

Idaho Alpine Club Bulletin

Volume 52 - Issue Number 3 - March 2012

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

web site: www.idahoalpineclub.orge-mail: info@idahoalpineclub.org

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2012 Council

President	Sam Pole	523-4970
Vice-president	Lisa Hamilton	251-4893
	Ken Krivanek	390-8471
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

Members-at-Large

Colleen Bohan		529-0151
Karl Bohan		529-0151
Mark Whitham		520-7232

Council Meetings:

Council Meetings are generally held on the second Tuesday of each month at 7:00 PM

Upcoming Council Meetings:

March 12: McKinley's home 425 Pevero Dr.

Activity Coordinators:

Backpacking	Sam Pole	523-4970
Bicycling	Jeff Coward	522-8135
Climbing/Mountaineering		
	Kevin Coble	201-1840
Conservation	Open	
Cross-Country Skiing / Snowshoeing		
	Whithams	520-1728
Day Hiking	Sam Pole	523-4970
Rafting	Greg Hulet	523-6199
Trail Maintenance	Alan Crockett	529-5188
Bulletin Editor	Donna Whitham	520-1728
Bulletin Assistant	Mark Whitham	520-7232
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, normally in the large meeting room of the Idaho Falls Public Library.

NO GENERAL MEETING IN JULY.

APRIL Bulletin Deadline is:

5 PM on MARCH 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.

IDAHO ALPINE CLUB GENERAL MEETING "BIKING ACROSS THE US: ONE STEP AT A TIME"

WEDNESDAY, MARCH 7, 2012 @ 7:00 P.M.

SKYLINE ACTIVITY CENTER

near the Idaho Falls Airport and 1575 N Skyline Dr

In August, 2010, after dropping their son off at Cornell University, and with no more children left at home, Steve and Connie Swan embarked on an 11-day, 588 mile bike ride from Rochester, NY to Chicago, IL where their daughter lived. Their itinerary took them along the Erie Canal to Niagara Falls and on into Canada along the northern shore of Lake Erie before returning to the US and cycling across Michigan on their way to Chicago. Again, this past August, this time with their son, the Swans rode 405 miles in 7 days from Rochester, NY eastward to Gloucester, MA. Steve and Connie rode fold-up Bike Fridays from an Oregon manufacturer while their son rode a vintage Schwinn Le Tour dating from his father's college days.

The Swans' goal is to eventually link their summer-time tours into a complete ride across the entire US. Steve says it's been a learning experience. On their trip in 2010, they carried their gear in packs on their backs and experienced significant seat pain, so this past summer they invested in pannier bags. They painstakingly pieced together their route using recommendations from Adventure Cycling maps and Google bike routing. They also bought a GPS and engaged in the labor intensive process of loading their route into it.

As if the biking part of their adventure were not enough, the Swans were driving home from Gloucester through Vermont when they found themselves in the middle of Hurricane Irene as it was flooding and washing out the roads. The Swans will share with us their many fascinating experiences such as going through customs, using the Canadian health care system and dealing with the Ontario Liquor Control Board. They will also share their slides of the many beautiful places they visited and the friendly people they met on the first two legs of what will eventually become their version of the classic coast to coast bike tour.

The meeting is open to the public and all outdoor enthusiasts are invited to attend. For more information contact programs@idahoalpineclub.org, log onto the club website at www.idahoalpineclub.org.

President Speaks

I am lying in bed recovering from a torn rotator cuff and dreaming of going out to play. But since there isn't any snow I am dreaming of setting a goal for my long term recovery. I am dreaming of sitting on top of the Middle or the South Teton and looking out over Wyoming and Idaho. When I first came to Idaho as a geological student in field camp in 1973 I had always wanted to climb/hike the Tetons now I think is the time to do that. This personal goal is one that, I believe, many in the club can aspire to and should be of interest to those that are not yet members and will motivate them to join the IAC. In order to achieve this goal I want to set up a series of one day preparatory, non-technical, no rope alpine climbs. Additionally, it is important that this be an all skills, all ages and inclusive endeavor. See the activities section of the newsletter for details.

Ken Krivanek

Participation on Club Activities / Trips: With the exception of rafting trips or trips limited to club members: non-members may attend a maximum of two club trips or activities, then must be members in good standing to continue participating.

Participants on rafting or limited to club member trips or rafting rentals must be members in good standing. Participants on a club trip must pay any established trip fee, abide by club rules and activity guidelines, be 18 or older or accompanied by a parent or guardian, 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.

XCSkiing / Snowshoeing

Contact the Whithams 520.1728 or, xcski@idahoalpineclub.org for trip information, meeting location, and to sign up to go on a scheduled trip, unless otherwise indicated in the trip descriptions. Additional trips to be added over the winter, depending on conditions. If the roads are closed, or the weather too severe, or there is a lack of snow, the location of a trip may change or the trip may be canceled at the last minute.

Carry or Bring Your Own:

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

March 10: Snowshoe / Teton Park: Snowshoeing in Teton Park is an excellent time to see wildlife and/or signs of wildlife in the snow. Join us on a early spring trip in to Phillips Lake or Bradley Taggart Lakes. Park entrance fees or a Park pass will be necessary.

