

Idaho Alpine Club Bulletin

Volume 43 - Issue Number 8 - August 2003

P.O. Box 2885, Idaho Falls, Idaho 83403-2885

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Canoeing
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Sue Page 356-5118

Rafting
Greg Hulet 523-6199

Trail Maintenance
Open

Day Hiking
Mark/Donna Whitham 524-6119

General Club Meeting

Held at 8:00 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.

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
August 19: Perkins restaurant, Channing Way, Idaho Falls. Any interested member is invited to attend.

Materials for the bulletin are due by the weekend before the council meetings. Please send material to the bulletin editor at rener@srv.net

Up Coming Programs

Please mail completed common adventure forms to the secretary.

Idaho Alpine Club Annual Picnic

August 6th, 2003 ~ 7:00 P.M.

The annual IAC summer picnic will be held at the home of Leon Wolfram and Robin Van Horn. Grilled items, condiments, plates, utensils, napkins, and beverages will be provided by the club. If you will be attending and your last name starts with A-L, please bring a sidedish (beans, potato salad, etc.) to share. If your last name starts with M-Z, please bring a dessert to share. We will start cooking at 7:00 PM so bring a lawn chair or two to enjoy the evening. And, if you have any gear that you want to sell or trade, or pictures you want to show, bring them along, too. **Directions:** From Idaho Falls head south on Yellowstone highway towards Shelley. At the Utah Power and Light building (Country Club Road) turn right (west). The first intersection you will come to is Shelley/New Sweden Road. The second intersection is Hampton. Continue straight on Country Club Road. You will see a yellow mailbox with a 1942 blue military truck next to it. That's the place!
705 East, 1400 North, Shelley, Idaho.

President Speaks

Can you believe that August is already here? It seems like yesterday that we were gliding along on our skis and now summer is half-gone. Or, if you're an optimist, half of summer is still left! There's still plenty of time for participating in the "Thursday night Climbs", or to take a raft-trip, or hike/backpack your favorite trails. Of course, if you'll be camping in this dry weather you'll want to check the status of the area you plan to visit to find out about fire-restrictions and plan accordingly. Some areas may even be closed due to local fires so be sure to call ahead so you're not disappointed.

The annual summer picnic is also upon us and with this latest heat wave a 'cool one' seems in order. Be sure to read the picnic information so that you'll know what to bring and where to go. See ya there.

Happy Trails,

Tim

IAC Council Meeting

July 15, 2003

Attendees: Tim Adkison, Jeff Coward, John Bissett, Betsy Adkison, George Cole, Barbara Brown

Note taker: Tim

Meeting call to order: 7:50 pm

Reading of June minutes: approved

Treasurers report: none submitted

Old business

- IAC summer party (*all*) – general discussion about items to be provided by the club and items to be brought by the members. Location of event

verified and directions to be published in the next newsletter.

New business

- Newsletter request (*Tim*) – a request for submission of a report into the newsletter was made by Norm Kramer, involving work done by IAC members and non-members. Approved.

- Special request (*Tim*) – Norm Kramer informed the president of IAC, via email, of an upcoming State-sponsored event scheduled for the same date as the IAC picnic and requested consideration of a change of dates for the IAC picnic. Council decided not to change IAC picnic dates but requested that Norm follow-up to see if the State-sponsored event dates could be changed. Tim to contact Norm. Approved.

- Newsletter long-term storage (*Jeff*)- Informed council of cost and benefit of having all past newsletters moved to a CD-ROM format. To be explored at the next council meeting.

August council meeting: Perkins restaurant, Channing Way, August 19, 2003.

Meeting adjournment: 8:35 pm

NORDIC SKIER MEETING

Leo Hennessy, Idaho Department of Parks & Recreation, Park N'Ski Program Manager, will host a meeting on **Wednesday, August 6th at the Ameritel Inn Spectrum, 2501 S. 25th, Idaho Falls, ID.**

Leo says "The purpose is to update the public on the department's cross-country ski initiatives and to identify Nordic ski issues and solutions so the department can improve Nordic ski opportunities across Idaho. The information gathered from these meetings will be provided to the Director and planning staff so we can make better decisions relative to Nordic skiing. As the program manager

of the Park N' Ski program I intend to use the input collected to improve and expand the Park N' Ski program. "

