



Ritt Kellogg Memorial Fund Registration

Registration No. PZZF-811DC

Submitted Jan 6, 2019 10:13am by Claire Tobin

Registration

2018/2019

Ritt Kellogg Memorial Fund

RKMF Expedition Grant Group Application 2018-2019

This is the group application for a RKMF Expedition Grant. If you have received approval, you may fill out this application as a group. In this application you will be asked to provide important details concerning your expedition.

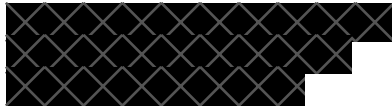
**Waiting
for
Approval**

Participant



Claire Tobin

Colorado College Student



I. Expedition Summary

Expedition Name

Training Wheels to Single Track

Objectives

Our objective for this trip is to explore a large part of Idaho's wilderness while biking. We are capable bikers and capable hikers but have never combined the two for such an extended period of time. We are excited about the opportunity to try a new avenue of wilderness exploration where we can cover upwards of 40 miles a day. We would like to step outside of our comfort zones and traverse over 400 miles of trails with nearly 41,000 feet of elevation gain. We would like to further develop our biking skills and challenge ourselves.

Location

The Smoke N Fire 400 is a loop beginning and ending in Boise, Idaho. We will bike on Forest Service roads, single track, some paved roads, and some hike-a-bike trails. The route passes through Sawtooth National Forest, Salmon-Challis National Forest, and Boise National Forest. We will be traveling through the area in "off season" to minimize the number of people we see on the trail and in towns when we resupply.

Departure Date

May 16, 2019

Return Date

Jan 29, 2019

Days in the Field

12

Wilderness Character

Our logistic goals were to find a bikepacking trail that would take roughly two weeks, pose little technical difficulty, and remain remote. There are few easily accessible routes that fit the remote criteria and even fewer that are loops. Many bikepacking routes have long stretches of paved roads or take long detours around towns/cities, both of which we wanted to avoid in order to maintain the wilderness character of the expedition. The Smoke N Fire 400 fit our criteria the best out of all of the other trails we considered. We will pass through three National Forests and bike on

unpaved roads 90% of the time. We will bike along dirt roads, navigate hiking trails, and cross remote streams. In May, the trail will be relatively unpopulated so we will be able to avoid unnecessary traffic. In accordance with the Wilderness Act of 1964 we will be traveling through an area where people do not dominate and the environment is largely unmarred by people. We recognize that we are visitors in these wilderness areas and will treat them with the utmost respect.

II. Participant Qualifications

a. Participants' Graduation Date

Josh Raizner 2020

Claire Tobin 2020

b. Medical Certifications

Josh Raizner - expires January 2020

Claire Tobin - recertification course to be taken February 23-24 in Colorado Springs. Taught by NOLS.

Does your group have adequate experience?

Yes

d. Training Plan

Although we are expert hikers and bikers, we are relatively new bike packers. Our training plan will focus on bike maintenance and physical fitness.

Bike Maintenance - we are committed to filling the gaps in our bike maintenance knowledge well before May so that we are prepared. Along with the bike co-op on campus and YouTube, we have several friends on the bike club at Colorado College who have agreed to help us learn how to repair and replace certain equipment on our bikes. Before the trip we need to learn how to fix disk brakes, replace spokes, and repair the shifter.

Physical Fitness - we both run track and field so we will be in peak cardiovascular fitness before the trip. During track season we will be cross training at least twice a week with bike rides in the gym. Track ends in mid April so we will have time to slowly work our way up to riding high mileage and get used to riding with loaded bikes. We will take a block break or weekend overnight bikepacking trip to test our legs with two days of high mileage.

III. Expedition Logistics, Gear and Food

e. Travel Plan

On May 16th, we will pack up Josh's Mercedes Benz and start our drive to Boise, Idaho! We will take frequent breaks and both stay awake in the car. We will familiarize ourselves with the route to and from Boise beforehand so that we can have a smooth trip. Once in Boise we will park and spend the night at Josh's roommate's house. Early the 17th we will bike to the trailhead and start our trip!

