

The Arizona Mountaineer



June-August 2015

Our First Quarterly Newsletter

Welcome! It is with great pleasure that I announce our first quarterly newsletter. The Board of the Arizona Mountaineering Club has agreed that given today's media rich environment and on-demand information portals the monthly hardcopy version of The Mountaineer no longer adequately serves the members or the community. Let's face it, mobile phones, tablets, and social networking sites make printed materials nearly obsolete.

Still, We will continue to publish important information that our members and readers want to see in a new quarterly format, moving generally static information such as names of board members and outing leaders to the website: arizonamountaineeringclub.org.

We will focus our hardcopy print newsletter on recent schools and outings, interest stories, and information and news items that members want to read.



We are always interested in your fun stories to report. Please pass your photos and adventures onto David Arthur Sampson for inclusion in "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."*

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- ◆ Stories from the back-country: Mt. Shasta Trip Report
- ◆ In Remembrance of Floyd
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The Arizona Mountaineering Club

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| Programs..... | Kim McClintic | 480-213-2629 |
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| ORC..... | Bill Fallon | 602-909-8889 |
| Anchors..... | Eric Evans..... | 602-218-3060 |
| Lead School | David Sampson | 480-254-7171 |

Meetings: The member meeting location is: Granite Reef Senior Center: 1700 North Granite Reef Rd, Scottsdale, AZ 85257. The meeting time is 7:00 to 9:00 PM., usually the 4th Monday of the month; please check the AMC calendar for dates.

Board Meetings: Board meetings are open to all members. See the AMC calendar on the web.

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 can be paid using PayPal on the AMC website or mailed to AMC Membership, PO Box 30163, Mesa, AZ 85275-0163. (Checks only).

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: 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 and 300 dpi. 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

SUBMISSIONS OPEN FOR SUMMER NEWSLETTER

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). Contact a board member for more information.

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

Summer is typically slow for the Valley of the Sun. It gets warm (some say hot) in the Valley; outdoor activities in the Phoenix Metro Area slow down. Of course, most climbers head to Flagstaff or to the higher reaches of Mount Lemmon outside of Tucson.

There is a waiting list for a day of climbing at **Oak Creek Overlook** on the 27th of June. Check out the AMC Meetup site for details.

Consider Deep Water Soloing this Summer

Consider yourself lucky to live in Arizona. We can climb year round with, usually, only a few days where rain or cold chases you away. This summer consider deep water soloing. The upper reaches of East Clear Creek offers unique deep water soloing opportunities. A kayak works best (you can rent them at the Arizona Hiking Shack) to reach the deep water soloing areas. To get there head towards Winslow, turn right on AZ 99 just south of Winslow. Drive east to McHood Park. Park along the reservoir and paddle up Clear Creek Reservoir to reach the deep water soloing.

where climbers meet and memories are created.

Contact Us

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

The Arizona Mountaineering Club

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

Visit us on the web at: arizonamountaineeringclub.org

HOTLUM-BOLUM ROUTE ON MT. SHASTA

TRIP REPORT

Written by AMC member: Laura Nagy

July 5-7th, 2014

Shasta is the lowest stratovolcano in the cascade range located in Siskiyou county, California near Oregon. It is 14,179 ft and has a prominence of 9,822 ft. There are many routes up Shasta with Avalanche Gulch or John Muir route being the most popular and



least technical. I signed up with Shasta Mountain Guides to do the Hotlum-Bolum route. It starts at North Gate trailhead and is a very direct route to the summit between the Hotlum and Bolum glaciers. As the trip was approaching, the weather report shows very warm weather for July 5-7. The town of Mt. Shasta was 90-99 degrees, the temperature at 9000 ft. around 60 degrees and 40 degrees at the top. The good news is no wind. With the weather this warm and basecamp near 9000ft the clothing and winter gear could be paired down so less weight to carry. My pack still ended up weighing about 40lbs. The forest service update on the routes mentioned a low snow year and that the Avalanche Gulch route was mostly melted and the Hotlum-Bolum route very icy. This was a bit concerning since there are 45 degree sections on that route. I emailed Shasta Guides to finalize some questions about gear and itinerary. Chris Carr, owner, replied and answered all my questions. The trip started on Saturday behind Fifth Season Sports with gear check. We went through each item on the list, grabbed some shared supplies like tents, pots and fuel and discussed the plan for the next three days. There were six climbers and two guides. The guides for our trip were Andrew Dickie and Joe Crawford, both very experienced on Mt Shasta. Joe had just finished a trip up Hotlum-Bolum two days before and said the conditions weren't

