

The Arizona **MOUNTAINEER**

September 2007



Deep Water Solo Climbing in the Grand Canyon

The Arizona Mountaineering Club

Meetings: The **September** member meeting location is:
Phoenix Country Day School
3901 E. Stanford Drive
Paradise Valley, AZ 85253. , AZ 85004 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:

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Secretary Erik Filsinger.....480-314-1089
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Director..... Dan Beatty480-917-7795
Director..... Danny Gonzales ..602-550-8371
Director..... Justin Iske.....480-225-7739
Director..... Sheri Kenly.....602-799-1288
Director..... Dave McClintic ...480-607-0890

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Classification Nancy Birdwell ...480-821-1932
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Public Relations..... Open
Training & Schools.. Bill Fallon.....602-996-9790
..... Clay Vollmer602-595-7266
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Anchors Class Justin York480-229-8660
Lead Class Mike Knarzer602-751-1701
T-shirts..... Sally Borg.....480-425-9689
WebSite Kirrawebadmin@amcaz.org
T-shirts..... Sally Larimer.....480-425-9689
Website..... Kirra webadmin@amcaz.org

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

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

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

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Newsletter

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

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

HOT STUFF !!!

The Annual Grand Canyon Cleanup - 9/15

Lead School

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.

October Newsletter Deadline Wednesday - September 21

SEPTEMBER BIRTHDAYS

Scott Davis 1, Mark Tillman 1, Bruce McHenry 2, James Kistler 4, Steve Wieczorek 7,
Kimberly Kauffman 8, Bonnie Roill 9, Malachi Mendel 13, Susan Pitts 14, Larry Reinmuth 14,
Jef Sloat 15, Luke Fischer 18, Paul Mandel 18, Brad Bennett 20, Jennifer Pann 20,
Michelle Kelly 21, Suzanne Monthofer 25, Marc Mousseux 26, Tim Schneider 28,
Lungi Niemczyk 29, Dallas Stephens 29, Frank Vers 29

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.

Rental Equipment

<u>EQUIPMENT</u>	<u>Qty</u>	<u>\$Dep</u>	<u>1-3day</u>	<u>4-7day</u>
MSR Alpine snowshoes	5	\$32	10	16
Ice Crampons	5	\$26	8	13
Ice axes (70 cm)	6	\$16	5	8
Ice axes (90 cm)	5	\$14	5	7
Snow shovel	1	\$8	3	4
PortaLedge	1	\$100	30	50
Climbing shoes		Various sizes		Call

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.

-**For Shoes** - Call Linda Locke (602) 997-4235.

-**For everything else**, call Erik Filsinger (480) 314-1089.

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended July 31, 2007

INCOME

Advertising	145.00
Admin (holding TRSM deposits)	700.00
Admin (holding Access Fund raffle \$)	185.00
Advertising	155.00
Dues 2007	5,873.00
Interest	313.85
T-Shirts (AMC)	18.00
Mountaineering Schools	210.00
Rental Equipment	50.00
T&S Schools Rental Income	80.00
AARS Spring	1,650.00
Basic Spring	3,515.00
Lead Spring	675.00
Other	270.00
TOTAL INCOME	13,694.85

EXPENSES

Admin (paid Access Fund raffle \$)	185.00
Admin	753.74
Land Advocacy	24.32
Mountaineering	565.97
Newsletter	1,519.76
Outings	140.00
Outing Leaders	105.40
Programs Monthly Meeting	2,277.86
Training	3,643.78
TOTAL EXPENSES	9,215.83

OVERALL TOTAL..... **4,479.02**

ACCOUNT BALANCES

Checking (on 7/31/2007)	14,665.95
CD Account (on 3/17/2007)	10,812.97
TOTAL CASH ASSETS	25,478.92

AMC Outing Gear	2,147.40
OVERALL TOTAL	27,626.32

Correction(s)

The August article on climbing Paracutin in Mexico was contributed by Wally Vegors

AMC Board - Proposed Revision to Bylaws

Revision to bylaws paragraph 3.g. Add sub item

vi. Members of the Board are expected to attend Board Meetings when scheduled or called as no business can be conducted without a quorum as stated in Paragraph 4.a. of these bylaws. Should a Board Member miss more than three (3) Board Meeting in a calendar year, that Board position shall be considered vacated. That vacancy shall be filled in accordance with paragraph 3.f. of these bylaws.

