

Idaho Alpine Club Bulletin

Volume 54 - Issue Number 8 - August 2014

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

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

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2014 Council

President	Sue Braastad	881-4354
Vice-president	Karl Bohan	529-0151
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

Members-at-Large

Colleen Bohan	529-0151
Ken Durstine	524-3505
Sheila Kappel	528.8788
Sam Pole	520-3630
Richard Scheerer	881-6331
Mark Whitham	520-7232

Council Meetings:

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

Upcoming Council Meetings:

Aug 13: Whitham's Home 706 Laurelwood Ave
Sep 9 (TBD): McKinley's home 425 Pevero Dr.

Activity Coordinators:

Backpacking	Sam Pole	520-3630
Bicycling	Ken Durstine	524-3505
Climbing/Mountaineering	Kevin Coble	201-1840
Conservation	Open	
Cross-Country Skiing / Snowshoeing	Whithams	520-1728
Day Hiking	Sam Pole	520-3630
Rafting	Greg Hulet	523-6199
Trail Maintenance	Open	
Bulletin Editor	Donna Whitham	520-1728
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, in the meeting location indicated in the program description.

NO GENERAL MEETING IN JULY.

SEPTEMBER Bulletin Deadline is:

5 PM on August 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.

Idaho Alpine Club

Annual Summer Potluck

Wednesday, August 6th, 2014 - 6:30 pm

Braastad's Home 1610 Blue Camas Ct.

From Pancheri Drive, turn south on Grizzly Avenue, follow around till it turns into West 17th South, turn north on Blue Ridge Drive, then west (left) on Blue Camas Way, north (right) on Blue Camas Court, and your destination will be on the left.

Attend the picnic to meet other club members, swap stories about this years adventures, a chance for members to win cool prizes (single 1 chance or family 2 chances), and to generally eat, drink, and be merry.

What to bring:

A side dish or dessert to share.

Chairs or a blanket to sit on.

Club will provide:

Hamburgers, hot dogs, buns, beverages, plates, utensils

President Speaks

It's hot and dry, time to ensure that you are drinking the appropriate amount of fluids, not too little (dehydration), not too much (over hydration). Dehydration can lead to general weakness, dizziness, palpitations (the feeling that the heart is jumping or pounding) , confusion, fainting, or the inability to sweat. Over hydration can lead to dangerously low levels of sodium in the blood (hyponatremia). This can cause symptoms such as muscle weakness, spasms or cramps, seizures, and even unconsciousness. Hydration problems can hammer you on a one day push or sneak up on you over a multi-day period. The amount of water in the body is controlled by urination and thirst. From personal experience, these two can get out of whack by not drinking at reasonable intervals. So pay attention to what your body is telling you.

~Ken Durstine~

**Participation on Club Activities
Common Adventures / Trips:**

With the exception of rafting trips, or activities 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, 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.

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, bug repellent, 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
12. Other personal items of interest (Bear Spray comes to mind)

Climbing

For information on club climbing trips contact Kevin Coble at 201-1840. To find out about 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.

YMCA Rock Climbing Gym

Call 528.8610 for information.

SUMMER HOURS (June 1-September 30):
TUESDAY 4PM - 9PM SATURDAY NOON - 9PM
WINTER HOURS (Effective October 1):
MONDAY - FRIDAY 4PM - 9PM

SATURDAY NOON - 9PM SUNDAY CLOSED

Idaho Alpine Club members may show their membership card to receive 10% off daily rates or 10 punch card.

2014 Wednesday night climbing schedule:

Jun 25	Paramount
Jul 2	Pocatello
Jul 9	Pointless
Jul 16	Blackfoot
Jul 23	Paramount
Jul 30	Pocatello
Aug 7 (Thurs)	Pointless
Aug 13	Blackfoot
Aug 20	Paramount
Aug 27	Pocatello

On Wednesday night I (Kevin Coble, and anyone who wants to help) will head out of town early, to set ropes at the specified location at about 4:30 p.m.

The rest of the group usually leaves at 5:45 from the north side McDonalds parking lot (if climbing at Ririe, Heise, or Paramount), or the climbing gym (if climbing at Blackfoot or Pocatello). If anyone can't make the meeting times and needs directions to get to the climbing location on their own, give me a call and I'll be happy to provide them.

Climbs will continue through September if weather allows.

Non-technical Hiking / Mountaineering

Unless otherwise indicated in the trip descriptions contact Sam Pole: 520-3630, or email sbpole@cableone.net for trip information and to sign up to go on a scheduled trip, 24 hours prior to any trip.

Hiking and non-technical mountaineering is serious business...even "small" mountains. Inclement weather, exposure, traveling on snow can change an "easy" trip to a "difficult" trip in a matter of minutes. These alpine trips are not guided. 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. Participants are expected to evaluate their own 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 hikes or climbs have access to water); food, clothing, and appropriate mountaineering gear (and be knowledgeable and experienced in its use). 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.

July 25-27: Backpack Trip / Fishpole Lake (2 nights).

It is 1.8 miles to Iron Bog Lake and another mile to Fishpole Lake where camp will be. Should anyone wish to camp at Iron Bog Lake, that will be ok. Overnight gear is required (cooking essentials, food, tent, sleeping bag, air mattress, etc.). Fishing and exploring will be the focus of this outing. Or if you wish to simply relax and read a book in a beautiful setting, do so. Please contact Sam Pole at 520-3630 to the trip. We will leave from the west Wal-Mart parking lot in front of the garden center at noon Friday the 25th. We will return late Sunday the 27.

