

The Arizona Mountaineer

March 2011



Steve Wolpert atop the South Feather of Eagletail Mountain
Photo by Lars Peterson

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.

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	
Director-1	Bruce McHenry	602-952-1379
Director-1	Jutta Ulrich	

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	480-314-1089
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	Robert England	480-688-5412
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	Justin York	480-229-8660
Lead	Mike Knarzer	602-751-1701

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/join](https://www.accessfund.org/join)

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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@gmail.com. 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, azmountaineer@gmail.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 !!!

**Dues
Be
Due!**

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.

APR NL Deadline: 23 MAR

March Birthdays

Dan Anderson 1, Bruce McIntyre 1, Brian Crawford 2, Kay Alderton 3, Kerry Korth 4, Kathleen Corl 5, Linda 8, Michele Bobik 9, Wayne Schroeter 9, Ronald Auerbach 11, Dan Beatty 12, Annie McVay 12, Elisa Loper 13, Kevin Burke 14, John Perlman 16, Josh Sladek 16, Nick Hoffman 20, Nael Dagstani 23, Elaine Quigley 23, Jacob Hancock 26, Eve Hoffman 27, John Kynnyk 27, Katie Beaver 29, Jonathan Hanson 29

Discount Directory

These merchants 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. Gym membership 10% off for AMC members.
- **Phoenix Rock Gym** - 1353 E. University, Tempe, AZ 85281. 480-921-8322. 10% off membership to AMC members.
- **AZ Cliffhanger** - at the Phoenix Rock Gym. 480-642-9507. 10% off membership to AMC members.
- **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

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

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

Treasurer's Report

Arizona Mountaineering Club

Income Statement

Period Ended January 31, 2011

INCOME

Dues	285.00
<u>Rental Equipment</u>	<u>20.00</u>
TOTAL INCOME	305.00

EXPENSES

Admin	804.04
Insurance	2580.00
Newsletter	111.30
Outings.....	150.00
Programs Monthly Meeting	127.00
<u>Training.....</u>	<u>3,717.67</u>
TOTAL EXPENSES	7,490.01S
OVERALL TOTAL.....	7,185.01

ACCOUNT BALANCES

Checking	3,876.42
<u>CD Account</u>	<u>15,000.00</u>
TOTAL CASH ASSETS	18,876.42
<u>AMC Outing Gear.....</u>	<u>3,467.43</u>
OVERALL TOTAL	22,343.85

AMC Board Minutes - February 4, 2011

Board Members Present: Bill Fallon, Curtis Stone, Kim McClintic, Steven Crane, Gretchen Hawkins, Bruce McHenry

Chairs Present: Erik Filsinger

Call to Order: Bill Fallon, president, called the meeting to order at 7:00 PM.

Installation of New Officers: Bill Fallon acknowledged new board members present, Gretchen Hawkins and Bruce McHenry, and Jutta Ulrich, in abstentia.

Minutes: The minutes of the January 10, 2011 Board meeting were approved as submitted.

Treasurer's report: Submitted by Kate Nason to board members via email prior to meeting were approved as submitted.

Committee Reports:

Membership: Current membership is 375.

Programs: Upcoming program Monday, February 28th is entitled "The Other Mountains" by Erik Filsinger and will include a discussion of some amazing Alpine destinations near better known peaks. March and April programs are still in development. Possible upcoming speakers may highlight topics such as Big Wall climbing and canyoneering. It was proposed that members be encouraged to make suggestions of topics and speakers they would enjoy. This would be greatly welcomed. (Kim McClintic, Chair)

Outings/Activities:

1. Recent: Bruce McHenry reported on the great interest in the Snow Skills Course and the need to split that course into 2 sections to accommodate enrollment. The second section was held the first weekend of February.
2. Upcoming: Erik Filsinger provided an update for the AMC Birthday Climb and Party, to be held Saturday, March 5th. Susan Harnage is assisting with the event planning and leadership. Members need to sign up via Meetup.com. Erik is also coordinating the Adopt-A-Crag event on April 9th that is a collaboration of AMC, REI, and the McDowell Sonoran Conservancy. The Bi-Annual Queen Creek Clean-up and Climb will take place on April 2, lead by David McClintic.

