coming up. It is kind of disheartening for trip leaders when no-one signs up for their trips. If you're not sure about what the trip will be like call the trip leader and ask.

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.

Mark Whitham

Day Hiking / Backpacking

Unless otherwise indicated in the trip descriptions, Contact Sam Pole: Home-523-4970, cell-520-3630, or email 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 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
5. 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.

May 10, 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 beautiful early spring trip. Trip Coordinator: Sam Pole. Fairly easy hike along a canyon shelf overlooking the South Fork of the Snake River.

May 22, Dayhike / Devil's Half Acre, Thursday.

Round trip approx. 11 miles. Trip Coordinator: Sam Pole. Let's try this again earlier in the season. Last year only two of us did this hike in July and it was very draining. Dry rocky hike over basalts to volcanic vent and back. This is a moderately difficult hike over relatively flat terrain with somewhat uneven footing.

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@idahopalpineclub.org to post in the monthly bulletin and let club members who haven't subscribed to the e-mail list know about it too.

One more thing, I've had a few people ask about snow school. I wasn't really planning on holding it this year, but if there is enough interest I could plan something for a Saturday in May. Let me know. - Eric

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

Bicycling

For spring bicycling information and trips, contact Jeff Coward at 208.522.8135 or by email: bicycling@idahopalpineclub.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 online at www.sportsbaseonline.com for the Tour! For more information: Contact Rob Van Kirk at 208-233-0951 or rob.vankirk@gmail.com, or visit ICE on the web! www.idahocycling.com.

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)

Trip Reports

March 15 Snowshoe /GTNP: Colleen Thompson, Karl Bohan, Mark and Donna Whitham chose to snowshoe to the top of Signal Mt on a wild weather day. It was partly sunny with a brisk wind all day where we were at, but the weather driving to and from the park was white out conditions at times. The summit has a 360 degree panorama that is breathtaking. Dramatic clouds made stunning backdrops for our summit shots. Considering we were standing on snowpack nearly level with the park service buildings atop Signal Mt, there will be snow in the high country for some time into the summer.

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.һoward@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

Bear-Proof Food Canisters Required for Backcountry Camping in Grand Teton National Park

Grand Teton National Park Superintendent Mary Gibson Scott announced that all persons camping below 10,000 feet in the park's backcountry will be required to use approved, portable bear-proof canisters for food storage—except at certain designated backcountry campsites where food storage facilities are provided. Hard plastic bear-proof canisters of the type approved by the Interagency Grizzly Bear Committee will be required beginning March 15, 2008. Although food canisters are not required for areas above 10,000 feet, proper food storage will still be compulsory in those locations.

For more information regarding this: <http://gtnpnews.blogspot.com/2008/03/bear-proof-food-canisters-required-for.html>.

Barber's Laws of Backpacking

1. The integral of the gravitational potential taken around any loop trail you choose to hike always comes out positive.
2. Any stone in your boot always migrates against the pressure gradient to exactly the point of most pressure.
3. The weight of your pack increases in direct proportion to the amount of food you consume from it. If you run out of food, the pack weight goes on increasing anyway.
4. The size and number of stones in your boot is directly proportional to the number of hours you have been on the trail
5. The difficulty of finding any given trail marker is directly proportional to the importance of the consequences of failing to find it.
6. The remaining distance to your chosen campsite remains constant as twilight approaches.
7. The net weight of your boots is proportional to the cube of the number of hours you have been on the trail
8. When you arrive at your chosen campsite, it is full.
9. If you take your boots off, you'll never get them back on again.
10. The local density of mosquitoes is inversely proportional to your remaining repellent. Particularly if you are in the Big Horn Crags or the Wind Rivers. ☺

Dates to Remember:

- May 7: General Meeting / Backpacking the Brooks Range
- May 10: Dayhike: Snake River Canyon Rim, Saturday
- May 22: Dayhike / Devil's Half Acre, Thursday
- May 23-26: Rafting / Memorial Day Weekend – Day trips on Shoup stretch of Main Salmon
- May 28: Climbing / Ririe
- May 31: (or before if sufficient water), Rafting / Fall River
- June 4: Climbing / Blackfoot
- June 11: Climbing / Heise
- June 18: Climbing / Ross Park
- June 20-22: Rafting / Sunbeam day section Salmon River
- June 21: Cycling / Tour of Marsh Creek Valley
- June 25: Climbing / Paramount
- August 16: Rafting / Alpine Canyon

Now you have no excuse,
so get out there

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

P.O. Box 2883

Idaho Falls, Idaho 83403-2883