NEW MEMBERS - Climbers - Please Welcome:

Evelyn Abbott
Beth Guzman
Peter Hickman
Dan McFeely
Dennis McFeely

Patti McFeely
Vikas Shah
Rocky Taylor
Grant Tewksbury

Mt Hayden

Occasionally my friends and I will order a round and then argue about just which of the climbs that we've done has the burliest approach. When we decided to climb Mt. Hayden a few weeks ago the argument was laid to rest. Jason Garvan's birthday had arrived, and to celebrate, a few of us decided that self-mutilation/climbing Mt. Hayden was the appropriate celebration. When Jodie recommended that we wear long sleeve shirts and leather gloves we should have gotten a sense of what was in store. In fact, a machete, or perhaps a chainsaw, would have been appropriate.



Mt. Hayden as seen from Point Imperial

To start the adventure, we arrived at the previously agreed upon rendezvous point, Point Imperial, at various hours of the night. Morning quickly came and we began the descent into the Grand Canyon. There is one gully that descends to the base of the canyon without cliffing-out and, after spending a few hours exploring other possibilities, we found it. However, during the search of the correct gully we found out first-hand just how durable a backpack can be.

During our descent into the correct gully we set up a rappel to drop down a 40 ft rock band with our packs, rather than down-climb a sketchy side-gully filled with loose blocks. At the bottom of the cliff band the ground continued to slope steeply down towards the center of the main gully for an additional 200 ft. Jason rappelled down to me with my pack, and I set it off to the side, out of the way of potential rock-fall, or so I thought; but as the next person rappelled down the cliff face a number of basketball-sized blocks came loose and tumbled

down. Unfortunately, my pack was in the way and one of the blocks took it out; much like a pro-bowler picking up a 10-pin spare. Then the show began. At first the pack tumbled two or three times and looked like it was about to stop. Luckily, I had packed so much water in my pack that the weight made it top heavy, which allowed it to keep just enough momentum to fall over one more time. One time too many that is, because from here it picked up speed and began to tumble and bounce, with various items being thrown from the pack, all 200 ft down into the center of the main gully. After seeing all of this I thought for sure the trip would be cut short for me. I could envision my pack being torn to shreds, with all of the water jugs busted, and gear destroyed. Amazingly, as I inspected my pack and its contents, the only thing I found wrong was a punctured water jug. Gotta love fine Italian craftsmanship.

Nightfall found us stretched out on the bare windswept red rock a short hike from the base of the climb. Aspirations of an alpine start were soundly defeated by howling wind and a fine blowing sand that that seemed to coat everything that it touched. Eventually we left the camp in various groups and headed for the climb. Jodie Bostrom and Valerie Bednar

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Mt Hayden (cont)

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climbed with me in the first group. Kelly Trainor, Jason Garvan (ask him about his birthday presents some time) and Bailey Warstler composed the second group and Justin York and Erin Livingston made up the final group. I didn't realize just how seldom Mt. Hayden appears to be climbed. That's my excuse for dislodging a head size boulder while leading the first pitch that almost sent Kelly to meet his maker and trust me, where he is going, he's not in any hurry. We knew from people who had previously done the climb that we could link pitches two and three together in one long lead and just barely make it with a 60 meter rope.

Jodie led this crux pitch in fine style as usual; however, we learned that Jodie's rope, despite never being cut, is not a 60 meter rope. With about 15 feet left to the anchors I switched roles from encouraging belayer to fellow simul-climber until she arrived at the anchors. The 60 meter rope I was dragging for Val spanned the belay stations with about four feet to spare. The final pitch was an easy meandering climb that deposited us on one of the most spectacular summits that I have ever seen. We signed the summit registrar, appreciated the fact that so many of the other names were people we knew, and started to rap.



Jason Garvan reaches the top of pitch 1



Valerie Bednar reaches the top of pitch 3

The hike out.... well I think that we've all suppressed that memory. I swore up and down the entire way; "Never again", "Are you kidding me?" and "This is a nightmare". At the top we explained to some incredulous tourists that, yes we were just right there, and dissuaded another by convincing him that flip flops and shorts were probably not the best attire for such an endeavor. At the little town of Marble Canyon, while reminiscing about the climb over rare prime rib and cold beer with my friends, the thought started to creep into my head. I haven't led pitches two and three yet, we know the correct gully now and the approach wasn't really that bad.....

Submitted by Matt Percy



Valerie Bednar and Matt Percy on the summit.



Kelly Trainor and Bailey Warstler taking in the view

Celebration on Mt Elden

On July 28th 2007 I celebrated my 5 year of climbing anniversary at Mt Elden, the weather conditions for late July looked ominous for rain however; the climbing spirits were good to us and granted a beautiful, humid mountain summer's day. My 1st AMC climbing trip to Mt Elden was in late July 2002. This trip event forever changed my life as the window to the climbing world opened unto me and I climbed through.

