

# Idaho Alpine Club Bulletin

Volume 45 - Issue Number 6 - June 2005

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## 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

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### Bulletin Editor

Donna Whitham 520-1728

### Bulletin Assistant

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### Publicity & Community Liaison

Donna Whitham 520-1728

### Historian/Librarian

Barbara Brown 522-8977

### WebMaster

George Cole 522-4074

## Coordinators

### Backpacking

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

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

June Council Meeting: Alan Crockett's  
481 W Foxtrail Lane

## Bulletin Deadline:

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](mailto:editor@idahoalpineclub.org)

Note: Hand written or hard copy material will be included in the bulletin time permitting.

**July Bulletin Deadline is Midnight June 19**

## “WHITEWATER RAFTING” & “PROPOSED BY-LAW CHANGES”

### Idaho Alpine Club Meeting: Wednesday, June 1, 2005, 7:30 PM ~Idaho Falls Library

Every summer is kicked off with the traditional IAC Memorial Day whitewater rafting trip near Shoup, Idaho. If you missed it, this will be your chance to see what you missed out on. Jim Lee will be showing slides of the weekend plus glimpses at past years summer rafting trips.

Prior to the show, the council will review its proposed changes to the club by-laws before current members vote to accept or reject the changes. The proposed changes were read and were available in hardcopy at the April meeting.

They also have been available on the IAC website or in hard copy from the council, for member review. If you have not reviewed them yet, get busy. The proposed changes may be reviewed at [www.idahoalpineclub.org](http://www.idahoalpineclub.org) then click on the link “You can review the changes by clicking HERE” Adobe Reader is needed to read the file and is available for free via a link on the IAC website.

The meeting is open to the public. All outdoor enthusiasts are invited to attend.

For more information contact [programs@idahoalpineclub.org](mailto:programs@idahoalpineclub.org), log onto the club website at [www.idahoalpineclub.org](http://www.idahoalpineclub.org), or contact D. Whitham at 520.1728.

## President Speaks

Hello Fellow IAC Members!

May 14, our President, Michelle Benson was involved in a vehicle accident near Swan Valley, on Highway 26, which resulted in a serious head injury. A piece of equipment came off of an oncoming vehicle, through the windshield of her car, striking her on the head. Thanks to quick reactions on her passenger, Jeff Coward's part, the accident was prevented from being worse than it was and emergency help arrived quickly. Fortunately, Michelle is doing quite well and has already been released from the hospital. She does appreciate everyone's concern, wishes for a speedy recovery, and the lovely flowers and small model of her car which the club sent.

Because of the accident and the impending vote on the proposed changes to the by-laws here is Michelle's column from the May bulletin again:

From time to time, a club needs to go back and review it's bylaws and make sure things are running the way they're supposed to. The IAC Council decided that now's the time to have a look at our own bylaws and see if any changes or clarifications are needed. Garney Hardy, Barbara Brown, Tim Adkison and I made up the committee to do the bylaw review. We sat down and thoroughly went through the bylaws and proposed some changes and clarifications to bring the bylaws up to date with the objectives of the current IAC. So to follow the directions of the current bylaws, the proposed changes will be read at the next general meeting in May. Hard copies of the current bylaws and the proposed changes will also be available at the May meeting and the June meeting as well as on the website. Any comments are encouraged; please feel free to e-mail us with your input. At the June general meeting, the club membership present will vote to either accept or reject the proposed changes to the bylaws. We really appreciate your participation in this necessary club business! Many thanks to Garney, Barbara, and Tim for the time spent on this project.

Now Go Take A Hike!

Michelle

## IAC Council Meeting Minutes

Meeting Date: 05/17/2005

Invitees: Tim Adkison, Betty Adkison, Michelle Benson, Jeff Coward, George Cole, Alan Crockett, Ken Krivanek, Gary Vecellio,  
(attendees are underlined).

