

Idaho Alpine Club Bulletin

Volume 45 - Issue Number 1 - January 2005

NOTE NEW MAILING ADDRESS: P.O. BOX 2883, IDAHO FALLS, IDAHO 83403-2883

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

2005 Executive Council

President

Michelle Benson 525-3238

Vice-president

Tim Adkison 542-0786

Secretary

Jeff Coward 522-8135

Treasurer

Kenneth Krivanek 528-8224

Members-at-Large

Betsy Adkison 542-0786

George Cole 522-4074

Alan Crockett 529-5188

Gary Vecellio 535-2930

Bulletin Editor

Donna Whitham 520-1728

Bulletin Assistant

Mark Whitham 520-7232

Publicity & Community Liaison

Donna Whitham 520-1728

Historian/Librarian

Barbara Brown 522-8977

WebMaster

George Cole 522-4074

Coordinators

Backpacking

George Cole 522-4084

Mark Whitham 520-7232

Bicycling

Michelle Benson 525-3238

Jeff Coward 522-8135

Climbing/Mountaineering

Eric Peterson 529-9538

Dennis Dunn 523-8524

Conservation

Tim Adkison 542-0786

Cross-Country Skiing / Snowshoeing

Mark/Donna Whitham 520-1728

Day Hiking

Mark/Donna Whitham 520-1728

Program

Donna Whitham 520-1728

Rafting

Greg Hulet 523-6199

Trail Maintenance

Open

Please mail completed common adventure forms to the secretary.

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.

Council Meetings and Bulletin Deadline

Council Meetings held on the third Tuesday of each month at 7:30 PM

January Council Meeting:

Alan Crockett's Home

4810 Foxtrail Lane

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.

January Deadline is Midnight January 16

Idaho Alpine Club Meeting

ANNUAL WINTER BASH AND MEMBERSHIP PARTY

Wednesday, January 5, 2004, 7:30 PM

Community Outreach Center at 301 South Boulevard (New Soup Kitchen)

It is that time of the year again for the IAC Annual Winter Membership Party and to renew your membership in the IAC. If you haven't already renewed your membership or joined the IAC, start off the new year right, so you can enjoy the many benefits of being an IAC member. People are encouraged to bring a dessert or appetizer to share, as well as pictures and stories of the year's activities!! Drinks will be provided. Membership renewal will be available.

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

The party 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.

**IAC HAS NEW MAILING ADDRESS:
P.O. BOX 2883
IDAHO FALLS, IDAHO 83403-2883**

President Speaks

Past Presidents Message:

Hi Everyone - I would like to thank all the council members for their help this past year: Michelle for running the parties (most important!) and taking over in my absences, Jeff for taking council meeting notes and getting them to the Bulletin editor on time, Barbara for all the treasurer's hassles and keeping up the membership data base, George for keeping up the website, and Tim, Betsy and Gary for all the jobs I delegated. They probably got tired of hearing me say "would you take care of that?". And thanks to all of them for bringing snacks for the meetings, which I think is a great way to get people to socialize.

Keeping in mind that the IAC is run by volunteers, I would urge each of you to consider taking a turn at being on the council, leading a trip, being a coordinator, helping with the bulletin, suggesting programs, or offering to bring snacks to a meeting. Remember the January party - your first chance to help out by bringing munchies to go with the beverages and snacks the club provides, and also to renew your membership if you haven't already done so.

Garney

IAC Council Meeting Minutes

Meeting Date: 12/14/2004

Invitees: Tim Adkison, Betsy Adkison, Michelle Benson, Jeff Coward, Barbara Brown, George Cole, Gary Vecillio, Garney Hardy, Alan Crockett, Ken Krivanek, (Attendees are underlined.)

Note Taker: Jeff Coward

1. Meeting call to order: 7:40 pm

2. Reading of previous month meeting minutes

Minutes approved

3. Treasurer's Report:

Income: \$382.73

Expenses: \$240.99

Members to Date: 96 (2004), 28 (2005)

Barbara presented the treasurer's report.

