

Idaho Alpine Club Bulletin

Volume 52 - Issue Number 2 - February 2012

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

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

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2012 Council

President	Sam Pole	523-4970
Vice-president	Lisa Hamilton	251-4893
	Ken Krivanek	390-8471
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

Members-at-Large

Colleen Bohan	529-0151
Karl Bohan	529-0151
Mark Whitham	520-7232

Council Meetings:

Council Meetings are generally held on the second Tuesday of each month at 7:00 PM

Upcoming Council Meetings:

Feb 14: 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.

MARCH Bulletin Deadline is:

5 PM on FEBRUARY 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 GENERAL MEETING

"NORWAY: ENCOUNTERING OUT OF THE WAY PLACES & HARD TO PRONOUNCE NAMES"

WEDNESDAY, FEBRUARY 1, 2011 @ 7:00 P.M.

SKYLINE ACTIVITY CENTER

near the Idaho Falls Airport and 1575 N Skyline Dr

Norway's Jotunheimen National Park, containing 200 peaks over 2,000 meters, is home to the largest concentration of high mountains in northern Europe. Galdhopiggen, the highest peak in northern Europe at 8,100 feet, is also located in Jotunheimen which means "Land of the Giants". Last August, McCall Elverum and her husband Peter summited Galdhopiggen in the course of a two week vacation that included five days of hiking in Jotunheimen National Park. In addition to lots of "knock 'em dead" scenery, the Park contains elk and deer and unusual species such as wolverines, lynx and reindeer.

McCall and her husband also spent time day hiking in Rondane National Park, Norway's oldest national park and the setting for part of Henrik Ibsen's play, Peer Gynt. Rondane contains 2,000 to 4,000 reindeer. McCall and Peter also spent a day kayaking in Naeroyfjord, one of the smaller and less "touristy" fjords and a UNESCO world heritage sight. Another day they rented a boat and camped on the shores of Geirangerfjord, also a UNESCO world heritage sight, containing the Seven Sisters and Sutor waterfalls plunging down opposite sides of the fjord from one another.

Another interesting thing they did was to camp on their own "private island". In Norway, it is legal to camp anywhere, even on private property, provided you are a certain distance from any structure. They saw a little island, connected to the shore by a sand bar, in a glacial lake off the side of the road and they camped there for the night.

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

We managed to cross-country ski last weekend despite the scarcity of snow, and were so grateful to be able to be out there that it made me think about what nature means to those of us who seek it out. After a week at work, inside and not even aware of the weather outside, I'm always surprised how well I feel on the weekends when we get outside in nature. It's not just the sunny weather that lifts our spirits, but the chance to see birds, wildlife, (or sometimes just their tracks, and the beauty of the scenery. We actually saw an American Dipper (water ouzel) December 31st at the Silver lake outlet, a memorable find at Harriman. Sharing the sight of that perky little bird bobbing on the shore, with the others in our party was worth the trip by itself. I imagine most of us in Alpine Club value our outdoor experiences for some of the same reasons—we challenge ourselves physically, we truly enjoy the beauty around us, we connect with nature. I hope many of the teenagers growing up now will have the same access to nature and the same enjoyment of it that we have.

I'm proud of what many of our Alpine Club members are doing to preserve and protect our access to the outdoors. Many of us volunteer with the Forest Service, BLM, Idaho Fish and Game, and other agencies that provide recreation opportunities for the public. But even simply as Alpine Club members, we can influence coworkers and neighbors just by sharing our outdoor experiences and enjoyments with them and keep interest in outdoor recreation alive. I'd encourage all of us to invite a friend or two on an Alpine Club activity this year and share the wealth. Colleen Bohan

Participation on Club Activities / Trips: With the exception of rafting trips or trips limited to club members: Non-members may attend a maximum of two club trips or activities, then must be members in good standing to continue participating.

Participants on rafting or limited to club member trips or rafting rentals must be members in good standing. 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.

Caribou-Targhee Maps on Line

From the Caribou-Targhee NF home page, click on Maps & Publications. This will take you to: "Motorized Vehicle Use Maps" (which don't show non-motorized trails), new official "Forest Maps" covering the whole forest (without topography), and "Other Maps". The "Other Maps" are full color printable maps with topography and are available for the Palisades, Teton Basin, Dubois and Westside ranger districts at a scale of 1:112,500. Hiking scale (1:50,000) maps of popular areas are also available. Other detailed forest and non-forest maps of popular hiking and mountain biking areas (new) are now available on the Idaho Alpine Club website under Local Maps.

