

Idaho Alpine Club Bulletin

Volume 55 - Issue Number 7 - July 2015

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

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

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2015 Council

President	Sue Braastad	881-4354
Vice-president	Karl Bohan	529-0151
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

Members-at-Large

Bill Beach	520-4905
Colleen Bohan	529-0151
Sheila Kappel	528-8788
Sam Pole	520-3630
Richard Scheerer	881-6331
Mark Whitham	520-7232

Council Meetings:

Council Meetings are generally held on the second Thursday of each month at 7:00 PM. IAC Council Meeting Monthly minutes are available on line.

Upcoming Council Meetings:

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

Activity Coordinators:

Backpacking	Sam Pole	520-3630
Bicycling	Ken Durstine	524-3505
Climbing/Mountaineering		
	Kevin Coble	201-1840
Conservation	Open	
Cross-Country Skiing / Snowshoeing		
	Whithams	520-1728
Day Hiking	Sam Pole	520-3630
Rafting	Greg Hulet	523-6199
Trail Maintenance	Bill Beach	520-4905
Bulletin Editor	Donna Whitham	520-1728
Publicity	Open	
Historian/Librarian	Barbara Brown	522-8977
WebMaster	George Cole	716-0024
Program	Bob Tyler	787-2601

General Club Meeting

Held at **7:00 P.M.** on the first WEDNESDAY of each month, in the meeting location indicated in the program description.

NO GENERAL MEETING IN JULY.

AUGUST Bulletin Deadline is:

5 PM on JULY 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.

"Get Out and Have Fun"

No Regular Meeting in July

MARK YOUR CALENDARS FOR THE

ANNUAL IAC PICNIC

AUGUST 12th

Details in the Next Bulletin

President Speaks

In 1890 the first woman to climb Mt. Rainier - Fay Fuller - did so in an ankle length dress, wool bloomers, flannel underwear, heavy calfskin boy's shoes with caulks and a small straw hat - an

Immodest arrangement according to Ms Fuller. She wore charcoal dust on her face and goggles for protection from the sun. A historical picture of Ms Fuller shows her with what looks like a heavy hip belt with metal canteens and metal containers.

Aren't you glad you are enjoying the outdoors in this day and age! Lightweight functional clothing, lightweight equipment, backpacks, electronic gadgets and energy food to power you up and down the trail. Is this as good as it gets? Or will people look at pictures of us in 100 years and snicker at our clothing and gear? What does the future of recreating outside look like? I am sure that hiking equipment will get lighter and stronger and electronic equipment will get smaller. Skin protection will be better with better lotions and protective clothes. What else can we look forward to - Jet packs?

~Sue Braastad, IAC President

**Participation on Club Activities
Common Adventures / Trips:**

With the exception of rafting trips, or activities which require the use of any club equipment, or trips limited to club members: non-members may attend a maximum of ONE club trip or activity, then must be members in good standing to continue participating.

Participants must be members in good standing to go on rafting trips, trips which require the use of any club equipment, or trips limited to club members only, or needing rafting rentals. Participants on a club trip must pay any established trip fee, abide by club rules and activity guidelines, and must follow instructions of the activity coordinator.

An individual may not participate in any common adventure/trip of the club unless that individual has read and signed the common adventure form for that specific activity prior to embarking on that adventure / trip / activity.

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

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

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

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

Climbing

For information on club climbing trips contact Kevin Coble at 201-1840. To find out about weekly climbing locations or impromptu weekend trips, subscribe to the IAC climbing mailing list by visiting:

http://www.macrobotics.com/mailman/listinfo.cgi/iac_climbing 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.

OR FOR CURRENT HOURS AND RATES:

WWW.IFYMCA.ORG/PROGRAMS/YMCA-CLIMBING-GYM/

Idaho Alpine Club members may show their membership card to receive 10% off daily rates or 10 punch card.

2015 Wednesday night climbing schedule:

- | | |
|-----------------------|-----------|
| July 1 st | Pointless |
| July 8 th | Pocatello |
| July 15 th | Paramount |
| July 22 nd | Blackfoot |

- | | |
|-----------------------|-----------|
| July 29 th | Pointless |
| Aug 5 th | Pocatello |
| Aug 12 th | Paramount |
| Aug 19 th | Blackfoot |
| Aug 26 th | Pointless |
| Sep 2 nd | Pocatello |

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

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

On Wednesday night I (Kevin Coble, and anyone who wants to help) will head out of town early, to set ropes at the specified location at about 4:30 p.m. The rest of the group usually leaves at 5:45 from the north side McDonalds parking lot (if climbing at Ririe, Heise, or Paramount), or the climbing gym (if climbing at Blackfoot or Pocatello). If anyone can't make the meeting times and needs directions to get to the climbing location on their own, give me a call and I'll be happy to provide them.

