

Idaho Alpine Club Bulletin

Volume 45 - Issue Number 4 - April 2005

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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 and Bulletin Deadline

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

April Council Meeting: Ken Krivanek's
2185 St. Clair Ave

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

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

May Bulletin Deadline is Midnight April 17

"ART MEETS ADVENTURE"

Idaho Alpine Club Meeting: Wednesday, April 6, 2005, 7:30 PM ~Idaho Falls Library

Image artist, Leland Howard, and writer, Lynna Howard, present a visual and auditory feast that celebrates the beauty of western landscapes. The brother-sister team is a local treasure that the Idaho Alpine Club is proud to present. "Art Meets Adventure" emphasizes Idaho backcountry, but also explores stunningly beautiful destinations in surrounding states.

Leland and Lynna Howard are an award-winning duo with several published books to their credit. Leland also produces fine art prints. The team hikes several hundred miles each year to capture nature's finest moments. Leland's artistic images will be featured in a slide show and prints, with narrative and poetic accompaniment by Lynna.

In a letter to Lynna, Senator Larry Craig wrote, "You and your brother have done a remarkable job of highlighting the natural beauty of Idaho." Governor Dirk Kempthorne wrote to Leland, "Your photos are magnificent and you capture the beauty of Idaho perfectly, truly beautiful!"

"Art Meets Adventure" is a sure cure for cabin fever, and an inspiration to embark on new adventures.

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 D. Whitham at 520.1728.

President Speaks

Hi IAC members!

Spring is rapidly approaching, and so are spring and summer activities. Now is the time to go through your gear and check it for safety and maintenance. Some things to consider:

- Make sure your bike is tuned up
 - Check soles of climbing shoes for possible resoling
 - Make sure Camelback reservoir and tube are clean
 - Check fuel canisters, gaskets in backpacking stoves
 - Check to make sure you have fresh batteries in radios, headlamps, etc.
 - Waterproof rain gear, boots, clothing, etc.
 - Sharpen knives
 - Make sure gear is together and organized
 - Check slings, harnesses, and ropes for wear (often after 5-yrs, replacement recommended)
 - Check rafting/kayak gear for mildew
 - Check filters in water purifiers for replacement if needed
 - Go through guidebooks and maps to start planning spring and summer trips
 - Properly store all cold weather gear - clean & dry
 - Get back all gear, guidebooks, etc. that you loaned out!
- Makes you excited for spring & summer, eh? Now watch us get another mid-April blizzard! Looking forward to seeing you out & about.
- Now Go Take A Hike!
- Michelle

IAC Council Meeting Minutes

Meeting Date: 03/15/2005

Invitees: Tim Adkison, Betty Adkison, Michelle Benson, Jeff Coward, George Cole, Alan Crockett, Ken Krivanek, Gary Vecellio, (attendees are underlined).

Note Taker: Jeff Coward

1. Meeting Called to order: 7:40 PM
2. Reading of previous month meeting minutes: previously approved via e-mail.
3. Treasurer's Report (2/1/2005 to 2/28/2005):
 - Income - February: \$248.92
 - Expenses - February: \$149.56
 - Rafting Fund Balance: \$1,900.00
 - Overall Balance: \$5,829.25
 - Checking Balance: \$810.33
 - Members to Date: 73 as of March 15, 2005
 - Treasurer's Report approved by vote.

4. Old Business:

IAC club window stickers (Jeff)
Stickers are now available. They will be available for pickup at the General Meeting for anyone

(members or non-members) who wants one at no charge for the first 250 people who want one. After that, the club will be charging 50 cents per sticker or \$1 if you want one mailed to you. There are two styles available. The standard sticker is 4.25" high x 3.5" wide with the IAC logo, web address, and list of club activities. There are also some stickers that are 1.5" high x 11" wide that just say "Idaho Alpine Club". The stickers have white graphics on a transparent background, and have the adhesive on the face so they can be applied to the inside of a window on a vehicle.