4. Old Business:

-IAC club window stickers (*Jeff*)

Stickers to be picked available at the next meeting.

-Preparation of old bulletins for CD scanning (*Barbara/Jeff*)

OCR cleanup in progress for the first batch of scanned pages. Second batch of pages for scanning to be picked up.

-T-Shirts

Most of the t-shirts have been picked up, except for a few of the odd sized ones. Michelle will send out the one that was previously ordered and paid for. Discussion was held on the embroidered versus screen printed shirts. This was due to a mix-up by the t-shirt maker. Future shirts will be embroidered. T-shirt maker will be supplied with a P.O. or invoice indicating this.

-Idaho Annual Report form

This has been filled out and sent back after the December Council meeting, after the new officers were selected.

5. New Business:

-Election Results

The newly elected Council members are:

Alan Crockett

Jeff Coward

George Cole

Ken Krivanek

-Old council members (2004):

Garney Hardy - President

Michelle Benson - Vice President

Barb Brown - Treasurer

Jeff Coward - Secretary

Members at large:

Gary Vecilio

George Cole

Tim Adkison

Betsy Adkison

-New council members (2005):

Michelle Benson - President

Tim Adkison - Vice President

Ken Krivanek - Treasurer

Jeff Coward - Secretary

Members at large:

Gary Vecilio

George Cole

Alan Crockett

Betsy Adkison

-P.O. Box change:

The Post Office has changed our box number from 2885 to 2883 due to the way the acquired replacement boxes for those damaged in the fire. All club publications will need to be updated and change of address notifications will need to be made.

-Signature cards at Washington Mutual

We will need to update the signature cards at Washington Mutual. Barb was told that we would have to change account numbers, but we have checks that would be wasted if that were the case. New Treasurer Ken will check on this. If we do have to change account numbers, he will investigate changing banks.

6. January General Meeting snacks: Club (Tim)

7. January 18th council meeting at: Alan Crockett's

4810 Foxtrail Lane

8. Meeting adjourned: 8:50 pm

Cross Country Skiing / Snowshoeing

Contact Mark or Donna Whitham, 520.1728 or xschi@idahoalpineclub.org, for trip information and to sign up.

January 2 - Kelly Canyon

Join us snowshoeing in Kelly Canyon and to soak at Heise Hot Springs afterwards.

January 23 - Island Park / Harriman State Park

Join us in Island Park to explore the trails at Harriman. We will be staying in Island Park for the weekend and plan to meet to ski at Harriman on Sunday. We will explore the trails in the morning, eat lunch with the Mt. Trading group, and ski some more. Contact Mark or Donna to sign up for the meeting place, weekend plans, and time.

January 29 or February 5 - Craters of the Moon

Join us in cross-country skiing the Loop Drive. The groomed track is nearly 5-miles in length with mostly level terrain or gentle hills. There is one steep hill on the southwest flank of Inferno Cone. Novices should ski the loop clockwise to avoid coming down this hill. Although skiing time varies with ability and snow conditions, most people can ski the entire loop in 2 to 4 hours. There is no charge for skiing at Craters of the Moon. The open slopes of the cinder cones scattered along the Loop Drive provide perfect telemarking terrain. This trip is weather and snow condition dependent.

February 19 - Harriman to Ponds

Northeast of Idaho Falls in Island Park. Rolling intermediate terrain. Trail is rated as advanced due to the 11+ miles. Last year the snow presented challenges to wax and waxless alike, with hard icy conditions in the morning, break through and slush midafternoon, then mixed conditions the last couple miles. A shuttle will be needed so those that would rather ski at Ponds or Harriman could drop off the rest of the skiers and shuttle the vehicles. We will be skiing this in reverse to avoid the afternoon winds across the meadows. Park 'N' Ski Permits will be required at at Ponds or or day parking can be paid for at Harriman. End of the day potluck tailgate party.

