

# Idaho Alpine Club Bulletin

Volume 45 - Issue Number 9 - September 2005

MAILING ADDRESS: P.O. BOX 2883, IDAHO FALLS, IDAHO 83403-2883

web site: [www.idahoalpineclub.org](http://www.idahoalpineclub.org)

e-mail: [info@idahoalpineclub.org](mailto:info@idahoalpineclub.org)

## 2005 Executive Council

### President

Michelle Benson 525-3238

### Vice-president

Tim Adkison 542-0786

### Secretary

Jeff Coward 522-8135

### Treasurer

Kenneth Krivanek 528-8224

### Members-at-Large

Betsy Adkison 542-0786

George Cole 522-4074

Alan Crockett 529-5188

Gary Vecellio 535-2930

### Bulletin Editor

Donna Whitham 520-1728

### Bulletin Assistant

Mark Whitham 520-7232

### Publicity & Community Liaison

Donna Whitham 520-1728

### Historian/Librarian

Barbara Brown 522-8977

### WebMaster

George Cole 522-4074

## Coordinators

### Backpacking

Mark Whitham 520-7232

### Bicycling

Jeff Coward 522-8135

### Climbing/Mountaineering

Eric Peterson 529-9538

### Conservation

Tim Adkison 542-0786

### Cross-Country Skiing / Snowshoeing

Mark/Donna Whitham 520-1728

### Day Hiking

Mark/Donna Whitham 520-1728

### Program

Donna Whitham 520-1728

### Rafting

Greg Hulet 523-6199

### Trail Maintenance

Open

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

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

September Council Meeting: TBD Check website

## Bulletin Deadline:

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)

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

**October Bulletin Deadline is:**

**Midnight September 18**

## **Birds of Craters of the Moon National Monument and Preserve**

**Wednesday, September 7, 2005 - 7:30 PM ~Idaho Falls Library**

Idaho Alpine Club's September meeting program will be presented by Mike Munts, from Craters of the Moon National Monument and Preserve. Mike will present a slide show on fall bird watching at the preserve. Birds are some of the most noticeable animals at Craters of the Moon. To date, 207 species have been sighted on or over the monument and preserve. Many of these are rocky area or shrub land specialists seen in large numbers in only a few other places in the country. Birds at the park include year round residents, those migrating south, species that stop there only a few days each year, and some arctic and alpine birds that stay for the winter.

Craters of the Moon is located approximately 84 miles west of Idaho Falls on Highway 20/26/93.

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**

Hello fellow IAC members!

Summer is winding down, but this is when the program side of our club revs up. We have some really interesting programs coming up in the next few months, so we encourage you to come join us and enjoy these presentations. Also coming up in the next few months is some important administration business that is important to the organization and leadership of the club. Coming up are the elections of new council members and also a vote on the newly revised bylaws. The council works behind the scenes on most of this business, but for a few things like these, we require your help. But as members, your part is easy! The council asks that you make the effort to show up at the general meetings this fall for these votes so that we can comply with the bylaws by having quorums present for the votes. This means for the vote to happen, we need a certain percent of the club membership to be present. If you've ever been to a IAC election night, you know that it is a quick, simple proceeding that doesn't interfere with the program at all. So if we could get your help by getting your presence at the general meetings, we would really appreciate it! Thanks so much for your help, and we'll see you the first Wednesday of each month at 7:30.

Now Go Take a Hike! :)

Michelle

## **IAC Council Meeting Minutes**

August minutes will published in next issue.

September council meeting at:

Location TBD ~ Check website

09/20/2005 7:30 pm

## **Upcoming Programs**

Camas Wildlife Refuge Fall and Winter  
Sea Kayaking

## **Request for Council Member Candidates:**

Any club member interested in serving on the Idaho Alpine Club Council is encouraged to contact any of the current council members. If you have ever wanted a chance to give something back to the club or to influence or be a part of making club decisions, the council is currently looking for potential candidates for the Fall elections. The amount of time needed to be a council member is not excessive, and the duties are not difficult. If you have any questions about becoming a candidate, please feel free to contact any current council member.

