

The Arizona Mountaineer



The Arizona Mountaineering Club

Summer 2017

Our Quarterly Newsletter

The fall is always busy with various events and schools put on by the AMC. I encourage all members to volunteer to make the schools a success. The Grand Canyon Clean Up is to take place September 16th at the South Rim. You may sign up via the Meetup group.

The newsletter will be uploaded to Facebook on the AMC group page, as well as uploaded to the website for viewing. Hard copies will be printed and distributed to local businesses as well. I would like to say a big thank you to everyone who submitted articles and pictures. This newsletter would not be possible without your tips, adventure recaps, or announcements. Please continue to send in your photos, stories, and adventures. The next deadline for the fall issue will be October 23rd, 2017.



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."

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Out and About- Outing Photos



Photo Credits:
John Sasso, David Anderson, Art Tucker, Kristin Elizabeth

Deep Water Soloing-East Clear Creek

By: Murthy Tata

Mike Knarzer and Frank Vers organized a deep water soloing trip to East Clear Creek near Winslow, AZ Saturday August 6th 2016. Chelsea Bechel, Susan Nader, Eric Chedrick, Jairo Cepeda, Brian Ballard and I went on this trip. Patter, Mike and Chelsea's dog, came along to make sure we all stayed safe.

Free soloing is basically rock climbing with no rope for protection from a fall. Deep water soloing involves climbing crags and cliffs that are adjacent to water. Typically you get close to the rock on a kayak and step off onto the climb. If you fall, you would fall into deep water. The trick is to pick a good route to fall from, and decide to either top out or jump off at the heights you are comfortable to jump from. Make sure you fall correctly, and you will come back with all your body parts together. The higher you climb, the bigger the jump.



I had seen some pictures of Mike and others doing this from a couple of years earlier and I always wanted to try it. When this opportunity came up, I just had to jump [sic] on it. I never jumped off cliffs before, but there has to be a first time for everything, right?

Mike and Frank picked up three inflatable kayaks, and Brian and Chelsea got their stand-up paddle boards and after a 3-hour ride from Phoenix, we put them in the water at East Clear Creek.



The inflatable that Jairo and I were on liked to go in circles. Imparting it a sense of purpose and direction proved to be a great way to warm-up for the climbs. Of course, our return was exhausting. Sandstone walls some 15-20 ft high on the left and 30 to 40 ft high on the right greeted us as we paddled in. A 4-foot "bathtub ring" on the canyon walls suggested that the water levels had dropped substantially. It would mean that some of rock features may turn out more difficult (occasionally easier) or plain out of reach from our kayaks to get on for climbing.

We stopped at a smaller "practice" route to the left after paddling some half a mile up canyon. It featured a short 15 ft overhang to our left. We took turns to top-out and jump back in the water.

Patter was always afraid for anyone that was up on a cliff or in the water. Whenever someone jumped into the water, she'd walk up to the edge of the kayak shivering in fear for the guy or the girl in the water. That kind little dog must have endured a great deal of agony while we were out there.

We paddled on up another half mile. The walls were getting steeper and taller on either side of the creek. Although you had to pick safe routes, there is practically a route to climb anywhere you looked,

and most didn't have names. I remember Bear Claw, whose namesake feature was a little too high to reach given the low water level. Mike reached it by stemming up a wide chimney to the right of it and traversing left, continued on and topped off.

Eric climbed up near the outside edge of a dihedral some 40 feet up and nailed an energetic jump. Brian, of course, had to outdo him next.

There was much encouragement and applause along with plenty of friendly ribbing. The sights were beautiful and the routes were excellent. The jumps were exhilarating. And the company of course, was priceless.

We posted some pictures on facebook for friends and now looks like everyone could be there next weekend. I can't wait to go back again.



Not your average Knot

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

Uses: The Chain Sinnet (Chain Stitch) ([ABOK](#) # 2868, p 472) is tied by many of us as children. It turns a piece of string into a pleasing chain. And, when pulled, all of the knots vanish as if by magic. It is found on dress uniforms; it can be used to shorten, and add bulk to, the end of a light pull; and it is also used by climbers as a means of preventing a rope getting tangled, e.g., when being washed or stored.

Other Names: It is known by many names including: Daisy Chain, Monkey Chain, Monkey Braid, Single Trumpet Braid, Single Bugle Braid, Chain Stitch, Crochet Stitch, and Chain Braid.

Structure: Tie a Slip Knot in the rope; tuck a bight into the loop; and repeat. Complete the chain by feeding the end through the final bight. The chain is released by withdrawing the end. It has to be the end you used to complete the chain. Withdrawing the other end merely shortens the chain by one link.

