

# ARIZONA MOUNTAINEER

FEBRUARY 2000

*Clay Clark and Marilyn Geninatiti summit Orizaba on New Year's Day  
Photo by an amiable Coloradoan.*



# THE ARIZONA MOUNTAINEERING CLUB

**MEETINGS:** The AMC meets the 4th Mon. of each month (Nov. and Dec. meetings are usually the 3rd Mon.) at 7:00 pm at:

Los Olivos Senior Center  
2802 E. Devonshire Ave.  
Phoenix, Az.

(28th St. just north of Indian School Rd.)

**BOARD MEETINGS:** Board meetings are open to all members and are held two Mondays prior to the Club meeting at Los Olivos Center.

**DUES:** Dues cover January through December. A single membership is \$15.00 per year; \$20.00 for a family. Those joining after June 30 pay 50% of the yearly rates. Members joining after October 31 who pay for a full year will have dues credited through the end of the following year. Dues must be given to the treasurer or sent to:

Arizona Mountaineering Club  
P. O. Box. 1695  
Phoenix, Az. 85001-1695

**SCHOOLS:** The AMC conducts several rock climbing, mountaineering and other outdoor skills schools each year. Contact the Training & Safety Committee for schedules and costs.

## FOR MORE INFORMATION:

Call (623) 878-2485

email [info@AzMountaineeringClub.org](mailto:info@AzMountaineeringClub.org)

Web [www.AzMountaineeringClub.org](http://www.AzMountaineeringClub.org)

## BOARD OF DIRECTORS:

President	Sue Goins	480-821-0535
Vice-President	Tim Medlock	480-807-4920
Secretary	Penny Medlock	480-807-4920
Treasurer	Alisa Reinhardt	623-825-1415
Director-1yr	Sherrie Holbrook	602-564-6683
Director-1yr	Frank Vers	480-947-9435
Director-1yr	Don Thomas	480-892-9513
Director-2yr	Jeff Nagel	602-721-1968
Director-2yr	Scott Hoffman	623-580-8909

## COMMITTEES:

Access	Wayne Schroeter	623-878-3914
Classification	Tim Medlock	480-807-4920
Conservation	Charlene Todd	480-917-5354
Elections	Don Thomas	480-892-9513
Equip Rental	Paul Norberg	602-808-9244
Email	Penny Medlock	480-807-4920
Co-Librarian	Mark Fleming	480-423-5064
Co-Librarian	Chelsea Alexander	480-396-1055
Membership	Rogil Schroeter	623-878-3914
Mntneering	Erik Filsinger	480-314-1089
Mntneering	Dan Bolin	480-948-5630
Newsletter	Wally Vegors	602-246-9341
NL Distribution	Lisa Wolf	480-831-7565
Outings	Sally Borg	602-788-3552
Co-Programs	Lisa Barnes	623-931-6721
Co-Programs	Donna Forst	602-866-2877
Public Relations	Kim Huenecke	602 569-0790
Trail Maint.	Jutta Ulrich	602-234-3579
Training; Safety	Wayne Schroeter	623-878-3914
T-shirts	Jeff Nagel	480-968-2020
WebSite	Jim Sumrall	480-966-4525

---

**THE AMC ACCESS COMMITTEE:** The Committee works by itself and with the national Access Fund to maintain public access to climbing areas. If you know of areas that are threatened with closures or climbing restrictions, please notify the Access Committee Chair, Wayne Schroeter, at 878-3914, or [wschroeter@sprintmail.com](mailto:wschroeter@sprintmail.com).

**THE ACCESS FUND:** This is a national, non-profit, climber's organization that works to maintain access to climbing areas nationwide. Climbers can join The Access Fund by mailing an annual, tax-deductible donation of any amount to: The Access Fund, P.O. Box 17010, Boulder, CO 80308, or giving it to the AMC Club Treasurer to be sent to The Access Fund in your name. A donation of \$15 or more is needed to receive Access Notes, The Access Fund newsletter.