August 9: Day Hike/ Big Elk Creek. This is a moderate hike of approximately 12 miles roundtrip to the Wyoming-Idaho border. Depending on the time and weather, we may go somewhat past the border to the junction of the North Fork of Big Elk and Siddoway Fork. Also, depending on the Siddoway Fork trail, we may look a little bit up the Siddoway. So total miles may be 14+. Please contact Sam Pole at 520-3630 prior to the hike. Depart 8 am from the Fred Meyer/McDonalds parking lot.

August 23: Day hike/ Hurricane Pass in the Tetons. This is a strenuous hike of 16 plus miles roundtrip into the heart of the Tetons and overlooking Cascade Canyon in Grand Teton National Park. The elevation gain is about 3,400 feet. Contact Sam Pole at 520-3630 prior to the hike. Depart 7:30 am from the Fred Meyer/McDonald's parking lot.

Bicycling

The IAC bike rides are self-supported, group adventure outings. 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 own 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 their own 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 or rescheduled at the last minute due to weather or conditions outside of the leader's control.

Aug TBD: Mountain bike / TBD. This is a mountain bike ride is yet to be determined. Contact Kenny Durstine, 524-3505, kdurstine@gmail.com for ride arrangements etc. FB and Website will include the map of the trail.

The weathered out May 31 Ashton to Tetonia rail trail ride will be rescheduled for sometime this fall when the leaves are turning, late September, early October.

Rafting

For information on renting club rafting gear (IAC club members only) contact Greg Hulet at 523-6199 or rafting@idahoalpineclub.org.

For trip information contact the trip leader indicated in the trip description. You MUST be an IAC member to participate in IAC raft trips or to rent IAC gear.

Club Gear available:

Rafts can be checked out by those who have demonstrated ability to handle a boat on the type of water to be run.

Life jackets are included with each boat. Boats must be returned dry and clean. Damage to boat must be repaired and if extensive, paid for. Checkout fees are for days on the water. All fees go to the rafting fund to buy new equipment:

16-ft Ryken self-bailer - \$60/day

15-ft Aire self-bailer - \$60/day

13.5-ft Maravia self-bailer - \$60/day

14-ft Ryken conventional floor - \$20/day

14-ft Udisco conventional floor - \$20/day

2 - Inflatable kayaks - \$20/day each

Call Greg Hulet (523-6199) several days in advance to make arrangements to rent IAC rafting gear or it may not be available.

August 9 / Rafting - Alpine Canyon: Eight miles of class 3+ water. Contact Greg Hulet no less than 48 hours ahead (523-6199)

Trip Reports

Pass Creek Lake Day Hike: Pass Creek in the Lemhis: On June 21, Sam Pole, Richard Scheerer, Paul Worth, and Dawn Janney hike to Pass Lake via Eightmile Canyon. Weather was beautiful. For a small lake, Pass Lake gets a lot of use.



Caribou Mt Day Hike: A.K.A. Mosquito Mountain on July 6 John Hamann, John and Sue Braastad, Susan and Kirk McKinley participated in summiting this mountain. It was reported that the mosquitoes were just as atrocious as the blogs on Summit Post warned.



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. 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.

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

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

Dates to Remember:

Aug 6: IAC Summer Picnic
July 25-7: Backpack Trip / Fishpole Lake (2 nights)
Jul 30 Climbing/Pocatello
Aug 7 Climbing/(Thurs)Pointless
Aug 9: Rafting / Alpine Canyon
Aug 9: Day Hike / Big Elk Creek
Aug 13 Climbing/lackfoot
Aug 20 Climbing/Paramount
Aug 23: Day Hike/Hurricane Pass
Aug 27 Climbing/Pocatello

Climbing: Subscribe to find out updates to the weekly climbing plans. See page 2 for information on how to subscribe.

Become a Fan

Find us on Facebook. Last minute 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.

"Keep close to Nature's heart, yourself; and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean." ~ John Muir

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	
	10/1	7/1-9/30
Individuals:	\$25	\$20
Family:	\$30	\$25

After October 1, the payment of full year fee applies to the following year. Otherwise the normal Membership year is January 1-December 1.

Full-time students (18 or older) and seniors (65 or older): \$5 off the above fee schedule.

IAC Council Meeting Monthly minutes are available on line.

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 (Non-Sale Items Only)
- Bill's Bike Shop 522-3341 Snake River Crossing (Excludes bicycles)
- Canyon Whitewater Supply 522-3932 (Accessories Only) 450 S Yellowstone, Idaho Falls
- The Preparedness Store & Bosch Kitchen Center 120 Northgate Mile Idaho Falls, ID 524-8300 10% off backpacking, dehydrated & freeze-dried foods 10% off any outdoor accessories
- YMCA Climbing Gym 528-8610 755 South Capital Avenue
- Lynna and Leland Howard offer a 10% discount on their published books. 357-1917 or 357-3166; Lynna.howard@mac.com Leland@wildernessbooks.com
- Discounts on Jerry Painter's Hiking & Biking guide books