



The Arizona Mountaineer

March 2012

Cover Photo: Aaron Locander
Winner of the Alpine Category
and Overall Favorite Photo of
the Annual AMC Photo Contest.

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-2	Cheryl Beaver	cherylbeaver@cox.net
Director-2	Douglas Matson	
Director-1	Daniel Gonzales	602 550-08371

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.

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

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

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. All submissions are subject to approval by the AMC newsletter committee: *Cheryl Beaver, Tracy Fleming, Susan Harnage, and Jutta Ulrich*

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.

<u>Outing Leader</u>	<u>Contact Info</u>
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
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Frank Vers	480-947-9435 climbros@gmail.com
Justin York.....	480-229-8660

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended January 2012

INCOME

Advertising	0.00
Dues	1,180.00
Grants Received	0.00
Interest	0.00
Mountaineering Schools	600.00
Rental Equipment	0.00
AARS Fall	0.00
AARS Spring	0.00
Basic Fall	0.00
Basic Spring	875.00
Lead Fall	0.00
Lead Spring	285.00
Training Other	0.00
Other	0.00

TOTAL INCOME	2,940.00
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EXPENSES

Admin	91.11
Promotional	0.00
Bank chgs	0.00
Capital Expenditures	0.00
Equipment Maintenance	0.00
Grants Expended	0.00
Insurance	0.00
Land Advocacy Committee	0.00
Library	0.00
Newsletter	0.00
Outings	0.00
Outing Leaders	0.00
Programs Monthly Meeting	157.00
Training	0.00

TOTAL EXPENSES	248.11
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OVERALL TOTAL	2,691.89
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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.
- **Climbmax Gym** - 1330 W Auto Dr, Suite 112, Tempe, AZ 85284 - 480-626-7755. 10% off membership.
- **Phoenix Rock Gym** - 1353 E. University, Tempe, AZ 85281. 480-921-8322. 10% off membership.
- **TUFA Gear Shop** - Located at these gyms: AZ on the Rocks, PRG, Climbmax, & Ape Index. 10% discount.

April NL Submission Deadline: March 1st

March Birthdays

Dan Anderson 1, Bruce McIntyre 1, Kay Alderton 3, Kerry Korth 4, Lisa McLin 8, Michele Bobik 9, Jonathan Prakash 9, Wayne Schroeter 9, Ronald Auerbach 11, Jill Daugherty 12, Kevin Burke 14, John Perlman 16, Josh Sladek 16, Katherine Kincaid 18, Nick Hoffman 20, Elaine Quigley 23, Elizabeth Vito 25, Eve Hoffman 27, Katie Beaver 29, Jonathan Hanson 29

Welcome New Members

Rose Courtney, Kendrick Speagle

Congratulations AMC Alpine Rock Students

AMC Alpine Rock Class December 10, 2011. 9 students and 3 instructors worked on basic alpine techniques including rope team work, climbing & rapelling in boots and packs, running belays, use of jumars, and techniques and search patterns for avalanche transceivers.

Students: Vinay Hanumiah, Gavin Storey, Scott Kuchman, Gretchen Hawkins, Curtis Stone, Murthy Tata, Laura Nagy, Mark Christiani, Lance Morris

Instructors: John Grey, Jeff Crosby, Bruce McHenry

AMC Board Minutes - February 13, 2012

1. Call to Order: 7:02 PM. Board members in attendance: Bill Fallon, John Gray, Curtis Stone, Steven Crane, Cheryl Beaver, Douglas Matson, Kim McClintic. Committee Chairs: Erik Filsinger, John Keedy, Bruce McHenry, and Jutta Ulrich.
2. Installation of New Members: Douglas Matson and Cheryl Beaver. (Danny Gonzales-absent).
 - a. New Board members were welcomed and apprised of how to access governing club documents.
2. Minutes of the January board meeting as published in the January newsletter were approved.
3. Treasurer's report from January 2012 was incomplete and will be available for review at the next Board Meeting.
4. Committee Reports:
 - a. Membership: There are currently 321 members. Dues for 2012 are due.
 - b. Programs:
 - i. The January program was the annual Photo Contest, elections, and T-Shirt design contest. 2 T-shirt designs were selected. Next year's photo contest will include honorable mentions in each category.
 - ii. February Program: Machu Pichu- Chelsea Beechel and Rich Kocher.
 - iii. March's Program will be given by Manny Rangel and will include a discussion of the climbing area Isolation Canyon. Books will be available for purchase.
 - iv. Recommendations for speakers and programs are always welcome. Contact Kim McClintic with ideas or suggestions.
 - c. Outings/Activities:
 - i. Upcoming:
 1. Lead School-Feb. 14, 15, 16, 18, 19-Mike Knarzer. 9 students enrolled.
 2. Alpine Snow Skills Class-Feb 22, 24, 25, 26-if weather permits (need snow).
 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. Basic Outdoor Rock Climbing School-Mar. 13, 15, 17, 18, 20, 22, 24
 5. Upcoming AMC Birthday Climb and Gathering. March 31, 2012- will be held at Cactus Flower Wall at Pinnacle Peak. Erik Filsinger, Kim McClintic
 6. QC Cleanup & Climb. April 7- Leaders Dave McClintic and Tiina Perlman
 7. Time Zone Wall (Curtis Stone) for new grads (Basic)

