

Idaho Alpine Club Bulletin

Volume 49 - Issue Number 4 - April 2009

CLIMBING MOUNTAINEERING BACKPACKING DAYHIKING BICYCLING XCSKIING SNOWSHOEING RAFTING

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

2009 Council

President	Mark Whitham	520-7232
Vice-president	Teak Cummings	524-5136
	Jeff Coward	522-8135
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

Members-at-Large

Jim McBride	529-0586
Sam Pole	523-4970
Colleen Bohan	529-0151

Council Meetings:

Council Meetings are held on the second Thursday of each month at 7:00 PM

Upcoming Council Meetings:

April: Bohan's Home 748 Adell

May: Whitham's Home 706 Laurelwood

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.

MAY Bulletin Deadline is:

5 PM on APRIL 10

Trip descriptions, reports, and material 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

BRING A FRIEND AND ATTEND

"BIKING IN THE GULF ISLANDS

and

CLIMBING NEAR THE FALLS"

WEDNESDAY, April 1, 2009 ~ 7:30 PM

IDAHO FALLS LIBRARY

Past presenter Jerry Painter, who has entertained us in the past with programs on climbing and biking, returns this month to give us a slide show about his family's bicycle outing last August in British Columbia's Gulf Islands. The Gulf Islands are located in the Strait of Georgia between Vancouver Island and the Canadian mainland. They are part of an archipelago of small, hilly, forested islands that includes the San Juan Islands of Washington State. Connected by ferries, the islands have a relaxed lifestyle and attract many visitors who enjoy their scenic beauty and varied outdoor recreational opportunities. Jerry, his wife Julie and their son Sam kicked off their four day bike tour in Victoria, BC, one of Canada's most beautiful cities. They camped in provincial parks and patronized the occasional bakery or pub to supplement their camp-cooked meals. They rode conservatively, averaging 25-30 miles a day so as to have time for swimming, hiking and beach combing. Nevertheless, they managed to visit three of the southern Gulf Islands: Pender, Salt Spring and Galiano.

After a trip to the Gulf Islands, you inevitably have to come back home so Jerry is going to bring us back home by sharing with us some new climbing locations that are being developed in our area. There are 20 or more new routes that climbers can try their mettle on. Jerry will have photos, descriptions and war stories on places such as South Park, Midget Widget Wall and The Fins. So if you've become bored climbing in the same old places, come and learn about some new routes to check out this summer. The meeting is open to the public and 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 787-2601.

President Speaks

First of all, a big thank-you for your support of the club with your 2009 membership.

With the warmer temps and longer days, winter is on its way out. So get the last of your winter trips in and then start thinking about spring and summer sports. Climbing, hiking and biking are all great spring sports in Idaho. Consider sharing one of your adventures by leading a trip for the Alpine Club. It's easy to do and a great way to meet like minded people. There is no point in slogging through all that spring mud all by your self. Just contact the activity coordinator and they will tell you what you need to do to lead a trip.

Don't forget, if you need some new gear there are local sporting goods stores that offer IAC members a discount. They are listed in this bulletin. Just make sure you have your membership card with you to receive a 10% discount on regularly priced items. Mark Whitham

Participation on Club Activities Common Adventure / Trips:

With the exception of rafting, Non-members may attend a maximum of two club trips or activities, then must be members in good standing to continue participating.

Participants on rafting trips or rafting rentals must be members in good standing.

Participants on a club trip must pay any established trip fee, abide by club rules and activity guidelines, and must follow instructions of the activity coordinator.

An individual may not participate in any common adventure/trip of the club unless that individual has read and signed the common adventure form for that specific activity prior to embarking on that adventure / trip / activity.

Climbing

For information on club climbing trips contact Kevin Coble at 529-8142 or Eric Larsen at 522-9354. Otherwise to find out about climbing locations or impromptu weekend trips you will need to subscribe to the IAC climbing mailing list by visiting:

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

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.

