

The Arizona MOUNTAINEER

August 2008



At least three AMC's were on Mt Rainier in July.
Plenty of snow this year, all the way down to the Paradise Visitor Center!
Photo by Robert England



The Arizona Mountaineering Club - www.amcaz.org

The Arizona Mountaineering Club

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

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

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

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

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

For More Information:

Email:

president@amcaz.org
board@amcaz.org

Websites:

www.amcaz.org

Mail:

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

Board of Directors:

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

Committees:

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

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

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

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

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HOT STUFF !!!

***Awesome
Trip Reports!***

Newsletter

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

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

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.

September Newsletter Deadline: Wednesday - Aug 20

AUGUST BIRTHDAYS

Lauren Lee Rae 2, Mark Tallan 7, Brian York 7, Mark Christiani 8, Wolfgang Rupp 10, Tom Kreuser 11, John Lane 14, Keith Waldrup 15, Kathy Sharp 17, Shelby Medlock 18, David Swanson 18, Debby Brown 21, Bailey Rose Warstler 21, Keith Hinton 22, Bryan Howell 23, Twana Fox 24, Jim Waugh 24, Barry Boyd 30

Discount Directory

The following merchants currently offer a discount to AMC members:

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

Rental Equipment

EQUIPMENT Qty \$Dep 1-3day4-7day

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

Equipment Rental Policy:

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

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended June 30, 2008

INCOME

Dues 2008	6820.00
Interest.....	205.22
Rental Equipment.....	136.00
Mountaineering Schools	175.00
AARS Spring	1575.00
Basic Spring.....	3970.00
Lead Spring.....	1050.00
TOTAL INCOME.....	13,931.22

EXPENSES

Admin	719.08
Insurance.....	661.51
Land Advocacy	418.98
Mountaineering.....	84.36
Newsletter	1321.16
Outings.....	172.00
Programs Monthly Meeting.....	2100.00
Training.....	4836.93
TOTAL EXPENSES.....	10,314.02

OVERALL TOTAL..... 3,617.20

ACCOUNT BALANCES

Checking (on 5/31/2007)	7,813.52
CD Account (matures 7/17/08).....	10,000.00
CD Account (matures 11/16/08).....	10,000.00
TOTAL CASH ASSETS.....	27,813.52

AMC Outing Gear.....	1,473.48
OVERALL TOTAL	29,287.00

NEW MEMBERS

Climbers - Please Welcome:

Sheila Bowman
Brittany Gertsch
Gregory Gertsch
Lynn Gertsch
Todd Gertsch
John Prouty

AMC Board Meeting Minutes - July 14, 2008

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

Members present: Monica Miller

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

Minutes of the June 7, 2008 meeting were approved as amended (corrected sections appear elsewhere in this issue of the newsletter).

Treasurer's Report - Clay Vollmer presented the Treasurer's Report which was accepted.

Committee Reports

Programs: Monica Miller was elected as the new Chair of the Programs Committee. She will solicit input from Sheri Kenly for preferred structure of the committee structure with either a transition or a co-chair arrangement being adopted.

Mountaineering: Grant Loper discussed various planned activities for the upcoming year.

Land Advocacy: Erik Filsinger gave an update on the status of the Queen Creek Coalition and negotiations with Resolution Copper Company. John Keedy handed out the letter he had sent to congress reflecting the AMC's testimony before the Senate Hearing. Erik Filsinger discussed the State Land Reform initiative progress this year and its importance for the climbing community. John Keedy and Erik Filsinger, acting upon an electronic ballot approval of the policy, sent a Ballot Argument into the Secretary of State's office on the measure.

T&S: Bill Fallon discussed with the Board the extreme importance of completing a club gear inventory and inspection prior to the Fall's classes. Bill, Robert England and Danny Gonzales will call each Outing Leader to get them to return club gear to Jodie Bostrom, the club equipment chair. There was a reaffirmation of the importance of using club gear only for club activities and not for personal or profit activities.

Outings: John Keedy issued an exhortation for club outings in July and August. Few are currently published. Clay Vollmer updated the Board on the preparations for the Grand Canyon Clean-Up in the Fall. Erik Filsinger presented the year to date Outing Leader activity report. There is a pattern of a few OL's doing a lot of outings, and quite a number of OL's doing none so far this year.

Classifications: Jodie Bostrom's Multipitch Outing Leader application was approved. The Board moved, seconded and approved an exercise of paragraph F of the Outing Leader Approval process through which the apprenticeship component of the approval process can be eliminated under special circumstances in the case of Chris Meyer (having to do with an application for multipitch status which only contained single pitch apprenticeship outings). The Board then voted to approve Chris Meyer to be a Multipitch Outing Leader for the AMC.