great on the route and that the descent was taking twice as long because of the need to belay on the steep icy sections. So they decided to take our group up the Hotlum-Wintun route on the east side of Shasta from Beaver Creek trailhead. Base camp was around 9800ft between Hotlum glacier and Wintun glacier. We spent Saturday driving an hour to the trailhead and hiking to basecamp in 4 hours. Most of the trail



was sandy and rocky. We started in mountaineering boots. That was a good choice since the sand was a few inches deep and there were plenty of ankle twisting rocks. As we got closer to base camp we crossed a small snowfield about 200yds long and about 20 degrees before reaching camp, which was located up on a rocky ridge with a creek a few yards away. We didn't treat the water and it was refreshingly cool. The black diamond tents we had were an interesting puzzle to solve at the end of the hike. We had a 45 minute skills session, which mostly covered walking with the ice axe, ate dinner and discussed the next day, summit day. We reduced our pack to 2 bottles of water, food, a puffy jacket, wind jacket, gloves, sunscreen, sunglasses, chapstick and WAG bag.



We got up at 2 am, ate breakfast, put our crampons on and headed out by 3am. We headed up a 25-35 degree snowfield east of Hotlum glacier and right above our camp. We stayed unroped until we started going up a 35-45 degree snowfield. We crossed a rocky ridge towards Wintun glacier where the snowfield got steeper.



We were not on Wintun glacier but on the snowfield next to it. As we went higher we moved toward the south side of the mountain. The toughest climbing was through fins of snow where we took 12-20in steps to move through them. We took a final break to remove the crampons before the final 200ft to the summit. This was a rocky, loose dirt, slow climb, and

we all made it even with some of the climbers struggling through altitude sickness. Dave, currently living in his van, Brett, from Kentucky, Brittney and Garrett, from Missouri and Laura, from Washington. We were a diverse group all here to climb Shasta. We took photos, ate, rested and signed the register. There were several groups coming up from Hotlum-Bolum and other routes. There were two climbers when we got to the top and maybe a dozen coming up as we were descending.

Then we had to get down. Up is only halfway and while it's not as aerobically challenging, down is much more technically challenging. We kept our crampons off since the sun had softened the snow and we were able to plunge step. We got into our 4 man rope teams and headed down. We got to a point where the guides thought it was safe to glissade and we had a real-time glissading lesson. The guide showed us how by glissading 100yds stopping and watching us go down in the same track. It can be hard to tell how far to lean forward to put pressure on your feet to stop. It felt like I was forward, but I wasn't stopping. I slowed down, but then Laura came up behind and couldn't stop either and we both ended up down the mountain until we flipped and did an ice axe arrest. So now I've proven that works pretty well in soft snow. We did 500-1000ft glissades at a time and hiked over rocky ridges. In total we ended up glissading almost 3000ft. down the mountain. Fun stuff and less wear on the legs. We got back to camp at 2pm, an 11 hour day. It was hot in camp.

