

Idaho Alpine Club Bulletin

Volume 47 - Issue Number 10 - October 2007

BACKPACK DAYHIKE BIKE CLIMB MOUNTAINEER XC-SKI SNOWSHOE AND RAFT WITH US

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

2007 Council

President	Bob Tyler	787-2601
Vice-president	Teak Cummings	524-5136
	Jeff Coward	522-8135
Secretary	Judy Williams	523-3814
Treasurer	Ken Krivanek	528-8224

Members-at-Large

Jerry Painter	523-9428
Sandra Pew	524-6442
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:

9.30.2007: Garcia's Restaurant, 2180 E 17th St.

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	522-4064
Program	Open	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.

NOVEMBER Bulletin Deadline is:

5 PM on November 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

"Skiing: The Tetons and Beyond"

WEDNESDAY, October 3, 2007, 7:30 PM

Idaho Falls Library

Teton Valley photographer Gabe Rogel's images of backcountry skiing on Teton Pass have appeared in *Couloir* magazine and he will share his skiing images of not only the Tetons, but of other skiing venues around the world with us at this month's meeting. In September, Gabe spent two weeks on a photo shoot at Las Lenas ski area in Argentina where he was on assignment for Cloudveil. He has worked for Marmot and Patagonia and his work has also appeared in *Skiing*, *Powder*, *National Geographic* and *Outside*. Here's your chance to get juiced up for the upcoming ski season which is fast approaching. His program will range from hucking off cliffs in our own backyard at Grand Targhee to ski mountaineering trips in various places around the world. So bring your ski goggles and enjoy the powder, if only vicariously.

The meeting is open to the public. All outdoor enthusiasts are invited to attend. For more information contact programs@idahoalpineclub.org, log onto the club website at www.idahoalpineclub.org, or contact Bob Tyler at 523-5560

President Speaks

Some of our club members have done some pretty amazing rafting, backpacking or climbing trips over the years and these members have been a good source of interesting programs for our monthly meetings.

We are always on the lookout for good program ideas. If you have photos of a trip that would make a good program, we'd love to hear from you. Similarly, if you know someone who could present a program of interest to members, please let me or one of the other council members know about it.

One of my goals as president has been to increase our membership through good publicity, interesting programs and an active outing schedule. We can be proud that we already have a thriving and active club with about 94 memberships whereas much larger cities like Boise don't even have a traditional outings club.

However, I think we can become larger still. Idaho Falls has a lot more people who engage in outdoor pursuits than 94 people. So if you have a ski buddy who is not a club member, why not invite him or her to this month's ski program and, if a few guests join the club, we can end the year with 100 members.

Bob Tyler

Oct 13 - Highway Clean-Up

It is that time of year to contribute to the community and have a great time with friends while helping to clean up our short 2 mile section of Highway 31. The section is located between milemarker 6 & 8 near the old Pine Basin Ski area.

Benefits include getting out in the fresh air, exercise, spotting those early spring flowers blooming as soon as the snow melts, the feeling of pride in your efforts every time you drive thru that section of highway, the potluck picnic, and bike ride or hike afterwards. In return matching bright orange safety vests and trash sacks are provided for our use.

Work gloves are required. Leather boots & safety glasses recommended.

For more information and to sign up for this easy fun trip, call the Whithams at 520.1728.

Day Hiking / Backpacking

For information on current trips and or to sign up to go, please be sure to contact Sam Pole in advance so he knows you plan to go on a trip. Contact him at either email: Backpacking@IdahoAlpineClub.org or sbpole@cableone.net or at 523-4970 unless otherwise indicated in the trip descriptions.

Oct 6, 2007, Saturday-Hiking: The Devil's Stairs and Teton Canyon Shelf. The hike is approx. 13 miles round-trip. Hike leader Sam Pole. The hike should be fairly moderate with a short steep ascent up the stairs. Views of Teton Canyon and the surrounding mountains are superb. Please call prior to the hike. We will meet at the Ammon Walmart at 7:30 a.m. at the garden end of the store parking area.

