

Idaho Alpine Club Bulletin

Volume 46 - Issue Number 2 - February 2006

COME

BACKPACK DAYHIKE BIKE CLIMB MOUNTAINEER XC-SKI SNOWSHOE AND RAFT
WITH US

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

2006 Executive Council

President	Bob Tyler	523.5560
Vice-president	Alan Crockett	529-5188
Secretary	Jeff Coward	522-8135
Treasurer	Ken Krivanek	528-8224
Members-at-Large		
George Cole		522-4074
Sandra Pew		524.6442
Judy Williams		523.3814
Leon Wolfram		523.0067
Bulletin Editor	Donna Whitham	520-1728
Bulletin Assistant	Mark Whitham	520-7232
Publicity	Donna Whitham	520-1728
Historian/Librarian	Barbara Brown	522-8977
WebMaster	George Cole	522-4074
Program		
Donna Whitham		520-1728

Activity Coordinators

Backpacking	Mark Whitham	520-7232
Bicycling	Jeff Coward	522-8135
Climbing/Mountaineering	Open	
Conservation	Tim Adkison	542-0786
Cross-Country Skiing / Snowshoeing	Mark/Donna Whitham	520-1728
Day Hiking	Mark/Donna Whitham	520-1728
Rafting	Greg Hulet	523-6199
Trail Maintenance	Alan Crockett	529-5188

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.

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.

Bulletin Deadline:

Materials for inclusion in the next bulletin are due by the weekend before the council meetings.

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.

February Bulletin Deadline is:

Midnight February 15

Idaho Alpine Club Meeting WINTER SURVIVAL

Wednesday, February 1, 2006, 7:30 PM Idaho Falls Library

Search and Rescue is an all-volunteer, non-profit organization whose members spend countless hours usually in miserable weather searching for and hoping to rescue those who have been reported missing in the backcountry. In the winter those searches are even more problematic.

At the IAC February meeting, Bonneville County Sheriff's Search and Rescue is going to provide a presentation regarding the things we can take with us to help us survive should we get stuck out over night and what we can do to make it easier to give them a better chance of finding us if they have to look for us. Some of us push the envelope, go light, leave our warm clothes behind, forget to tell someone where we are going, and make it home without running into any problems. Some don't.

Do you know what the 10 Essentials are? (They are on the club website and are in the bulletin several times a year). Do you know how to use that compass you may still have? Do you take a map with you and know how to read it? (The last class was canceled due to lack of interest). Would you survive a day hike or ski or snowshoe trip gone bad? Or be able deal with injuries when help is delayed?

The meeting is open to the public. 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 D. Whitham at 520.1728.

President Speaks

We are all relieved that fellow member Ken Krivanek returned home safe and sound after having to bivouac in the snow in the Fall River Ridge area when he was unable to get back to his car by nightfall. What an epic! I'm sure it was an unpleasant experience at the time but, now that it's over, I almost envy Ken for having a much more exciting story to tell the grandkids than I ever will. You've all heard of the 10 essentials to take with you on an outing. Well, Ken discovered the 11th essential: a warm, furry dog. In an interview on TV after the ordeal, Ken's dog shared the spotlight because of his role in keeping Ken warm during the long cold night. I know the next time I see someone skiing with their dog on the trails, I'll be a little more charitable than I have in the past because of Ken's experience.

Changing the subject, have you noticed that our membership has been tilting toward the over 40 demographic lately, myself included? I'm not sure where our younger members have disappeared to-gone south for the winter? We have a lot of families with kids but when the kids grow up, they don't seem to join the club as young adults. Younger people should be natural candidates for an outdoor club like ours because they have more time, energy and endurance to engage in outdoor pursuits than us older members. Are we doing something to make younger people feel unwelcome? If you have any insights as to how we can broaden our membership and include some younger blood, please let me know your ideas.

Bob Tyler

Bob

Upcoming Programs

Ski Mountaineering in the Cascades

Exploring: Wind Cave to Ice Cave

Continental Divide Trail

IMPORTANT

Renew Membership Before March 15:

Don't forget to renew your annual membership to the Idaho Alpine Club at your earliest convenience. Your application form (found in this bulletin) and fee can be mailed, or you can sign up at the next meeting. Per the club by-laws, all unpaid memberships will be dropped after March 15, so don't forget to renew soon!