## **Fall Highway Clean-up October 8**

It is once again 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 summer 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 potluck picnic. For more details and to sign up contact the Whithams at [programs@idahoalpineclub.org](mailto:programs@idahoalpineclub.org) or 520.1728.

## **Climbing / Mountaineering**

For fall and winter climbing information unless otherwise listed, contact Eric Peterson, 529.9538, or at: [climbing@idahoalpineclub.org](mailto:climbing@idahoalpineclub.org).

## **Mt. Moran - Climbing Helmet Saves Life:**

If anyone needs a reminder to wear their climbing helmet: On August 6, member Jerry Painter was hit on the head by a melon size rock while ascending the first pitch of the CMC route on Mt. Moran. The rockfall broke Painter's helmet, and he sustained injuries to his head and neck. The injury resulted in Jerry being airlifted off of the mountain. Jerry says he is recovering slowly. His head seems to be okay now but his back and legs are still not working right. The park report states that while Jerry did sustain serious injuries, his use of a helmet—combined with a rapid evacuation—likely saved his life.

## **September 18-19 Utah ~ Climb for Life:**

The 4th annual Climb for Life in Salt Lake City: Join Katie Brown, Nancy Feagin, Stephanie Forte, Nate Gold, Lisa Gnade, Steve Petro, Alli Rainey, Lisa Rands, Heidi Wirtz and other top climbers to raise funds and awareness for prevention and early detection of ovarian cancer. See [www.climb4life.org](http://www.climb4life.org) for more information.

## **Rafting**

For fall and winter rafting trip information unless otherwise listed, contact Greg Hulet, 523-6199 or [rafting@idahoalpineclub.org](mailto:rafting@idahoalpineclub.org).

## **Bicycling**

For fall and winter biking information, contact Jeff Coward at 522-8135 or send an e-mail to [bicycling@idahoalpineclub.org](mailto:bicycling@idahoalpineclub.org)

## **October 8: West Yellowstone**

### **Chamber of Commerce**

#### **Fall Cycle Tour:**

This is a scenic 60 mile ride in the park to and from Old Faithful, while the roads are still open to traffic. Please note this is not an IAC sponsored trip. Limited to 300 participants. There is NO day of registration for the tour. For information and registration form: [www.wyyellowstone.com/bicycle](http://www.wyyellowstone.com/bicycle) or call the West Yellowstone Chamber: 406.646.7701.

## **Backpacking / Dayhiking**

For fall and winter trip information, unless otherwise listed in a trip description, contact the W h i t h a m s a t 5 2 0 . 1 7 2 8 o r [backpack@idahoalpineclub.org](mailto:backpack@idahoalpineclub.org).

## **Trip Reports**

### **8/12-14/2005: Independence Lakes:**

From the top of Mount Independence one can see the Sisters and Bath Rock at the City of Rocks to the south, Mount Harrison to the north, Oakley to the west, and Cache Peak to the east.

Independence Lakes form a string of 4 shimmering jewels situated in a small cirque high on Independence Mountain. Cache Peak and Mount

Independence form the impressive ridge above the lakes. Friday night the 6 of us met at the trail head campground, to camp overnight, for an early start on Saturday morning.

Saturday, after our morning Starbucks, we began making our way up the trail. Western Coneflowers, Monkshood, Yarrow, Pink Monkey flower, Horsemint, Goldenrod, and Hellbore lined the sides of the trail. After a pleasant climb which switchbacks through aspens and subalpine fir trees, we arrived at the second of the lakes, 3.7 miles from the trail head. Camp was next to a lovely meadow with Rockmat, alpine sized Seago Lilies, Lupine, and Penstamen bravely growing despite the amount of traffic the lakes receive. A climb to the upper lakes gave us a chance to relax in the sun, swim, boulder on the huge granite boulders on the shores, and ice for happy hour. To top off dinner and celebrate a birthday, Mark cooked yummy Fry Brownies for all of us. The young men camped next to us entertained us while watching them attempt to cook a fish on a stick over a campfire, then losing it into the fire.