Preparation of old bulletins for CD scanning (Barbara/Jeff)

Second group of bulletins needs to be picked up for processing. Second group of bulletins needs to be picked up for processing. It was suggested that after scanning and OCR'ing of a batch of pages was completed, the proofreading and correction phase of the processing could be done by anyone who wants to help with this process since it is the most time consuming part of the effort. Alan, Ken, George, and Tim & Betsy volunteered to assist. Anyone else who would like to help with this can contact Jeff Coward. Jeff will supply CD's with the original scanned images and the recovered text. The text produced from the Optical Character Recognition process will need to be compared to the text from the scanned images to verify the accuracy of the OCR process.

Review/revision of by-laws

Garney, Barb, Michelle, & Tim to meet, date & time to be determined. Scheduling conflicts and flu season have interfered with this effort.

5. New Business:

Request for use of IAC club documents

A request was received from another organization to allow them to use some of the IAC club documents as a basis for some of their documents. Since they could have done so without asking us anyway, and it would not affect us in any way, the request was approved.

Request for access to the IAC membership list

A request was received for a copy of the IAC membership list from a non-member. In keeping with club policy, this request was denied.

Clarification of status with ISSC

At this time the IAC is not a member of the ISSC.

6. Administrative Business:

April General Meeting snacks:

April Council Meeting at: Ken Krivanek's
2185 St. Clair Ave

7. Meeting adjourned: 8:20 PM

Upcoming Programs and Events:

Sea Kayaking Presentation by Ron Mizia

Spring Highway Clean-up May 14

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 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 potluck picnic. See the bicycle calendar for a bike ride afterwards in Teton Valley. For more details and to sign up contact the Whithams at programs@idahoalpineclub.org or 520.1728.

Dubois Grouse Days: April 8 & 9

Come enjoy this fun and interesting event with us. The Whithams will be camping in Dubois Friday night and taking the early morning bus tour to watch the grouse dance on their leks, then later in the day tour CAMAS National Wildlife Refuge to observe migrating birds and the wildlife that resides there. The roads in the refuge are also suitable for bike riding if warm enough. Let us know if you are going too.

Friday: Tour of CAMAS National Wildlife Refuge, Banquet, auction, raffle and speakers (including Dr. Jack Connelly, internationally recognized Sage Grouse expert with Idaho Fish and Game). Saturday morning: Bus tour to watch sage and sharp-tailed grouse dance on their leks; hearty brunch; tours of CAMAS National Wildlife Refuge, Market Lake, and Mud Lake Wildlife Management Areas.

Want to register?? Follow this link to a PDF file of the event brochure and registration form: <http://www.grousepartners.org/pdfs/DGD.pdf>. Registration fees: \$35 for adults and \$20 for children (12 or younger) or \$40 and \$25, respectively at the door. The registration fee covers entrance to the banquet, coffee and doughnuts, lek tours, brunch, and a commemorative poster. Questions?? Call Jeri Tavenner at 208.374.5422.

Map and Compass Workshop To Be Scheduled Based on Response

Have you ever wanted to travel cross country or hike up to the top of the knoll above camp? Have you ever been on a trail that was supposed to be going downhill but seemed to go upward instead? Have you ever realized you were probably lost, and only then recognized that your compass doesn't have a "back to the truck" arrow? We have all ended up in one or another of those situations. Here is your chance to find another use for your compass besides being a handy mirror for tick checks. Consider joining us for this beginner level workshop on map and compass use. Even if you have a GPS, you need to know how to read a map and use a compass.

Tim Adkison and Gary Vecellio have volunteered to instruct a 2-part class on understanding and integrating

the map and compass. This will be the 3rd time IAC has offered this opportunity. Compasses with adjustable declination and a topographic map (to be named later) will be required. The class will only be offered if sufficient interest is shown. There may be a refundable deposit required. The class is 1 evening in the classroom, and 1 Saturday afield. Target dates are mid-April 2005 but are flexible based on participants. Phone or E-mail Tim (Ga2idaho22@msn.com) or Gary (Vecellio@vece.myrf.net) with questions or to express interest. Minimum enrollment of 8 required.

