



Fairbanks Area Hiking Club

Hiking Alaska's Interior and Beyond

Issue 2, April 2000

Letter From the President

By Lew Apgar

Howdy folks, this is the club founder here in the first of a regular column where we try to answer questions about what is going on in the hiking club. It appears that more people than just me are getting excited about the upcoming hiking season. We have had a lot of people express interest in our longer trips and have heard an outcry for more short trips.

We wanted to have the dates for the longer trips first so that people would have plenty of time to let their bosses know "I gotta take a Hike". We will schedule shorter hikes at the meetings and throughout the summer. Other plans include arranging trail days activities, and working with state and federal agencies to improve local trails.

American Hiking Society and FAHC

A few people have been wondering what our relationship is to the American Hiking Society (AHS), so I thought I would try to clear that up and plug AHS a little. The American Hiking Society is a national organization dedicated to serving hikers and protecting the nation's hiking trails. They are a watchdog for federal legislation that affects hikers. Also they help keep smaller local clubs like us, informed about what is going on nationally and in other locals. It has really helped us getting started to be able to look at what other hiking clubs do and how they are organized. Our hiking club is a member of an alliance of organizations whose focus are foot-trails. Organizations in the

alliance share information and work together on public policy. As a group we have more political power. As a member of the alliance we:

- Receive a regular alliance newsletter
- Can voice our concerns through AHS lobbyists to capitol hill
- Have access to post current club projects on their web page
- Gain eligibility for a grant (they give away about \$60,000 a year to a dozen clubs) P.S. I'm looking for someone to apply for this grant for us
- Have potential for one of their volunteer crews to come up and work on our trails (the BLM makes use of these crews every other year on the Pinnell trail)
- Access lots of other information about hiking (the Health benefits of hiking article, in the last newsletter, was summarized from an AHS update).

The American Hiking Society also has individual memberships and as an alliance member the cost is discounted to only eight dollars annually. Our Membership in the alliance costs 50 dollars annually. If you want to learn more about AHS check out their web page at www.americanhiking.org or give me a call.

Inside:

- **Becoming Weather-Wise**
Tips on accessing the *best weather resources*
- **Monthly Calendars**
- *Hikes, hikes, and more hikes*
- **Upcoming Meetings and Clinics**
- **Four Legs vs. Two**
Have you considered *using Trekking Poles?*
- **Beg, Borrow, or Buy**

Weather-Wise Hiking

By Mark Carlson

Boots..check, pack..check, trekking poles..check, raingear..check, GPS..check, dog..check, weather reports..uh, let me see, where did I put the weather report? Did I get the weather yet? I'd never leave on a hiking trip without knowing what to expect from the weather. I better get a new report just to be safe. Let's see, should I use the phone, television, radio, or computer? My choices are many.

Living and hiking in Alaska, we've pretty much been conditioned to expect anything from the weather at any time. Obtaining forecasts may help us decide what gear to take, especially during early and late season trips. More importantly, weather information will give us invaluable insights into creek flows, snow pack, winds, and approaching storms. It may make the difference between being able to ford the creek, post-holing for three miles, getting blown off the summit, and bivying in a June blizzard.

The following are good sources of weather. I've left out the no-brainers like television and radio except for two notable exceptions. The weather guy on Alaska One (CH. 9) and the Alaska Weather Report on APRN (FM 89.9) are both done by the National Weather Service and are much more comprehensive than the nightly news. These reports give specific regional weather information much like you'll find on the NWS website and Alaska Weather Line, which I'll cover here in a bit. You would be wise to start keeping an eye on these sources the days leading up to your trip. That way you can get the "big picture".

