

Idaho Alpine Club Bulletin

Volume 43 - Issue Number 7 - July 2003

P.O. Box 2885, Idaho Falls, Idaho 83403-2885

web site: www.idahoalpineclub.org

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2002 Executive Council

President
Tim Adkison 542-0786

Vice-president
Michelle Fox Benson 525-3238

Secretary
Jeff Coward 522-8135

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Bob Kroupa 524-6273

Members-at-Large
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Bulletin Assistant
Donna Whitham 524-6119

Publicity & Community Liaison
Donna Whitham 524-6119

Historian/Librarian
Barbara Brown 522-8977

Coordinators

Program
Donna Whitham 524-6119

Backpacking
George Cole 522-4084
Mark Whitham 524-6119

Caving
Dean Killian 357-7354

Climbing/Mountaineering
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Kurt Myers 522-5279

Conservation
Tim Adkison 542-0786

X-Country Skiing
Mark/Donna Whitham 524-6119

Bicycling
Michelle Fox Benson 525-3238
Jeff Coward 522-8135

Kayaking
Rob Mullin 524-3594

Canoeing
John Page 356-6486
Sue Page 356-5118

Rafting
Greg Hulet 523-6199

Trail Maintenance
Open

Day Hiking
Mark/Donna Whitham 524-6119

General Club Meeting

Held at 8:00 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.

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
July 15: George Cole 's, 1704 E. 25th Street, 522-4084
August 19: Perkins restaurant, Channing Way, Idaho Falls
Any interested member is invited to attend.

Materials for the bulletin are due by the weekend before the council meetings. Please send material to the bulletin editor at rener@srv.net

Up Coming Programs

August 6, 2003: Annual Summer Picnic

Please mail completed common adventure forms to the secretary.

July No General Meeting Annual Summer Picnic will be on August 6, 2003

Mark August 6, 2003 at 7 PM on your calendar for the annual Summer Picnic.
Watch this bulletin and the website at www.idahoalpineclub.org for picnic details and a map to this years location at Leon and Robin's place in Shelley.

President Speaks

Congratulations again to Donna Whitham for receiving the Volunteer of the Year award for the state of Idaho from the American Hiking Society. We have all kinds of great folks in our organization so it's not too surprising to see "one of our own" receive national recognition. Way to go!

Be sure and check the bulletin AND the club website for the latest updates on upcoming events. George Cole has spent a lot of time keeping the site updated for your perusal and information so be sure and visit the site.

I hope everyone is having a great summer and spending lots of time in the outdoors. It's what Idaho was made for!

Happy trails,

Tim

IAC Council Meeting

Date: 6/24/2003

Attendees: Tim Adkison, Jeff Coward, Bob Kroupa, Betsy Adkison, Barbara Brown, George Cole

Note taker: Tim Adkison

- 1) Meeting call to order: 7:45pm
- 2) Reading of last months meeting minutes:
May 2003 minutes approved
- 3) Treasurers report:
Income: \$ 853.22
Expenditures: \$ 1808.58
General fund: \$ 4504.74
Members to date: 95
- 4) Old business
Window stickers (Jeff) - Jeff presented how the window stickers would look from the printer. The should be available for sale in time for the summer picnic. A price will be decided based on printing costs and the number of stickers available.
- 5) New business
Organizational memberships (Bob) - the IAC has renewed it's membership in the Idaho Falls Chamber of Commerce.
Summer party - the council decided to give financial authority to those selected to plan and carry out the picnic to the limit of what they deemed "reasonable and prudent" for expenses.

A location for the party will be decided at the next council meeting.

General meeting snacks: no general meeting in July

July council meeting at: George Cole's, 1704 E. 25th Street, 522-4084

August council meeting at: Perkins restaurant, Channing Way, Idaho Falls

Meeting adjournment: 8:33pm

Dayhikes ~ 2003

July 19 - Static Peak: Fourteen miles round trip in Grand Teton National Park, up Death Canyon to the top of Static Peak. With a 4,523 ft. elevation gain and the distance, this is a strenuous hike, but the views from the top should help revive everyone. Buck Mtn., Timberline Lake, the valley floor, and of course the Grand Teton to the north. We will be leaving early in the morning to avoid the heat and afternoon thunder storms. For more information on the dayhike and to sign up contact the Whithams at dayhikes@idahoalpineclub.org or 524.6119.

