

Idaho Alpine Club Bulletin

Volume 55 - Issue Number 9 - September 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:

Jul 22: Braastad's Home 1610 Blue Camas 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.

OCTOBER Bulletin Deadline is:

5 PM on September 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, SEPTEMBER 2, 2015 @ 7:00 PM

"SKI WAXING CLINIC"

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.

The leaves on the trees may not have turned yet but winter is sure to arrive once again this year as it always has. For many of us, this means we will be taking the nordic skis out of storage soon but when was the last time you glide waxed those skis or do you remember how to prepare the ski base before applying wax?

Now's the time to brush up on your glide and kick waxing technique before the snow flies. Even waxless skis need an application of glide wax once in a while. Jack Hart, a rep for Swix wax, Madshus skis and Atlas snowshoes will give us a waxing clinic this month to help you brush up on your waxing skills if you are an old-timer or help you learn how to improve your skiing enjoyment if you are new to waxing technique. Jack began skiing in Burlington, Vermont in 1975 (the last year of wood skis). He as raced in college, then coached other skiers and, for many years, has served as head wax technician at the West Yellowstone Fall Ski Festival. Whether you're performance oriented or just a touring skier, here's your chance to learn from an expert how to bring out the best in your skis. Freshening up those ski bases may just bring a smile to your face the first time your skis hit the snow this winter.

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

Wilderness and the Human Spirit

Three things I love about as much as my daughters, Taylor and Morgan, are wilderness, solitude, and serious- thoughtful writing. Knowing this; for Father's Day this year, they gave me **BACKPACKING WITH THE SAINTS – Wilderness Hiking as Spiritual Practice** by Belden C. Lane. Mr. Lane is a skilled wilderness backpacker, as well as an author with major intellectual heft. His writing is as efficient and utilitarian as his pack. Ponderous verbiage would be as welcome in his pack as a French Press. This is not a book that you read in your recliner or on a park bench. Mr. Lane is recommending that you push yourself physically and challenge your comfort level as it relates to risk to some degree before you invite one of the saints into your noggin. He also extols the virtues of solitude. Since my default mode is alone, I heartily agree with him. When you think about it; if you don't enjoy your own company life is going to be an endless search for other people to make you whole.

Look at the book on line. Check out the company you would be keeping. If you decide to take the risk, buy it. Then go out and without being stupid or foolhardy, hit the less traveled trail, revel in your solitude and the rugged beauty around you, and read. bbeach@q.com.

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. Most times they are welcome if on leash. 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. Puffy jackets take up little room these days. 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.)

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.

2015 Wednesday night climbing schedule:

Sep 2nd Pocatello

Climbing outdoors will continue through September if weather allows.

On Wednesday night I (Kevin Coble, and anyone who wants to help) will head out of town early, to set ropes at the specified location at about 4:30 p.m. The rest of the group usually leaves at 5:45 from the north side McDonalds parking lot (if climbing at Ririe, Heise, or Paramount), or the climbing gym (if climbing at Blackfoot or Pocatello). If anyone can't make the meeting times and needs directions to get to the climbing location on their own, give me a call and I'll be happy to provide them.

Non-technical Hiking / Mountaineering

Unless otherwise indicated in the trip descriptions contact Sam Pole: 520-3630, or email 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.

REMINDER: As a precaution, any time we hike east of I-15 and north of the Snake River/Palisades Reservoir, bear spray is necessary.

Aug 29-Day Hike / Upper Palisades Lake:

Rescheduled due to smoky conditions. Roundtrip is 14 miles (11 miles to lower lake as GPS'ed on 8/22/2015) and the hike is rated easy to moderate. Palisades Lake trail to the lower lake is probably the most popular trail in the Snake River Range, less so to the upper lake. Please contact **Sam Pole at 520-3630** prior to the trip. Leave from Fred Meyer-McDonald parking lot at 7:30 am.

Sept 12-Day Hike / Taylor Mountain:

Taylor Mountain is just north of the road to Teton Pass east of Victor, Idaho. The hike is judged to be moderate+ because of the last mile climb to Taylor Mountain. Otherwise it is a pleasant hike. Round trip is approx. 7.2 miles. Elevation gain is 2800 feet. Please contact **Sam Pole at 520-3630** prior to the trip. Depart 7:30 am from the Fred Myer-McDonald parking lot.

Sept 25-27 -Backpack 2 nights / Fish Pole Lake: This is a rescheduled outing and is tentative depending on how well I do on several preceding hikes. It is 1.8 miles to Iron Bog Lake and another mile to Fish Pole Lake where camp will be. Should anyone wish to camp at Iron Bog Lake, that will be ok. Overnight gear is required (cooking essentials, food, tent, sleeping bag, air mattress, etc.). Fishing and exploring will be the focus of this outing. Or if you wish to simply relax and read a book in a beautiful setting, do so. Please contact **Sam Pole at 520-3630** prior to the trip. We will leave from the west Wal-Mart parking lot in front of the garden center Friday, Sept 25 at 8 am. We will return late Sunday, Sept 27.

Bicycling

It's biking season, unpredictable weather, afternoon thunder boomers, and all. I'm working on the some mountain bike rides, but they will be scheduled ad hoc, on pretty short notice. If you want to be notified of upcoming rides, send contact information, preferably an email address, and a 1st choice of weekend day, to kdurstine@gmail.com, or a txt to 208-534-3505. These are planned to be day rides, but if enough interest is shown, we might do an evening or even a night ride. In general, these are not beginner rides and require some physical conditioning with strong intermediate riding skills.

The IAC bike rides are self-supported, group adventure outings. 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 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.

For Sale: Bontrager Racelight Wheelset, used, 700C, clincher rims, flat-bladed spokes, 9 cog Shimano cassette. Comes with tires-\$115.00. Bob Tyler, 787-2601

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

September 19 & 20 - Pocatello Pump

The Pocatello Pump, the oldest rock climbing competition in America (34 years), originated as a "climbers picnic" in the fall of 1981. The Pump has gained a reputation over the years as a fun, friendly rock climbing competition, each year bringing familiar and new faces alike to the basalt cliffs of Ross Park. The focus is on fun and the enjoyment of climbing. In this age of "serious climbing", we have maintained a contest which brings out the good natured side of most people involved. The locals of Pocatello really love to see other climbers "pump" themselves up on the best quarter mile of basalt anywhere.

Hosted by the Idaho State University Outdoor Adventure Center. \$5 from every entry fee goes to support the Access Fund.

www.isu.edu/outdoor/pump.shtml

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:

- Sep 2 IAC General Meeting "Ski Waxing Clinic"
- Aug 29 Day Hike / Upper Palisades Lake
- Sep 2 Climbing / Pocatello
- Sep 12 Day Hike / Taylor Mtn
- Sep 25-27 Backpack 2 nights / Fish Pole Lake

Climbing: Subscribe to find out updates to the weekly climbing schedule. 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	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.
- <http://www.tetonhikingtrails.com> offers detailed hiking information for Grand Teton National Park & has a link to IAC's website.