## THIS MONTH IN THE AMC

### IN THIS ISSUE

- 1.....Index, Club Info.; Birthdays this month
- 2.....Board Meeting Report; Newbies
- 3.....Discounts, Treasurer's Report, Equipment
- 4.....Davis Program Next Time
- 5.....Pinnacle Peak Access — Sweat Equity
- 6.....Orizaba Holiday
- 7.....Conditioning Wins
- 8.....Lead School is Here
- 9.....Orizaba cont.; Leaders Train; First Aid
- 10....Letting Go Hurts; Glacier School
- 11....Conditioning cont.; Medical Seminar
- 12....Access Note; Timber Trails; Dues Due
- 13....Billboard; Lost and Found
- 14....Outing Calendar; Leaders

## AMC NEWSLETTER

The *Arizona Mountaineer* is published monthly by the AMC. Items for publication, subject to approval, should be sent to the editor at the AMC P. O. Box. Cover photos and other mountaineering photos are welcome (please submit prints). Climb write-ups ARE welcome. For info call the editor at 602-246-9341. Address e-mail to vegors@worldnet.att.net. Advertising in the *Arizona Mountaineer* is accepted, subject to approval, at the following rates:  
Personal ads: free to members.

Business ads: \$5.00 for business card; \$10.00 for half page; \$20.00 for full page \$25.00 for inserts/mo

**February Deadline: 18 January 2000**



## **NOT STUFF!!!**

Confucious say —

**“IS MOST INSTRUCTIVE  
— TO INSTRUCT”**

**HELP WITH THE LEAD,  
BASIC AND ANCHORS  
CLASSES COMING UP  
THIS SPRING**

**—Or was it Yogi Berra?**

## AMC LIBRARY

You must be an AMC member; i. e., your name must be on the most current membership list.

The circulation period is 1 month. Materials are due at the next general club meeting. The overdue fine is \$2 per title per month. Please contact the librarian if you are unable to return your books and tapes.

The circulation limit is three titles per person. One of these may be a videotape, for which a \$50 deposit is required. Each guidebook requires a \$25

## AMC FEBRUARY BIRTHDAYS

Takako Pickens 2, Karl Smith 2, Donald McKellar 3, Michael Pellerin 5, Jonathan McLin 6, Julie Dehlin 7, Lorraine Bacon 9, Denis Duman 9, Tina Rhodes 10, Jim Brown 11, Connie Gartner 11, Michael Baker 12, Daniel Gonzales 12, James Roosen 12, Patricia Turpin 12, Devon Montoya 13, Alexandra Schwarz 13, Hans Schenk 14, Cameron Bunt 15, Alex Richards 15, James Larson 16, Richard Balland 20, Pat Metz 20, Kip Micuda 20, Pete Petersen 21, Patty Bucher 22, Scott Parrish 23, Rita Ingram 24, Micah Lauer 24, Sean Colonello 25, Robert Lea 25, Elissa Rimestone 25, Rick Taylor 26, Scott Hoffman 28, Kevin Kozup 28

## MINUTES OF THE AMC BOARD MEETING: 1/06/00

**BOARD MEMBERS PRESENT:** Sue Goins, Penny Medlock, Jeff Nagel, Sherrie Holbrook, Tim Medlock, Don Thomas, Alisa Reinhardt

**COMMITTEE MEMBERS PRESENT:** Jutta Ulrich, Erik Filsinger, Wally Vegors, Kim Huenecke, Jim Sumrall

**MEMBERS PRESENT:** Bill Stinson, Lynn Alexander, Jef Sloat, Dan Bolin

Sue called the meeting to order at 7:04 p.m.

**ACCESS:** Pinnacle Peak trail work went well. We received a holiday appreciation and thank you card from the Access Fund.

**CLASSIFICATION:** Tim is working with the committee and had no report at this time.

**CONSERVATION:** NR

**ELECTIONS:** No absentee ballots were requested for the January elections.

**EQUIPMENT RENTAL:** NR

**EMAIL:** We are getting quite a few membership and class inquiries via email. Also Tim and Karen Schneider emailed to announce the birth of their son.

**LIBRARY:** Chelsca Alexander is a new librarian.

**MEMBERSHIP:** Over 500 members. This is an increase over last years numbers at this time of year.

**MOUNTAINEERING:** The class went! There were 12 participants and the Feb. Ice Climbing class has 12, as well as a waiting list. Glacier Travel and Crevass Rescue class, coming April 22 & 23.

**NEWSLETTER:** Anything you submit will be appreciated, including photos! Bulk mailing was discussed and the board decided not to do it.

**OUTINGS:** Lisa Barnes has resigned as an outings leader. Rogil, Feb 5<sup>th</sup>. J-tree, Feb. 18,19,20. Pinnacle Peak trailwork Feb. 18<sup>th</sup>.

**PROGRAMS:** Steph Davis in Feb., Richard Horst in March, and Marty Karabin in either May or June.

**PUBLIC RELATIONS:** Kim will be at the REI club day representing the AMC. We are going to be distributing posters as our contribution to the Banff Film Festival (March 17th) again this year. Tickets go on sale March 1st. The Access Fund thanked us for the Access pamphlet that we have

created and are using in our PR.

