

Idaho Alpine Club Bulletin

Volume 52 - Issue Number 5 - May 2012

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

web site: www.idahoalpineclub.org

e-mail: info@idahoalpineclub.org

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2012 Council

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

Members-at-Large

Colleen Bohan	529-0151
Karl Bohan	529-0151
Sue Braastad	881-4354
Mark Whitham	520-7232

Council Meetings:

Council Meetings are generally held on the second Tuesday of each month at 7:00 PM. IAC Council Meeting Monthly minutes are available on line.

Upcoming Council Meetings:

May 9: Bohan's home 748 Adell 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.

JUNE Bulletin Deadline is:

5 PM on MAY 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.

BULLETIN WILL NOT BE ISSUED IN JULY

IDAHO ALPINE CLUB GENERAL MEETING

"BE BEAR PREPARED THIS SUMMER"

Presented by Ken Olson

WEDNESDAY, MAY 2, 2012 @ 7:00 P.M.

SKYLINE ACTIVITY CENTER

near the Idaho Falls Airport and 1575 N Skyline Dr

This month's meeting features a discussion by Ken Olson on bear behavior and what to do if you by chance encounter one. Ken will explain where you might expect to encounter a bear based on where they are likely to be feeding at different times of the year. (According to Ken you can even encounter a bear even in winter as they venture out of their dens from time to time.) Ken will discuss the various bear encounters that occurred in our area last year and he will talk about why encounters are increasing. He will cover how to act when confronting a bear including how to arrange yourself if you're in a group of people. Ken will also talk about the best way to carry bear spray, whether to test the canisters from time to time and he will bring inert spray so club members can practice using the canisters.

Ken is a volunteer Idaho Master Naturalist and serves on the board of the Upper Snake Chapter of Idaho Master Naturalists. He has spent 220 hours over the last three years as a volunteer for Idaho Fish and Game in various capacities from collaring mule deer to duck banding at Mud Lake to spawning Yellowstone cutthroat trout at Henry's Lake. Ken has also conducted plant surveys, planted bear brush and sagebrush and participated in a moose/elk tracking survey along Highway 20 in the Island Park Area. Don't miss this meeting because you might learn something that someday might save your life.

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 hope this newsletter finds everyone healthy, happy and planning lots of outdoor activities. Winter is finally loosening its grip and letting spring (seems like summer right now) into our little corner of the world. This is a great time of year to brush up on our first aid skills. A first aid course such as the NOLS Wilderness Medicine Institutes, Wilderness First Aid, is a great way to prepare for a summer of outdoor fun. My wife and I have taken this course a few times and have found it very interesting every time that we have taken it.

If you don't go for the class at least review a few simple things. With the warmer weather we need to remember to watch for heat related illnesses. Heat prostration and Heat stroke can strike anytime during the summer months and ruin a great trip. Know the symptoms and what to do if you or a member of your party gets sick. Another thing to watch out for this time of year is ticks, Yuck! Little blood sucking insects that can carry diseases such as Rocky Mountain Spotted Fever. Be sure to check yourself and your clothes when you are done with the day's activities. If you find an embedded tick there are commercially available products for removing them that should be part of your first-aid kit. But remember Do Not leave any part of the tick in your body or you risk getting very sick. If the tick is embedded too far see a doctor, it is worth the time and money to get treated properly.

Mark Whitham

Participation on Club Activities / Trips: With the exception of rafting trips, trips 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, 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.

Climbing

For information on club climbing trips contact Kevin Coble at 201-1840. Wednesday Night rock climbing at local climbing areas, will begin the first Tuesday after Memorial Day. The schedule will be posted beginning in the June bulletin. To find out about spring 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. 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.