We will finish and bike back to Josh's roommate's house to collect the car on May 28th. We will spend the night and carefully drive back to Colorado Springs the morning of the 29th.

e. Expedition Itinerary



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We plan to resupply at Ketchum, Idaho on day 5 and Stanley, Idaho on day 9. We will mail 5 gallon buckets to the Post Office in Ketchum and the Mountain Village Store in Stanley.

Food Storage

After our jaunt along the John Muir Trail, we are extremely bear conscious. Although grizzly bears have not been seen in the area for over half a century and black bears are scarce, we will take several precautions. We will always cook and store our food 100 yards downwind of our campsite and make sure our cooking area is immaculate. We will hang our food and any clothing that smells like food in an Ursak high up a tree.

g. Food List**RMKF Food.docx** (15KB)

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f. Equipment List**RKMF Gear.docx** (15KB)

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b. LNT Principles

Yes

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The Smoke N Fire 400 winds through Boise National Forest, Salmon-Challis National Forest, and Sawtooth National Forest to give riders an epic sense of Idaho's wilderness. To leave no trace while we are on the trail and maintain the wilderness character of the area, we plan to take every precaution possible. The Smoke N Fire 400 is 15% singletrack so on those sections we will ride single and spaced out. If we need to walk our bikes, then we will avoid making our own trail. There are few designated campsites along the trail so we will be on the lookout for the most durable surface to camp on, and we planned our daily itinerary in a way that would allow us to camp at as many designated sites as possible. Likewise, the trail is often ambiguous or absent so we will look for the most unobtrusive way to travel through. We hope that by following the LNT principles outlined below we can pass through without a hint we were ever there.

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1. Plan ahead and prepare:

Planning and preparation are essential to a successful trip. By fully detailing all our itinerary months before beginning the Smoke N Fire 400, we are able to carefully devise the most efficient and undistruptive way to travel the trail.

2. Travel and camp on durable surfaces:

To minimize trail impact, we will avoid biking off the trail (when there is one) and damaging the surrounding ecosystem. In the absence of a trail we will bike on the most durable surface and avoid damaging the ecosystem. The importance of camping on established and durable surfaces cannot be overstated. Since we are only using one tent, finding a camp site will be easier because we do not have to coordinate with a larger group. We plan to use established campsites and trails wherever possible.

3. Dispose of waste properly:

Along the trail, we will deposit of our waste 6 inches underground, 100 feet from a water source/ trails, and pack out toilet paper.

4. Leave what you find:

We will not take anything we find along the trail, unless it is our trash or someone else's.

5. Minimize campfire impacts:

We do not plan on starting a campfire during our time on the Smoke N Fire 400.

6. Respect wildlife:

In regards to wildlife, we will be mindful to always store our food and cook at least 100 yards away. We will hang our food and any clothes smelling like food at least 100 yards away. We only plan to passively observe the creatures of the trail from a safe distance.

7. Be considerate of other visitors:

We are bikepacking a relatively traveled route so we expect to run into other people. We will yield to all other trail users and will be courteous. We hope to have a peaceful and quiet experience and will modulate noise.

IV. Risk Management**b. Objective Hazards**

1. Bears - To mitigate bear encounters, we will hang our food religiously and maintain a clean campsite. Because our dinners will be MountainHouse Meals, we will promptly pack away wrappers in the bear canisters and clean our

utensils well. We will also cook 100 yards downwind of where we are sleeping. If we do encounter a bear we will wave our arms and yell and hopefully the bear will be scared away. If we can not scare the bear away, then we will use one of our two cans of bear spray which we will practice the use of beforehand.