Hawley Gulch Bridge Repair

Two IAC members, Alan Crockett and Norm Kramer, along with Glen Hayes, Tom McLaughlin, Bill Lloyd, Walt Paskey, and Lynn Lundberg repaired the fallen down Hawley Gulch ski bridge in about three hours on July 9. Hawley Flats Bridge, the upper one in Hawley Gulch, was built by volunteers about twelve years ago to provide an easy route for skiers to cross the spring-fed stream that typically stays open most of the winter. One end of the bridge abutment eroded away over the years and let the bridge fall down into the stream sometime since last fall. The seven workers jacked up the bridge, excavated by hand as necessary, installed a 3' x 3' x 6' gabion (basket for rocks), placed two cubic yards of rocks in the gabion, and placed the bridge on top of the gabion. Glen Hayes was the Project Coordinator. The group was very pleased with their accomplishments.

Volunteers Needed for Trail Maintenance on Palisades Creek Trail

The motor free Palisades Creek Trail needs about an 18 foot long rock gabion (wire basket) installed and filled with rocks to prevent the trail from disappearing during the next spring runoff.

The job location is about 1.5 miles from the trail head between the first two bridges. The Forest Service will deliver the wire basket gabions to the work site and volunteers are needed install and fill them with rock from a nearby location.

On July 9th, seven volunteers filled a 6 foot long gabion for supporting the upper bridge in Hawley Gulch in about an hour so this is not a monumental task for about 10 volunteers.

The tentative date for this is Wednesday, August 13th. Please contact Norm Kramer if you are interested. 522-8677 nak@srv.net

Dayhikes ~ 2003

August 30 - Targhee Creek and Lakes: Thirteen miles round trip strenuous hike in the Henry's Lake Mountains. Dayhikers are welcome on this 2 night trip over Labor Day weekend. The trail fords Targhee Creek several times, but should not be too deep late season. Moose, elk, and grizzlies are found in this canyon which is a Grizzly Bear Recovery Area. For more information on the dayhike and to sign up contact the Whithams at dayhikes@idahoalpineclub.org or 524.6119

“Kid” Day Hikes

We have picked a few day trips close to Idaho Falls to eliminate long car rides for our young hikers. All are moderate hikes, within an hour drive from Idaho Falls, and are a 6 mile or less round trip. They have something fun to do (fishing, swimming, or both) at the end of the trail, too. Anybody is welcome to join in on the trips. Kids aren't a prerequisite! John Bisset has offered to be the trip leader for these trips. Please call John for the dates which were not available at “press time”.

Sheep Falls: Located North of Ashton on Highway 20. Trail distance is three miles and is rated as being mostly easy. At the end of the trail there is two water falls for viewing enjoyment. Fishing is also supposed to be good. Pack a lunch and goodies for the little ones. Call John Bisset to sign up & for the meeting place / time, 542-0779.

Packsaddle Lake: Located west of Tetonia. Short 2 mile hike to the lake. It is mostly up hill to the lake with an easy elevation gain. You drop down a steep section for the last half mile. The lake is great for picnicking and swimming. The water will be cold, but you know the kids won't care! Call John Bisset to sign up & for the meeting place / time, 542-0779.

Aldous Lake & Hancock Lake: Aldous lake is located in the Centennial Mountains, which are near Kilgore. The trail gains a mild 350 feet elevation in

1.5 miles to the first lake and another 550 feet up to the second lake in another 1.5 miles. Fishing is supposed to be good at Aldous Lake. Call John Bisset to sign up & for the meeting place / time, 542-0779.

FOR SALE: North Face Expedition 25 1995 model, with attached footprint. In good condition. Packed weight 11#. \$499 new, \$250 FIRM. Mark or Donna for more information. 524.6119 or programs@idahoalpineclub.org

Backpacking ~ 2003

August 16 - 23 - Big Horn Crags Weeklong Backpack: The Big Horn Crags are located in the Frank Church - River of No Return Wilderness area in Idaho. We are planning to hike 8 miles into Harbor / Wilson Lakes to base camp and dayhike to the many lakes in the area: Ship Island Lake, Terrace Lakes, Heart Lake, Welcome Lake, and more. Fishfin Ridge, Mt. McGuire, and charcoal and orange peaks provide awesome scenery and even some bouldering and scrambling opportunities. The lakes provide a cool dip in the afternoons and excellent fishing. Mark your calendars now for this trip. The party size is limited to 10. We will be holding a trip planning meeting on July 16, at 7:30PM at 706 Laurelwood, IF. For more information and to sign up contact the Whithams at backpacking@idahoalpineclub.org or 524.6119.

