

The Arizona Mountaineer



The Arizona Mountaineering Club

Fall 2015

Our Quarterly Newsletter

Well, here we are again but four months later. This is our second Quarterly newsletter, although it may be a month or so later than I had originally hoped. Time flies by so quickly when you are busy (it seems).

At the August AMC board meeting we formally adopted the policy to move our board communication instrument—a list of the board of directors, the member committees, and our outing leaders including contact information—to the AMC web site. This information will be accessible via the member portal. Please refer to the site for your communication needs.



Photo : Philip S.

Even though we are once again printing this newsletter we will also be posting the color version of this document to the AMC web site. If you have a trip report that you would like to share, or even a simple weekend

story, please pass that information along so that we can include it into the next newsletter. The more stories we have the more interesting this publication becomes.

Please pass your photos and adventures on to:

amcaznewsletter@gmail.com

for inclusion into the "The Mountaineer!"

"Our Mission is to provide educational opportunities, climbing experiences, advocacy to protect our climbing resources, and stewardship of the Arizona Outdoors by promoting volunteerism and community engagement."

In This Issue:

- ♦ Presidents Corner
- ♦ Deep Water Soloing
- ♦ Flash Back ...40 years ago in the AMC
- ♦ The Featured Knot
- ♦ Fall Lead School 2015
- ♦ Our Featured Climb Report
- ♦ Member Tangent of the month

The Arizona Mountaineering Club

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

For More Information: Website: www.arizonamountaineeringclub.org
Mail: Arizona Mountaineering Club, 4340 E. Indian School Rd., Ste 21-164, Phoenix, AZ 85018.

AMC Land Advocacy Committee: The Committee works to maintain public access to climbing areas. If you know of areas that are threatened with closures or climbing restrictions, please notify the Land Advocacy representative Erik Filsinger at smorefil@aol.com.

Newsletter: The Arizona Mountaineer is published quarterly by the AMC. The newsletter depends on contributions from its members so PLEASE send us your articles, gear reviews and/or photos. Submit to amcaznewsletter@gmail.com. Digital photos should preferably be in JPG format with a 300 dpi (or greater). Articles can be in any standard word processing format.

Advertising in the newsletter: 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. Contact Dave McClintic at 602-885-5194 about billing. All ads are to be submitted to: amcaznewsletter@gmail.com.

AMC Rental Equipment: rentals available for the following items: MSR alpine snowshoes, ice crampons, ice axes (70 and 90cms), snow shovel, avalanche kit (probe and shovel), curved ice tool (pair). For now, please contact Erik Filsinger at smorefil@aol.com.

Highlighted 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.

Tuesdays North Mountain hikes after work - Rogil Schroeter (623) 512-8465

Wednesdays Ape Index Gym Climbing - Rogil Schroeter (623) 512-8465

Thursdays Phoenix Rock Gym Climbing - AMC Members \$10 admission with ID card. Curtis Stone - Kim McClintic

Want to get outdoors?

Go to the AMC meetup for a complete list of outings and activities.

Up to date information and registration will be available.

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

Out and About- Outing Photos: Basic Class, Anchors, and the Queen Creek Clean-Up



Up Coming Events

The AMC Anchors School – Day 1 – starts on 10 November. This course is the next step for AMC Outdoor Rock Climbing Grads. We teach you how to safely and efficiently build anchors for all aspects of rock climbing. Combined with the skills learned in the Basic Outdoor Rock Climbing School, you will have the complete skill set required for safe top rope climbing.

Please go to the AMC web site to find additional information.

Consider Helping with our Schools

If you have taken Basic and Anchors, consider helping with the upcoming class. It's a great way to freshen up on your skills and to meet new people. Each semester we start with the Lead School, followed by Basic, and then Anchors. Everyone who has completed one of our classes may volunteer in a subsequent offering of that same class. We welcome all volunteer instructors. Get involved!

Contact Us

Visit our web site, or send us your thoughts. We are always looking for new and fresh ideas to help continue good service.

The Arizona Mountaineering Club

4340 East Indian School, #21-164, Phoenix, Arizona 85018

Visit us on the web at www.arizonamountaineeringclub.org

MOUNTAINEERS ROUTE : MT WHITNEY

TRIP REPORT

Written by AMC member: Tom Seeley and Kasen Bartels

August 2015

We arrived at the Whitney Portal after picking up our permits at the Ranger's station around 4 pm on Saturday. It was a solid 8 hour drive from the Phoenix area.