Alternatives. The animation shows a chain that has been pulled tight at each link. When used for storing rope, it is much quicker to make much larger loops.

Disadvantages: Although it may be useful when washing a rope in a washing machine, it would be a tedious method to use to "coil" a long rope. The conventional [Coiling Technique](#) is to be preferred.

Advantages: The Chain Sinnet requires minimal skill or dexterity!



Beardsly Boulder Cleanup

By Damon Williams

On Saturday, May 20, dozens of climbers and outdoor enthusiasts participated in a half day cleanup and bouldering outing at the Beardsley Boulder Area, just west of Cave Creek Road and north of Beardsley Road. The Beardsley Boulders is a place where many early Phoenix-area climbing legends honed their crimping skills and was the site of two of the earlier Phoenix Bouldering Contests in the mid 1980's. While the area is not a formally designated City of Phoenix park, it is in the Phoenix Mountains Preserve, and is intermittently monitored by the City's Parks and Recreation Department.



Despite the outstanding quality of the bouldering routes, the area has historically been abused by some local residents who see it as place to party and leave the remaining trash. Another challenge is spray-painted graffiti on some of the boulders. Those who have bouldered at Beardsley over the years know these challenges, and many climbers such as AMC member Paul Paonessa (whose day job, by the way, is as a Park Ranger for the City's Parks and Recreation Department) and others have taken it upon themselves to periodically lend a hand by hauling out much of the trash. These results have been very impressive, and the area is now much cleaner than it has been in years past. Yet, there is much more to do to bring the area up to the standard we would all like for a top notch recreation area.

Local climber Scott McDaniel has taken it upon himself to bring much more attention to the aesthetics at the Beardsley Boulders area, and to promote a program of environmental stewardship for the local climbing and bouldering areas in general. In connection with the Access Fund, Scott engaged the City's



Parks and Recreation Department, and recruited sponsors such as REI, AZ on the Rocks, Phoenix Rock Gym, and many others to support the May 20th cleanup and bouldering event. Approximately 60 to 80 people participated. A raffle for prizes donated by the sponsors was held after the cleanup, and the bouldering commenced soon afterwards. Everyone who participated, including AMC members Bill Fallon, Paul Paonessa and Damon Williams, seemed to enjoy themselves immensely, while performing a community service for all those who use Beardsley responsibly.

Planning for next year's event (tentatively set for the end of March, 2018) is already underway. Keep watching REI's calendar, Phoenix Climbing Scene, and other social outlets for notices. We are hoping the event next year will be bigger, with even bigger prizes for participants. *Potential sponsors, now's your opportunity!* Everyone else, go out and enjoy this prime and historic bouldering area, and take home with you anything that doesn't belong there!

Fun in the sun: a public service announcement

By Andrea Galyean

**Here's a fun, climbing-related topic: Skin cancer!
It's not fun? Well, it's climbing related.**

Skin cancer is incredibly common — more than 5 million cases are diagnosed in the U.S. every year. And what causes skin cancer? In 85-90% of cases, it's UV exposure. Which is to say: the sun. (Same thing that causes up to 90% of visible aging, if that matters to you.)



This isn't just a summer issue. You get UV exposure in the winter, too, and the damage accumulates every day. But the UV index is higher this time of year and surfaces like water, sand, and (I hate to say it) rock reflect the sun, compounding the problem. Even if you find clouds, they may reflect radiation instead of blocking it. So here's a primer on reducing sun exposure while climbing.

First, stick to the shade when the sun is highest. That's from 10 a.m. to 2 p.m., or when your shadow is shorter than you are. But always wear:

A hat

Baseball caps and visors don't cover enough. You need a minimum 3-inch brim all around, made of solid weave, not mesh. You can even get a brim for your helmet (look at O-Ware or Da Brim). Stylin'!

Sunglasses

The bigger the better — and this protects your vision, too, since sun damage causes cataracts. Glasses should block 99-100% of UVA and UVB, so check the label, because the lens color means nothing.

Clothes



Wear them! Clothes = protection that can't wash off. Long pants, long sleeves, and shirts with collars are a good start. But different fabrics offer different levels of protection. And, as crazy as it sounds, light colors protect less than dark colors. The ratio of UV rays that pass through a fabric is the UPF. In general, dense fabrics, tight weaves, and vivid colors mean higher UPF. A thin white t-shirt is barely UPF 5, so it allows 20% of the sun's rays to pass through. But a heavy-weight red t-shirt is about UPF 10, so it cuts your exposure closer to 10%, which is fine for an hour or so. However, tightly-woven synthetics (as in technical clothes) can offer above UPF 30, blocking 97% or more for longer

outings. Heavy-duty blue jeans, for the record, have been measured at UPF 1700, but they're not so great for heel-hooking.

