

The Arizona Mountaineer



The Arizona Mountaineering Club

Fall 2017

Our Quarterly Newsletter

Let's start off with a big HELLO to Fall! As it begins to cool down here in the Phoenix area, that means the outdoor activities become more enjoyable! So far this fall there have been several schools, Lead and Basic, to be completed, as well as the annual Grand Canyon Clean Up! Remember these events would not be a success without members volunteering their time. With that being said, elections are right around the corner, and Danny Gonzales, would like for you all to take a moment and consider running for either an officer position or a board position. See page 10 for names of current officers and board members, do not hesitate to contact Danny directly for more information about the positions.



Photo Credit: Art Tucker

Please pass your photos, stories, and adventures on to:

dircksa0411@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:

- ◆ Over the Rim
- ◆ Knot of the month
- ◆ Lead Climbing Lessons
- ◆ Trip Report
- ◆ Canyon Corner
- ◆ President's Corner

Out and About- Outing & Basic Climbing Class Photos



Photo Credit: David Anderson, Chris Adams, John Warren,
Oscar and Barabra Zamudio

Over The Rim Grand Canyon Clean-Up

By John Furniss

Over the weekend of September 16th and 17th, 38 volunteers including 36 AMC members participated in the 25th annual AMC Over the Rim Grand Canyon Clean-Up. This annual event is one of the club's oldest recurring service projects where we collect litter and other items, accidentally or intentionally, discarded in difficult to reach but readily visible locations. We enjoyed great weather as we worked areas along the South Rim that see the greatest visitor traffic to include Pipe Creek Vista, Mather Point and the Village area from Verkamps to the Hermit Rest Transfer stop.



Year after year, we receive multiple expressions of gratitude from park visitors from around the world for our contribution to maintaining this beautiful natural resource. The National Park Services (NPS) at the Canyon sponsors our work each year and is grateful for the work we do and the way we go about it. Each year, our performance determines if we earn the privilege to come back another year and they are looking forward to our return in 2018. Congratulations and thanks to all who contributed!

The NPS took a strong interest in capturing metrics this year that reflect on the work performed. Every bit of trash collected this year was consolidated in a single dumpster for weighing. This year's retrieval



of a 100+ pound wood and steel park bench from below the rim will make it a tough metric to beat in the future. Coins were another metric of interest as they represent a significant threat to wildlife, especially the Condor population in the Park. To this end, the team recovered roughly six pounds of coins.

It is important to recognize a number of individuals who contributed their energy, leadership and talents to the preparation and execution of this year's clean-up: David Sampson, Curtis Stone, Scott Nagy and Stephanie Furniss took on the leadership roles for

the two clean-up teams; Danny Gonzales, David McClintic, Scott Kuchman, and Bill Fallon helped in the training sessions; and Cheryl Beaver for the T-shirt art.

Photo Credit: Rachael Schmidt

The AMC's opportunity to perform this great service would not be possible without the assistance and professionalism of the National Park Service at the Grand Canyon. We are especially grateful to: Ranger Ben Cooper, PSAR Supervisor, who has been our sponsor the last two years and very actively involved in the event itself this year; Betsy Donehoo who help us navigate the permit process; and Ranger Louis "Louie" Bodin for his help above and below the rim.



Photo Credit: John Keedy and John Hulson

Some Memories from Basic Rock Climbing Class



Photo Credit: Lisa Ruggiero, David Anderson, Dominic Tuso, Jeff Watkins, Chris Adams, Tom Seely

Not Your Average Knot

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

Flat Overhand Bend Details

Origin: Ashley named this the Overhand Bend ([ABOK](#) # 1410, p 258) and describes it as "among the weakest of the bends" and used to hang hams, bacon, and bananas. He was writing before the knot was developed for joining two ropes for rappelling.

Tying it: The knot must be dressed neatly and pulled as tight as possible. The tail ends **MUST** be long – about half a meter (18 - 24"). After loading it can be very difficult to untie.