Erik Filsinger will propose a minor modification to the Outing Leader approval process to allow for AMC OL's to conduct apprentice outings on non-official AMC climbs.

Old Business

Erik Filsinger stated that the City of Scottsdale is very interested in closing the State Trust Land to motorized vehicle traffic in order to protect sensitive desert lands. The exact specifics of that potential move and the impact on AMC schools in that area are as of yet uncertain.

New Business

There was a **discussion of the AMC in the climbing and mountaineering marketplace**. Grant Loper will lead an ad hoc committee of Robert England, Jodie Bostrom, Monica Miller and Bill Fallon to examine the AMC's mission and scope as it relates to the rise of sport climbing and rock gym climbing and to propose avenues through which the AMC can adapt and evolve to better serve the needs of today's climbers. There was a motion and voted approval to change the name of the Basic school to another name such as Technical Outdoor Climbing in order to better reflect the learning opportunities associated with the excellent product the AMC offers.

Clay Vollmer will work with various parties to examine the practicality of an FTP site for the sharing of large documents such as the OL application packets.

Meeting was adjourned at 8:55 p.m.

Conquering The Monk

Sometime in the past (it now seems like another life) I spent about 18 months doing a decent amount of top rope climbing all of which was self taught...and in hindsight, very dangerous. Nothing particularly complicated or technical, just weekend fun with a few friends and making up the rules as we went. Fast forward through 2 countries, 4 states, 2 kids, and 10 years and I've ended up back in Arizona. On a health kick to keep up with the oldest of my boys, I find myself exercising and losing about 60 pounds. I feel much better, have more energy and best of all more opportunities to enjoy the wonderful outdoor activities available here in my native state. So why not? I decide to take the basic class offered by AMC last spring and along with a new perspective on climbing I meet a lot of great people.

One of those people was fellow student Steve Patterson, who I started climbing with about 2 months ago. We started by heading out to Camelback Mountain after work one day just to see what was available and to refresh our memory on what we had learned. We ended up climbing the headwall before running out of light that first day. We went back to Camelback a few times just hiking around the base without actually putting on a harness. It is summertime in Arizona and that rock is pretty darn warm by 5pm.

After these "scouting" trips we reached out to a couple of the instructors from the Basic class for some guidance on the best climbs for a couple of guys at our skill level. After getting some excellent advice from Rogil, we determined to conquer The Monk. After family and work commitments we really only have from about 4:30pm to sunset maybe one day a week. "We" decided that I should lead climb the ascent and for some reason I thought that was a great idea. Our first trip out, we made it up the headwall and about 2 bolts up on the east face of The Monk before running out of daylight. We were a bit quicker on our second trip making it to the 4th bolt or so, on the east face before my nerves ran out looking up at what seemed to be 30 feet between the bolt I was clipped into and the next. We turned around and I was a bit discouraged and perhaps a bit nervous about making another attempt. Whatever my excuse, we took a week or so off before we gave it another shot.

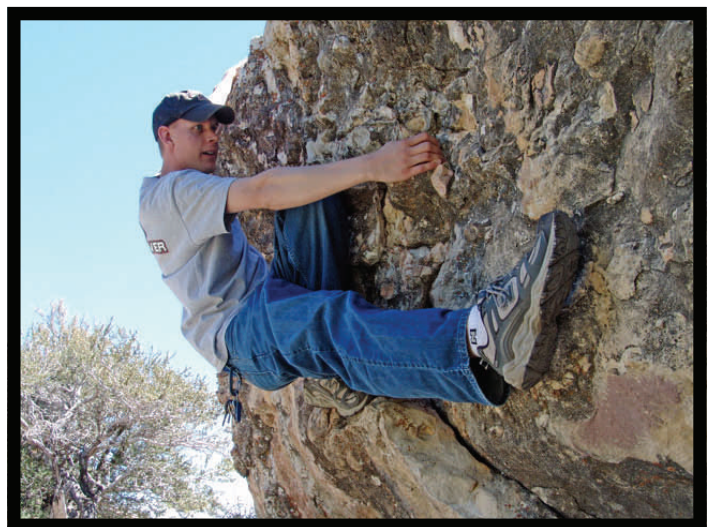
This time we top the headwall in about 5 minutes flat and I just kept my head up and feet down as I pressed past that first big run between bolts on the east face without incident. But wait, what is this? There is a LONG run between bolts in the last 30-40 feet! It seems a LOT longer than the HUGE run I just passed. Can I do this? Perhaps more importantly, can my equally novice belay do this? After a few reassuring calls from my climbing partner, I press past the point of no return and before I know it...I'm clipping safely into the belay loop at the top.