Kasen and I settled into camp and met up with Jamie and Dean that night. We decided to hike to Lone Pine Lake on Sunday to get acclimatized to the higher elevations prior to heading up Whitney the next day.



We got a lazy start on Sunday and headed up to Lone Pine Lake that sits around 10,000'. This is a gorgeous alpine lake with a moderate approach. It was well worth the effort and we hung out there for a bit and had lunch before returning to camp. We hung out at camp and began to pack and discuss details for the approach and climb of Mt Whitney.

Our plan was to hike to the base of the mountain and camp at Iceberg Lake (12,600') on Monday and climb the East Face (5.7) the following morning on Tuesday. We then would hike all the way back to the cars and return home Wednesday morning. We packed in all the appropriate gear which put some of our packs at 40+ pounds. The hike to Iceberg is relentless as it is all uphill. The weight and elevation are a real killers. The only relief was the outrageous scenery that we were surrounded by. It took a lot of effort and most of the day to get to Iceberg Lake. Please do not underestimate

the effort need to make this horrendously steep ascent.

The camp spot was great with Whitney looming over you and the crystal clear lake just 200 feet away. A very surreal experience for sure. The weather was great and winds were low so we were grateful for that. The plan was to get up early and summit; we got a late start because we were all pretty tired and lackadaisical that morning. After eating we started our approach. It was now 6am.

We started hiking up a very steep and loose slope to the base of the climb. Several hours in we realized we were off route and had to backtrack and drop down several 100 feet and back up again. This was heartbreaking. We finally arrived at the start of the climb, but it was after 9am. We knew the climb was a good 6 hours which would put us on the summit too late to get down and back to the portal that night which was too risky.



We decided we could drop all our climbing gear and do a fast ascent via the mountaineers' route so we could at least bag the summit, which none of us had been on. The mountaineers' route is very straightforward and very loose. We saw people hiking with ropes but I saw no need for them. There is some climbing at the end but it is class 4 or very low class 5 at worse. The summit is huge and so are the views. Very cool to peer over and see our campsite from above. It turned out to be a good decision as we made the summit and after a long hike down, got back to the portal at night.



The views are hard to believe and the trip was very awesome even though it did not go as planned. We will need to make another trip to finish what we started. This time we will be better prepared for what to expect.

Tom Seeley and Kasen Bartels

AMC- Deep Water Soloing- East Clear Creek- August 22nd, 2015

We were coming up on the end of August, right about the time I'm guessing a lot of residents of The Valley of the Sun are second-guessing the reasons why they moved here. Triple digit heat for weeks and no end in sight. Luckily, some fellow AMC leaders had just what the doctor ordered, a Deep Water Soloing trip to East Clear Creek, just outside of Winslow. Sign me up! I'd seen some pictures of some fellow climber friends who had done this trip and it looked really cool. No ropes, inflatable kayaks, cool water, and climbing. Yup!



We carpooled "up the hill" until we landed just outside of Winslow. The parking lot was right next to the creek for an easy put in with the kayaks. Being a weekend warrior type of climber, I was expecting to struggle a little with the climbing aspect. What I wasn't expecting was struggling to keep the kayak going in a straight line in the water. We must have done two-dozen 360 degree turns for the first leg of the trip before we finally got the feel for the inflatable kayak! Once we got the kayak under control we were able to jump on some climbs. There were more than enough routes to do for one day, and there was something for any skill level.

Another challenging aspect of deep water soloing is the act of starting the climbing route from inside the boat. One person would have to steer you close to the wall and hold it steady while the climber crawls out of the kayak and

clings to the wall. I almost did the splits on more than one attempt of getting out of the boat and on to the wall! Once I got the hang of getting out of the boat, the only thing more fun than the climbing was jumping off into the cool water.

We wrapped up the trip with a pit-stop in a local brewery pub in downtown Camp Verde and shared a few laughs. Big thanks to Mr. Mike Knarzer for putting together and leading the trip. All-in-all deep water soloing was a great experience and I would recommend it to anyone who hasn't tried it. Trips like these remind me of why Arizona is such a special place, even in the summer!

Cheers, Eric Chernick

Annual Grand Canyon “over the rim” Cleanup!



Photo : David S.

Okay, so I helped once more at the annual Grand Canyon “over the rim” cleanup. For those of you that are not aware, each year the AMC cleans up a portion of the canyon by rappelling over the rim to pick up trash. It’s fun, and an awesome service. Get involved next year!