Climbing outdoors will continue through September if weather allows.

Non-technical Hiking / Mountaineering

Unless otherwise indicated in the trip descriptions contact Sam Pole: 520-3630, or email sbpole@cablone.net for trip information and to sign up to go on a scheduled trip, 24 hours prior to any trip.

Hiking and non-technical mountaineering is serious business...even "small" mountains. Inclement weather, exposure, traveling on snow can change an "easy" trip to a "difficult" trip in a matter of minutes. These alpine trips are not guided. These are self-supported, group adventure outings. Each trip has a leader who serves as a resource to the group and provides some basic trip structure. Participants are expected to evaluate their own physical and mental abilities prior to participating, assist with transportation, cooperate with others, participate in decision-making, identify and reduce risk to themselves and the group, and be self-reliant in preparations. The IAC has no mountaineering gear to loan. For all outings, participants are expected to bring water (few hikes or climbs have access to water); food, clothing, and appropriate mountaineering gear (and be knowledgeable and experienced in its use). Trip lengths are indicated for an approximate round trip distance. Contact leaders with questions if you are new to mountaineering or new to the area. Trips may be cancelled at the last minute due to weather or conditions outside of the leader's control.

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

July 11-Day Hike/Salamander Lakes: Hopefully the third time is the charm. This hike has been rained out twice this thus far but, with the summer in full swing, I think this time should be fine. This hike is in the Centennial Mountains that make up the border between Idaho and Montana. Jerry Painter rates this as a moderate hike. It is approximately 7 miles roundtrip depending on the routing. Please contact Sam Pole prior to the hike at 520-3630. Meet at the west side WalMart in front of the garden center at 7:30am.

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

July 11-Hike & Climb/Tweedy Mountain in Montana: This mountain is 11,154' high, and is the highest point in the Pioneer Mountains. Tweedy has an impressive isolation of 75 miles, making it one of the highest mountains in western Montana. This will be a Class 1 and 2 climb, 10 miles round trip with 3,800' of elevation gain. The first half of the hike will be on a trail, then we will leave the trail and go up the NE Ramp. Call John Hamann at 575-437-6303, or e-mail at john.hamann@us.af.mil. The summitpost link is: <http://www.summitpost.org/tweedy-mountain/220408>

July 12-Hike & Climb/Table Mountain (NOTE: This is in Montana): I'm planning to go to southwest Montana to climb Table Mountain. This mountain at 10,223', is the highpoint of the Highland Mountains. This will be Class 1 and 2 hike, 7 miles round trip with 3,500' of gain. E-mail me at john.hamann@us.af.mil or call 575-437-6303 if you're interested in going. The summitpost link is: <http://www.summitpost.org/table-mountain-highland-mountains/816267>.

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

<http://www.peakbagger.com/climber/ascent.aspx?aid=274192>
Editors Note: Take Deet, Lots of Deet! And a mosquito net. The mosquitoes are horrendous this time of year in the Crag. We spent a week wearing our rain gear because we didn't take enough Deet.

Bicycling

The IAC bike rides are self-supported, group adventure outings. Each trip will have a leader who serves as a resource to the group and provides some basic trip structure. However participants are expected to evaluate their own physical and mental abilities prior to participating, assist with transportation, cooperate with others, participate in decision-making, identify and reduce risk to themselves and the group, and be self-reliant in preparations. The IAC has no biking gear to loan. For all outings, participants are expected to bring their own water; food, clothing, and appropriate bike maintenance gear (and to be knowledgeable and experienced in its use).

Trip lengths are indicated for a round trip distance. Contact leaders with questions if you are new to biking or new to the area. Trips may be cancelled or rescheduled at the last minute

due to weather or conditions outside of the leader's control. For last minute Rides, please be sure to watch the club FaceBook page for late in the week ride notices, depending on the weather forecasts.

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

Rafting

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

For trip information contact the trip leader indicated in the trip description. You MUST be an IAC member to participate in IAC raft trips or to rent IAC gear.