Use enough rope to allow for the long tail ends. Use both ends together to form a loop. Pass the two ends through the loop. Tighten and dress the knot. The underside of the knot is unlikely to catch on an obstruction

Danger: Deaths have certainly been associated with the similarly tied Flat Figure 8 Bend and, perhaps wrongly, with the Flat Overhand Bend. The Flat Figure 8 Bend is deliberately not illustrated here because of the greater risk associated with it.

Names: Ashley also calls it the Thumb Knot. Climber and Rescue workers are more likely to call it the EDK (for "Euro Death Knot"). This name probably arose initially in the United States where unfamiliarity bred distrust, and because the occasional disaster, likely with the Flat Figure 8 version, caused both knots to be branded with the EDK name.

Advantages: The Flat Overhand Bend must be one of the easiest knots to tie. It is also the bend least likely to get stuck because the two ropes enter the knot at the same point and, therefore, pass over an obstruction relatively easily.

Options: Some climbers tie a second, adjacent, overhand knot beside the first – in the belief that it may increase security. However, others fear that this increases the risk of the rope catching.

Testing: Both of these knots have been extensively reviewed and tested by [Thomas Moyer](#). He provides useful references to detailed accounts of accidents as well as the results of his tests in which both knots failed by rolling or capsizing at high loads. Moreover, after a knot rolled or capsized, subsequent rolls and capsizes occurred at an even higher loads. He also provides a balanced view of the role for these knots and the opinion that: *"I don't believe the flat-overhand will ever fail under body weight if it is tied well."*



Lead-Climbing Class: An Instructors Point of View

By David Anderson

October brought AMC's Lead Climbing Class, taught by long-time lead-climber David Sampson. Lead involves climbing when there is nothing above you that will catch you if you fall.



The lead climber is the first person up the cliff to set up an anchor at the top for others to "top-rope" climb. (In top-rope, like at the rock gym, the rope runs from belayer on the ground, up to anchor on top and down to climber, who begins her/his climb from the ground.) The lead climber is also the first person up the pitch on a multi-pitch climb and builds an anchor to belay other climbers up, to continue on to the next pitch, and so on, up to the top of the climb.

Exhilaration and the need for good risk management are constant companions in lead-climbing. There are no substitutes for continued learning and practice, and calm mental focus, in this exciting, and unforgiving sport.

Traditional ("trad") Lead climbing and lead belaying is different from top-rope climbing (aka "bottom belaying"). This lead class covers the fundamentals of trad lead, and how they differ from top-rope. Many climbers feel that "lead-climbing is climbing". Other climbing is practice for it.

After some classroom instruction for techniques, concepts, terms, mental states, and materials discussion, we moved out Saturday on the rock for "aid-climbing" where the climber places protection ("pro") in cracks and on the rock, attaches an atrie (rope ladder, made by the student), weights the pro by stepping up on the ladder to see if the pro holds his/her body weight, then steps up and places more pro and



repeats, all while backed up by a (top-rope) belayer. In this way, the student learns whether pro placed by the student/climber is likely to hold, and arrest a fall, or not. If the protection pops out, or otherwise fails, and the climber falls, the belayer catches the climber (in this practice situation). Lead falls usually involve longer falls and generate more force than in top roping. It is not for the faint of heart.

Next day it's on to a different cliff area, to lead climb. On this

day, there is a student/lead climber being belayed by a student/lead-belayer. All lead climbs in this class are backed up by a second (top-rope) belayer. So, any mistake should be caught by the back-up belayer, in this practice setting. That's about as protected as you can learn this stuff.

If you want to learn to lead climb, this class (taught by all volunteer instructor/assistant instructors) is an excellent choice. If you want to learn to lead-belay so you can belay your climbing partner on lead, take this course. And you meet people to climb with too. Offered twice a year; see the AMC calendar.

AMC Lead School: skills, mental mind set, and good mentors

BY Scott Picquet

This past year I have had the good fortune of completing the Arizona Mountaineering Club's Basic Climbing School, Anchors Course, and finally the Lead Climbing Course. In this article I will discuss the Lead Climbing Course and some of the take aways which have stuck with me.