August 30 - September 1 - Targhee Creek and Lakes: Thirteen mile round trip strenuous hike in the Henry's Lake Mountains. Dayhikers are welcome on this 2 night trip over Labor Day weekend. The trail fords Targhee Creek several times, but should not be too deep late season. Moose, elk, and grizzlies are found in this canyon which is a Grizzly Bear Recovery Area. For more information and to sign up contact the Whithams at dayhikes@idahoalpineclub.org or 524.6119.

Rafting ~ 2003

Summer afternoon rafting in Alpine Canyon: Leave IF 1pm - 2pm, return IF 8:30pm - 9:30pm, Monday through Friday, or Sunday. Call to arrange trips. Low crowds, low stress, fun water. Contact Greg Hulet (523-6199) or Jim Lee (524-5836)

Thursday Night Climbing Schedule Summer 2003

We meet and leave from McDonald's by Fred Meyers, in Idaho Falls, promptly at 6 PM. Arrive early if planning to grab some dinner at Macdonald's to eat on the road.

Date	Location	Leader
August 7	Paramount	Whitham
August 14	Heise Boulder (If Dry)	Peterson
August 21	Ross Park Pocatello	Peterson
August 28	Blackfoot	Peterson

Biking ~ 2003

August 2 White Knob Challenge (race)
<http://www.knobbytireseries.com/>

August 16-17 Double Divide Ride - Montana
This ride is sponsored by the Helena Bicycle Club. It starts in Helena and heads west on US 12 over the Continental Divide, with a snack stop at the top of the climb, to the junction with Montana 141. The lunch stop is at Nevada Lake, and the routes continues northwest to the junction with Montana 200. Riders then head east to Lincoln for the dinner and overnight stop. The ride continues on Sunday east on 200 to the Flecher Pass road where the climb back over the Continental Divide begins. There is a snack stop at the top of the pass, then the riders continue back to Helena for a barbecue lunch. Mileage is about 89 miles on the first day and 52 on the second day.
<http://www.helenabicycleclub.org>

August 30 Idaho State NORBA XC Finals at Soldier Mountain (race)
<http://www.knobbytireseries.com/>

Weekday Social Cycling:

Barb Brown is updating her "Bike2002" e-mail list. If you'd like to be added to the Bike2003 list, send your e-mail address to Barbara@srv.net. Once on the list, you're subject to weekly (usually) notifications of meeting place and time and destination for Tuesday morning rides, and, occasionally, another bike-related tidbit or another **Weekday Social Cycling**

continued:

day. Rides are mostly on paved county roads with occasional rides on dirt roads in the wildlife refuges or desert. Most of us opt out on weather-challenged days (wind). **WARNING:** These rides are easy, not even semi-hard-core, rides. They are NOT Alpine Club sponsored-or even formally led or supported. Generally we're back after 2-3 hours and only ride 15-25 miles, usually with shorter and longer options and sometime with a faster group leaving the rest in the dust. Most of the participants are retirees, sometimes visiting children, grandchildren. or shift workers join us. Everyone is responsible for his or her own extra tube and rudimentary tool kit (and skin repair kit). Real mechanics (or paramedics) are not provided in the event of flat tires, etc. (Advice and unhelpful comments are.)

Mexico Trip November 2003

Climb the volcanoes, sightsee, etc. Here are the only specifics that Kirt knows of right now, but he did want to invite Alpine Club members since they plan to try to stop in at the Mexican Alpine Club Annual Conference that is happening November 22-23, 2003. Dates: November 16-24, many will stay over the Thanksgiving weekend. Climbs: Ixtaccihuatl 5286m 17,342ft and Pico de Orizaba (Citlaltepetl) 5700m 18,700ft Both climbs entail strenuous, high altitude/low latitude hiking/climbing. Roped up glacier travel and at least a couple days of acclimatization.