Note Taker: Jeff Coward

1. Meeting Called to order: 7:40 pm
2. Reading of previous month meeting minutes: previously approved via e-mail.
3. Treasurer's Report (04/01/2005 through 04/30/2005):
  - Income - February: \$141.02
  - Expenses - February: \$58.96
  - Rafting Fund Balance: \$1,900.00

Overall Balance: \$5,735.13

Checking Balance: \$702.94

Members to Date: 82 as of April 30, 2005

Treasurer's Report approved by vote.

### 4. Old Business:

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

On hold temporarily since Barb is out of town and other business has taken precedence.

Review/revision of by-laws

Hard copies of the current bylaws and the proposed changes will be available at the June meeting as well as on the website. Comments from members are welcome and can be communicated to any council member. The club membership present at the June General Meeting will vote to either accept or reject the proposed changes to the bylaws. Ken will get a list of current members to George so an e-mail can be sent out to those with e-mail addresses reminding of the vote. The list will also be used to determine if a quorum of members is present at the June General Meeting. Ken has determined that a quorum will be 31 members. Vote will be by a show of hands. A notice of the vote will also be prominently featured in the Bulletin.

Possible program idea

The program coordinator has determined that the program proposal discussed at the last meeting would be too time consuming to be workable without substantial additional help.

Map & compass course

The map and compass course has been cancelled due to lack of interest. Only 2 inquiries were received.

### 5. New Business:

Flowers for Michelle

Alan proposed via e-mail that the club send flowers to Michelle after her accident. This was approved unanimously. Ken took care of sending them.

Membership donation

The club received a request to donate a membership to the Idaho Falls Arts Council. The membership will be used as part of a fund-raising package to be auctioned by the IFAC. Proper paperwork and release forms will still need to be filled out by whoever gets the membership.

### 6. Administrative Business:

Meeting room reservations

Ken has secured the library meeting room through the remainder of the year.

August picnic location

Tim will check on reserving Sealander Park for the August picnic.

June General Meeting snacks: Tim

June Council Meeting at: Alan Crockett's  
481 W Foxtrail Lane

8. Meeting adjourned: 8:45 pm

**Upcoming Programs and Events:**

JULY: NO MEETING

August: Summer Picnic

September: Fall Birding

October: Sea Kayaking. Due to circumstances beyond the June speaker's control this has been rescheduled.

**National Trails Day Project - June 11**

The Darby Canyon Wind Cave trail, located on the west slope of the Teton Mountain range, will be the location of this year's National Trails Day project. This year the project is scheduled for the week after the annual brew fest. We will be doing trail maintenance to clear the trail of winter debris and open up the water bars to drain off standing water. Sturdy work boots and work gloves are required. Safety glasses, pulaskis, hedge trimmers, and bow saws, etc. are desired. Depending on the snow level in the canyon, we may be able to work all the way to the Wind Cave. This trail underwent some major work to mitigate user damage and to control erosion last summer.

After work we plan to car camp at the trail head. Potluck dinner Saturday night. Sunday morning we are planning to go for a dayhike to observe some of the wildlife, (a really big moose lives in this canyon), birds, and flowers.

Trail Maintenance is a great way for all ages and abilities to give back to the outdoors we all enjoy. Special skills are not required. Contact the Whithams for more details and to sign up: [dayhike@idahoalpineclub.org](mailto:dayhike@idahoalpineclub.org).

**Backpacking / Dayhiking**

For trip information, unless otherwise listed in the trip description, contact Mark or Donna Whitham, 520.1728 or [backpack@idahoalpineclub.org](mailto:backpack@idahoalpineclub.org).

**Rocky Canyon - June 17-18 Dayhiking/Car Camping**

We will leave town after work on Friday to camp near Lone Pine. Saturday we will hike up Rocky Canyon and Sunday we will explore Indianhead Canyon. High clearance vehicles will be needed to access both canyons.