Discover Craters of the Moon in Winter:

Winter is a special time of year to visit Craters of the Moon. You are invited to enjoy the beauty of this winter wonderland by joining a free Winter Ecology Snowshoe Workshop. We will even provide the snowshoes, if you don't have your own. If you have never snowshoed before, you will learn how and find out that snowshoes offer an

easy way to enjoy the Monument in winter. Don't be surprised if the vista from the summit of a volcano you have climbed on snowshoes and the contrast of white snow, blue sky, and black lava rock etch vivid pictures in your mind. Because of the continued public interest, six winter ecology snowshoe workshops will be held again this winter on the following Saturdays—January 8th, 15th, 22nd, and 29th and February 5th and 12th 2005. The workshops will start with a 45 to 60-minute classroom session to provide a broad introduction to winter ecology followed by several hours out in the park on snowshoes.

Each program is limited to 15 people, meets at the visitor center and runs from 9:30 AM to about 3 PM. Reservations are required and you must be at least 10 years of age. The snowshoe hike itself will vary from easy to moderately strenuous and cover between 3 and 5 miles. Lunch will be eaten out in the Monument. For more information or to make a reservation, call: (208) 527-3257 X 301.

Backpacking / Dayhiking

For winter trip information, contact Mark or Donna Whitham, 520.1728, or George Cole, 522.4074, or backpack@idahoalpineclub.org.

Climbing / Mountaineering

For winter climbing information, contact Eric Peterson, 529.9538 or Dennis Dunn, 523.8524, or climbing@idahoalpineclub.org.

Bicycling

Note: If anyone has any winter rides that they would like to do that are not listed, or any other information of interest, contact Jeff Coward, at 522-8135 (home) or 529-0775 (work) or jdc1100@srv.net or Michelle Benson at 525-3228. Both can be contacted at bicycling@idahoalpineclub.org

Trip Reports

Christmas Tree Snowshoe Trip - 12/4/2004:

In search of the perfect tree, Barbara Brown, Judy Williams, Gary Johnson, Donna & Mark Whitham, Bob and Marie Tyler, Garney Hardy, Paul Worth, and Paul's sister Jeanne Best tromped through several inches of snow on the ridge above Bob and Marie's home in Victor. Clear blue skies, friends to tromp around in the snow with, peek-a-boo views of the Tetons across the valley, frosty breath in the sunshine, and plenty of candidates to choose from, all made perfect excuses to take our time in choosing a lovely tree to bring home. By noon we had three trees fastened to the tops of our cars. The Tylers hosted a potluck finger food feeding frenzy afterwards to consume the yummy munchies that everyone brought to share.

Banff Mountain Film Festival

Date: Thursday, February 10, 2005

Time: 7:00-10:00 pm

Location: Colonial Arts Theater, 498 A Street, Idaho Falls

Tickets: \$10 advance, \$12 day of show

Tickets Available at:

Idaho Mountain Trading, 474 Shoup Ave, Idaho Falls

Scott's Ski & Sports, 244 N. Main, Pocatello

Colonial Theater Box Office, credit cards accepted

522-0471

Sponsored by the Idaho Falls Nordic Ski Patrol

Kelly Canyon Snowshoe & XC-Ski Trails:

On Sunday, 12/5/2004, the Whithams, Mel Nichols, and Alan Crockett marked Cole's Upper and Lower Climbs and the Boundary trail with snowshoe trail markers nailed to trees and installed about a dozen more on sign posts made from 10 ft lengths of electrical conduit. The trails were about impossible to find before and are much better marked now. Mark Whitham, via the Alpine club, bought the conduit, drilled it for markers and painted the top of the poles yellow as well as the backside of the aluminum snowshoe markers. There was not a lot of snow up in Kelly Canyon, but we had a clear crisp day to tromp up and down the ridges.

On Friday, 12/17/2004, Alan Crockett and Paul McCarthy installed additional trail markers and posts to better mark Shoers Delight in the meadow areas. The trails also got some brush trimming and chain sawing that Alan was able to get to during the week of 12/13/2004.