WMI of NOLS (<http://wmi.nols.edu>) Wilderness First Aid course in Bozeman April 30 - May 1, 2005

Are you adequately prepared to handle an emergency in the backcountry? Skills learned in Wilderness First Aid were used by club members during a multi day backpack trip in Yellowstone, when we came around a bend in the trail, to find a friend and fellow club member laying on his back, covered with blood from a gash. During a recent kayak trip, a member of another organization flipped over, hit their head on a rock, then came up complaining of neck pain. The kayaker had two fractures of the C-1 vertebra. She is expecting a full recovery thanks to fellow club members who had taken the time to take the Wilderness First Aid training. Here is a link to the postings on the kayak club website about the accident: http://dkcc.org/forum/topic.asp?TOPIC_ID=2296&which_page=1

Wilderness First Aid is a course for everyone and anyone and at the same time a Wilderness First Responder recertification course for those with a current WFR card.

Price: \$150.00 per person

Location: Lindley Park center, Bozeman

Course start: Saturday April 30th at 07:45 am

Reservations can be made through Crossing Latitudes offices. Master Card and VISA cards are welcome. Please call or email for more information:

Lena Conlan, Owner of Crossing Latitudes & instructor for WMI of NOLS

info@crossinglatitudes.com

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

USA: 1-800-572-8747 / Fax: +1-406-585-5356

Wilderness First Aid is different from the Red Cross or urban first aid. Focus is on initial and prolonged care for a patient in the backcountry. Participants will receive a two year certification with the Wilderness Medicine Institute of NOLS (<http://wmi.nols.edu>).

WMI of NOLS courses are for folks who recognizes the importance of having first aid skills if you spend time in the outdoors. We have climbers, trekkers, paddlers, blueberry-pickers, parents, teachers, trail machine riders, outdoor guides, scout leaders, fishermen and hunters - all learning about how to care for an injured or sick friend.

East Idaho Maps Good for Hiking too...

Available on the Idaho Falls Ski Club Website:

<http://ifskiclub.com>

Brimstone-Buffalo River Guide Map

Harriman State Park Guide Map

Kelly Canyon Area Guide Map

www.Delorme.com kindly allows the ski club to use these maps.

Backpacking / Dayhiking

For trip information, unless otherwise listed, contact Mark or Donna Whitham, 520.1728 or backpack@idahoalpineclub.org.

Wolf Watching / Dayhiking - May 7-8, 2005

Will be the annual Spring wolf-watching trip to Yellowstone National Park. We'll be staying at either Mammoth campground or Gardiner, MT (reservations are on your own) and we will meet at the Albright Visitor's Center at Mammoth Hot Springs at 5:30am, May 7th to caravan out to the Lamar Valley. We'll pick a short to intermediate hike for mid-day and then return to the Lamar Valley in the late afternoon/evening depending on the group's decision. May 8th's itinerary will be decided on Saturday evening. Be sure and bring rain gear and cold-weather gear as well as some good binoculars and/or spotting scope. We've had good luck with the weather over the past several years but it can get ugly quick in the Park. Contact Tim Adkison @ 542-0786 for sign-up and further info.

Climbing / Mountaineering

For climbing information unless otherwise listed, contact Eric Peterson, 529.9538 or Dennis Dunn, 523.8524, or climbing@idahoalpineclub.org.

Snow School, April 23rd

Spring time as arrived, and it's time to break out the ole' ice ax for some adventures in the mountains while the snow lasts. New to mountaineering? Curious about what to do with all those pointy toys? Or an old hand looking for some practice? Then this is the day for you. We will be heading up Teton Pass for an introduction in the use of ice ax and crampons. Self-arrest, self-belay, rest step, glissading, and rope team travel will be covered. Bring your climbing harness, ice ax, and crampons. Don't have an ax and crampons? Don't let that stop you, we'll scrounge some up some for you. Call Eric Larsen (522-9354) or Kevin Coble (529-8142) for more information and meeting times.