I had not been to Mt Elden in many years so it was bitter sweet in my return. I had forgotten how stiff the climbs are for the ratings. The Middle Deception crack at 5.10 still has a mean start. I think a better name should have been, "Thrash Grunt and Dangle" as many did on their way up or in their attempt! The Right Deception crack a 5.7 remains a classic wonderful climb. The Rock at Elden is Dacite, defined as "a fine-grained light gray volcanic rock consisting primarily of quartz, plagioclase, and potassium feldspar, and also containing biotite, hornblende, or pyroxene. It is the fine-grained equivalent of granodiorite". Translated much like granite; so tape up if you go. Otherwise be prepared for possible gobies and ouch factor while jamming.

My trip was blessed with new climbers as well as seasoned veterans and some of my best climbing partners! Thank you all who attended in making this a wonderful day!

Participants, Catherine Conner, Jodie Bostrom, Marcy Makarewicz, Donna Forest, Steve Wolpert, Ben Knowles, Suzanne Monhofer, Wolfgang Rupp and my special guest, past AMC President, Anchors Instructor and Leader Tom Conner. Thanks Tom for your years of service and sharing the skills and fundamentals of climbing!



Wolfgang, Marcy and Catherine on Mt Elden

Monica D. Miller
"When you reach the top, keep climbing"
Zen Proverb...
Photos: Steve Wolpert



Deep Water Soloing - Where Climbing and Cliff Jumping Merge

One August 5th Mike Knarzer led a group of AMC'ers for an unusual experience of Deep Water Soloing (DWS). DWS is simply climbing without ropes, protection, or harnesses on climbs that were above deep water. When the climber is finished, or falls all they end up doing is finding themselves jumping into some deep water. Today's attendees included Steven Wolpert, Debbie Standal, Clare Sun-Young Norman, Frank Vers, John Gillece, Joe Garcia, Mike Knarzer, Aaron Locander

The day started bright and early when we all met up at 6:30am at Fountain Hills. Mike brought 4 inflatable kayaks (Courtesy of the Arizona Hiking Shack that cut the AMC a killer deal, thanks AHS!) that we quickly threw into the back of two cars, split up the group with 4 people in each car and we were off. Only Mike and Frank actually knew where we were going, the rest of us just sort of figured we would find out when we got there. After a quick stop in Payson to get some gas, coffee and some snacks we were back on the road headed North.

The forecast called for some scattered showers but Mike wasn't worried. He said on past trips they would just hole-up under a ledge for an hour and the rain would pass. I was getting a bit worried about the weather when we started to encounter rain and fog as we ascended up the Rim. But just like Mike said, the closer we got the less it rained until it eventually broke to overcast skies.

We finally pulled up to the put in and immediately started inflating the kayaks. We had 8 people total and 4 tandem kayaks, so everything should work out just fine right? Wrong. One of the kayaks was missing a valve cover on the section that formed the bottom. When we put it into the water it immediately took on 6 inches of wa-



ter and rode a bit lower than the others. Not to be dismayed we simply referred to it as the "low rider" and tried to paddle on. Now granted that everybody on the trip is a great climber, but our paddling skills were severely lacking. We weren't more than 50 feet from the shore when we realized that the notion of paddling forward in a straight line was not as easy as it seemed 5 minutes before. It must have been comical to watch from the shore as 4 kayakers paddled in circles of varying diameters with several near misses, and some not so accidental collisions. After a few minutes most of us got the hang of how the kayakers handled, except for the low rider boat which always seemed to want to travel 90 degrees to the right of whichever way it was pointed.



Regardless we were off and we were bound and determined to find a cliff face to fall off of. The first problem that Mike took us to was called "Hot Rod". It wasn't named for some burly guy named Rod that pioneered the first ascent, nor was it a memorial to a fallen comrade, no it was named so because some vandal (I'm guessing his name was Rod) decided that this particular rock face was missing some graffiti and decided to remedy the problem. The climb was a relatively "low" traverse along a slightly overhanging lip 15 feet above the water. It got progressively harder the farther one got until the edge that was so well cut for

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Deep Water Soloing - Where Climbing and Cliff Jumping Merge (cont)

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finger tips morphed into a giant sandy sloper that offered no real holds to speak of. Frank was up for the problem first. With a nice combination of shear forearm strength and some really nice heel holds he got to the sloper section. He found a small hold underneath the lip, grabbed it, and soon found himself crashing down into the deep water below with the hold still in hand.