March 31: Hot Potting / Goldbug Hot Springs: Celebrate the vernal equinox soaking in this scenic hot springs on Goldbug Ridge 23 miles south of Salmon. Two mile hike to where steamy hot spring pools and cascades await. Be forewarned: The springs are clothing optional.

Climbing

For information on club climbing trips contact Kevin Coble at 201-1840. Otherwise to find out about winter weekly climbing locations or impromptu weekend trips you will need to 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. Hours currently are:
4-9 PM Monday - Friday & 12-9 PM Saturday
Idaho Alpine Club members may show their membership card to receive 10% off of daily rates or the 10 punch card.
Please support the gym as it is an asset to the community and a valuable training source for climbing.

2012 Non-technical Mountaineering Proposal Ken Krivanek 208.390.8471

Everybody needs to have fun with activities that meet and challenge their expertise levels. The goal to climb the Tetons may not fit all abilities but it will include training hikes for beginners and the more advanced. For example, beginners may not hike to Waterfall Canyon but stop at Upper Palisades Lake. Also the intermediate climber may not climb to the top of Mt. Borah but may stop at Chicken-Out Ridge.

I am not naive enough to believe I can hike either the Middle or South Teton peaks without working my way up to them. So, I propose a series of hikes that should allow all those that want to participate to eventually hike the Tetons. A stepped succession of difficulty is the plan to build skills, strength, endurance, and confidence. We could start with, for instance, the North Menan Butte and advance to perhaps Big Southern; or Table Mountain, Taylor and Baldy in the Tetons; or Saddle, Tyler, Diamond and Bell in the Lemhi. I propose selfishly to climb Mt. Borah as an interim goal hike for my birthday on Saturday Aug. 4th. That could be a goal, for some, equal to the Tetons.

This climbing plan could also include some annual favorites such as Scout Mountain, Trail Creek, Sheep Creek, Green Lake, Kane Lake, or Cabin Creek. I am sure we all know a few that could go onto this list. I would like to set up a planning/organizational meeting for all IAC members that want to recover from a slow winter. I propose we meet at Papa Tom's Pizza on Woodruff, March 8 at 7:00 PM to identify the peaks to bag and their order. Once we have a schedule we can then work the plan! I am anxious to get the dates and destinations published in the newsletter well before the climbing season begins in order that some individual preparation can begin.

Please plan to join me on this quest for the Tetons.

IAC Adopts Trail

The IAC has agreed with the Ashton/Island Park Ranger District to adopt and maintain the recently developed Caldera Rim Snowshoe trail at the top of the Ashton Hill. The agreement states: "It is important to the recreation experience on the Ashton/Island Park Ranger District to provide opportunities for people to snowshoe. This is a volunteer designed and maintained intermediate snowshoe trail meandering through safe terrain along the Caldera Rim of the Ashton Hill west of State highway 20." Subsequent to the agreement, the trail route has been marked with permanent trail markers, intersection signs installed and the trail has been recleared of brush and branches. If the trail is not maintained by volunteers, it will be abandoned as the FS does not have the resources to maintain it. For those of you who snowshoe and have not visited the trail yet, there is still plenty of time since snow on the rim has been deep despite the lack of snow in Idaho Falls.

AVALANCHE INTERNET SITES

Cyberspace Snow & 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/>

Avalanche Safety Instruction:

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

XC Ski Trail Conditions

Lone Mountain Resort

http://www.lmranch.com/lmr_content/winter/ski_cond.shtml

Bohart Ski Ranch

<http://www.bohartranchxcski.com/trail-conditions/>

Chief Joseph Ski Trail Conditions

<http://bitterrootxcskiclub.net/trail%20reports.htm>

West Yellowstone

<http://www.rendezvouskitrails.com/report.html>

Rick's Basin (Grand Targhee)

<http://www.grandtarghee.com/the-mountain/conditions>

Teton Valley (Driggs, Victor, Alta)

<http://tvtap.org/nordic-grooming>

Harriman State Park (sign up for their Facebook page for current conditions) or call: Phone: 208-558-7368

A web cam at Rainbow Reality gives you an idea of the snow on the ground conditions: <http://www.rainbw.com/>

Island Park Ranger District for Brimstone/Bufalo

Phone: 208-558-7301

Ashton Ranger District Mesa Falls & Fall River

Phone: 208-652-7442

Mink Creek Nordic Grooming Report

<http://www.pokyxc.org/7128.html>

Bicycling 2012

Even though winter has just begun, it is already time to start planning for the 2012 bicycling season. As with rafting permits, there are several rides that you will need to think about signing up for in January or February if you want to participate in them. These rides include STOKR, AMBBR (Lake Tahoe ride), and Ride the Rockies. Applications for the STOKR and Ride the Rockies must be mailed or completed online in February. Applications for the AMBBR will be accepted starting January 1st. The ride will probably fill fairly quickly, so don't count on getting in if you apply later than early March. Also, the TOSRV-West ride will be returning to the traditional loop route for 2012. More details on this should be available in 2012. Ride information and web sites for them are below. If anyone has any questions about these or ideas for some local club rides this year, please contact the Idaho Alpine Club Bicycling coordinator: Jeff Coward at 208.522.8135.

