

Idaho Alpine Club Bulletin

Volume 52 - Issue Number 4 - April 2012

CLIMBING•MOUNTAINEERING•BACKPACKING•DAYHIKING•BICYCLING•XCSKIING•SNOWSHOEING•RAFTING

web site: www.idahoalpineclub.orge-mail: info@idahoalpineclub.org

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2012 Council

President	Sam Pole	523-4970
Vice-president	Lisa Hamilton	251-4893
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

Members-at-Large

Colleen Bohan		529-0151
Karl Bohan		529-0151
Sue Braastad		881-4354
Mark Whitham		520-7232

Council Meetings:

Council Meetings are generally held on the second Tuesday of each month at 7:00 PM. IAC Council Meeting Monthly minutes are available on line.

Upcoming Council Meetings:

April 10: Pole's home 1710 Del Mar Dr.

Activity Coordinators:

Backpacking	Sam Pole	523-4970
Bicycling	Jeff Coward	522-8135
Climbing/Mountaineering	Kevin Coble	201-1840
Conservation	Open	
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	
Historian/Librarian	Barbara Brown	522-8977
WebMaster	George Cole	716-0024
Program	Bob Tyler	787-2601

General Club Meeting

Held at **7:00 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 5**

Trip descriptions, reports, and material for inclusion in the next bulletin are due by the **5TH** 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.

BULLETIN WILL NOT BE ISSUED IN JULY

IDAHO ALPINE CLUB GENERAL MEETING**"DEATH VALLEY DAYS"**

Presented by Bob and Lori Spoelhof

WEDNESDAY, APRIL 4, 2012 @ 7:00 P.M.**SKYLINE ACTIVITY CENTER****near the Idaho Falls Airport and 1575 N Skyline Dr**

If you plan to go to DEATH Valley, will you ever return from this desert of death? A sobering question, but one that speaks of the adventure. If your definition of adventure is a journey from which you may not return alive---or at least not as the same person as when you left home,--- then Death Valley is the destination for you.

Let Bob and Lori Spoelhof, retired Death Valley ranger/naturalists guild you into an evening of new possibilities. Bob is a former oil geologist and Lori a Special Education teacher who struck out on new pathways to be ranger/naturalists for the National Park Service in Yellowstone, Grand Canyon and Death Valley. When people ask them which park is their favorite, the answer frequently is "the Yellowstone/Teton area in summer and Death Valley from November through March." The key to visiting Death Valley is the time of year, November –March. During the depths of Idaho winter, Death Valley temperatures drop from highs in the 80's and offer pleasant sleeping-bag weather for overnight camping in the desert.

For this evening lecture, Bob, the geologist, will share his insights into the hidden side of the Death Valley scenery showing how the geology has impacted recent human history in the park. Lori will add her amazing photos of the natural history of the area. Together they will outline possibilities for day hiking, auto touring, bicycle trips, must-see curiosities and backpacking adventures. Hopefully, their suggestions will help you plan your adventure so that you will return again and again.

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.

President Speaks

Thus far, it has been an interesting winter. There was little or no snow early on and then, what snow we did receive, was not as abundant as previous years and of poorer quality due to the warm-ups we have had. Oh, and did I mention wind? There has been plenty of that. In any case, club members and friends have managed to make the best of it and pursued their winter activities. With that in mind, this newsletter contains a very robust and aggressive spring-summer recreational activity schedule.

If you read the March newsletter, you know that Ken Krivanek has some personal mountaineering and biking goals that he wishes to pursue this coming season. Ken chaired meetings on March 8 for mountaineering/hiking outings and March 15 for biking outings. Both were at Papa Tom's Pizza and attended by a number of club members interested in season-long challenges. The overall purpose of the meetings was to finalize schedules and choices for mountaineering and biking. Please review the current schedules and targeted outings in the newsletter. There is something for everyone even if you do not make all of Ken's outings. Also, besides Ken's goals, do not forget rock climbing lead by Kevin Cole, rafting with Greg Hulet and race or tour biking with Jeff Coward. Lastly, Sam Pole plans to schedule several hiking over-nighters. So keep your eyes on the newsletter, pick your activity, and get ready for a fun spring-summer-fall season.

Participation on Club Activities / Trips: With the exception of rafting trips, trips which require the use of any club equipment, or trips limited to club members: non-members may attend a maximum of ONE club trip or activity, then *must be members in good standing to continue participating.*

Participants must be members in good standing to go on rafting trips, trips which require the use of any club equipment, or trips limited to club members only, or needing rafting rentals. Participants on a club trip must pay any established trip fee, abide by club rules and activity guidelines, be 18 or older or accompanied by a parent or guardian, 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 201-1840. Wednesday Night rock climbing at local climbing areas, will begin around the first week of June. To find out about spring weekly climbing locations or impromptu weekend trips, subscribe to the IAC climbing mailing list by visiting:

http://www.macrobotics.com/mailman/listinfo.cgi/iac_climbing or, via email, send a message with subject or body 'help' to: iac_climbing-request@macrobotics.com.

