



# Take A Hike!

The Newsletter Of The Idaho Trails Association

*The Idaho Trails Association promotes the continued enjoyment of Idaho’s hiking trails.*

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into Hell’s Canyon in March? Join us for a full day work party with camping and dinner.

**April 18<sup>th</sup> Volunteer Appreciation Party.** Join us for an afternoon of fun, raffles and good food at the Ann Morrison Old Timers pavilion from 5pm to 9pm. Come join us and show your support for Idaho’s hiking trails!

**June 6<sup>th</sup> National Trails Day! Owyhee Canyonlands.** Join us in the Owyhee Canyonlands as we continue to help improve the trails with the BLM.



ITA volunteers hike out of the Owyhee Canyonlands after a great day of work.

## 2015 Trail Projects

**January 24<sup>th</sup> Oolite Trail, Owyhee Canyonlands.** Who needs to wait for summer to start of the trail season? 30 volunteers helped construct fence, bush and define the trail on a beautiful day in the Owyhees.

**March TBD, English Point Trail, Hayden Lake.** Brushing and water bars on the trail close to Hayden Lake.

**March 28<sup>th</sup> Eckles Creek, Hells Canyon.** Who doesn’t want to get out of the cold and wet and get

**June 6<sup>th</sup> Mickinnick Trail, Sandpoint. National Trails Day!** Partnering with **Friends of the Mickinnick**.

**June 20-21<sup>st</sup> Fault Lake Trail #59, Selkirk Crest!**  
2 days of brushing work on this spectacular trail!

**June 27<sup>th</sup> East Fork of Lake Fork Creek, McCall.**  
Easy early season hiking to clear a beautiful trail outside of McCall.

**June 28<sup>th</sup> Black Lee Creek, AKA Box Lake Trail, McCall.** This is the mean sister to the East Fork of Lake Fork trail. A steep rocky hike clearing trail up to the Box Lake saddle next to Beaverdam Peak.

**July 4<sup>th</sup> Hum Lake, McCall.** Spend the day up at Lick Creek Summit clearing the trail to Hum Lake. This will be a great way to spent the 4<sup>th</sup> of July!

**July 11-12<sup>th</sup> Roman Nose Lakes Trail 165. Bonners Ferry.** Brushing and drainage work!

**July 18<sup>th</sup> Wewukiye Trail, Warm Lake.** We partner with the South West Idaho Mountain Bike Association (SWIMBA) to help build this trail around Warm Lake.

**July 19-25<sup>th</sup> Alice/Toxaway, Sawtooth Wilderness!**  
Our signature trail party! Spend a catered week in the Sawtooth Wilderness clearing the Alice/Toxaway loop.

**July 25-26<sup>th</sup> Hum Lake, McCall.** The site of ITAs first ever work party, an overnighter working on the Hum Lake trail.

**August 9-15<sup>th</sup> Livingston Mill, Boulder White Clouds.** Spend the week working in the Boulder White Clouds! Another catered weeklong in a beautiful setting!

**September 26<sup>th</sup> National Public Lands Day, Owyhee Wilderness.** Working with the BLM to continue trail improvement in the Owyhee Canyonlands.

**To see the latest information on trail projects visit our web site at:**  
<http://www.IdahoTrailsAssociation.org>



ITA volunteers cutting trees on the Hum Lake Trail on the Payette National Forest.

## Guest Piece from the Idaho Conservation League

*By: Brad Smith*

### Non-Motorized Trail Funding Proposal Gaining Traction

Idahoans cherish their backcountry. It's just one of the reasons why we call Idaho home. But to enjoy Idaho's rugged backcountry, we need to preserve the trail network that we use to access it.

In the past, we may have taken it for granted that the federal government appropriated enough money to ensure that our trails were maintained. Unfortunately, we can no longer rely on appropriated dollars for the care taking of our trails.

During the previous fiscal year, the recreation budget for the Sandpoint Ranger District was only \$9,000. The District has more than 300 miles of trails to maintain, plus numerous other recreational facilities, such as campgrounds, picnic areas, and boat ramps. The situation here in Sandpoint is emblematic of other public lands in Idaho.

Unfortunately, the outlook for non-motorized trails is particularly bleak. State sources of revenue from the gas tax and off-highway vehicle registrations are used to help maintain motorized trails, but there are no state sources of revenue to help us out when it comes to non-motorized trails.

You might also remember that the Idaho Legislature declared the Frank Church – River of No Return a disaster area two years ago, due to the condition of the area's trail network. While I do not believe this problem is exclusive to wilderness areas, the Legislature's declaration was a formal recognition that we have a problem that needs a solution.

The Idaho Conservation League has been exploring what other states have done to address this problem. Surely we are not alone. As it turns out, other states have passed legislation, allocating a portion of their state gas tax revenues (generally less than 1% of the total revenue) to grant programs, designed to promote the stewardship and maintenance of non-motorized trails. These programs benefit equestrians, mountain bikers, and hikers.

But if we recreate by non-motorized means, then why on earth should we look to the gas tax? As it turns out, there is a solid basis for using a portion of the gas tax to maintain our non-motorized trails.

Think about it. Although we are non-motorized recreationists, we still consume gas in order to travel to the trailhead. We are paying a state tax on fuel we consume while driving on federal roads that the state does not maintain. There is a direct connection between our consumption of fuel and our access to the trailhead.

We shared this idea with several equestrian, mountain biking, and hiking clubs around the state and found widespread support for it in Idaho. I had the pleasure to speak to the Board of the Idaho Department of Parks and Recreation on January 22<sup>nd</sup> and share the letters. Following my presentation about the gas tax proposal, the Board directed their staff to draft a resolution in support of the idea. While their official support is pending, I anticipate that the Board will adopt the resolution soon.

