

The Arizona MOUNTAINEER

December 2008



AMC Technical Outdoor Climbing Students
Complete Commencement Ceremonies at Rosetta Stone

The Arizona Mountaineering Club

Meetings: The member meeting location is:
Phoenix Country Day School, 3901 E. Stanford Drive,
Paradise Valley, AZ 85253 at 7:00 p.m.
See calendar for day/date.

Board Meetings: Board meetings are open to all members and are held two Mondays prior to the Club meeting.

Dues: Dues cover January through December. A single membership is \$30.00 per year: \$35.00 for a family. Those joining after June 30 pay \$15 or \$18. Members joining after October 31 who pay for a full year will have dues credited through the end of the following year. Dues must be sent to:

AMC Membership Committee
6519 W. Aire Libre Ave.
Glendale, AZ 85306

Schools: The AMC conducts several rock climbing, mountaineering and other outdoor skills schools each year. Browse the AMC website for information on schedules and classes.

For More Information:

Email:

president@amcaz.org
board@amcaz.org

Websites:

www.amcaz.org

Mail:

Arizona Mountaineering Club
4340 E. Indian School Rd., Ste 21-164
Phoenix, AZ 85018

Board of Directors:

President John Keedy 623-412-1452
Vice-President Grant Loper 602-684-3042
Secretary Erik Filsinger 480-314-1089
Treasurer Clay Vollmer 602-595-7266
Director (1Y) Dan Beatty 480-917-7795
Director (1Y) Jodie Bostrom 623-308-5089
Director (2Y) Robert England 480-688-5412
Director (2Y) Bill Fallon 602-996-9790
Director (1Y) Danny Gonzales .. 602-550-8371

Committees:

Archivist Jef Sloat 602-316-1899
Classification Nancy Birdwell ... 602-770-8326
Elections Dave Van Hook ... 602-790-6283
Equipment Rental ... Erik Filsinger 480-314-1089
Email Robert England 480-688-5412
Land Advocacy Erik Filsinger 480-314-1089
Librarian Richard Kocher ... 480-966-5568
Membership Rogil Schroeter 623-512-8465
Mountaineering Bruce McHenry ... 602-952-1379
 Asst. Chair Grant Loper 602-684-3042
Newsletter Robert England 480-688-5412
Outings Frank Vers 480-947-9435
Programs Sheri Kenly 602-799-1288
Training & Schools.. Bill Fallon 602-996-9790
 Outdoor Climbing Bill Fallon 602-996-9790
 Anchors Class Justin York 480-229-8660
 Lead Class Mike Knarzer 602-751-1701
T-shirts Sally Borg 480-425-9689

The AMC Land Advocacy Committee: The Committee works by itself and with the national Access Fund to maintain public access to climbing areas. If you know of areas that are threatened with closures or climbing restrictions, please notify the Land Advocacy representative Erik Filsinger, 480-314-1089.

The Access Fund: This is a national, non-profit, climber's organization that works to maintain access to climbing areas nationwide. Climbers can join The Access Fund by mailing an annual, tax-deductible donation of \$35 or more to: The Access Fund, P.O. Box 17010, Boulder, CO 80308, or calling 888-8MEMBER or giving it to the AMC Club Treasurer to be sent to The Access Fund in your name. A donation of \$35 or more is needed to receive *Vertical Times*, The Access Fund newsletter. One can also join electronically at:

https://www.accessfund.org/secure/joinnow/join_indiv.php or at <https://accessfund.org/join/indiv.php>.

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Newsletter

The *Arizona Mountaineer* is published monthly by the AMC. Members are encouraged to submit articles and photos about their climbing- or mountaineering-related activities. Submit items for publication (subject to approval) to AMC Editor, 2267 W Periwinkle Way, Chandler, AZ 85248 or through email to azmountaineer@amcaz.org. Prints are preferred over slides. Digital photos should preferably be in JPG format and 300 dpi. Articles can be in any standard word processing format. For more info call or write the editor at (480)-688-5412, robert_england2@yahoo.com.

Advertising in the *Arizona Mountaineer* is accepted, subject to approval, at the following rates. Personal ads are free to members. Business ads are \$5.00 for a business card, \$10.00 for half page, \$20.00 for full page, and \$25.00 for inserts.

HOT STUFF !!!

2009 Budget

Dues Are Due

Holiday Party!

Library

You must be an AMC member; I. e., your name must be on the most current membership list.

The circulation period is one month. Materials are due at the next general club meeting. The overdue fine is \$2 per title per month. Please contact the librarian if unable to return your books and tapes.

The circulation limit is three titles per person. One of these may be a videotape, for which a \$50 deposit is required. Each guidebook requires a \$25 deposit.

January Newsletter Deadline: Wednesday - Dec 10

DECEMBER BIRTHDAYS

Sally Borg 1, Kathleen Granger 2, Eli Arnold 4, Gene Carpenter 4, Dale Tittensor 4, Ashley Alward 6, John Hamilton 7, Sudip Thomas 7, Hubert McMinn 8, Robert England 9, Brandie McMinn 9, James Kehoe 14, Frank Hertz 15, Matt Lake 15, Sherrie Novak Holbrook 16, Brandon Forrest 18, John Keedy 20, Nikki Khraizat 21, Paul Paonessa 21, Susan Harnage 24, John Yanke 24, Wallace Vegors 25, Mara Linder 26, Melissa Roche 31

Discount Directory

The following merchants currently offer a discount to AMC members:

- **Arizona Hiking Shack** - 11645 N. Cave Creek Rd., Phoenix, AZ 85020, (602) 944-7723. Show your AMC membership card and get a 10% discount.
- **AZ on the Rocks Gym** - 16447 N. 91st St., Scottsdale, AZ 85260. 480-502-9777. 10% off membership.
- **Phoenix Rock Gym** - 1353 E. University, Tempe, AZ 85281. 480-921-8322. 10% off membership.
- **AZ Cliffhanger** - at the Phoenix Rock Gym. 480-642-9507. 10% off merchandise.
- **Solid Rock Indoor Climbing Gym - 2 Locations**
 - * 23620 N. 20th Dr, Phoenix, AZ 85027 (623) 587-7625 10% off membership.
 - * 407 S. 107th Ave, Suite A6, Tolleson, AZ 85353, (623) 643-9399 10% off membership.
- **Climbmax Gym** - 1330 W Auto Dr, Suite 112, Tempe, AZ 85284 - 480-626-7755. 10% off membership, Grand Opening 15% off through 4/30.
- **APE Index Rock Climbing Gym** - 9700 N. 91st Ave Suite 118 Peoria 85345 Phone 623-242-9164 10% discount for Day Pass and Membership. Show AMC Membership card.