2. Weather - Boise has been known to get snow through early June so we will be on the lookout for slippery portions of the trail. We will check the forecast before we leave Colorado College and adjust our packing list to accommodate colder or warmer temperatures. We are bringing rain gear and will make sure our bodies and bikes stay as dry as possible. There are portions of the trail that will be at altitude. From our time on the John Muir Trail, we are familiar with the dangers of rapid onset thunder storms. If we do see a building thunderstorm, then we will descend as quickly and safely as possible even if that means backtracking. If we are caught in a thunderstorm, then we will assume the lightning position and put on warm layers.

3. Terrain - The Smoke N Fire 400 has nearly 41,000 feet of climbing, great single track, and rivers. We plan to bike less than 40 miles a day in an effort to slowly and safely move through the wilderness. On terrain that is above our skill level or dangerous we will carefully walk our bikes.

4. Falling - Unfortunately, it is very possible that one of us will fall off our bike by hitting a root or rock at some point on the trip. The Smoke N Fire 400 is only 15% single track so there limited technical difficulty. We will wear helmets and glasses and will walk our bikes through terrain that is above our skill level. If we do fall, then we will use our WFR training to manage any injuries and call for help if we need it.

5. Stream Crossing - Many of the streams we encounter will be running high in late May. Some of the crosses will have bridges. When there is not a bridge, we will look for the safest place to cross the stream and carry our bikes pointed downstream so that we can safely let them go if we need to.

6. Bike Breakdown - We will be far away from any bike repair shops and will have to rely on our knowledge to fix our bikes. We will carry repair kits and extra bike parts that are most likely to break. We will check our bikes every evening for failing parts and fix them so that we do not have a dangerous equipment failure. If we do have a severe breakdown and need to leave our bikes, then we will carry 15-25L packs that will carry our gear while we hike out.

7. Traffic - We could encounter hikers, ATVs, horses, other bikers, and cars. We will dismount and let hikers and horses pass and clearly communicate with everyone we meet on the trail to safely pass them. We will use hand signals and ride in single file when in car territory.

Evacuation Plan

The Smoke N Fire 400 remains close enough to town and in easy enough terrain that we would likely be accessible to a rescue party. If we have to deal with an emergency situation, then it will be of the utmost importance to stay calm, cool, and collected. In the event of a non-life threatening injury we will use our skills as a WFR to manage the situation and care for the injured individual. There are four evacuation spots along the trail that we can use. They are found at miles 48.9, 152, 247, 381.4. Under no circumstance will an injured person attempt an evacuation on a bike. We will pack our backpacks and walk to the nearest evacuation point.

In the event of a life threatening emergency we will use the satellite phone to call for aid and then try to move to a helicopter accessible area. We will take every precaution to avoid an emergency and be safe on our trip.

Special Preparedness



e. Emergency Resources

St. Luke's Boise Medical Center

190 E Bancroft St, Boise, ID 83712

(208) 381-2222

St. Luke's Wood River Medical Center

100 Hospital Dr, Ketchum, ID 83340

(308) 727-8800

Salmon River Clinic

110 Niece Avenue, Stanley, ID 83278

(208) 774-3565

Placerville Ambulance

29 Doaka Ct, Star Ranch

(208) 392-6694

We can contact these resources with our cell phones if there is service or use the Garmin InReach. We will carry these numbers on a laminated sheet with us at all times.

Emergency Communication

We will be carrying a Garmin InReach Explorer satellite phone and our cell phones (turned off) in a dry bag.

V. Budget

Transportation

245.56

Food and Fuel

413.83

Maps and Books

39.90

Communication Device Rental

0

Permits/Fees

0

Gear Rentals

72.48

Total Funding Request

771.77

Cost Minimization Measures

We chose a route close enough to Colorado College so that we do not have to use a plane to get to the trail. Riding a loop will allow us to save on the cost of a shuttle. Josh has two mountain bikes we can use and among the two of us, we can pull together a full repair kit. We are trying to use every available (free) resource to learn about bike maintenance such as YouTube, the CC bike co-op, our friends and family, and manuals.

VI. Expedition Agreement

Expedition Agreement



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