This was the essence of Deep Water Soloing, being able to climb completely uninhibited. We didn't use ropes, protection, harnesses, or chalk. All we had on was our swim suits and an old pair of climbing shoes that we didn't mind getting wet. It reduced climbing back down to the art of climbing, we didn't have to worry about if that last placement would hold, how old the bolts were, or even how run out we were, because in reality the entire climb was a run out. But unlike bouldering I found that I wasn't nearly as afraid of falling. Below every climb we tried the water was known to be somewhere between 40 and 80 feet deep. Out of all the climbs tried



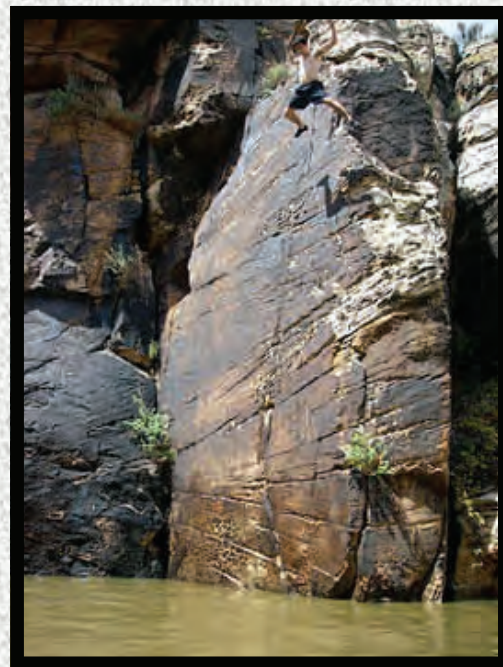
that day, not a single person ever touched bottom, or any sort of underwater feature. As Mike so elegantly stated the only real thing you had to worry about when jumping off a cliff more than 25-30 feet up is to clench your butt cheeks to prevent "the cold water enema". Sage advice that was followed by all.

The third problem of the day was a beautiful face that was covered with a thick layer of patina. Usually patina on sandstone is notoriously fragile and flaky, but for some reason this stuff held fast, and created lots of little ridges that were just big enough for your fingertips to dig into. Also the odd thing about Deep Water Soloing is that on average, the harder the climb, the safer it was. This is because the harder climbs are traditionally more vertical, if not overhung, and that topography extended well below the surface of the water line. So if you fall you would fall straight down and into deep water. By contrast the easier climbs usually were more highly angled than vertical, or had benches to them that you would have to worry about hitting on the way down. This particular problem Mike thought that the face was about a 5.10 with the arête side about a 5.7. Most of us tried the climb and made it up most of the way. The one thing that took some getting used to was making sure that you didn't climb higher than you wanted to jump. Without having to deal with ropes, pro, or belaying it was surprising how fast and easy one could get 20-30 feet above the water. There were several times that a climber would fearlessly make it to the top of a climb, only to hesitate to build up the courage to jump back down.

Further down canyon the walls grew even steeper and the problems just surrounded us every where we looked. After a few more climbs we pulled the kayaks over to a bench and docked them for lunch. We ate some food while a few jumped in and swam to the other side of the narrow canyon to work on some smaller problems. We ended up hanging there for an hour or two until it seemed like everybody was winding down. Good thing too because a nice black cloud started to head our way and the temperature started to cool off, and the water didn't feel as refreshing as it did before. We decided to paddle back to the car and call it a day. It rained on us a little bit as we were heading out, but nothing bad. When we got to the cars we could tell that the whole sky was grey and it didn't look like it was going to pass us by any time soon.

It rained on us pretty much continuously until we were 20 miles outside of Phoenix, even with us stopping in Payson for dinner. All in all it was a fantastic day, and a new experience that I won't soon forget.

Quote of the Trip: "Use the bird poop, it's just like chalk" – Mike Knarzer
Article and Photos contributed by Aaron Locander



Canadian Rock - 2007

Susan Morris and I completed our annual Canadian vacation and are pleased to report marvelous weather and much success toward our goals, with the signature humbling Canadian experience when confronted with the magnitude of the mountains.

Our goals focused on rock climbing, and we left a lot of sticky rubber on the limestone. We based ourselves at the Tunnel Mountain campground and the first afternoon headed over to Tunnel Mountain to do some old classics. Interesting, the south end climbs seem to have gone into some degree of neglect and we found the trails overgrown and the rock cracks filled in with vegetation. Not feeling comfortable, we headed over to Rundle Rock, a stone's throw from the Banff Golf Course, and ran up and down a few to get the kinks out of the travel.

Our targets then switched to the Goat Mountain and Yamnuska rock. Although tiny by comparison to the neighboring crags, Kid Goat features 4 to 5 pitch climbs on stellar limestone. Many of the climbs have been retrofitted with bolted belays, so the "run-out" signature characteristic of the limestone put only a small lump in my throat. We chose Twilight Zone. I lead the first series of pitches, switching over at hanging belays, but Susan took over for the last pitch and did a great job taking us up and over the lip. The descent was a fun scramble down and around the gully to the climber's right which takes you back to the approach trail.