Non-technical Mountaineering

For information and to sign up to go, as noted in the trip descriptions, please contact the trip coordinator listed, 24 hours prior to any trip. Full trip descriptions and climbing class definitions are posted at www.idahoalpineclub.org

Climbing mountains is serious business...even "small" mountains. Inclement weather, exposure, traveling on snow can change an "easy" mountain to a "difficult" mountain in a matter of minutes. These alpine trips are not guided climbs. 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. However participants are expected to evaluate their 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 climbs have access to water); food, clothing, and appropriate mountaineering gear (and be knowledgeable and experienced in its use). To ensure we are trained to face our proposed hiking challenges a Snow School will be held in late April by the IAC Climbing group, we should all plan to attend this school-see more information in this news letter.

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.

May 12: Dayhike / Gibson Mountain Loop (Class 1) - This is planned as a spring flower hike so plan on plenty of stops on the way up the Gibson Mountain trail, to identify flowers (rare Steershead grow up here) and or to take photos. We will leave and return to the same trailhead by looping back via the Gibson Jack trail. The hike is approximately 8 miles with an elevation gain of almost 1700 feet. There may possibly be snow drifts at the top of Gibson Mountain. Be prepared to cross hard pack steep snow with stiff soled boots and hiking poles or an ice axe. The rest of the trail is well graded but rocky with little shade. For meeting place & time, call the Whithams at 520.1728, 24 hours prior to the trip.

May 12: Day Hike / Hidden Falls & Inspiration Point (Class 2: 7,200 ft, 5.8 miles). *Note this hike replaces the May 12th hike in the April bulletin.* Located in Teton National Park this trail begins in the large parking lot at the south end of Jenny Lake. We will follow the trail around the south end of the lake to Hidden Falls and then to Inspiration Point. Return to the trailhead will be via the north end of the lake or the south end or take the ferry. The trailhead can be accessed by passenger vehicle. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from McDonalds on Yellowstone Highway at 8:00 AM.

May 19: Day Hike / Skyline, Bonneville, Snow, and Haystack Peaks (Class 2: 9,140 ft; 9,271 ft; 9,138 ft; and 9,033ft, 4 miles o/b, 9 to 12 miles w/shuttle): This will be a climb of Skyline/Bonneville and traverse to Snow and Haystack peaks near Inkom, Idaho. We will climb from the Pebble Creek ski area at the western base of the peak. This can be hiked as an out and back if we do not want to attempt a shuttle or as a car shuttle by leaving a jeep/truck (4WD) at the bottom of Haystack Peak. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Since we are doing this hike early in the year we could easily encounter snow on the route. Meet at Dads Truck Stop on I-15 exit 113 for a 6:00 AM departure. We will car pool to the trailhead by 9:00 AM after setting up shuttle vehicles.

May 26: Day Hike / Baldy Mountain (Class 2, 9,835 ft, 9.5 miles) Baldy Mountain is a very prominent peak that rises east of the town of Swan Valley. The best route to the summit is a trail-less scramble of almost 5,000' vertical up the south ridge from a starting point near Palisades Creek Campground. The trailhead can be accessed by passenger vehicle. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from McDonalds on Yellowstone Highway at 7:00 AM.

June 02: Day Hike / Upper Palisades Lake and Waterfall Canyon (Class 2: approximately 9,500 ft, 18 miles). This hike is made more difficult by its length. The hike will follow the Palisades Creek and will offer splendid scenery; lots of moose, deer, and some Mountain Goats roaming the high rugged cliffs along the trail. After 4 miles we will come to the Lower Palisades Lake and continue to the upper Palisades Lake, then on to Waterfall Canyon where there are two spectacular waterfalls. We will hike back to Lower Palisades Lake via Waterfall Canyon and Lake Canyon Trails. The trailhead can be accessed by passenger vehicle. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from McDonalds on Yellowstone Highway at 7:00 AM.

June 16: Day Hike / Amphitheater and Surprise Lakes (Class 2: 9,698 ft, 9.6 miles). Located in Teton National Park this will give us some early training on the same trail that we will use to access the Middle Teton in July. We will access the trail at the Lupine Meadows Trailhead. The trailhead can be accessed by passenger vehicle. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from McDonalds on Yellowstone Highway at 7:00 AM.