Rental Equipment

<u>EQUIPMENT</u>	<u>Qty</u>	<u>\$Dep</u>	<u>1-3day</u>	<u>4-7day</u>
MSR Alpine snowshoes	5	\$32	10	16
Ice Crampons	5	\$26	8	13
Ice axes (70 cm)	6	\$16	5	8
Ice axes (90 cm)	5	\$14	5	7
Snow shovel	1	\$8	3	4

Equipment Rental Policy:

- All equipment rentals only to current AMC members.
- AMC members renting equipment arrange pick-up and drop-off with Rental Committee Chair .
- Rental rates shall be as published in the AMC Newsletter.
- Two checks shall be collected from the renter.
 - The first being for the rental amount. It will be placed into AMC accounts.
 - The second check shall be a deposit held against the return of the item. It will be held and given back to the renter upon return of the equipment.
- If the return is not timely, is damaged, or is lost, the second check shall be held against the late amounts due or against any replacement or repair required.
- The AMC Member renting the equipment shall be expected to replace any lost or damaged equipment.
- An AMC rental form (found under the Forms section of the website) will be used and will identify the name and contact information of the renter, the items rented, the rent due, as well as the replacement cost, along with statements indicating the renter's responsibilities for returning or replacing the items.
- Call Bruce McHenry (602) 952-1379.

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended October 31, 2008

INCOME

Dues 2008	7808.00
Interest	205.22
Rental Equipment	196.00
T-Shirts (AMC).....	9.00
T-Shirts (Grand Canyon)	397.00
Mountaineering Schools	175.00
AARS Spring	1575.00
Basic Spring	3955.00
Basic Fall	5120.00
Lead Spring.....	1050.00
Lead Fall	975.00
TOTAL INCOME.....	21,465.22

EXPENSES

Admin	951.63
Bank Charges	-4.00
Insurance	1591.51
Land Advocacy	593.98
Library	32.38
Mountaineering.....	84.36
Newsletter	2726.41
Outings.....	209.69
Promotional Activities	853.87
Programs Monthly Meeting.....	3681.26
Training.....	8148.87
TOTAL EXPENSES.....	18,870.26

OVERALL TOTAL..... 3,594.96

ACCOUNT BALANCES

Checking (on 10/31/2008)	6,791.28
CD Account (matures 11/17/08).....	10,000.00
CD Account (matures 11/16/08).....	10,000.00
TOTAL CASH ASSETS	26,781.28

<u>AMC Outing Gear</u>	<u>1,473.48</u>
OVERALL TOTAL	28,264.76

AMC - 2009 Proposed Budget

The AMC board presents the 2009 proposed budget for member review. We will vote to accept or amend the budget at the December member meeting.

INCOME

Advertising	300
Dues 2007	7500
Interest	500
T-Shirts (AMC)	0
T-Shirts Grand Canyon	450
TOTAL Merchandise	450
Mountaineering Schools	200
Other fundraising	0
Rental Equipment	50
T&S Schools Rental Income	100
TOTAL Rental Income	150.00
Spring	1575
Fall	1575
TOTAL AARS	3,150.00
Spring	4000
Fall	4000
TOTAL Outdoor Climbing School	8,000.00
Spring	975
Fall	975
TOTAL Lead School	1,950.00
Training Income Other	0
TOTAL Training Income	13,100.00
FROM Checking	6975
TOTAL INCOME	29,175.00

EXPENSES

Other	600
Postage	200
Printing	250
Supplies	25
Telephone	0
Website	210
TOTAL Admin	1285
Bank Charges/NSF	0
Mountaineering	500
Rental Equipment	500
TOTAL Capital Expenditures	1000
Insurance	5000

Organizational Contributions	900
Operations	200
TOTAL Land Advocacy Committee	1100
Library	100
Mountaineering	100
Labels	70
Other	60
Postage	850
Printing	2600
TOTAL Newsletter	3580
Certifications	1250
First Aid Renewal	400
OL Incentives	200
TOTAL Outing Leaders	1850
Camping Fees	500
Entry Fees	60
Food	200
Other	0
TOTAL Outings	760
Rental Gear Equipment Maintenance	50
Facility Rental	1100
Monthly Meeting	3000
Other	100
Food	400
TOTAL Programs	4600
Promotion	200
T-Shirts AMC	450
T-Shirts Grand Canyon	750
TOTAL Promotion Activities	1400
Equipment	6500
Facilities	650
Food	300
Navigation Class	0
Other	150
Postage	0
Printing	550
T-Shirts & Incentives	200
TOTAL Training	8350
TOTAL EXPENSES	29175

AMC Board Meeting Minutes - November 3, 2008

Board members present: Bill Fallon, Dan Beatty, Dan Gonzales, John Keedy, Grant Loper, Robert England, Clay Vollmer, Erik Filsinger, and Jodie Bostrom.

The meeting was called to order at 7:00 p.m. by President Keedy.

Minutes of the October 10, 2008 Board meeting were read and approved as submitted.

The Treasurer's Report will be submitted after Clay Vollmer can close the month end books. Due to the early in the month Board meeting, the normal schedule was not possible. The Treasurer's Report will follow as soon as they are ready.

2009 Budget. The Board discussed the draft 2009 Budget and approved it as revised for submission to the membership for approval.

Committee Reports

Membership: stands at 333 active.

Elections: John Keedy will communicate with Elections chair about the upcoming elections.

Programs: Kurt Gusinde will present in November on his Seven Summits climbs.