Middle and/or South Teton, May 21st and 22nd

This is a great way to try out those new ice ax skills learned at snow school. The plan is to backpack up the Garnet Canyon trail and camp in the Meadows area. That afternoon will be a quick skills review and then early

bedtime for the predawn wake up call. We will hike up to the spectacular saddle between the Middle and South Teton, and based on group interest climb either one or both peaks. Then we'll pack up and hike out Sunday afternoon. Neither peak is technically demanding, but both require a high level of physical fitness and determination. Previous experience with ice ax and crampons is required. Call Eric Larsen (522-9354) or Kevin Coble (529-8142) to sign up. Park regulations limit us to 6 climbers.

Mt. Adams, Washington

June 9th - 12th

Mt Adams is a spectacular glaciated peak in the Cascade Mountain Range. At 12,276 feet it provides an excellent introduction to the challenges of glacier climbing. Depending on group preference, we will attempt either the South Spur route or the more demanding Mazama Glacier route. We will leave Idaho Falls in the afternoon of Thursday the 9th and stay at a hotel in Ontario, Oregon. Friday we'll drive the rest of the way to the Cold Springs trailhead and start hiking. We'll backpack into either the Lunch Counter or Sunrise camping area, and get ready for a 3 am wake up call. On Saturday we should be on the Piker's Summit by sunrise, and from there it's a quick 2 hours to the true summit. If snow conditions are right, the decent involves some of the best glissading in the Cascades. We will return to Idaho Falls on Sunday. This climb is not technically demanding, but does require a high fitness level and previous experience with ice ax and crampons. Call Eric Larsen (522-9354) or Kevin Coble (529-8142) to sign up. Limit of 8 climbers.

Bicycling Schedule

For any questions about these or other rides, contact Jeff Coward at 522-8135 or Michelle Benson at 525-3238 or send an e-mail to bicycling@idahoalpineclub.org

Note: Always check with the trip coordinator on any Idaho Alpine Club trip, especially the spring trips, since weather conditions or other factors may require changes of plans or cancellations.

Dates for IAC rides are bolded.

April 9-11, 2005- Yellowstone Park road ride (Sat/Sun/Mon, exact date TBD)

The Yellowstone Park roads should be plowed and open for non-motorized traffic by April 1, 2005. With the lack of snow this year, the road may actually open by mid-March. You can call the Park at 307-344-2117 or 307-344-2109 to find out the status of the road for earlier rides. The roads will open for motorized use on April 22, 2005. Daylight Savings Time begins on April 3, 2005. The usual plan for this ride is to leave Idaho Falls at about 8:00 AM and drive to West Yellowstone. We will leave the cars in the Chamber of Commerce parking lot

near the IMAX theater and ride into the park. Distances can be whatever the riders prefer. There are several scenic loops on the road to Madison Junction. That section of road is mostly flat and about 15 miles long. Riders wanting to continue into the park can proceed towards Norris. The road climbs towards Gibbon Falls and Beryl Spring before leveling out as you head into Norris. Distance to Norris is another 15 miles. This is an IAC sponsored trip.

<http://www.nps.gov/yell/planvisit/todo/biking/sprgbike.htm>
<http://www.nps.gov/yell/planvisit/orientation/travel/roadopen.htm>

April 23-25, 2005 (Sat/Sun/Mon, exact date TBD) - Teton Park road ride: The Teton Park road from the Taggart & Bradley Lakes trailhead to Signal Mountain opens for non-motorized traffic by April 15, 2005. With the lack of snow this year, the road may actually open by mid-March. You can call the Park at 307-739-3614 to find out the status of the road for earlier rides. This is a mostly flat ride, with only a couple of minor hills. For those wanting more of a challenge, you can take a side trip to the top of Signal Mountain if the road is plowed. Round trip distance from the Taggart/Bradley Lakes trailhead parking lot to the Jackson Lake Dam, including a return trip via the Jenny Lake loop is about 35 miles. For those wanting a shorter ride, you can avoid one of the two hills by riding out as far as the Jenny Lake loop turnoff and then returning. The scenic views on this ride are superb. A park entrance fee is required. This is an IAC sponsored trip.