Land Advocacy: (Reported by Committee Chair: Erik Filsinger)

1. McDowell's. Erik reported the Preserve Commission, appointed by the City of Scottsdale, formally approved and adopted a "Climbing Management Plan" on February 3, 2011. Numerous climbing areas are now "officially" recognized by the City of Scottsdale. For more detail on this matters, please see the Land Advocacy report in the latest newsletter.
2. Queen Creek. Erik provided an update on the latest meeting with Jon Cherry a VP with Resolution Copper. Resolution has promised to submit formal comments within 30 days.

Training and Schools: (Bill Fallon, chair)

AMC Board Minutes - February 4, 2011

A small number of students are enrolled to take Lead School this week. February enrollment is always relatively low. New locations are being sought for Basic (ORS) and Anchors classes as the City of Scottsdale has raised prices for the Parks. Spring Classes will be held at Cactus Park in Scottsdale as in the past.

Website & Meetup.com: (Steven Crane, co-chair-Technology Committee)

Steven presented a power point to familiarize new board members with AMC's use of social media . On-going expansion and improved use of current methods, such as Meetup.com and the AMC website were discussed. AMC now has a facebook page, twitter, YouTube, and Picasa. Committee members, Steven Crane, Eric Evans, and Curtis Stone are in the process of developing a technology policy and will be meeting with Bryan Howell, who helped with the website development. Steven would like for members to submit photos and perhaps, video to him, so that they can be posted on the website and/or the Meet.UP page.

Old Business:

- A. Club Documents: These are being reviewed by John Gray, who was not present. The item will be carried over.
- B. Membership database and Google Docs. Eric Evans, who was not present. The item will be carried over.
- C. Outing Leader Approval Process. A new policy will be written up by Eric Evans, who was not present. The aim is to simplify the process of becoming an outing leader without eliminating any of the qualifications and experience requirements.
- D. Advanced learning opportunities: John Gray (not present) has been investigating potential additional learning experiences for the club. Examples of possible programs: outing leader trainings, advanced rescue techniques. Erik Filsinger provided John with a record of the past thinking, activities, and forms related to this series of additional learning opportunities.
- E. Reminder to Outing Leaders to follow waiver procedure and to send the forms to the Club Secretary (Kim McClintic).

New Business:

- A. Mountaineering Co-Chair: Bruce McHenry nominated John Gray as Vice-Chair of the AMC Mountaineering Committee, adding that he would continue to mentor John. The Board voted to appoint John Gray as Vice-Chair of the Mountaineering Committee.
 - B. Member Database access: A discussion took place regarding the limited access of Board members and committee chairs to member information. Limited access to member information, such as email address and/or phone numbers creates difficulty for board members/committee chairs to fulfill their responsibilities. The Board discussed trying to come up with database access appropriate to the needs of an individual's position within the club. A tier
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AMC Board Minutes - February 4, 2011

system was discussed. This discussion will be continued at the next board meeting. Bill will outline a draft proposal for Board consideration.

C. AMC Mission Statement: A discussion was initiated by Bill Fallon who laid out a variety of issues to consider as the club positions itself to serve its historic needs while also avoiding areas that could be detrimental to the club's long term mission. Erik handed out a variety of mission statements from the major other national state climbing and mountaineering clubs. He also handed out a draft AMC mission statement, "The Mission of the Arizona Mountaineering Club is to provide educational opportunities, climbing experiences, advocacy to protect our climbing resources, and stewardship to maintain positive relationships with those with whom we share those resources." The discussion addressed the focus of club activity and the need for additional outings, as well as keeping its position and mission secure. This discussion will continue at the next board meeting.

The next board meeting will be held on Monday, March 14th. Members are welcome and encouraged to attend.

Adjournment: The meeting was adjourned at 9:15 PM.

Repeat Ascenders

Repeat ascenders is official now a non profit organization 501(c) with it's own tax number. Donation can be made direct to RA. Repeat ascenders is a rock climbing program for youths at risk in order to try and reduce the repeat offenders of crimes in our community. This program works with other youth at risk organizations and teaches youths to face their fears and challenges in their lives. The intent of this program is to combine the experiences of rock climbing and apply them for handling challenges in other areas of their lives. This program provides opportunities to young people that otherwise would not have access to the sport of climbing.