Erik leading crux on Twilight Zone, Kid Goat

Our Canadian spanking occurred when we chose to tackle Mt. Fable, a spectacular horn of a mountain east of Canmore. Dougherty's understated guidebook, *Selected Alpine Climbs in the Canadian Rockies*, didn't tell us that the approach was huge (I always double Dougherty's time approximations). Seeing a family of mountain sheep was a treat, but it didn't alleviate the endless and trail-less scree. Dougherty simply directed to take the second to last slab coming off the south ridge, but quite frankly I couldn't identify which slab it was. I probably would have needed a photo with the correct one on it before I could launch up another 1,000 feet of scree to some unknown slab that might or might not pan out. The scale and complexity was beyond my meager abilities. The positive of the day were the strenuous exercise, the animals, the cooling waters of a stream on our feet, and the cold beer back in Canmore's Bear Paw microbrewery.

To stretch our legs on yet another gorgeous Lake Louise day we hiked up Fairview Mountain, rising 3,000 feet above Lake Louise. To the south was the 5,000 foot North Face of Temple, to the west the Haddo-Aberdeen matched set, and to the northwest the majestic Mt. Victoria. It was a great romp.

Our last goal was Joy, a 10 or so pitch slab climb on Mt. Indefatigable. It's not in the guidebooks, so you will have to email me to get Beta. We had attempted it last year, but found it running with water so we bailed after several pitches. This year we parked at the right parking lot, did the easy 20 minute approach trail to the base of the scree and decided to launch after checking the dubious weather one last time. From the trail we actually found a pretty solid scree selection before scrambling the first pitch and gearing up.

Joy is a 1,000+ foot high limestone slab that runs along a long arching corner system. The corner itself is 3 to 5 meters high, with a pretty consistent crack running along its base. There are plenty of pro opportunities, but it is necessary to take at least double sizes of everything from 1/4" to 3/4" - it's all pretty small, with only the occasional #2 or #3 Camalot

Yamnuska holds the status as the Mecca for serious Canadian rock climbers and the first ascents were conducted by the elite of Canadian mountaineering. A daunting 1,000 foot high cliff which runs probably over half a mile long, it dominates the skyline from the Transcontinental Highway 1. From a distance the approach looked reasonable, but even the super strong Susan found it "relentless," which is to say, it was a challenge and made Tahquitz's approach seem like a walk in the park.

We did a 5 or 6 pitch climb called Easy Street, although I must admit that standing at its base with the looming rock all around the first pitch took a bit of mental override. Canadian rock is typically somewhat loose and not being as familiar with limestone climbing, I climbed the steep pillar somewhat gingerly. It was much easier climbing than my mind allowed and soon Susan and I were swapping leads. A gorgeous sunny day, we had lunch on Barbeque Ledge, a huge feature under the last pitch.



Susan leading 2nd Pitch of Easy Street, Yamnuska

Canadian Rock - 2007 (cont)

placement. The climb is rated 5.4, but most parties will find it somewhat tougher than that rating. Both Susan and I thought it was pretty easy climbing, but I'd probably rate it more like 5.5, and maybe harder if you aren't willing to take the usually obvious line of unprotected 5.5 run-out across the face linking curves in the corner.

A couple of rain showers skirted nearby and it was quite windy, so in order to keep coordinated and hear each other Susan and I swapped short leads. That resulted in us doing the climb in 13 or so pitches, but in all cases we found pretty easy belay stations. The Beta I had about the climb on the 50 degree slab was that it was a calf burner, but with adequate avoidance of burnout Susan and I both didn't have any problems. We also found the scramble off the top pretty easy, although it is a knife edge ridge with considerable exposure on both sides.

Hopefully the accompanying photos for this submittal will entice you to venture north some summer soon.

The second week of my vacation I was joined by Matt Percy, James Perey and Kelly Trainor for a guys' mountain adventure. Matt is reporting that separately. The Kahl north face route on Mt. Stanley was wonderful!

For Beta email me at smorefil@aol.com.

Submitted by Erik Filsinger



Joy on Mt. Indefatigable



Boots sitting on a rock miles into the backcountry near Mt. Fable

Grand Canyon Cleanup - September 15

Time again for the annual Grand Canyon Over-The-Rim Cleanup! For those new to this event, we have been rappelling over the side of the South Rim's steep limestone cliffs for 16 straight years, searching for trash deposited by tourists and wind. We have scoured the slopes below Mather Point and spruced up the view from the ice cream store at Bright Angel Lodge. We have appeared in numerous home movies we have never seen and entertained scores of innocents who ask, "Did you climb all the way from the bottom?" (We always answer, "Yes!") Along the way, we have maintained a perfect safety record, partied at pristine Shoshone Point, and climbed the next day in the Kaibab limestone amphitheaters below the Rim. Come out and join us again this year.