Banff Mountain Film Festival

The Banff Mountain Film Festival World Tour, brought to you by the Idaho Falls Nordic Ski Patrol, will be presented 7 pm to 10 pm Thursday, February 9, 2006 at the Colonial Theater, 498 A Street in Idaho Falls. The tentative film list includes big mountain skiing, acrobatic rock climbing, BASE jumps and paragliding, world class fly fishing, humorous encounters with exotic cultures, and other Banff Festival award winners.

Lobby opens at 6pm, general seating begins 6:30pm

Tickets \$10 in advance, \$12 Day of Show Available at: Idaho Mountain Trading (523-6679)

474 Shoup Idaho Falls

Scott's Ski and Sports (232-1449)

244 N. Main Pocatello

Tickets to the Banff Film Festival will be available for purchase at the February meeting.

Cross Country Skiing / Snowshoeing

Contact Mark or Donna Whitham, 520.1728 or xcski@idahoalpineclub.org, for current trip information or where to meet up with us on the weekends.

In January we enjoyed awesome skiing conditions at Harriman State Park on Ski Free Day, peaceful snowshoeing and skiing while bird watching on the Brimstone trails, and snowshoeing Kelly Canyon (with a soak at Heise afterwards).

February 12: XC Ski Lessons

Sign up at Idaho Mountain Trading: 208.523.6679
Enjoy a day of cross country skiing on the beautiful Harriman State Park Trails. The cost of the trip is \$39 per person and includes a round trip bus ride with coffee, juice, and donuts on the way up and wine and cheese on the return trip. Also included is a 2-1/2 hour instructional from P.S.I.A. certified ski instructors in the morning and a 2-3 hour tour in the afternoon.

AVALANCHE INTERNET SITES

Cyberspace Snow and Avalanche Center

This one stop site provides links to just about everywhere, plus tons of information about avalanche safety in the back-country: <http://www.csac.org/>

North America: <http://www.avalanche.org/>

Jackson Area: <http://jhavalanche.org/>

Bozeman Area:

<http://www.mtavalanche.com/current/index.shtml>

Island Park Area: <http://islandparksnow.net/>

Avalanche Safety Instruction:

<http://www.avalanchecourse.com/>

Take a simple quiz to see if you're really ready for that first winter trip:

<http://www.csac.org/Education/quizes/firsttour.html>

East Idaho XC-Ski Guides & Maps Available on the Idaho Falls Ski Club Website: <http://ifskiclub.com>

Bear Gulch-Mesa Falls Guide Map
Brimstone-Buffalo River Guide Map
Fall River Ridge Guide Map
Harriman State Park Guide Map
Harriman-Brimstone Connector Map
Kelly Canyon Nordic Area Guide Map

www.Delorme.com kindly allows the ski club to use these maps.

The IFSC Nordic Ski Schedule is available at:

<http://www.ifskiclub.com/nordic2.html>

Note: Membership in the IFSC is required to participate in the trips listed.

IFSC February Listing:

POND'S LODGE TO HARRIMAN PARK DAY TRIP February 4, 2006

Reservation deadline: 2/2/2006 Ken Katsma 523-0147
YELLOWSTONE-OLD FAITHFUL 2/25-28/2006

Reservation Deadline: February Alan Crockett 529-5188
See link for more information.

XC Ski Snow and Grooming Reports:

Lone Mountain Resort

http://www.lmranch.com/lmr_content/winter/ski_cond.shtml

Bohart Ski Ranch

<http://www.bohartranchxcski.com/weather.php>

Chief Joseph Ski Trail Conditions

<http://bitterrootxcskiclub.net/conditions.htm>

West Yellowstone

<http://www.rendezvouskitrails.com/report.html>

Rick's Basin (Grand Targhee)

<http://www.grandtarghee.com/winter/snowrpt.php>

Teton Valley (Driggs, Victor, Alta)

<http://www.tvtap.org/>

Harriman State Park Phone: 208-558-7368

A web cam at Rainbow Reality gives you an idea of the snow on the ground conditions:

<http://www.rainbw.com/>

Island Park Ranger District for Brimstone/Buffalo

Phone: 208-558-7301

Ashton Ranger District for Bear Gulch/Mesa Falls and Fall River Ridge

Phone: 208-652-7442

Dubois Ranger District for Stoddard Creek Area

208.374.5422

Mink Creek Nordic Center Grooming Report

<http://www.pokyxc.org/7128.html>

Winter on the Moon

Contact: Craters of the Moon Visitor Center staff
208-527-3257

Winter's snows accentuate the jagged black lava creating a landscape of dramatic contrasts. Although the loop drive is closed to automobile travel in winter, there are several excellent options for exploring the monument in winter...

