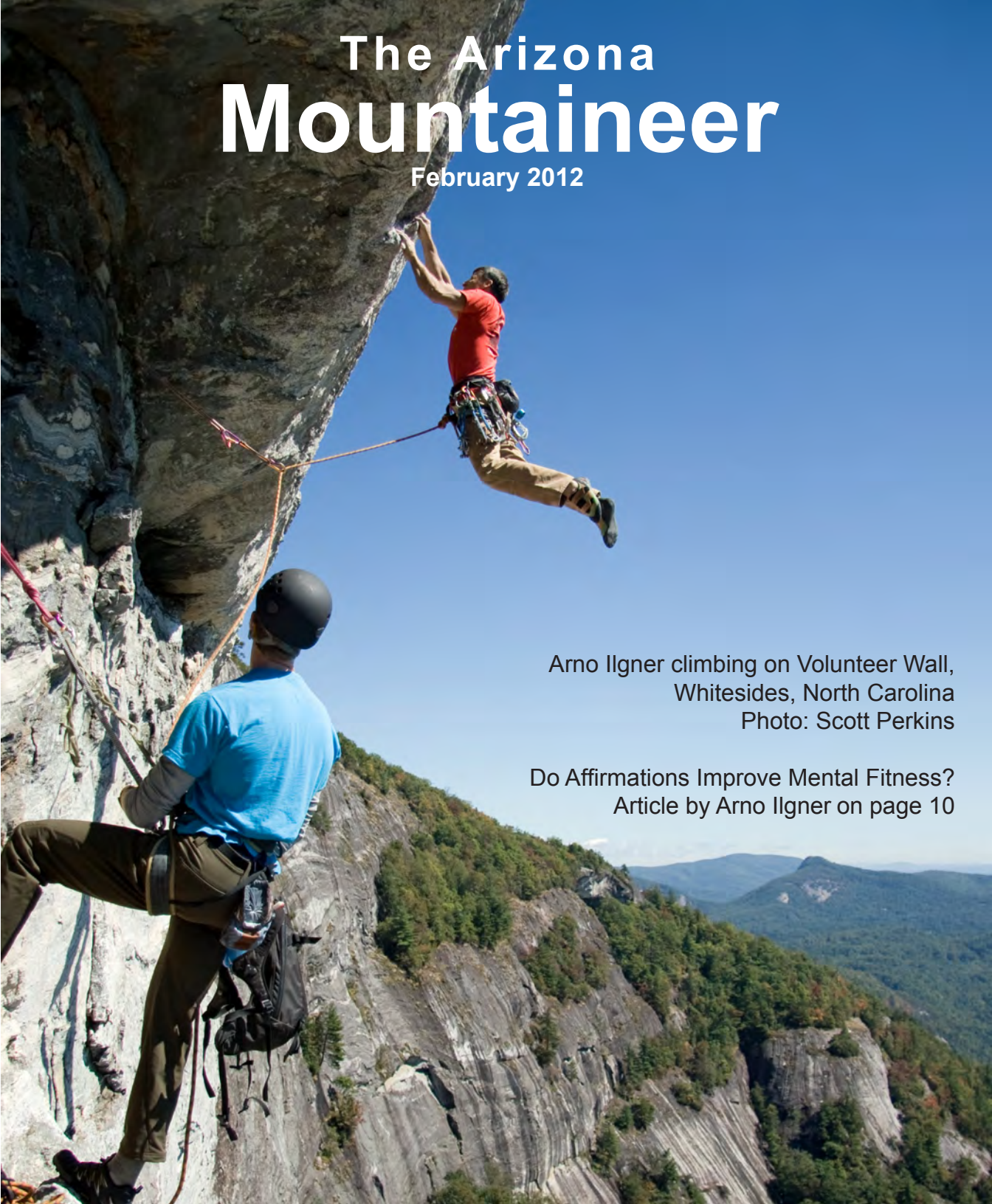


The Arizona Mountaineer

February 2012

Arno Ilgner climbing on Volunteer Wall,
Whitesides, North Carolina
Photo: Scott Perkins

Do Affirmations Improve Mental Fitness?
Article by Arno Ilgner on page 10



The Arizona Mountaineering Club

Meetings: The member meeting location is:

Granite Reef Senior Center
1700 North Granite Reef Road
Scottsdale, Arizona 85257

The meeting time is 7:00 to 9:00 PM.

Check Calendar for 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:

Website:

www.amcaz.org

Mail:

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

BOARD OF DIRECTORS

President	Bill Fallon	602-996-9790
Vice-President	John Gray	480-363-3248
Secretary	Kim McClintic	480-213-2629
Treasurer	Curtis Stone	602-370-0786
Director-2	Eric Evans	602-218-3060
Director-2	Steve Crane	480-812-5447
Director-1	Gretchen Hawkins	520-907-2916
Director-1	Bruce McHenry	602-952-1379
Director-1	Jutta Ulrich	602-738-9064

COMMITTEES

Archivist	Jef Sloat	602-316-1899
Classification	Nancy Birdwell	602-770-8326
Elections	John Keedy	623-412-1452
Equip. Rental	Bruce McHenry	602-952-1379
Email	Curtis Stone	602-370-0786
Land Advocacy	Erik Filsinger	smorefil@aol.com.
Co-Chair	John Keedy	623-412-1452
Librarian	David McClintic	602-885-5194
Membership	Rogil Schroeter	623-512-8465
Mountaineering	Bruce McHenry	602-952-1379
Newsletter	Cheryl Beaver	cherylbeaver@cox.net
Outings	Frank Vers	480-947-9435
Programs	Kim McClintic	480-213-2629
Technology	Steve Crane	480-812-5447
Trng & Schools	Bill Fallon	602-996-9790
ORC	Bill Fallon	602-996-9790
anchors	Eric Evans	602-218-3060
Lead	Mike Knarzer	602-751-1701

The AMC Land Advocacy Committee: The Committee works 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 at smorefil@aol.com.