RA in conjunction with the Arizona Mountaineering club and other youth organizations will provide volunteers, who will work with these youths in order to provide a safe climbing environment.

The next RA event is scheduled for 4/20/2011 at Phoenix Rock Gym in Tempe, AZ.

RA is asking for anyone who would be interested in helping out at one of these events or who may want to help serve on a fund raising committee to contact the following persons:

Danny Gonzales Danhikes607@aol.com 602 550-8371

Dave Van Hook 602 790-6283

Bruce McHenry bamchenry@att.net 602 717-8956

Thank you for your support

Eagletail Peak

It was a well-earned payoff for the long approach in the low desert wilderness and broken-rock mountains -- summiting two remote peaks -- South Feather and Eagletail, west of Phoenix in the Eagletail Mountains Wilderness.

The last time someone successfully summited Eagletail Peak was January 2008, according to the register.

The craggy spires rise up dramatically over the low desert plains in classic Sonoran landscape. Loose rock hazard was everywhere we looked as we approached on Class 3 and 4 terrain. We climbed Eagletail Peak, the tallest pinnacle of the group at 3,300 feet, then South Feather, both single pitches. We completed the long descent over scree and a boulder-filled drainage.

Lars and Bill found a shortcut double-rappel that knocked about 40 minutes off our return, but it took some work to find the vehicle as dusk descended.



Eagletail and South Feather
Photos by Steve Wolpert and
Lars Peterson



Eagletail Peak (cont.)

Eagletail and South Feather
Photos by Steve Wolpert and
Lars Peterson



APRIL 16.
2011



PHOENIX
ROCK
GYM



TEMPE
AZ

THRASH
& DANGLE
FEST!



theqcc.org

Outdoor Rock Climbing School

Arizona Mountaineering Club – Spring 2011

The Arizona Mountaineering Club (AMC) has been teaching basic rock climbing for over 35 years. We place maximum emphasis on safe climbing and self-rescue skills. This is a beginning climbing class for outdoor rock climbing; no previous climbing experience required. We will teach you equipment care and usage, rope handling, climbing knots, belaying, rappelling, climbing techniques, and self-rescue. Enrollment fills up quickly, so don't delay; make a reservation to join us soon!

Class schedule (this is 2-week class):

Mar 15	Tuesday	5:30 pm–10:00 pm	*Scottsdale Cactus Park
Mar 17	Thursday	6:00 pm–10:00 pm	Scottsdale Cactus Park
Mar 19	Saturday	8:00 am–5:00 pm	McDowell Mountains, Sven Slab area
Mar 20	Sunday	8:00 am–5:00 pm	McDowell Mountains, Sven Slab area
Mar 22	Tuesday	6:00 pm–10:00 pm	Phoenix Rock Gym
Mar 24	Thursday	6:00 pm–10:00 pm	Phoenix Rock Gym
Mar 26	Saturday	all day	Various times, various places

*Scottsdale Cactus Park is located on the NE corner of Scottsdale Rd. and Cactus Rd. The park entrance is on Cactus Rd.

Experience required: None. This class is for anyone who wants to experience the feel of being outside on real rock. With many volunteer instructors, virtual one-on-one instruction is provided and tailored to every level of ability.

What is provided by the AMC:

Technical climbing gear that will be used for the school (and is yours to keep): Climbing Instruction Manual, 1 belay/rappel device, 2 non-locking carabiners, 3 locking carabiners, 4 prusiks, one 5' sling (subject to change)

Harness and helmet provided free by the AMC for the duration of the class if needed

Basic climbing textbook

Instruction through all phases of the class

Discounts from local outdoor retailers and climbing gyms.

Equipment recommended for the class: You will wear a climbing harness at every class, so dress casually. Most sessions will be held outside, so watch the weather. Climbing shoes are recommended for the weekend sessions only. The AMC rents climbing shoes on a first-come, first-serve basis on the second night of class for \$10 for the class. We will discuss what to look for in a shoe on the first night of class.

Paperwork: You will be required to read, fill out and sign an AMC release of liability on the first night of class. Students under 18 must have the release signed by their parent or guardian (no students under 14 please; students 14-15 years of age must be accompanied by an older adult).