August 30 - Targhee Creek and Lakes: Thirteen miles round trip strenuous hike in the Henry's Lake Mountains. Dayhikers are welcome on this 2 night trip over Labor Day weekend. The trail fords Targhee Creek several times, but should not be too deep late season. Moose, elk, and grizzlies are found in this canyon which is a Grizzly Bear Recovery Area. For more information on the dayhike and to sign up contact the Whithams at dayhikes@idahoalpineclub.org or 524.6119

"Kid" Day Hikes

We have picked a few day trips close to Idaho Falls to eliminate long car rides for our young hikers. All are moderate hikes, within an hour drive from Idaho Falls, and are a 6 mile or less round trip. They have something fun to do (fishing, swimming, or both) at the end of the trail, too. Anybody is welcome to join in on the trips. Kids aren't a prerequisite!
John Bisset has offered to be the trip leader for these trips. Please call John for the dates which were not available at "press time".

Sheep Falls: Located North of Ashton on Highway 20. Trail distance is three miles and is rated as being mostly easy. At the end of the trail there is two water falls for viewing enjoyment. Fishing is also suppose to be good. Pack a lunch and goodies for the little ones. Call John Bisset to sign up & for the meeting place / time, 542-0779.

Packsaddle Lake: Located west of Tetonia. Short 2 mile hike to the lake. It is mostly up hill to the lake with an easy elevation gain. You drop down a steep section for the last half mile. The lake is great for picnicking and swimming. The water will be cold, but you know the kids won't care! Call John Bisset to sign up & for the meeting place / time, 542-0779.

Aldous Lake & Hancock Lake: Aldous lake is located in the Centennial Mountains, which are near Kilgore. The trail gains a mild 350 feet elevation in 1.5 miles to the first lake and another 550 feet up to the second lake in another 1.5 miles. Fishing is supposed to be good at Aldous Lake. Call John Bisset to sign up & for the meeting place / time, 542-0779.

FOR SALE: North Face Expedition 25 1995 model, with attached footprint. In good condition. Packed weight 11#. \$499 new, \$250 FIRM. Mark or Donna for more information. 524.6119 or programs@idahoalpineclub.org

Backpacking ~ 2003

July 4-6 - Waterfall Canyon Backpack Trip: This backpacking trip is in the Big Hole Mountains west of Idaho Falls. Plans are to hit the trail at Palisades Creek and hike to the Upper Palisades Lake for the night. On Saturday it's a short three miles to Waterfall Canyon where there is a spectacular 900 foot waterfall. Sunday we will pack out via Little Elk Creek. Depending on the mood of the group (and water flow of Palisades Creek) we might do this trip in the reverse or go in/out via Little Elk Creek. A short shuttle will be required if we do the loop hike. Llama space for your gear is available on a first come-first serve

basis. Approximate distances: Day 1 - 6 miles, Day 2 - 3 miles, Day 3 - 7 miles. Contact: George Cole at backpacking@idahoalpineclub.org or (522-4084).

July 4 - 6 - Chamberlain Basin: Explore this basin in the White Cloud mountains over 4th of July weekend. Thirteen plus miles round trip on a moderate to strenuous hike into the basin below Castle Peak. For more information on the backpack trip and to sign up contact the Whithams at backpacking@idahoalpineclub.org or 524.6119.

July 11 - 13 - "Chick Trip": Hell Roaring Lake: We will leave the guys to their own devices for the weekend to go on the annual "Chick Trip". This year we will be hiking in the Sawtooth Mountains. From the upper trailhead to the lake it is about 2 miles or from the lower trailhead it is about 5 miles on an easy trail to the lake. We will camp at Hell Roaring Lake and dayhike to either the lake below Finger of Fate or to Imogene Lake. Trip planning meeting on July 2 at 7:30PM at 706 Laurelwood, IF. For more information on the backpack trip and to sign up contact Donna at backpacking@idahoalpineclub.org or 524.6119.

July 19-26 - Middle Fork and Back: This week long backpacking trip will hike to the Middle Fork of the Salmon River via Loon Creek. Along the 22 mile trail to the Middle Fork we'll stop at Upper Loon Creek/Owen Cabin Hot Springs the first night. The second day we'll pass Falconberry Ranch and Biggs Ranch where we may be able to indulge on some early fruits from the old Biggs orchard. On the third day we'll arrive at the Middle Fork where we plan to base camp at the mouth of Loon Creek for three days to enjoy Loon Creek Hot Spring. Dayhikes to Hospital Bar Hot Spring and Whitey Cox Hotspring are possible, as is just lounging along the river and waving to the passing rafters. On Thursday we'll pack up and backtrack up Loon Creek and eventual civilization. Llama space for your gear (and real food!) is available on a first come-first serve basis. Contact: George Cole at backpacking@idahoalpineclub.org or (522-4084).