**TRAIL MAINTENANCE:** There were about 35 people at the Pinnacle Peak trail work outing and they have set another tentative date for a second work day on Feb. 19<sup>th</sup>. Key people will need training in the specifics of the trail itself. It has also been suggested that the people working on the trail receive hats or t-shirts provided by the city of Scottsdale. We'll just have to see about that one.

**TRAINING AND SAFETY:** Ten people signed up for lead school, 10 people signed up for basic school, and people starting to sign up for anchors school.

**TREASURER:** Alisa handed out the current budget and the board looked it over and discussed it. Alisa and Bill made requests about specifically labeling your receipts when handing them in to the treasurer.

**T-SHIRTS:** NR

**WEBSITE:** Jim has noted some broken links from the AMC site. Jim will also be out of the country from 3/19 until 6/2, Bill Stinson will be taking over for him.

**OLD BUSINESS:** \$250 will go to the P.B.C. We will have the AMC banner up and our logo will be used in some of the advertising, although it will not appear on the t-shirts. March 4<sup>th</sup> will be the new date for the Outings leaders outing/seminar.

**NEW BUSINESS:** NR

The meeting was adjourned at 8:23 p.m.

### NEW AMC MEMBERS

Steven Anderson	Tami Kovacs
Rebecca Cluck	Tim Kovacs
Sean Colonello	Jeremy Oxley
Karol Harvey	Mike Swanson
Matt Kalina	Bob Wirth
Greg King	Silas Zirkle
Caitlin Kovacs	

## DISCOUNT DIRECTORY

The following merchants currently offer a discount to AMC members.

**Arizona Climbing Center** - 1911 West Cheryl Drive, Phoenix, AZ 85021, 997-4171. Show your AMC membership card and get a 10% discount at gym and shop, special orders 20%..

**Arizona Hiking Shack** - 11645 N. Cave Creek Rd., Phoenix, AZ 85020, 944-7723  
Show your AMC membership card and get a 10% discount; special orders 15%.

**Desert Mountain Sports** - 2824 E. Indian School #4, Phoenix, AZ 955-2875  
Show your AMC membership card and get a 10% discount - ask at DMS for further details.

### AMC RENTAL EQUIPMENT:

EQUIPMENT	Lb-Oz	Qty	Cost/Wk
<b>Tents:</b>			
4-season 2-3 man	7-6	1	10.00
4-season 2 man	6-0	1	6.00
3-season 2 man	5-0	3	5.00
4-season 1 man bivy	1-15	1	7.00
Sherpa Snowshoes		8	5.00
Ski poles (var. sizes)		4	0.50
Crampons (sizes 6-14)		10	2.00
In-step crampons		1	2.00
Gaitors (Goretex)		2 pr	2.00
Ice axes (70-90 cm)		12	2.00
Snow shovel	1-10	2	3.00
Snow pickets; flukes		10 @	1.00
MSR Multifuel Stove		1	3.00
Yates Big Dudes #6, #7			5.00
Haul bag		1	10.00
PortaLedge		1	Call
Climbing shoes	Various sizes		Call

**EQUIPMENT RENTAL GUIDELINES:** Your name must be on the most current membership list. Deposit required; varies by item; generally \$20-\$50. The two-personal-checks system works best. Advance reservation suggested. If not using the reserved equipment, please call and cancel. Call Linda Locke at 602-997-4235 for shoes. For everything else, call Paul Norberg at 602-808-9244 .

## TREASURER'S REPORT

Statement of Operations  
01/01/99 Through 12/31/99  
Category Description

Amount

<b>INCOME</b>	
Advertising .....	125.00
Book Sale & fins.....	18.00
Equipment Rental.....	412.50
Interest.....	113.52
Membership Dues.....	4,368.00
Program Income.....	87.00
Rental Income.....	412.50
Tee Shirts.....	190.00
Training & Safety.....	15,008.00
<b>TOTAL INCOME</b>	<b>20,322.02</b>

<b>EXPENSES</b>	
Access .....	600.00
Administration.....	2,469.96
Conservation.....	92.51
Equipment Maintenance.....	588.66
Equipment Purchase.....	1,080.00
Library.....	286.76
Newsletter.....	4,171.98
Outings.....	340.00
Programs.....	4,785.42
Bank Charge.....	135.29
T-sjorts.....	609.00
Training & Safety.....	8,621.09

**TOTAL EXPENSES** ..... 23,879.00

**OVERALL FOR PERIOD** ..... -3,556.98

### ACCOUNT BALANCES

CD 8608-6895.....	4,174.89
Checking.....	1,327.28

**TOTAL ASSETS\*** ..... \$5,502.17

\*The switch to a new accounting program (now underway) may produce slightly different ultimate-final figures since we began the year with one system and are ending it with another. Some loose ends have refused to stay tucked in.  
—Ed.