2012 Snow School

On the third or fourth weekend in April (subject to instructor availability, snow conditions, and group consensus), Eric Larsen and Kevin Coble will be holding the annual "Snow School". This is a chance to learn how to travel safely over snowy terrain, how to use an ice-axe, and how to be a member of a roped glacier travel team. You must provide for yourself: Clothing (layered, waterproof, and warm – we will be throwing ourselves down into possibly wet snow all morning), mountaineering boots or a stiff hiking boot, backpack, lunch and snacks, and water. If you have the following items, please bring them (and bring any extras for others who may not have them): harness, crampons, ice axe, prusiks, or snow pickets.

We will be covering: Self-arrest and self-belay with an ice axe, tying into a rope team (including the annual argument over the best way to tie a butterfly knot!), techniques for uphill walking on steep slopes, roped travel around crevasses, glissading, and snow anchors. If time permits we may also discuss the basics of 'escaping the belay' and crevasse rescue.

Location is usually the top of Teton Pass, but snow conditions may affect the plans. Details will be posted on the climbing ListServ, or contact Kevin Coble for more information.

YMCA Rock Climbing Gym

Call 528.8610 for information. Hours currently are:
4-9 PM Monday - Friday & 12-9 PM Saturday
Idaho Alpine Club members may show their membership card to receive 10% off of daily rates or the 10 punch card.

Please support the gym as it is an asset to the community and a valuable training source for climbing.

Non-technical Mountaineering

For information contact Ken Krivanek 208.390.8471.

Climbing mountains is serious business...even "small" mountains. Inclement weather, exposure, traveling on snow can change an "easy" mountain to a "difficult" mountain in a matter of minutes. These alpine trips are not guided climbs. These are self-supported, group adventure outings. Each trip has a leader who serves as a resource to the group and provides some basic trip structure. However participants are expected to evaluate their physical and mental abilities prior to participating, assist with transportation, cooperate with others, participate in decision-making, identify and reduce risk to themselves and the group, and be self-reliant in preparations. The IAC has no mountaineering gear to loan. For all

outings, participants are expected to bring water (few climbs have access to water); food, clothing, and appropriate mountaineering gear (and be knowledgeable and experienced in its use). To ensure we are trained to face our proposed hiking challenges a Snow School will be held in late April by the IAC Climbing group, we should all plan to attend this school-see more information in this news letter.

Trip lengths are indicated for an approximate round trip distance. Contact leaders with questions if you are new to mountaineering or new to the area. Trips may be cancelled at the last minute due to weather or conditions outside of the leader's control. Below is a tentative schedule and list of alpine climbs for April & beginning of May.

"Class" is a way to describe the level of difficulty encountered on any given trail or mountain climb. From "Mountaineering: Freedom of the Hills", The Mountaineers, IAC notes in ():

Class 1: A hiking scramble to a rocky gradient; generally hands are not needed. (Somewhat of a trail may be all the way to summit).

Class 2: Involves some scrambling and likely use of hands; all but the most inexperienced or clumsy will not need a rope. (Scrambling is defined as hiking that could require some route finding skills and may take you over boulder fields or loose rock aka "scree" slopes).

Class 3: Moderate exposure may be present, simple climbing or scrambling with frequent use of hands. A rope should be available. (Exposure means you are on a steep slope with little or no protection from a fall. The trail will be steep and almost certainly require route finding skills. At this point, you better have a map and compass in your pack, and know how to use them. Expect to cross any number or scree or boulder fields along the way. Falling on a Class 3 hike means potentially serious injuries could occur).

Class 4: Intermediate climbing is involved and most climbers will want a rope because of exposure. A fall could be serious or fatal. Another definition is that it begins when all beginners and most average climbers will want and should have a rope belay. (We do not intend to put anyone into an environment where ropes are normally used. If someone feels that a rope would make them feel safer at a particular point than they should not go further).

April 15 (Sunday)–day hike North Menan Butte (Class 1: 5,600 ft, 2-3 miles): This will be a short 2-3 mile day hike. This hike is on the rim of the Menan Butte. The loop is approximately 3 miles with a steep beginning and end. Fabulous views of the Snake River meandering across the highlands, the Tetons to the east, the Italians and Centennials to the north, and the Lemhis to the west. The butte has been designated a National Natural Landmark and has been featured in geology lab textbooks for volcanic and geomorphic study. The trailhead can be reached by passenger vehicle. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from Starbucks at Fred Meyers on Yellowstone Highway at 9:00 AM. We will car pool to the trailhead by 10 AM.