**Palisades Lakes and Waterfall Canyon - June 24-26**

**Backpacking / Dayhiking:** The plan is to leave Friday and hike to the far end of the Upper Palisades Lake and base camp. For those that are interested, we'll dayhike to Waterfall Canyon and take in the spring fed 800 foot tall waterfall. Break camp Sunday morning and return home. The Palisades Creek trail is a popular hiking trail and an easy 7 mile stroll to the end of the upper lake and another 2 miles to the waterfall. Dayhikers are welcome for all or part of the hike. Contact: George Cole 522-4084 or [webmaster@idahoalpineclub.org](mailto:webmaster@idahoalpineclub.org) for details and to sign up. Depending on the number of people that sign up, some or all of your gear can be packed in on George's llamas.

**Climbing / Mountaineering**

For climbing information unless otherwise listed, contact Eric Peterson, 529.9538 or Dennis Dunn, 523.8524, or [climbing@idahoalpineclub.org](mailto:climbing@idahoalpineclub.org).

**IAC Wednesday Night Climbing Schedule  
Summer 2005**

<b>Date</b>	<b>Location</b>	<b>Leader</b>
June 1	Vote on Bylaws	No Climbing
June 8	Ririe Dam	Peterson
June 15	Blackfoot	Peterson
June 22	Paramount	Peterson
June 29	Ross Park, Pocatello	Peterson
July 6	Ross Park, Pocatello	Peterson
July 13	Blackfoot	Peterson
July 20	Ross Park, Pocatello	Peterson
July 27	Blackfoot	???
August 3	Paramount	???
August 10	Heise Boulder (If Dry) otherwise Paramount	???
August 17	Ross Park Pocatello	Peterson
August 24	Blackfoot	Peterson

\*\* Eric Peterson will not be available for Wednesday Night Climb, leaders sought.

The Wednesday evening climbing will take place for 12 weeks this summer. The group meets at the McDonalds next to Fred Myers and departs at 6:00 sharp (according to the leader's watch – so be early). Climbers may meet at Fred Meyers for car-pooling or drive to the individual climbing sights on their own. If it is raining, the evening climbing is cancelled. Waivers will be available for signature.

***Climbers need to bring their own harness, belay device, and rock shoes. The club does not supply these items.***

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### **Mt. Adams, Washington - June 9th - 12<sup>th</sup>**

Mt Adams is a spectacular glaciated peak in the Cascade Mountain Range. At 12,276 feet it provides an excellent introduction to the challenges of glacier climbing. Depending on group preference, we will attempt either the South Spur route or the more demanding Mazama Glacier route. We will leave Idaho Falls in the afternoon of Thursday the 9th and stay at a hotel in Ontario, Oregon. Friday we'll drive the rest of the way to the Cold Springs trailhead and start hiking. We'll backpack into either the Lunch Counter or Sunrise camping area, and get ready for a 3 am wake up call. On Saturday we should be on the Piker's Summit by sunrise, and from there it's a quick 2 hours to the true summit. If snow conditions are right, the decent involves some of the best glissading in the Cascades. We will return to Idaho Falls on Sunday. This climb is not technically demanding, but does require a high fitness level and previous experience with ice ax and crampons. Call Eric Larsen (522-9354) or Kevin Coble (529-8142) to sign up. Limit of 8 climbers.

### **Rafting**

**June 4, Falls River** (class IV)

Contact Greg Hulet, 208 523-6199.

**June 15-19, Sunbeam day section** (class III). Camp at O'brien campground. Contact Jim Lee, 208 524-5836.

**July 9, Hatchery Ford** (Henry's Fork class III). Contact Greg Hulet, 208 523-6199.

**July 16, Beartrap** (Madison class III-IV) Contact Greg Hulet, 208 523-6199

**July 20-24, South Fork Boise river** (class III-IV). Camp near Danskin bridge. Contact Jim Lee, 208 524-5836.

**August 13, Alpine Canyon**, (class III+). Contact Greg Hulet, 208 523-6199

### **Bicycling Schedule**

For any questions about these or other rides, contact Jeff Coward at 522-8135 or Michelle Benson at 525-3238 or send an e-mail to [bicycling@idahoalpineclub.org](mailto:bicycling@idahoalpineclub.org)

Note: Always check with the trip coordinator on any Idaho Alpine Club trip, especially the spring trips, since weather conditions or other factors may require changes of plans or cancellations.