Sunday morning, we arose and cooked breakfast while it was still cool out. Garney opted to hike around the lake while the rest of us made our way up a rock filled steep gully to gain the ridge and then the summit of Mount Independence at 9,953 feet. Krumholtz on the ridge shows how rough the winters are there.

Cache Peak at 10,339 feet is the tallest peak south of the Snake River in Idaho. It is a bit more of a challenge to summit due to the dense vegetation nearly to the top of the peak. There is a summit register and survey marker on its summit. Rather than go down Mount Independence the way we came up, we decided to continue down the other side of the summit and climb down a different rock filled steep gully to the upper lakes. Garney had started back to the trailhead by the time we arrived back in camp. We finished breaking camp and hiked out in record time. It was a fun and enjoyable weekend for all of us.

## **Chocks and Nuts:**

### **Climb Indoors at:**

Stone Walls Rock Gym

Call 528.8610 for fall hours.

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## **IAC Logo T-Shirts!!**

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with 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 525-3238 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.

## **Bulletin Advertising**

Members & Supporting Merchants:

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.

## **New Guide to Mountain Weather**

AAC Director Ralph Tingey tipped us to a great new reference posted online by the Anchorage office of the National Weather Service: Anchorage forecaster Dr. John Papineau is publishing a series of articles called "Practical Mountain Weather: A Guide for Climbers, Hikers and Skiers." The first couple of chapters analyze fatal storms on Mount Everest and K2 and explain the origins of mountain weather. Future sections will detail the weather concerns in specific mountain regions of North America. Check it out at [http://pafc.arh.noaa.gov/classroom/practical\\_mountain.php](http://pafc.arh.noaa.gov/classroom/practical_mountain.php)

## **Pack for Sale:**

Dana Design Terraplane backpack. Mens medium. Good condition. \$100.  
Ken Katsma 523-0147

## **Support merchants who support the IAC:**

- ★ Idaho Mountain Trading  
Shoup & B, Idaho Falls - 523-6679
- ★ 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 & Biking  
guide books

## **Web Site News**

Log onto the IAC web site ([www.IdahoAlpineClub.org](http://www.IdahoAlpineClub.org)) to find the most recent club bulletins as well as all the posted club activities. Additionally, you can:

- Look up contact information for club officers and activity coordinators.
- Download membership applications and Common Adventure Release forms in PDF format.
- Check out club discounts with local merchants
- See what club equipment is available to paid up members
- Read the club By-Laws
- Search the club classified ads or post your own ad
- View pictures from recent club activities
- 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)

# MEMBER'S RELEASE AND WAIVER OF CLAIMS

**NOTICE: THIS DOCUMENT IS A LEGALLY BINDING CONTRACT LIMITING YOUR RIGHTS TO RECOVER FOR INJURY AND LOSS!**

By signing this document, you waive rights to bring any legal claim to recover compensation or obtain any other remedy for injury to or death of yourself, your spouse, your children or others and for loss of or damage to property however caused, arising out of the tortious acts of the officers or agents of Idaho Alpine Club (hereinafter IAC), now or any time in the future, whether caused by negligence or otherwise.