Outing Leaders

Requirements for becoming a leader: take the Basic, Anchors and Lead classes (or equivalents), be a member for at least one year, complete a basic first aid and CPR class (8 hours or more), and be approved for leadership by at least five current leaders through formal application process and by the Board of Directors. Contact Nancy Birdwell at (602) 770-8326.

Outing Leader

Contact Info

Eric Evans	602-218-3060.....	eae100@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
John Keedy.....	623-412-1452.....	jwkeedy@cox.net
Mike Knarzer	602-751-1701.....	thrashndangle@gmail.com
David McClintic.....	602-885-5194.....	david.mcclintic@cox.net
Bruce McHenry.....	602-952-1379.....	bamchenry@att.net
Chris Meyer		Sun2stone@cox.net
Monica Miller	623-362-0456	
Jeff Nagel.....	602-318-9538.....	azfreedheart@yahoo.com
Rogil Schroeter	623-512-8465.....	rogil@cox.net
Curtis Stone.....	602-370-0786.....	curtis_j_stone@yahoo.com
Frank Vers	480-947-9435.....	climbmax@gmail.com
Justin York.....	480-229-8660	

For all Your ROCK CLIMBING Needs!!!

Find TUFA Gear Shops at the Following AZ Rock Gyms:

AZ on the Rocks - Climbmax Gym

Ape Index - Phoenix Rock Gym



Email: tufagearshop@gmail.com

Discount Directory

These merchants offer a discount to AMC members:

- **Arizona Hiking Shack** - 3244 E. Thomas Rd., Phoenix, AZ 85018, (602) 944-7723 www.hikingshack.com. Show your AMC membership card and get a 15% 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.
- **Climbmax Gym** - 1330 W Auto Dr, Suite 112, Tempe, AZ 85284 - 480-626-7755. 10% off membership.
- **TUFA Gear Shop** - Located at these gyms: AZ on the Rocks, PRG, Climbmax, & Ape Index. 10% discount.

Rental Equipment

EQUIPMENT	Qty	\$Dep	1-3day	4-7day
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
Avalanche Kit (probe & shovel)	2	10	5	8
Curved Ice Tools (pair)	2	40	20	35

Contact Bruce McHenry for information on how to rent AMC equipment. (602) 952-1379

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended December 2011

INCOME

Admin (TRSM before scholarships)	0.00
Advertising	140.00
Dues	6,977.94
Grants Received	0.00
Interest	56.46
Mountaineering Schools	875.00
Rental Equipment	158.00
AARS Fall	2,105.00
AARS Spring	1,830.00
Basic Fall	6,650.00
Basic Spring	3,905.00
Lead Fall	950.00
Lead Spring	395.00
Training Other	0.00
Other	0.00

TOTAL INCOME 24,042.40

EXPENSES

Admin	2,656.08
Promotional	570.55
Bank chgs	0.00
Capital Expenditures	469.87
Equipment Maintenance	47.53
Grants Expended	0.00
Insurance	6,166.00
Land Advocacy Committee	570.64
Library	0.00
Newsletter	1,800.22
Outings	0.00
Outing Leaders	0.00
Programs Monthly Meeting	2,198.75
Training	7,582.92

TOTAL EXPENSES 22,062.56

OVERALL TOTAL 1,979.84

ACCOUNT BALANCES

Checking & PayPal	12,910.23
Accounts Receivable	0.00
CD Account	15,000.00
TOTAL CASH ASSETS	27,910.23
AMC Outing Gear	3,467.43
OVERALL TOTAL	31,377.66

Contents

2	Who does what, Addresses and Numbers
3	Outing Leaders, Tufa Ad
4	Treasurer's Report, Discounts, Rentals
5	B-days, NL, Hot Stuff, New Members
5	Board Meeting Minutes
7	January Member Meeting
8	Lead Climbing School
9	ORC School
10	Do Affirmations Fulfill Mental Fitness?
11	The Ride of a Life Time
15	McDowell Crags- Hog Heaven- Upper
16	Billboard
17	Calendar, Member Ad
19	AZ Hiking Shack Ad

Hot Stuff !!!

It's time to renew your membership with the AMC

Send checks (\$30 individual/\$35 family) to:
AMC Membership
6519 W. Aire Libre
Glendale, AZ 85306
Or pay on-line at:
<http://www.amcaz.org/membership.asp>

Newsletter

The Arizona Mountaineer is published monthly by the AMC. The newsletter depends on contributions from its members so PLEASE send us your articles and/or photos.

All submissions are subject to approval by the AMC newsletter committee:

Cheryl Beaver, Tracy Fleming, Susan Harnage, and Jutta Ulrich

Digital photos should preferably be in JPG format and 300 dpi. Articles can be in any standard word processing format.

Get a new piece of gear? Send us your reviews after you've tested it out. We'd love to hear about it

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.