David Arthur Sampson

Not your Average Knot!

The Klemheist: The Klemheist, or Machard Knot, is a derivative of the original Prusik knot. It also appears to be identical to the knot described by Ashley for securing a loop to a vertical pole (ABOK # 1762, p 299). However, Ashley did not name this knot and did not describe the slide and grip feature.

Use: This is a great knot to use as an auto-block. Although most tie a prusik this knot also works well.

Structure: The knot requires a "Prusik Loop" which is constructed by joining the two ends of a length of rope using a Double Fisherman's or a Triple Fisherman's. Use a piece of cord formed into a loop. Pass the loop around the main rope. Make three complete turns, laying each turn on neatly. Pass the rest of the cord through the loop and pull it back down in the direction of the expected load.

Rope Size: This knot must be made using a rope smaller than the load bearing rope, e.g., 5 or 6 mm cord around the climbing rope. The effectiveness of these knots diminishes as the sizes of the two ropes approach each other.

ABOK: The Ashley Book of Knots by Clifford W. Ashley was published in 1944 by Doubleday (New York).


NOTE: this text was taken nearly verbatim from the animatedknots.com website.



AMC– Presents: local guide books from our climbing friends

Okay, so Geir Hundal is a good friend of mine and I wanted to promote his book. You can purchase copies from his web site:


<http://www.geir.com/>



Toofast Topos: 50 Multipitch Climbs in Cochise Stronghold

Geir Hundal

Toofast Topos



50 Multipitch Climbs in Cochise Stronghold

Geir Hundal

About the Author

Toofast Hundal was a prodigy of climbing and drawing killer topos.

Toofast was discovered along a freeway in West Virginia in October 1999. Geir and his friend Jake saw her along the median, turned the truck around, and scooped her up. Within a few days, Toofast had secured a long-term home. She was perhaps 2 years old.

It was immediately apparent that Toofast was a brilliant and soulful animal, and she exhibited an uncanny knack for climbing. She was just as comfortable with remote, long backcountry climbs as crowded crags. She could be taken anywhere, anytime, and be universally loved by everyone present. Over 13 years, she amassed over 1,600 climbing days in Arizona, West Virginia, North Carolina, Nevada, California, and Utah.

Toofast became very well known to climbers as she made her rounds while her dad was up on routes. In fact, often climbers recognized her before her owner! On occasion she was borrowed by Geir's friends to serve as a guide dog or to help train younger pups. In her off time, Toofast served as a hospital therapy dog because she had a keen awareness of peoples' well-being.

In 2008, Toofast became the inspiration behind Toofast Topos. Naming the topos after her was an easy, obvious choice and a humorous gesture at first, but the name stuck and people have been using them ever since.

Visit us at www.ToofastTopos.com.

On the following page you will see the book cover from Eric Fazio-Rhicard's recent guide book for Mount Lemmon. Purchase that one too!

