

Idaho Alpine Club Bulletin

Volume 49 - Issue Number 5 - May 2009

CLIMBING MOUNTAINEERING BACKPACKING DAYHIKING BICYCLING XCSKIING SNOWSHOEING RAFTING

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

2009 Council

President	Mark Whitham	520-7232
Vice-president	Teak Cummings	524-5136
	Jeff Coward	522-8135
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

Members-at-Large

Jim McBride	529-0586
Sam Pole	523-4970
Colleen Bohan	529-0151

Council Meetings:

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

Upcoming Council Meetings:

May: Whitham's Home 706 Laurelwood

June: Pole's Home 1932 East 25th St.

Activity Coordinators:

Backpacking	Sam Pole	523-4970
Bicycling	Jeff Coward	522-8135
Climbing/Mountaineering		
	Kevin Coble	529-8142
	Eric Larsen	522-9354
Conservation	Open	787-2601
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	787-2601
Historian/Librarian	Barbara Brown	522-8977
WebMaster	George Cole	716-0024
Program	Bob Tyler	787-2601

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.

JUNE Bulletin Deadline is:

5 PM on MAY 10

Trip descriptions, reports, and material for inclusion in the next bulletin are due by the 10th 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

BRING A FRIEND AND ATTEND

"VOLUNTEER VACATION ON THE KING OF TRAILS"

WEDNESDAY, May 6, 2009 ~ 7:30 PM

IDAHO FALLS LIBRARY

Ever run into a trail crew, when you are out hiking in the backcountry and wonder what it would be like to leave the desk jockey job behind for the wonderful feeling of accomplishment after constructing a new section of trail or erosion control structures?

At the end of August, each year the Whithams have been doing exactly that, by spending a week in Glacier National Park, on a trail crew, rebuilding sections of the Continental Divide Trail. In 2008, it rained and snowed the entire week while the crew worked all day and danced at night. There has been plenty of wildlife, including a grizzly a bit too close up.

This month the Whithams will be presenting a slide show about their trail crew experiences on the CDT and telling us how we can get involved.

Giving up some vacation time to work on a volunteer trail crew is an opportunity to reconnect with the land, without the distractions of our increasingly electronic and schedule driven lives. It is an opportunity to meet new friends, work hard, get dirty, and sleep like a rock every night. It is a chance to learn new skills like trail maintenance techniques, constructing trail where one did not exist before, building bridges, or restoring a washed out trail.

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, or contact Bob Tyler at 787-2601.

President Speaks

On a recent trip back east I got the opportunity to hike on a short section of the Appalachian Trail. The AT, the holy grail of hiking trails, is the oldest and most popular of the National Scenic Trails. At 2178 miles the Appalachian Trail is the shortest of the three long trails. The Pacific Crest Trail is the next at 2650 miles. The king of the long trails is the Continental Divide Trail. Designated in November 1978 and stretching 3100 miles along the Rocky Mountains the CDT is the newest and least used in the National Scenic Trail system. It is also right in our backyard. It traverses the Idaho Montana border from Yellowstone National Park to the Anaconda Pintler Wilderness Area. The National Scenic Trail system requires a lot of tender loving trail work. There are hundreds of volunteer organizations across the country that is dedicated to maintaining these trails. If you are interested in getting involved, come to the Alpine Club meeting in May and find out how. Mark Whitham

Highway Clean-Up May 9

It is that time of year to contribute to the community and have a great time with friends while helping to clean up our little 2 mile section of Highway 31. The section is located between milemarker 6 & 8 near the old Pine Basin Ski area.

Benefits include getting out in the fresh air, exercise, spotting early spring flowers blooming as soon as the snow melts, the feeling of pride in your efforts every time you drive thru that section of highway. There will be a potluck picnic, and / or a bike ride or hike afterwards. Matching bright orange safety vests and trash sacks are provided for our use. Work gloves are required. Leather boots & safety glasses recommended.

For more information and to sign up for this easy fun trip, call the Whithams at 520.1728.

Participation on Club Activities Common Adventure / Trips:

With the exception of rafting, 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 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, 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.

Day Hiking / Backpacking

Unless otherwise indicated in the trip descriptions contact Sam Pole: Home-523-4970, cell-520-3630, or email sbpole@cableone.net for trip information and to sign up to go on a scheduled trip.

Well, we are into the new year and I hope all of you are looking forward to hiking, biking, rafting, climbing, etc. following your winter activities. For the previous seasons I have had the

uncanny ability to pick a fairly high number of week-ends with bad weather (Rain, snow, freezing temps, and high winds). I'll try to pick better weather days for the 2009 hiking season. I will also continue to schedule Thursday hikes. In addition, I intend to include one over-night hike each month. Some multi-night hikes are also planned. So, check your club bulletin to see scheduled activities and mark your calendars for some hiking in 2009. Sam Pole, Hiking Coordinator.