Class fee: \$175 (plus membership if not already a member - \$30 for an individual and \$35 for a family).

Membership is good through December, 2011.

The class is limited to 40 students. To reserve a spot, register using Pay Pal on the AMC web site, or send a check for \$175, \$205 or \$210 (see Class Fee schedule above) payable to AMC Basic School. Include your clearly printed name, address and current phone number (s). Mail to: AMC Outdoor Rock Climbing School, 15508 W Bell Road #101-150, Surprise, AZ 85374. No credit cards accepted.

Questions??? Contact Eric Evans by email at AMCBasicSchool@gmail.com. (Please note: \$75 is a non-refundable deposit; the rest will be returned if you cancel. If someone else can be found to take your place, the entire \$175 will be refunded.)

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

Climbing Anchors School

Arizona Mountaineering Club - Spring 2011

The AMC Climbing Anchors School teaches participants how to set climbing anchors for top-roping. This course is the logical next step for AMC Basic Climbing School graduates.

Class curriculum:

Tuesday - Learn anchor components, anchor types, knots and hitches.

Thursday - Learn anchor system characteristics and construction.

Saturday - Gain experience setting anchors by practicing “hands-on” scenarios under instructor supervision.

Sunday: Apply newly learned skills setting real anchors on an optional climbing day. This session is a climbing outing where students set the anchors under instructor supervision and then spend the day climbing.

Class schedule:

Apr. 12	Tuesday	6:00 pm–9:30 pm	* Scottsdale Cactus Park
Apr. 14	Thursday	6:00 pm–9:30 pm	Scottsdale Cactus Park
Apr. 16	Saturday	8:00 am–4:00 pm	Sullivan’s Canyon, Chino Valley
Apr. 17	Sunday	7:00 am–5:00 pm	Promised Land, Chino Valley (Weather permitting)

* Cactus Park is located on the northeast corner of Cactus Rd. and Scottsdale Rd in Scottsdale.

Experience required: AMC Basic School graduate or equivalent, which must include knowledge of how to belay, rappel, prusik, tie a figure-8-on-a-bight and figure-8-on-a-follow-through, and make a girth hitch.

Cost: \$75 plus membership if not already a member (\$30 for an individual and \$35 for a family). Membership is good through Dec., 2011. Register by sending a check payable to AMC Anchors School to PO Box 11883, Tempe, AZ 85284. No credit cards accepted. The registration fee is fully refundable if you cancel. Contact Nancy Birdwell by email: Anchors.School@amcaz.org for more info. The number of students will be limited to 36.

Equipment required for the class:

- 2 non-locking "D" or oval carabiners (at least 2, bring more if you have them)
- 3 locking carabiners (at least 3, one of which should be a parabiner)
- 1 rappel/belay device (Trango Jaws, Black Diamond ATC, Trango Pyramid, Figure-8, etc.)
- 1 climbing harness
- 1 ea 4', 6', 10' 6mm prusiks (untied length)
- 2 ea 5', 10', 20' slings (1" tubular webbing, untied length, AKA runners)
- 1 or 2 personal anchor slings (commercial daisy chains or 4' sewn Spectra runners or equivalent)
- 1 helmet—required for Saturday and Sunday sessions, helmets are available if you do not have one.

(The slings and harness are the only additional equipment needed over the Basic School requirements)

This class is designed to teach you how to set top-rope anchors. In order to become independent and set your own anchors, you should start acquiring anchor gear. These purchases will be limited by how much money you want/have to spend and how much interest you have in climbing independently. The following gear is not required for Anchors School, but if you have some, you will be able to practice setting it in class. All of the gear recommended below can be used for Lead School, and none of it will be wasted if you intend to set your own anchors. All gear should be marked prior to bringing it to class to prevent confusion between it and other people’s gear. If you don’t know how to mark gear, check with an instructor before doing so to avoid weakening equipment due to improper marking.