People: Prerequisite would be some glacier experience. Already have 6 people going but if people are willing to break into groups it might be easier. At least two members of the party speak good Spanish. For more information contact Kirt Marlow: 208-528-2141 or marlowk@saic.com preferably by June 15 or ASAP.

Trip Reports:

Frog Lake Trip Report ~ July 4 - 6, 2003

The Wagoners (Deborah, Steve, and Shawn) and the Whithams (Mark, Donna, Heyburn, and Tyler) loaded up their gear and headed out of Idaho Falls in search of cooler weather, over 4th of July weekend, at Frog Lake in the Boulder White Cloud proposed wilderness area. At the trailhead near Livingston Mill the sun was high and hot. Hiking up the trail through sage brush and pine trees we looked at paintbrush, arnica, penstemon, scarlet gilia, butter and eggs, nailwart, speedwell, brook saxifrage, townsendia, phlox, and cinquefoil. The hike follows a well-graded trail that switch backs up to a 9600-foot pass. Views of the White Cloud and Lost River ranges are breathtaking. As the trail descended to Frog Lake we paused to admire Castle Peak, Merriam Peak, Serrate Ridge, and Granite Peak. Flowers along the trail included silky phacelia, flax, sulfur flower, and more of the varieties observed earlier. A campsite overlooking Frog Lake and a flower filled meadow was quickly chosen. Rising early we went for a day hike to the Boulder Chain lakes. Heyburn and Tyler got to splash their way across the creeks and the little showers they willingly provided were welcome in the heat. Members of the Treasure Valley Trail Machine Club stopped to chat with us while we were out hiking. We were impressed at the consideration they gave us (and good example they set for the children with them) by stopping and letting us pass by them before they proceeded up the trail. They do a considerable amount of trail maintenance on the trails with funding through state of Idaho ORMV trail grants program. Oddly enough, Heyburn cozied right up to the trail bikers but barked and growled at the hikers we met.

The mosquitoes were as fierce as usual. Even Heyburn and Tyler appreciated occasional squirts of bug dope. Despite the mosquitoes, the weekend was relaxing and fun with great company.

We observed how dry the trails are, the usually rather boggy meadow we camped by was completely dry this year, the dried up little ponds, even Castle Peak had less snow on it this year than it did last year when we had commented that it was the driest we had ever seen it then. It is extremely dry in our mountains again this year so everyone needs to be super careful out there.

Oh and yes my hiking boots and pants were carefully kept out of Heyburn's reach when we got home this year so she couldn't make another statement about her opinion of backpacking. Hmmm maybe that's why she liked the trail bikers, they had motorized wheels...

drw/^^^

Web Site News

If you haven't noticed, the IAC web site (www.IdahoAlpineClub.org) has recently been redesigned. For your convenience, the most recent club bulletins are included as well as all the posted club activities. Additionally, you can:

- Download membership applications and Common Adventure Release forms
 - Look up contact information for club officers and activity coordinators
 - Read the club By-Laws
 - Search the club classified ads or post you own ad
 - View pictures from recent club activities
 - Find out what the 10 E's are anyway?)
 - Check out club members' Restaurant Reviews or submit your own review
 - 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
- George Cole - IAC Webmaster

Club Member Benefits

10 % discount on (non sale) outdoor equipment at the following stores:

Idaho Mountain Trading - Shoup & B
Idaho Falls - 523-6679

K & R Adventure Gear - 522-5279
or 877-369-7407 www.knradventuregear.com

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 and Biking guide books

Alpine Club Rental Gear is available to paid-up members. Call the appropriate coordinator for more information.

North Face VE-24 tent--George Cole
Climbing helmets-- Kurt Myers
Ice axes-- Kurt Myers
Caving helmets-- Dean K.
Carbide lamps-- Dean K.
Clinometer & compass for cave mapping
--Dean K.
Rafting equipment --Greg Hulet

Stone Walls Rock Gym

Summer Hours are 12 p.m.-6p.m. Monday, Tuesday, Thursday, Friday, & Saturday
12 p.m. - 9 p.m. Wednesday
Closed Sundays.
The gym offers a \$1 discount to Alpine Club members.
Phone: 528.8610

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.

IAC Logo T-Shirts!!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered 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 Tim Adkison 542.0786 to get yours sooner.