

Idaho Alpine Club Bulletin

Volume 43 - Issue Number 6 - June 2003

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

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2002 Executive Council

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Vice-president
Michelle Fox Benson 525-3238
Secretary
Jeff Coward 522-8135
Treasurer
Bob Kroupa 524-6273
Members-at-Large
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Barbara Brown 522-8977
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Donna Whitham 524-6119

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Barbara Brown 522-8977

Please mail completed common
adventure forms to the secretary.

Coordinators

Program
Donna Whitham 524-6119
Backpacking
George Cole 522-4084
Mark Whitham 524-6119
Caving
Dean Killian 357-7354
Climbing/mountaineering
Eric Peterson 529-9538
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

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

Backpacking and Dayhiking 2003

June 4, 2003 at 8 PM

Idaho Falls Public Library - Large Meeting Room

Join us in an enticing pictorial presentation of the Idaho Alpine Club 2003 backpacking and dayhiking calendar as currently scheduled. Sign-up sheets to participate in the upcoming trips will be available at the meeting. Trips not yet on the calendar will be publicized in the bulletin as they are coordinated with trip leaders during the summer. The presentation is open to the public and all outdoor enthusiasts are invited to attend.

President Speaks

Sum-sum-summertime! We skipped spring this year and went straight to smmer. Ah, the warm air and sunshine. It makes you want to be outside all the time and looking at the upcoming IAC trips, there are plenty of activities to accommodate.

With the warm weather comes the possibility of heat-related "injuries." Be sure and know the signs and symptoms of heat-related problems and prevent them before they strike.

The club is still looking for a "trail maintenance coordinator." If you have experience in this area, or if you don't but would like to give it a try, contact any of the council members and they can get you started.

IAC window stickers are on the way. This is a great way to identify other IAC members and helps to advertise our club to the community. Watch for them soon.

Happy trails,
Tim

IAC Council Meeting Date: 5/20/03

Attendees: Tim Adkison, Jeff Coward, Bob Kroupa, Barbara Brown, John Bisset, Michelle Benson, Betsy Adkison, George Cole

Note taker: Tim

- 1) Meeting call to order: 7:51 pm
- 2) Reading of last months meeting minutes: April minutes approved
- 3) Treasurers report

Income: \$ 2356.68
Expenditures: \$ 125.42
General fund: \$ 5460.10

Memberships to date: 78

4) Old business

Window stickers (Jeff/Tim) - After Jeff presented cost analysis, it was decided to place an order for 100 IAC club window stickers. Jeff was further granted the allowance of \$200 to complete the project.

IAC membership in other organizations (Jeff/Tim) - It was decided that while there are many beneficial groups that the club could be part of, the initial formation of the IAC was for climbing and mountaineering interests. The council decided that membership in these types of organizations would represent the club members as a whole. Therefore, the IAC will maintain memberships in the Idaho Chamber of Commerce (otherwise we can not put our club brochures at the visitors center), the American Alpine Club (because of the discounted benefits offered to our members if the choose to join the AAC as an individual), the Access Fund (because of their legal clout in preserving access to climbing areas), and the Idaho Trails Council (because of the cooperative efforts of many groups in maintaining backcountry access, including possible climbing areas.) Memberships in other groups will be encouraged but only for individuals.

5) New business

August party (Michelle) - Michelle will check on Sealander Park for the August membership party and report her findings at the June council meeting.

Club website (George) - George gave the council detailed information about the website including the most visited pages of the site and the busiest times of day for the site.

June general meeting snacks: Michelle Benson
May council meeting at: Tim/Betsy Adkison, 155 Chatham Drive, 542-0786
June council meeting at: George Cole, 1704 E. 25th Street, 522-4084

Meeting adjournment: 9:21 pm

National Trails Day Project

June 7 & 8: Mark your calendars so you won't miss out on doing another fun trail work project with your IAC friends. This will be a chance to repair erosion effects on old user trails and build staging areas to mitigate user damage before the Castle Rocks area of the City of Rocks is opened to the general public. 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. Last year a dozen of us constructed nearly 200 feet of trail to replace a badly eroded trail near the Twin Sisters at the City of Rocks. We had loads of fun in the process of working together and even got some awesome climbing in too. The City of Rocks not only has fantastic climbing, but also has a great trail system for hiking and biking. To keep posted on work details and to volunteer to help with this year's project, contact the Whithams at programs@idahoalpineclub.org or call 524.6119.

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: Ixtaccíhuatl 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.

Dayhikes ~ 2003

June 22 - Craters of the Moon / Echo Crater: Eight miles round trip of easy to moderate hiking terrain with scenic views. Many varieties of flowers should be in bloom including bitterroot, dwarf monkey flower, scorpion flower, and buckwheat. Sturdy boots or shoes and plenty of water are required. Entrance fee or Golden Eagle Pass is needed for park entrance. For more information on the dayhike and to sign up contact the Whithams at dayhikes@idahoalpineclub.org or 524.6119.

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.