Other gear you may want to bring:

- Any pro you may have (hexes, nuts, camming devices, Tri-cams, etc.)
- Extra biners (regular D’s, ovals, and lockers—stay away from specialty biners at this time)
- Extra slings (perhaps four 5', two 15' slings, untied lengths)

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

Transcendence & Other Random Considerations

It hit me hard the other day as I struggled through my semi-religious, semi-daily jog through the streets of Mesa. There were only a couple of miles left and my back was aching causing my feet to feel like Honeybaked hams. I had to hash this out quickly or quit forever. What on earth am I doing out here day after day struggling through a small variety of rituals designed to make me hurt? I'm no olympian struggling to make endorsements or looking to make the first round of the draft. I'll never be on the cover of Climber and yet I feel the inescapable pull to work at the ragged edges of endurance to try and decipher how we define our own capabilities. As I ran, I realized very quickly, without even breaking stride, that the payoff is far greater than the pain it causes or the deep inadequacy I feel through a bruised climbing ego.

Though not much as of late, I have often spent time on the Echo Canyon side of Camelback mountain. Moving quickly, my quads get heavy before I reach the top of the steps. By the time I make the crux of the slab my legs quiver and my lungs are on fire. Spent before I am halfway I struggle on knowing there are few rests and there is no time to lose. Up the chute and over the saddle I break into a pathetic jog before I am yet again pounded by gravity into a slow rhythm. I grimace when I look up the boulder field, the last remaining obstacle and dig in to push hard for the big cactus that marks the point that the grade begins to loosen. I make the summit yet again and in considerable pain I hit my stopwatch; 32:15. Standing up straight to gulp the air I break into a wide grin and shake my fist at the sky. I can't break thirty minutes!

I know it will happen every time I wait in line to park. I know it before I fill my Nalgene bottle and put on my shoes. Just as the sun will rise tomorrow, as Royal Norman will forecast sunny, hot, and dry, as my kids will leave their pizza boxes on the footstool indefinitely, I will go to Herculean lengths to be utterly mediocre; and I'm pretty sure I wouldn't have it any other way. The pain quickly subsides as the lactic acid flushes from my muscles and my ragged breathing regains a little rhythm. To the east lies the Superstitions and Four Peaks. The north has the McDowells. Scanning west I see the White Tanks onto a view of South Mountain. I've seen this view a hundred times. There is no payoff in the local summit views anymore. Something deeper must be at work.

I'm drawn back to my run as I approach the last major intersection a mile from my house. As I lengthen my stride and kick a little higher my thoughts travel no further the soles of my feet as I burn a little harder to hit the corner before the light changes. Oxygen starved I have only eighty yards to make before I earn a much needed break. Pushing on I break the intersection and beat the light by just a few seconds, earning a few precious moments at the end.

As my thoughts return to my modest athleticism I am reminded that as surely as I plod this seven mile route my climbing is no less mediocre. As I see it, I watch four people at

Transcendence & Other Random Considerations

PRG hit some random 5.10 without so much as an upcurled lip. Somehow, when I climb the same route I slap the wall like a drowning swimmer. Hanging on the rope I strategize and regroup for a second and third effort straining those last few moves just in order to smack the lower corner of the box. It shatters my ego. I feel the need to go to each and every person on rope and apologize to them for my poor effort, that I really am a better climber than this. I rationalize that I am just out of practice, or that I am not feeling well, that this is within my range. Of course, I never do apologize and the truth quickly breaks through my justifications. Through all the pain, fatigue, and convulsive emotional jerks the realization that I am just an intermediate climber rings true and I accept it dutifully and gracefully because one underlying truth outshines all the negative emotions I apply so strongly to my life as a jogger/ climber/ hiker- the payoff does not lie in the apex of the endeavor.

What lies at the heart of the matter is all at once as mundane and matter of fact as it is ethereal. This little litmus may be a consideration long ago shrugged off by the more Sharma-esque athletes doing pullups at the top of the overhang and the spiderheroes clipping inverted on the lead wall but to mere mortals like me it is the carrot that drives me to less burly adventures with the fervor of a berserker zealot. I assure you I don't foam at the mouth over the thought of a two thousand foot free solo 5.11. Nor do I lie awake at night sweating over a first ascent on K2. My waking goals are far more attainable. But while asleep I am every bit as strong as Walter Bonatti or Lynn Hill.