I made it! We made it! I know that most of you reading this have topped The Monk at some point, and I know that it's not a "difficult" climb, but for a couple of guys fresh out of Basic, in the middle of summer, without a guide, we were really excited. I'm more confident in myself and my partner. I'm starting to understand what is meant by "climbing community", it really does become a part of you.

In addition to the friends I made, the basic class taught me a lot of things about safety and technique that I wish I would have known 10 years ago. I might not have missed out on these kinds of thrills (and gained that extra 60 pounds) during that time if I knew half of the things I learned in this class. I give my sincere thanks to all of the instructors for their patience and my climbing partner for not dropping me. See you in Anchors...

TJ Gibson

Steve VanHerpen's Summertime Fun at the Grand Canyon North Rim



Ari-

Snowshoeing on Mt Rogneux

Knowing that it is probably 110 degrees outside when you will be reading this, maybe reading about a snowshoeing trip on Mont Rogneux will be a more comfortable alternative to contemplate.

In late March, I traveled to Switzerland to try a week of snowshoeing in the Alps. My only mountain snowshoeing experience prior to this had been in the Wasatch Mountains where I did a two day winter summit of the Pfeifferhorn in 2004. This was going to be a week of similarly challenging summits.

I arrived in Geneva and there was no snow. I was to join my guide at the Le Buet Hotel, just outside of Vallorcine, France. This village, about 20 kilometers from Chamonix, France, sits at about 4000 feet near the Swiss, French and Italian borders. As I traveled to Vallorcine on the train there was no snow. When I got off the train, there was still only a small amount of snow. Any real snow was higher up on the sides of the mountains.

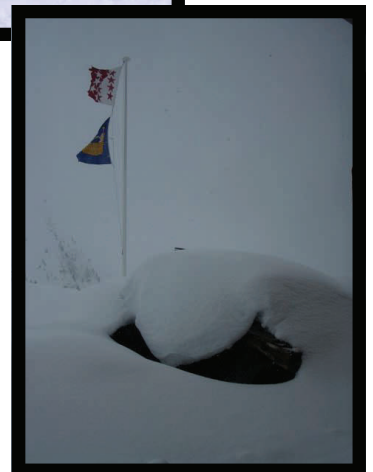
In Vallorcine I met my guide, Hilary Sharp, a person with whom I had trekked in the past. She and her husband run a private trekking and climbing company based out of Vallorcine. When there is the possibility of crevasses and avalanches, I always rely on qualified guides to keep me out of trouble.

Since I had arrived a few days before the actual week of snowshoeing assents was to start, I was invited to join another group for some snowshoeing the next day. It was a great chance to get back on snowshoes with a more casual outing before getting higher into the mountains the following week. Oh yeah, it started to snow.

The snow came down for the next three days. They closed the road a couple times as the snow accumulated in some of the nearby passes and as the avalanche danger increased. In all, about 4 feet of new snow fell on Vallorcine over the next three days.

The good news was that fresh snow is fun to snowshoe and ski in. The bad news was that it also builds up the potential for avalanches and the snowshoeing routes available have to be carefully considered. However, Hilary, our guide, had literally written the book on snowshoeing in the Alps ([Snowshoeing Mont Blanc and the Western Alps](#), Hilary Sharp, Cicerone Press). She had lots of alternatives available for us depending on snow conditions in various areas. So for the next week we snow shoed various summits in Italy, France and finally back in Switzerland.

The last two days of the week were spent getting up and down Mont Rogneux. Lying in the Pennine Alps, Mont Rogneux is 10,118 feet high and is near the border with Italy. To start the climb we drove up through the Val de Bagnes from Lourtier toward the small village of Fionnay. Along the way we pulled into a parking area for the refuge we were going to spend the night at.. Here we strapped on our snowshoes and headed up to the refuge, Cabane Marcel Brunet. It was to take about 5 hours to walk to the Cabane with a lunch stop in the small summer camp of Tongne. As we climbed we met a number of skiers coming down the route. The Cabane is a popular lunch stop for folks who are flown in on helicopters to do off piste skiing on the higher snow fields in the area.



We reached the Cabane Marcel Brunet at about 6000 feet in midafternoon and in a full blown blizzard. The snow and wind had picked up as we climbed higher and by the time we reached the Cabane, all of us were ready for the creature comforts afforded us in this cabane. The place is open for the ski season as well as in the summer. There are several bunk rooms, showers, food and beer. What more could you want when the weather is roaring snow and wind outside?