=====

# Steph Davis

## *Summer Vacation of 1999*

### **Big Walls in Baffin and Yosemite**

Join Steph Davis as she tells about her summer vacation in 1999. The first stop was Baffin Island where she established a new route on an unclimbed formation in Gibbs Fjord. The route, established with climbing partners Russell Mitrovich and Brandon Kammier, was called “Zen and the Art of Leadership” (VI 5.11 A4). It took 21 days to climb.

The second stop of her summer vacation was Yosemite. Steph joined climbers Russell Mitrovich and Beth Coats to climb the “Zodiac” on El Capitan. Beth Coats is a former professional mountain biker who lost the use of her legs in a fall descending from the Bastille in Eldorado Canyon.

Join us for an exciting slide show of a woman who likes to climb internationally, enjoys big rocks, and loves adventure.

*The show will be Monday, February 28, from 7:00 to 9:00 p.m. at the Los Olivos Senior Center, 2802 East Devonshire Ave, one block north of Indian School on the east side of 28th St.*

The program is free to AMC members: \$5 for non-members.

ACCESS

# **PINNACLE PEAK TRAIL DAY FEBRUARY 19TH**

**SATURDAY  
9:00 a.m.**

We need to haul more rocks and do some work on the trail itself.  
Bring: gloves and hat, water and snacks, wheelbarrows and old packs.

**PLUS!!**

Individuals are needed for instruction in trail building techniques, using rock and concrete mortar. This spring they will use these rocks to build walkways and stairs leading to Pinnacle Peak's major climbing areas.

**Watch for e-mail from Paul Dief or from the AMC announcing other dates before the 19th.**

**Call me with any questions, especially if you do not receive the AMC e-mail:  
602/234-3579.  
Jutta Ulrich**

**Pinnacle Peak News:**

The City of Scottsdale has released the proposed climbing management plan for Pinnacle Peak. A copy is enclosed in this newsletter. Read it. If you have comments, questions, or concerns, please email me at [w Schroeter@sprintmail.com](mailto:w Schroeter@sprintmail.com) or call at 623-878-3914. The City has asked for comments by January 31. - Wayne Schroeter

## SPUR-OF-THE-MOMENT ORIZABA

Howdy-I just wanted to recap a little jaunt I did over the New Year. I had just a couple of days off and a LOT of desire.... Clay, my buddy from Santa Fe and climbing partner of Ellingwood Arete/Kit Carsons fame, ( you have to call me up and have a beer to hear those stories) buzzed me in late NOV. to talk a bit about our upcoming attempt of Cho Oyu. We have been planning this upcoming trip for about six months now, training with that goal in mind.

The thought of a good blast up a tall and steep but readily accessible mountain like Orizaba, well it just seemed too good to pass up. And the thought of doing it on New Year's Day was even more enticing.

We left on Tuesday the 28th of Dec. and got to the beautiful city of Puebla at 7800 feet the same night. Heading straight to the city of Tlachichuca on the next day, we stayed with senior Limon who is the underdog outfitter/ hotelier/ transportation man. That means he is cheap and tries a lot harder.

The following morning, after a breakfast of beans and eggs and nescafe, we went in a 4-wheel-drive vehicle to the Piedra Grande Hut at about 13,900 feet. We had met and become acquainted with this nice trio of students from Gunnison CO who were similarly trying the peak - (Shelly, Rob and MATT) - this was their first time abroad and above 13,00 feet.

Clay and I hiked up to the lip of the glacier at about 15,200 feet and left some gear in our cache. We played with the rope and set up our ascenders and went back down to the hut. I was no fool and started myself on Diamox immediately and for the first time with that rapid an ascent got NO headache.

Miraculously, the hut was not jammed with humanity but there were campers and other climbers from Canada, the US, and Russia. We tried to take a rest day on Friday, but Clay just had too much energy and went back up the glacier to play and put more gear up at our cache, while I climbed the spine of the hill just west of the hut up to 15,500. Our Colorado buddies placed a tent I loaned them up at 15,000 feet and made plans to sleep there and get a "leg up" on the climb the next morning.

We tested out our newly acquired Motorola Talkabout radios and found them to be working great. Clay and I ate an early dinner and tried to bed down around 6 pm. We had only some nice folks

from Midland Texas - the quiet religious types, and a Hispanic lady in the hut.