Backpacking ~ 2003

Gormer Canyon - June 7-8, 2003

Gormer Canyon is located along the South Fork of the Snake River between Heise and Swan Valley. We plan on leaving Saturday morning and driving to the trailhead at Black Canyon (the "end of the road" along the river past Heise Hot Springs). We should hit the trail around 11am for the 3 and a half mile hike to Gormer Canyon. The trail is relatively easy and can easily be a round-trip dayhike for those not wishing to stay overnight. This makes a good early season shakedown trip to get ready for the high country before the snow melts. This is also an excellent trip for families with children. Contact George Cole at 522-4084 or email backpack@idahoalpineclub.org for additional information.

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. Then a moderate hike of 1.6 miles will take us to a campsite at an unnamed lake just below the Finger of Fate. Depending on who goes, we may make arrangements to climb one of the routes on the Finger. For more information on the backpack trip and to sign up contact Donna at backpacking@idahoalpineclub.org or 524.6119.

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 in July. 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 on the dayhike and to sign up contact the Whithams at dayhikes@idahoalpineclub.org or 524.6119.

Rafting ~ 2003

June 7, Fall River (if flows support)

Trip organizer - Greg Hulet - 523-6199

June 21, Madison River (if flows support)

Trip organizer - Greg Hulet - 523-6199

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

Date	Location	Leader
June 5	Ross Park, Pocatello	Peterson
June 12	Blackfoot	Whitham
June 20	Ririe Dam	Peterson
June 26	Paramount	Peterson
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

June 8 Tour de Fat - Boise

<http://www.newbelgium.com/frames.html>

June 14 (& 15?) West Yellowstone to Warm River

This ride is sponsored by the Idaho Alpine Club. It can be done either as a one day ride or a two day ride, depending on the preference of those interested. If done as a two day ride, the

campground at Big Springs is the overnight stop. Most of the trail is either nearly flat or downhill, since railroad grades are generally less than 3%. The only significant climbing is going up Reas Pass, and that is short. There are a few sections of loose sand or cinders and washboard sections, but even those are not overly difficult. Total mileage is about 55, with 27 of that from West Yellowstone to Big Springs. A possible side trip to Warm River Springs adds about 3 miles to the second half of the ride. This ride has excellent scenery. There is generally lots of wildlife as well as large meadows filled with wildflowers. A car shuttle is required on this ride.

June 28 Tour of Marsh Creek Valley

This ride is sponsored by the Idaho Cycling Enthusiasts in Pocatello, Idaho.

<http://www.idahocycling.com>

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.)

Trip Reports:

May 3 & 4 - Wilderness First Aid Course: The IAC sponsored biannual WFA course was a tremendous success with 19 participants, which included 6 club members. Throughout the 16 hour course, WMI/NOLS instructors Lance Taysom and Jason Buchovecky kept our attention with lively and interactive classroom lectures, then worked us hard with hands on scenarios. The course is worth every penny and all the hard work it takes to put it on. Club members, who would like take the course before the IAC sponsors it again in 2 years, can check out the Wilderness Medicine calendar at <http://www.wmi.nols.edu>

May 10 - Rescue Creek Yellowstone National Park: Tim and Betsy Adkison, John Bisset, and Mark and Donna Whitham enjoyed an excellent 8 mile dayhike near Mammoth Hot Springs in Yellowstone National Park. Elk and bison were found along the way, as were plenty of skeletons. A couple bison kept us on our toes for a few minutes while we headed uphill to skirt around them. Early spring flowers; buttercups, shooting stars, spring beauty, and pasqueflower were already beginning to bloom. Just before the end of the hike, a short side trip off the trail took us to a spot where Tim pointed out an old teepee site from

days past. A hot soak, a trip out to Lamar valley to watch a wolf pack, and dinner at the Park Street Grill in Gardener finished the day.

Memorial Day Rafting - Salmon River

We enjoyed yet another successful Memorial weekend Salmon River IAC raft trip with warm weather, exciting rapids, plenty of good food, and great company. Some people got a head start on the weekend, arriving at Spring Creek campground Thursday and making a couple runs on Friday. There were 5 to 7 rafts on each run Sat and Sun, and since the water level was rising about a foot a day, each run was different. Although there were a few out-of-raft experiences, all the rafts stayed upright and had successful, if sometimes unorthodox, runs, thanks to our able captains and hard-working crews. Vicki counted 63 at Saturday night's potluck, where we were all gathered in the Van Sickle's "backyard". A few left Sunday, but we still had another large feed Sunday, after a huge thunder-and-lightning rain storm about 5pm. Cloudy skies led most of us to slowly head toward home Monday morning. It was a good chance to visit with people we don't always see during the year. Since we started these trips, kids have grown up and are bringing boy/girl friends and spouses. Thanks to Greg and Vicki Hulet for organizing the weekend, to everyone who provided and/or hauled gear, and to those who provided shuttle vehicles. We are truly fortunate to be physically and financially able to spend time in such a beautiful close-by place. - Garney