Snowshoeing on Mt Rogneux (continued)

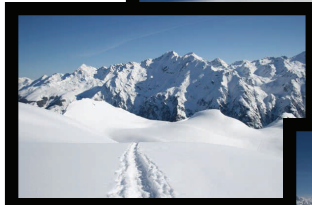
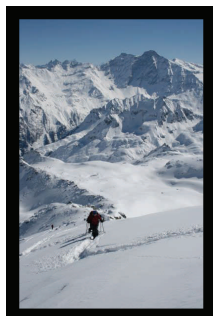
The next morning we woke early to eat and then gear up for the 4000 additional feet we had to cover over the next 3 to 4 hour climb to the summit of Mont Rogneux. Stepping outside I found the weather had moved on. We had a beautiful clear morning for our snowshoeing climb.



The route up was not obvious because the summit wasn't visible from the hut, the fresh snow had covered the route, and we were the first group out of the hut that morning. But as I said before, we were with the woman who wrote the book on snowshoeing in the Alps. We headed out with lots of fresh snow and mountain in front of us.



The pictures below show more than I can explain of what the route was like. One couple decided to turn back after about two hours. But our remaining group of four made it to the top in about 4 hours. As we approached the summit a skier passed us so we were not quite the first to the summit for the day. But nevertheless we did have a beautiful clear day on the summit.



Snowshoeing on Mt Rogneux (continued)

Once we got the summit, pictures were taken and we prepared to start back down.

The climb is never done until you get down. And this trip down was not without its thrills. I would have preferred to use my crampons part of the way down off the summit but was convinced by others to stay on the snowshoes. Still not sure it was the right decision for me but we made it off the summit and down to more comfortable snow covered ground with no problems.



On the way down we met many other folks on skis going up and down. The skiers like to stay in a track on the way up and we stayed out of the tracks whenever we could. However our guide did have a confrontation with a skier who thought we shouldn't even be up on the mountain since skiers used it and we snow shoers would impact their trails. When the skier reached out to give Hilary a shove, she deftly stepped aside and the skier fell over. Snowshoes move more quickly than do skis in some circumstances. Then some more French I did not understand was exchanged, but I could tell it probably wasn't words normally used in casual conversation. Anyway we left the skier lying in the snow and made it back down to the Cabane Brunet for lunch.



The weather was quickly changing so we gathered up the gear we had left at the hut and headed on down the mountain. Another couple hours later we were in the vehicle and on our way back to our hotel in France. That night we all enjoyed a fine meal and lots of beer and wine. It was a great way to end a week of snowshoeing in the Alps.

If you are interested in making plans for next winter, you might want to check out <http://www.trekkinginthealps.com/>.

And last but not least, some of the pictures of this adventure were provided by Hilary, John Rogers and Matt Noble. Along with John, his wife Pauline participated in this week of snowshoeing as well as did Phil and Betty Roberts. Along with Hilary they were a ruddy good group of blokes.

Charlie Shulz

Mount Sneffels

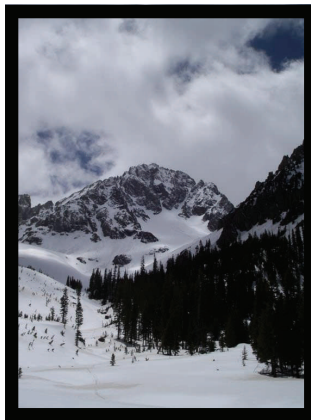
In a search for a little cooler weather over this years' Memorial Day weekend, AMC's Marty Oelrich and Trevor Moody made an attempt on the north face of Colorado's Mt. Sneffels (14,150ft). The plan was to climb the Snake Couloir route via the Blain Basin. The Snake Couloir starts from an open bowl below the North Face and progresses into a short stretch of 45-50 degree climbing on snow, followed by 100ft of 5th class rock climbing.

Unfortunately due to some miss direction in the darkness of an alpine start, Marty and Trevor found themselves a few hundred feet up another couloir to the side of the Snake Couloir. While attempting to establish this new route, they made it to roughly 13,750ft before re-treating due to unsafe conditions. This couloir measured a little steeper than what was expected on the Snake Couloir, and with spring avalanche conditions a concern the team decided to leave this new route for another year.

Marty and Trevor plan to make it back in one of the next few years to reach the summit.