<http://www.nps.gov/grte/trip/roadconstruct.htm>
<http://www.nps.gov/grte/trip/activities/biking.htm>

May 7, 2005 (Saturday) - West Yellowstone Lakeside
This ride is a loop that starts and ends in West Yellowstone. The route heads west on Highway 20 over Targhee Pass, then turns northwest on Highway 87 past Henry's Lake and over Reynolds Pass. From there the route goes east to the Quake Lake visitor center on highway 287, then past Hebgen Lake to Highway 191 where it turns south and returns to West Yellowstone for a total of about 65 miles. The motorized traffic is usually minimal at this time of year, however, you can generally count on some wind over Reynolds Pass. This ride is sponsored by the West Yellowstone Chamber of Commerce. There are snack stops along the route, and a spaghetti dinner after the ride. At present, I do not know if anyone from the Idaho Alpine Club will be doing this ride, although I am sure that there will be some Idaho Falls riders going. The fee for this ride, which includes a T-shirt and the dinner and prize drawing is \$40. More information can be found online at the link below.

<http://wyellowstone.com/bicycle/>

May 7-8, 2005 - Scenic Tour of the Kootenai River (STOKR)

This is a two day ride based in Libby, Montana. There are two options for the first day. Option 1 is a 98 mile loop that heads west along the Kootenai River past Kootenai Falls on Highway 2 through Troy. The route then turns northeast onto Highway 508, the Yaak River Road, and ascends the first climb of about 4.5 miles. Highway 508 continues a gradual ascent past Yaak Falls and Sylvanite (snack stop) to the town of Yaak (lunch stop). The route then turns south onto Highway 567 and ascends to the top of Pipe Creek Summit (snack stop near the top). From the summit it is 25 miles downhill back to Libby, with a pie stop after the steep portion of the descent. Option 2 on the first day is a 45 mile route that follows the 98 mile route on Highway 2 out to Highway 56, then follows a loop south on Lake Creek Road and back to Troy on Iron Creek Road, then back to Libby on Highway 2. There is plenty of time to stop at Kootenai Falls for riders choosing this option. The second day features a 37 mile loop out to Libby Dam and Lake Koocanusa. Most of the ride out to the dam is on a paved private road with no traffic, with the return trip on Highway 37. This ride is sponsored by the Kootenai Valley Partners Habitat for Humanity. At present, there are several Idaho Alpine Club members planning on doing this ride. The fee for this ride is \$35. This year you can purchase a ride jersey for \$55, provided that your check arrives in Libby before March 11. Last year, there were about 450 applicants for the 300 available registrations, so if you want to do this ride, you should probably get your application in as soon as possible. Because of the distance to Libby, Montana from Idaho Falls, we are planning on driving to Libby on Friday, May 6. The distance is about 500 miles, but the drive is actually quite scenic. It is possible to drive back to Idaho Falls on Sunday after the ride, but we are planning on an afternoon sightseeing drive on Sunday, and returning on Monday, May 9. More information, including route maps, registration forms, ride photos, and just about anything you might want to know about the ride can be found online at the links below.

<http://www.libbymt.com/events/stokr.htm>
<http://www.libby.org/~gregrice/STOKR/>

May 14, 2005 - After Spring Highway Clean-up Ride

The Idaho Alpine Club removes roadside litter in the spring and fall from a section of Idaho Highway 31 between Swan Valley and Victor. The midpoint of our two mile section is the old Pine Basin ski area. The removal of accumulated litter is usually completed by mid-day, leaving time for other activities in the Victor area. In the past we have done a 25 mile bike ride loop from Victor to Driggs and back.