Mountaineering: Discussion about upcoming events.

Land Advocacy: Erik Filsinger and John Keedy gave an update on the negotiations with Resolution Copper. There will be an informational climbers' meeting held at the Phoenix Rock Gym on December 7 to update interested members of the climbing community.

T&S: Anchors Class will start soon. Name of first in series rock class changed to "Outdoor Rock Climbing".

Outings: A special thanks to the Outing Leaders who have been taking a good number of Outings recently. Jodie Bostrom reported on the Queen Creek Clean-Up and Climb. Clay Vollmer presented the planning to date for the annual AMC Outing to Joshua Tree over Thanksgiving Weekend.

Classifications: Grant Loper was approved as a multipitch Outing Leader.

Newsletter: Robert England outlined the newsletter deadlines for the upcoming month. Grant Loper will handle email distribution when Robert is not available.

Old Business

FTP site for large document transfer and review: Grant Loper and Robert England will look into website options and communicate with Clay Vollmer as appropriate.

Web-Site documents: John Keedy, Robert England, and Jodie Bostrom will work to confirm, correct and update the official AMC documents on the website.

New Business:

2008 Holiday Party. The Board discussed the planning process. Details to follow.

2009 Calendar: The Board approved the annual calendar submitted by President Keedy, as amended.

AMC's 45th Anniversary: The Board felt that a celebratory event was in order. Robert England will chair the planning of it.

Redesign of Outdoor Rock Climbing School Flyer: Robert England will coordinate with Eric Evans.

Fee for Outdoor Rock Climbing: After consideration of market issues and acceptance, the Board approved raising the fee for the class to \$175.

The meeting was adjourned at 8:49 p.m.

President's Corner

As 2008 draws to a close, I look back on the year with a lot of positive memories. We have continued our traditions of the past as well as breaking new ground in other areas. Thanks to the many hours that Leaders, Committee Chairs and Board members have devoted to the Club, we have moved forward in a number of ways. One of the most successful areas is our Schools. Under the leadership of Bill Fallon and the continuing support of the other lead instructors, Mike Knarzer and Justin York, our classes have taught climbing to a large number of students. In an effort to appeal to those who have climbed in gyms we have adjusted our curriculum and renamed the Basic Climbing class to Outdoor Rock Climbing. Anchors class and Lead class remain the same name yet Justin and Mike have incorporated some new developing technologies along with the tried and true methods that have served us safely in the past. Although we have had some challenges with the location of practical application days, we have also been able to introduce climbers and assisting instructors to new areas at which to climb, an unanticipated benefit.

It is a pleasure to have a home where we hold our Membership Meetings, Phoenix Country Day School. Thanks to Clay Vollmer for continuing to make the reservations with them. The programs we have had this year have been outstanding, thanks to the hard work of Sheri Kenly. She has been able to arrange for many world class climbers to present their experiences with wonderful presentations, some of which are members of the club. Thanks to all. Sheri will be moving on to other endeavors in her life and we need to find a new Programs Chair very soon.

Our Membership Chair, Rogil Schroeter, has served the Club in that capacity, along with many others, for many years. She has been a stalwart supporter of the Club along with her other activities of leading canyoneering outings, long hikes and the weekly North Mountain hike, just to name a few. Rogil plans on an extended trip at the end of next year and will be training Mike Kreitz over the next year. Thanks to Mike for stepping up to considering this most important of Chair positions.

There are so many people who continue to work to make our Club successful. Nancy Birdwell comes to mind in helping with Anchors and Lead classes and the all important job of Classifications Chair. Frank Vers has been invaluable as Outings Chair in monitoring, approving and encouraging official AMC outings. Rich Kocher continues to maintain the AMC Library and has it open a half hour before most Membership Meetings. Bruce McHenry heads up the Mountaineering Committee and schedules educational classes as well as fun snow and ice outings.

I can not thank the AMC Board of Directors enough for the work they have done over the past year and years. Grant has taken up the slack for me and has been a great V.P., Erik has continued to record our proceedings and provide wise council to the Board, as well as serving as both Land Advocacy Chair and Equipment Rental Chair. Clay has kept our financial records accurately, prepared the budgets each year, and paid our bills in addition to coordinating Grand Canyon Cleanup, cooking turkey and managing the pot luck several years at the Joshua Tree Thanksgiving outing and hosting Board Meetings at his home a large number of times. Robert took on the jobs of web site administrator and email coordinator along with the big responsibility of Mountaineer newsletter Chair. Our newsletter continues to be an outstanding publication thanks to Robert's diligent work and expertise. Jodie has not only provided enthusiasm and energy to the board, but has housed and monitored our ropes and gear, lead a number of outings and hosted instructor meetings and several Graduation Parties at her home. Dan B. and Danny G. continue to support the Board with legal opinions and wise council in a number of areas.

There are just so many people who continue to serve the Club.... Thank you all!!!

As I write this, the planning for the Joshua Tree Thanksgiving outing is under way. Monica Miller has agreed to coordinate the activities this year and I know she will do a great job of that. I am sorry that I will not be able to attend but I am looking forward to hearing about the great climbing and fun activities there next week. Also I am excited about the Holiday Party we will be having on December 19th that Kim and David McClintic are working to make more successful than last years party, a big undertaking. Look for more information in this issue as well as email announcements.

May you have a blessed Holiday Season and the most Happy New Year you have ever had. Remember, climb hard and climb until you are very old.

John Keedy

Mountaineering Events

Mountaineering Seminars

- Thursday, November 20 – “Are You Cold?” – Winter Mountaineering.

The seminars will be held at the Pyle Community Center , Tempe Parks & Recreation, 655 E Southern Ave., the SW corner of Southern and Rural Road in Tempe . 6:45-8:45 PM. For more information contact Bruce McHenry, AMC Mountaineering Co-Chair, at bamchenry@att.net

Upcoming Mountaineering Outings

January, 2009. Winter Camping – Practice winter camping and expedition techniques. Date is TBD – if we get enough snow...we will go!

March, 2009. Ouray Ice Park – ice climbing in Ouray.