Dates for IAC rides are bolded.

**June 11-12, 2005** - West Yellowstone to Warm River

This is a mountain bike ride on the old railroad route from West Yellowstone to the Warm River campground northeast of Ashton. It can be done as either a 1 or 2 day ride, depending on the preference of the riders who want to go. Total distance for both days is about 46 miles, or 52 miles if the side trip to Warm River Springs is included. If the trip is done over 2 days, the overnight stop is at the campground near Big Springs. The ride is mostly flat, with the only significant uphill section near the start as the route climbs over Reas Pass. Some of the sections of the trail that see

significant ATV use may have some washboard and loose sand. Riders may want to bring some insect repellent on this ride, although the last few drought years have seen far fewer mosquitoes than some of the wet years have produced. There are usually fields of wildflowers and various types of wildlife to be seen on this ride. The last 7 miles of this ride is all downhill and goes through a tunnel, with excellent views of the Warm River. A car shuttle is required for this ride. This is an IAC sponsored trip.

**July 9-17, 2005** - North Idaho rail trail rides, boating, etc.

There are several excellent rail trail rides in Northern Idaho. One is a mountain bike ride that follows the Route of the Hiawatha through several tunnels including an 8,700 foot long one and across several trestles. The ride is about 13 miles one way, at which point you can either ride or shuttle back. You can also ride another 8 miles to Avery, Idaho, with more tunnels and trestles along the way. Lights are required on this ride, and there is a trail use fee of \$8 per adult. There is also a \$9 per adult fee for the shuttle if you decide not to ride back to the start. There are numerous informational displays along the trail as well as plenty of scenic views. This is an easy ride suitable for anyone.

The second trail in the area is the Trail of the Coeur d'Alenes. This is a 72 mile long paved trail that runs from Mullan to Chatcolet on Lake Coeur d'Alene. The trail parallels Interstate 90 from Mullan to Cataldo, but even that section has some excellent scenery as you ride along the Coeur d'Alene River. From Cataldo to Harrison the trail leaves the interstate and we should have little traffic of any kind. The lake is crossed on a causeway and bridge.

There is also the Centennial Trail that goes from Coeur d'Alene to Spokane. We should have time to check out this trail as well. There are many other things to do in the area. There are museums and the Cataldo Mission to visit, and there is boating on Lake Coeur d'Alene. I am currently planning on taking my motor home and boat on this trip, as well as both road and mountain bikes. Depending on how many people want to go, it might be nice to have another vehicle along for shuttle use. If you are interested in this trip, please send me an e-mail so I can get some idea of how many people might want to go. More details will be available later. This is an IAC sponsored trip.

Links:

[http://www.skilookout.com/bike\\_home\\_page.html](http://www.skilookout.com/bike_home_page.html)

<http://wallace-id.com/skilookout/taft.html>

[http://wallace-id.com/CdA\\_trail/index.html](http://wallace-id.com/CdA_trail/index.html)

<http://wallace-id.com/bestwest.html>

[http://friendsofcdatrails.org/photo\\_trail.html](http://friendsofcdatrails.org/photo_trail.html)

<http://www.harrisonidaho.com/Maps/TrailMaps.html#Overview>

[http://friendsofcdatrails.org/links.html#ride\\_the\\_wall](http://friendsofcdatrails.org/links.html#ride_the_wall)

<http://www.northidahotrails.net>

<http://silver-valley.com/bike.html>

July and/or August - Rigby Lake ride(s) Date(s) for the summer rides to Rigby Lake have not yet been determined. This ride can really be done anytime, even during the week after work, since it is only about a 45 mile round trip.