Submit items for publication and direct any questions through email to Susan at SHarnage@aol.com.

March NL Submission Deadline: February 1st

February Birthdays

Fox Stone 2, William Kirsch 3, Mark Sharp 4, Scott Frankel 5, Jeff Crosby 6, Jonathan McLin 6,
Julie Dehlin 7, Kurt Gusinde 9, Marcus Kowalski 9, Christie Munson 9, John Julian 11,
David Cameron 12, Michael Faux 12, Daniel Gonzales 12, Linda Kriegel 12, Christine Bolick 14,
Steven Wolpert 14, Andrew Baumgardner 17, John Gray 20, Robert Valenzuela 21,
Paul Schaaf 26, Abel Telles 26

Welcome New Members

Mark Sharp, Karla Sharp, Laurie Taylor, Nathan Rogers, Eric Rogers

AMC Board Minutes - January 9, 2012

1. **Call to Order:** 7:06 PM. Board members in attendance: Bill Fallon, John Gray, Curtis Stone, Bruce McHenry, Jutta Ulrich, Steven Crane, Eric Evans, and Kim McClintic. Committee Chairs: Erik Filsinger.
2. Minutes of the December board meeting as published in the December newsletter were approved.
3. Treasurer's reports from November and December 2011 were reviewed. The November treasurer's report was approved as submitted. The December treasurer's report was approved and will be published in the January newsletter.
4. **Committee Reports:**
 - a. **Membership:** There are currently 311 members. Dues for 2012 are due. Reviewed outing leaders who met criteria to receive a dues waiver.
 - b. **Programs:**
 - i. Holiday Party was hosted by Curtis Stone on December 16th and was well attended. Thank you, Curtis. Great party!
 - ii. The January program will be the annual Photo Contest, elections, and T-Shirt design contest. Voting will take place at the meeting.
 - iii. February Program: Machu Pichu- Chelsea Beechel and Rich Kocher.
 - iv. Recommendations for speakers and programs are always welcome. If you have any suggestions, please contact Kim McClintic @ canyonkim@gmail.com
 - c. **Outings/Activities:**
 - i. Upcoming:
 1. Alpine Snow Skills- Was rescheduled, due to lack of snow. Loosely planned for February 15-19th, but conflicts with Lead School. Bruce McHenry is working with those signed up and interested in order to set a new date.
 2. Lead School-Feb. 14, 15, 16, 18, 19, -Mike Knarzer.
 3. Beginning Ice Climbing- March 9-12, -Bruce McHenry. Class is full. Bruce will try and obtain additional ice tools in order to increase the class size.
 4. Upcoming AMC Birthday Climb and Gathering. March 31, 2012 -will be held at Cactus Flower Wall at Pinnacle Peak.
 - ii. Past:
 1. Alpine Rock Seminar: Dec. 10- Bruce McHenry. 9 students completed the seminar. Bruce was assisted by John Gray and Jeff Crosby.
 2. Morrell's Wall: December 10 - Chris Meyer.
 - d. **Land Advocacy:**
 - i. QCC: No changes to report.
 - ii. McDowells: The City of Scottsdale has acquired State Trust land North of Dynamite. The City of Scottsdale will be taking input from members of the various user groups: hikers, climbers, mountain bikers, and equestrians. Both Erik Filsinger and Bruce McHenry will be participating in the process.

AMC Board Minutes - January 9, 2012 (cont)

- iii. Extra funds from the Access fund grant for the signage of climbing areas in the McDowells, as well as AMC funds will be put towards signs for locations in the McDowells, such as Sven's Slab.
 - e. **Training and Schools:**
 - i. Lead School-February 14-16, 18-19, Mike Knarzer.
 - ii. Upcoming ORC (Basic) equipment expenditure. This will be approximately \$4000.
 - iii. REI PV "Rock Climbing 101" clinic, Wed. Feb 8.
 - iv. First Aid/CPR certification for outing leaders- first week of April.
 - f. **Newsletter Committee:** Submissions are due the 1st of each month and can be submitted to Jutta, Tracy, Susan, or Cheryl. Members are encouraged to sign up for electronic newsletter distribution to save mailing costs.
 - g. **Technology Committee:** Curtis will be handing over the job of club email coordinator to Jeff Crosby.
5. **New Business:**
- a. Bill will check with City of Phoenix about the possibility of having classes there again.
 - b. Outings Chair. It was proposed and approved that David McClintic will be the new Outings Chair.
 - c. Reapplication for "Adopt-a-Highway" sign on U.S. 60 for 2012-2014. Thanks to Tiina Perlman for coordinating this.
 - d. Hiking Shack proposal- will provide 15% discount in return for free advertising.
 - e. Policy for Outing Leader Selection process. The board reviewed the approval process. It was determined that any exceptions to the documented apprentice process must be meticulously documented.
6. **Old Business:**
- a. 2012 Election. The board agreed to have Bill approve the candidate roster once it became available from John Keedy.
 - b. T-Shirt Contest. It will be decided at the meeting if the contest will be held. To date there is one entry.
 - c. Membership renewal drive. There will be an effort made to contact lapsed members and invite them back.

The meeting was adjourned at 9:05 PM.

Respectfully submitted, Kim McClintic, secretary. Members you are welcome to attend board meetings. If you are interested in attending and need directions or information, contact me at canyonkim@gmail.com.