The Cleanup is scheduled for Saturday September 15th. You must be an AMC Club member trained in the proper rappel technique and in prusiking to go over the side; non-members can help at the top.

Technique seminar and planning meeting:

We will be holding a technique seminar at 6:00 pm on Thursday, September 6th at Dreamy Draw Park.

This is mandatory for anyone who has not participated in the cleanup before. Old-timers are welcome to come for a refresher. We won't be teaching any of these techniques on-site at the Canyon. Please bring all the technical equipment listed below to the seminar. Proper prusik technique must be demonstrated at the seminar.

Technical - Personal equipment needed for the Cleanup:

- Helmet—mandatory
- 3 prusiks (4', 6', 10')
- 1 climbing harness
- 1 rappel device
- 3 locking carabiners (harness biners)
- 1 5-foot or 6-foot tied sling (depending on arm length)
- 2 20' slings and 2 lockers (for anchors)
- 6 extra regular biners for fire hose
- Hiking boots (no sandals or open-toed shoes)—mandatory
- Gloves—mandatory
- Long pants, long-sleeved shirt
- Sunscreen, lip balm
- Water & lunch
- Whistle—optional (just in case)

Club equipment provided the day of the Cleanup:

- 2 pieces of fire hose
- 2 short prusiks
- 1 rope bag

Schedule:

Friday, September 16: Camp at the group site

Saturday, Sept 23:

8:00 am—Mandatory meeting at Mather Point (we will sign waivers)

9:00 am—disperse to cleanup areas

4:00 pm—wrap up, shower, and get ready for barbecue

5:00 pm—meet for BBQ dinner, or caravan from campsite

Sunday, Sept 24:

9:00 am—meet at parking lot by railroad station for climbing outing (helmets required)

3:00 pm—head back to Phoenix

Entrance to the Park:

If you arrive at the entrance station when it is open, tell the Ranger on duty that you are with the AMC and are here for the "Over-the-Rim Cleanup" (these are the magic words). They should let you in without paying the normal \$20.00 entrance fee (feel free to pay if you want, since the money collected at the entrance station does go directly to the park's upkeep).

Camping:

The Park Service will provide camping areas at the Grand Canyon and only four cars on Sept 16-17. The group sites are to be determined (TBD) at this time. They are usually at the Mather Campground area, but that may change this year. The

(Continued on page 13)

Grand Canyon Cleanup - September 15 (continued)

(Continued from page 12)

vehicles bringing the club equipment will be the two vehicles to park at the site, so that we can monitor the ropes and other Club gear. All other vehicles must park at Babbitt's General Store, about 1/4 mile from the campsite. While inconvenient, this is the Park Service group campsite policy and they do monitor the campsites. The main concern is that they need the fire trucks to be able to get through the campground. If you camp in your vehicle, you will need to camp outside the park or get a private campsite.

Private Camp site Reservations for Mather Campground call 1-800-365-2267 Costs: \$15.00 per night – 6 person max, with 3 vehicles allowed at each private campsite, so you may want to pool with others.

Other campsite rules are: no ground fires (use the grills) and quiet hours between 10 pm and 6 am.

Facilities at the campground include bathrooms with pay showers (bring quarters). Hot breakfasts Saturday morning are available at Yavapai Lodge at the Babbitt's parking lot.

Your option to cook and or grill your own meal is also welcomed. There are two huge grills. And several picnic tables in the area. Bring your own meat selection and grilling tools. We will have a campfire too. The last people around the fire must have enough water to put the fire dead out. Also, someone in the last car out should lock the gate.

Car-pooling:

Since many participants will be at the Thursday September 6th seminar, this is the best place to arrange car-pooling to the Grand Canyon, as parking is always tight.

Directions:

Drive north on State 64 into Grand Canyon National Park. Stay on the main road until you see the sign for Mather Campground directing you to the left (south). Follow the signs to the campground kiosk. On your right will be the showers. Look on the campground kiosk for a list of assigned sites. Follow the map on the kiosk. Park at the assigned campsite and unload, set up your tent, etc. Then drive back out to the kiosk and back to the parking lot at Babbitt's General Store. Hike back to the campsite the same way, on the asphalt.

Contact: Clay Vollmer at: vollmer@rice.edu or call (602) 595-7266

To verify your attendance to these planned events.

Clay Vollmer - Event Director

Grand Canyon Cleanup Trash Rappel Training

Participation in the Trash Rappel training class, Saturday 8 AM on September 8th in Dreamy Draw Park (Northern & AZ 51), is required for any newcomer going over the edge during the AMC Grand Canyon Trash Pickup. Over-the-edge newcomers must be members of the Arizona Mountaineering Club.