AMC Board Minutes - February 13, 2012 (cont)

ii. Past

1. REI PV “Rock Climbing 101” clinic - Wed. Feb. 8 - Bill Fallon
2. Hog Heaven, February 4- Erik Filsinger
3. Pinnacle Peak- Jan. 21- Chris Meyer
4. Sven Tower II- Jan. 10 -Chris Meyer

b. Land Advocacy: (Erik)

- i. QCC/Resolution Copper: Erik presented a time-line of events involving the Queen Creek area and the efforts of climbers (QCC) from 2004 to present. Some recent events are very discouraging for the climbing community and those who value this area.
- ii. AMC’s official position on the Queen Creek issue are posted on the Website. Bruce McHenry will write up a synopsis for the newsletter.

c. Training and Schools:

- i. First Aid/CPR certification for outing leaders will be held Tuesday, April 3. John Gray will be organizing. Members can sign up for additional slots. Class size was not determined at the meeting. The cost of the class is \$40. Outing leaders’ fee is paid by the club.
 - ii. Jeff Watkins has done a wonderful job with Flyers for Basic ORC. Need updated flyers for Lead and Anchors.
- d. Newsletter Committee: Submissions are due the 1st of each month and can be submitted to Jutta, Tracy, Susan, or Cheryl.

6. New Business:

- a. Interest was expressed in having Arno Ilgner- put on “Warrior Way” workshops for interested club members and doing a presentation for a monthly program. Bill Fallon will contact him regarding this.
- b. A leader is needed for the J-Tree Thanksgiving Holiday outing.
- c. John Gray will take charge of the Grand Canyon Clean up.
- d. Membership retention notifications will be sent out. Dues are due.

The meeting was adjourned at 9:02 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, March 26 2012

7:00 PM- 8:30 PM

March's program will be presented by

Manny Rangel, author of the

Isolation Canyon Climbing Guide.

Join him in a discussion of this climbing area.

Books will be available for purchase.

Guests are welcome!

Located at Granite Reef Senior Center

1700 N. Granite Reef Rd., Scottsdale

For questions or information about this program, contact Kim at [*canyonkim@gmail.com*](mailto:canyonkim@gmail.com)

AMC Anchors School: Spring 2012

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 Outdoor Rock 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. 10	Tuesday	6:00 pm–9:30 pm	* Scottsdale Cactus Park
Apr. 12	Thursday	6:00 pm–9:30 pm	Scottsdale Cactus Park
Apr. 14	Saturday	8:00 am–4:00 pm	Sullivan’s Canyon, Chino Valley
Apr. 15	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 Outdoor Rock Climbing 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: \$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/anchorsRegistration.asp>) or if you need to send a check you can contact Nancy Birdwell amcanchorsschool@gmail.com for the address. 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.