May 21-22, 2005 - Tour of the Swan River Valley (TOSRV-West)

This year's 35th annual TOSRV-West ride in Montana has a third option. In addition to the 200 and 260 mile 2 day

rides, there is a 1 day ride of 116 miles from Missoula to Seeley Lake and back to Missoula. The 260 mile 2 day ride goes from Missoula to Bigfork on day 1, then back to Missoula on day 2. The 200 mile route is the same except that the start and finish are in Potomac instead of Missoula. The fees for this years ride are \$45 for the 1 day ride and \$80 for the 2 day rides. The fees include food stops and baggage transportation. There are usually several Idaho Alpine Club members that do this ride. More information on this ride can be found online at the link below.

<http://www.missoulabike.org>

Lodging options:

Brooks Street Motor Inn, 3333 Brooks St, Missoula, MT 59801, (406-549-5115) or 800-538-3260

Bigfork Timbers Motel, 8540 MT Highway 35, Bigfork, MT 59911, (406-837-6200) or 800-821-4546

June 11-12, 2005 - West Yellowstone to Warm River

This is a mountain bike ride on the old railroad route from West Yellowstone to the Warm River campground northeast of Ashton. It can be done as either a 1 or 2 day ride, depending on the preference of the riders who want to go. Total distance for both days is about 46 miles, or 52 miles if the side trip to Warm River Springs is included. If the trip is done over 2 days, the overnight stop is at the campground near Big Springs. The ride is mostly flat, with the only significant uphill section near the start as the route climbs over Reas Pass. Some of the sections of the trail that see significant ATV use may have some washboard and loose sand. Riders may want to bring some insect repellent on this ride, although the last few drought years have seen far fewer mosquitoes than some of the wet years have produced. There are usually fields of wildflowers and various types of wildlife to be seen on this ride. The last 7 miles of this ride is all downhill and goes through a tunnel, with excellent views of the Warm River. A car shuttle is required for this ride. This is an IAC sponsored trip.

July 9-17, 2005 - North Idaho rail trail rides, boating, etc. There are several excellent rail trail rides in Northern Idaho. One is a mountain bike ride that follows the Route of the Hiawatha through several tunnels including an 8,700 foot long one and across several trestles. The ride is about 13 miles one way, at which point you can either ride or shuttle back. You can also ride another 8 miles to Avery, Idaho, with more tunnels and trestles along the way. Lights are required on this ride, and there is a trail use fee of \$8 per adult. There is also a \$9 per adult fee for the shuttle if you decide not to ride back to the start. There are numerous informational displays along the trail as well as plenty of scenic views. This is an easy ride suitable for anyone.

The second trail in the area is the Trail of the Coeur d'Alenes. This is a 72 mile long paved trail that runs

from Mullan to Chatcolet on Lake Coeur d'Alene. The trail parallels Interstate 90 from Mullan to Cataldo, but even that section has some excellent scenery as you ride along the Coeur d'Alene River. From Cataldo to Harrison the trail leaves the interstate and we should have little traffic of any kind. The lake is crossed on a causeway and bridge.

There is also the Centennial Trail that goes from Coeur d'Alene to Spokane. We should have time to check out this trail as well.

There are many other things to do in the area. There are museums and the Cataldo Mission to visit, and there is boating on Lake Coeur d'Alene. I am currently planning on taking my motor home and boat on this trip, as well as both road and mountain bikes. Depending on how many people want to go, it might be nice to have another vehicle along for shuttle use. If you are interested in this trip, please send me an e-mail so I can get some idea of how many people might want to go. More details will be available later. This is an IAC sponsored trip.

Links:

http://www.skilookout.com/bike_home_page.html

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

http://wallace-id.com/CdA_trail/index.html

<http://wallace-id.com/bestwest.html>

http://friendsofcdatrails.org/photo_trail.html

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

http://friendsofcdatrails.org/links.html#ride_the_wall

<http://www.northidahotrails.net>

<http://silver-valley.com/bike.html>

July and/or August - Rigby Lake ride(s)

Date(s) for the summer rides to Rigby Lake have not yet been determined. This ride can really be done anytime, even during the week after work, since it is only about a 45 mile round trip.