April 21–day hike Big Southern Butte (Class 1 or 2: 7,560 ft, 4 miles or 7 miles) This hike is a steep conditioner. The butte is about 50 miles west of Idaho Falls. Trailhead access is through Atomic City and may need 4WD or high clearance if the road is still muddy. From Webb Springs the summit is in 1.75 miles via the non-trail route (Class 2). For more information check out Jerry Painters book "Hiking and Biking Trails near Idaho Falls: Vol. II". An alternate route (Class 1) to the top is the approximately 6-7 miles round-trip hike up a gravel access road. The road is fairly steep and the climb gains about 1500+ feet. Views from the top are of the surrounding Snake River plain and Craters of the Moon to the west. Call Ken Krivanek at 390-8471 24 hours prior to the trip. Meet at the west side Wal-Mart in front of the garden center for a 6:00 AM departure. We will car pool to the trailhead by 9 AM.

April 21 or 28 – day long Snow School will be conducted by the IAC. This will be held either on April 21 or 28th. Depending on the day Snow School is held the hike of Big Southern will be arranged to accommodate Snow School. Anyone that plans to hike the Middle Teton in July must plan to have Snow School training if they have never taken it before. All folks that plan to do Snow School must have a climbing helmet and harness, an ice axe, and crampons. IAC members may have extra pairs of crampons to loan for snow school, but you will need your own for the Middle Teton.

May 12–day hike Skyline, Bonneville, Snow, and Haystack Peaks(Class 2: 9,140 ft; 9,271 ft; 9,138 ft; and 9,033ft, 4 miles o/b,9 miles w/shuttle). Our first May adventure will be a climb of Skyline/Bonneville and traverse to Snow and Haystack peaks near Inkom, Idaho. Bonneville Peak is the highest point in the Portneuf Range. This impressive mountain is best known for the Pebble Creek Ski Area, which is located on its western slopes. With an elevation of 9,271', Bonneville Peak ranks way down on the Idaho elevation list. We will climb from the Pebble Creek ski area at the western base of the peak. This can be hiked as an out and back if we do not want to attempt a shuttle or as a car shuttle by leaving a jeep/truck (4WD) at the bottom of Haystack Peak. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Since we are doing this hike early in the year we could easily encounter snow on the route. Meet at Dads Truck Stop on I-15 exit 113 for a 6:00 AM departure. We will car pool to the trailhead by 9:00 AM after setting up the shuttle vehicles.

Bicycling

Mapman Alan Crockett has revised the set of 29 (and growing) local road biking routes used by the Tuesday morning geezer bike group (not IAC affiliated). Alan improved Barb Brown's original descriptions and schematics by using DeLorme software for developing much more useful maps enabling accurate mileages and, in most instances, adding optional extensions to the original "standard" 20-30 miles routes for the more ambitious riders.

The latest revisions include an attempt to increase the consistency in format and route labeling between maps. It's an ongoing project—ensuring junctions, points of interest, and road callouts are consistent with the existing road signs (which are not always consistent with existing mapping software) and revising routes on the basis of riders' input or changing traffic patterns. The latest maps will be available on the IAC website under club archives, road biking maps.

Tours or Races

For information call Jeff Coward at 208.522.8135.

TOSRV-West: May 19-20, 2012, 2 days, 230 miles. The route goes from Missoula, Montana to Potomac and then through Seeley Lake to Swan Lake, then to Bigfork, Polson, Ronan, St. Ignatius, Ravalli, Arlee, and back to Missoula. More details available in January at: <http://www.missoulabike.org/tosrvwest>

AMBBR – America's Most Beautiful Bike Ride (Lake Tahoe spring ride), June 3, 2012, 1 day, 100, 65, 35 mile options. This is a very scenic ride around Lake Tahoe, starting from South Lake Tahoe. The route goes clockwise around the lake, with an out and back to Truckee for the 100 mile option, and a boat cruise to Crystal Bay for the 35 mile option. Support is excellent as are the views. <http://www.bikethewest.com/>

Ride the Rockies: June 10-16, 2012, 6 days, about 65 miles per day. This is a 6 day (for 2012) tour through the Colorado Rockies sponsored by the Denver Post. Support is excellent, and includes busses to transport you in the overnight towns and a daily cycling seminar. The route will be announced February 5, 2012 at: <http://ridetherockies.com/>

Local Biking

For information call Ken Krivanek 208.390.8471. These bike rides are self-supported, group adventure outings. The goal will be to ride enough during the summer to be able to ride in the Heart of Idaho Bike Ride in Idaho Falls or the Tour of the Marsh Creek Valley in Pocatello. Each trip will have a leader who serves as a resource to the group and provides some basic trip structure. However participants are expected to evaluate their physical and mental abilities prior to participating, assist with transportation, cooperate with others, participate in decision-making, identify and reduce risk to themselves and the group, and be self-reliant in preparations. The IAC has no biking gear to loan. For all outings, participants are expected to bring water; food, clothing, and appropriate bike maintenance gear (and to be knowledgeable and experienced in its use).