AMC thanks Rockford Corporation for the use of their facilities for board meetings. Rockford is a local maker and distributor of high-end audio components for cars, trucks and boats.

AMC Member Meeting

Monday, February 27, 2012

7:00 PM- 8:30 PM

February's monthly meeting will feature a presentation by Chelsea Beechel and Rich Kocher about their adventure in Peru in July 2011 (during the dry season). The Inca Trail and Machu Picchu will be highlighted, along with other local attractions. They will share their travel tips for this must see international destination, including important considerations such as raingear!

You know you want to scratch this one off your Bucket List, so come to the AMC monthly meeting for a preview of what you will see for yourself someday.



Guests are welcome!

Located at Granite Reef Senior Center
1700 N. Granite Reef Rd., Scottsdale

AMC Lead Climbing School: Spring 2012

This is an advanced climbing class. Even if you don't plan on leading, you will learn much about the dynamics of climbing, and it will make you a safer climber. Protecting a climb is a different skill from climbing itself. We will talk about the dynamics of lead falls, how to prepare for a climb, the differences between single-pitch and multi-pitch, and the differences between clipping bolts and placing natural pro. There will be no "true" lead climbs during the class, but we will provide simulated leading exercises.

Class curriculum:

Tue	Lecture, slide show: introduction, the lead fall, equipment
Wed	Lecture, slide show: equipment (continued); the process and techniques of leading
Thu	Lecture, slide show: multi-pitch techniques, the descent, leader rescue, aid climbing
Sat	Hands-on practice: natural pro placement (Prescott)
Sun	Hands-on practice: leading on bolts (Prescott or Scottsdale)

Class schedule:

Feb 14	Tuesday	6:30 pm–9:30 pm	*Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Feb 15	Wednesday	6:30 pm–9:30 pm	Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Feb 16	Thursday	6:30 pm–9:30 pm	Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Feb 18	Saturday	9:00 am–5:00 pm	Prescott (directions will be in syllabus)
Feb 19	Sunday	9:00 am–5:00 pm	Prescott or Scottsdale (directions will be in syllabus)

*Address for the Chateau de Vie 5 Clubhouse: 5900 N 83rd St., Scottsdale, AZ 85250

Directions: From McDonald Rd East of Hayden Rd and West of Granite Reef, turn south on 83rd St. Take the 2nd right into the parking lot. The Clubhouse is the only free standing building in the complex.

Experience required: Preferably, AMC Basic Outdoor Rock Climbing School and AMC Anchors School or equivalent experience. This includes knowing how to tie a variety of knots, belay, rappel, prusik and set anchors.

Cost: \$95 plus membership if not already a member (\$30 for an individual and \$35 for a family). Membership is good through Dec., 2012. Register by the Paypal link on the website <http://www.amcaz.org/leadRegistration.asp> or if you need to send a check you can contact Nancy Birdwell amcleadschool@gmail.com for the address. No credit cards accepted. (Please note: the registration fee is fully refundable if you cancel.) Email amcleadschool@gmail.com for more information. The number of students will be limited to 30.

Equipment required for the class:

The following will not be needed the first night. You may want to listen to the gear lectures before making purchases.

1. All climbing gear (harness, prusiks, biners, etc.)
2. Helmet—mandatory for all on-rock sessions
3. Specifically needed:
 - 2 20' slings (untied length), preferably different colors
 - 2 10' slings (untied length), preferably different colors
 - Nut pick
 - Quickdraws with biners—at least 5 per person
 - All pro that you own, which may include cams, hexes, wired nuts, Tri-cams, etc.
 - Consider combining with another person to have enough gear
4. Hiking boots or shoes with stiff soles for Saturday, climbing shoes for Sunday
5. Optional: kneepads for Saturday (\$3–6 at Home Depot, \$5 volleyball pads at sporting goods stores)

For more information: Visit the Arizona Mountaineering Club website at www.amcaz.org.

OUTDOOR ROCK CLIMBING

FOR THE BEGINNING OUTDOOR CLIMBER



Instruction provided by
The Arizona Mountaineering Club

During the 4 evening and 3 weekend day sessions, you will learn:

**The Basics of Climbing Equipment, Climbing Technique,
Knots, Rappelling, Belaying, & Self-Rescue.**

The class fee of \$195, plus \$30.00 membership for the remainder of the year (\$35.00 for families), covers equipment provided by the AMC and equipment that you get to keep including: a belay/rappel device, carabiners, prusik cords, climbing text and AMC membership for the remainder of the year.

To register online, go to:

www.amcaz.org/basic.asp

Class Size is Limited to 40 - Reserve your spot now!

For additional information, contact Eric Evans
AMCBasicSchool@gmail.com, or visit our website at:

www.amcaz.org



**By the 3rd Class
You will be
climbing
outside!**

Spring 2012 - Class Schedule

- March 13, - Tue - 5:30 PM - 10:00 PM
- March 15, - Thu - 6:00 PM - 10:00 PM
- March 17, - Sat - 8:00 AM - 5:00 PM
- March 18, - Sun - 8:00 AM - 5:00 PM
- March 20, - Tue - 6:00 PM - 10:00 PM
- March 22, - Thu - 6:00 PM - 10:00 PM
- March 24, - Sat - All Day - Grad Climb

AMC Members Enjoy

- Basic to advanced rock climbing training
- Periodic meetings and outings
- Special Annual Events:
- Grand Canyon Cleanup
- Thanksgiving at Joshua Tree NP
- Camaraderie with other climbers
- The Arizona Mountaineer newsletter



Do Affirmations Improve Mental Fitness?

