

# Idaho Alpine Club Bulletin

Volume 55 - Issue Number 8 - August 2015

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

web site: [www.idahoalpineclub.org](http://www.idahoalpineclub.org)

e-mail: [info@idahoalpineclub.org](mailto:info@idahoalpineclub.org)

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## 2015 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

Bill Beach	520-4905
Colleen Bohan	529-0151
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:

Jul 22: Braastad's Home 1610 Blue Camas Cir.

## 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	Bill Beach	520-4905
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 **5<sup>TH</sup>** of the month due to bulk mailer deadlines.

Please send electronically to the bulletin editor at [editor@idahoalpineclub.org](mailto: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 12th, 2015 - 6:30 pm**

**McKinley's Home - 425 Pevero  
N43.53693°, W112.04171°**

Attend the picnic to meet other club members, for a chance to win prizes and to generally eat, drink, and be merry.

From Fremont and Science Center, drive north 1.6 miles. Fremont turns into East River Road after .3 miles. Turn right or east on Pevero Drive. Address is 4<sup>th</sup> house on right.

### **Club will provide:**

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

### **What to bring:**

A side dish or dessert to share.

Chairs or a blanket to sit on.

### **President Speaks**

Our summer potluck barbeque is quickly approaching. It's that time of year to get together to reflect back on our summer adventures and share some food, drink and good times!

This year the barbeque will be at the McKinley's home. Meat and drinks will be provided, please bring a dish (and stories) to share! Also, this is a great time to bring a friend that may be interested in the IAC!

Hopefully everyone has been able to get outdoors between those pesky storms that have plagued most of our club plans since the end of May. We have been testing how watertight our boots, raingear, and packs are this summer. Nice to know they work well, but trail construction and rerouting is a lot more fun in a bit nicer weather or when not being pelted by hail.

Speaking of wet weather, be aware that hypothermia can happen real quick, even in the middle of summer around here. Wind, rain, rapidly dropping temps, wet skin are a recipe for it. Cotton clothing that is damp or wet can hasten it. Going from having a good time to having to have a friend zip your clothes up or put your gloves on for you because your fingers are too frozen to do it yourself, is miserable.

So be safe, carry your raingear even if it is gorgeous at the trailhead.

~MaDWhitham

## 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.

Additionally, be sure to ask the trip leader if your dog is welcome on a trip. Some locations prohibit our best friend or require they be leashed.

The following list of items is a general list that applies to many activities. If you are not sure if there is a specific item that is needed on a trip, be sure to ask the trip leader when signing up for the trip:

### All Trips Bring Your Own (aka The 10 Essentials +):

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.
- + . Mat to sit on  
+ . Other personal items of interest (Bear Spray etc.)

### 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](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](mailto:iac_climbing-request@macrobotics.com).

#### YMCA Rock Climbing Gym

Call 528.8610 for information.

OR FOR CURRENT HOURS AND RATES:

[WWW.IFYMCA.ORG/PROGRAMS/YMCA-CLIMBING-GYM/](http://WWW.IFYMCA.ORG/PROGRAMS/YMCA-CLIMBING-GYM/)  
Idaho Alpine Club members may show their membership card to receive 10% off daily rates or 10 punch card.

### 2015 Wednesday night climbing schedule:

Aug 5 <sup>th</sup>	Pocatello
Aug 12 <sup>th</sup>	Paramount
Aug 19 <sup>th</sup>	Blackfoot

Aug 26 <sup>th</sup>	Pointless
Sep 2 <sup>nd</sup>	Pocatello

Dates may change in order to attend the club picnic (probably on the 12th of August), and weather (when rain or lightning present)

Location may change due to weather (too hot to climb at Pointless or Blackfoot)

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.

Climbing outdoors 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@cablone.net](mailto:sbpole@cablone.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.

**REMINDER: As a precaution, any time we hike east of I-15 and north of the Snake River/Palisades Lake, bear spray is necessary.**

**July 25-Day Hike/Sheep Creek:** This hike is in the Snake River Range overlooking Palisades Lake. Round trip is approximately 8.4 miles and is considered moderate + due to several steep sections and elevation gain of over 3700 feet. Several years ago some unusual rock samples were observed at the top-out. We will see if there are more to be found. Please contact Sam Pole at 520-3630 prior to the hike. Meet in the parking lot between Fred Meyer and McDonald. Depart at 7:30 am.