September - Ride Schedule not yet determined

October 8, 2005 - West Yellowstone to Old Faithful ride

This is the annual fall ride from West Yellowstone to Old Faithful. If you elect to ride in to Old Faithful and back out, the distance is between 60 and 70 miles depending on how many loop or side tours you decide to take. You can also ride in and shuttle out, or shuttle in and ride out. If you elect to take the shuttle, the best option is to shuttle in and ride out. Of course, you can always ride in as far as you want and then turn around. There will be cars on the roads during this tour, and you should also be prepared for fall weather conditions. This ride is sponsored by the West Yellowstone Chamber of Commerce. There are NO snack stops along the route (the Park Service does not allow them, so bring your own snacks), and a spaghetti dinner after the ride. The fee for this ride, which includes a T-shirt and the dinner and prize drawing is \$40. More information can be found online at the link below.

<http://wyyellowstone.com/bicycle/>

Summer Trail Etiquette & Safety

- ☉ Be considerate of other traffic on all trails.
- ☉ Yield to down hill hikers or bike riders.
- ☉ Bike riders, ride under control always; avoid trails that are beyond your ability.
- ☉ Get off the trail when yielding to horses. Preferably down hill of the trail. Talk casually to the riders so their horses know you are a human.
- ☉ Register your trip at the trail sign-in locations; use trail maps and signs to plan your trip.
- ☉ Let someone know where you will be and when you expect to return before leaving town.
- ☉ Hike or ride with a partner.
- ☉ Make it a habit to carry the 10 "E's"; extra gear, water, snacks, flashlight, a compass or a GPS, trail or area maps, a cell phone (very poor reception if any except for on the ridge tops in most areas), and fire starting tools, even on short trips.
- ☉ Be aware that conditions can change greatly with changing trail and weather conditions. The summit will be there for another day.
- ☉ Keep your dogs under control (leash or in your immediate line of sight) and clean their refuse from the trail. Remember even other dog lovers do not care for someone else's dog showing up unsupervised, ill mannered, and leaving refuse in the trail.

Trip Reports

March 5 - 6 - Goldbug Hotsprings:

Goldbug Hot Springs is north of Idaho Falls, 23 miles south of Salmon in the Lemhi Mts. It is a moderate 2 mile trip in to where steamy hot springs and cascades await. The trip was planned as an overnite winter backpack. Bruce Wickham, Ken & Sammy Krivanek, & Greg Hulet met Donna & Mark Whitham early Saturday morning for the long drive to Goldbug. Debbie Harrison, Jeff Forbes, and their son Sam followed at a later (more decent) hour. After arriving at the trail head, Bruce & Greg headed up to the pools & cascades of warm steamy waters. Ken & the Whithams leisurely made their way up the canyon enjoying "Spring" and the first backpack of the season. The switchbacks were icy & treacherous. Buckets of sand were located on each turn to spread for safety. Otherwise the majority of the trail was dry except a few shady spots where it was easy to get around the ice. Despite it still being winter a few more weeks, spring had already arrived in the canyon. Buttercups were in bloom, the bushes were starting to leaf out, it was sunny, it was warm, it was even warm enough for shorts. We set up camp in a pretty spot before hiking the final .4 mile to the hot pools to join Bruce & Greg. Our hot spring friend, Steve from Challis, had seen the trip posting and was waiting at the hot pools to greet us. The warm water was just right for hours of soaking and sitting under the waterfalls for wondrous massages. Late in the afternoon

Debbie, Jeff, & Sam joined us in the hot pools, after backpacking in and setting up camp near us. When evening began descending upon us, Bruce and Greg were the first to emerge from the water, to set off to the trail head and the long drive home. Before hiking down to camp the Whitham's successfully located a geocache hidden near the hot springs. First off, they discovered & rehid "Wolf's" ashes. Afterwards they hiked down to cook dinner with Jeff & Sam in the twilight.