Fall 2008 Technical Outdoor Climbing Class

Students

Colleen Anderson	Rachel Mace
Ambika Balasubramaniyan	Patti McFeely
Arva Bynum	Haiwen Meng
Kari Bynum	Nichole Saltzman
Steven Crane	Tom Shaughnessy
Greg Crook	David Tai
Shivani Desai	Jeanne Thompson
Tony Doucette	Sarah Thompson
Tracy Fleming	Connie Vekre
Brandon Forrest	Linda Wilkes
Nestor Garcia	
Brittany Gertsch	
Todd Gertsch	
John Gray	
Susan Harnage	
Nikki Khraizat	
Michael Kitchen	
Doug LaCombe	
Timothy Leichtnam	

Instructors

Traci Alletto	Dan McFeely
Bill Arndt	Christopher Meyer
Nancy Birdwell	Monica Miller
Jodie Bostrom	Trevor Moody
David Cameron	Jeffry Nagel
Mark Christiani	Jennifer Ottolino
Robert England	Sonia Overholser
Eric Evans	Matt Percy
Bill Fallon	Wolfgang Rupp
Erik Filsinger	Rogil Schroeter
Daniel Gonzales	Kathy Sharp
Eve Hoffman	Mark Tallan
Nick Hoffman	Jutta Ulrich
Louise Johnson	Stephen VanHerpen
John Keedy	Terri VanHerpen
Michael Kreitz	Clay Vollmer
Kristis Makris	Keith Waldrup
David McClintic	Patti Waldrup
Kim McClintic	Dale Wiggins

NEW MEMBERS

Climbers - Please Welcome:

Ambika Balasubramaniyan	Zane Hatfield
Arva Bynum	Rachel Mace
Kari Bynum	Jessica Morton
Kendra Charts	Tom Shaughnessy
Tracy Fleming	David Tai
Brandon Forrest	Sarah Thompson
John Gray	Connie Vekre
Karen Hanafin	Linda Wilkes
Michael Hanafin	
Susan Harnage	

The Mace

October 25, 2008, Seventeenth ascent by Frank – 5 pieces of pro, but only 4 used on any pitch.

Frank Vers, Wolfgang Rupp, and I left Phoenix at around 6:40 am and arrived at the Cathedral Rock trail head ready to place our sticky rubber on the smooth red sandstone on The Mace. A brisk hike behind Frank landed us at the base of the climb in 20 minutes. We racked up quickly and Frank led off the first pitch, a wide crack, sloping slab, and brief overhang to a spacious belay ledge with a solid bolt anchor.

After Frank disappeared up Pitch 2 Wolfgang and I struggled and squeezed our way up the 5.9 hand crack and chimney. After I joined the guys on another great belay ledge I quickly observed the start of Pitch 3 going around a corner with nothing but air below it. My heart was racing from the previous Pitch and in anticipation of the next one.

Pitch 3 was a little easier than it looked getting around the corner with major air below my feet. The handholds were big and solid (with thick chalk on them). Around the corner was a long chimney that I found actually quite fun. I used a combination of back stepping and chimney technique. We all had to stand on the smaller ledge at the end of Pitch 3.

I watched Frank start off Pitch 4 through the wide chimney using excellent technique. His first piece was in the crack at the start of the step across to the inside wall at the base of a small chimney. It was difficult to see him, but I could see glimpses of him on the wall heading up to a bolt. Wolfgang used a different technique seemed to arrive at the top in style. When the rope was pulled taught I started up the Crux pitch and arrived at the top with the guys without too much difficulty. I had been told that the move past the bolt was the Crux but I must admit that I do more face climbing than Crack and so it felt more comfortable to me.

We had a quick snack and nap (Frank) before the airy step across Pitch 5. Frank leaned across to clip the bolt and then shimmed over the right and then up to the top. Wolfgang and I joined him. We all signed the register and then enjoyed taking the obligatory summit photos. Frank worked for the perfect handstand on the summit. Wolfgang and I rappelled down and across the gap, while Frank (of course) jumped.

Two long rappels and we were on the ground. We swiftly hiked down to the base of the climb, got our packs together and headed back to the truck.

You couldn't have asked for a more perfect day to climb. Bright sun, but mostly in the cool shade of chimneys. And NO wind.

Thanks Frank. And, yes, leave that #3 behind next time! And only 4 pieces on your next ascent.



By Susan Morris



Pilgrimage to the Praying Monk

If you brought up the question of “What is the most historic climbing route in Arizona ?” to a group of climbers, the quick consensus would likely be the route up the East face of the Praying Monk formation at Camelback Mountain . On a beautiful winter day in November, we decided to make our own pilgrimage to this rock climbing monument.

After meeting Team Sue (Susan and Suzanne) at the local Starbucks, we carpoled over to the typically crowded Echo canyon parking area. Even our 6:30am start was not early enough to secure a parking space, so we dropped gear at the trailhead while Team Sue searched the back streets of Paradise Valley for a parking space.

This brief respite allowed us to study our goal for the day. I’ve been familiar with the unmistakable sight of the praying monk formation since I was a kid, driving up to Echo canyon to hike with my family. My brother and I would watch with fascination at the climbers we saw making their way up towards the monk. Continuing the hike up to the top of Camelback, my thoughts would be filled with rock climbing daydreams. It was our goal today to make this long daydream a reality.

We took the brief hike up to the base of the headwall, putting our gear together for the easy warm up approach to the base of the Praying Monk known as “The Walk Up”. This route is considered Class 4, but we roped up anyway because the gear we were carrying made us a bit clumsier on our feet than normal. The approach was uneventful as we walked the additional 100 yards or so to the base of the Praying Monk and the start of the East Face (5.3) route.

Karen belayed me as I started up the 5.7 start to the East face. My first quick draw placement was back clipped, which was quickly observed by my team and corrected. But it was definitely not an ill omen, as the rest of the climb was uneventful and most enjoyable. I reached the windy summit, clipped in to one of several large eye bolts at the top, and adjusted myself to belay Karen.