**Aug.7-9-Backpack 2 nights / Fish Pole Lake:** This is approximately 3 miles to Fish Pole Lake where camp will be. The hike is rated moderate + due to elevation and some steep sections. 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** prior to the trip. We will leave from the west Wal-Mart parking lot in front of the garden center Friday, Aug. 7 at 8 am. We will return late Sunday, Aug. 9.

**Aug 22-Day Hike / Upper Palisades Lake:** Roundtrip is 12.4 miles and the hike is rated easy to moderate. Palisades Lake trail to the lower lake is probably the most popular trail in the Snake River Range, less so to the upper lake. Please contact Sam Pole at 520-3630 prior to the hike. Leave from Fred Meyer-McDonald parking lot at 7:30 am.

**July Date TBD Backpack and Climb/Big Horn Crags-Mount McGuire:** This mountain is 10,082' high, and is the highest point in the Frank Church River of No Return Wilderness. This will be a Class 2 climb, 22 miles round trip with 5,600' of total elevation gain. The trip will be a 2-day overnight backpack. We'll camp one night at Birdbill Lake. Most of the hike will be on a trail. We will follow the GPS route posted by Ken Jones on peakbagger.com. The trailhead is at Crags Campground. Since this is a remote area, we should have a minimum group size of four people. Call John Hamann at 575-437-6303, or e-mail at john.hamann@us.af.mil. *If you're interested in going, contact me by June 1.* The link is below:

<http://www.peakbagger.com/climber/ascent.aspx?aid=274192>

### Bicycling

It's biking season, unpredictable weather, afternoon thunder boomers, and all. I'm working on the some mountain bike rides, but they will be scheduled ad hoc, on pretty short notice. If you want to be notified of upcoming rides, send contact information, preferably an email address, and a 1st choice of weekend day, to kdurstine@gmail.com, or a txt to 208-534-3505. These are planned to be day rides, but if enough interest is shown, we might do an evening or even a night ride. In general, these are not beginner rides and require some physical conditioning with strong intermediate riding skills.

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.

**For Sale:** Bontrager Racelight Wheelset, used, 700C, clincher rims, flat-bladed spokes, 9 cog Shimano cassette. Comes with tires-\$115.00. Bob Tyler, 787-2601

### Rafting

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

**August 22 / Rafting - Alpine Canyon:** Eight miles of class 3+ water. Contact Greg Hulet (523-6199)

### 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.



We now have 3.5" X 2.45" vinyl IAC stickers available. Renewing members will receive 1 per single or 2 per family upon renewal. Additional stickers are 50 cents each.

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

**Dates to Remember:**

- Aug 12 "Annual Summer Potluck Barbeque"
- Jul (?) Date TBD Backpack and Climb/Big Horn Crags-Mount McGuire
- Jul 22 Climbing/Blackfoot
- Jul 25 Day Hike/Sheep Creek
- Jul 29 Climbing/Pointless
- Aug 5 Pocatello
- Aug 7-9 Backpack 2 nights / Fish Pole Lake
- Aug TBD Paramount (BBQ is the 12th)
- Aug 19th Blackfoot
- Aug 22 Rafting / Alpine Canyon
- Aug 22 Day Hike / Upper Palisades Lake
- Aug 26th Pointless
- Sep 2nd Pocatello

Climbing: Subscribe to find out updates to the weekly climbing schedule. 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.

**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](http://www.IdahoAlpineClub.org)

**Membership Fees**

	Full Year	Part Year 7/1 - 9/30
Individuals:	\$25	\$20
Families:	\$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](mailto:lynna.howard@mac.com) [leland@wildernessbooks.com](mailto:leland@wildernessbooks.com)
- Discounts on Jerry Painter's Hiking & Biking guide books.
- <http://www.tetonhikingtrails.com> offers detailed hiking information for Grand Teton National Park & has a link to IAC's website.