My goals are far more modest because how I feel while I do it is far more important to me than being the most competitive. For me, the payoff is the long hike hike on a few hours of sleep. "Sleep later," I often mutter to myself when I get the rare chance to hit some wall in Queen Creek. It's the same joy I feel when I'm plodding along at some forgotten pace on the tenth mile of my local half marathon. I'm tired, for sure, and I even feel like quitting sometimes but I do it because I know in my heart it was what I was meant to do. It is also the same joy I feel when I'm sitting on my harness, hanging on the rope looking desperately at the wall at PRG trying to solve the puzzle in front of me. The goal is never topping out but the simple joy of climbing despite the fact that my sloppy style is showcased for all to see. It may be a slogan, but it still rings true; "Just Do It".

I believe these things transcend humanity as much as embrace it. I work long after the point I need to quit, the rhythm of my feet slapping the road in time to the pendulum swing of my arms and my metronome heart. It is no trance. I work for every inch of ground I gain knowing deep within my core that now, at this very moment, I am as happy and fulfilled as I could possibly be. No money, no car, no career advancement could ever replace the flush in my cheeks as my pounding heart rushes blood over the thinnest margin of skin straining to cool my body. When I get the privilege of going vertical my back and forearms quiver

Transcendence & Other Random Considerations

and turn to granite quickly as I forever try to shift my balance onto my feet. What passes for grace in my mind's eye allows me to forget the back handed compliment smarmily delivered by my sixteen year old as well as the five stupid errors I made at work. What remains is only the wall in front of me and the weakening grip of my hand. These are the transcendental qualities that keep me coming back for more despite the pain and cracks in my emotional state. I may be beyond tired but it is that very thing that makes me feel more than the humanity that encompasses the daily circle of kids to school, me to work, return to clean the house. At these moments I feel as though I embrace far more than the American Dream.

As I round the corner to finish the last quarter mile of my jog I pick up the pace one last time to something that may resemble competitiveness. My random considerations lose momentum as I concentrate hard on keeping form and moving lithely. I pull up at the crack in the road that serves as my finish line, check my time and open the door to the familiar noises that are my life.

Greg Crook

NEW MEMBERS: *Climbers - Please Welcome*

Bertus Geertsema
Christopher Novick
Darshit Upadhyay
David Wermuth
Gia Solorio

John Saums
Kevin Pugh
Khanh Doan
Malia Euler
Mitzi Solorio

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	
Monica Miller	623-362-0456	
Rogil Schroeter	623-512-8465	rogil@cox.net
Frank Vers	480-947-9435	climbros@gmail.com
Justin York.....	480-229-8660	

Your Name Here!

Calendar of Events - Outings/Schools/Events

March 5 - AMC Birthday Party at Pinnacle Peak Park. Sign-Up through Meet-Up web site. Top rope climbing at Cactus Flower and Y-Crack. Erik Filsinger will serve as OL with additional OL's involved. Contact Erik at smorefil@aol.com for more details.

March 15 - Outdoor Rock Climbing School - (March 15, 17, 19, 20, 22, 24, 26)

April 9 - AMC-REI-MSA Adopt-A-Crag at McDowells. Sign-Up through Meet-Up web site. Build climbers' trail to Hog Heaven. Climbing at Morrells Parking Area afterwards. Erik Filsinger will serve as OL with additional OL's involved. Contact Erik at smorefil@aol.com for more details.

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 **Ape Index Gym Climbing - AMC Members \$10 admission with ID card.**
Rogil Schroeter (623) 512-8465

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

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>NOTE: Celestial events occur about 10 minutes earlier on Arizona's eastern border; 10 later on its western edge.</div>		1	2 Sunrise: 6:56 Sunset: 18:26 M-set: 16:48	3	4 	5
6	7	8	9 Sunrise: 6:47 Sunset: 18:31 M-set: 23:13	10	11	12 
13	14 Board Mtg	15 ORC	16 Sunrise: 6:38 Sunset: 18:37 M-set: 04:16	17 ORC	18	19 ORC 
20 ORC	21	22 ORC	23 Sunrise: 6:28 Sunset: 18:42 M-rise: 23:43	24 ORC	25	26 ORC 
27	28 Member Mtg	29	30 Sunrise: 6:19 Sunset: 18:47 M-rise: 04:05	31		



**Arizona Mountaineering Club
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