The Whithams will be buying some more posts to mark the Corkscrew trail, replacing trail markers that have been removed or stolen from Shoers Delight, and putting some trail markers on Glen's Grunt.

Chocks and Nuts:

Fuel for Training (Not Atkins Approved!)

By: Abigail Larson - Subaru Factory Team

Reprint from SkiPost "Your Source for Cross-Country Skiing Knowledge" December 9, 2004 Vol. 5/ No. 18, skipost.com"

The new protein fad has left many people glycogen depleted. Glycogen is the muscle's way of storing carbohydrate for use during exercise. A lack of glycogen is not much of an issue for couch potatoes that don't utilize it but for active people this is a big problem. Moderate to intense exercise causes the body to utilize a mixture of fat and glycogen stores for energy; the more intense the exercise, the more the body relies on muscle glycogen. When the body's glycogen stores is depleted exercise

intensity must decrease significantly, this is also known as "bonking".

Even at low to moderate exercise intensities the body taps into glycogen stores to some extent but there are some factors that accelerate utilization. Athletes that are very fit utilize more fat and less glycogen at any given intensity than someone who is less fit. Therefore, if you are a beginner in the world of training you can expect to tap into your glycogen stores quite a bit. If you train daily for more than two hours or do "doubles" you are at risk. Also, high intensity training causes the body to use glycogen as its primary fuel source, so if training involves many races or intervals there is an increased chance of becoming depleted. If this happens you can feel flat, sluggish, and generally unmotivated

This sorry state is easily avoided with proper nutrition. Consuming carbohydrate shortly after exercise enhances the rate of muscle glycogen restoration because the muscle cell readily takes up any incoming glucose. The longer you wait to refuel negatively effects the rate of muscle glycogen storage and impairs recovery. As a rule of thumb, people that exercise 90 minutes a day or more should consume 1.5 g of carbohydrate per kilogram body weight immediately after exercise. This should be followed by another meal of the same size about two hours later. In practical terms for a 165 lb. person this is about 450 kcal per feeding. Research has shown that liquid and solid carbohydrates are equally effective in replenishing glycogen. The type of carbohydrate, in terms of simple versus complex, also does not appear to effect glycogen repletion, however, glucose and sucrose are twice as effective as fructose. Fructose is the sugar commonly found in fruit but it is also used in many sweetened drinks (high fructose corn syrup), so choose a carbohydrate source that uses brown rice syrup or straight up sugar for optimal glycogen resynthesis. Some research has shown that adding some protein to your post workout carbohydrate feeding can enhance muscle glycogen storage. Energy bars are a convenient source of this carbohydrate and protein combination. After workouts, I generally eat a Honey Stinger bar and a Honey Stinger gel.

While training one can effectively minimize the extent of depletion by consuming beverages with carbohydrate. The optimal glucose concentration for absorption is 4-6%, which is pretty standard for most pre-mixed Gatorade-type sports drinks.

Bottom line, to train and feel your best throughout each workout it's important to have fully stocked glycogen stores. This requires adequate carbohydrate intake at the right time. There is little point in doing a workout if your body doesn't have right kind of fuel to maintain a reasonable intensity. Slogging your way through a training session will only make the state of depletion worse. So refuel!

REMEMBER TO RENEW YOUR IAC MEMBERSHIP NOW

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 at the same web site.

PARK 'N' SKI INFORMATION

Park N' Ski permits have financed much of the cross-country skiing development in Idaho during the past several years. Services offered to skiers vary from year to year depending on volunteer support, donations and revenue generated through the sale of Park N' Ski permits. Poor snow years and no support of the program often translate into low income, thus reduced services.

When you purchase a \$20 annual permit, or a 3-day temporary permit for \$7.50, the money is dedicated by law to be used exclusively for improving cross-country skiing opportunities. When skiers purchase a permit, they are asked to designate a specific Park N' Ski area they would like to see improved.