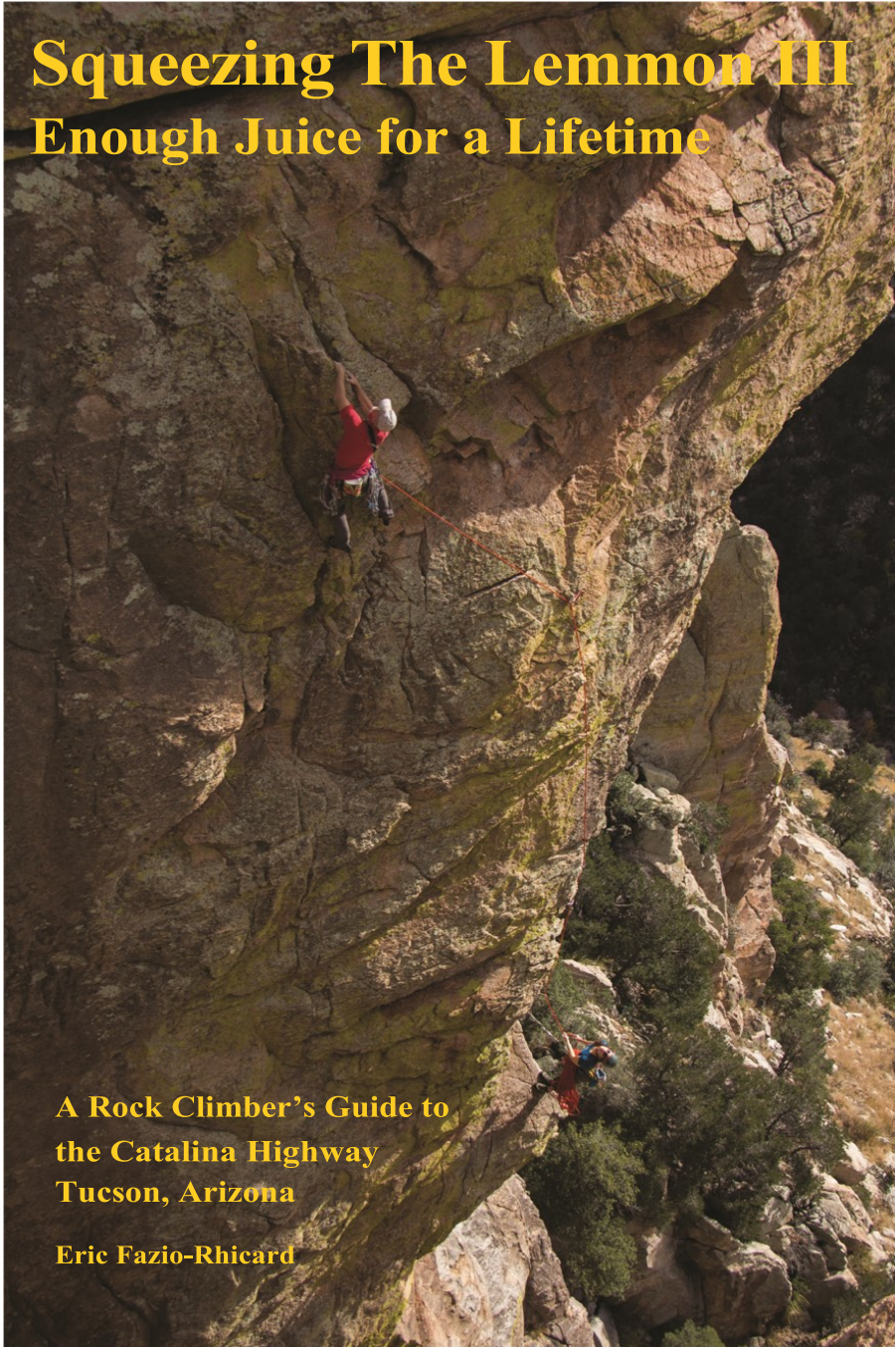
esquared@qwestoffice.net

AMC— Presents: local guide books from our climbing friends

Squeezing The Lemmon III Enough Juice for a Lifetime

**A Rock Climber's Guide to
the Catalina Highway
Tucson, Arizona**

Eric Fazio-Rhicard



AMC thanks our long-term partner: The Hiking Shack



3244 East Thomas Road, Phoenix, AZ. 85018
(602) 944-7723

East Clear Creek Deep Water Soloing! By Chara Price

In the desert summer, water is a treasure. Add climbing to water, and the heat stroked Phoenician is in love. Each summer we head up to East Clear Creek outside of Winslow to deep water solo. Deep water soloing is climbing without ropes over deep water- when you reach the top or pump out- SPLASH!- into the water you go. East Clear Creek has a lot of classic hard routes, but there is plenty for beginners and the immediate levels.

We drove up from Phoenix early in the morning to get to the McHood Park boat launch around 10:30. (It's about a 2-3 hour one way trip depending on where you live in Phoenix). The kayak back to the main deep water soloing routes takes about an hour but there is climbing starting about half way (~1/2 mile from launch). When you leave the boat launch you paddle upstream through the local swimming area; families line the banks and there are a few brave teenagers that swim across and jump off taller rocks.



After about 30 minutes of paddling, tall canyon walls close in. While there are definitely classic routes (look for the chalk), I started climbing areas that looked fun, deep, and a couple paddle depth tests confirmed. The canyon was flooded to form a reservoir; most areas near the tall walls are quite deep but it never hurts to check. The routes at the start of the canyon are mostly thin crimps. There is one great obvious crack line on the left side of the canyon as you head upstream. Do it!

After a little bit more of a paddle on the west side there is a rock area you could scramble up on for a nice lunch spot.



This area has some good soloing around it. Keep paddling down and you come to an area with a slight bend and a big wall- called the Sun wall-on the east side- very technical climbing, don't fall when you are low. This area has a lot of climbing. Full Value is a fun line in the blackish rock area upstream on the east side from the Sun Wall. Sea King is maybe 200 meters downstream on the same side (east side, 5.11, 35ft, first 15 ft are easier).