Congratulations To The Winners And Thanks To All Who Participated

**The Election Chair is happy to announce the results of the
2012 election of Officers and Directors of the AMC.**

President - Bill Fallon

Vice Pres - John Gray

Secretary - Kim McClintic

Treasurer - Curtis Stone

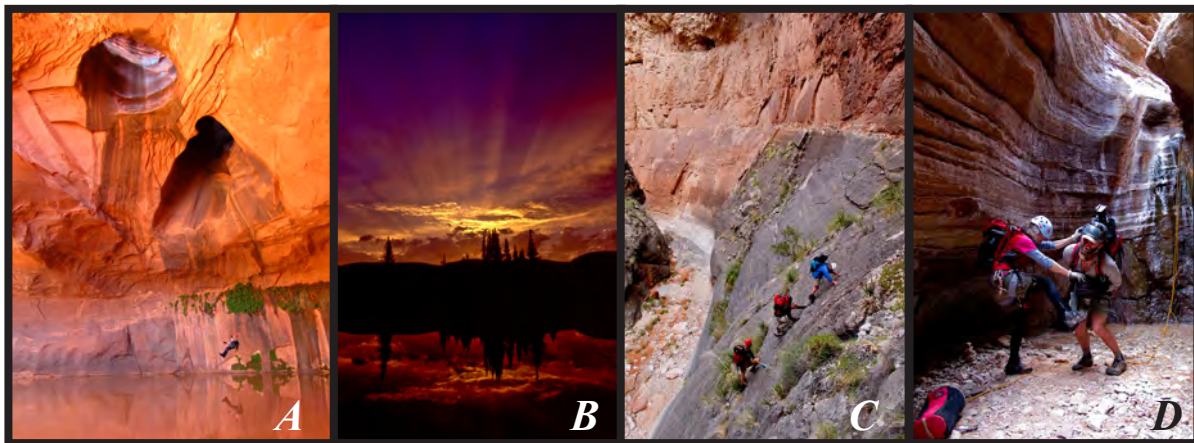
Director 2 Year Term - Cheryl Beaver

Director 2 Year Term - Douglas Matson

Director 1 Year Term - Daniel Gonzales

Also serving the second of their two year terms are Eric Evans and Steve Crane.

We are indebted to Gretchen Hawkins, Bruce McHenry and Jutta Ulrich, the outgoing Directors, for their service to the AMC. We certainly also want to thank the Club Officers for their continuing leadership of the AMC; Bill Fallon, John Gray, Kim McClintic and Curtis Stone.