IT WAS TOO DAMN GOOD TO BE TRUE. About 8pm, 4 Germans - it seemed like 20 - appeared in the hut with a case of spirits and their exuberant selves. Clay shot up and in uncharacteristic aggressiveness announced that we needed quiet and that we were going up in a few short hours. This only served to stimulate a continuous drone from our new guests. How they could have that kind of energy and that much booze up at 14,000 feet, I will never know.

We rested a few hours and got up at 11:50. More green tea and some hot chocolate down our palates, a little granola, and we were off at 0130. Making great time, we tripped over the nearly comatose form of one of our buddies from Colorado - Matt - he was lethargic, confused, ataxic and puking. We gave him some Decadron - which he soon gave back to the mountain in a projectile form - had to help him with the swallowing and water acquisition. Lending him my pole, I continued upward while the superhuman partner of mine led Matt down a thousand feet to safety and a much more alert state.

I meandered around unable to find the cache in the dark - locating it only 15 minutes before Clay returned. After a few moments with crampon malfunction we were off again and heading to the 16,200 mark where we would bear right and try the steeper Espinoza route. With 50 feet of rope between us, we established a rhythm of climbing that worked. For the next 2 1/2 hours I went up the crusty 45 to 55 degree slope using my classic duck walk and Clay the pretty French technique.

At 17, 243 feet, Clay had to have a colonic evacuation which I can say may have been the high point of HIS CLimb. The low point there may have been that as he strained, the Motorola Talkabout radio on his waist popped off and skidded down the slope - never to be seen again!. I stayed with him anyway.

He continued our brisk pace to the crater rim where we were a few hundred yards from the summit. We are still debating the summit altitude but the books all say around 5730 meters or about 18,700 feet. Our altimeters said less. The two Colorado climbers, Rob and Shelly, were coming round the bend having come up the standard route, and we summited together. There at the top, 4 Mexicans greeted us with shots of Tequila which we politely declined. I danced on the rope to Clay's dismay.

*(Continued on page 9)*



## CONDITIONING, THE KEY TO MAKING IT

—By Erik Filsinger, Paul Norberg, and  
Gordon Foster

There has been a dramatic increase of interest among AMC'ers in mountaineering over the past couple of years. It seems that more and more folks are putting on their boots and tackling everything from Colorado 14'ers to Rainier to Kilimanjaro. Having battled mountains collectively for almost ¾'ers of a century, we thought we'd share some thoughts on the hidden secret to mountaineering success – conditioning.

What follows is a collective account from the three of us. There are excellent articles and sources out there; e.g., the December 1999 issue of *Rock and Ice* has an article. It should also be noted up front we are not talking directly about the other major challenge of mountaineering – dealing with altitude acclimatization – that is another, but separate topic related to handling the mountains. Here we are just talking about what it takes to get your backside up the hill and back down, hopefully with some enjoyment of the experience.

In the mountains, the rubber meets the road and the toughest thing you are going to find is the physical exertion. Many rock climbers love those crags that are a short walk from the car. Mountaineering requires you to go all day, maybe a couple of days, on your feet. You can't just train at the last minute; it's a lifestyle decision. It will take a planned schedule of getting in shape.

Conditioning for mountaineering requires both endurance and power/speed. Endurance requires you to be able to go all day long. Power/speed is having the physical strength to go uphill with a load at the required pace. Drawing upon accumulated wisdom and models from marathon conditioning, we would say that people should do one of the following training regimens.

Determine what the physical requirements will be for your climb, e.g., 5,000 feet of elevation gain on summit day. Over the course of at least 2 months (you already have the basic physical shape from your lifestyle, right?), begin doing training on a daily basis that follows something like the following:

For the first month, Monday, Tuesday, Thursday, and Sunday, do a workout that equals 1/4 of your goal, e.g., climb 1,000 feet per day with a 20-pound pack. Wednesday go 1/3 of your goal, e.g., 1,500 feet, at a rapid pace. Rest Friday (a rest day is part of your conditioning). Saturday do ½ or more of your goal, e.g., 2,500 feet.

For the second month, increase your Monday, Tuesday, Thursday, and Sunday workouts to 1/3 of your goal, e.g., 1,500 feet, and carry a 30-pound pack. Wednesday do ½ of your goal, e.g., 2,500 feet, at a rapid pace. Rest Friday. Saturday do at least ¾ of your goal, e.g., 4,000 feet.

Practically, what this may mean in Phoenix area could be something like the following.