One of our better planning decisions was to bring walkie-talkies, as the strong wind would have made any other kind of verbal communication impossible. I signaled to Karen that I was off belay and as she made herself ready to climb, I enjoyed the views from the top of the Monk. While admiring the birds eye view of the Paradise Valley mansions, Karen radioed that she was ready to climb so I refocused on the task of belaying her.

I couldn’t see Karen until she was almost at the end of her climb, but when I did see her, she had a huge smile on her face. Karen joined me at the summit and prepared to call her relatives to play the game “Guess where I am right now” while Suzanne started her lead climb up the East face.

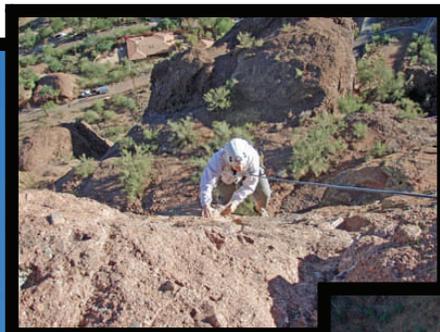
Suzanne sustained a quick pace of climbing and arrived at the summit clearly enjoying the climb as much as we did. She set up her belay station and signaled Susan that it was her turn to climb. By now, the sun was coming over Camelback Mountain , lighting up the area and providing some much needed warmth to us. While trying to spot Susan’s house from the top, we did notice three fire trucks at the Echo canyon parking lot. It was a reminder about the potential consequences of loosing focus, so we finally set up a rope for rappel.

The rappel off the Monk is quite fun, as a significant amount of the rappel is free hanging. We all rappled off the Monk, gathered our gear, and headed to the final rappel towards our car. There were a few out of town climbers on the Rappel Gully route, asking us about our climb. It was nice to replay the details of our climb for others that would hopefully follow in our footsteps. With any luck, this pattern will continue for future generations of climbers following in the footsteps of those historic Monk climbers many years ago. However, all pilgrimages must end, so we reluctantly took one last look at the Praying Monk, thanked the solitary monolith for the wonderful day, and then headed back to civilization.

- Scott Frankel



Scott



Susan



Karen



Suzanne

Rope Soloing - A Case Study

Climbing for many people involves rewards that come from testing oneself against challenges, overcoming difficulties, self-affirmation, and demanding focus, but climbing also involves the rewards that come from the beauty of the activity in marvelous settings, the heightened self-awareness of moving over rock, and other intangibles.

For many folks who have tried it, Soloing is the zenith of rock climbing because it is the purest form of achieving the potential rewards. It is intense, and it is quiet. It is just you and your skills. If self-reliance were to be typified in a single activity that activity would be Soloing.

I don't Free Solo without a rope. I Solo with a rope. When I go climbing I usually prefer to lead, and so I lead climb when roped soloing. Because you are your own second while lead rope soloing, you need to have a system for belaying yourself on lead, as well as on top rope for the seconding. This report is one recent experience.

On a day when it just seemed right to be by myself and reflect, I dusted off my Soloing gear and headed to the McDowells. I had done more roped soloing a few years back, and I was a little rusty, it turns out. What follows is structured around mistakes I made. Suffice to say that when I napped on top of Sven Tower II in the north McDowells I felt the cool wind, the warm sun, the rope coiled as my pillow, and my feet pointed toward Four Peaks in complete contentment on the flat summit.

Sven Tower II is at the head of Mesquite Canyon. The first pitch is a 60 meter trad pro and bolts at about 5.6 to 5.7 with the top being easier. The second pitch is about 20 meters at a lower grade.

I use the Wren Silent Partner. It is the high-end of the lead rope soloing devices out there, differentiating itself because it will hold even upside down falls, falls at any angle, etc. When working correctly, you simply climb and the rope slips through the speed activated camming system. A fall will result in the camming system activating and locking you off. (In the past I've played with a host of lead rope soloing devices. With most you have to feed about enough rope to match the next move. With the Silent Partner, in theory you just climb. Of course, every roped soloing system should be worked out on the ground and manufacturer's instructions followed to the letter. There are a ton of specifics, and I would refer you to an instructional source for a broader overview.)

Rope diameter

Okay, I said I was rusty. Mistake Numero Uno. The Silent Partner (SP) ties into the rope with a clove hitch that produces the friction around the drum. When I was gathering up my gear, I simply grabbed my lead rope that I had used in the past for roped soloing with the SP. It is a Maxim 10.5 mm. After I had rigged my system with a solid anchor, the SP attached with two lockers, back-up/weight gathering loops, etc. (don't worry, you'll know when you start to rope solo), I placed a first piece off at full arm's reach and pulled some extra slack through the SP to clip in.

Hmmmm. That didn't pull well? But I was racked and ready and started up.

After I was committed and above that first piece, I said to myself again, "Boy, that isn't pulling well..."). I pulled the slack end to free the drum, and it also seemed tight.

Rather than "free" climbing, it was more like, "haul up your second while you are leading."

Cause and Solution: Over the three years since I last used the rope with the SP, I guess I had used it enough so that it was a little "less new" and probably swelled slightly in diameter. In the future I will check my chosen rope each and every time before heading out. My post climb test verified that the SP works just fine with my new lead rope, a tightly woven 10 mm, and it also works well with a 9.5 mm in good shape.

Back-Up/Weight Gathering Loops

In lead rope soloing, you fix the end of the rope in an anchor and you clip the protection between you and the anchor. Your "belay" is at your waist, in my case the SP attached to my harness. If you fall, the rope tightens to the anchor, up through the last piece, and actuates your belay system. It is important, however, not to rely entirely on the "belay system", so you need a back-up. Loops of rope attached to your harness/carabiners function to catch you if for some reason your "belay" fails.

Carrying the loops of rope also makes the SP work better, because the weight of the rope itself is often enough to pull the clove hitch around the drum tight and cause it not to feed properly as you move up. So the loops provide both a back-up and a weight control.

I was making a crux-like move right below where I had to place the only "sketchy" piece of the climb. A shallow, flaring crack. But suddenly as I eyed the crack and moved upward on thin edges, the rope drag increased significantly. Doggone it again...