My two personal favorites are the phone and worldwide web. By worldwide web I don't mean those little smiley suns on your browser that ask you to put in your town and zip code. I mean real, up to date NWS weather. The NWS has both an awesome website and menu-driven phone service. The phone number is **458-3745** and gives you countless choices. You'll be surprised at how much information you can glean from this service if you haven't used it yet. The website has the same information and then some. This is a cool site with lots of good weather links for you meteorological types out there like myself. Go to www.alaska.net/~nwsar/. Again, your choices here are virtually limitless. There's even a list of the local frequencies you can use if you carry one of those little weather radios around. At a minimum, I go to the "Texts, Forecasts, and Observations" section. This contains the same info as the phone line. The obvious advantage of the web page is you can print it out if you want to.

One last note. Don't forget tide tables when hiking along the coast somewhere. Gear shops and marine stores sell them pretty inexpensively and they can save your life. The last place you want to be is stuck out on a headland when the tide comes in hoping the Coast Guard or a

fisherman comes by. Most people will tell you they are a necessity, not an option, so pick one up the next time you're heading for the coast. Even if it's just a day hike, the tides in Alaska can turn fast and be different in the double digits.

Weather reports..check, food...check, tent..check, maps..darn it, now where did I put those maps. Man, I'm never going to get out of here. Maybe I can go to the next FAHC meeting and somebody can give me tips on how to organize for a trip.

FAHC Resources

These resources are available through the hiking club to paid members, just call or email the club to arrange to check them out (479-9736 or fahc@mosquitonet.com):

Alaska Atlas & Gazetteer

Alaska Trees and Shrubs, Leslie Viereck

Alaska & Yukon Wild Flowers Guide, Helen A. White

Alaska Wild Plants, Janice J. Schoefield

A Walk in the Woods, Bill Bryson

Be Expert with Map & Compass, Bjorn Kjellstrom

Beyond Backpacking, Ray Jardine

California Hiking, Tom Stienstra

Chilkoot Pass, Archie Satterfield

The Complete guide to Trail Building and Maintenance, Carl Demrow

The Essential Guide to Hiking in the United States, Charles Cook

Guide to the John Muir Trail, Thomas Winnett

The Hiker's Guide to Alaska, Even and Margaret Swenson

Hiking Alaska, Dean Littlepage, a falcon guide

Home Medical Encyclopedia, 2 volumes

Marine Mammals of Alaska, Kate Wynne

Mountain Bike Alaska, Richard Larson

Mountaineering, The Freedom of the Hills, 6th edition

Organizing Outdoor Volunteers

Pacific Crest Trail Hiker's Handbook, Ray Jardine

Peterson first guides Trees, George Petrides

Professional's guide to Patient Drug Facts

The SAS Survival Handbook, John Wiseman

Textbook of Dendrology, Harlow en

Tom Brown's Field Guide to Wilderness Survival, Tom Brown

Trees, Allen J. Coombes

Trees of the Smokies, Steve Kemp

Wildflowers of Denali National Park, Verna & Fred Pratt

Wilderness Tools and Equipment, USFS

Wilderness References, USFS

Wilderness and Travel Medicine, Eric A. Weiss

Various USGS and trail maps

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 General Meeting Clinic: Gear Selection	11	12	13 Creamer's Social
14	15	16	17 Birch Hill Social	18	19	20
21	22	23	24	25	26	27 Granite Tors
28 Granite Tors	29 Granite Tors	30	31			

Check for updates on our website: www.fairbankshiking.org or come to our monthly General Meetings

May Hikes

Name: *Creamer's Field Social Hike*

Date: 13 May 2000, Saturday 12:00 PM

Length: 1.4-mile loop, Depends on group and birds

Pace: Slow to watch the birds

Elevation Gain: 0

Meeting place: Front parking lot at 12:00 PM

Maps: Normally available at trailhead

Contact: Lew Apgar 479-9736, or email fahc@mosquitonet.com

Description: Come on out and meet the club! This is National Migratory Bird day. There should be a lot going on at the refuge.