Sunscreen

Anything still uncovered — including your face, hands, and Chaco-wearing feet — needs a broad-spectrum (blocking both UVA and UVB) sunscreen with an SPF of 30 or higher. And don't be dainty. Slather that stuff on at least 15 minutes before you go outside so it can soak in, then reapply every 2 hours. Yes, seriously. There are two basic types: mineral sunscreens physically reflect UV rays, whereas chemical sunscreens absorb them. Both will protect you from indirect exposure, too. Mineral sunscreens can be chalky-looking, but the chemical ones can trigger skin reactions, so test a few if necessary. Just remember to wipe off your palms before grabbing your rope.



No matter how well you cover up, you should still check yourself regularly to look for new moles or spots on your scalp, face, or body. The Skin Cancer Foundation has great instructions at skin-cancer.org. If you see anything suspicious, call a dermatologist right away. Skin cancer rarely spreads if caught early.

Photo Credits: David Anderson and Kurt Korpong

There. Now you can have fun in the sun.*

*(Just not between 10 a.m. and 2 p.m.)

This PSA brought to you from Andrea Galyean, who had a basal cell carcinoma removed from her back this summer. It was not fun.

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— actively looking

Board Members

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

How Many Climbing Shoes Do I Need?

By Anne Dacanay

When I first started climbing and not wanting to rent a pair of shoes, I went to REI for some advice and ended up buying my first pair, La Sportiva Mythos. This pair has served me well during my first few years of climbing and I still bring it along as back-up. Great for some crack-climbing too. Wanting to test out other shoes, I bought the La Sportiva Tarantulace. Tried it outdoors and it worked for me at Girly Man, McDowell Mountains but I had difficulty with traction at Sven III – all granite. Then again, it could be me. For now, I use the Tarantulace at the indoor gym. After researching for hours on Youtube and reading climbing magazines, I decided to get the 5.10 pair and was not happy with it. Returned it and decided to try the La Sportiva Solutions which I fondly refer to as my “orca” shoes. Love it!!! Works well in the indoor gym and works great outdoors. Perfect for edging and has great traction, even on granite! The granite at Taylor Canyon Park, CO was much to my liking compared to the ones at McDowell Mountains which are smoother. However, Solutions is not ideal for crack-climbing. Would love to hear feedback from others about their choice of climbing shoes.



Taylor Canyon Park, Colorado

By Anne Dacanay



Unplugged, went on a road trip for a few days to Gunnison, CO. If you enjoy rock-climbing, camping, hiking, kayaking/rafting, cycling and maybe a chance for some cow-tipping, the trip to Gunnison, CO is worth it! Explore nearby ski resorts and towns like Crested Butte for some beautiful scenery, fresh air and nice cool breeze. There were still snow-capped mountains but weather was perfect for some rock-climbing at Taylor Canyon Park. The crag is maybe a 30 sec to a minute approach depending where your chosen routes are from the parking lots. Routes are maybe about 30 ft to 300 ft and I was able to do a 2-pitch and 3-pitch climbs. Not much of a fan of granite but this kind of granite worked for me – lots of friction! The view from the top was gorgeous and worth the climb. Lots of friendly climbers, some with their dogs. Hope to make another trip there someday so I can challenge myself by tackling other routes rated above 5.9.



Canyon Corner

By Tom Seely, Arizona Rock & Canyon Adventures

ILLUSIONS CANYON, AZ

Location: Arizona, Secret Mountain Wilderness

Rating: 3B-III R

Longest Rappel: 100'

Illusions Canyon is a very scenic trip through the Secret Mountain Wilderness area and down to the West Fork of Oak Creek that contains several potholes that can vary drastically in depth with the season. We started our trip out early in the morning, leaving camp with a 100' and a 120' rope, pothole escape gear, and all the typical parts and pieces. We hiked out of camp with gear in tow down a fairly steep entry hill and quickly made our way to the first rappel. Once we completed the first pull, hiking was fairly open with lots of thick brush, downed logs, and some small pools of water. Soon we reached the heart of the technical section where it was one great feature after another, many short rappels, and some great down climbs in a fairly condensed area. It is in this area where at low water you could find yourself using buddy boost or other preferred methods to escape potholes.