STOKR – Scenic Tour of the Kootenai River: Dates announced in January 2012, but are likely to be May 12-13, 2012, 2 days, 98 or 45 miles on Day 1, 35 miles on day 2. This is an excellent spring 2 day ride with very little traffic and excellent support. The ride starts and ends in Libby, Montana each day. Route information and dates will be available in January at: <http://www.libbymt.com/events/stokr.htm> & <http://www.libby.org/~gregrice/STOKR/>

TOSRV-West: May 19-20, 2012, 2 days, 230 miles. The route goes from Missoula, Montana to Potamac and then through Seeley Lake to Swan Lake, then to Bigfork, Polson, Ronan, St. Ignatius, Ravalli, Arlee, and back to Missoula. More details available in January at: <http://www.missoulabike.org/tosrvwest>

AMBBR – America's Most Beautiful Bike Ride (Lake Tahoe spring ride), June 3, 2012, 1 day, 100, 65, 35 mile options. This is a very scenic ride around Lake Tahoe, starting from South Lake Tahoe. The route goes clockwise around the lake, with an out and back to Truckee for the 100 mile option, and a boat cruise to Crystal Bay for the 35 mile option. Support is excellent as are the views. <http://www.bikethewest.com/>

Ride the Rockies: June 10-16, 2012, 6 days, about 65 miles per day, This is a 6 day (for 2012) tour through the Colorado Rockies sponsored by the Denver Post. Support is excellent, and includes busses to transport you in the overnight towns and a daily cycling seminar. The route will be announced February 5, 2012 at: <http://ridetherockies.com/>

IAC Lead Local Biking - Ken Krivanek 208.390.8471

The IAC has long encouraged members to bike. These efforts have and continue to focus on larger bike race events around the Northwest region. See the IAC Newsletter. However, local club supported bike rides have been absent for several years but, with renewed interest, IAC will resume scheduling local rides. These rides are for club members and their friends (Whom we hope will join IAC) and may be used to establish and complete biking goals for all levels. Ken Krivanek has agreed to undertake scheduling and leading local rides.

Everybody needs to have fun with activities that meet and challenge their biking skills. Ken's goal is to restore his biking fitness and complete a century bike ride. This may not be your goal, but the rides will include training rides for beginners and advanced riders. We also intend to have fun. Ken plans to set up a series of bike rides that should allow all those that want to participate to eventually complete a century bike ride. A stepped succession of difficulty is the plan to build skills, strength, endurance, and confidence. Ken's personal goal is to ride the Idaho Falls and Pocatello century rides by August of this year. These rides also include shorter loops that could be the goals of beginner riders and intermediate riders.

Ken has scheduled a meeting at Papa Tom's Pizza on Woodruff, March 15 at 7:00 PM to identify rides and develop a ride schedule. Please plan on joining Ken to determine rides and develop a schedule, and to assist him on his quest for a century bike ride.

Trip Reports

The January 21 Snowshoe on the Caldera Rim Trail took place on a blustery day with Alan Crockett, Richard (& Samson) Scheerer, Roger Couch, John & Sue Braastad, and the Whithams breaking trail in nearly 2 feet of new snow.

The February 5 XC-ski up Darby Canyon under blue skies and temps in the 30s, was attended by Marie & Bob Tyler, John & Sue Braastad, and the Whithams. Treats and refreshments provided by the Tylers afterwards were very much appreciated by everyone. Photos of the winter trips are on Facebook.

IAC Logo T-Shirts ~ Retro IAC Patches!

Short sleeves or long sleeves, crew neck, heather grey, some black and some white. Dri Release material with embroidered 50th Anniversary IAC Logo! Short sleeve \$20 each. Long sleeve \$25 each. Sizes Small, Medium, Large, and X-Large.

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.

The shirts and patches are available at the monthly meetings or contact the club Treasurer to get yours sooner.

Dates to Remember:

Mar 7: IAC GENERAL MEETING
Biking the USA
Bring a friend to the Meeting

Mar 10: Snowshoe / Philips Lake

Mar 31: Hot Potting / Gold Bug HS

Mar 8: Alpine Planning Meeting

Mar 15: Biking Planning Meeting

Climbing: Subscribe to find out updates to the weekly winter climbing plans. 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	
	10/1	7/1-12/31
Individuals:	\$25	\$20
Family:	\$30	\$25

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.

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
805 S. Holmes Ave. (Excludes bicycles)
- ★ Canyon Whitewater Supply
522-3932 (Accessories Only)
450 S Yellowstone, Idaho Falls
- ★ YMCA Climbing Gym 528-8610
755 South Capital Avenue
- ★ 3 Peaks 523-PEAK
910 E. Lincoln Rd. (Non-Sale Items Only)
- ★ Lynna and Leland Howard offer a 10% discount on all of their published books. 357-1917 or 357-3166; lynna.howard@mac.com
leland@wildernessbooks.com
- ★ Discounts on Jerry Painter's Hiking & Biking guide books

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