August 16 - 23 - Big Horn Crags Weeklong

Backpack: The Big Horn Crags are located in the Frank Church - River of No Return Wilderness area in Idaho. We are planning to hike 8 miles into Harbor / Wilson Lakes to base camp and dayhike to the many lakes in the area: Ship Island Lake, Terrace Lakes, Heart Lake, Welcome Lake, and more. Fishfin Ridge, Mt. McGuire, and charcoal and orange peaks provide awesome scenery and even some bouldering and scrambling opportunities. The lakes provide a cool dip in the afternoons and excellent fishing. Mark your calendars now for this trip. The party size is limited to 10. We will be holding a trip planning meeting on July 16, at 7:30PM at 706 Laurelwood, IF. For more information and to sign up contact the Whithams at backpacking@idahoalpineclub.org or 524.6119.

August 30 - September 1 - Targhee Creek and Lakes

Thirteen mile round trip strenuous hike in the Henry's Lake Mountains. Dayhikers are welcome on this 2 night trip over Labor Day weekend. The trail fords Targhee Creek several times, but should not be too deep late season. Moose, elk, and grizzlies are found in this canyon which is a Grizzly Bear Recovery Area. For more information and to sign up contact the Whithams at dayhikes@idahoalpineclub.org or 524.6119.

Rafting ~ 2003**July 19?, Blackfoot River**

Trip organizer - Jim Lee - 524-5836

July 24 - July 27, South Fork Boise River (class

III - IV, recommended flows should be around 1500cfs) Trip organizer - Jim Lee- 524-5836

Summer afternoon rafting in Alpine Canyon:

Leave IF 1pm - 2pm, return IF 8:30pm - 9:30pm, Monday through Friday, or Sunday. Call to arrange trips. Low crowds, low stress, fun water. Contact Greg Hulet (523-6199) or Jim Lee (524-5836)

Thursday Night Climbing**Schedule Summer 2003**

We meet and leave from Macdonald's by Fred Meyers, in Idaho Falls, promptly at 6 PM. Arrive early if planning to grab some dinner at Macdonald's to eat on the road.

Date	Location	Leader
July 3	HOLIDAY	No Thursday Night climb
July 10	Ross Park, Pocatello	Peterson
July 17	Blackfoot	Peterson
July 24	Ross Park, Pocatello	Peterson
July 31	Blackfoot	Whitham
August 7	Paramount	Whitham
August 14	Heise Boulder (If Dry)	Peterson
August 21	Ross Park Pocatello	Peterson
August 28	Blackfoot	Peterson

Biking ~ 2003**July 12 Kelly Canyon Knobby Challenge (race)**

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

July 4-6 or 19 Route of the Hiawatha rail trail

(Taft Tunnel) This ride can either be done as an Idaho Alpine Club, or we may meet up with the Helena Bicycle Club if they do this ride again. The ride starts near the Taft Exit 5 on I-90 near the Idaho - western Montana border. It is suitable for riders of all ages, since the outbound leg is all downhill and there is a shuttle back to the top for those who don't want to ride back up the 2% grade. The first thing you do is ride through the 8,700 foot long St. Paul Pass (or Taft) tunnel. Lights are required for this ride, as are trail passes. The passes are \$7 for adults, \$3 for children ages 3 to 13, with children under age 3 free. The shuttle cost is \$9 for adults and \$6 for children ages 3-13. There are many other tunnels and trestles, with views of the forested hills and mountains, and many streams in the valleys. There are also numerous trail signs detailing the local history of the area and the railroad. There is a small museum in Avery for those who want to ride a little farther. We may also visit the museum in Wallace if there is time. If there is enough interest, we may decide to make this

into a multi-day trip and explore other riding possibilities in the area.

http://www.skilookout.com/bike_home_page.html

July 26-27 Blue Angels at the Arco Air Show, and Pre-run the White Knob Challenge race course

August 2 White Knob Challenge (race)

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

August 16-17 Double Divide Ride - Montana

This ride is sponsored by the Helena Bicycle Club. It starts in Helena and heads west on US 12 over the Continental Divide, with a snack stop at the top of the climb, to the junction with Montana 141. The lunch stop is at Nevada Lake, and the routes continues northwest to the junction with Montana 200. Riders then head east to Lincoln for the dinner and overnight stop. The ride continues on Sunday east on 200 to the Flecher Pass road where the climb back over the Continental Divide begins. There is a snack stop at the top of the pass, then the riders continue back to Helena for a barbecue lunch. Mileage is about 89 miles on the first day and 52 on the second day.

<http://www.helenabicycleclub.org>

August 30 Idaho State NORBA XC Finals at Soldier Mountain (race)

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

Weekday Social Cycling:

Barb Brown is updating her "Bike2002" e-mail list. If you'd like to be added to the Bike2003 list, send your e-mail address to Barbara@srv.net. Once on the list, you're subject to weekly (usually) notifications of meeting place and time and destination for Tuesday morning rides, and, occasionally, another bike-related tidbit or another day. Rides are mostly on paved county roads with occasional rides on dirt roads in the wildlife refuges or desert. Most of us opt out on weather-challenged days (wind).