Bicycling

The latest road bike maps will be available on the IAC website under club archives, road biking maps.

Tours or Races

For information call Jeff Coward at 208.522.8135.

TOSRV-West: May 19-20, 2012, 2 days, 230 miles. The route goes from Missoula, Montana to Potomac 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. <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/>

Local Biking

For information and to sign up to go, as noted in the trip descriptions, please contact the coordinator indicated, 24 hours prior to any trip. Full trip descriptions, bicycling protocol / safety tips, and a link to Idaho bicycling laws are posted at www.idahoalpineclub.org. These bike rides are self-supported, group adventure outings. The goal will be to ride enough during the summer to be able to ride in the Heart of Idaho Bike Ride in Idaho Falls or the Tour of the Marsh Creek Valley in Pocatello. Each trip will have a leader who serves as a resource to the group and provides some basic trip structure. However participants are expected to evaluate their 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 biking gear to loan. For all outings, participants are expected to bring water; food, clothing, and appropriate bike maintenance gear (and to be knowledgeable and experienced in its use).

Trip lengths are indicated for a round trip distance. Contact leaders with questions if you are new to biking or new to the area. Trips may be cancelled at the last minute due to weather or conditions outside of the leader's control. We begin riding at 10 am during April to beat the cold; 9 am in May to beat the wind; 8 am in July and August to beat the heat. Generally if a ride is weathered out, we'll re-schedule it for the next weekend to keep on track to train for the end of summer century rides.

May 05: Day Ride / East River Road (35 and 40 miles): These rides will be designed to get us all riding together on our bikes and get use to riding on a highway with some moderate traffic. We will try to reach Osgood during this ride. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from the EROB building at 9:00 AM.

May 13 (Sunday): Day Ride / East River Road (35 and 40 miles): These rides will be designed to get us all riding together on our bikes and get use to riding on a highway with some moderate traffic. We will try to reach Roberts during this ride. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from the EROB building at 9:00 AM.

May 20 (Sunday): Day Ride / West River Road (35-40 miles): This ride will continue to refine our road riding skills on a highway with some moderate traffic. We will try to reach Shelley during this ride. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from the parking lot across from Reed's Dairy at 9:00 AM.

May 27 (Sunday): Day Ride / West River Road (35-40 miles): This ride will continue to refine our road riding skills on a highway with some moderate traffic. We will try to reach Blackfoot during this ride. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from the parking lot across from Reed's Dairy at 9:00 AM.

June 03 (Sunday): Day Ride / Fish Creek (40-60 miles): Various ride length options are available on this road bike ride that starts from the Warm River campground area. Shorter options are available – you can turn around at any point and return to the start. The Fish Creek road is paved for over 20 miles and ascends above the Island Park area for an elevation gain of about 2,700 feet. The pavement is in reasonably good shape and there is almost no traffic. Near the end of the pavement, there is a descent on the Baker Draw road that is also paved for about 10 miles. Both roads have unpaved sections. The Fish Creek road eventually connects with the road to Big Springs, while the Baker Draw road leads to Eccles. Mosquito repellent might be worth carrying in addition to your sun screen. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from McDonalds on Yellowstone Highway at 7:00 AM.

June 9: Day Ride / Ashton to Tetonia Trail - We will be riding from the Tetonia trailhead. The Ashton-Tetonia Trail is Idaho's newest State Park. This is a fairly easy mountain bike route on an old railroad bed. We will ride out and back with the length determined by who goes and how far we want to ride. For meeting place & time, call the Whithams at 520.1728, 24 hours prior to the trip.

June 10 (Sunday): Day Ride / Henry's Lake, Quake Lake, Hebgen Lake Loop (65 miles): We will use Highways 87, 287, 191, and 20 to complete this ride. Snowmobiling season will be over, and the tourist season will not yet be in full swing, so traffic is usually light. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Depart from McDonalds on Yellowstone Highway at 6:00 AM.