For more information about the Park 'N' Ski Pick up a guide at one of the permit sellers in Idaho Falls, Pocatello, or Island Park. Permit sellers in Idaho Falls : Idaho Mountain Trading 474 Shoup Ave Idaho Falls 523.6679

Eastern Idaho Visitor Info 505 Lindsay Blvd Idaho Falls 523.1012

Of Note: Harriman State Park is no longer part of the Park and Ski Program requires either daily permits or annual passes much like the Rendezvous Ski trails in West Yellowstone. Parking can be paid for daily or a State Parks pass can be purchased.

Trail Etiquette & Safety

- Be considerate of other traffic on all trails.
- Yield to skiers on a downhill run.
- Make every effort to clear the trail if you stop or fall.
- Do not walk or snowshoe on either skier set or machine set ski tracks on marked ski trails. Note: Skiers may choose to skin up or run down a snowshoe track that is marked or may even parallel a ski trail to avoid breaking trail but that is their choice.
- Ski under control always; avoid trails that are beyond your ability.
- Register your trip at the trail sign-in locations; use trail maps and signs to plan your trip.
- Let someone know where you will be and when you expect to return before leaving town.
- Ski with a partner, especially on the ungroomed trails and back country ski runs.
- Make it a habit to carry the 10 "E's"; extra gear, water, snacks, flashlight, a compass or a GPS, trail or area maps, a cell phone (very poor reception if any except for on the ridge tops in most areas), and fire starting tools, even on short trips.
- Be aware that trail conditions can change greatly with changing snow, trail and weather conditions.
- Watch for and yield to trail grooming equipment.
- Keep your dogs under control (leash or in your immediate line of sight) and off of groomed tracks, and clean their refuse from the trail. Remember even other dog lovers do not care for someone else's dog showing up unsupervised, ill mannered, and leaving refuse in the trail.

Upper Snake River Valley Dog Training Club Invites You to

Train Your Dog to be a Canine Good Citizen

Registration: Friday January 7, 2005 - 7 PM

Price: \$50

City Recreation Center, 520 Memorial Drive, Idaho Falls

Do not bring dogs to registration. Do bring proof of immunizations (rabies and parvo). Classes begin the following Friday, January 14, 2005. Minimum age for dog is 6 months. No previous training is required for dogs or owners. Canine Good Citizen is a beginning class. Intermediate, Advanced, Positive Power, and Agility Foundations classes will also be available depending on interest and the number of sign-ups. This is a fun way to bond with your dog, between classes and practicing each week. Leashes and training collars will be available for sale the first few weeks. Senior Citizen discounts available for 55 and older. Call 523.3374 or 523.2590 for more information.

REMEMBER TO RENEW YOUR IAC MEMBERSHIP NOW

Comment on a Proposed Project:

Continental Divide Trail Cabin

The Bureau of Land Management (BLM), Salmon Field Office, invites you to comment on a proposed project near the Continental Divide National Scenic Trail (CDT) in the vicinity of the Lemhi Pass National Historic Monument. Summary of the Proposed Project: The BLM proposes to construct a small, handicap accessible cabin that would accommodate five to six people. The proposal also includes the installation of an accessible self-composting toilet, a parking area, and possibly a horse corral. The cabin would be available for public and administrative use year long. Stay limits would be imposed through a permit process, and rental fees would be commensurate with fees charged for similar facilities in the region.

More detailed descriptions of the two sites being considered are posted at the following web site:

<http://www.id.blm.gov/offices/salmon/trailcabin/>

Purpose, Need, and Opportunity: The cabin would provide for a balance of administrative and public use.

Administrative Use: A cabin would eliminate hours of daily travel time to and from the Lemhi Pass area, improving worker efficiency by providing overnight accommodations for interpretive rangers, volunteers, BLM crews managing resources in the area (e.g., wildlife habitat), and similar kinds of administrative use.

Public Use: The cabin would also provide hikers, back country skiers, horseback riders, motorists, snowmobilers, and others with an opportunity for an overnight recreation experience.