All Trips Bring Your Own:

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, 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.
11. Mat to sit on

Other personal items of interest

NOTE: The following meeting and time information applies to trips led by Sam Pole. If anyone else is leading a trip call them for the meeting location, time, and to sign up to go.

May 2: Dayhike/Arco Arch NE of Arco

Hike approx. ½ mile into the arch. Easy hiking except for some scrambling around the arch area for pictures. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the West-side Wal-Mart parking lot at the garden end. Depart 8:30 am.

May 16: Dayhike/Echo & Crescent Craters, Craters of the Moon

Hike round-trip approx. 7 miles. The hike is easy over level ground except for the climb to the top of the crater(s). Various volcanic features visible along the way. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the West-side

Wal-Mart parking-lot at the garden end. Depart 8:00 am.

June 6: Dayhike/Meadow Lake north of Mud lake, Lemhi Mts.

Hike round-trip 3-5 miles, depending on how far we wish to go. The hike is moderate uphill to a divide for scenic views of Meadow Lake and the surrounding mountains. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the West-side Wal-Mart parking-lot at the garden end. Depart 7:30 am.

June 11: Dayhike / Pine Creek Pass Crest east of Victor, Idaho

Hike round-trip 3-6 miles, or whatever we wish. Hike should be moderate with an initial climb to the crest and then general wandering along the crest. Views of the Big Holes, Teton Valley, the Tetons, etc. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the Ammon Wal-Mart parking-lot at the garden end. Depart 8:00 am.

June 19-20-21: Backpack/Upper Palisades Lake – Waterfalls Canyon

This is our first overnighter. My preference is to hike in late Friday afternoon; camp at Upper Palisades Lake; day hike Sat. to Waterfalls Canyon; return to camp for Sat. night, and then hike out Sunday morning. Hopefully both waterfalls will be flowing and wildflowers will be in bloom. Trip leader, Sam Pole. Please contact Sam prior to departure via cell, 520-3630. Meet at the Ammon Wal-Mart parking-lot at the garden end. Depart 3:00 pm.

Climbing

For information on club climbing trips contact Kevin Coble at 529-8142 or Eric Larsen at 522-9354. Otherwise to find out about 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/iac_climbing or, via email, send a message with subject or body 'help' to: iac_climbing-request@macrobotics.com

Wednesday night summer climbing is expected to begin the week after Memorial Day weekend. Sign up for the mailing list for the schedule.

Bicycling

For spring bicycling information and trips, contact Jeff Coward at 208.522.8135 or by email: bicycling@idahopalpineclub.org

Below is an abbreviated list of available cycling (and a few other) events for 2009. * - rides I am planning on doing

? - rides I may do

? **May 9, 2009** - W. Yellowstone Lakeside ride (Henry's, Quake, Hebgen Lake loop). Online Registration at http://www.active.com/event_detail.cfm?event_id=1461775

<http://www.cycleyellowstone.com/>
<http://www.westyellowstonechamber.com/> 406-646-7701 • PO Box 458 • West Yellowstone • MT • 59758

? **May 9-10, 2009** - **STOKR** - <http://www.libbymt.com/events/stokr.htm>

<http://www.libby.org/~gregrice/STOKR/>. If anyone was selected, contact Jeff to see if anyone needs to car pool.

* **May 30-31, 2009** - **TOSRV-West** - <http://www.missoulabike.org>

Swan Lake again this year? Contact Jeff about lodging recommendations.

June 6, 2009 - Little Red Riding Hood women's only century (38, 62, 100 mile options) lrhh@bbtc.net

<http://www.bbtc.net/Calendar/annual/lrrhinfo05.htm>

* **June 13, 2009** - West Yellowstone to Warm River (mtn bikes)

* **June 20, 2009** -Tour of Marsh Creek Valley, Pocatello, ID <http://www.idahocycling.com>

* **June 27, 2009** - RATPOD - Ride Around the Pioneers in One Day - <http://www.ratpod.org>. Reserved spaces will be offered in advance for the 2009 ride to riders who raised \$1,000 or more at RATPOD 2008. Remaining spaces will then be made available through online registration beginning March ?, 2009 and continue until cap of 500 riders is reached.

September 12, 2009 (Saturday) - Logan to Jackson road race, <http://www.lotojaclassic.com> LOTOJA registration opens on Tuesday, April 7, 2009. Register early that morning or you won't get in!

July ??-??, 2009? - North Idaho rail trail rides, boating, etc. Let me know which dates are good to go.