Rope Soloing - A Case Study (continued)

Cause and Solution: when I had reached the first bolt, I had played around with the clove hitch on the SP. In fact, I clipped into the bolt and hung while I removed the SP and retied it trying to make it feed more easily. Unfortunately, I had clipped my runner through one of the back-up loops. I had been so careful at the base of the climb to get everything organized just right (lots of ropes, knots, gear, etc), but I had made a mental error. Now I had to lower back to the piece, remove the runner, and climb the doggone crux sequence again!

Okay, I made it up the steep section (35 meters) and set an anchor. With lead rope soloing you are your own second. You have to rappel the fixed line and climb it for the “second” time, removing pro, grabbing your pack and shoes, etc. Shortly I was back on the ground.

Seconding

Well, this really wasn't a “lesson learned”. It went smoothly and fabulously. I reclimbed the pitch (parts for the third time) using a new toy. I swear by it – the Petzl Mini-Traxion.

All you have to do is attached this sweet little device to the fixed line and climb. It moves up with you with absolutely no bother to you. (Paul Diefenderfer, who turned me on to this piece, wears a chest harness to keep it from catching his shorts when stepping up in climbing motion.)

The only thing you have to do is weight the rope so that the friction of the device moving up along with you is less than the weight of the rope below it. I attached a water bottle in a “water bottle caddy”, or whatever you want to call a nylon stuff sack that fits a water bottle and has an attachment point sewn into it.

When soloing it is good to always consider a back-up system. In this case, I chose to put overhand knots in the rope below me every 15 feet or so.

Great so far....But now I'm on my belay ledge hauling up the rope. Doggone it...it's stuck.

Cause and Solution. Long story short, I had to rap all the way to the bottom of the climb. About 5 feet off the deck somehow the rope had looped on itself and caught itself in the only right sized crack within 200 yards. (my back-up knots had been placed judiciously and weren't a problem at all.) Let's see, that's the forth time climbing this!

If something can go wrong, it will. You don't have a partner to yell down to. Make doggone sure that each aspect of rope management is perfect! I did the rest of the way up, though I'm not sure I could have foreseen the crack coming into play the way it did. But how many folks have a rope get stuck on rappel even though it all looks good?

So...I guess I climbed the two pitch climb in three pitches. That was mostly a nod to the complexities of lead rope soloing and being your own second. It's better to find that “problem” when you are just 35 meters out rather than a full 60.

Top pitch – worked like a charm. My SP took me to the top. My Mini-Traxion provided me a self-belay while seconding. My water bottle and the rest of the rope hauled up without a complaint.

And then the summit and views that don't stop. Did I mention that I basked in the glow of challenge and success, silence and wind, vistas internal and external?

Submitted by Erik Filsinger

The AMC's 45th Birthday in 2009

The AMC was incorporated in April of 1964 and turns 45 in 2009.

Board members discussed a variety of ways in which we can celebrate the occasion including a birthday ball (The Mountaineer's Ball), simultaneous climbs on a given date around the valley, articles in magazines and TV highlighting our rich history, and more.

If you would like to volunteer to help with the AMC's 2009 birthday festivities, please contact Robert England - robert_england2@yahoo.com

2009 Board Position Openings

Anyone interested in serving on the AMC's Board of Directors in 2009, please contact John Keedy no later than Sunday, 7th December.

2009 Dues Are Due

It is time to renew your membership for 2009. The membership year runs from January to December; \$30 for single or \$35 for family membership. Please make your check payable to AMC and bring to the next meeting or send to:

AMC Membership
6519 W. Aire Libre
Glendale, AZ 85306

If your name, address, phone or email have changed, please enclose corrections with your check. If you would like your cell phone listed on the monthly phone list instead of your home phone, please let me know. Call 623-512-8465 or email rogil@cox.net if you have questions.

Member Ads

Mountaineering Gear For Sale

All items are used but in excellent shape. Call Charlie at 480-595-8320

Mountain Hardware:

- Fleece Pants, full leg zippers, Gore Wind-Stopper panels, size large - \$20
- Gore-Tex XCR Pants, full leg zippers, size large - \$40
- Alchemy jacket, size medium, Gore Wind-Stopper - \$60
- Jacket, Gore-Tex Conduit, size medium - \$20

Koflach: Plastic Boots, Arctic System Liners, size 10.5/44 - \$50

Granite Gear:

- Gators, size large; - \$10
- Mittens, 2 pair, size medium; - \$10 each pair
- Water bottle bag; \$2

Petzl: Grey Elios helmet, size small; - \$10

Integral hot socks, size large - \$5

Miscellaneous Gear For Sale

Call Robert at 480-688-5412

Cannondale M400 Mountain Bike - NOT suspended - Like new (less than 100 miles) **\$300**

Marmot Mavericks 15° Sleeping Bag (Long) - (Polarguard Delta) Used half a dozen times - In excellent condition **\$50**

Grand Canyon 2008 Cleanup Trivia!

28,010 coins were removed from the Canyon during the cleanup,
for a total dollar amount of \$580.95

Great Work to all the participants, and to Clay Vollmer
for coordinating this year's event!



On Monday, December 15th at 7:00 pm:
AMC Programs presents:

Chris Linder: Story Time With a Wandering Rock Climber



Within 2 weeks of his birth, Chris slumbered at the base of climbs in Joshua Tree as his parents climbed. By age 3 he was top roping 5.10's and by age 4 was beginning to lead trad climbs. 21 years after this auspicious introduction to climbing Chris has climbed around 35 5.14's. His obsession with climbing has sent him to around 15 countries and counting as he explores the climbed and unclimbed crags. Ha Long Bay, Vietnam was where Chris spends part of the last two months as he explored areas of southeast Asia.

Come and hear Chris talk about his life of climbing; his recent travels and his philosophy on how climbers can change the world. Check out the information below.