Visitor Center: Daily from 8 a.m. until 4:30 p.m., except for winter holidays

View exhibits and short audio-visual presentations to learn more about your national monument. There are also publications on sale in the book store about the cultural and natural history of the park and the region.

Cross-country Skiing/ Snowshoeing: Mid-December thru February

Recent snows have provided an excellent base for winter recreation. The 7 Mile Loop Drive is groomed for skiing as snow pack and staffing allows. Most of the Loop Drive follows relatively level terrain and can be completed in 2 to 4 hours. There are also excellent opportunities for snowshoeing throughout the park.

Winter Ecology Workshops: 9:30 a.m. - 3 p.m. on Saturday February 11 and 18

Explore a different side of Craters of the Moon on a Ranger guided winter ecology snowshoe walk and workshop. The workshop starts with a 45-60 minute classroom session followed by several hours out in the park on snowshoes. Snowshoes are available for use and there is no charge for these events. Reservations are required and participants need to be at least 10 years of age for this moderately strenuous walk. Call early to sign up for these popular excursions at 208-527-3257.

Weather and road conditions may change rapidly in winter so visitors should be prepared with appropriate gear for winter recreation as well as the proper equipment for winter driving conditions. Call ahead for updates on weather and snow conditions at (208)527-3257 or take a look at the snow via "Crater-Cam" at: www.nps.gov/crmo

Rafting

For information on submitting rafting permits for specific rivers this summer, contact Greg Hulet, 523-6199 or rafting@idahoalpineclub.org.

Bicycling

For winter biking information, contact Jeff Coward at 522-8135 or send an e-mail to bicycling@idahoalpineclub.org

REMEMBER TO RENEW YOUR IAC MEMBERSHIP NOW

Chocks and Nuts:

IAC Stickers

Two styles: 4.25" high x 3.5" wide with the IAC logo, web address, and list of club activities. 1.5" high x 11" wide "Idaho Alpine Club" sticker. The stickers are white graphics on a transparent background with adhesive on the face so they can be applied to the inside of a window on a vehicle. 50 cents per sticker or \$1 if you want one mailed to you. Contact the club Treasurer to obtain stickers.

IAC Logo T-Shirts!!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with 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 Alan Crockett to get yours sooner.

Bulletin Advertising

Members & Supporting Merchants:

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.

Web Site News

Log onto the IAC web site (www.IdahoAlpineClub.org) to find the most recent club bulletins as well as all the posted club activities. Additionally, you can:

- Look up contact information for club officers and activity coordinators.
- Download membership applications and Common Adventure Release forms in PDF format.
- Check out club discounts with local merchants
- See what club equipment is available to paid up members
- Read the club By-Laws
- Search the club classified ads or post your own ad
- View pictures from recent club activities
- Check out club members' Restaurant Reviews or submit your own review
- Find links to other cool outdoor websites

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

Climb Indoors at:

Stone Walls Rock Gym: Call 528.8610 for winter hours.

Support merchants who support the IAC:

- ★ Idaho Mountain Trading
Shoup & B, Idaho Falls - 523-6679
- ★ 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 & Biking guide books

TEN ESSENTIALS

Never ever leave the trailhead without these:

Water Bottle

Matches & Lighter

Knife

Rain Gear, Hat, & Gloves+extra Socks

Whistle

Headlamp & Batteries

Extra Food

Maps & Trail Description

Compass or Gps

First Aid Kit

And Your Id & Some Cash

Note: A Cell phone will most likely not have a signal unless it is a Tri-Mode.

KEN'S STORY (In his own words)

December 28: I decided to go x-country skiing for 4-5 hours up by Island Park/Ponds Lodge/the Buffalo River. But on the way to the "Forum" I got sidetracked, I saw something that looked more interesting and I decided to ski the Falls River Ridge by Ashton. Now my tale of woe begins.