I am striving to become technically proficient at climbing skills. In other disciplines and parts of my life I have found that paying attention to details and being able to repeat the smallest fundamental tasks to perfection is a strategy for success. AMC courses have helped me focus on climbing skills and motivated me to learn to do the ordinary to an extraordinary level.



Successful climbs are a succession of very ordinary tasks completed with extraordinary detail and perfection. These tasks include things as simple as coiling the rope, deliberately placing feet on holds, preparing physically to climb, and being mentally prepared to lead.

In the contents of such a short article I think it is important to accentuate two of the first things learned in the lead climbing curriculum. 1. Lead climbing is different than top rope and is "significantly" more dangerous. 2. How you approach the "mental game" and how you handle it may well determine how successful you are.

Edward Whymper, who is credited with the first ascent of the Matterhorn in 1865 spoke about these two principles. Four members of his team were killed during the descent. He spoke about the courage, the danger, and the mental attitude of climbing when he said:

Climb if you will, but remember that courage and strength are nought without prudence, and that a momentary negligence may destroy the happiness of a lifetime. Do nothing in haste; look well to each step; and from the beginning think what may be the end.

The Lead Class and preceding AMC courses have provided a foundation and ground work for what I believe will be a rewarding climbing adventure for years to come. Since completing the Lead Course it has inspired me to set the following goals:



- 1.) Lead 40 climbs this season
- 2.) Complete the AMGA single pitch instructor course
- 3.) Complete and the AMGA single pitch instructor exam
- 4.) Read and study all of the recommended SPI materials

Immediately following the Lead School I was able to log five lead climbs and am so thankful to other members of AMC and how they share their knowledge and have acted as mentors and climbing teammates. We are all fortunate people to have this community and make each other stronger by learning, staying humble and sharing knowledge. A special thank you to David Anderson, Tom Seeley, and Chris Adams for sharing their talents and being with me on those first lead climbs following the class. I look forward to many more.

Stay safe.

Photo Credit: David Anderson

Trip Review: 10/21/2017: Grandview Benchmark

By: Christopher Czaplicki



Grandview Benchmark 7,540'

[Grand Canyon National Park](#)

Total Time: 1.5 hours

Roundtrip Mileage: 2.8 miles

Elevation Gain: 400'

Trailhead: FR 310

Companions: Holly, Brian Joseph

Grandview Lookout Tower is one of four Lookout Towers in Grand Canyon National Park. Originally constructed in the 1930s, the tower is hidden in the forest a few miles southeast of Grandview Point and easily accessible by fire road. The tower can be reached from a network of forest service roads out of Tusayan, or via a short drive from South Rim road within the park. The dirt road is well traveled and passable by virtually all cars, and the area makes for great, free camping for anyone visiting the canyon. While I typically don't write about such short hikes, this one was so enjoyable that I felt the urge to share. After subjecting the others to the brushy and steep outing on [Berry Butte](#), I felt I needed to redeem myself with something a bit more enjoyable. While you could drive to the base of the tower directly, we drove a very short ways down the fire road before parking and deciding to hike the rest.

The road was fairly flat, and we hiked along with our morning coffees, crossing from the National Park



into the National Forest via an open gate. Past the gate, a number of campers were breaking camp for the day, and we waved hello as we walked past. Aside from a small burn area, the hike along the dirt road was very pleasant, with patches of oak trees changing color for fall. It wasn't long before we reached the base of the lookout tower, which also served as a trailhead for a segment of the Arizona Trail.

The lookout tower was one of the taller ones I've been to in Arizona, over 80' tall, and we started up the steel steps towards the top. Access to the tower itself was locked, so we sat on the upper steps and took in the views

across the Coconino Plateau, the San Francisco Peaks to the South, and the Kaibab Plateau and North Rim, with some of the larger features such as Vishnu Temple just in view.