A good baseline would be to have as part of your lifestyle climbing Camelback (or Squaw Peak) 3 times a week with a 20-pound pack. At about 1,000 feet of elevation gain, Camelback equals about ¼ of a mountain climb.

A 1/3 workout would be to climb Camelback and go halfway down the other side and back over.

A ½ workout for mountain climbing might be, therefore, roughly an over-and-back on Camelback.

You get the picture.

For those who love to run, chances are that you can simulate much of this through your regular conditioning. However, running should be supplemented by climbing uphill with a pack so that the power component of conditioning can be present as well as aerobic capacity. Often runners are excellent mountain climbers until they have to heft a pack.

To be ready for a typical mountain, the minimum self-test is that you should be able to climb Camelback with a 20-pound pack in 50 minutes. If you can't, start working up to it now. Otherwise the mountain will eat you for lunch and you'll be puking yours! —(Continued on page 10)

# LEAD CLIMBING SCHOOL

## ARIZONA MOUNTAINEERING CLUB

### PURPOSE

This is an advanced climbing class. Even if you don't plan on leading, you will learn much about the dynamics of climbing, and it will make you a safer climber. There will be no "true" lead climbs during the class. Protecting a climb is a different skill from climbing itself. We will talk about the dynamics of lead falls, how to prepare for a climb, the differences between single-pitch and multi-pitch, the differences between bolted routes and natural pro, and we will provide actual leading exercises. Call Rogil Schroeter at 623-878-3914 to register.

### DATES, TIMES AND PLACES FOR THE LEAD SCHOOL ARE:

Feb 8	Tuesday	6:30 pm – 9:30 pm	Dreamy Draw Park
Feb 9	Wednesday	6:30 pm – 9:30 pm	Dreamy Draw Park
Feb 10	Thursday	6:30 pm – 9:30 pm	Dreamy Draw Park
Feb 12	Saturday	9:00 am – 5:00 pm	Prescott (directions will be in syllabus)
Feb 13	Sunday	9:00 am – 5:00 pm	Prescott (directions will be in syllabus)

### ITEMS YOU NEED FOR THE CLASS:

(Note: the first night, you will need harness, biners and the payment for the class)

- 1) \$50 fee (make payable to AMC; you must be a member, so it may also require renewing or joining the AMC)
- 2) Helmet - mandatory
- 3) All climbing gear
- 4) Specifically needed:
  - 2 20' (untied length) slings, preferably different colors
  - 2 10' (untied length) slings, preferably different colors
  - Nut pick
  - Quickdraws w/biners - at least 5 per person
  - All pro - cams, hexes, wired nuts, Tri-cams
  - Consider combining with another person to have enough gear
- 5) Hiking boots or shoes with stiff soles for Saturday, climbing shoes for Sunday
- 6) Optional: kneepads for Saturday (\$3-6 at Home Depot, \$5 volleyball pads at sporting goods stores)

### ITINERARY

<u>Tue</u>	Lecture, slide show: Introduction, the lead fall, equipment
<u>Wed</u>	Lecture, slide show: Equipment (continued); the Process and Techniques of Leading
<u>Thu</u>	Lecture, slide show: Multi-pitch techniques, the descent, leader rescue, aid climbing
<u>Sat</u>	Prescott: practice natural pro placement (Sullivan Canyon)
<u>Sun</u>	Prescott: practice leading on bolts (Watson Lake)

# PINNACLE PEAK ROCK CLIMBING MANAGEMENT POLICY — DRAFT

*Below is the City of Scottsdale's proposed Pinnacle Peak Climbing management policy. Scott Hamilton, the Trails Coordinator, has sent us a copy to review before it is taken to the Scottsdale Parks Commission, tentatively scheduled for April. He has asked for comments to be received by January 31. Email Wayne at wschroeter@sprintmail.com or Bill Exham, Scottsdale Community Maintenance & Recreation Division, at bexham@ci.scottsdale.az.us, or call Wayne at 623-878-3914 or Bill Exham at (480) 312-2600. I would prefer to consolidate comments to present to Bill, but everyone is entitled to his or her own say, free from interpretation. I believe that Ordinance #3127 is the Park Operations Plan approved by the City Council in March of last year.*

## **Proposed Pinnacle Peak Rock Climbing Management Policy**

Pinnacle Peak has been acquired by the City of Scottsdale to preserve and protect the natural beauty and ecological features of the Peak, provide accessibility to the Peak to accommodate the historical uses of the general public in a safe and healthy environment, and to provide educational opportunities to our residents related to the flora and fauna of the Sonoran Desert.