Many self-help and performance coaches insist that affirmations improve our mental fitness. An affirmation, as used by self-help coaches, is a tool we can use. It is a specific, brief, personal phrase, stated in present tense, with a positive emphasis. Example: “I am a confident climber.”

We need to define our approach to mental fitness before we can assess the effectiveness of affirmations. The usual approach is adding layers of tricks and techniques to our existing knowledge. The Warrior’s Way approach centers on developing awareness. To become more aware we need honesty, expanded focus, and simplicity, applied in our climbing. Its emphasis is one of tearing down rather than adding layers. The question to ask is: “Are affirmations tricks that adds layers?” The short answer is “yes.” Let’s look at why this is true.

Affirmations fail as effective mental fitness tools in four ways:

1. They create a false reality.
2. They narrow focus.
3. They create complexity.
4. They are intellectual exercises.

False reality

The word “affirmation” is defined as: the assertion that something exists or is true. Using the sample affirmation “I am a confident climber” shows us that we assert that we are confident when we are not. Affirmations paint a positive picture of how we want to be in the future, which differs from how we are today, in the present. We assert something that isn’t true. Affirmations are essentially lies. We cannot improve mental fitness by lying to ourselves. Improvement comes from honesty. To improve confidence we need an honest assessment of where we lack confidence and develop drills we can do to address those issues.

Narrow focus

Affirmations narrow our focus. This comes from the “positive” portion of the affirmation. By emphasizing the positive we diminish our receptivity to negative aspects of our reality. Being neutral, rather than negative or positive, keeps attention expanded and allows us to perceive the whole situation. By being receptive to both negative and positive we improve our recognition of performance issues.

Complexity

Affirmations create mental complexity. They add layers of programming to what already exists in our minds. The learning process includes removing limiting ways of thinking and acting. It requires changing or breaking down portions of our mental foundation. We need to break down the complexity of the foundation to a simpler structure before being able to progress.

Intellectual exercises

Learning is the incremental process of engaging a little stress and converting it into comfort. Learning needs an experiential component to be complete. Affirmations emphasize an intellectual approach. They focus on doing mental gymnastics in the mind without taking any associated action.

If we lack confidence then we need to be honest with ourselves about the skills that need to be improved. Next, we keep our attention expanded by moving beyond labeling the issue as negative or positive. We stay neutral to maintain awareness of complete reality. Next, keep it simple. When our attention is distracted toward lacking confidence, we redirect our attention to practice the drills to improve confidence. Doing this will allow us to experience the level of confidence we have and continue to improve confidence as we practice.



“working on a 40-foot roof project in TN, doing my best to apply the ww material”

Do Affirmations Improve Mental Fitness? (cont)

Practice Tip: Affirm Your Assessment

Instead of using affirmations to cover up performance issues, identify and assess the issues. Improve mental fitness by keeping your training honest, keeping attention expanded, simple, and experiential.

Here is an example of a process goal for improving commitment:

1. Be honest about your lack of commitment.
2. Expand your attention by seeing the broader reality. Lack of commitment isn't negative. It keeps you from committing to inappropriate risks.
3. Keep it simple: To improve commitment you need to understand mental fitness as developing awareness. You do this by reminding yourself about a very simple process: notice when your attention is distracted from the current task and redirect it to the task.
4. Include experiential: Find appropriate situations to engage to apply the simple process outlined in number three.

~Arno Ilgner

Arno Ilgner distinguished himself as a pioneering rock climber in the 1970s and '80s, when the top climbs were bold and dangerous first ascents. These personal exploits are the foundation for Ilgner's unique physical and mental training program—The Warrior's Way®. In 1995, Ilgner formalized his methods, founded the Desiderata Institute, and began teaching his program full time. Since then, he has helped hundreds of students sharpen their awareness, focus attention, and understand their athletic (and life) challenges within a coherent, learning-based philosophy of intelligent risk-taking.

<http://warriorssway.com/about-2/bio-info/>

Arno will be teaching at PRG and Climbmax March 26-29, specific dates for each particular gym, to be determined.

Learn to Ice Climb!

AMC Mountaineering presents Beginning Ice Climbing Seminar at the world famous Ouray Ice Park in Ouray, Colorado, March 9-12, 2012. Learn to ice climb in the “little Switzerland” of the Rocky Mountains.

Instruction will focus on standard ice climbing equipment and its use, proper technique (body positioning, foot-work, tool placement), and belaying and rappelling for ice climbers.

Cost: \$80. Includes group climbing equipment (ropes, etc.), use of AMC ice tools and crampons.

Participants must provide helmet, harness, belay/rappel device, personal anchors, cold weather clothing/gear, and crampon compatible mountaineering boots. (Boots are available for rent at Ouray Mountain Sports, limited supplies). A complete gear list will be provided to participants.

Participants will share transportation (car pooling) and lodging costs (approx \$40/night) in Ouray. Participants are responsible for all meals and incidentals.

Participants must have taken AMC Outdoor Rock Climbing School or equivalent.

Itinerary: Friday, March 9: Drive Phoenix to Ouray (10 hours), **Saturday, March 10:** Ice climbing instruction, Ouray Ice Park, **Sunday, March 11:** Ice climbing outing, Ouray Ice Park, **Monday, March 12:** Returns to Phoenix, or optional ski day at Telluride (not part of the outing). Telluride is an hour from Ouray – lets ski!