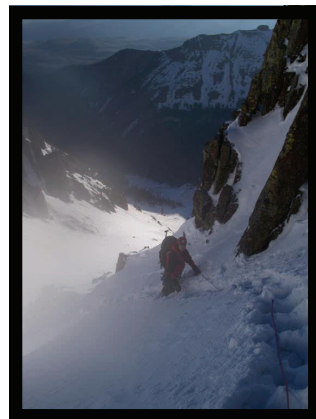


The drive into Sneffels

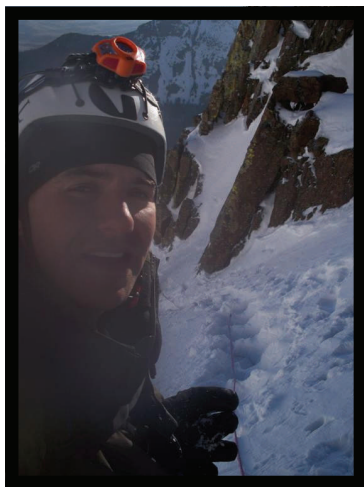


View from base camp

Trevor Moody



Ascent 1



The drive into
Sneffels



Ascent 3



Ascent 4

Ascent 2



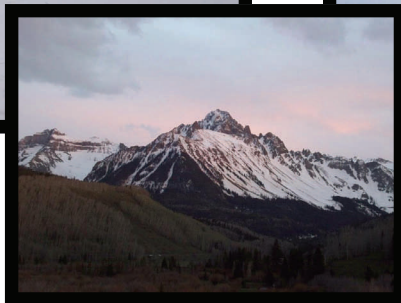
Rappel from Couloir (top)



Down climbing



Group pic on descent



Driving home

Mt Rainier

Mt. Rainier is on the tick list most every North American mountaineer. It in many ways is the classic American mountaineering objective. I have yet to meet the climber that was disappointed by the experience of climbing Mt. Rainier and have never run across a mountaineer not interested in trying the mountain.

Rainier is high enough to provide interesting weather year round and Rainier receives enough snow to produce large glaciers that extend well down the mountain from the summit keeping it wrapped in ice for eons now. Because the ice is constantly moving no two climbs up, even the same route, are ever the same, keeping Rainier fresh for future climbs. With its summit above 14,400 feet and its many glaciers Rainier looks and feels more like a big mountain rather than like the alpine climbs common in most ranges in the western U.S. including the Sierras, Tetons, Western Slope and even smaller peaks in the Cascades.

This season was the forth time I planned and lead a team up Mt. Rainier. The team climbing the mountain on this trip was seven strong including two former Rainier summiteers, three climbers with climbing experience on Mt. Rainier and two climbers new to Mt. Rainier. The team included fellow AMC members Paul Sylvia and Grant Loper and non AMC members from Boston, Chicago, Boulder, New York, and Troy, Michigan.

We started up to Camp Muir from the Paradise Ranger Station on the morning of July 17th. Our team assembled the day before. It is always interesting to watch a new group of people assemble together. Of course all team members were screened to avoid any sticky wickets and all were getting along well by our 5:00 AM wake up bell Thursday morning. Most team members knew and have climbed with multiple teammates but no one had previously met every other member on the team.

Our team of seven rode to the Paradise Ranger Station in a 12 passenger rental van. We had removed the last row of seats to pack the bags of gear we would haul up the mountain. Upon pulling into the parking area at Paradise at 07:00 there were no tourists and a few other climbing teams assembling packs. Our team being somewhat large had filled the van with ropes, pickets, packs, food bags and other gear pieces. Shaking down the gear into an organized kit that can easily (the word 'easily' is used with some hesitation here) be hauled up the mountain takes about two hours.

On July ascents of the Mt. Rainier one usually encounters snow for the first time just below Pebble Creek which signals the beginning of the Muir Snow Field. This year due to several large late season storms the snow extended to the Paradise trail head. Our team was packed and ready to climb at about 10:00 and we began heading up into the snow.

The climb across the lower mountain to the Muir Snow Field took a couple hours. Upon arriving at Pebble Creek, one finds a sign indicating that camp Muir is 2.7 miles ahead making the Muir Snow Field only 2.7 miles long. 2.7 miles sounds rather short really. After hiking along the Muir Snow field for an hour or so one is tempted to think he must be nearly to the end. A little farther still convinces the climber he was wrong before but the further passage of time serves to convince him this time he must be nearly to the end. In fact the first time I climbed the Muir Snow Field I spent most of my time on it thinking I must be nearly to the end. The Muir Snow field knows the minds of climbers and only ends when one convinces himself that it might never end.