XCSkiing / Snowshoeing

Contact the Whithams 520.1728 or, xcski@idahoalpineclub.org for trip information, meeting location, and to sign up to go on a scheduled trip, unless otherwise indicated in the trip descriptions. Additional trips to be added over the winter, depending on conditions. If the roads are closed, or the weather too severe, or there is a lack of snow, the location of a trip may change or the trip may be canceled at the last minute.

Carry or Bring Your Own:

1. Water
 2. Food/snacks
 3. Dress in layers. Bring adequate extra Winter appropriate protective clothing-no cotton. Hat and gloves or mittens.
 4. Minor first aid items including sun screen, personal medications, as needed during the day.
 5. Headlamp (& Batteries)
 6. Map & Compass
 7. Sunglasses
 8. Lightweight shelter / space blanket.
 9. Appropriate equipment-skis or snowshoes, boots, poles, skins, shovel and avalanche transceiver depending on activity or terrain.
 - 10 Repair kit for your own equipment including duct tape and wax kit or glide liquid.
 - 11 Mat to sit on
- Other personal items of interest.

February 5 XC-Ski / Darby Canyon: Ski the road up Darby Canyon toward the summer trailhead. This is a lovely ski suitable for families and less crowded than nearby Teton Canyon. The road is skier-groomed and sometimes shared with snowmobiles. Distance will depend upon the interest of the group but it's easy to peel off from the group and turn around whenever you want.

February 19 - Snowshoe (or Optional XC-Ski) / Long Canyon: We plan to explore this canyon from the top of Gilmore Summit. This canyon is in the Lemhi Mts. to the west of Idaho 28 about 20 miles south of Leadore. You can't see Long Canyon from the road. It lies behind intervening hills about a mile from where we will park. Distance will be up to the group or at the most around 8 miles round trip. The elevation gain is a gradual 976 feet in 4 miles. There is a possibility that there may be snowmobile tracks if someone has gone in to ski or snowboard the slopes in the canyon.

Check with us on weekends that are not scheduled in advance. Even on domestic weekends we usually will go over to one of the parks to skate or classic ski or snowshoe for a few hours with the dogs.

Climbing

For information on club climbing trips contact Kevin Coble at 201-1840. Otherwise to find out about winter weekly climbing locations or impromptu weekend trips you will need to 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. 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.

Hiking 101: Cold weather hiking tips

Don't let cold weather hold you hostage indoors; hiking in cold weather can be even more enjoyable than in warm weather if you're well prepared.

When hiking in cold weather, always wear a good, wicking base-layer: wool and synthetics work well but avoid cotton. Your next layer (or two, depending on your comfort level) should be insulating layers using materials such as fleece. Be sure to top it off with an outer layer that is waterproof and windproof. If you find yourself perspiring a lot while hiking, adjust your layers appropriately or risk becoming chilled later in your hike, especially when resting.

Remember to pay attention to your extremities as well, as they're very susceptible to frostbite. Wearing a thin pair of gloves beneath a heavier pair of mittens or gloves will not only keep your hands warm but will provide you with options when manual dexterity is called for. A pair of liner socks beneath heavier socks also provides good insulation. And an extra pair or two of dry socks in your pack is never a bad idea, so be sure to toss them in there. (They can even be worn on your hands if your gloves end up wet.)

And don't forget to take care of your head. Having a thin hat to wear during vigorous hiking and a thicker hat for rest periods can help you really tweak your comfort level and keep you hiking happy.

Lastly, don't forget to put some fire in the furnace: by this, we mean food! Nutritious food provides the necessary calories to help your body keep generating the energy and heat needed during cold weather excursions. Don't forget to stay hydrated as well. *Reprinted by permission of American Hiking Society.*

LAST ISSUE NOTICE

IF YOUR ADDRESS STATES LAST ISSUE, PLEASE RENEW YOUR MEMBERSHIP RIGHT AWAY. IF YOUR RENEWAL HAS BEEN MAILED IT WILL BE UPDATED BEFORE THE NEXT ISSUE. BE SURE TO INDICATE IF YOU WANT YOUR BULLETIN VIA FACEBOOK OR SNAILMAIL. DON'T MISS OUT ON THE FUN OR THE DISCOUNTS, ESPECIALLY THE NEW 10% DISCOUNT AT THE YMCA CLIMBING GYM. GOTTA SHOW YOUR MEMBERSHIP CARD TO GET THE DISCOUNTS!!!

Banff Mountain Film Festival World Tour

7pm, Thursday, Feb. 9, 2012

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, 2012 at the Colonial Theater in Idaho Falls. The evening program presents 2 ½ hours of adventure films plus door prizes. The films vary in length (5 to 45 minutes) featuring skiing, climbing, water sports, trekking, and environment.

