

# Idaho Alpine Club Bulletin

Volume 53 - Issue Number 5 - May 2013

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

web site: [www.idahoalpineclub.org](http://www.idahoalpineclub.org)

e-mail: [info@idahoalpineclub.org](mailto:info@idahoalpineclub.org)

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## 2013 Council

President	Sam Pole	523-4970
Vice-president	Sue Braastad	881-4354
Secretary	Susan McKinley	529-4583
Treasurer	Donna Whitham	520-1728

## Members-at-Large

Colleen Bohan	529-0151
Karl Bohan	529-0151
Ken Durstine	524-3505
Sheila Kappel	528.8788
Joyce Storey	521-2572
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:

May 9: Whitham's Home 706 Laurelwood Ave.

June 12 @6:30: Pole's Home 1710 Del Mar Dr.

## Activity Coordinators:

Backpacking	Sam Pole	520-3620
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
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 Beaverhead meeting room at the Idaho Fish and Game office.

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 **5<sup>TH</sup>** of the month due to bulk mailer deadlines.

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.

## **IDAHO ALPINE CLUB GENERAL MEETING**

**WEDNESDAY, MAY 1, 2013 @ 7:00 PM**

**HIKING THE PACIFIC CREST TRAIL**

**DEVELOPMENT WORKSHOP**

**555 WEST 25TH ST**

From 17<sup>th</sup> Street & Rollendet, go south to 25<sup>th</sup> 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.

Victor landscape photographer Josh Myers will present a slideshow at this month's meeting featuring his recent backpack along the Pacific Crest Trail. Josh started hiking at Campo, CA on the Mexican border on May 1, 2010 and didn't finish until he arrived at Manning Provincial Park in Canada on Halloween. While he hiked with other people along the 2,663 mile trail from time to time, for the most part Josh hiked alone. He did have to take a couple of respites from the trail-first, when he came down with chicken pox and later, when he endured a bout of e coli after drinking unfiltered water from a stream. Among his varied experiences along the trail were a tug of war with a marmot as it tried to abscond down its burrow with one of Josh's trekking poles. More ominously was the time a bear ripped his tent and started dragging it while Josh was still in it.

Josh does freelance work for National Geographic, Backpacker and Sierra Club Magazines as well as the Jackson Hole News and Guide. His work has also appeared in a couple of English outdoor publications, Trail and Country Walking. Josh's program will provide a good opportunity to view and appreciate the beautiful landscapes to be encountered along this classic American hike.

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

## **President Speaks**

Why join the Idaho Alpine Club? Why pay dues, take the time to go to meetings and feel guilty if you don't go on the scheduled activities? Well.... here are some reasons.

**Learn.** Outings are a good place to learn new things. You can pick up ideas of other places to hike or ski, or more importantly, where and when not to go certain places. When are the highlands open for a hike? When are the flowers blooming at Craters of the Moon? The club has a wealth of knowledge in the trip leaders. You can also pick up on practical things – what makes a good lunch? At lunch breaks I find myself looking around and suffering from lunch envy. I usually just eat my own trail mix, but I see yummy sandwiches made with locally bought bread, fruit, cheeses, snack cups, energy bars, energy drinks, you name it. Other practical things to learn include makes of equipment that are durable and have outstanding warranties. There is nothing worse than spending hard earned money for trekking poles or snowshoes that break or boots that wear out fast.

**Meetings** are an excellent place to get to know places to go and how to get there – bike, hike, canoe. In some cases they have told me where not to go and how not to try to get there. The meetings have inspired me to want to explore the world more.

**Camaraderie.** It is just fun to go on outings and go to meetings with like-minded people. We all (I would imagine) share a love of the outdoors and an interest in learning more about our part of the world.

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(Cont.) **Go.** Would I go on as many outings if someone didn't slap an outing schedule in front of me with the promise of seeing new places or enjoying old places? If I had to plan it all myself, would I get off the couch and actually move? Maybe, but doubtful. The club also motivates me to get more exercise so I can handle the treks without gasping in the first 10 minutes. I am sure we all have our own reasons for joining the club, but these are some of mine. See you on the trails! ~Sue B.

## Participation on Club Activities

### Common Adventures / 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, 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.

### 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
12. Other personal items of interest

### Non-technical Hiking / Mountaineering

Unless otherwise indicated in the trip descriptions contact Sam Pole: 520-3630, or email [sbpole@cableone.net](mailto:sbpole@cableone.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.

**May 11 Saturday / Day Hike: American Falls Fish Hatchery Trail:** This is an easy trail below American Falls Dam. Round-trip approximately 2 miles. The interest is on the dam, Snake River canyon, hatchery, and birding. Please contact Sam Pole, trip leader, at 520-3630, 24 hours prior to Saturday. Depart 8:30 a.m. from in front of the west Wal-Mart garden center.

**May 25 Saturday / Day Hike: Bell Mountain Canyon Loop:** This hike is on the east side of the Lemhi Mountains and will include a visit to the charcoal kilns that produced charcoal for lead mines during the early part of the 1900's. Round trip is approximately 6 miles. This is mostly a big canyon hike through meadows and spruce-fir forests. Please contact Sam Pole at 520-3630, 24 hours before the hike. Depart 8:30 a.m. from the west-side Wal-Mart garden center.