Trip lengths are indicated for a round trip distance. Contact leaders with questions if you are new to biking or new to the area. Trips may be cancelled at the last minute due to weather or conditions outside of the leader's control. We begin riding at 10 am during April to beat

the cold; 9 am in May to beat the wind; 8 am in July and August to beat the heat. Generally if a ride is weathered out, we'll re-schedule it for the next weekend to keep on track to train for the end of summer century rides.

The following are some Safe Riding Tips I want to follow on our rides. These tips for "safe group riding" are intended primarily for pace groups but I think they also apply to slower riders. Most of us are not comfortable riding pace lines. These tips are fairly obvious but maybe at the beginning of season reminders are worthwhile. They're paraphrased from an article written by Bill Harris for cycling utah.com, the freebie that appears monthly at the downtown Great Harvest bakery.

1. The lead rider has the responsibility of pointing out obstacles in the road such as potholes, glass, and debris. As the leader approaches the hazard, take one hand off the bars and point out the obstacle. Those behind continue to signal to those behind, kind of like a wave at a football game.
2. On narrow roads the lead riders should yell out "car up" to warn those behind of approaching traffic. Those at the back of the group should yell "car back" to warn those of traffic wanting to pass from behind.
3. When turning a corner, the lead rider should signal by pointing the direction of the turn. Those behind should continue—wave theory again.
4. Maintain a constant pace and avoid quick accelerations and sudden braking.
5. Do not overlap wheels...any turn will result in a crash.
6. Stay relaxed. Do not put death grip on handlebars and keep arms bent and relaxed. Then if another rider bumps you, your body absorbs the contact force and your steering is less likely to be affected.
7. Practice looking several riders ahead and recognizing when changes in pace will occur.
8. On descents, spread out to allow more reaction time (and a better view).

Idaho road biking laws are at: http://itd.idaho.gov/bike_ped/Idaho%20Code%20Related%20to%20Bicyclists.pdf.

April 07– day ride Yellowstone Park ride (30-40 miles). This is planned as a ride before the park opens to normal automobile traffic on April 20th. There will be a few cars belonging to the Park Service and concessionaires however. The start will be in West Yellowstone, and riders can ride into the park as far as the road as they want, and then back to the start. There is usually plenty of wildlife to see. The scenic views on this ride are superb. A park entrance fee is required. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from Starbucks in Fred Meyers on Yellowstone Highway at 7:00 AM. We will car pool to the trailhead by 10:00 AM.

April 14– day ride Teton Park (30-35 miles). This ride will be along the road from the Moose visitor center to Jackson Lake dam before the road is open to motorized traffic on April 30. The Teton Park road from the Taggart & Bradley Lakes trailhead to Signal Mountain opens for non-motorized traffic by April 01. The starting point is the parking lot for the Taggart Lake trail head. Riders may go whatever distance they want. Some riders may want to go all the way to the dam and those wanting a shorter ride, can avoid one of the two hills by riding out as far as the Jenny Lake loop turnoff and then returning. This is a mostly flat ride, with only a couple of minor hills. 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. The scenic views on this ride are superb. A park entrance fee is required. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from Starbucks in Fred Meyers on Yellowstone Highway at 7:00 AM. We will car pool to the trailhead by 10:00 AM.

May 05–day ride East River Road (35 and 40 miles). These rides will be designed to get us all riding together on our bikes and get use to riding on a highway with some moderate traffic. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from the EROB building at 9:00 AM.

Dates to Remember:

April 4: IAC GENERAL MEETING
Death Valley Days
Bring a friend to the Meeting

April 7: Bike Ride / Yellowstone Park
April 14: Bike Ride / Teton Park
April 15: Dayhike / Menan Butte
May 5: Bike Ride / East River Road
April 21: Dayhike / Big Southern Butte
(may be on April 28)
April 28: Day Trip / Snow School (may
be on April 21)
May 12: Dayhike / 4 Peaks-Bonneville
to Haystack

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how to subscribe.

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trips can be posted on the wall.
Additionally, photos from club trips
you have gone on can be easily posted
on the wall singly or as an album if
you took a lot of photos.

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Join today

*For more information write to the address
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free newsletter and application:*

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Membership Fees

	Full Year	
	10/1	7/1-12/31
Individuals:	\$25	\$20
Family:	\$30	\$25

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 Logo T-Shirts & Patches!

Dri Release material with embroidered IAC
Logo! Small, Medium, Large, and X-Large
Short sleeve \$20 each. Long sleeve \$25
each. Sizes.

A women's style short sleeve shirt is
available for \$20 on a prepaid special
order basis. It is fitted with shorter
sleeves in a wicking material.

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522-3932 (Accessories Only)
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