There was no getting comfortable in the tents. After trying to take a nap in the tent I grabbed my empty pack and laid on it in the shade of a boulder. I felt a little dehydrated so I drank 2 liters before dinner. We had macaroni and cheese, potato leek soup and veggies with sausage. Joe was the cook on the trip and did an excellent job. Just before dinner my roomie, Laura, was saying she didn't have an appetite and about the only thing she would be able to eat was mac & cheese. Those guides, they know everything. We had some fun conversation and then went to bed. Everyone was ready to hike out Monday and get a shower. We woke up at 6:30 with the sun heating up the tent. We packed up, ate and headed out around 8:30. After a few minutes we put on our crampons to go down the short snow field just below camp. Since it was still early there were a lot of icy patches to watch out for. The guides said either trekking poles or ice axe would be fine. I kept my poles since I felt more balanced with them and everyone else but one guy kept their poles. That ended up being a bad decision for me. As we hiked down the snow field I stepped down on some ice and must not have engaged all my crampon points into the ice. I slipped and kept going down the ice with trekking poles. I wasn't going very fast and I was trying to find things to grab but I saw the front guide get in my path and kneel down to stop me. Whew!! Unfortunately I made another bad decision and had a short sleeve shirt on. I did have pants on, thankfully. My elbows got scratched up quite a bit on my icy journey. Lesson one if you are wearing crampons, use your ice axe. Lesson two if you are wearing crampons, wear long sleeves. In this case the ice axe was awkward because the slope was only 20 degrees so you couldn't really use it to balance. It was also really warm out so every-





one was lured into wearing short sleeves. The snow field was not even memorable on the way up so it was easy to think it was an easy, short stretch. But snow changes through the day and the challenges vary depending on the direction you are going and your skill level. When we stopped to take our crampons off we watched all the rock fall coming down on the opposite side of the

gulch. There was a shiny object on the other side. Joe ran over and grabbed it. It was a snow anchor with two carabineers. Shasta bootie! We hiked back to the trail head through the thick sand and rock. Half was off trail and the last 30 minutes were on a defined trail. It was a really great trip and I was able to experience a variety of terrain and different snow and I learned a lot. All the climbers were great. Everyone was so enthusiastic and nice. The guides were very competent, fun and truly loved mountaineering. They were great to learn from. Shasta is a large mountain with a lot of routes of varying difficulty. This was a challenging route with a variety of snow conditions. The end.



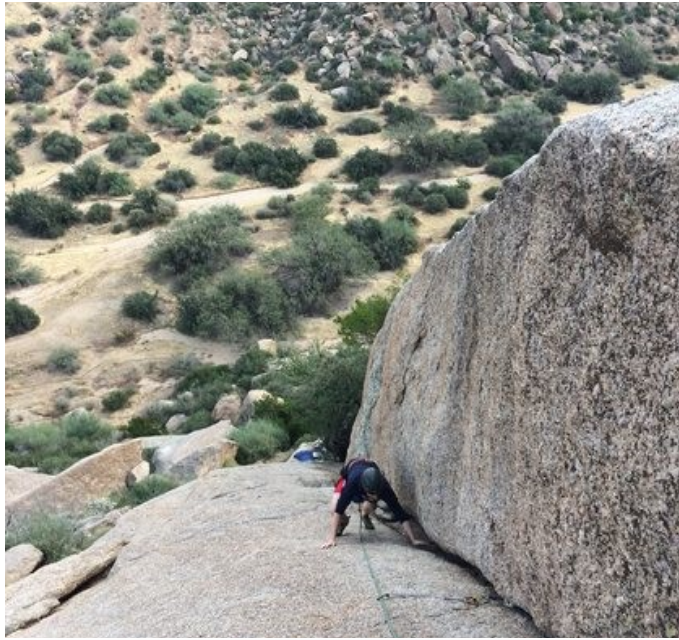
Contact: laura.nagy@cox.net

Girlie Man

Girlie Man Area, McDowel Mountains.

Sassy could very well be the perfect first lead for a new Trad leader. This climb is just fun.

From the Tom's Thumb trail head take Tom's Thumb trail 0.1 miles until you reach Mesquite Canyon Trail. Take this trail for 0.2 miles until you reach Feldspar Trail. Go left and follow the signs to climbers access; approximately 150 feet you will turn right up into a canyon towards Sven Towers . Girlie Man will be on your right about 200 feet past the turnoff.