Well, we are into the new year and I hope all of you are looking forward to hiking, biking, rafting, climbing, etc. following your winter activities. For the previous seasons I have had the uncanny ability to pick a fairly high number of week-ends with bad weather (Rain, snow, freezing temps, and high winds). I'll try to pick better weather days for the 2009 hiking season. I will also continue to schedule Thursday hikes. In addition, I intend to include one over-night hike each month. Some multi-night hikes are also planned. So, check your club bulletin to see scheduled activities and mark your calendars for some hiking in 2009. Sam Pole, Hiking Coordinator.

All Trips Bring Your Own:

1. Water
2. Food/snacks
3. Dress in layers. Bring adequate extra appropriate protective clothing - no cotton. Hat and gloves or mittens.
4. Minor first aid items including sun screen, personal medications, as needed during the day.
5. Headlamp (& Batteries)
6. Map & Compass
7. Sunglasses
8. Lightweight shelter/space blanket.
9. Appropriate equipment- depending on activity or terrain.
10. Repair kit for your own equipment including duct tape.
11. Mat to sit on

Other personal items of interest

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.

May 2: Dayhike/Arco Arch NE of Arco Hike approx. ½ mile into the arch. Easy hiking except for some scrambling around the arch area for pictures. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the West-side Wal-Mart parking lot at the garden end. Depart 8:30 am.

May 16: Dayhike/Echo & Crescent Craters, Craters of the Moon Hike round-trip approx. 7 miles. The hike is easy over level ground except for the climb to the top of the crater(s). Various volcanic features visible along the way. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the West-side Wal-Mart parking-lot at the garden end. Depart 8:00 am.

June 6: Dayhike/Meadow Lake north of Mud lake, Lemhi Mts. Hike round-trip 3-5 miles, depending on how far we wish to go. The hike is moderate uphill to a divide for scenic views of Meadow Lake and the surrounding mountains. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the West-side Wal-Mart parking-lot at the garden end. Depart 7:30 am.

June 11: Dayhike / Pine Creek Pass Crest east of Victor, Idaho Hike round-trip 3-6 miles, or whatever we wish. Hike should be moderate with an initial climb to the crest and then general wandering along the crest. Views of the Big Holes, Teton Valley, the Tetons, etc. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the Ammon Wal-Mart parking-lot at the garden end. Depart 8:00 am.

June 19-20-21: Backpack/Upper Palisades Lake – Waterfalls Canyon This is our first overnighter. My preference is to hike in late Friday afternoon; camp at Upper Palisades Lake; day hike Sat. to Waterfalls Canyon; return to camp for Sat. night, and then hike out Sunday morning. Hopefully both waterfalls will be flowing and wildflowers will be in bloom. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the Ammon Wal-Mart parking-lot at the garden end. Depart 3:00 pm.

Bicycling

For spring bicycling information and trips, contact Jeff Coward at 208.522.8135 or by email: bicycling@idahoalpineclub.org Below is an abbreviated list of available cycling (and a few other) events for 2009.

- * - rides I am planning on doing
- ? - rides I may do
- * **April 1-15, 2009** - Yellowstone ride (opens for cars on April 20) <http://www.nps.gov/yell/planyourvisit/springbike.htm> club ride at least once
- * **April 1-30, 2009** - Grand Teton rides (opens for cars April 30) Depending on interest club rides April 18/19 or 25/26 let me know which date is preferred.
- ? **May 9, 2009** - W. Yellowstone Lakeside ride (Henry's, Quake, Hebgen Lake loop). Online Registration at http://www.active.com/event_detail.cfm?event_id=1461775 <http://www.cycleyellowstone.com/> (both tours) <http://www.westyellowstonechamber.com/> 406-646-7701 • PO Box 458 • West Yellowstone • MT • 59758
- ? **May 9-10, 2009** - **STOKR** - <http://www.libbymt.com/events/stokr.htm> <http://www.libby.org/~gregrice/STOKR/>. If anyone was selected, contact Jeff to see if anyone needs to carpool.