Use caution in this canyon and go with a good knowledgeable group familiar and capable of potentially deep pothole escapes. On a recent trip back to the final pothole we were able to measure its depth to be approximately 15 feet deep and although full while we were there, reports from a few weeks prior mentioned the waterline being 7 feet below the lip: be prepared to negotiate the exit. Shortly after the last large rappel into the pothole, the canyon opens up. This is a great place to remove wet-suits, get a bite to eat, and organize in general before pushing on. If you have parked at Call of the Canyon, the traditional exit requires for a bit of boulder hopping and bush whacking until you soon find yourself at the final rappel that will drop you into a shallow pool where all technical gear can be removed. Following the canyon out a bit further and just around the corner you will hit the West Fork where it is an easy 4.3 miles back to your vehicle at the Call of the Canyon parking lot. 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 exclusively, you will be exiting via the sneak route.

Immediately after exiting the pothole rappel of Illusions keep your eyes open and approximately 120' (40 yards) down on canyon right you will encounter a drainage on canyon right with some downed logs that indicate the exit point. Working your way up this drainage 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

It's been a slow summer. Not much going on with the Board of the AMC—we skipped our July meeting—nor with planned AMC outings. There were several outings near the end of June and the beginning of July. Many of you participated. Thank-you! As things begin to cool down there will again be more offerings.



It was a hot June, with extreme temperatures reaching 118 degrees. For more, depending on where you lived. It was a bit challenging to get out climbing at that time. But, July has not been too bad. I hope all of you have had a wonderful climbing summer. Me, I was able to take a road trip to Tuolumne with an old climbing friend from North Carolina. We bit off a lot, I thought, when we decided to climb Tenaya Peak on our first day in the Meadows. Moreover, we started climbing at noon! However, because most of the climbing is 5.0 to 5.5 we were able to reach the top in four hours and ten minutes; we did the climb in 11 pitches using a 70 m rope. I recommend this climb for the views and for the adventure that it provides. We also climbed the southeast buttress of Cathedral Peak; that day was likely the most exhausting day I have ever had because we first climbed a three pitch climb at Dozier prior to hiking up to Cathedral. Wow. What a day! We made it back to the vehicle without headlamps, starting the climb a 4:00 pm. Crazy, huh?

I look forward to seeing all of you at our upcoming monthly meetings. And, of course, our schools start up, again, in September. I encourage all of you to get involved. Attend our fun, informative monthly meetings. Volunteer to help with our schools and training. This is your club. Schools and events only happen when you help out. Thanks for your attention. Climb safe.



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. Here is a recap from the May guest speaker, as well as a glimpse at the speaker for August.

MAY- Elaina Arentz- Women Who Dare Presentation/Climb Like a Chic Clinic. For the Arizona Mountaineering Club's, May, monthly member meeting we were lucky to have Elaina Arentz, not only give a great presentation, but also put on a clinic for AMC women climbers at Phoenix Rock Gym. The three-hour clinic was chocked full of tips and techniques that AMC "chics" learned and practiced on the wall. As an observer, the difference in the climbing was amazing- climbers moved smoothly, relaxed and with greater confidence.

Below are the tips that Elaina so generously shared with us. Also, for those of you who were not able to attend, no worries, I've already booked Elaina for next May. We will be putting on a couple of clinics for members, one for men and women and a women's only clinic. Stay tuned!

AUGUST- AMC member Scott Picquet recaps the challenges of the 2014 Tour Divide, an annual mountain biking race traversing the length of the [Rocky Mountains](#), from Canada to the Mexican border. Following the 2,745-mile (4,418 km) [Great Divide Mountain Bike Route](#), it is an [ultra-distance cycling](#) race that is an extreme test of endurance, self-reliance and mental toughness.

Grand Canyon Cleanup—September 16th –17th. There is a training session for rappelling and prusiking either 8/26/2017 or 09/02/2017. To sign up please visit the meetup group.

Lead Climbing School— Starts September 19th. To register, please contact Scott Kuchman or Ron Auerbach at amcleadschool@gmail.com as soon as possible or simply go to the website at http://arizonamountaineeringclub.org/?page_id=262 and register for the class.

SEPTEMBER - AMC members Rogil Schroeter and Dave Cameron present highlights through their New Zealand-North Island Tour! They visited New Zealand March 2017 and rented a camper van and drove 3,000 miles exploring the island.

Basic Outdoor Rock Climbing School—Starts October 10th. Contact Scott Nagy for further information or questions.

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