July 14, 2008 (Tuesday) 6:30 pm - Idaho Falls ICE time trial #6 Sunnyside Hill, 6 miles

July ? and/or August ? - Rigby Lake ride(s)

August 1, 2009 - Alan Butler Criterium - Idaho Falls ICE race, <http://www.idahocycling.com>

August 22, 2009 (Saturday) - Cycling Association of Star Valley, 20,38,45,65,85,100 mile ride & BBQ <http://www.casv.org/casvar.htm>

Sept/Oct ??, 2009 - Old Faithful ride - <http://www.cycleyellowstone.com/> (both tours) Online registration available at:

http://www.active.com/event_detail.cfm?event_id=1492044

Rafting

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

May 22-25: Rafting/Memorial Day Weekend - on Shoup stretch of Main Salmon. Camp at Spring Creek Campground. Run ~10 miles of class 3+ water twice each day. Potluck dinner Saturday and Sunday nights. Must help haul gear if you are planning to float. Contact Greg Hulet - 523-6199.

June 6 or May 30: Rafting/Fall River (Class III+), One or two runs depending on interest of those signing up. (Greg Hulet 523-6199)

June 13-14: Rafting/Sunbeam day section Salmon River (class III). Camp at Mormon Bend (O'Brien closed for bridge repair). Bring your own boat. No walk-on please (Jim Lee 208 569-5573).

Rafting: April - November: Call to arrange Alpine Canyon (class II-III) float trips. Preferred trips would be with participants providing their own boats and equipment (15 max total). I can sometimes accommodate 1-4 people needing equipment. Note: Saturday's are very busy. Week day afternoons or Sundays work best. (Jim Lee 208 569-5573) Note: Saturday's are very busy. Week day afternoons or Sundays work best.

For those planning to take a group to Alpine Canyon the following rules apply. You will be ticketed if you are caught breaking them:

1. Maximum party size with no permit is 15. If your party is 15 people or less, no other limits apply, including the four boat limit.
2. Organizational trips only apply to groups with a paid leader (Some outdoor programs, Youth Minister, etc.).

Gear available:

16-ft Ryken self-bailer

15-ft Aire self-bailer

13.5-ft Maravia self-bailer

14-ft Ryken conventional floor

14-ft Udisco conventional floor

Inflatable kayaks - 2

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.

Self bailers - \$60/day

Conventional floor - \$20/day

Inflatable kayaks - \$20/day

For Sale:

1. Marmot Screech 2-3 person backpacking tent, excellent condition. Asking \$100.00

2. Two Kelty external frame packs. One medium/large and one small(teen or woman-sized). Good/very good condition. Asking \$25 apiece.

3. North Face woman's 20 degree Cat's Meow synthetic sleeping bag. Good/very good condition. Asking \$60.00.

Contact Sam Pole: Home-523-4970, cell-520-3630, or email sbpole@cableone.net for further information.

IAC Logo T-Shirts & Patches!

Short sleeves or long sleeves, crew neck, heather grey Dri Release material with embroidered IAC Logo! Short sleeve \$14 each. Long sleeve \$21 each. Sizes Small, Medium, Large, and X-Large.

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:

- MAY 6: IAC GENERAL MEETING
- May 2: Dayhike/Arco Arch NE of Arco
- May 9: Highway Clean-up
- May 16: Dayhike/Echo & Crescent Craters, Craters of the Moon
- May 22-25: Rafting/Memorial Day Weekend
- June 6: Rafting/Fall River
or May 30
- June 6: Dayhike/Meadow Lake north of Mud lake, Lemhi Mtns.
- June 11: Dayhike / Pine Creek Pass Crest east of Victor, Idaho
- June 13-14: Rafting/Sunbeam day section Salmon River
- June 19-21: Backpack/Upper Palisades Lake – Waterfalls Canyon
- Climbing: Subscribe to find out the weekly climbing location.
- Bicycling: Club & local events listed on pages 2-3, regional in February & March Bulletins on Website.

Get out there and experience it!

**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	7/1 to 10/1
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.

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, Idaho Falls
- ★ Canyon Whitewater Supply
522-3932
450 S Yellowstone, Idaho Falls
- ★ Alpine Schwinn 523-1226
1352 S. Holmes Ave.
- ★ Bill's Bike Shop 522-3341
805 S. Holmes Ave.
- ★ Lynna and Leland Howard offer members of IAC a 10% discount on all of their published books. 357-1917 or 357-3166;
lynna.howard@mac.com
leland@wildernessbooks.com
- ★ Stone Walls Rock Gym. Call 528.8610 for information.
Winter hours are:
4-9 PM Monday - Thursday
4-10 PM Friday
12 - 10 PM Saturdays
- ★ Discounts on Jerry Painter's Hiking & Biking guide books

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