* **May 30-31, 2009 - TOSRV-West**
- <http://www.missoulabike.org>

Swan Lake again this year? Contact Jeff about lodging recommendations.
June 6, 2009 - Little Red Riding Hood women's only century (38, 62, 100 mile options) lrhh@bbtc.net
<http://www.bbtc.net/Calendar/annual/lrrhinfo05.htm>

* **June 13, 2009** - West Yellowstone to Warm River (mtn bikes)

* **June 20, 2009** -Tour of Marsh Creek Valley, Pocatello, ID -
<http://www.idahocycling.com>

* **June 27, 2009** - RATPOD - Ride Around the Pioneers in One Day -
<http://www.ratpod.org>. Reserved spaces will be offered in advance for the 2009 ride to riders who raised \$1,000 or more at RATPOD 2008. Remaining spaces will then be made available through online registration beginning March ?, 2009 and continue until cap of 500 riders is reached.

September 12, 2009 (Saturday) - Logan to Jackson road race,
<http://www.lotojaclassic.com> LOTOJA registration opens on Tuesday, April 7, 2009. Register early that morning or you won't get in!

July ??-??, 2009? - North Idaho rail trail rides, boating, etc. Let me know which dates are good to go.

July 14, 2008 (Tuesday) 6:30 pm - Idaho Falls ICE time trial #6 Sunnyside Hill, 6 miles

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

August 1, 2009 - Alan Butler Criterium - Idaho Falls ICE race,
<http://www.idahocycling.com>

August 22, 2009 (Saturday) - Cycling Association of Star Valley, 20,38,45,65,85,100 mile ride & BBQ
<http://www.casv.org/casvar.htm>

Sept/Oct ??, 2009 - Old Faithful ride -
<http://www.cycleyellowstone.com/> (both tours) Online registration available at:

http://www.active.com/event_detail.cfm?event_id=1492044

- ★ 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;
lynna.howard@mac.com
leland@wildernessbooks.com
- ★ Stone Walls Rock Gym. \$1 off of Daily Rate. Call 528.8610 for information.
Winter hours are:
4-9 PM Monday - Thursday
4-10 PM Friday
12 - 10 PM Saturdays
- ★ Discounts on Jerry Painter's Hiking & Biking guide books

Trip Reports

February 21 & March 7 XC Ski Trips: Kirk and Susan McKinley, Karl and Colleen Bohan, and Mark and Donna Whitham skied up Teton Canyon into the Jedidiah Smith Wilderness instead of nearby Ricks Basin, under sunny skies both dates. Photos from the trips are posted on the club website.

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

Dates to Remember:

- APRIL 1: IAC GENERAL MEETING
- April 1-15: Yellowstone r Bicycle Ride
- April 1-30: Grand Teton Bicycle Rides
- April 17-18: Dubois Grouse Days
- April 22: Earth Day
- May 2: Dayhike/Arco Arch NE of Arco
- May 16: Dayhike/Echo & Crescent Craters, Craters of the Moon
- June 6: Dayhike/Meadow Lake north of Mud lake, Lemhi Mtns.
- June 11: Dayhike / Pine Creek Pass Crest east of Victor, Idaho
- June 19-21: Backpack/Upper Palisades Lake – Waterfalls Canyon
- Climbing: Subscribe to find out the weekly climbing location.
- Bicycling: Club & local events listed on pages 2-3, regional in February & March Bulletins on Website.

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 Monthly minutes are available at www.idahoalpineclub.org

**DON'T MISS THE FUN:
TRIPS, DISCOUNTS,
INTERESTING MONTHLY
PROGRAMS, MEETING NEW
PEOPLE, AND THE WINTER
AND SUMMER PARTIES:**

IAC Logo T-Shirts & Patches!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered IAC Logo! Short sleeve \$14 each. Long sleeve \$21 each. Sizes Small, Medium, Large, and X-Large.

A limited number of embroidered Color IAC Logo Patches are available for \$10 each.

The shirts and patches are available at the monthly meetings. If you just can't wait until the next meeting, contact the club Treasurer to get yours sooner.

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