On this trip having been on the mountain before I knew the 2.7 miles from Pebble Creek to Camp Muir was only long if I let myself think it might be short. Whenever a teammate asked if were nearly to the end I replied with the words of Sir Winston Churchill, "this is not the end, this is not even the beginning of the end, this is the beginning of the beginning". We arrived to Camp Muir with high spirits and surplus energy.

With a team of seven climbers there is usually at least one in the bunch that will be affected by AMS. With this expectation and possibly the reasonableness that only comes with now being older than 30 I decided to stretch the trip a bit and end the first day at Camp Muir.

Camp Muir is a humble little camp but is always a delightful place to visit for mountaineers. The camp is filled with mountain climbers from across the country and usually a few international teams as well. The reports of recent summiteers are mulled over. First-time Rainier climbers pepper the initiated with questions about what to expect. At dinner time the smell of food hangs in the air when the winds are still.

The newer climbers were surprised at the amount of effort it took to clear a spot for our tents in the ice and snow, and how long it took to melt 14 liters of water (two per team member). They were learning that big mountains don't give up anything easily.

I awoke in the middle of the night to the sound of distant rock fall. I decided to come out of my tent and look around. I had not planned the trip to coincide with a full moon; when I stepped out of my tent onto the glacier the flood of light bathing me was more than I expected.

The upper mountain glowed. In the pale light the mountain didn't look like rock and ice, she looked like a

Mt Rainier (continued)

spirit. The breeze made it feel like she was moving about me and swirling about my ears and head. I stood in the pale white light of the moon and watched her for several minutes. I could almost feel her enticing me to herself, her look in the moon light is like a sirens song. Even after the cold night air penetrated my thin sweater I stood staring back at the mountain's crown long enough to loose track of time.

In the day light the mountain looked familiar again and while beautiful she was not alive and spirit like as she was in the previous nights moon light. I began to become eager for the push to the summit during the moon light in the night to come.

On Friday morning we packed up camp and pushed the team higher across the Cowlitz Glacier and over Cathedral Rock and onto the Ingraham Glacier. We made our camp at the Ingraham Flats with the Disappointment Cleaver in our view. The day's climbing was short. Camp was set quickly so the team could eat and spend the afternoon and evening quietly before our 23:30 wakeup bell.

Of all the challenges to mountaineering I find none more difficult than waking up in the middle of the night, dark and cold. The alarm on my watch is hardly up to the task with its wimpy 'beep, beep' which my sleeping body translates to "please wake up, that is if its not too much trouble and you want to, I mean, well you could keep sleeping beep, beep". I need a more jolting alarm one that is less forgiving than the gentle beep of my watch. In anticipation of this I have mysteriously learned to keep track of time in my head and wake up a moment before my watch alarm goes off. This trick never works at home. My alarm was set for 23:30 I awoke and looked at my watch when it indicated the time was 23:28. The climb to the summit was about to begin.

Speaking through the nylon walls to neighboring tents I woke up the rest of our team and soon everyone was groaning and returning to life. While the full moon was out again we were camped in the shadow of Cathedral Rock and the moon was not yet visible to us. The upper mountain again glowed spirit like in the moon light and was again reaching out to us with her fingers of wind.

Our team of seven was spread across two rope teams. The teams were book ended with our strongest team members with the less experienced ones in the middle. On most any climbing team I will be one of the smaller and lighter team members. I trusted fully that my anchors (those at the back end of the rope teams) could build an efficient haul system. This night I wanted to be at the front of the rope and play crevasse detector but mostly so I would be able to gaze at the mountains crown while she continued to wisp her arms of light wind around me welcoming me back to her crown. The moon shown so brightly on the glacier no head lamps were needed.

With the teams ready and all safety checks performed our rope teams left camp and headed up toward Disappointment Cleaver. The rhythmic sound of our crampons on the snow dominated the soundscape of the night. Occasionally I could hear a few karabiners tinkle like bells. The sounds were rhythmic and soothing as we made our way, I hoped the mountain agreed. The weather was clear, and warm. I was beginning to think the mountain was going to let us pass easily this time.

I had climbed her the summer before. On this outing we also woke up to a star filled sky, the weather was warm and the winds were gusty and variable. However, the barometer had fallen several inches since we had fallen asleep earlier in the evening. There was no moon light. We climbed up to the top of the Cleaver and the winds began to turn cold, but we continued on happily.