Ken & Debbie opted to soak until after dark. Debbie arrived in camp first. Meanwhile, Ken was having an adventure finding his way back to camp. He was lost in the maze of paths by the pools, with a very dim headlamp. There were times at the beginning of his downhill hike that he thought he would just sit and wait for someone coming up the trail with light to see the start of the trail. Then he noticed he had enough light to see Sammy's eyes reflecting back to him. Ken was able to follow Sammy's eyes down the trail to the bridge. At that point he finally encountered someone hiking in. They were the campers camped just below us. They led him to his tent.

It was cold during the night, but not cold enough to really need the down jackets we had lugged in. In the morning we enjoyed a yummy breakfast and many steamy cups of coffee, before hiking up to the hot pools to soak until afternoon. Jeff, Debbie, and Sam broke camp first and hiked out while the rest of us enjoyed the warm sun and water a bit longer. On the drive back to Idaho Falls, the Whithams introduced Ken to geocaching while locating a couple caches along the highway. Finally we stopped for dinner at the Ram's Horn, for the best Mexican food in Darlington Idaho.

March 12 - Snowshoe Bradley & Taggart Lakes:

Ken Krivanek, Garney Hardy, Kevin, Katherine, and Nate Coble, Gary, Eileen, Megan, and Derrick Huestis, and Sandy Pew joined the Whithams for a snowshoe trip into Bradley and Taggart Lakes, located in Teton National Park. We snowshoed over gently rolling moraine, open meadows, and winding stream drainages. The two lakes are situated at the very edge of the valley floor with the Tetons rising immediately to the west. The weather report said snow but it was partly sunny when we arrived at the trailhead, got out our gear, and began putting on our snowshoes. Shortly after takeoff, Nate quite emphatically told his parents what he thought of them when his sled tipped over and planted him headfirst into the snow. It began clouding up and becoming windy by the time we arrived at the junction of the trail to Taggart Lake. The Cobles and Garney opted for Taggart Lake while the rest of us continued on to Bradley Lake. The Tetons were cloaked under thick black clouds. It began to grauple, so as soon as we arrived at Bradley Lake we broke out lunch. With rapidly deteriorating weather conditions, we decided to skip looping over to Taggart on the way back to the trail head. Fun trip and thanks to everyone who came.

Chocks and Nuts:

Lipsmackin' Backpackin' and Lipsmackin' Vegetarian Backpackin', by Christine and Tim Conners

Christine has graciously given me permission to print recipes from these books in the IAC bulletin. The books are highly recommended and available at Idaho Mountain Trading and at Barnes and Noble. Both books have recipes for every meal of the day. The meals are light weight, nutritious, and made of food products that are generally easy to obtain. They provide a wonderful alternative to freeze dried meals or ramen noodles or power bars etc. In camp the recipes are easy to prepare. This month's recipe is from Lipsmackin' Backpackin':

Mountain Corn Cakes

At Home Place in a Plastic Resealable Bag:

1 7 to 8 oz. package corn bread mix

1 tablespoons powdered egg

2 tablespoons powdered milk or buttermilk

On the Trail:

1/3 cup cold water (or just enough to make a spoonable batter)

1 tablespoon butter, margarine, or olive oil

In Camp:

Add water to the mix, seal the bag, and knead well by pressing and squeezing the bag. Melt butter in pan or skillet over a very low flame. Place large, heaping spoonfuls of the batter in your pan or skillet. The batter will spread some, so leave a little room between each or cook one at a time. When bubbles appear all over the surface, carefully flip cake onto the uncooked side. Cook another 30 to 40 seconds, or until the cake sounds hollow when lightly tapped. Repeat until all the batter is used. The cakes complement almost any food but are good by themselves as well as a yummy breakfast served with butter and maple syrup. These were served for breakfast on the 2004 Chick Trip with dried blueberries added for variety.

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.

Climb with us this winter at:

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

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.

Support these 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

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.

Web Site News

Log onto the IAC web site (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