WARNING: These rides are easy, not even semi-hard-core, rides. They are NOT Alpine Club sponsored-or even formally led or supported. Generally we're back after 2-3 hours and only ride 15-25 miles, usually with shorter and longer options and sometime with a faster group leaving the rest in the dust. Most of the participants are

retirees, sometimes visiting children, grandchildren, or shift workers join us. Everyone is responsible for his or her own extra tube and rudimentary tool kit (and skin repair kit). Real mechanics (or paramedics) are not provided in the event of flat tires, etc. (Advice and unhelpful comments are.)

Mexico Trip November 2003

Climb the volcanoes, sightsee, etc. Here are the only specifics that Kirt knows of right now, but he did want to invite Alpine Club members since they plan to try to stop in at the Mexican Alpine Club Annual Conference that is happening November 22-23, 2003.

Dates: November 16-24, many will stay over the Thanksgiving weekend.

Climbs: Ixtaccihuatl 5286m 17,342ft and Pico de Orizaba (Citlaltepētli) 5700m 18,700ft

Both climbs entail strenuous, high altitude/low latitude hiking/climbing. Roped up glacier travel and at least a couple days of acclimatization.

People: Prerequisite would be some glacier experience. Already have 6 people going but if people are willing to break into groups it might be easier. At least two members of the party speak good Spanish. For more information contact Kirt Marlow: 208-528-2141 or marlowk@saic.com preferably by June 15 or ASAP.

Trip Reports:

National Trails Day Project June 7 & 8:

The City of Rocks depends quite heavily on volunteer labor to help build trails, repair eroded areas, and mitigate user damage in order to stretch its lean budget as far as possible. This year we 'brushed out' several hundred yards of old jeep tracks. Basically that means we hacked a lot of sage brush and hauled it over to the tracks to make them impassable. Great stress relief. Thank-you to Steve Bohrer, Kevin, Katherine, and Nate Coble, Mike and Michelle Benson, Jeff Coward, and Mark and Donna Whitham from the City of Rocks. Following the work was a presentation of the American Hiking Society Idaho Volunteer of the Year award to Donna by Michelle. Dinner at the Outpost topped off an awesome day which of course had started with climbing on Flaming Rock (Raindance and Tribal Boundaries), before working. Sunday, we spent out in the Castle Rocks climbing one of the new Kevin Pogue routes, a multi pitch called Big Time. We already have another work day scheduled with the park superintendent on September 13 to help spiff up before the state legislature tour of the park on the 14th. Be

sure to plan to come out and help. More details will be in the August bulletin.

June 22 - Craters of the Moon / Echo Crater:

According to the G.P.S. the hike is 9.7 miles round trip out to Echo Crater. Flowers this year were next to nonexistent. We did see a few bitterroot, three (yes 3) dwarf monkey flowers, lupine, penstemon, wooley daisies, syringa, buckwheat, goldseal, and dusty maidens. Debra Harrison, Rhonda Reynolds, John Bisset, Jeff Coward, Michelle Benson, Jeff Coward, Tracey Jue, Mark and Donna Whitham braved what started out looking like a cold rainy icky day to drive out to Craters of the Moon anyway. The day turned out to be quite beautiful and just right for hiking.

Web Site News

If you haven't noticed, the IAC web site (www.IdahoAlpineClub.org) has recently been redesigned. For your convenience, the most recent club bulletins are included as well as all the posted club activities. Additionally, you can:

- Download membership applications and Common Adventure Release forms
 - Look up contact information for club officers and activity coordinators
 - Read the club By-Laws
 - Search the club classified ads or post you own ad
 - View pictures from recent club activities
 - Find out what the 10 E's are anyway?)
 - Check out club members' Restaurant Reviews or submit your own review
 - 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
- George Cole - IAC Webmaster

Club Member Benefits

10 % discount on (non sale) outdoor equipment at the following stores:

Idaho Mountain Trading - Shoup & B

Idaho Falls - 523-6679

K & R Adventure Gear - 522-5279

or 877-369-7407 www.knradventuregear.com

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

Alpine Club Rental Gear is available to paid-up members. Call the appropriate coordinator for more information.

North Face VE-24 tent--George Cole

Climbing helmets-- Kurt Myers

Ice axes-- Kurt Myers

Caving helmets-- Dean K.

Carbide lamps-- Dean K.

Clinometer & compass for cave mapping

--Dean K.

Rafting equipment --Greg Hulet

Stone Walls Rock Gym

Summer Hours are 12 p.m.-6p.m. Monday, Tuesday,

Thursday, Friday, & Saturday

12 p.m. - 9 p.m. Wednesday

Closed Sundays.

The gym offers a \$1 discount to Alpine Club members.

Phone: 528.8610

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.

IAC Logo T-Shirts!!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered 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 Tim Adkison

542.0786 to get yours sooner.