Deadline – sign-up by February 3, 2012. Limit is 4.

Contact Bruce McHenry at bamchenry@att.net to register or for questions.

amcaz.org 12

The Ride of a Lifetime



Chris in dire need of bicycle repair

In the summer of 2009 I rode my bicycle across the United States from Yorktown, VA to San Francisco, CA. In total it was a bit over 3,800 miles, we traveled through 9 states (Virginia, Kentucky, Illinois, Missouri, Kansas, Colorado, Utah, Nevada, California), met many amazing friendly people, and consumed immeasurable amounts of ice cream.

Along with me on this trip were two (now) friends who I met through the Adventure Cycling Association's 'companions wanted' section. We set out mid May on an unforgettable journey. We camped 90% of the time either in parks, hidden somewhere discrete, or in the front yards of kind strangers. Because we were camping and had to carry all of the gear (tent, sleeping bag, clothes, food, pots, stoves etc) our bicycles were loaded down with panniers with each of us carrying somewhere around 50lbs+ of gear. Over the 2 months we spent on this trip we averaged 65 miles a day. We had a few 100+ mile days in flat Kansas and many shorter grueling days battling each set of mountains we had to overcome including the roller coaster Ozarks in Missouri & the gradual but high elevation Rockies in Colorado.

One of the best things about the experience was just how simple life became for those 2 months. Cycling, eating, sleeping, seeing beautiful countryside, meeting wonderful people. While physically demanding, it was a freeing experience.

One of the early highlights of the trip was meeting June Curry a.k.a "the cookie lady" in Afton, VA. She is

something of a legend among cross country cyclists and I read numerous stories about her before heading out on the trip. Since the early 70's she has been making cookies and other snacks for cross country cyclists as well as giving them a place to stay. She is a sweet elderly woman in her late 80's now but still keeps up a separate tiny house next to hers called "the bike museum" which is fully stocked with all kinds of snacks and a place for cyclists to overnight. She also takes a Polaroid picture of each cross country cyclist she meets which she archives in binders by year. All of this and more is in the "bike museum" so you can see hundreds upon hundreds of photos of cyclists from decades ago doing the same trip. It was truly amazing.

In Kentucky we were chased daily by dogs although usually a quick water bottle spray in the face would deter them.



Treacherous road in Utah

The Ride of a Lifetime (cont)

In Pittsburgh, Kansas we stopped by a brand new fire station to ask if we could camp out on their property but to our surprise they offered to let us stay in the fire station. If that wasn't enough they gave us each our own room as well as free wifi, let us use their computer & laundry room as well as eat tons of leftover spaghetti from a recent birthday party. They offered to let us stay an extra day and we couldn't possibly turn them down so we took a rest day to check out the town. Fire stations turned out to be an asset during the trip and we stayed in more than a handful. Pittsburgh, Kansas was by far the best accommodation though.

At a gas station in Virginia while my partners were restocking on Gatorade etc. I saw a crane machine and after a few tries I was able to win a small stuffed whale. We joked that he was our new mascot for the trip and I named him Ecco. In Kentucky at a Walmart I played another crane machine and won a stuffed animal on the 1st try. At that moment I declared that I would win a crane machine stuffed toy in every state along the trip and attach them to my bicycle. It became a fun challenge to find a crane machine and win a toy before leaving each state. By the end in California my bike was decorated with 9 different stuffed animals which turned out to be a funny conversation starter with people we would meet



Doing a handstand in Colorado

along the way. (See photo of all my buddies lined up by the golden gate bridge)

While riding in Colorado I heard a thud and a pickup truck swerved in front of me. I looked back and saw Chris laying in the grass. It was the most frightening moment of the trip. I thought he was seriously hurt but as it turns out the driver hit him in the back with his side view mirror which caused Chris to lose balance and swerve off the road. Other than some tenderness and redness he was uninjured. The passenger called 911 and they stopped up the road to see if he was OK. Highway Patrol, police, ambulances and volunteers showed up within minutes. As it turns out the driver was drunk and was arrested on the scene. We were just lucky it wasn't worse. The next few days we were very nervous about cars but soon we were back to normal.

In Nevada a huge 18 wheeler passed us EXTREMELY close at what had to be 80mph. The wind blew us off the road it was so strong.

There were numerous instances where we would meet strangers and ask to camp out on their property only to be invited in for dinner/breakfast and allowed to have hot showers / cool air conditioning. A few instances people even left us alone in their homes or told us the door was unlocked and to let ourselves in if we needed anything. The kindness and trusting nature of people was truly eye-opening especially growing up in the city where that's extremely rare.

Speaking of kindness, there is a story behind the photo of Chris (photo #1). We were in Utah about to embark on a span of 80 miles of desert with no services from Milford, Utah to Baker, Nevada. About 4 miles in Chris broke a spoke. Riding on a broken spoke for 80 miles was too risky so we headed back to Milford. We decided that the closest bike shop for repair was in Cedar City, Utah which would be back tracking quite a ways. We made the sign and waited around until a nice couple from Milford drove up. They were headed to Cedar City and gave us a ride. They dropped us off at the bike shop, ran errands and then drove us back to Milford. They even dropped us off at the city pool so we could relax and cool off in the 100+ weather. Amazing

The Ride of a Lifetime (cont)

kindness.