June 16: Day Ride / Cycling/Tour of Marsh Creek Valley (26, 60, & 100 miles): *NOTE: This ride conflicts with a hike in the Tetons to Amphitheater Lake; I will ask Jeff Coward to lead this ride.* We will start and finish at the Pocatello Charter School at the intersection of Arthur and Bannock Highway in Pocatello. You will need to pre-register for the tour <http://www.idahocycling.com>! You will all be ready for the 60 mile version of this ride. Please contact Ken Krivanek at 390-8471 24 hours prior to the trip. Meet at Dads Truck Stop on I-15 exit 113 for a 6:00 AM departure.

Highway Clean-Up May 19

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 afterwards. Matching bright orange safety vests and trash sacks are provided. Work gloves are required. Leather boots & safety glasses recommended.

For more information on time and place to meet, plus to sign up for this fun event, call the Whithams at 520.1728 by May 10.

Rafting

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

Club Gear available:

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:

16-ft Ryken self-bailer - \$60/day

15-ft Aire self-bailer - \$60/day

13.5-ft Maravia self-bailer - \$60/day

14-ft Ryken conventional floor - \$20/day

14-ft Udisco conventional floor - \$20/day

2 - Inflatable kayaks - \$20/day each

May 4 or 11: Overnight Canoe Trip / Ririe Reservoir - Depending on interest and weather, launch from Blacktail Friday and paddle about halfway to the dam. Camp overnight. Paddle out the rest of the way Saturday to the dam ramp. Pace won't be fast, especially if the fish are biting. Contact Greg Hulet for more information. 523-6199

May 25-28: Rafting / Main Salmon Memorial Day Weekend – Shoup Stretch of Main Salmon - Class 3+ Because of conflicts, the Memorial Day Weekend rafting trip will happen differently than it has in years past. Assuming sufficient interest and the weather holds, rafting will start Friday May 25 with at least one run, depending on when participants arrive. Plan on two runs Saturday. Sunday and Monday will be dependent on who will be there. Wetsuits highly recommended. The Hulets will have to leave Saturday night. Those wanting to run Sunday and Monday will need to be able to return club gear to Idaho Falls or have their own. Everyone should plan on hauling a share of the rafting equipment both up and back and helping with the shuttles and the raft setup and takedown. We are not outfitters. There will be potlucks Friday and Saturday evenings and Sunday, if people are still there. If the weather is chilly, there may be a hike to a different hot spring than usual Saturday morning and then a run in the afternoon. Cost is \$10 per day for those running the river. If you are interested, contact Greg Hulet for more information. 523-6199.

June 2 or 9: Rafting /Fall River - Class 3+ to 4 - Depending on water level, run Fall River 1 or 2 times. Wetsuits highly recommended. Contact Greg Hulet for more information. 523-6199

Dates to Remember:

May 2: IAC GENERAL MEETING
Be Bear Prepared this Summer
Bring a friend to the Meeting

May 4or11: Overnight Canoe Trip/Ririe Reservoir

May 05: Dayride/East River Road

May 12: Dayhike / Gibson Mountain Loop

May 12: Dayhike/Hidden Falls & Inspiration Point

May 13: Dayride/East River Road

May 19: Dayhike/Bonneville-Haystack Peak

May 19: Highway Clean-Up

May 20: Dayride/West River Road

May 26: Dayhike/Baldy Mountain

May 27: Dayride/West River Road

May 25-28: Rafting / Main Salmon Memorial Day Weekend

June 2 or 9: Rafting / Fall River

June 2: Dayhike/Upper Palisades Lake & Waterfall Canyon

June 3: Dayride/Fish Creek

June 9: Dayride/Ashton to Tetonia Trail

June 10: Day Ride/Henry's-Hebgen Loop

June 16: Dayride/Tour of Marsh Creek Valley

June 16: Dayhike/Amphitheater Lake

Climbing: Subscribe for updates to the weekly 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 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. Sizes.

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.

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

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