Name: *Birch Hill Evening Social*

Date: 17 May 2000, Wednesday 7:00 PM

Length: Lots of options

Pace: Slow to moderate

Elevation Gain: Not much, you can choose trail

Meeting Place: Parking lot at 7:00 PM

Maps: Placard at trailheads, plus I will bring a few copies to share

Contact: Lew Apgar 479-9736, or email fahc@mosquitonet.com

Description: There are plenty of trails to explore here. This is a great little trip to meet other members and discuss the upcoming hiking season. Last year we did the White bear loop about 15k. This was the first hike the club ever did and we had great turnout. Let's make it happen again.

Name: *Granite Tors Weekend*

Date & Time: 27-29 May 2000

Length: 15-mile loop

Pace: Moderate

Elevation Gain: 2700 ft

Meeting Place: Beaver Sports parking lot 10:00 am or at the trailhead at 11:15

Maps: USGS Big Delta D-5, and Leaflet sometimes at trailhead

Contact: Lew Apgar 479-9736, or email fahc@mosquitonet.com

Description: I haven't been in town on my birthday in 6 years and don't want to start now. If it is clear, you can expect great views. We will hike up the 1st day, relax the second (I'll bring the Frisbee), and return on the 3rd day. This should be a good trip to test out your overnight gear for the summer.

Interested in leading a hike or adding day hikes to the calendar? Contact fahc@mosquitonet.com

Additional contact information is printed on the back page of the newsletter

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Trail Days
4 Trail Days	5	6	7	8	9	10 Wickersham Dome
11	12	13	14 General Meeting Clinic: Nature Photography	15	16	17 Fairbanks to Circle
18 FBX-Circle	19 FBX-Circle	20 FBX-Circle	21 FBX-Circle	22 FBX-Circle	23 Pinnel	24 Pinnel
25 Pinnel	26	27	28	29	30 Prindle	1 Prindle

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June Hikes

Name: *Trail Days*

Date & Time:

Meeting Place: Possibly Chena rec. area Granite Tors boat launch or Twin Bears camp

Contact: Lew Apgar?

Description: We will have various activities to promote wise trail use.

Name: *Wickersham Dome Trail*

Date & Time: 10 June 2000

Length: 3.5 miles to summit

Pace: Moderate

Elevation Gain: About 900 ft

Meeting Place: TBA

Maps:

Contact: Cathy Hodges & Mike Walleri

Description: Great views from this day-hike to the dome and back. Marmots are common and wildflowers may be starting to show their colors.

Name: *Fairbanks - Circle trail*

Date & Time: 17-22 June 2000

Length & Duration: 58 miles

Pace: Slow to moderate

Elevation Gain: ?

Meeting Place: 10:00 AM at Beaver Sports or 10:45 at trailhead

Maps: Livengood A-1, Circle A-6, A-5, and B-5

Contact: Lew Apgar

Description: Most of the trail is above timberline, so there should be good views. This trail has a lot of history associated with it. Continue on with us at Twelvemile Summit to hike the Pinnel Trail

Name: *Pinnel Trail*

Date & Time: 23-25 June 2000

Length: 28 miles

Pace: Moderate to strenuous

Elevation Gain: 6000ft

Meeting Place: 10:00 AM at the Twelvemile Summit trailhead

Maps: Circle B-3, B-4, C-3, and C-4

Contact: Lew Apgar 479-9736, or email fahc@mosquitonet.com

Description: All of the trail is above timberline and exposed, bring foul weather gear, I've been hailed on in July☺!