We hit Kansas during a heat wave so we decided to start riding at night to beat the heat. Kansas is pretty boring overall scenery wise and so flat that it's relatively safe to ride at night, plus we each had front and rear lights. For about a week we would ride through the night and sleep during the day usually at a fire station or any place we could find to beat the heat. The view of stars and fire flies was simply amazing. It felt like being inside a snow globe surrounded by stars on all sides.

Here are some stats I found on a blog I started about the trip but never finished:

Total miles: 3,803

Total hours on bicycle: 347

Total Days: 66

Rest Days: 7.5

Avg. miles per day: 65

Bicycle problems: 2 flat tires (1 in Colorado & 1 in Utah): Broke chain twice (both in Kentucky)

Accidents: Crashed in Kansas (major bruise and some scratches but nothing serious)

Ice cream consumed: Immeasurable

~George Grothusen



Riding through Nevada



Lonely road in Nevada



Collection of crane machine animals



Drying laundry

McDowell Crags: Hog Heaven – Upper Wall

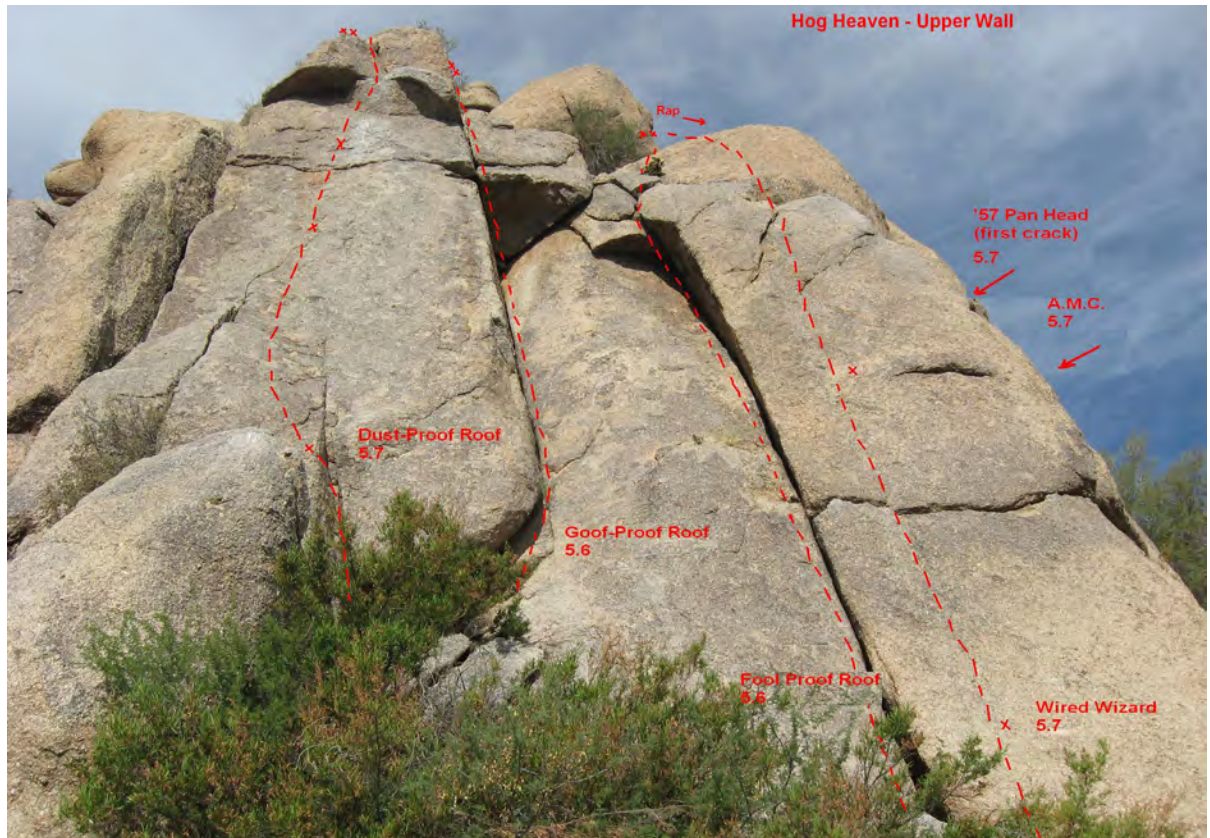
The Main Wall of the Hog Heaven crags in the McDowells provides a wonderful and remote climbing experience. They are far away from trail heads and seldom see much traffic. Located at the top of a ridge above the Verde Valley the views from these crags are as good as any in the McDowells.

From the Tom's Thumb trailhead (the overflow temporary parking lot as of the date of this article) hike up Mesquite Canyon past Girlie Man and up to the saddle south of Sven Towers III. A built climber's trail contours around the hillside until you crest on the northern lateral moraine of the Marcus Land Slide. The view from here across the slide is of the Main Wall and the Upper Wall of Hog Heaven.

Dip through a basin in the land slide and up, traversing across through boulders to a spot underneath the Main Wall (two pitches of serious granite!). Pass by the lower part of the Main Wall and continue contouring for 100 yards or so to the south until on the broad ridgeline and follow the climber path up through vegetation and boulders to the Upper Wall directly up hill.

It is possible to work around the right side of the formation and scramble uphill to underneath the Thumbnail (the snake-like skyline formation). From there some scrambling takes you back down onto the crag to set up top anchors if you so choose.