In order to insure the long term protection of this natural resource and facilitate the safe use of the Peak by the general public while mitigating impacts to the natural environment and surrounding residents, Ordinance # 3127, was approved by the City Council on March 15, 1999. This Rock Climbing Management Policy will provide additional guidance to the public related to accepted practices, responsibilities, and areas that rock climbing will be allowed on Pinnacle Peak.

## **CLIMBING AREAS**

Rock or cliff climbing or rappelling will only be allowed in designated areas within Pinnacle Peak. Those areas are as follows:

- Pinnacle Peak & vicinity (excluding lower east wall)

- Y- Crack
- Cactus Flower; eastern face only.

Violators of climbing and other regulations and laws governing Pinnacle Peak are subject to prosecution resulting in fines and/or imprisonment in accordance with City of Scottsdale Ordinance # 3127.

## **CLIMBER RESPONSIBILITY AND SAFETY**

The City of Scottsdale recognizes, as should all climbers, that all climbing activities are inherently dangerous. Further, it is impossible for park staff to guarantee the safety, experience, or ability of any climber. Staff will not inspect or certify the climbing equipment or ability of any visitor. Staff will not certify any route's difficulty rating, safety or the reliability of any fixed anchor.

Park visitors climb at their own risk and are solely responsible for their personal safety while climbing on park property. Climbers are expected to secure proper equipment and training, and are further expected to adhere to standard climbing safety practices. Safe climbing demands that each climber has experience in route finding, route protection, rope handling, retreat from steep faces, and emergency first aid.

## **WARNINGS TO BE POSTED AT PINNACLE PEAK TRAILHEAD**

All climbing activities are inherently dangerous and may result in injury or death. Climbers climb at their own risk and are responsible for obtaining proper equipment and training.

Park staff do not create or maintain any climbing route.

Park staff do not install or maintain the fixed anchors on any climbing route.

Route selection and the decision to rely on fixed anchors are the climber's responsibility. New routes are not allowed.

## OTHER CLIMBING INFORMATION

Climbing is allowed in designated areas only and must coincide with the park's posted hours of operation.

Climbers must utilize the designated access trails leading from the main Park trail to climbing areas.

Temporary or permanent closures of individual routes or specific climbing areas may occur to protect the natural resources or for visitor safety.

Fixed anchor locations are limited to those already established.

Unroped climbing is not recommended.

## FIXED ANCHOR POLICY

Prior to the acquisition of Pinnacle Peak by the City of Scottsdale, the climbing areas on the property were established by the local climbing community using fixed anchors, primary expansion bolts and pitons. Responsibility for the installation, inspection, and long term maintenance of these anchors rests completely with the climbing community. The City of Scottsdale makes no claims as to any fixed anchor's condition or reliability and does not guarantee that any fixed anchor is still in place.

Replacement of existing fixed anchors for safety reasons will be allowed.

All anchor replacements will be done on a volunteer basis by members of the climbing community. Volunteers shall consult with organizations specializing in climbing issues like the Access Fund prior to replacing anchors.

All climbing equipment, tools, anchor hardware, and any other costs associated with anchor replacement are to be provided by the climbing community. Old anchors are to be completely removed and carried out.

When possible, old anchor holes will be redrilled and reused. Otherwise, old anchor holes are to be sealed with a mixture of epoxy and rock dust. Park staff will have no role in anchor replacements.

It is the intent of park management to limit the impacts in all climbing areas by encouraging low impact climbing, therefore upon the approval of this policy, the addition of fixed anchor locations or development of new routes will be prohibited at Pinnacle Peak Park.

## DEFINITIONS

Rock Climbing includes the following:

**Rappelling:** Using a rope to descend from a steep slope or face.

**Free Climbing:** Climbing in which the climber relies on the rope only for safety. Progress is made by using the hands and feet on the natural features. Anchors are typically used, but only to stop a fall; they are not used as climbing aids.

**Direct Aid Climbing:** Climbing in which the climber is completely dependent on the rope for support and safety. Progress is made by installing protective anchors in the rock and then relying on them to support the climber's weight as the climber stands on them and reaches up to the next anchor.

**Bouldering:** Climbing that occurs on rock faces usually less than 20 feet high. Typically it involves repeating a sequence of moves up or across a rock face. Usually done without a rope.

**Fixed Anchor:** Climbing protection that is installed and intended to be left as a permanent fixture on a climbing route. The most common examples include pitons, which are hammered into cracks, and expansion bolts, which are drilled into smooth rock faces.