Like always I did soooo many things wrong on Wednesday, I screwed up big time and made so many mistakes. I left my cell phone with GPS in the car and turned it off because I wanted to save the battery (dumb), I didn't take my GPS because it was raining and I didn't want it to get broken from being too wet (dumber), and I didn't turn back after 3 1/2 hours of skiing with only 2 hours of daylight left (dumbest). Oh I also took only half a camelback because it was winter and I wouldn't need that much water for a short 5-hour trip (real dumb). Are you starting to get this picture? I headed out from the car at noon and within 25 minutes I knew I was not on the prescribed x-country ski loop on the Falls River but on some lumber road to who knows where. I then thought it

(Ken cont.) would have been a good idea to call home and tell my wife I was now at the Falls River but the phone is at the car and I assumed out of cell phone range anyhow. Oh well, keep going, do the male thing, don't turn back this will be good, right. With no GPS I couldn't verify exactly where I was but it was raining so hard and the clouds so thick I rationalized the use of GPS away. Anyhow, I kept going on the road for maybe 1 1/2 hour and decided to take what looked to be a 90-degree left turn down a perpendicular non-motorized trail, this was good. So I went 40-45 minutes until I hit another logging road to Timbuktu. Decided to turn left and head for the car. After 15 minutes I got hungry and the dog and I sat down to the first of what turned out to be several meals.

After lunch I had a choice, I could turn around and head back to the car and be there in approximately 2 hrs. or I could keep going and get to the car by another still undetermined route. So, you know what I did I went for the Gold and decided to make it back to the car by blazing a new trail without a compass or GPS. This leg of the trip was awesome I saw about 6 or 7 huge moose, I should have figured not many people come there that's why there were so many moose. I kept skiing for about an hour and decided I had better take another left turn to close my loop route. So now its about 4 PM or 4:30PM and I still am not at the car. So I begin my turn off to the left figuring I am 1 to 1 1/2 hour from the car and should hit the car by 6 PM. Oh, by the way I think about staying on the road I am on and going until it hits the Flagg Ranch/Ashton Road but I think that it is too easy and it does the same thing as cutting overland now. So I come to another non-motorized cutoff and am about to take it when a huge bull moose stands up in the middle of the trail and I decide to forgo that trail and catch the next (which is not marked), but I can see blue diamonds on the trees and figure I can follow them. I go for about half hour and the rain is really starting to come down and I can no longer see out of my glasses, it is getting hard to see the diamonds on the trees because my glasses are so steamed up and I am not even with a women. So I take off my glasses and now I am blind as a bat but I figure I can follow blue diamonds. I lost the diamonds in about another half hour and the sky was getting dark. I kept going up a hill to a ridge that was covered in downfall and brier patches. Ever step I took I nearly fell down and broke my neck, I was post holing 3 feet deep with every step and the dog was starting to suffer. I noticed that the downfall trees create a snow cave under them and I think

maybe it would be a good place to hole up for the night and start over in the AM. But no, I decide to turn around and head back the way I came following my tracks in. So the dog not being dumb decides to guide me out of the downfall back to the car. We get about 20 minutes down the trail and I decide I can no longer safely ski in the dark. I can no longer differentiate between the snow and my tracks and I can barely see Sammy on the trail.

So I pull over and for the first time think I may be spending the night in the woods 5hrs from the car where no one knows where I am. So I figure I need to stay warm and live 12 hours till the sun comes back up. So I find some saplings that are close together with a little depression below them. I dug out a snow hole about 2 feet deep down to the ground and figured that was where I would hole up. About an hour latter the dog comes over to nuzzle my face and he whimpered to ask if he could join me in my hole. He got in on top, boy that was like putting an electric blanket on. My whole body responded to the warmth except for my feet, they continued to be very wet and cold. About 11 PM I couldn't feel my feet so I figured I better start dancing and jumping and figuring how to keep my toes moving. For the next 1 to 2 hours I did a jig every half hour and warmed up my feet substantively.

Started to then figure what my wife was doing. I guessed she would wonder where I was by 6 PM and start to call my cell phone but she would get no answer. So I figured she would continue till 9 or 10 PM at which time she would call the police and Search and Rescue. If she called at 10 PM I figured it would take them to midnight to get to Ponds Lodge and find out I was not there and begin to look in earnest in other places. Since I know several of the Fremont County Search and Rescue team members I knew one lived on the Falls River Road about 1 mile from where I was parked and I thought he would get to the parking lot by midnight or 1 AM at the latest. He would see my car and call in the rescue team by 2 AM and they would follow my back trail on snowmobiles and reach me by 2 or 3 AM. Well it didn't work the way I figured.