Not finding the hike you were hoping for? Contact fahc@mosquitonet.com

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July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Prindle
2 Prindle	3 Prindle	4 Prindle	5	6	7	8
9	10	11	12 General Meeting Clinic: Plant ID & Ecology	13	14	15
16	17	18	19	20 Chilkoot	21 Chilkoot	22 Chilkoot
23 Chilkoot	24 Chilkoot	25 Chilkoot	26 Chilkoot	27	28	29

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July Hikes

Name: *Mt Prindle*

Date & Time: 1-4 July 2000

Length: 8 miles one way

Pace: Slow to moderate

Elevation Gain:

Meeting Place:

Maps:

Contact: Stefanie Moreland 458-7012, ftslm@uaf.edu

Description: Difficult terrain, fierce bugs, barbeque, my kind of forth of July weekend

Name: *Chilkoot Trail*

Date & Time: 20-26 July 2000

Length: 33 miles

Pace: Moderate

Elevation Gain: 4500

Meeting Place: TBA at pre-hike meeting directly following may 12 general meeting

Maps: NPS hiker's guide to the Chilkoot trail or trails illustrated Chilkoot trail

Contact: Lew Apgar 479-9736, fahc@mosquitonet.com

Description: Probably the best 33 miles I've hiked. This trail has it all: Rainforest, waterfalls, alpine, lakes, and a gentle descent into an open pine forest.

Fairbanks Hiking Club Meetings

Meetings are held the second Wednesday of each month at 7:30 pm. All General Meetings are held at the BLM building on University Avenue at the corner of University and Airport.

After the General Meeting agenda items have been discussed, the monthly informative Clinic follows. Monthly Clinic topics are listed on the hiking calendars.

*Members and non-members are welcome to our meetings.

August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Atigun Gorge	3 Atigun Gorge	4 Atigun Gorge	5 Atigun Gorge
6 Atigun Gorge	7 Atigun Gorge	8 Atigun Gorge	9 General Meeting Clinic: Slide Show of summer hikes	10	11	12 Gulkana Glacier
13 Gulkana Glacier	14	15	16	17	18	19
20	21	22	23	24 Denali	25 Denali	26 Denali
27 Denali	28	29	30	31		

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August Hikes

Name: *Atigun Gorge*

Date: 2-8 August 2000

Length: 45 miles

Pace: Moderate

Elevation Gain: Moderate

Meeting Place: TBA at pre-hike meeting

Maps: ?

Contact: Melody Wright and Lew Apgar 479-9736 or fahc@mosquionet.com

Description: Brooks Range trip, as so, expect delays and interesting weather. Drivers willing to sacrifice their car or truck needed. There will be a **mandatory** pre-hike meeting on Thursday evening July 27th to discuss logistics. The place and time of the pre-hike meeting is yet to be determined.

Name: *Gulkana Glacier*

Date: 12-13 August 2000

Length:

Pace: Slow

Elevation Gain:

Meeting Place: TBA

Contact: Melanie Apgar 479-9736 or fahc@mosquionet.com

Description: Some rough terrain, and a suspension bridge to cross. Following up the valley of this receding glacier is interesting without vegetation, kind of like walking on the moon but we still have gravity to contend with. Will overnight at a local state campground.

Name: *Denali National Park*

Date: 24-27 August 2000

Length: Depends on available permits

Pace: Slow to Moderate

Elevation Gain: Depends on available permits

Meeting Place: Decide at pre-hike meeting

Maps:

Contact: Stefanie Moreland 458-7012, ftslm@uaf.edu

Description: Since backcountry permits cannot be reserved, I will plan 3 alternatives. Please feel free to make suggestions. Pre-trip meeting 2nd floor of Gullivers Books (across from Beaver Sports) Thurs, Aug 17th 5:30 pm. Please call me before meeting if interested.

Fairbanks Area Hiking Club continues to meet every 2nd Wednesday in winter months, and we're still hiking!

The Benefits of Walking on All Fours

By Lew Apgar

I've been hiking with trekking poles for years now and I often get lots of questions about them when I meet people on the trail. So I thought I would address why I think they are such a benefit that I take them on all my trips. Yes, they are more weight, but they do wondrous things for me.

First off, they help me **stand more erect** while going up hills. This not only saves the lower back from increased strain but also promotes efficient breathing. When we breathe air out (expiration) the diaphragm and chest muscles relax, causing the ribcage to sink and the lungs to contract. When we are bent over we interfere with the diaphragms normal function, and thus don't get as much new oxygen in our lungs.