After an enchanting sunrise viewed from the Emmons Glacier clouds began to pour over the ridges and fill the valley we stood in. By 5:00 AM temperatures had fallen to 15F and winds now blew strong enough to cause us to loose balance. By the time we reached the caldera ridge temperatures fell to 10F and winds were now strong enough to force us to crawl the last portion of the climb into the caldera. Visibility was less than 20 meters and as near as we could tell there were no other parties on the summit when we topped out. Because of the brutal winds in increasingly heavy snow our stay there was brief. Having left camp in relatively warm and still air we were not prepared for the cold and high winds that met us on the summit. The climbing was hard; the mountain wanted us to know that we were less than flees on a dogs' back even a summer's day when we climb her more easily.

Remembering this I knew that the mountain can change her mood near instantly and any climb can become a considerably more difficult undertaking. Today she was being pleasant and was letting us pass easily. Perhaps she is setting us up for a future surprise. I told the first time climbers not to let her fool them if they should return for a second climb. By know I am convinced mountains enjoy playing tricks on the climbers that visit them.

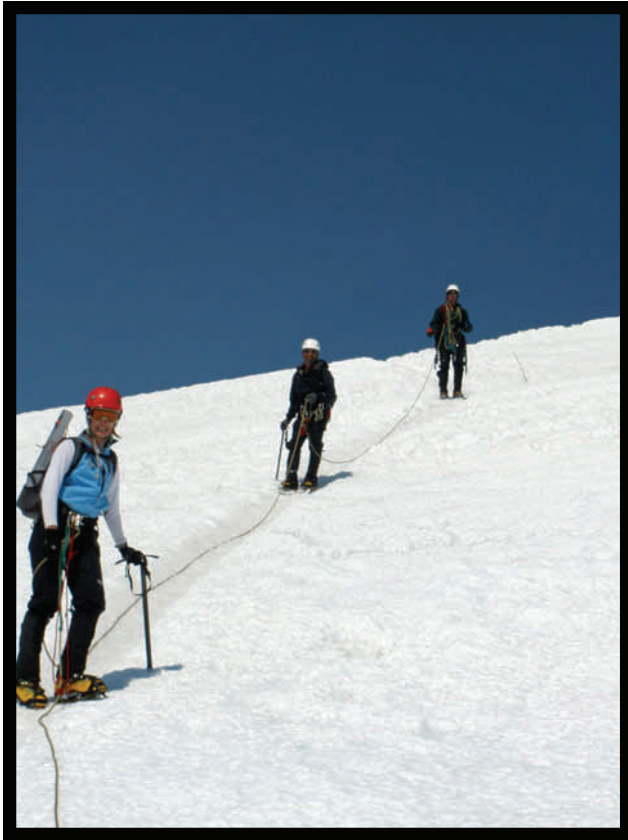
The remainder of our climb to the summit went well and we arrived to the Columbia Crest (summit) around 8:00 AM. All seven team mates obtained the summit. Two had mild AMS symptoms and on a third had moderate symptoms. We snapped pictures, filled a few blue bags and headed down.

Mt Rainier (continued)

Because one climbs much of Rainier in the dark on summit day the climb down is the time to enjoy the views. Our summit day was clear; we were convinced that if the earth were flat we could have seen across the ocean to Japan. As we descended, Mt. Saint Helen's, Mt. Addams and Mt. Baker stayed in our view. It felt as though we were walking among giants.

I look forward to walking among the giants of the earth again.

Grant Loper



What other AMC'rs are doing this summer ...

- ◇ Clay Vollmer, in preparation for some unnamed high altitude summit bids, is practicing high altitude mountaineering by trying to suck oxygen out of water in swimming competitions, and in so doing has placements in the Arizona State Masters Swimming Championships. He won the 100 Fly, placed second in the 50 Fly and Back, and placed third in the 100 Free. Way to go Clay!
- ◇ Another AMC'r admits to a quest for a Guinness record of climbs in June. He climbed out of bed at least 30 times (not including trips to the loo), climbed into and out of his car at least 100 times, and while noticing that the temperature was climbing faster than he, he climbed all over a guy at work; OUCH! ... And we thought North Scottsdale Granite made for sore fingers!!!!
- ◇ *Tell us where you've been climbing this summer!*

Lead Climbing School

Arizona Mountaineering Club - Fall 2008

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:

Sept 16	Tuesday	6:30 pm–9:30 pm	*North Mountain Park, Yavapai Ramada
Sept 17	Wednesday	6:30 pm–9:30 pm	North Mountain Park, Yavapai Ramada
Sept 18	Thursday	6:30 pm–9:30 pm	North Mountain Park, Yavapai Ramada
Sept 20	Saturday	9:00 am–5:00 pm	Prescott (directions will be in syllabus)
Sept 21	Sunday	9:00 am–5:00 pm	Prescott or Scottsdale (directions will be in syllabus)

*North Mountain Park is located at Peoria and 7th St, 5 miles north of Camelback on 7th St. Turn west into the park. The Yavapai Ramada is the last one on the loop just before you exit the park.