After a small snack, we headed back down the tower, stopped in the trailhead pit toilets, then headed back up to the road to the car. The traffic down the road was increasing in the late morning, kicking up an unfortunately amount of dust, really the only negative of the short hike. Reaching the car, we headed back into the park, then south towards Flagstaff to hike the small cinder cone Red Mountain before heading into Flagstaff for dinner.



You can check out more of Christophers trips at: www.themtsarecalling.com

Current Officers and Board Members

Each year most of the AMC board positions are open to anyone that has been an AMC member for at least one year. I encourage all eligible (and interested) members to run for the four Officer positions (President, Vice Pres., Secretary and Treasurer) and, three director positions. Please consider running as a candidate for an open position. If you have any questions, please contact Danhikes607@aol.com

Get involved; make a difference!

Climb safe,

Danny Gonzales
Elections chairman

Officers

President—David Sampson
Vice President—John Furniss
Secretary — Stan Pak
Treasurer— Kristin Russel

Board Members

Bill Fallon
Deborah Roether
B. David Anderson
John Hulson
Jon Rollie

[illegible]

There were many good questions and discussions between the students and the instructor. We had both fun and serious discussions and several students shared their own anecdotes and emergency experiences. Hopefully everyone came away with a little more confidence if faced with a medical emergency.

[illegible]

Flashback: September 2000

MEDICAL TID BITS — Acclimatizing, Breathing, Taping

Editor's note — Marilyn Geninati recently attended a Wilderness Medicine conference at Park City, Utah. Since she was there a day early, and it (American Fork Canyon) was there, the inevitable happened.

Headed out early Monday (August 7th) for Salt Lake. My buddy, George, and I headed straight away to the American Fork Canyon and spent a really fun day on steep sport limestone. The climbs were pretty fairly rated and are a bit slippery from the traffic of many feet, but we got in a good bit of forearm burn for a one-day outing.

Particularly good were the few moderates that we found on Division Wall. Les is More* is a reasonable 10a and Remote Control** is as fair an 11a as you will ever see. Jumping into George's territory, the climbs, Division*** (11d) and the Abyss*** (12c/d) were good testpieces — the latter is the commonest "project" route in the area. For a finish we went to the roadside and I bloodied myself on the juggiest 10 you can imagine: Caress of Steel*** — do this one early if you want to get it clean...it's every bit as hard as Bats in the Belfry at Jacks!

Tuesday we headed to Park City for medical conference to hear the Wilderness Medicine gurus talk about high altitude. The next day research abstracts were presented. I thought the following would interest a lot of the climbers of the more mountainous and camping persuasion and you rock hound 12c crimper aficionados:

GINKO AND AMS

Two prior reports of nearly 100% reduction in acute mountain sickness (AMS) by the French were tested by Peter Hackett, et al. The French studies tested the drug vs placebo in gradual ascent. Hackett, however, took his volunteers from 6,000 feet to the top of Pikes Peak @14,000 feet acutely and used rigorous criteria for AMS. He also (like earlier studies) found a 50% reduction in the incidence and also a marked decrease in the severity of AMS. The dose he used was 120 mg bid — starting the drug five days before the ascent. WOWSER!

This is exciting news for those of us who like to get high legally and hate the side effects of Diamox, such as but not limited to: peeing all night and painful pinlike sensations in your arms and legs...Is BOB COMP OUT THERE ANYWHERE?

DIGITAL TAPING — Preventing annular pulley injuries in rock climbers — or — To crimp or not to crimp?

This PhD kinda guy tested the fingers and flexor pulley system protection of digital taping (1 cm tape for the male) of the proximal phalanx — first segment

of your fingers, and also of the middle phalanx. They were able to show that there is real protection of the finger (proximal phalanx most notably) against injury when crimping. The most vulnerable finger was the ring finger and the second most being the index. Up to 22% more energy was required to make the tendon pop off using tape. The middle phalanx "tended" towards benefit but was not as well benefitted...