New Member Spotlight

Welcome Ragan and Brian Kearney! I had the chance to interview Brian Kearney for this first edition of the quarterly newsletter. He and his wife Ragan recently moved here from Chicago:

Sampson: *How long have you lived here in the Valley?*

Brian: I moved here at the beginning of March. Ragan followed about a month later.

Sampson: *What other outdoor activities do you enjoy?*

Brian: We like to hike. When we lived in Illinois we were hiking sections of the Ice Age Trail. That's in Wisconsin. Now that we are here we are section hiking the AZ trail. We've done about 50 miles of the trail so far.

Sampson: *Do you plan on taking our classes?*

Brian: Yes, we plan on taking classes in the fall. We would like to eventually be climbing outside. When we lived in Illinois we climbed in the gym. We have been to AZ on the Rocks, but that's it so far.

AMC's Member Meeting



20 Years Ago in the AMC....

Come see Randy Leavitt! One of the world's most accomplished climbers Randy has been rock climbing for 30 years, and was the first person to climb El Capitan (Excalibur) and BASE jump off as a means of descent. He and Tony Yaniro developed the off-width technique known as Leavittation.

Among his other accomplishments are 5.14 sport and trad first ascents, first ascents and first solo ascents on El Cap, and the first ascent of Stratosfear on the Painted Wall, Black Canyon of the Gunnison, Colorado. Randy has established hundreds of new routes in the Southwest.



Recent Images of Randy. Photo Credit: <http://www.sportiva.com/>



Presidents Corner

It has already been a challenging year. My little soap box will do. The board of the AMC has been diligently working on important issues that effect each and every member. You may not be aware, but believe it or not our monthly board meetings take two hours to complete. I know, it seems like a long time. But, hey, the agenda is always full.

I am going to use my first "Presidents Corner" to share exactly what the board does for you. We review the minutes and budget as obligatory actions, but as mundane as that may sound, we are charged with keeping the club's business and treasury in order. And, as you are all (I think) aware, we are working very hard at finding a solution to our insurance policy challenges. And, continuing challenges with our web site keep us busy. Until next time; Climb safe.



Not your Average Knot!

The Alpine Butterfly Knot : a secure loop in the middle of a rope. Strain on the rope can be provided from the loop to either end or between the two ends. This is a great knot for: 1) shortening a line to adjust the overall length, or 2) tying into the middle of a rope.

Useful to bring up two climbers on a single line, or when managing what can be called "elevator style" (by my friend Douglas) where you are bringing multiple people up a pitch with a single line, repeatedly dropping the line to bring up a new climber. One person at the base of the climb guides the rope back down, securely tying in the next climber. This can be a very efficient, safe method for bring up multiple parties.



Spring 2015 Lead School Report

Lead school this spring was postponed. We typically run lead school in February and September. Our February weekend portion of the class was re-scheduled for 18-19 April, 2015.

We had 10 students that were able to attend the weekend portion of the class. And, we had eight instructors plus myself! Talk about personal attention!

STUDENTS: Chris Adams; Glenn Boss; John (Jack) Cole; Dorte Kehoe; Mason Lacy; Whei Leung; Aston Martin; Deborah Roether; Brandon Abney; Paige Narum.

INSTRUCTORS: David Anderson; Kasen Bartels; Bill Fallon; Will Gohlz; Mike Lust; Nancy Lust; Scott



Photo : David A.

Outing Highlights

Okay, so Lead School is always the smallest of the three classes that we offer through the Arizona Mountaineering Club. But, there's a good reason for that!

First, not everybody that climbs wants to lead climb. Lead climbing is a big emotional jump from top rope climbing. It's okay if you only ever top rope climb. Climbing is supposed to be fun and safe. Whatever you want to do is awesome. However, if you do want to Lead Climb, take the lead climbing school.

We had a wonderful class. Thanks to the students and instructors for making this an awesome weekend.



Photo: David A.

We always have a sport climbing anchor setup where students learn to set an anchor for a “sling shot” belay and they then learn to clean the anchor and return safely to the ground. Here (left) you see Scott Nagy helping Glenn Boss with “the ropes.”