The BLM would appreciate receiving your comments on this proposal by December 31, 2004. You can contact Evalyn by calling (208) 756-5441, writing to Bureau of Land Management, Salmon Field Office, 50 Highway 93 South, Salmon, Idaho 83467, or sending an e-mail to Evalyn_Bennett@blm.gov.

Grant Applications

Recreational Trails Program Project Funding to be Accepted Until January 28, 2005:

The Idaho Department of Parks and Recreation provides a variety of grants to government and private entities in Idaho for the creation and renovation of outdoor recreational facilities.

Governmental entities and private organizations can apply for grant funding. All projects are reviewed by the Recreational Trails Program Advisory Committee, which makes recommendations to the Idaho Park and Recreation Board for final approval.

Grant Forms are available at www.idahoparks.org/about/grants_trails.html & in Word (and WordPerfect) format from Donna Whitham (the IDPR ORMV Southeast Idaho Non-Motorized Representative).

Contacts:

Dan Haws 208-525-7121

East Region Grant Specialist

Eastern Idaho Resource Advisory Committee Seeks Project Proposals

The Eastern Idaho Resource Advisory Committee (RAC) is now accepting project proposals for natural resource improvements on National Forest lands. Project proposals are due on Friday, February 25, 2005. Project funds have been made available under Title II of the Secure Rural Schools and Community Self-Determination Act of 2000. The law is commonly referred to as the Craig-Wyden legislation, and was enacted to stabilize the payments rural counties receive from the federal government for roads and schools. The RAC, which was established by the U.S. Secretary of Agriculture in response to The Act, will review proposals and recommend for funding the highest ranking projects on the Caribou-Targhee National Forests within Bannock, Bear Lake, Bonneville, Caribou, Clark, Franklin, Fremont, Jefferson, Madison, Oneida, Power and Teton Counties. Title II of The Act allows counties to designate a portion of the payments they receive for natural resource projects benefiting our National Forests. Approximately \$67,000 was made (more) available by the county commissions of Bonneville, Caribou, Clark and Fremont Counties for projects on the Caribou-Targhee National Forests. A citizen's panel (RAC) is accepting applications from any interested person or organization with a proposal to improve National Forest lands. The deadline for submissions is Friday, February 25, 2005. Although The Act provides for a wide range of project types, projects must be on National Forests and/or benefit National Forest resources. At least fifty percent of all project funds must be used for projects that restore streams and watersheds, or maintain or decommission roads. Project proposals must be submitted on the Eastern Idaho RAC Project Proposal Form. The form and directions for completion are available at any Caribou-Targhee National Forest Office or on the Internet at <http://www.fs.fed.us/r4/caribou-targhee>. For more information or assistance in completing the proposal form, contact Lynn Ballard or Joanna Bennett, at (208) 524-7500. "We hope there will be a variety of proposals for our RAC to consider," said Jerry Reese, Designated Federal Officer. "These projects will provide good opportunities to work with the counties and public in improving National Forest lands." The next Eastern Idaho RAC meeting is scheduled for March 10, 2005 starting at 10:00 AM at the Caribou-Targhee National Forest Headquarters, 1405 Hollipark Drive, Idaho

Falls, Idaho. All meetings are open to the public, with public comment permitted throughout the meeting.

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.

Support these 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 and Biking guide books

Climb with us this winter at:

Stone Walls Rock Gym - 528.8610

Winter Hours are 12 p.m.-9p.m. Monday-Thursday

12-10p.m. Friday and Saturday 12- 5 Sundays

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 Michelle Benson 525-3238 to get yours sooner.

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:

Download membership applications and Common Adventure Release forms in PDF format.

- Look up contact information for club officers and activity coordinators
- 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 you 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

**REMEMBER TO RENEW YOUR
IAC MEMBERSHIP NOW**

DON'T MISS THE FUN:

**ACTIVITIES WITH OTHER
OUTDOOR ENTHUSIASTS**

MONTHLY PROGRAMS

MONTHLY BULLETIN

DISCOUNTS

PARTIES



7pm Thursday
Feb. 10, 2005

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

Colonial Theater 498
A Street Idaho Falls