Techniques and procedures for over-the-edge operations will be taught by Outing Leader Robert England. Please contact him at 480.688.5412 only if you have questions. If you cannot make the class, please consider coming up to the Grand Canyon the weekend of September 14-16 anyway as there are "on-the-rim" tasks that need to be done, you can join us at Shoshone Point for a cookout Saturday evening and climb with us on Sunday in Kaibab Limestone amphitheaters near the beginning of the Bright Angel Trail.

For the Trash Rappel class you will need to bring:

- 1 climbing harness
- 1 rappel device
- 3 prusiks (4',6',10')
- 3 locking carabiners (harness biners)
- 1 5-foot or 6-foot tied sling (depending on arm length)

Over-the-edge newcomers must demonstrate that they can prusik up a rope during the training.

There is no make-up class and you cannot be allowed over the edge without this training.

Lead School Instructor's Meeting

The Lead School instructor's meeting will be held at 7:00 pm, Monday September 17, at Coffee Plantation, 1700 N 16th St (16th St and Glendale, just west of I-51).

Directions to North Mountain Park: Drive North on SR 51 to Northern. Turn right (East) off the exit Ramp and drive to the end of that Road. We will be in the Ramada at the top of the stairs, next to the Volleyball court.

The Lead School dates will be:

Tue, September 25	Lead Class, 6:30-9:30 pm, North Mountain Park, Yavapai Ramada
Wed, September 26	Lead Class, 6:30-9:30 pm, North Mountain Park, Yavapai Ramada
Thu, September 27	Lead Class, 6:30-9:30 pm, North Mountain Park, Yavapai Ramada
Sat, September 29	Lead field day, 9:00 am - 5:00 pm, Prescott (directions will be in syllabus)
Sun, September 30	Lead field day, 9:00 am - 5:00 pm, Prescott or Scottsdale (directions will be in syllabus)

Lead Climbing School

Arizona Mountaineering Club

Fall 2007

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: mock leading on pro (Prescott)

Class schedule:

Sept 25 Tuesday	6:30 pm–9:30 pm	*North Mountain Park, Yavapai Ramada
Sept 26 Wednesday	6:30 pm–9:30 pm	North Mountain Park, Yavapai Ramada
Sept 27 Thursday	6:30 pm–9:30 pm	North Mountain Park, Yavapai Ramada
Sept 29 Saturday	9:00 am–5:00 pm	Prescott (directions will be in syllabus)
Sept 30 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. Yavapai Ramada which is the last Ramada as you circle around the park, located on your left just before you reach the exit.

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., 2007. Register by sending a check payable to AMC Lead School to 1654 W. Boston St, Chandler, AZ, 85224. No credit cards accepted. (Please note: the registration fee is fully refundable if you cancel.) Call Nancy Birdwell at 480-821-1932 or email lead.school@AzMountaineeringClub.org for more information. The number of students will be limited to 30.

Equipment required for the class:

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

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

All gear that you own, which may include carabiners, slings and/or draws, 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.

Basic Rock Climbing School

Arizona Mountaineering Club

Fall 2007

The Arizona Mountaineering Club (AMC) has been teaching basic rock climbing for over 40 years. We place maximum emphasis on safety and self-rescue. This is a beginning climbing class. 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):

Oct 09	Tuesday	5:30 pm–10:00 pm	North Mountain Park
Oct 11	Thursday	6:00 pm–10:00 pm	North Mountain Park
Oct 13	Saturday	8:00 am–5:00 pm	To be determined
Oct 14	Sunday	8:00 am–5:00 pm	To be determined
Oct 16	Tuesday	6:00 pm–10:00 pm	Phoenix , Solid Rock Gym
Oct 18	Thursday	6:00 pm–10:00 pm	Phoenix , Solid Rock Gym
Oct 20	Saturday	all day	Various times, various places + Grad Party

*North Mountain Park is located at Peoria and 7th St, 5 miles north of Camelback on 7th St. Turn west into the park and look for the orange traffic cones imprinted "AMC".

Experience required: None. Even if you have never climbed a tree before, this class is for you.

What is provided by the AMC:

Technical climbing gear that will be used for the school (**and is yours to keep**): 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 retailers on climbing gear

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: **\$160** plus membership if not already a member (\$15 for an individual and \$18 for a family). Membership is good through Dec. 2007.