Oct 5-14, 2007- Backpack: Beartooth Mountains, Montana We'll backpack 9 on/off trail miles (2000' gain) to our base camp on a large peninsula in Rough Lake. We'll

be above 10,000' and treeline for a week in a beautiful, but stark land of many lakes, high peaks, and glaciers. We'll probably not see anyone else, but the friendly mountain goats will keep us company. We'll be dayhiking and/or climbing (scrambling) to a different location each day. We may even attempt a climb of Granite Peak (highest in Montana, 12,799') from the south (there's a little known talus chute to the top). The hikes are optional-you can do none, some or all. The view from the lake is jaw dropping, so relaxing in camp is rewarding. The daytime temps should be pleasant, but cool, with night time lows below freezing. We may experience a spectacular storm or two. It might even snow a little. No bugs.

We'll leave Boise after work on Friday, Oct 5, drive a few hours, then car camp somewhere. We'll rendezvous with eastern Idaho participants. We'll arrive at the TH by late Sat morning and backpack to our base camp. We'll backpack out (via a different route) on the following Sat and arrive back in Boise either late Sat or Early Sun, Oct 14.

For more info or to sign up, contact Mike or Debbie Allen at madallen@cableone.net or 384-1545 (Boise). Limited.

Oct 20, 2007, Saturday-Hiking: Little Elk Creek. This hike is approximately 7.5 miles round-trip. Hike leader Sam Pole. This is a strenuous hike due to the elevation gain of about 3,260 feet. Views from the peak are spectacular. Please call prior to the hike. We will meet at the Ammon Walmart at 7:30 a.m. at the garden end of the store parking area.

Trail Maintenance

Contact Alan Crockett if you would like to help him on trail maintenance projects particularly in the fall getting the Kelly Canyon XC Ski and Snowshoe trails ready for winter, abcrock.fu73573@msn.com.

Climbing

For information on current trips, driving instructions, or to sign up to go, contact Kevin Coble at 529-8142 or Eric Larsen 522-9354, unless otherwise indicated in the trip descriptions.

Bicycling

For fall and winter biking information and or trips, contact Jeff Coward at 522-8135 or email:

bicycling@idahoalpineclub.org Weather can affect events at any time of year. Most events are held regardless of weather conditions, but events can be abbreviated or cancelled due to weather at any time. If conditions are questionable, contact an event coordinator for a status update.

Trip Reports

August 25, 2007 hike: Ruben Vela, Chris Ishay, Carol Lyle Phil Jensen, Ron Goir and Sam Pole hiked Table Mountain. We ascended the face and returned by way of the North Fork of Teton Creek. The weather and day were perfect for hiking, however we were all a bit tired at the end.

September 6, 2007 hike: The hike to Spencer Peak did not make.

Support merchants who Support the IAC

- ★ Idaho Mountain Trading
523-6679
Shoup & B, Idaho Falls
- ★ Canyon Whitewater Supply
522-3932
450 S Yellowstone, Idaho Falls
- ★ 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
- ★ Lynna and Leland Howard offer members of IAC a 10% discount on all of their published books. 357-1917 or 357-3166 ; Lynna.howard@mac.com leland@wildernessbooks.com

With winter on its way it is time to think about getting out your winter clothing and possibly replacing worn pieces.

WINTER CLOTHING

Mike Vorachek - Bonneville County Sheriff's Search & Rescue

This information is being provided by the Idaho Falls Alpine Club

Please share it with your family and friends!

1. PREPARATION

It takes approximately three weeks for most people to acclimatize to a significant change in ambient temperature. Although we may gradually change with the seasons, people who spend most of their time inside are generally not ready to be outside for long periods of time without some mental and physical preparation. Proper activity planning and selection of clothing can go a long way in preventing injuries due to cold. Cold injuries such as hypothermia, frostbite, and frost nip can occur rapidly and often without readily observable symptoms.

When preparing to go outside during the winter, keep in mind that things are not always as they seem to be. If you are in town, the conditions may be considerably different a mile or so outside of town. Weather changes frequently, so check a forecast. Plan for a credible change in weather or activity. What if you are out longer, the temperature drops, or the wind picks up?

The bottom line is to be prepared for unexpected circumstances!