- 1. Definitions.** Herein IAC means Idaho Alpine Club, its officers, agents, activity coordinators and trip coordinators. "I" means the undersigned member, all my heirs and the members of my family, including any minors whether or not accompanying me and my personal representative, executors and administrators.
- 2. Acknowledgment of Risk.** I hereby acknowledge and agree that the activities of the IAC are frequently inherently dangerous and have a high degree of risk. I acknowledge that by execution hereof, **I am waiving and releasing all claims against the IAC for any injury whatsoever.** I agree to participate as a common adventurer, sharing the expenses for the activity and being personally responsible for my own safety and not looking to any others to protect me from harm.
- 3. Release and Waiver of All Claims and Covenant Not to Sue.** In consideration of participation in the activities of the Idaho Alpine Club by me, by my spouse, children or other dependents, I irrevocably waive and release the IAC and the owners of all equipment used in the IAC's common adventures from, and WAIVE MY SUBSTANTIAL RIGHT TO ASSERT ANY CAUSE OF ACTION, CLAIM OR DEMANDS OF ANY NATURE WHATSOEVER, including but not limited to, any claim of negligence, which I may have or acquire in the future against the IAC on account of personal injury, property damage, death, or accident of any kind, arising out of my involvement in the Idaho Alpine Club activities, however the injury or damage is caused, including, but not limited to, the negligence of the IAC. I contractually release the IAC and agree to hold the IAC harmless from any and all liability for any claims demands damages, actions, causes of action or suits of any kind or nature whatsoever, which result or may result in the future from activities sponsored by the IAC or coordinated by the Idaho Alpine Club members. This release applies to all club activities in the future in which I may participate. This release shall be effective and apply to all my heirs and the members of my family, including any minors whether or not accompanying me and my personal representative, executors and administrators.
- 4. Statement of Capacity and Understanding.** I will not undertake any activity of the Idaho Alpine Club without becoming fully aware of the nature and extent of the risks inherent therein. By participation, I am voluntarily assuming the risks. I will not engage in the activities unless I am in good health and I have no physical limitations which would preclude my safe participation. I understand I am responsible for my own instruction in safety and providing for my own safety. I am of lawful age (18 years or older) and otherwise legally competent to sign this agreement. I understand that the terms of this agreement are legally binding, and I am signing this agreement, after having carefully read it, having full time to carefully consider it, of my own free will.

Member's Signature  \_\_\_\_\_

Print Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Telephone: \_\_\_\_\_

Work Telephone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Would you like your newsletter sent via e-mail to you if that capability is available in the future? Yes \_\_\_ or No \_\_\_

**IN EMERGENCY NOTIFY:** \_\_\_\_\_

If the above-named member is under 18 years old: Parent/Guardian Consent: I, as parent or guardian of the above minor under 18 years of age, hereby consent to the terms and conditions set forth in this Release Form.

I authorize his or her signing it, and covenant not to sue.

\_\_\_\_\_

Parent/Guardian Signature

Print Parent/Guardian Name

\_\_\_\_\_

Date

Telephone

# Enjoy the outdoors with the IAC -- Join today

For more information or free newsletter write to the address below.

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**Idaho Alpine Club**  
**P.O. Box 2883**  
**Idaho Falls, Idaho 83403-2883**  
[www.IdahoAlpineClub.org](http://www.IdahoAlpineClub.org)

\_\_\_\_\_ **Single membership \$20 per year**  
**(\$15 after July 1)**

\_\_\_\_\_ **Household family--\$25 per year**  
**(\$20 from July 1 to September 30)**

[Students (full time and 18 or older) and seniors (65 or older): \$5 off above rates. After October 1, full fees apply to the following year.]

**NOTE: Please read and fill out the release form on the reverse of this application - membership is not valid unless the release form is completed.**

**Names(s):** \_\_\_\_\_

**Interests (Check those that apply!):**

A	<input type="checkbox"/>	Backpacking
B	<input type="checkbox"/>	Bicycling
C	<input type="checkbox"/>	Caving
D	<input type="checkbox"/>	Climbing, Ice
E	<input type="checkbox"/>	Climbing, Rock
F	<input type="checkbox"/>	Conservation

G	<input type="checkbox"/>	Cross-Country Skiing
H	<input type="checkbox"/>	Hot Potting
I	<input type="checkbox"/>	Kayaking
J	<input type="checkbox"/>	Mountaineering
K	<input type="checkbox"/>	Rafting
L	<input type="checkbox"/>	Trail Maintenance

M	<input type="checkbox"/>	Winter Camping
N	<input type="checkbox"/>	Canoeing
O	<input type="checkbox"/>	Day Hiking
P	<input type="checkbox"/>	Scuba Diving
	<input type="checkbox"/>	
	<input type="checkbox"/>	

**Idaho Alpine Club**  
**P.O. Box 2883**  
**Idaho Falls, Idaho 83403-2883**