Winning Photos in their Category

A. Canyoneering: Steven Wolpert

B. Scenery: Aaron Locander

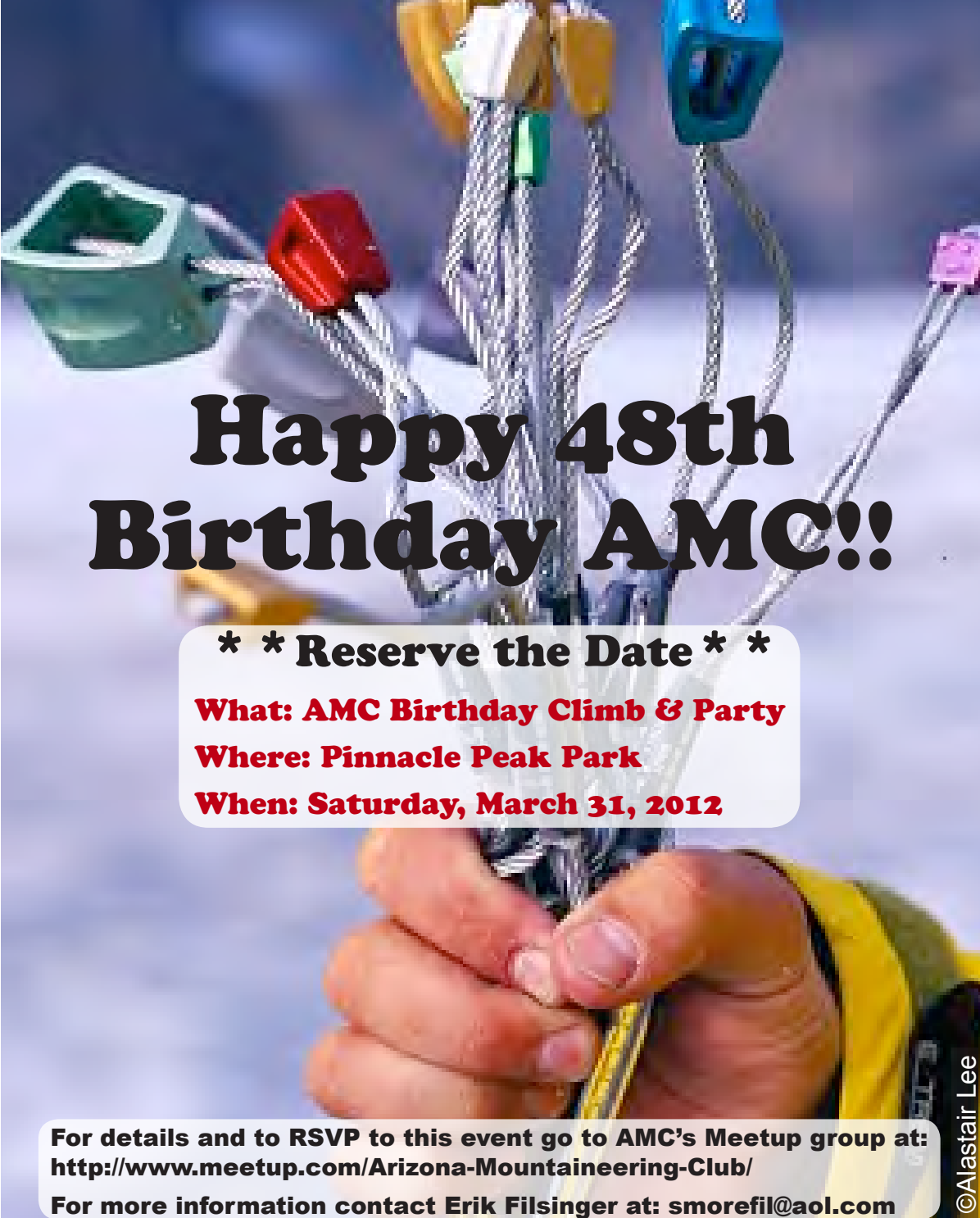
C. Rock Climbing: Aaron Locander

D. Humor: Aaron Locander

T-shirt Design

First and Second choice t-shirt design:
Cheryl Beaver





Happy 48th Birthday AMC!!

*** * Reserve the Date * ***

What: AMC Birthday Climb & Party

Where: Pinnacle Peak Park

When: Saturday, March 31, 2012

**For details and to RSVP to this event go to AMC's Meetup group at:
<http://www.meetup.com/Arizona-Mountaineering-Club/>**

For more information contact Erik Filsinger at: smorefil@aol.com

Canyoneering

Canyoneering, canyoning, cañonismo, barranquismo, kloofing, gorge walking, river trekking, river tracing – these are all terms for basically the same adventure sport – exploring canyons – that involves hiking, wading, swimming, rock climbing and rappelling – often over waterfalls.

Some people perceive differences in how the various terms are used based on canyon type or the techniques used. In fact, the terms are based primarily on geography. The term “canyoneering” is uniquely American, but is also used in areas that are influenced by American canyoneers. The term “canyoning” is used in Europe and Australia and in other areas that are influenced by European or Australian canyoneers. “Cañonismo” and “barranquismo” are Spanish terms used by some canyoneers in Mexico and Spain. “Kloofing” is an Afrikaans word, derived from “kloof”, meaning cliff or ravine.

Gorge walking, river trekking and river tracing do have unique connotations compared with the other terms. Gorge walking is a mild form of canyoning practiced in the UK, primarily Wales and Scotland, in streams with limited verticality. It involves hiking, wading, swimming and jumping over small waterfalls. In canyons with taller drops where rappelling is required, the term canyoning is used. River trekking and river tracing are terms used in Hong Kong, Taiwan and Japan. In Japan, river tracing enthusiasts follow canyons upstream, climbing up waterfalls instead of rappelling down them. Some people in Japan have discovered it's also fun to go down the canyons, and are starting to use the term canyoning.

A Little History

Canyoneering in its simplest form has been around since prehistoric times. People sought out canyons as sources of water, food and shelter. Ancestral Pueblo Indians, more commonly known as the Anasazi, began exploring the canyon country of the Colorado Plateau before the time of Christ. In fact, evidence can be found of prehistoric people inhabiting canyons not only in America, but also in Europe, Australia and around the world.