Experience required: Preferably, AMC Basic 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: \$75 plus membership if not already a member (\$15 for an individual and \$18 for a family). Membership is good through Dec., 2008. 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: Lead.School@amcaz.org for more info. 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.

All climbing gear (harness, prusiks, biners, etc.)

Helmet—mandatory for all on-rock sessions

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

Hiking boots or shoes with stiff soles for Saturday, climbing shoes for Sunday

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.AzMountaineeringClub.org.

AUGUST

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email: sales@hikingshack.com

on the web:
www.hikingshack.com
www.ahsrescue.com

Hours:
Monday – Friday 10am – 7pm
Saturday 9am – 5pm
Sunday 11am – 4pm

ROPE SALE

Sale is limited to stock on hand and can not be combined with any other discounts or specials.

MAXIM Dynamic Ropes

EQUINOX – 10.2 mm X 60 m - standard dry. Light and versatile, for sport or multi-pitch routes, the Equinox is the perfect rope for its excellent knotability and ease of clipping.

SALE PRICE \$100 (Regular price \$148)

Glider – 10.5 mm X 60 m – double dry. The Ultimate in durability the Glider series utilizes TPT sheath technology, significantly reducing drag. One of ROCK and ICE magazine's favorite all around climbing ropes.

SALE PRICE \$148 (Regular price \$210)

Apex – 10.5 mm X 70 m - standard dry. Apex series ropes offer excellent durability with extreme fall protection.

SALE PRICE \$148 (Regular price \$210)

APEX – 9.9 mm X 60 m - standard dry. Lighter version of Maxim's classic Apex dynamic rope. Designed to be pushed everyday, providing long life and safety assurance.

SALE PRICE \$120 (Regular price \$180)

PMI Dynamic Ropes

SPIRE – 10.2 mm X 60 m – Excellent all around rope. A favorite among those who want to combine maximum mileage with minimum weight

SALE PRICE \$150 (Regular price \$183)

We resole climbing shoes. Refurbish those worn out shoes with 5.10 C4 Stealth or 5.10 Onyx rubber.

Outing Leaders

Become an AMC Outing Leader

General requirements for becoming an AMC outing leader:

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

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

Outing Leader

Contact Information

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

Your Name Here!

Calendar of Events

AMC Outings and Events

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

Aug 9 - Queen Creek, Atlantis. Long single-pitch top rope climbs from 5.7 to 5.10a. Limit 6. Contact Jody Bostrom to sign up and for additional details: 623-308-5089 or jodiebostrom7@msn.com

Aug 16 - Grand Canyon Deep Water Soloing. Second annual summer event to Northern Arizona. We will paddle out on kayaks (provided) down canyon to sandstone walls. Once in a specific area we will climb out of kayaks onto featured faces of varied difficulty. Climb to top and jump back into water, or fall trying Outings leaders - Mike Knarzer and Frank Vers. Limit - 8. Contact Mike at: thrashndangle@gmail.com

Sep 27 - Annual Grand Canyon Cleanup. Contact Clay Vollmer for campsite information.

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

Billboard—Other Scheduled Events

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

Mondays Solid Rock Gym at 6pm-8pm. Call Rogil (623)-512-8465 for info.
Wednesdays North Mountain hikes after work. Rogil Schroeter (623) 512-8465

August 2008

AMC Outing Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Sunrise 5:40 Sunset 7:29 M-rise 3:26 A		1 New Moon	2
3	4	5	6 Sunrise 5:45 Sunset 7:23 M-set 10:15 P	7	8 1st Quarter	9 Queen Creek
10	11 Board Meeting	12	13 Sunrise 5:50 Sunset 7:16 M-rise 5:31 P	14	15	16 Grand Canyon - Deep Water Solo Full Moon
17	18	19	20 Sunrise 5:55 Sunset 7:08 M-rise 9:08 P	21	22	23 Last Quarter
24	25 Member Meeting	26	27 Sunrise 5:59 Sunset 6:59 M-rise 2:22 A	28	29	30 New Moon
31			Sunrise 6:06 Sunset 6:50 M-set 8:45 P	NOTE: Celestial events occur about 10 minutes earlier on Arizona's eastern border; 10 later on its western edge.		