Over the years Rogil and David have long managed this station. This year Scott worked with Rogil during Anchors to ensure that we were consistent in our instruction.

On Saturday we headed, as typical, to Sullivan’s canyon just outside Chino Valley. “Sullies”, as the locals call it, is the headwaters of the Verde River. The canyon offers high quality routes of multiple difficulties. This crack climbing area is ideal for our Lead School class because access is easy, with a short approach.

The rock at Sullies is basalt. Although the climbs are typically short, they are fun. Students set up their own top anchor. They then practice placing gear.

In the canyon at Sullies: Although we practice gear placement, and learning to trust our gear, we also create stations with various scenarios of real world possibilities in the types of situations that you may find yourself.



Photo Kasen B.

Member Mind Meld

At the last monthly meeting of the AMC we held a brainstorming session to elicit comments and suggestions from the members on what the AMC is doing right, what needs changing, and where our focus needs to be. From this exercise we created a “mind map” to help guide our future directions. Below is a synopsis of that work. If you have comments or suggestions please pass along your thoughts and ideas to David Arthur Sampson.

- i. Need more activities.
 - More Outings—outings with less time commitment
 - Create reunion outings for students following a class
 - Create Social activities that are not climbing related
- ii. Improve the manner in which outings are advertised.
 - Social Media
 - Use other meetUps sites
- iii. Foster new outing leaders.
 - Encourage top rope certified outing leaders
- iv. Overall we need to improve communication within the club.
 - Use the current web site more effectively
 - Put more content on the web site, and update it more frequently
 - Create a “new member” packet that contains important information that often only comes from many years of experience; i.e., where to climb (seasonal dynamics of sun exposure and temperatures), where to purchase needed gear, where to camp, etc.
- v. Classes-Education.
 - Consider an advanced climbing school for teaching advanced techniques (crack climbing, multi-pitch climbing, and more)
 - Mini-skills sessions at our monthly meetings (real life practice of either newly learned skills, or skills that fade from inactive use)
- vi. Provide more stewardship opportunities.

In Remembrance

Floyd Lauer Theobald 95, passed from this life Friday, June 5, 2015, in his home. Lately of Tucson, Floyd was born and raised in Prescott, (mother Ethel, father Floyd, Sr.). He learned piano at an early age and made his living for many years as a musician. After starting with the Postal Service, he continued working as a musician in Phoenix until his sixties. He enjoyed fishing and was a members of the Central Arizona Mountain Rescue Association. He became certified as an EMT in his late 50s. Floyd and his two sons Joe and Tom were active climbers in the early days of the Arizona Mountaineering Club.

Excerpts from *Tom Kreuser's* Tribute
in: www.Legacy.com/Tucson/obituaries



"I first met him and climbed with him in the early days of the Arizona Mountaineering Club. As I recall we did a number of climbs on the head of Camelback Mountain in Phoenix. I remember one Sunday morning I was next to him while he was belaying someone up Pedrick's Chimney. I remarked that it was cool looking down on the resorts below. He said, "Yeah, I was playing piano bar there last night in my spangley sequined jacket." That was the first time I learned of his music abilities. "



Photo: David A.

Get Involved

Come help out with upcoming classes!

If you have taken Basic, Anchors, and Lead School consider helping out at the next Lead School Class next September.

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 the first time you took the class.

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. It's free, and it provides an opportunity for you to join others in our official and unofficial outings.

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



Member tangent of the month....Podcasts!

Driving to the crag this weekend? Take along a climbing podcast! I downloaded the PlayerFM app (free on android from Google Play store) but there are many other podcast apps. Currently, I am listening to Training Beta, by Neely Quinn out of Colorado, and Chalk Talk, full of discussions and interviews by John

Special Thanks to Chara Price for helping me put together this first Quarterly Newsletter. I do not plan on continuing to serve as the newsletter contact. If you are interested in helping out with creating the quarterly newsletter please contact Chara Price—chara.price@gmail.com—or David Arthur Sampson.