Registration: The class is limited to 40 students. To reserve a spot, send a check for \$160 + membership cost (see Class Fee above) made out to AMC Basic School. Include your clearly printed name, address and current phone number(s), plus an e-mail address would really be helpful. Mail to: AMC Basic School, 4325 E. Desert Trumpet Rd, Phoenix, AZ 85044. No credit cards accepted. If you have further questions, please call Dave Cameron at 480.706.1978 or 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 \$160 will be refunded.)

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



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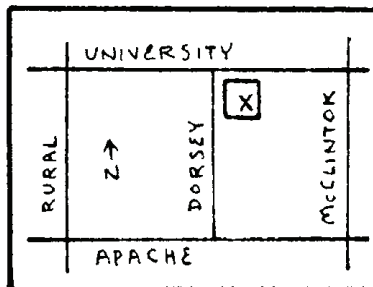
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Calendar of Events

AMC Outings

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.

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.

Sept 15-16 Grand Canyon Cleanup and Climb.

Sept 25 Lead School - See calendar, and flyer on page 16 for more information

Oct 5-6-7. Tucson DeTour. Hike, camp, and climb down south! Friday afternoon – drive and camp at Picacho Peak State Park. Saturday morning – hike Picacho Peak. Saturday afternoon – drive to Mt. Lemmon, camp at Rose Canyon. Sunday – climb at Gumby Wall. Fun top rope, single pitch 5.5 - 5.8 sport climbing on excellent rock. Come out and play one day or the whole weekend. Contact Bruce McHenry at bam-chenry@att.net. Limit 8 on the climb.

Group outings are intended to be social climbing experiences with no supervision. They may or may not be organized by an AMC Outing Leader. If they are organized by an AMC Outing Leader, the Leader will only be responsible for organizing the time, date, meeting places, and any necessary camping. The AMC Outing Leader may also set anchors, but will not be responsible for supervising any climbing activity or for monitoring the anchors they set. Participants are responsible for their own climbing activities, their own climbing partners, and for monitoring anchors, whether set by an AMC Outing Leader or not. Participants are also responsible for their own conduct and safety at the campsite and during any approaches to and from the climbing areas. If any AMC equipment is used for the outing, the participants using that equipment are responsible for checking the equipment before use and for using the equipment properly and in the safest manner possible. The campsite, where possible, may be reserved and paid for by the AMC. Parking may be first-come, first-served.

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

(Continued on page 19)

Calendar of Events

Commercially Provided Training and Events

The events listed below are provided by commercial outfitters for the benefit of AMC members. They are not AMC Outings, nor are they led by AMC Outing Leaders, though they may be open only to AMC members. The commercial outfitter is solely responsible for all aspects of the outing, not AMC. While, in most cases, an AMC member may provide a service by AMC collecting the names of prospective participants and handling the logistics of out-of-town events, participants will sign up directly with the commercial outfitter.

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 (480) 821-1932.

<u>Outing Leader</u>		<u>Contact Info</u>
Sally Borg.....	480-425-9689	sallyborg@cox.net
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
Scott Hoffman	623-580-8909	
Richard Horst.....	623-434-4769	
John Keedy	623-412-1452	
Mike Knarzer.....	602-751-1701	getout@cox.net
Tim Lange	480-598-9124	
David Larimer	602-258-0373	
Bruce McHenry	602-952-1379	
Tim Medlock	480-963-3496	
Monica Miller.....	623-362-0456	
Jeff Nagel.....	602-312-9538	
Matt Percy.....	480-326-3463	percy.matthew@gmail.com
Rogil Schroeter.....	623-512-8465	rogil@cox.net
Jef Sloat	602-316-1899	
Paul Valenzuela.....	602-705-3106	
Frank Vers	480-947-9435	
Justin York.....	480-229-8660	
<i>Your Name Here!</i>		

September 2007

AMC Outing Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOTE: Celestial events occur about 10 minutes earlier on Arizona's eastern border; 10 later on its western edge.			Sunrise 6:00 Sunset 6:58 M-rise 9:17 P			1
2	3 Labor Day	4 <i>Last Qtr</i>	5 Sunrise 6:05 Sunset 6:49 M-rise 7:47 P	6	7	8
9	10 Board Meeting	11 <i>New Moon</i>	12 Sunrise 6:10 Sunset 6:39 M-rise 12:00A	13	14	15 Grand Canyon Cleanup
16 Grand Canyon Climb	17	18	19 <i>1st Qtr</i> Lead Inst. Mtg Sunrise 6:14 Sunset 6:29 M-set 7:10 P	20	21	22
23	24 Member Meeting	25 Lead School	26 <i>Full Moon</i> Lead School Sunrise 6:19 Sunset 6:20 M-set 11:25 P	27 Lead School	28	29 Lead School
30 Lead School			Sunrise 5:41 Sunset 7:28 M-rise 6:15 P			