The technology available to modern

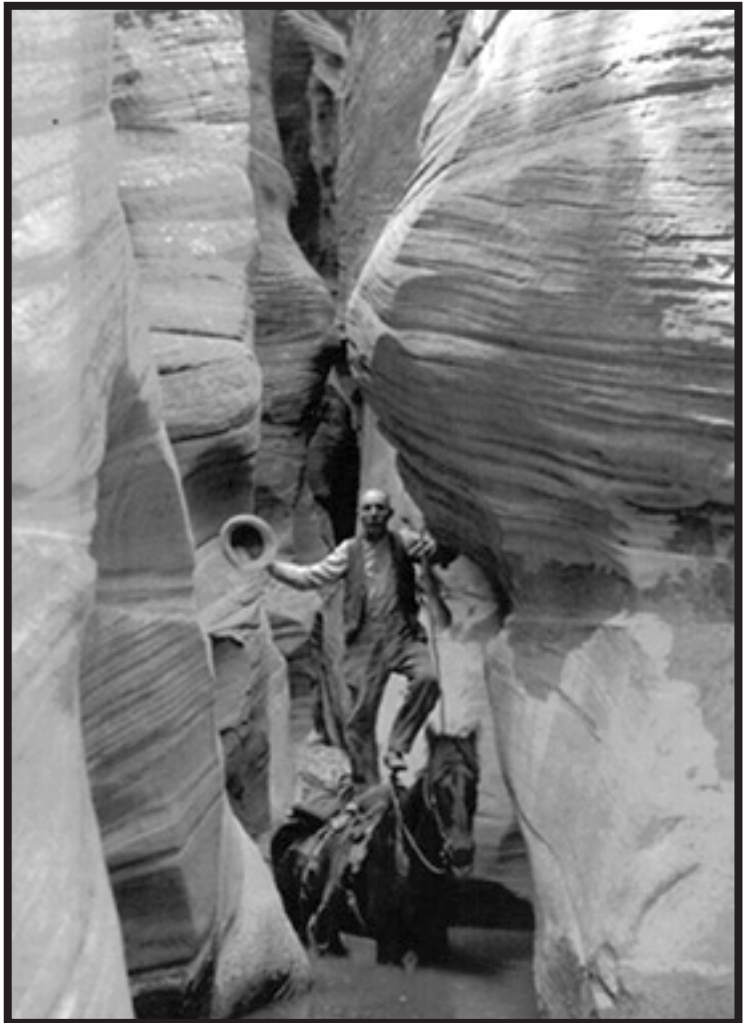


Photo Credit: Canyoneering, southern Utah style, 1920's. J. Cecil Alter collection. Used by permission, Utah State Historical Society. All rights reserved.

Canyoneering (cont)

canyoneers – synthetic ropes of virtually unlimited length, wetsuits and drysuits, sticky-soled shoes, mechanical descenders and ascenders, bolts and portable hammer drills – allows us access to virtually any canyon on the planet. As a result, around the world today’s canyoneers race to lay claim to “first descents”. But we should all pause to consider the accomplishments of those who came before us. Many canyons – perhaps all but the most technically challenging – were probably first descended in bare feet, sandals or moccasins. Generations before us, challenging vertical first descents were ticked off using hemp and manila ropes.

The first known use of the term “canyoneering” was by a member of John Wesley Powell’s expedition down the Colorado River by boat in 1869. The term is still used in reference to white water rafting in the Grand Canyon.

Contrary to what some people may tell you, the better-known version of canyoneering – traveling through canyons on foot – did not come to the U.S. from Europe. In fact, the sport developed independently – in Europe by cavers in the 1930s, in Australia by bushwalkers in the 1950s, and in the U.S. by hikers, climbers and paddlers in the 1940s and 50s. The independent development is evident in the different techniques and equipment used in each area.

A Little Geography

It makes sense that canyoneering in the U.S. is most popular in the “canyon country” of Utah and Arizona, primarily in the areas that lie within a physiographic province known as the Colorado Plateau. Originally named the “Colorado Plateaus” by explorer John Wesley Powell, the Plateau is in fact a huge basin surrounded by high-lands and filled with plateaus.

Covering an area of 130,000 square miles, the Plateau includes much of southern Utah and northern Arizona, plus portions of Colorado and New Mexico. It is split from northeast to southwest by the Colorado River. The river’s tributaries and its tributaries’ tributaries form a maze of dramatic sandstone canyons.

The southern edge of the Colorado Plateau is marked by a rugged escarpment called the Mogollon Rim. The Rim – dropping as much as 2,000 feet in places – cuts across Arizona from northern Yavapai County to the New Mexico border. Just below the Rim lies a maze of mountain canyons that drain into the Salt and Verde Rivers and their tributaries. These canyons are also very popular with canyoneers.

Beyond the Colorado Plateau, canyoneers are exploring mountain terrain throughout the western United States. Armed with skills and techniques taught by the American Canyoneering Association (ACA), aquatic canyon routes have been developed in Colorado’s Rocky Mountains, the Sierra Nevada and San Gabriel Mountains in California, the Cascade Mountains in Washington and elsewhere.

In Europe, canyoning is extremely popular in the Pyrenees (Spain and France), the Alps (France, Italy, Austria and Switzerland), and throughout the Mediterranean (Greece, Crete and Corsica).