Across the water (west side) are a lot of easy to tough routes - climb anything that looks fun. Across the creek from Full Value is an area you can sit on and eat lunch and watch your buddies climb in this area.

If you keep paddling you will come to a green area where you can walk to the top of the canyon- keep going and you hit another great section of deep water soloing. You will know you are there when you see a small beach on the west side with an old section of a pump above you.



Keep your eyes open and you will also see petroglyphs on the west side. The last routes I know of are a run roof area on the east side.

Bring lots of sunscreen and water. Know the weather before you go as you can't see much of the sky- mark areas you can pull out of the water in case it rains. Water proof and tie your

food to your kayak. Bring a couple small trad pieces to easily anchor your kayak to the wall when you are hanging out in an area. Have fun!

East Clear Creek (ECC) is located a couple miles south of Winslow on Hwy 87. Turn east onto Hwy 99 and look for Lake McHood Park (~5 miles). The boat launch is on the north side. There is camping at McHood but it is usually loud and there is no shade and lots of thorns- we usually go to Jacks (and then climb the next day!).

There is also a small dirt road past the park that you can take to get to the scramble down around the Sun Wall- if you want a homemade map to this email me! It is a good launch spot if you have inflatables and don't want to paddle- it's about a quarter mile scramble down from a parking area to the creek.

Happy climbing! Chara Price: chara.price@gmail.com

Our Featured Climb

Mr. Slate

A classic 5.10b sport rock climb at the La Petite Verdon in Flagstaff. This route may be the most climbed route at "The Pit."

Getting There:

Drive south of Flagstaff on Lake Mary Road. About six miles out, turn left into the Canyon Vista Campground. Drive through the campground to a lot at the far end. Follow the obvious trail for five minutes, breaking right to descend to the he cliffs.

Photo Credit: [DEF](#) on Nov 19, 2010



Gear Review: The Best GPS Watch for Running and Training

Two new award winners for 2015. On the left, the Suunto Ambit 3 Sport. On the right, the Garmin Forerunner 210. Both are compact devices with a wide range of functionality.



Photo Credit: Jediah Porter



Flashback ...

Arizona Mountaineering Club. The club began 1973 with a winter survival seminar in response to the needs revealed in analyzing the events leading to the fatality that occurred on Humphreys Peak on New Year's Day. Then came the annual leader training school in advanced rock climbing. In October the club held a basic climbing school for 105 paying students who were actively recruited for continued club membership. Also held at the end of the year was a school in self rescue, designed to help climbers avoid fatal mistakes in rap-



PELLING, placing anchors, and belaying the leader. Also, various systems and techniques are presented and practiced for dealing with short-line rappels and emergency situations which may develop from a leader's fall. This school will be absorbed into the group rescue school, which is training for the rescue team.

The most significant mountaineering activity was the expedition to Mount McKinley June 9-July 2 which succeeded in scaling the West Buttress with a descent down the Muldrow Glacier. Seven of the nine climbers reached the summit on June 19-20, two of them twice. Also worthy of note was Chuck Parker's new grade VI route on Keeler Needle in the Sierra Nevada in August.

During the year the club conducted various ski tours, winter ascents of Arizona mountains, and raft runs on the Green and San Juan Rivers as well as through the Grand Canyon. There were also two club outings in August to the East Face of Mount Whitney in the Sierra Nevada, and also outings to Joshua Tree National Monument and to Tahquitz Rock.

Suzanne Stikes

(this article was borrowed from the American Alpine Club archives)



Presidents Corner

Fall is upon us. We all look forward to this time of the year when the temperatures drop. The days are getting shorter and the mornings are cooler and otherworldly in comparison to our “warm” summer days. And this rain! Where are we?

It has been a busy year. I can finally say that we appear to be finished with our insurance challenges! Whew. We started this process almost one year ago. I want to acknowledge David Anderson for the many hours that



he has contributed to the club to secure a viable, personalized insurance policy for the activities that we regularly do as the Arizona Mountaineering Club; thank-you David. I do not yet know how I will compensate you.

My next task is to move the AMC membership rolls into the 20th century. I have solicited help from one of our members to develop the software and tools (plugins) for our web site to: 1) permit users to manage their member profiles and password, and 2) enable an administrator to manage the database in order to extract pertinent information and statistics for timely record keeping. That will be an accomplishment.

Until next time; Climb safe.