It might be prudent to mention that there is no real way to strengthen a tendon per se and so one should really not practice crimping; rather it is intuitively obvious we should warm up and also train our forearms maximally so our crimping is reserved for only the most desperate of times...

(PhD in salesmanship to get subjects to stress tendons till they pop off!) Ed.

OXYGEN and CO₂ in AVALANCHES

It is generally held that we die of asphyxia in an avalanche and not hypothermia or of the injuries themselves. Devices that provide an "accessory" oxygen supply have been marketed, but there is darn little evidence that you can really prolong survival with these. Dr Radwin showed that there is enough oxygen in the "average" avalanche situation to supply the victim with 89 minutes of oxygen — and that CO₂ (carbon dioxide) accumulation is the likely mechanism for death. If the AVALUNG could be equipped with a device to remove CO₂, we might have a true extension of the survival time. Now THAT is exciting news too.

CAMPING IN COLD — A GAS CHAMBER SENTENCE?

Camp stoves in snow caves were compared for CO (carbon monoxide) accumulations. The experimenters compared kerosene, Coleman fuel, and gasoline. They found highest concentrations of CO in kerosene burning with "beyond measure" values of .999ppm in less than 4 minutes. Unleaded gasoline was middle man with 464 ppm @ 5 minutes and Coleman fuel burned the least toxic 348 ppm at 5 minutes. I realize we do not spend most of our time in snow caves, but this may well extrapolate at least a little and be contributory to some high altitude headaches seen when fuel burning goes well into the night and tents are not well vented.

Hope you enjoyed these tidbits. I can get you copies of the abstracts if you are interested

— Marilyn Geninati. (MD FACEP if you must know).

Canyon Corner

By Tom Seely, Arizona Rock & Canyon Adventures

INSOMNIA CANYON, AZ

Location: Arizona, Secret Mountain Wilderness

Rating: 4B-III R

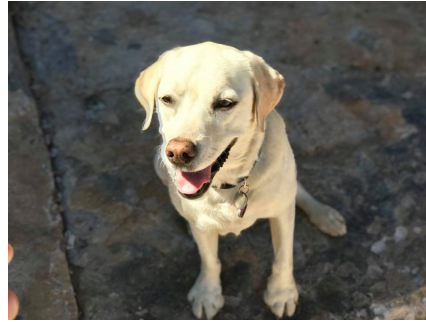
Longest Rappel: ≈ 320'

Insomnia Canyon is a big day through the Secret Mountain Wilderness with the highlight of the trip being a 320' rappel with a lot of it free hanging. We arrived the previous night and set up a shuttle near the Call of the Canyon parking lot and made the drive up top to camp for the weekend. We walked out of camp early morning geared up with a 330' and 100' rope in tow along with (2) 200' lengths of pull cord. From camp it was a quick walk to the canyon entrance and once in, we soon found thick brush, logs, and boulders to navigate around before hitting the heart of the canyon. Reaching the technical section we suited up and encountered many nice rappels, down climbs, and swimmers throughout the journey. Eventually we dropped into a fairly large room with a fixed hand line leading to the staging area for the big drop (as with all canyon fixtures, they should never be expected to be there during your trip. Although this fixture in particular was not critical, one should always have the expertise to improvise as necessary when expected features may be missing). Staging the big drop was straight forward in this case since there is room for only 1 or 2 below the large room, a pair of bolts, and a protective mat to keep the rope edge safe and avoid rope groves during the pull. With everyone down, we found this a good place to enjoy a snack while managing the giant pile of rope we had just accumulated. From here on a few more nice rappels and down climbs were encountered, some into potentially keeper potholes during dry conditions. A bit further down canyon you come to a decision point regarding how you have set up the day regarding your exit. If you have parked at call of the canyon the traditional exit calls for a scenic walk approximately 4.3 miles down the west fork of oak creek. This is a great exit and will let you experience a portion of the west fork that people from all over come to hike. If you have parked up top, you will be exiting via the sneak route one drainage over. This second route has you walking nearly to the confluence of Insomnia and Illusions canyons where you then simply cut over and work your way to the exit. Once you find yourself in the Illusions drainage, simply walk up canyon about 0.4 miles until you encounter a drainage on canyon right with some downed logs that indicate the exit point. If you reach the pothole rappel of Illusions you have gone too far, turn around and the exit is approximately 120' (40 yards) down canyon. Working your way up this can present several options along the way, choosing the path of least resistance to work your way to the top is recommended. Reaching the top of the drainage, walk the upper section and negotiate a hill to the west to reach the vehicle parked earlier.