## **Trip Reports**

### **Highway Clean-up May 14**

With rain and snow at the beginning of the week we thought we would be rooting through snow to find the trash on our section of the highway. After a quick safety meeting at McDonalds, we set off for Pine Creek Pass, with plans to stop in Swan Valley for more go juice, etc. It was a gorgeous day and the snow line was well above the level we would be working at. Upon arriving at the turnout where our section starts, we found Jo and the Tylers patiently awaiting us but Michelle and Jeff had not bypassed the Swan Valley stop to drive on up to the highway section. Attempts to call them on the cell phone were unsuccessful. We made the decision that Ken would drive back down to look for them in case they needed help, while the rest of us donned our bright orange vests and began to pick up trash. Soon Ken drove back up to let us know there had been an accident (see President Speaks). All in all 13 bags of trash were picked up and a report called in the highway shed that 4 deer carcasses needed to be picked up. Participants were Donna Nicklaus, Sandy Pew, Paul Worth, Garney Hardy, Jo Sherwin, Marie & Bob Tyler, Ken Krivanek, Jeff Coward, Michelle Benson, and the Whithams.

### **Gibson Mt. May 15**

Gibson Mt. is a steep but fun 9 mile loop. The trail actually goes around the top of the mountain but a short climb of 200+ feet accesses the summit. For a short little peak, the view is an awesome, 360 degrees. On top we found delicate little Steersheads in bloom. The loop seemed to be best going clockwise, thus doing the 2000 foot climb up the exposed ridge in the morning while it is cool and avoiding the exposure to afternoon wind and thunderstorms. Along the way we spotted Spring Beauties, Buttercups, Arrowleaf Balsamroot, Bluebells, Stickseed, Groundsel, Western Peonies, Larkspur, Yellowbells, Woodland Star, Prairie Smoke, Blue and Yellow Violets, Wall Flower, Penstemon, Vetch, Paintbrush, and Oregon Grape in addition to the Steersheads. Mel Nicholls joined the Whithams (Mark, Donna, Tyler, and Heyburn) on the hike.

## **Chocks and Nuts:**

### **Spiral Jetty (Way Cool)**

Looking for something cool to do?? Check out the Spiral Jetty a large earthwork (large land art) created by Robert Smithson in 1970. It is 43 miles off the freeway including 16 miles of dirt road past the Gold Spike National Monument. This is on Rozel Point which is on the north arm of the Great Salt Lake. The water in the north arm is about 25% salt which is about eight times saltier than the ocean. The water contains algae which gives the water a reddish hue which gives it a surreal look. For more information and driving instructions: <http://geology.utah.gov/surveynotes/geosights/spiraljetty.htm>  
As long as you are out there explore the Gold Spike National Monument too.

## **East Idaho Maps**

Available on the Idaho Falls Ski Club Website:

<http://ifskiclub.com>

Brimstone-Buffalo River Guide Map

Fall River Ridge Guide Map

Harriman State Park Guide Map

Kelly Canyon Area Guide Map

[www.Delorme.com](http://www.Delorme.com) kindly allows the ski club to use these maps.

## **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.

## **IAC Stickers**

Two styles: 4.25" high x 3.5" wide with the IAC logo, web address, and list of club activities. 1.5" high x 11" wide "Idaho Alpine Club" sticker. The stickers are white graphics on a transparent background with adhesive on the face so they can be applied to the inside of a window on a vehicle. 50 cents per sticker or \$1 if you want one mailed to you. Contact the club Treasurer to obtain stickers.