David Arthur Sampson



Fall 2015 Lead School Report

Lead school started on the 15th of September. We had 8 students, but only 6 were able to attend the weekend portion of the class. And, we had 10 instructors on Saturday and eight instructors on Sunday plus myself!

STUDENTS: Jame-son Bates; Paul Couture; Colleen Cunningham; Joseph Fu; Philip Steele; Art Tucker; Paul Fasshauer and Matt lemm could not join us.

INSTRUCTORS: Brandon Abney; Kasen Bartels; Dave Cameron; Scott Kuchman; Tim Mayner; Laura Nagy; Scott Nagy; Stan Pak; Brian Rood; Rogil Schroeter.



Photo : David S.

Outing Highlights

Lead School was small this Fall. Although it is always the smallest of the three classes that we offer through the Arizona Mountaineering Club, it provides valuable instruction that you just will not get in any of the other schools. Of course, I am slightly biased in my assessment. Lead climbing is not for everybody. However, even if you never plan on leading this class provides valuable information that prepares you to be an effective, knowledgeable partner for your leader. I recommend that everyone take this class.

We had great weather and a wonderful class. I want to thank the students and instructors for making the Fall 2016 Lead School a huge success.

On Saturday we headed, as typical, to Sullivan's canyon just outside Chino Valley. "Sullies", as

it is affectionately called, is the headwaters of the Verde River. The canyon offers high quality routes with grades ranging from 5.5 to 5.12. This crack climbing area is ideal for our Lead School class because the routes are short, and the access is easy with a short approach.

The rock at Sullies is basalt. Students set up their own top anchor. They then practice placing gear and trusting that gear. The instructors create stations that have separate scenarios of real world possibilities in the types of situations that you may find yourself when lead climbing. We drive into the Promise Land for Saturday evening to



Photo: David S.

camp. Sunday morning we head into the canyon for a day of mock leading and more stations.

We always have a sport climbing anchor setup where students learn to set an anchor for a “sling shot” belay and then they learn how to clean the anchor and return safely to the ground. Here (left) you see Rogil helping Art Tucker. Over the years Rogil and Dave Cameron have long managed this station. Thank-you Rogil and Dave!

This particular weekend was a bit hot, but we had blue skies; we had some of the best weather we have ever had for Lead School since I have been involved. To the right you can see Brian Rood setting up one of the fun climbs. Yes, we actually get to top rope climb when all the work is done. I use the word “work” loosely!



Photo: Scott K.

This was my third class as the lead instructor for the Lead Climbing School. Mike ran the Lead School for 10 years. I hope to continue in this role for many years to come.

To the right you can see Paul Couture belaying Art Tucker who is not in the picture. Kasen is diligently watching over the pair (in the shade!). Thank-you Kasen for helping out with this class.



Photo Scott K.

This class I added a few new stations. One of the new stations included rope coiling practice. Gosh, most of us could use some practice with this skill! I also added real practice for rigging a 3:1 assist; we use a progress capture device (in this case we used a standard auto-block device) to assist the “second” through a mock crux. I added this skill to a station that I found several years ago where I teach pre-rigging, simul-rappelling, and a tandem rappel. If you are unfamiliar with any of



Photo: David S.

these techniques please consider helping out at the next Lead School. I want to thank Scott Nagy for running this station.

Another class, another group of excited leaders. Gosh, I do love contributing to the AMC. Until next time (oh, by the way, climb safe).

David Arthur Sampson

Get Involved

Come help out with upcoming classes! If you have taken a class with the AMC you may assist with a subsequent offering of that same class. Helping teach the class builds your current skills and, often, you find a deeper or better understanding of a concept or situation that possibly didn't sink in when you took the class.



Photo: David A.

Miscellaneous but Relevant ...

If you have not yet done so, we suggest that you join the AMC meetup group. Most, if not all, of our club activities are announced on the site.

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



McDowell Rock
a climber's guide

by Erik Filsinger & Cheryl Beaver

Member tangent of the month...

Long time AMC members Erik Filsinger and Cheryl Beaver are compiling a new rock climbing guide to the McDowell Sonoran Preserve. No publication date has been set, but please stay tuned.

The book will include:

- Identification and colored photos of over 20 rock crags
- Over 240 routes, many never publicized before
- Correct trail head and trail access information
- Colored photographs of the crags with crag locators

Thank-you

Special thanks to Tom, Kasen, Chara, and Mike for sending me stories. Thanks also to Scott for sending me photos from the Fall Lead School and edits by Deborah and Tom.