The Blue Mountains near Sydney provide the most popular venue for canyoners in Australia. The sandstone canyons resemble those found on the Colorado Plateau, but the landscapes are covered with gum trees (eucalyptus) instead of juniper.

Reunion Island, off the east coast of Madagascar, is considered by many to be the mecca of canyoning. The island is reported to have the highest concentration of wild water canyons on the planet – more than 100 have been descended there.

Other areas around the world where canyons are enjoyed include: Mexico, Costa Rica, the Caribbean, South America, Canada, Hawaii, New Zealand, Japan, Taiwan, China, India, Nepal, South Africa, Jordan, Turkey, Britain, even the Sahara ...

Canyoneering (cont)

... wherever there are mountains, canyons and flowing water, you will find canyoneers seeking adventure.

Why Canyoneering?

When asked, canyoneers will cite a variety of reasons for being drawn to the sport, but they will always include fun and beauty. Canyoneering is definitely fun and will take you to some of the most spectacular places on earth. Other reasons cited will include:

Mental Challenge

Solving the problems dealt by rock and water requires creativity. Overcome these problems with technology and hardware is possible, but it is more challenging and more fun to rely on wits and ingenuity.

Physical Challenge

Canyoneering can be physically demanding. A typical day may involve hiking, wading, swimming, rock climbing and rappelling. Some people challenge themselves to stay dry and attempt to climb around every pool. Others challenge themselves to leave the rope in their pack and attempt to down-climb as many drops as possible.

Serenity

Many are drawn to the canyons in search of peace and tranquility. They tend to move at a slower pace, absorbing the sights and sounds that provide such a welcome contrast to the hustle and bustle of modern city life.

Adrenalin

Some are drawn to the activity for the rush of jumping, sliding and rappelling over waterfalls.

No matter why or how people choose to pursue it, canyoneering is addicting and certain to attract enthusiasts in ever-increasing numbers in the years to come.

Rock Climbing vs Canyoneering

Canyoneering draws participants from a number of other disciplines – hiking and backpacking, paddling, caving and rock climbing. Each brings with him or her a set of skills that have some application in canyoneering, including navigation, wilderness survival and first aid, water skills and rope skills.

The rope skills used by rock climbers provide a good foundation for canyoneering, but there are some fundamental differences between the two sports which must be understood, including:

Water

The combination of rope and water can create serious risks. Rock climbers are taught to tie in securely to the end of the rope. That advice can be applied to canyoneering in dry canyons, but in aquatic canyons it is important to rig releasable systems. A canyoneer unable to free himself quickly from the end of the rope in a hydraulic at the base of a waterfall could easily drown.

Reverseability

Rock climbers go up first. What they can climb they can rappel. Canyoneering typically involves descending canyons. The rock is polished smooth by water and usually void of good foot- and hand-holds. Climbing back up may be impossible. Pulling a rope after a rappel will often commit a canyoneer to completing the entire canyon.

Anchors

Rock climbers typically use anchors that can be dismantled, which permits the use of expensive hardware. Canyoneers use anchors primarily for rappelling and leave them behind in the canyon. You won't find canyoneering anchors constructed with \$60 camming devices.

Canyoneering (cont)

Human Anchors

Canyoneers have developed tactics and techniques that allow them to overcome obstacles simply and efficiently. This includes the use of human anchors, which may be employed to make a marginal fixed anchor useable or to send a person down to check to make sure a jump is safe.

Ropes

Rock climbers tend to use ropes in the 9.5 to 11 millimeter diameter range and typically rappel on two strands of rope. Canyoneers may rappel on ropes ranging from 8 to 11 millimeters, often times single strand and sometimes double. Therefore, it's important for canyoneers to know multiple ways to rig a rappelling device to get the right amount of friction for each situation.

Canyoneering Courses

Canyoneering has enjoyed a tremendous surge in popularity over the past few years. Unfortunately, many of the people who are discovering this exciting adventure sport remain unaware of the inherent risks and the complex technical skills required to enjoy it safely. The rope skills learned from rock climbing and rappelling are a good start, but will prove to be inefficient and sometimes dangerous in an aquatic or semi-aquatic canyon environment.

The American Canyoneering Association established the standard curriculum for recreational canyoneers that follows three skill level checklists that provides the most comprehensive technical training available. The curriculum is designed to enhance safety, efficiency and enjoyment for canyoneers of all experience levels. Recreational canyoneering courses are offered through ACA accredited schools.