Presidents Corner

By David Sampson

As typical for this time of year the AMC has much going on. Lead School went really well this past September. We had 12 students total (one make-up), beautiful weather, and I had wonderful help from the instructors; thank-you all for everything you do. Similarly, the Grand Canyon Clean Up was a huge success. John Furniss (with help from Stephanie Furniss, Scott Nagy, Curtis Stone, and myself as group leaders) did a great job! With about 35 members participating, the Park Service was thrilled with the work we do (and did).



This year they weighed the trash to get an estimate of the real impact that we have on cleaning up the rim. Thank-you to all that participated in this very worthy activity. Finally, Basic Rock Climbing School is underway (when this went to print). We have 26 students participating. What a great bunch of people and, of course, committed instructors. I request that you all reflect on what an impactful, and important, organization we are.

This is my last contribution to the newsletter as President. It has been a wonderful three years. I have learned so much. It is my impression that I have been an effective leader. Thank-you to all that have supported me over the years. It has been a real pleasure serving you in this capacity. See you at a member meeting soon.

Climb safe,

David Arthur Sampson



Photo Credit: Chris Adams

AMC Upcoming Events

AMC Member meetings are the 4th Monday , 7-9 p.m. of every month. Check out the AMC website or the AMC Meetup calendar for details.

SEPTEMBER- Rogil Schroeter & Dave Cameron shared photos & highlights of their 3,000 miles in their month-long trip to the North Island of New Zealand.

OCTOBER- Manny Rangel will cover his last few years of climbing in Central Arizona and setting up and developing new routes in Stewart Pocket, Christopher Creek Gorge and The Deep.

NOVEMBER- Arizona Access – Fundraising to Save Our Climbing! Eric Filsinger will present information about the Access Fund and the current local issues. Open to the entire climbing community, a raffle is being held to raise money for the Access Fund.

DECEMBER- AMC ANNUAL HOLIDAY PARTY- Open to all AMC members, family and friends.

Upcoming Events

Queen Creek Clean-up and Climb - 10/28/2017 This outing is lead by Frank Vers. In the morning members will clean up along the highway, once late morning occurs the group transitions into climbing in the Pancake House Area. This is a great opportunity for those who have just graduated Basic Rock Climbing to get more outdoor climbs under their belt!

Anchors Class - 11/04/2017 This class is led by Eric Evans and is a good building block from the Basic Rock Climbing class. This class is held Tuesday and Thursday, and then an outing which lasts Saturday through Sunday. For more information or how to enroll please visit our meetup group.

The Arizona Mountaineering Club Announcements

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. Volunteers are always needed to make these schools successful

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 dircksa0411@gmail.com. Digital photos should preferably be in JPG format. Articles can be in any standard word processing format.

Outing Leaders: Chris Adams, David Anderson, Eric Evans, Bill Fallon, Erik Filsinger, Stephanie Furniss, Mike Knarzer, Davis McClintic, Bruce McHenry, Scott Nagy, David Sampson, Rogil Schroeter, Tom Seely, Curtis Stone, and Frank Vers.

Committee Chairs:

Outing Leader/Classification Chair: Tom Seely

Training and Schools: Bill Fallon

Land Advocacy/Mountaineering: Erik Filsinger

Newsletter: Anna Dircks

Programs: Deborah Roether

Membership: Ernie Babich

Technology: Stan Pak

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

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/>

For more information please visit our website: www.arizonamountaineeringclub.org