Club Gear available:

Rafts can be checked out by those who have demonstrated ability to handle a boat on the type of water to be run. Life jackets are included with each boat. Boats must be returned dry and clean. Damage to boat must be repaired and if extensive, paid for. Checkout fees are for days on the water. All fees go to the rafting fund to buy new equipment:

16-ft Ryken self-bailer - \$60/day

15-ft Aire self-bailer - \$60/day

13.5-ft Maravia self-bailer - \$60/day

14-ft Ryken conventional floor - \$20/day

14-ft Udisco conventional floor - \$20/day

2 - Inflatable kayaks - \$20/day each

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

Trip Reports

June 6-Day Hike/Dubois & Red Road area: Susan McKinley, Richard Scheerer & Sam Pole visited the Clark County civil defense lava tube cave shelter and hiked Butte Crater. The weather was perfect and the shelter visit very interesting though I would not want to be in there for a week or more with upward of a thousand people.



June 13-Highway Cleanup: Sue Braastad, Jeff Coward, Bill Beach, Garney Hardy, Vicki Krogstrand, Susan McKinley, Sam Pole, Bob Tyler, Mark & Donna Whitham, Paul Worth, and Abbie Zaladonis participated in the spring highway cleanup and a wonderful BBQ at Bob & Marie Tylers beautiful home in Victor.



IAC Logo T-Shirts & Patches!

Dri Release material with embroidered IAC Logo! Small, Medium, Large, and X-Large Short sleeve \$20 each. Long sleeve \$25 each. A women's style short sleeve shirt is available for \$20 on a prepaid special order basis. It is fitted with shorter sleeves in a wicking material.

A limited number of embroidered Color IAC Logo Patches are available for \$10 each.



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

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

Dates to Remember:

- July: "Get Out and Have Fun"
No Regular Meeting in July
 - Jul 1: Climbing/Pointless
 - Jul 8: Climbing/Pocatello
 - Jul 11: Day Hike/Salamander Lakes
 - Jul 11: Hike & Climb/Tweedy Mtn, Montana
 - Jul 12: Hike & Climb/Table Mtn, Montana
 - Jul 15: Climbing/Paramount
 - Jul (?): Date TBD Backpack and Climb/Big Horn Crags-Mount McGuire
 - Jul 22: Climbing/Blackfoot
 - Jul 25: Day Hike/Sheep Creek
 - Jul 29: Climbing/Pointless
 - Aug 12: Annual Summer Picnic
 - Aug 22: Rafting / Alpine Canyon
- Climbing: Subscribe to find out updates to the weekly climbing schedule. See page 2 for information on how to subscribe.

Become a Fan

Find us on Facebook. Last minute trips can be posted on the wall. Additionally, photos from club trips you have gone on can be easily posted on the wall singly or as an album if you took a lot of photos.

Enjoy the outdoors with the IAC

Join today

For more information write to the address below or visit our web site to download a free newsletter and application:

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

Membership Fees

	Full Year	Part Year 7/1 - 9/30
Individuals:	\$25	\$20
Families:	\$30	\$25

After October 1, the payment of full year fee applies to the following year. Otherwise the normal Membership year is January 1-December 1.

Full-time students (18 or older) and seniors (65 or older): \$5 off the above fee schedule.

IAC Council Meeting Monthly minutes are available on line.

Support the Merchants who Support the IAC

Show your membership card for 10% discounts on regularly priced merchandise:

- Idaho Mountain Trading 523-6679
Shoup & B (Non-Sale Items Only)
- Bill's Bike Shop 522-3341
Snake River Crossing (Excludes bicycles)
- Canyon Whitewater Supply
522-3932 (Accessories Only)
450 S Yellowstone, Idaho Falls
- The Preparedness Store & Bosch Kitchen Center 120 Northgate Mile Idaho Falls, ID 524-8300
10% off backpacking, dehydrated & freeze-dried foods 10% off any outdoor accessories
- YMCA Climbing Gym 528-8610
755 South Capital Avenue
- Lynna and Leland Howard offer a 10% discount on their published books. 357-1917 or 357-3166; lynna.howard@mac.com
leland@wildernessbooks.com
- Discounts on Jerry Painter's Hiking & Biking guide books.
- <http://www.tetonhikingtrails.com> offers detailed hiking information for Grand Teton National Park & has a link to IAC's website.