There are four “roof” climbs on the east face that are depicted on the accompanying photo. All are great fun and protect well.



McDowell Crags (cont)

The left-most climb, *Dust Proof Roof* is a good “McDowell 5.7”, meaning be solid at the grade.

Good-Proof Roof (5.6) looks impassable until hidden holds allows you to climb up and out of the left side of a 6-foot deep roof.

Fool Proof Roof is a tame but consistent 5.6.

Wired Wizard tests your metal on another “McDowell’s 5.7”.

The climbing is traditional with a mixture of bolts over blank sections of rock with cracks to be used when available. A light trad rack up to 3” and 8 to 12 runners should suffice. All climbs have 2-bolt anchors for ease and safety. The bolted anchor at the top of *Wired Wizard* is equipped with quick links and rap rings for easy descent.

The approach is fun for those who like to hike. Allow about 45 minutes to an hour. The descent from the crag back to the car only saves a little time, so allow for sufficient daylight.

As always, let me know what you experience, how you feel the ratings hold up, and any other Beta that might be interested to other parties.

Enjoy the granite!

~Erik Filsinger
smorefil@aol.com

Billboard- Other Scheduled Events

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.

AMC is also on meetup. For official and unofficial outings go to: <http://www.meetup.com/Arizona-Mountaineering-Club/>

Tuesdays	North Mountain hikes after work. Rogil Schroeter (623) 512-8465
Wednesdays	Ape Index Gym Climbing - Rogil Schroeter (623) 512-8465
Thursdays	Phoenix Rock Gym Climbing - AMC Members \$10 admission with ID card. Curtis Stone - Kim McClintic

2/10 - 2/12 To accomodate more students, the Intermediate Canyoneering Class at Hiking Shack will be rescheduled from 1/10 - 1/12 to 2/10 - 2/12 and intro to rappelling from 1/24 - 1/25 to 2/24 - 2/25.
<http://www.hikingshack.com/calendar>

Calendar of Events - Outings/Schools/Events

FEBRUARY 2012

- 3 **Deadline for Ice Climbing Seminar Sign-up**
- 13 AMC Board Meeting - Installation of new officers –change statutory agent
- 14 Lead School 14, 15, 16, 18, 19
- 20 Presidents Day (Monday)
- 27 AMC Member Meeting

MARCH 2012

- 7 Outdoor Rock Climbing Instructors Meeting
- 9 Ice Climbing Seminar 9-12
- 12 AMC Board Meeting
- 13 Outdoor Rock Climbing Mar 13, 15, 17, 18, 20, 22, 24
- 26 AMC Member Meeting
- 31 AMC Anniversary

APRIL 2012

- 4 Anchors Instructor Meeting
- 7 Queen Creek Cleanup and Climb
- 9 AMC Board Meeting
- 10 Anchors Apr 10, 12, 14, 15
- 23 AMC Member Meeting

MAY 2012

- 7 AMC Board Meeting – reminder: Tax filing and Annual Report to ACC due
- 21 AMC Member Meeting
- 26 Memorial Day Weekend - Alpine Climb 26-28
- 28 Memorial Day (Monday)

JUNE 2012

- 11 AMC Board Meeting
- 25 AMC Member Meeting - Swap Meet

JULY 2012

- 4 Independence Day (Wednesday)
- 9 AMC Board Meeting

23 (no member meeting)

AUGUST 2012

- 13 AMC Board Meeting
- 27 AMC Member Meeting

SEPTEMBER 2012

- 3 Labor Day (Monday)
- 10 AMC Board Meeting
- 12 Lead School Sep 11, 12, 13, 15, 16
- 24 AMC Member Meeting
- 29 Grand Canyon Clean up

OCTOBER 2012

- 3 Outdoor Rock Climbing School Instructors Meeting
- 8 Columbus Day AMC Board Meeting – Remnder: D&O Insurance Policy due
- 9 Outdoor Rock Climbing School Oct 9, 11, 13, 14, 16, 18, 20
- 22 AMC Member Meeting
- 27 Queen Creek Cleanup and Climb

NOVEMBER 2012

- 7 Anchors School Instructor Meeting
- 11 Veterans Day (Sunday)
- 12 AMC Board Meeting
- 13 Anchors School Nov 13, 15, 17, 18
- 22 Thanksgiving at Joshua Tree
- 26 AMC Member Meeting –Activities Expo

DECEMBER 2012

- 3 AMC Board Meeting – Reminder: General Liability Insurance due
- 8 Alpine Rock Seminar
- 14 Holiday Party
- 25 Christmas (Tuesday)

For Sale:

Guidebook - A Phoenix Original:

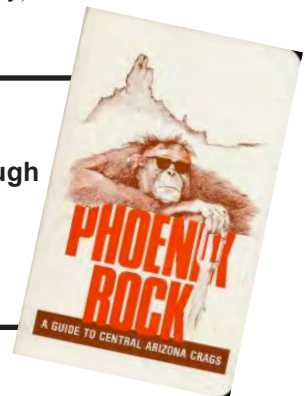
Phoenix Rock, A Guide to Central Arizona Crags by Jim Waugh

Paperback. Very Good/Collectible condition.

No marks or highlights.

\$100.00

Contact Robert England at azmountaineer@gmail.com





We've got room!



We can even put our tents on the floor now!



**We've
MOVED!
To 3244 E. Thomas Rd.**



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