## **Climb Indoors 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

## **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 & Biking guide books

## **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.

### Web Site News

Log onto the IAC web site ([www.IdahoAlpineClub.org](http://www.IdahoAlpineClub.org)) to find the most recent club bulletins as well as all the posted club activities. Additionally, you can:

- Look up contact information for club officers and activity coordinators.
- Download membership applications and Common Adventure Release forms in PDF format.
- 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 your 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](mailto:Webmaster@IdahoAlpineClub.org)

### OUTDOOR SKILLS WORKSHOP For Women Ages 14 & Over

WHAT: The Women in the Outdoors™ program is dedicated to providing interactive, educational, outdoor opportunities for women ages 14 and older. These one-day workshops feature hands-on skills training in a variety of outdoor activities, one-on-one training with a knowledgeable instructor, a chance to win raffle items and door prizes, and a silent auction. Bring your money! You will have the opportunity to take between 2 and 4 classes depending on the class length of the sessions you choose. Basic introductory classes will last 2 hours and give the participant a general overview and a minimum amount of hands-on training. The 4-hour sessions are more in-depth and provide more opportunity for actual hands-on learning. For more information contact: Mary Henry at (208) 343-5732

WHEN: June 18, 2005 8:00 am – 6:00 pm

WHERE: Idaho Department of Parks & Recreation Located next to the Idaho Shakespeare Festival 5657 Warm Springs Ave. Boise, Idaho Emergency phone contact for the day of this event ONLY—(208) 869-4492  
COST: \$50/Person Get a Discount! Moms, if you register with your daughter(s) (she must be 14 years of age or older) we'll give you the cost of the second registration for half price--\$75 per mother/daughter team! Workshop fee includes lunch, use of all equipment, a multi-function pocketknife, class handouts, supplies and instruction, a membership to the Women in the Outdoors program, and a subscription to the Women in the Outdoors magazine.  
FIND AGENDA & REGISTRATION FORM AT: [http://www.idahoparks.org/pdf/2005\\_WITO\\_packet.pdf](http://www.idahoparks.org/pdf/2005_WITO_packet.pdf)

### American Alpine Club (AAC) Releases Major Study of Climbing Rescues

The AAC has just published a comprehensive analysis of climbing rescues and the move to hold climbers responsible for rescue costs. The report, "Climbing Rescues in America: Reality Does Not Support 'High-Risk, High-Cost' Perception," was prepared by Deputy Director Lloyd Athearn, who showed that the fatality rate at major climbing destinations has declined dramatically over the last several decades, and that climbing rescues occur far less frequently than with seemingly safer activities such as hiking, boating, and hunting. The report proves that climbers are not a significant drain on the public-safety system, and it debunks many of the arguments used to support discriminatory charge-for-rescue policies specifically targeting climbers.

The Associated Press prepared a feature story on Athearn's study that was picked up by newspapers throughout the West and in New England. The report also received television coverage in Colorado. The full report is posted online at: [www.americanalpineclub.org/docs/AAC%20Rescue%20Report%20med.pdf](http://www.americanalpineclub.org/docs/AAC%20Rescue%20Report%20med.pdf)

—From the American Alpine Club May E-News

### Barber's Laws of Backpacking (from Barbara Brown)

1. The integral of the gravitational potential taken around any loop trail you choose to hike always comes out positive.
2. Any stone in your boot always migrates against the pressure gradient to exactly the point of most pressure.
3. The weight of your pack increases in direct proportion to the amount of food you consume from it. If you run out of food, the pack weight goes on increasing anyway.
4. The number of stones in your boot is directly proportional to the number of hours you have been on the trail
5. The difficulty of finding any given trail marker is directly proportional to the importance of the consequences of failing to find it.
6. The size of each of the stones in your boot is directly proportional to the number of hours you have been on the trail
7. The remaining distance to your chosen campsite remains constant as twilight approaches.
8. The net weight of your boots is proportional to the cube of the number of hours you have been on the trail
9. When you arrive at your chosen campsite, it is full.
10. If you take your boots off, you'll never get them back on again.
11. The local density of mosquitoes is inversely proportional to your remaining repellent. (We have proved this is a true statement way too many times).