General admission is \$10 in advance and \$15 at the door. Limited reserved seating is available for \$15 by contacting the Colonial ticket office. The lobby opens at 6pm, general seating begins at 6:30pm. Tickets are on sale at Idaho Mountain Trading (523-6679), 474 Shoup Ave and the Colonial Theater Box Office (522-0471), 498 A St., credit cards accepted.

Support the Nordic Ski Patrol. Proceeds from the benefit are used for first aid equipment, training, supplies, and maintenance of the patrol hut at Harriman State Park.

AVALANCHE INTERNET SITES

Cyberspace Snow & 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://jhalavalanche.org/>

Bozeman Area: <http://www.mtavalanche.com/>

Avalanche Safety Instruction:

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

XC Ski Trail Conditions**Lone Mountain Resort**

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

Bohart Ski Ranch

<http://www.bohartranchxcski.com/trail-conditions/>

Chief Joseph Ski Trail Conditions

<http://bitterrootxcskiclub.net/trail%20reports.htm>

West Yellowstone

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

Rick's Basin (Grand Targhee)

<http://www.grandtarghee.com/the-mountain/conditions>

Teton Valley (Driggs, Victor, Alta)

<http://tvttap.org/nordic-grooming>

Harriman State Park (sign up for their Facebook page for current conditions) or call: 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/Bufalo

Phone: 208-558-7301

Ashton Ranger District Mesa Falls & Fall River

Phone: 208-652-7442

Mink Creek Nordic Grooming Report

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

Bicycling 2012

Even though winter has just begun, it is already time to start planning for the 2012 bicycling season. As with rafting permits, there are several rides that you will need to think about signing up for in January or February if you want to participate in them. These rides include STOKR, AMBBR (Lake Tahoe ride), and Ride the Rockies. Applications for the STOKR and Ride the Rockies must be mailed or completed online in February. Applications for the AMBBR will be accepted starting January 1st. The ride will probably fill fairly quickly, so don't count on getting in if you apply later than early March. Also, the TOSRV-West ride will be returning to the traditional loop route for 2012. More details on this should be available in 2012. Ride information and web sites for them are below. If anyone has any questions about these or ideas for some local club rides this year, please contact the Idaho Alpine Club Bicycling coordinator: Jeff Coward at 208.522.8135.

STOKR – Scenic Tour of the Kootenai River: Dates announced in January 2012, but are likely to be May 12-13, 2012, 2 days, 98 or 45 miles on Day 1, 35 miles on day 2. This is an excellent spring 2 day ride with very little traffic and excellent support. The ride starts and ends in Libby, Montana each day. Route information and dates will be available in January at: <http://www.libbymt.com/events/stokr.htm> & <http://www.libby.org/~gregrice/STOKR/>

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/>

TOSRV-West: May 19-20, 2012, 2 days, 230 miles. The route goes from Missoula, Montana to Potamac 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>

Trip Reports

New Years Day XC-ski at Harriman State Park was fun, despite somewhat icy tracks...which made for a few white knuckle turns between the trees on the Silver Lake trail. John & Sue Braastad, Susan McKinley, and the Whithams skied over 6 miles. Spotted a Hooded Merganser, a young moose, and a fox snow sculpture.

IAC Logo T-Shirts ~ Retro IAC Patches!

Short sleeves or long sleeves, crew neck, heather grey, some black and some white. Dri Release material with embroidered 50th Anniversary IAC Logo! Short sleeve \$20 each. Long sleeve \$25 each. Sizes Small, Medium, Large, and X-Large.

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.

The shirts and patches are available at the monthly meetings or contact the club Treasurer to get yours sooner.

Dates to Remember:

Feb 1: IAC GENERAL MEETING
NORWAY
Bring a friend to the Meeting

Feb 5: XCSki / Darby Canyon

Feb 9: Banff Mountain Film Festival

Feb 19: Snowshoe / Long Canyon

Climbing: Subscribe to find out updates to the weekly winter 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.

RENEW YOUR MEMBERSHIP NOW IF YOU HAVEN'T ALREADY

**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	7/1-12/31
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 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
805 S. Holmes Ave. (Excludes bicycles)
- ★ Canyon Whitewater Supply
522-3932 (Accessories Only)
450 S Yellowstone, Idaho Falls
- ★ YMCA Climbing Gym 528-8610
755 South Capital Avenue
- ★ 3 Peaks 523-PEAK
910 E. Lincoln Rd. (Non-Sale Items Only)
- ★ Lynna and Leland Howard offer a 10% discount on all of their published books. 357-1917 or 357-3166; lynna.howard@mac.com
leland@wildernessbooks.com
- ★ Discounts on Jerry Painter's Hiking & Biking guide books

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