Now we plan to turn our attention to the Idaho Legislature where we hope to convince lawmakers that this is a good idea. Idaho's trails are critical to recreation, tourism, and ultimately, our quality of life.

*Brad Smith is a Conservation Associate for the Idaho Conservation League in Sandpoint, Idaho.*



Jeff Halligan teaches trail maintenance techniques to an Idaho Trails Association volunteer crew. Photo by John McCarthy.

## Tasty Morsels and Hike of the Month

Visit our Web Site to see the new additions for backcountry dinners and places to explore!

[www.IdahoTrailsAssociation.org](http://www.IdahoTrailsAssociation.org)

## An Interview Stacy Beeson, RD, LD, St. Luke's Health System

Stacy is a dietitian for St Luke's employee wellness and for the St Luke's Children's Hospital YEAH (Youth Engaged in Activities for Health) Healthy Lifestyles program. In her former years, she was a ranger in Denali National Park for 5 summers. *Take A Hike* asked her to offer some tips for staying strong in the back country.

**TAH:** *What types of food are best to eat leading up to a moderate or strenuous backpacking trip?*

**SB:** It's best to maintain healthy meal patterns year-round to keep your energy high and illness out of sight. Backpacking means long days of hiking at moderate intensity carrying 30-50 pound loads. The body uses protein to build and repair the muscles and carbohydrates to fuel the muscles. The best types of food are whole foods that look like they did when they came from the ground – plant-based as possible. Consider packaged foods like granola bars, energy bars, pasta mixes and snack packs as emergency foods when you don't have the chance or time for perishable, whole foods. Your best food sources leading up are a combination of 50% high-quality carbohydrates, 25% protein and 25% fat. The meal version of this is to arrange your plate with ½ vegetables and fruit, ¼ protein foods (beans, egg, tofu, palm-size lean ground turkey, chicken or fish) and ¼ whole grain or starchy vegetable options (sweet potato, brown rice, whole wheat pasta) with fat additions of olive oil, avocado, nuts, sauces or dressings. Along with food, drink fluid in the form of water, general recommendations are 9 cups for women, 12 cups for men.

**TAH:** *Many of our members are passing their love of Idaho's outdoors to their children. What foods do you recommend to keep growing bodies strong on hiking trips?*

**SB:** Growing bodies need all six nutrients – vitamins, minerals, protein, carbohydrates, fats and water. Foods that help meet those needs in one package are fresh fruit like grapes, small apple or orange paired with peanut butter packets or almonds, good

ol' peanut butter and jam sandwich on whole wheat bread paired with squeezable fruit pouches, unsweetened dried apricots, mango, blueberries, real fruit leather paired with LaraBar and homemade trail mix of Kashi Go Lean cereal + unsweetened dried fruit + any nut + dark chocolate chips. You can get creative and bring ready-made tuna pouches, whole wheat pita and mini cucumbers too.

**TAH:** *What are your favorite 'recovery foods' after a strenuous hike?*

**SB:** Favorite recovery foods have a lot to do with the recovery setting – hopefully an outdoor café or sunny campsite! Favorite recovery foods are ones that help refill depleted glycogen which are high quality carbohydrates and repair sore muscles which are protein sources. It's best to get a combination of produce and protein. At a café – big veggie bowl with grilled wild salmon and brown rice or veggie pizza. At a campsite – boil-in-bag brown rice, ready-made salmon pack and big fresh apple.

**TAH:** *What is your favorite trail?*

**SB:** The trail involves a whole experience - take the boat from Redfish Lodge, hike to Cramer Lakes, boat ride back with fun passionate hiker conversation and music on the Redfish Lodge lawn.

*Follow us on [Facebook](#) for more tasty nuggets from Stacy throughout the summer.*

## Events Calendar

**April 18<sup>th</sup> is our Volunteer Appreciation Party!** Join us at the "Old Timers Pavilion" in Ann Morrison Park in Boise from 5-9pm. ITA will provide snacks and drinks. Great Raffle items and volunteer prizes!

**May 7<sup>th</sup> Idaho Gives!** Help support ITA through this one day donation drive!

## Thanks to Our Volunteers

We owe a debt of gratitude to the volunteers who contributed their personal time to our organization and our members. Volunteers are entitled to a free, one-year volunteer membership with 12 or more hours of volunteer service.

*Kevin Robertson 2014 Volunteer of the Year!*

*Trisha Miller*

*Paula Dillon*

*Scott Marchant*

*Steve Weston*

*Stacy Beeson*

*Dwight Allen*

*Sally Ferguson*

*Phil Hough*

## About Our Supporters

We would like to thank REI, the U.S. Forest Service, Bureau of Land Management, National Forest Foundation, The Wilderness Society, The Sawtooth Society, Idaho Conservation League and our members for their generous financial support, which makes our work possible!

## Become a Member

Your membership helps continue ITAs mission of "Promoting the Continued Enjoyment if Idaho's Hiking Trails", with your donations we can continue to provide stewardship of Idaho's hiking trails. Plus we have other great perks for joining!

[www.IdahoTrailsAssociation.org/Membership/](http://www.IdahoTrailsAssociation.org/Membership/)

## 2014 Accomplishments

To see what we did in 2014 please visit our webpage at:

[www.IdahoTrailsAssociation.org](http://www.IdahoTrailsAssociation.org)

## Board of Directors

Jeff Halligan, President  
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The Idaho Trails Association, Inc. is a 501-C3 non-profit organization under Idaho law.

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