

Idaho Alpine Club Bulletin

Volume 55 - Issue Number 3 - March 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:

Mar 11: Bohan's home	748 Adell Dr
Apr 11: Scheerer's Home	3575 Springfield 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.

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

WEDNESDAY, MARCH 4, 2015 @ 7:00 PM "BELGIUM, THE NETHERLANDS, GERMANY AND DENMARK FROM THE SEAT OF A BICYCLE" DEVELOPMENT WORKSHOP 555 WEST 25TH ST

From 17th Street & Rollendet, go south to 25th Street. Turn right (west). IDW is on the left side of street. Park in the parking lot to the east of the building. Enter via front door, then follow hallway around to the right to the meeting room.

Three years ago, Steve and Connie Swan gave us a memorable program about their bike tours from Rochester, NY to Chicago, IL and then from Rochester to Gloucester, MA with the intention of linking these two rides with subsequent segments across the western US. However, plans sometime change and Steve and Connie felt the tug of their ancestral homelands-in Steve's case Denmark and in Connie's case the Netherlands-so they postponed further exploration of the US to become better acquainted with their European roots.

In the summer of 2012, they boarded the plane with their collapsible Bike Fridays and embarked on a journey that would take them, over the next 3 ½ weeks, from Brussels through Rotterdam, Amsterdam and on to Copenhagen. They wanted to be sure to have some time for sightseeing once they arrived at each day's destination so they limited the average distance they traveled to just 35 miles a day. However, after adding in the miles spent sightseeing once they had arrived at a destination, they managed to rack up a total of 50 or 60 miles of riding each day. They pulled bike trailers with their gear and most nights were spent camping, though the facilities at some of their campsites were a little more elaborate than we're used to. Come accompany Steve and Connie, as they narrate their trip and show images of the diverse cities and scenic countryside they encountered on their journey back to the home country.

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

In the busy lives we all have, spontaneity is often essential if one is going to spend time in the "great outdoors". Indeed, spontaneous trips can be very rewarding. However, to achieve maximum long-term satisfaction, and enjoy the ultimate adventure, the event should occur in 3 stages.

The first stage is the Anticipation Stage. This involves brainstorming where to go, deciding who all is coming, where you will all meet, and thinking about what gear you want to bring as well as what new items you might need to acquire. This process can take weeks to months, and is a great way to deal with "spring fever" this time of year.

The second stage is the Execution Stage, which is essentially the trip itself. Beginning with the rendezvous, divvying up food rations, and catching up on old times, this stage continues through whatever trek, climb, hike, bike, canoe, or road trip you have laid out for yourselves. It is not the particular event that seems to matter most. Rather it is the company you have chosen to spend the time with. Good friends, who include each other in decision making and look out for each other every step (*Cont. on Pg 2*)

(Pres. Speaks Cont.) of the way, can make even the most mundane sounding trips quite enjoyable.

The final stage is the Recollection Stage. Sharing the experience later, with trip members and friends, can last a long time. "Remember how we all had to sit on the same side of the tent to keep it from collapsing in the fifty mph winds that night?; Can you believe the size of the blisters so and so had?" or "remember how every time we filled up our water bottles a HUGE grizzly was watching us?" This is the stage where all those unexpected, extreme, or challenging events add a great deal of value to the overall trip, even when they were not necessarily pleasant at the time. The great stories you get to share can last a lifetime.

The above ideas are not unique to me. I remember going through similar ideas before...36 years ago in a Recreation Management Class I took at the University of Idaho. But I experience these stages each year I go on a wilderness adventure. With good friends, even a short trip can last a lifetime.

PS: even a five minute walk around the block is better than sitting on the couch. ~Contributed by Karl Bohan

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.)

XCSkiing / Snowshoeing

Contact the Whithams 520.1728 or, xcski@idahoalpineclub.org 24 hours prior to a trip, for trip information, meeting location, and to sign up to go on a scheduled trip, unless otherwise indicated in the trip descriptions. Inclement weather, exposure, traveling on snow can change an "easy" trip to a "difficult" trip in a matter of minutes. These 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 does not have Snowshoeing or XC-Ski gear to loan. For all outings, participants are expected to bring the appropriate gear (and be knowledgeable and experienced in its use). Trip lengths are usually indicated for an approximate round trip distance. Contact leaders with questions if you are new to Snowshoeing, XC-Skiing, or new to the area. Watch the FaceBook page for early or late season trips, depending on conditions. If the roads are closed, or the weather too severe, the location of a trip may change or the trip may be canceled at the last minute.

February 21 Snowshoe / Caldera Rim: We plan to explore this snowshoe trail at the top of Ashton Hill. The trail map can be found on the IF Ski Club's web site under Trail Maps and Guides. Do a snow dance. This is weather dependant.

March 7 Snowshoe / Fall Creek: Join us in exploring Fall Creek with a snowshoe trip on the trails near Ashton. This is a Park 'n' Ski permit required trailhead. Do a snow dance. This is weather dependant.

Park and Ski Permits are \$7.50/3 Day or \$25.00/Annual and are available at Idaho Mt. Trading, IDPR East Region HQ, Sportsman's Warehouse, East Idaho Visitors Ctr, Ace Hardware in Pocatello, and the ISU Outdoor Adventure Center.

Become an Idaho Master Naturalist

Register now for the 2015 class.



Assist wildlife biologists with raptor monitoring, fisheries management, habitat restoration, migratory bird surveys, educational programs at wildlife management areas, and much more.

For more information visit idahonaturalist.org, or find us on Facebook at Upper Snake Chapter, Idaho Master Naturalists. Registration forms available at Fish and Game office on Commerce Circle in Idaho Falls, or by calling 208 524 0383.

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://javalanche.org>

Bozeman Area: <http://www.mtavalanche.com>

Avalanche Safety Instruction:

<http://americanavalancheinstitute.com/aai/Home.html>

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/grooming-report/>

Rick's Basin (Grand Targhee)

<http://www.grandtarghee.com/the-mountain/grooming-map.php>

Teton Valley (Driggs, Victor, Alta)

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

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

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.

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.

July Date TBD Hike and 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 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. The summitpost link is below. 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. I might also include Mount Jefferson in our itinerary if there is enough interest.

<http://www.summitpost.org/tweedy-mountain/220408>

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 link is below. 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.

<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.

MEMBERSHIP RENEWALS

If you haven't renewed your membership in the Idaho Alpine Club, be sure to add that to your To Do List. Memberships are for one year only. They are not life memberships. So, if you intend to continue participating in club activities, please join or rejoin for 2015. Membership is required to participate in the climbing and rafting (or water) activities or after participating in one of any other activities. At the beginning of March we will be notifying the vendors who graciously offer a discount to current club members, what color this year's card is.

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:

Mar 4: IAC MEETING: "BELGIUM, THE NETHERLANDS, GERMANY AND DENMARK FROM THE SEAT OF A BICYCLE"

Feb 21: Snowshoe / Caldera Rim

Mar 7: Snowshoe / Fall Creek

Jul (?): Date TBD Hike and Climb/Tweedy Mountain in Montana

Jul (?): Date TBD Backpack and Climb/Big Horn Crags-Mount McGuire

Climbing: Subscribe to find out updates to the weekly winter climbing plans. See page 3 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