### Climbing

For information on club climbing trips contact Kevin Coble at 201-1840. 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](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](mailto:iac_climbing-request@macrobotics.com).

#### YMCA Rock Climbing Gym

Call 528.8610 for information.

SUMMER HOURS:

TUESDAY 4PM - 9PM & SATURDAY NOON - 9PM

WINTER HOURS

(Effective October 1):

MONDAY - FRIDAY 4PM - 9PM

SATURDAY NOON - 9PM SUNDAY CLOSED

Idaho Alpine Club members may show their membership card to receive 10% off of daily rates or the 10 punch card.

### Highway Clean-Up May 11

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 8.

### Bicycling

As information on tours or races of interest is emailed to the bulletin editor, it will be included, unless submitted too late for applying for the ride.

If anyone would like to coordinate some local bike rides this year please submit them in the format shown below to be

included in the bulletin by the submittal date indicated on the front page.

IAC bike rides are self-supported, group adventure outings. Each trip will have a coordinator who serves as a resource to the group and provides some basic trip structure. However 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 biking gear to loan. For all outings, participants are expected to bring their own 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 or rescheduled at the last minute due to weather or conditions outside of the leader's control.

**Idaho road biking laws are at:**  
[http://itd.idaho.gov/bike\\_ped/Idaho%20Code%20Related%20to%20Bicyclists.pdf](http://itd.idaho.gov/bike_ped/Idaho%20Code%20Related%20to%20Bicyclists.pdf).

**May TBD / Mountain Bike Ride** I am attempting to do one IAC cross country mountain bike ride each month during the summer and early fall. Maybe 2 beginner rides and the rest intermediate or better rides, depending on the technical riding skills and physical conditioning of those interested. I'm thinking the first ride will be a beginner ride at Harriman state park in late May if the trails dry out. Route would likely be Big Bend loop, Golden Lake trail, the Ridge trail up Heart Attack Hill or the bypass, and the Silver Lake trail. As this is a beginner ride, duration will likely be at least two hours or all afternoon at a easy pace. The trails at Harriman are a great introduction to single track riding, with the exception of Heart Attack Hill, they are flat or easy rolling.

For those new to mountain bike riding in the woods, be aware that you need how and when to shift gears and use your brakes on a unpaved surface such as a dirt road or level field before you come on the ride. If needful, I can conduct a intro level session on a date prior to the ride.

Email me, [kdurstine@gmail.com](mailto:kdurstine@gmail.com), if you want to be on the riding list or watch the IAC facebook page for dates and times. You will need to provide your own bike and transportation to participate.

### Local Bicycling Maps

Mapman Alan Crockett has revised the set of 29 (and growing) local road biking routes used by the Tuesday morning geezer bike group (not IAC affiliated). The latest maps are available on the IAC website under club archives, road biking maps.

### Rafting

For information on renting club rafting gear (IAC club members only) contact Greg Hulet at 523-6199 or [rafting@idahoalpineclub.org](mailto: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

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.

### Trips:

**May 24-27 Rafting / Camping:** Memorial Day weekend on Shoup stretch of Main Salmon. Camp at Spring Creek Campground. Run ~11 miles of class 3+ water twice each day. We plan to run Friday through Monday depending on interest. Cost is \$10 per day for those running the river. Hulets will come home Saturday night. Potluck dinner Friday, Saturday and Sunday nights if sufficient people are there. Must help haul gear if you are planning to float. Must commit by May 17. Contact Greg Hulet – 523-6199.

**June 1 (or June 8) Rafting / Fall River:** Run twice if enough boats want to run. 8 miles of class 3+ water. Water level dependent. Contact Greg Hulet – 523-6199.

**July 27 Rafting / Alpine Canyon** Run twice if group desires. 8 miles of class 3+ water. 15 person limit. Contact Greg Hulet – 523-6199.

**Note:** 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.).

### TRIP REPORTS

**April 6 Dayhike / Menan Butte:** The weather was delightful but cloudy for this 3 mile. Views of the river were outstanding. The clouds were too low to see the Tetons, but the rain held off till we got back to the trail head. Attendees: Sue Braastad, Joyce Storey & Chris, Sam Pole, Karl & Colleen Bohan, Ken Durstine, and the Whithams, plus Tonnerre, Molly, Jackie, and Daisy.

### 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.

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

Dates to Remember:

May 1: IAC GENERAL MEETING

May 11: Day Hike/American Falls Fish Hatchery Trail

May 11: Highway Cleanup

May 25: Day Hike / Bell Mountain Canyon Loop

May TBD: Mountain Bike/Harriman

May 24-7: Rafting/Camping Memorial Day weekend Shoup stretch of Main Salmon

June 1: (or June 8) Rafting / Fall River

July 27: Rafting / Alpine Canyon

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. To do this, the photos do need to be your photos & shared with the public.

**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](http://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
- 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 all of their published books. 357-1917 or 357-3166; [lynna.howard@mac.com](mailto:lynna.howard@mac.com) [leland@wildernessbooks.com](mailto:leland@wildernessbooks.com)
- Discounts on Jerry Painter's Hiking & Biking guide books