For more information on Chris, go to: www.chrislindner.com

To view Chris at age 4 leading a 5.10 in Joshua Tree go to: http://www.chrislindner.com/vids/Entries/2007/12/12_Me_Leading_5.10_at_age_4.html

See you at the Monday, December 15th 7:00 p.m. meeting! Remember it is at Phoenix Country Day School 3901 E. Stanford Drive P.V. 85253 It is between Lincoln and Camelback. From Lincoln use 36 St. and go south to Stanford and then head east. From Camelback turn left on 40th St. followed by a left on Stanford. The auditorium entrance faces the parking lot.



The Arizona Mountaineering Club
www.amcaz.org

DECEMBER



HAPPY HOLIDAYS!

SALE



AZ CLIFF HANGER

Located inside the Phoenix Rock Gym
www.azcliffhanger.com - Marty Karabin
1353 E. University Dr. Tempe, AZ 85281
Ph: 602-642-9507 Fax: 480-237-0095





Arizona Hiking Shack
11649 N. Cave Creek Road
Phoenix, AZ 85032
Voice: (602) 944-7723
email: sales@hikingshack.com

on the web:

www.hikingshack.com

www.ahsrescue.com

Hours:

Monday – Friday 10am – 7pm

Saturday 9am – 5pm

Sunday 11am – 4pm

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JUST IN TIME
FOR CHRISTMAS

\$100 bucks

gets you a **SUPER** sweet **10.2 x 60m**
dynamic rope from **MAXIM**

while supplies last

NEW at the Shack

We're now stocking Five Ten approach shoes!

+ Exum Guide (\$129.99)

A killer mid high approach shoe for those who want extra support.

+ Camp Four (\$109.99)

A low cut multi sport shoe that excels in the steep and gnarly

Both shoes feature 5.10's award winning high-friction STEALTH rubber

Outing Leaders

Become an AMC Outing Leader

General requirements for becoming an AMC outing leader:

- Be a member for at least one year
- Take the Basic, Anchors and Lead classes (or equivalents)
- Complete a basic first aid and CPR class (8 hours or more)
- Submit an application to the Classification Chairperson
- Apprentice on at least three outings with approved outing leaders
- Get recommendation from at least five current outing leaders (including those from apprentice outings)
- Be approved by the Board of Directors.

For more information, contact the Classification Chairperson, Nancy Birdwell at (602) 770-8326.

Outing Leader

Contact Information

Sally Borg.....	480-425-9689.....	sallyborg@cox.net
Jodie Bostrom	623-308-5089.....	jodiebostrom7@msn.com
Robert England	480-688-5412.....	robert_england2@yahoo.com
Bill Fallon.....	602-996-9790.....	bill.fallon@cox.net
Erik Filsinger.....	smorefil@aol.com
Jason Garvin.....	480-734-6801.....	beach_bum43@hotmail.com
Richard Horst	623-434-4769.....
John Keedy.....	623-412-1452.....	jwkeedy@cox.net
Mike Knarzer	602-751-1701.....	thrashndangle@gmail.com
Tim Lange	480-598-9124.....
Grant Loper	602-684-3042.....	grant.loper@loperandassociates.com
Bruce McHenry.....	602-952-1379.....
Chris Meyer.....	602-692-5912.....
Monica Miller	623-362-0456.....
Jeff Nagel	602-312-9538.....
Matt Percy	928-420-2065.....	percy.matthew@gmail.com
Rogil Schroeter	623-512-8465.....	rogil@cox.net
Frank Vers.....	480-947-9435.....	climbrox@gmail.com
Clay Vollmer.....	602-595-7266.....	skatrash@cox.net
Justin York.....	480-229-8660.....

Your Name Here!

Calendar of Events

AMC Outings and Events

Please note: It is suggested that Outing participants donate gas money to the Outing Leader, and that carpoolers share the cost of gas for the driver. See footnotes below for other info about outings.

Nov 20 “Are you cold?” - Winter Mountaineering Seminar (See page 6 for details)

Nov 22 The Overlook - Oak Creek Canyon. Top rope 5.6 and up. Great for anchors practice. Limit 12. Dinner in Flagstaff. Contact Robert England

Nov 25 - Barks Canyon - The Long Lead. Multi-pitch 5.8. Limit 2. Contact Chris Meyer.

Nov 27 - Thanksgiving at Joshua Tree National Park. Contact Monica Miller.

Dec 6 - Night on Weaver’s Needle. (Rescheduled from Nov 29) Climb and spend the night on this Arizona Classic. Long hike in, easy climbing. Limit 2. Contact Robert England

Dec 19 Holiday Party. See page 21 for more information.

Jan ‘09 Winter Camping - Practice Winter Camping and expedition techniques. Date is TBD - If we get enough snow we will go.

Mar ‘09 Ouray Ice Park - Ice climbing in Ouray.

Footnotes: Car-pooling is optional on all outings and is not part of the outing. The outing begins at the trailhead designated by the Outing Leader and ends at the same place. Each participant should bring a First Aid kit. If you leave the outing, with or without the leader’s permission, you are considered to be on your own until you rejoin the group. Each participant will be required to sign an AMC Activity Release Form at the beginning of the outing. Participation in AMC outings requires club membership. Outings vary in degree of danger. When you participate in an outing you should be both physically and mentally prepared and equipped with the appropriate gear. You should always be aware of the risks involved in outdoor activities and conduct yourselves accordingly. The Outing Leader is not responsible for your safety; you are. Please contact the Outing Leader before going on an outing, discussing your capabilities with the Outing Leader. You must be over 18 years of age to participate, or must be accompanied by a parent or responsible adult, and obtain prior consent from the Outing Leader. Those accompanying minors are responsible for the minor’s safety.

Billboard—Other Scheduled Events

Outings listed in this section are not AMC sanctioned outings. Any AMC member can list an event he or she is planning and which is open to other AMC members. The member does not have to be an approved AMC Outing Leader. If you wish to participate you should be physically and mentally prepared with the appropriate gear and should contact the member planning the outing. You are responsible for your own safety, not the person leading the outing. You should always be aware of the risks involved in outdoor activities and conduct yourself accordingly.

Mondays Solid Rock Gym at 6pm-8pm. Call Rogil (623)-512-8465 for info.