Training is also available for recreational canyon leaders, professional canyon guides and members of technical rescue teams.

~ Rich Carlson

The American Canyoneering Academy's instructor staff is lead by Rich Carlson. Rich has been a wilderness traveler since the early 1970s. He started climbing in 1973 while living in Boulder, Colorado, and has since enjoyed climbing and canyoneering in Arizona, Utah, Colorado, Wyoming, California, Texas, Nevada, North Carolina, Mexico, Costa Rica, Puerto Rico, Austria, Switzerland, Italy, France, Spain, Corsica, Greece, Taiwan, Australia and New Zealand.

In 1990 Rich gave up on corporate life and started guiding full time. He soon learned that he is happiest when he is teaching outdoor skills like climbing, rappelling, canyoneering, technical rope rescue, land navigation and wilderness survival. His students have included individuals, corporate groups, search and rescue teams, back-country rangers, law enforcement agencies and the military.

Rich has built a reputation as the most experienced professional canyoneering guide and instructor in the United States. In the spring of 1999 he became the first American to be certified as a canyoning guide in Europe. He subsequently founded the American Canyoneering Association and continues to serve as the association's president.

<http://www.canyoneering.net/forums/content.php?49-canyoneering-instructors>

First Aid/CPR Certification for Outing Leaders

First Aid/CPR certification for outing leaders will be held Tuesday, April 3.

Members can sign up for additional slots. The cost of the class is \$40. Outing leaders' fee is paid by the club. Contact John Gray at jdcinza13@yahoo.com at for more information.

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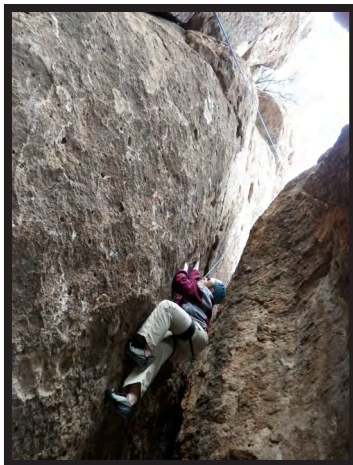
Upper Devils Canyon

Pancake House & Throne / Universe Wall – January 21st.

Saturday Stormy Rose, Tarek Firzili, Christie Munson and I decided to head out to the Pancake House at Upper Devils to clip some bolts for the day. Getting there was uneventful, except for the trail being a little muddy. It was an absolutely gorgeous day for climbing and the creek was actually flowing which brought a nice serenity to the crag. The best thing, we were the only ones there, which was surprising because of the perfect weather.

We all had a few objectives on this trip:

- It was Tarek's first time to climb on real rock since his shoulder surgery, he really wanted to try and climb a 5.10.
- Christie wanted to work on her technique and get her feet off the ground (inside joke, which I'll probably get smacked for when she reads this.)
- Stormy wanted to work on her leading and cleaning.
- I wanted to push my lead head on a 5.10; since my shoulder surgery, I have lost my "edge" for leading and am very skittish.



Christie heading up the delicate footwork of "Too Stiff To Tip."



Christie working "Too Stiff To Tip" with Stormy on Belay and Tarek lurking in the background.



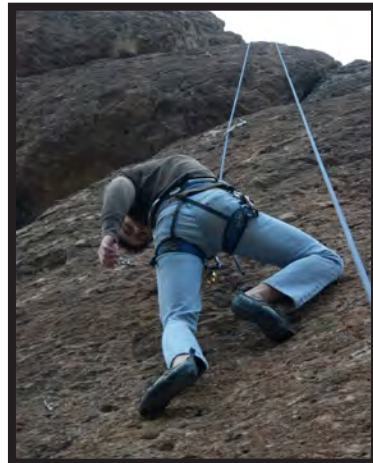
Stormy heading up "The Jester" to setup our warm up climb.

Stormy started us out by leading our first climb on Universe / Throne Wall, *The Jester* (5.7). This was her first attempt at leading in several years. As she was getting stable to make the first clip, she slipped and fell. We had two people spotting her which made for a very gentle landing. Stormy immediately got back on the wall, made the clip, and continued climbing, where I probably would have been crying for a stick clip. She showed an awesome climbing performance of sheer determination and will, way to go Stormy!

Continuing our warm up, Tarek and I went inside the Pancake House and did *Too Stiff To Tip* (5.7), while Christie and Stormy climbed *The Jester*. *Too Stiff* has some fun opening moves that requires very delicate footwork / balance and a precise sequence on thin holds during opening moves that opens up to long and easy climbing to the anchors after the 3rd bolt.