The SAR Team did come to the Falls River trailhead by 11 PM and I even thought I hear a snowmobile about that time hit the parking lot. But he failed to see my car. I think the car must have been iced over and looked like a snowdrift for him to have missed it. The SAR team continued to search until 3:30 AM when the weather got real bad and the rain turned to snow and the wind turned it into a blizzard. The SAR felt they were in danger if they continued. Before they stopped their search they sent another person to the Falls River trailhead and he again failed to see the Jeep.

(Ken cont.) So about 2 AM I decided no one was coming and the wind started to pick up and the rain was turning to snow. I then continued to doze and do the jig and to pass the night. About 4 AM we heard some coyotes howling/barking and I hoped my dog would not get it in his mind to go see what was up. Coyotes hunt in a pack by putting one of their members out in front to lure out a victim and when they run off the victim follows until the pack surrounds the victim and its all over. About 5 AM I decided I could no longer feel my toes and I was getting worried about my toes making it. I also got real thirsty and ran out of water about 1 AM and began to eat snow. It's been 45 years since I've enjoyed snow so much. It actually tasted good and was very refreshing; however, it caused me to shake more and I began to worry that eating snow might lower my core temperature too low.

About 6 AM the sun was coming up so the dog and I ate breakfast and decided we would back track out and should be to the car by 11 AM. I figured the SAR team would be back by 8 or 9 AM to restart the search since it was a beautiful morning and I really thought they would see my car in the lot in the bright sunlight. So I wanted to get out before they spent too much time looking for me. The dog and I reach our car about 10:45 AM and we saw some forest rangers I told them I had just spent the night in the woods and they looked at me funny. They said they were just getting ready to mark the trail this year and maybe they would try to mark it better so that no one else would get lost on it. I again told them I was not on the trail and no matter how well they marked the trail it would not have helped me. I said my good bys and told them I needed to get to my car to call home. They said I would not have cell service until I got halfway back to Ashton. But I got to the car and tried anyhow, with no luck.

About this time (11AM) a Fremont County sheriff's car pulled into the trailhead lot and I went over to her and asked if she was looking for me and she said she was and that my wife had called her about 10 AM and said she knew I was at Falls River because she had called up MasterCard and determined that I had bought a Park-n-Ski pass on Wednesday for the Falls River (she didn't know that when you buy your pass they ask where you want the money spent, its not a commitment that that is where you will ski all year). Anyhow she insisted I was there even though the SAR team searched twice and didn't see the car. When I got to the sheriff she was amazed that my car and I were there. She then freaked out when she saw my hands, they were all white and crinkly like a prune and she thought they

were frozen and called the ambulance and SAR team. I continued to convince her that my hands were fine that were just wet all night and were pruned from being so wet so long. Anyhow the Ashton Coroner arrived before the ambulance and then the SAR team commander arrived. The Coroner checked me out and called off the ambulance and said I was safe and sound, though he didn't understand how I was so well. The SAR team commander then told me the things that happened that night while they looked for me and how sorry he was that his team missed my car during the night. The SAR commander then told me that Frank VanderSloot was airborne in a helicopter and that my wife asked him to search the Falls River. She had contacted my boss and asked if he knew how she could get airborne to look for my black top Jeep in the snow. He got VanderSloot to call her and it was arranged. I asked the Commander to call off the helicopter and that I would be home by 1PM. The commander asked if I was hungry or thirsty and he gave me a liter of water that I drank in a flash.

I thanked everyone for his or her heroic efforts and headed back to Ashton and called home by 11:30 AM. I arrived home by 12:30 PM. Turned out all my friends had spent most of the night trying to find me. I never felt so small and so insignificant as when I heard this about my friends. I had put them all through hell for no reason and I caused my wife significant grief.

Channel 3 News was at my home and interviewed me that afternoon at their station the Post Register was there and got a story. Through out the rest of the day I heard the various stories that went on while I was away.

So that's my crazy story. Needless to say I learned a lot of lessons that will keep me safe over the long run.
Ken

IAC Council Meeting Minutes

Meeting Date: 1/17/2006 To Be Included in March Bulletin

HEY EVERYONE>>>

Have a great winter, be safe, and RENEW your membership before March 15 so you don't miss out hearing about any fun events for spring and summer. Current issues affecting the activity schedule, should be worked out by then.

Fill out the application which is the next two pages. Either mail it and your check or money to the club or better yet bring it to the next meeting.

:)