Wednesdays North Mountain hikes after work. Rogil Schroeter (623) 512-8465

December 2008

AMC Outing Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Board Meeting	2	3 Sunrise 7:17 Sunset 5:20 M-set 10:42 P	4	5 1st Qtr	6
7	8	9	10 Sunrise 7:22 Sunset 5:21 M-rise 3:24 P	11	12 Full Moon	13
14	15 Member Meeting	16	17 Sunrise 7:27 Sunset 5:23 M-rise 11:19 P	18	19 Last Qtr Holiday Party	20
21	22	23	24 Sunrise 7:30 Sunset 5:26 M-set 3:08 P	25 Christmas	26	27 New Moon
28	29	30	31 Sunrise 7:32 Sunset 5:31 M-set 9:34 P	<div style="background-color: #f08080; padding: 10px; border: 1px solid black;"> <p>NOTE: Celestial events occur about 10 minutes earlier on Arizona's eastern border; 10 later on its western edge.</p> </div>		

“Thanksgiving Climb and Dine” Joshua Tree 2008 an AMC Tradition

Thanksgiving at Joshua Tree is an AMC Tradition, why you may ask, the climbing at Joshua Tree is in one word - AWESOME! And the Thanksgiving Dinner is a gustatory delight of epicurean heights. Come and share in this great tradition and check out new activities and climbs!

Thanksgiving Day Dinner Plan

Thanksgiving Dinner will be held on Thursday November 27th at 5:30 PM AZ Time (MST) at the Indian Cove Campground Group Site #8. The Dinner will feature a “Honey Baked Turkey” hosted by the Club. The rest is pot luck and member dish creativity. Let’s get this party started..!

Please bring your favorite dish to share such as: salads, breads, desserts, and or meats. Dishes should be prepared and ready to serve. Bring your stove to keep food warm. Bring your cooking utensils, beverages, and chair for lounging around the campfire. **Please assemble by 5:00 pm (MST)** to prepare your dish to share and be ready for Thanksgiving Dinner. **Non-food items:** needed include, lanterns, **firewood** and water to wash up with.

Creative Table Center Piece: Show off your creativity with a center piece, prize award.

Joshua Tree Coordinator 2008 is Monica Miller. Please RSVP your attendance & planned dish to:
monkmiller510@yahoo.com

Climbing Activities

On Thanksgiving Day ropes will be set up for an open outing at Short Wall located in Indian Cove. Come check out some of the new routes! Jodie Bostrom will set this area up on Thursday morning by 9:30 am.

Friday – AMC Group Outing will be held at Feudal Wall, located in Indian Cove. Additional outings to the Lost Horse wall area or other locations will be announced at camp.

Camping/Lodging Details:

The AMC has Indian Cove Group Site #8 reserved from noon Wednesday, 11/26 through noon Sunday 11/30. Please note parking is limited at the group site so car pooling is the way to go.

If you go before Wednesday 11/26 make your own camping arrangements at <http://reservations.nps.gov/> or by phone at 1-800-365-CAMP. Motel 6 has rooms in Twenty-nine Palms queen bed options see: <http://www.motel6.com/>

All campsites are primitive, no water or electricity, pit toilets. **Please bring firewood for evening campfires.** The towns of Joshua Tree and Twenty-nine Palms are about 20 minutes away if you need a meal, motel, or shower. Showers are available at Coyote Corner - 6535 Park Blvd, Joshua Tree, CA 92252 (at the intersection of Hwy 62 and the park entrance road, across from Nomad Ventures).

Directions: To get to Joshua Tree National Park, go towards Los Angeles on I-10 passing through Blythe and Desert Center. Watch for the Joshua Tree Cottonwood entrance (exit/mile marker 168). There is a \$10 entrance fee for a seven-day pass for a vehicle. Drive about one hour north through the park to a ‘T’ intersection. Go right (north) at the ‘T’ intersection to Twenty-nine Palms. Then go left (west) on Hwy 62 through Twenty-nine Palms to the turnoff to Indian Cove (left, south) from Hwy 62. If you reach the town of Joshua Tree, you have gone too far.

Weather is variable. Days are usually warm and sunny, nights will be chilly to freezing, and it is usually windy. Nothing is certain, so be prepared to get scorched, rain, snow or whatever. There are numerous guidebooks available in Nomad Ventures, a local climbing shop; it is a good idea to own one for there are many geographic climbing areas in the park.

Web Site: For route beta, directions, camping, local activities and other information check out the following web page:
http://www.mountainproject.com/v/california/joshua_tree_national_park/105720495

AMC HOLIDAY PARTY

Friday, December 19, 2007

6:30 PM 'til 10:30 PM

Location: Gainey Ranch Estate Club
7720 East Gainey Ranch Road
Scottsdale, AZ 85258

Please come and celebrate the holiday season in the glow of the fire and the warmth of good friends, good food and good cheer. Bring your favorite holiday dish to share and your favorite beverage (to share or not). Also, join in the ruthless good fun of the annual gift exchange by bringing a wrapped gift of \$15.00 or less. Will YOUR gift be the coveted one this year? Will it be the infamously shameless pink Tri-cam or the cookie jar that plays the theme to Gilligan's Island that becomes the exalted one this year? Please come and find out.

The AMC will provide a spiral cut Ham, bread, condiments, chips, soft drinks, plates and utensils. Please bring a dish to share and BYOB.

Directions: Gainey Ranch Estate Club – 7720 E Gainey Ranch Road, Scottsdale, AZ 85258

- From the 101 – Take Via de Ventura exit to East Gainey Ranch Road. Take a right or go north. (It is the fifth light west of the 101.)
- From Scottsdale Road – Take E. Double-tree Road East toward Hayden. East Gainey Ranch Road is the fourth light, this time go left or North.
- Stop at the guard gate and tell them you are there for the AMC party at the Estate Club. They can give you directions or if they don't...or if you forget....
- Go about 3/4 of a mile. There is a sign on the right pointing to the Estate Club, Tennis Facilities etc. Though the sign is on the right, the street is to the left. Take the street and you will see the tennis courts on the left. The Estate Club is just past the Tennis courts on the left.



If you have any questions call Dave McClintic at 602-885-5194.