They **help with balance**. I wasn't gifted with a lot of this to start with, so I take every little extra bit I can find. Ever seen a moose trip and fall down? Me neither. Those four points of contact with the earth really help. There are a lot of conditions where two more points of contact really help me. Here are some; rocky terrain like scree or tallice slopes, stream crossings, wet or icy board walk like on the Pinnell trail, carrying heavy loads, when I'm fatigued, and when there is wet moss over rocks.

When going down hill they **decrease the stress on joints**, especially the knees. They also relieve some of the pressure off your feet. Ever have a pair of boots that didn't fit quite right? I had a pair that when I walked down hill my toes slammed into the front of the boot (something I didn't notice while trying them on in the store), but the poles helped a lot to on this problem. Poles also help relieve some of that day-to-day pressure that grind hikers' feet.

When hiking the Appalachian Trail I noticed my arms beginning to atrophy, I just wasn't using them enough, and the little bit of muscle I had was going away. I bought hiking poles in a town and while using them found that I was regaining some of that muscle in my arms, especially my triceps. But I also found that **using my arms helped propel myself** forward too.

I'm not sure if other people will notice this as much as I did but I find that walking with **poles helps me keep my pace**. I notice sooner and more often if I slow down, and can correct it.

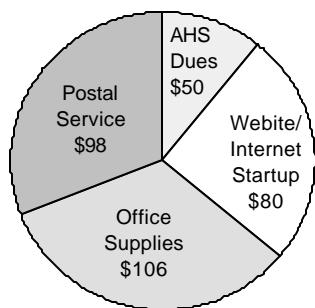
The last benefit I noticed was that I could **better ventilate with poles**, having my arms slightly up helped a lot, and I could see the benefit of clothing with pit zips. (I wasn't convinced of the function of pit zips before using them with poles.)

Some tips on picking poles. There are a plethora of commercially available poles out there. Prices range from \$20 for a pair of cheap ski poles to \$120 for the top of the line trekking models. Most of them telescope into 2 or 3 sections. Some have an anti-shock spring to them that may prevent carpal tunnel in the wrists and decrease more of the stress on your joints. Feel the handles and straps to make sure they will be comfortable for you. Size is another key factor. I travel with my poles slightly higher than most manufactures recommend I find this helps with ventilation and I don't have to adjust the lengths when going down hills. If you don't want to shell out the money for new poles quite yet. Some businesses will let you test a pair, or try using some old ski poles or a hiking stick. They will all help.

Fairbanks Hiking Club Finances

Income and Expenses from Start-up to April 1,2000

FAHC Expenditures



Income

Membership Dues	\$740
Donations	<u>\$ 45</u>
	\$795

Balance

Income	\$795
Expenditures	<u>\$334</u>
	\$461

Beg, Borrow, or Buy

FAHC needs help with **Grant Writing**
Free Membership for help
Please call Lew 479-9736 if interested
fahc@mosquitonet.com

Sierra Designs
Synthetic Sleeping Bag
Wyatt Earp 0⁰ Polarguard 3D
Fits up to 6'6"
Weight 4lbs 4oz
New
\$130 obo Call Tim 356-5458

2 Synthetic Sleeping Bags
Good for Warm Weather
Used Hard
\$50 Each
Lew 479-9736

Men's Makalu's
Crampon Compatible Backpacking Boots
Size 45 (10 ½) \$140, Retail \$235
New, treated with Nikwax
Stefanie 458-7012
ftslm@uaf.edu

See the list of **hiking resources available**
for loan to FAHC members
(page 2 of this newsletter)

Club Contacts

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479-9736

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479-5836
croblee@mosquitonet.com

Clinic Coordinator:
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479-5785
mcmath@mosquitonet.com

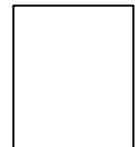
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