2. CLOTHING

a. LAYERING CONCEPT

Clothing should be layered to provide for maximum functionality, moisture transport, and warmth. Done properly, you can significantly reduce the amount of sweating by adjusting your clothing layers and ventilation before and during exertion. Trapping "dead air" between the fibers of the material or the layers is important for proper insulation. Accessories like caps, ear bands, scarves, etc., can be added

or removed to "fine tune" heat loss as exertion levels or temperatures change.

The temperature range that you will be exposed to, the level of exertion you expect, the time of day and/or night, and the length of time you expect to be outside are all important factors in developing the layers you will need. Temperature and wind speed combine for a wind chill factor that should also be considered.

Dry cold is where the average temperature is below 15o F for a 24-hour period. These conditions require more insulating value and a great deal of planning. Snow should not normally adhere to outer clothing in this environment. You cannot expose any skin for more than a few minutes without danger of frostbite.

Wet cold is where the average temperature is above 15o F for a 24-hour period. These conditions provide a slight margin of error for over-exertion and sweating. More external moisture can be expected from melting snow adhering to the outer layer of clothing. Hypothermia occurs more often in these conditions, many times in late spring or early fall.

b. INNER LAYER

This layer functions to transport moisture from normal to strenuous activity away from skin. Cotton is the worst choice. It will retain moisture and draw precious heat away from the body. It is also the hardest layer to add or remove, so initial selection is important.

Synthetic materials such as polypropylene or similar trade name products that are designed to "wick" away moisture are the best. Silk is a natural material that is comfortable and effective. For dry cold, one heavy layer may work. For wet cold, consider two lighter garments. This will allow for removal as the temperature warms up or exertion increases.

A silk or synthetic turtleneck, crew neck, "dickie", or a scarf will help keep your neck and throat warm. It

can be removed or loosened to allow for increased ventilation if needed.

c. SECOND LAYER

The primary function is to provide for the transfer of the moisture away from the inner layer and provide a reasonable degree of warmth. Normally, this layer does not need to provide protection from the wind, brush, or work hazards.

Assuming that you are layering your clothes, you do not want to have to frequently remove this layer and expose the inner layer to the elements for any length of time. This layer should be functional enough to allow for opening and closing for ventilation. This is important if you warm up quickly due to periodic strenuous activity.

Wool is one of the oldest and most cost-effective layers available. The major drawback is that when wool becomes wet it tends to dry slowly, which might be an issue if you cannot dry the clothing for several days. It weighs more than many synthetic materials but may be less expensive. Angora fibers are hollow and do not retain moisture, which makes it a good choice. Cotton should be avoided for the same reasons noted earlier.

Synthetic materials such as Polarfleece™, Hollofil™, Comfortrel™, or Thinsulate™ are good; however beware of the thickness and ventilation features of the garment. Look for a garment that has some ability to breathe and allow moisture to evaporate. If you are working hard and sweating, you may want to allow for air movement around this layer to dry you off. There are generally three levels of thickness - light, mid, and expedition weight. Consider the layering of various levels for optimal protection.

For pants, consider using suspenders rather than a belt to allow for vertical movement of heat around your kidneys and abdominal area. These are two big heat production areas.

...To Be Continued

Dates to Remember:

October 3 - General Meeting

Oct 6, 2007, Saturday-Hiking: The Devil's Stairs and Teton Canyon Shelf

September 8, 2007- Trail Maintenance: Stinking Springs

Oct 13 - Highway Clean-Up

Oct 5-14, 2007- Backpack: Beartooth Mountains, Montana

Oct 20, 2007, Saturday-Hiking: Little Elk Creek.

Now you have no excuse,
so 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, while they last. When the long sleeve shirts we have are gone, they are gone. 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.

IAC Stickers

Two styles: 4.25" high x 3.5" wide with the IAC logo, web address, and list of club activities. 1.5" high x 11" wide "Idaho Alpine Club" sticker. The stickers are white graphics on a transparent background with adhesive on the face so they can be applied to the inside of a window on a vehicle. 50 cents per sticker or \$1 if you want one mailed to you. Contact the club Treasurer to obtain stickers.

Idaho Alpine Club

P.O. Box 2883

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