We then climbed *Cracker Jack Crack* (5.7) so everyone could practice a little jamming as Christie and Stormy climbed *Too Stiff To Tip*.

Christie had her best climb to date on *Too Stiff to Tip*; she was keeping her weight on her feet, not Kung Fu death gripping the rock, and using her feet to push her up the wall,



Tarek having fun on "Tendon Teaser."

Upper Devils Canyon (cont)



Stormy on lead on "The Jester" with scenery.

rather than pulling. It was the most relaxed and poised I have ever seen her. As Tarek and I were setting up Cracker Jack Crack, we knew she hit the anchors when we heard the big victory yell.

The time had come for Tarek and I to face the music and do our 5.10. I had chosen *Tendon Teaser* (5.10b/c) on the Throne Wall to lead. The hardest lead I have done post-surgery was a 5.8, and I was very skittish with a lot of commitment fear (yes, feel free to make jokes.) The lead was pretty ugly, which involved a lot of hanging, but I eventually clipped the anchors. Physically, the climb felt easy, which I was very happy about, absolutely no shoulder pain and my contact strength felt awesome. The commitment fear was a lot less intense than before, which was great; hopefully I am getting over this mental

barrier and back on track to climbing without fear again. Big thanks to Tarek for providing an awesome and patient lead belay.

Tarek did awesome on *Tendon Teaser*. He was a little disappointed with his lack of strength and endurance, but I assured him, that the strength comes back very quickly, and the endurance will come back a little later. His balance and technique were rock solid. Best of all, he experienced absolutely no shoulder pain and had fun.

Despite doing such a few climbs I couldn't have asked for better company and weather; we had a great day at Upper Devils. With sore finger tips and having met our goals, we all celebrated with nice greasy Mexican food and a beer at Los Hermanos before our drive back to Phoenix.

~ John Farrell



Climbing crew group photo!

Queen Creek Clean-up & Climb



AMC's Annual Queen Creek Clean-up & Climb Saturday, April 7th

For more information and to RSVP to this event go to
AMC's Meetup group at:

<http://www.meetup.com/Arizona-Mountaineering-Club/>

Calendar of Events - Outings/Schools/Events

MARCH 2012

7	Outdoor Rock Climbing Instructors Meeting	13
9	Ice Climbing Seminar 9-12	27
12	AMC Board Meeting	
13	Outdoor Rock Climbing Mar 13, 15, 17, 18, 20, 22, 24	3
26	AMC Member Meeting	10
31	AMC Anniversary	12

APRIL 2012

3	First Aid for Outing Leaders	
4	Anchors Instructor Meeting	
7	Queen Creek Cleanup and Climb	3
9	AMC Board Meeting	8
10	Anchors Apr 10, 12, 14, 15	9
23	AMC Member Meeting	22

MAY 2012

7	AMC Board Meeting – reminder: Tax filing and Annual Report to ACC due	27
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 – Reminder: 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)

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 (cont)

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
- May 5 **Salome-** Short (5 mile) canyoneering trip. Hot hike, icy swims, slippery footing, bouldering & one rappel. Contact Rogil@cox.net or 623-512-8465

Help Wanted

Opening for someone to create and mail membership cards.

Usually a once a month job. AMC refunds all your expenses. You need to know how to use Excel or Word. Please contact ***Rogil@cox.net*** for more details if you think you might be interested.

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

Advertisement

Intro to Canyoneering March 16th thru 18th

Hiking Shack Event



An Intro to Canyoneering Course is being held **March 16th, 17th and 18th.**

Location & Time: Friday Night 6:00pm at the **Arizona Hiking Shack**, Saturday and Sunday at 8:00am at South Mountain Park.

Course Description:

- On-Rope Skills
- Anchor skills
- Self-Rescue techniques
- Hauling and Lowering
- Knot-craft
- Canyon-specific equipment.

We teach the American Canyoneering Association curriculum. This class proves useful for beginner to intermediate canyoneers. Current rappelling skills or our intro to rappelling class is a pre-requisite. Groups are encouraged. Please feel free to call us with any other questions you may have. (602)944-7723

Cost & Cancellation Policy: The class will be \$250.00 and is approx. 22hrs. Payment is required to register. Seven day cancellation policy in effect. Within seven days of class your fee will be applied to another class with a 15% rescheduling fee.

Contact the [Arizona Hiking Shack](#) for Registration and details.

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