## ORIZABA *(Contd. from 6)*

We shot some photos and headed down. We made the hut by 11 am and even with the nearly 2-hour delay of the rescue had done the tour in a round trip of less than 10 hours. Matt was improving; the Germans were quiet; life was good.

Some Russian students were there — but three of their partners were lost on the mountain. No word on their whereabouts was available.

Our ride down the mountain came at 3:30. We were happy to head to Tlachicuca for showers food and a beer and a fantastic 13-hour sleep. The next day was full of relaxing and sun on Senor Limons rooftop and a cab ride to Puebla. A fun shopping day and good food filled Monday and we were off to Phoenix on a long flight home Tuesday.

As a postnote: a helicopter rescue team found the frozen bodies of the three Russian climbers in a cave on the 3rd of January. Details are still sketchy; I think they were actually on the standard route though we were told they were on the West face earlier. It is sad to think that no registry exists for climbers, no park rangers; and that those of us at the Piedra Grande Hut may have been less than 2 miles from where they perished.

*Marilyn Geninatti- Phoenix and Clay Clarke-  
Santa Fe, New Mexico*

## OUTING LEADERS TO ENHANCE SKILLS

A special AMC outing leader training session will be held on March 4th at Titanic Wall. Meet at 8:00 a.m. at the Mesa Community College parking lot or at the Oak Flat turnoff at 9 a.m.

Topics will include pick-offs and other good stuff that outing leaders should be happy to know.

Please call Wayne at 623-878-3914 to make planning easier.

## FIRST AID PROPOSAL

There seems to be enough interest in first aid to warrant a monthly First Aid column in our newsletter. I believe the AMC has done this before. It must be the nature of our sport. And the people who become involved in it.

How I would like to approach this monthly column is to get as much group input as possible. Not only would I like to know what other members would like to read about, but anyone who has input/experiences in first aid would be great. I would especially be interested in wilderness first aid. Although it would be a little more complicated it would be fun to do some written scenarios. Particularly related to climbing injuries. So gang, let me know what you want & what you have experienced.

A foreseeable problem with a first aid article is someone not properly trained doing more harm than good (i.e. attempting CPR because you were certified 7 years ago & only have watched it on TV since). For this reason I will try to keep the articles as basic & simple as I can. **IF YOU ARE NOT TRAINED, DO NOT GET IN OVER YOUR HEAD**, particularly with trauma injuries such as long falls, or any injury that involves the head & spine. Leave the serious injuries for the professionals. Even better yet, get training.

Starting in January, we will publish a well-rounded first aid kit. After that we will start a monthly column. Looking forward to your input.

—Mick

### JOSHUA TREE OUTING

February 18, 19, 20 Joshua Tree Group outing, no leader. Up to 15 People in 5 cars can occupy Indian Cove Group Site #10 for a weekend of fun. Site is paid for by the AMC. Please call Sally Borg to "sign up," as we need to make sure we're within the legal limit of 7 to 15 people in the site.

You don't lead? Call around and find a leader to go with you! (and sign up for Lead School)

—Sally

## LETTING GO IS — HARD

I keep holding on, my grip grows weaker, and I'm tired, tired of the the ever present damnable burn, interspersed with the sharp report of raw bone surfaces grinding past one another.

"You can do whatever you want," Dr. Lowy told me once, "it just depends on how much you can tolerate." He tried to understand what it meant to me to climb. The constant adrenaline drip into my bloodstream; stronger than heroin, coke and the muse combined. An existence defined in two directions, balanced between stark raving fear and cool clarity of thought and courage. I keep holding on, and I'm tired.

The first operation went well, and I was back on my feet in a few weeks. Andrew cleaned out the "First-met-a-tar-sul" on the right foot, and in three weeks, I hiked about 30 miles in The Canyon, with a full combat load. In a few months however, an old familiar acquaintance crept back into my body. That was in 1995, just before I met Sandy.

She introduced me to the rock gym one week, and the next, we were out at the Mine on Ride the Wild. "When he came up over the edge," she would describe later, "his eyes were as big as dinner plates." That which was hidden was now revealed. Wide open mountain-top vistas spread out before me, a view seen only by birds and other insane people. The sheer joy of being tied to another human at opposite ends of a 50 meter life-line while moving up the face of living rock. Insects on the visage of a Titan.

The more I climbed, the better I got, and the more the pain crept back. The more it hurt, the less I climbed, and the skills I had purchased with blood and sweat began to erode like the cartilage in my foot.

"That joint needs to be replaced," Andrew explained patiently, "the surgery lasts only about 10 minutes; we're in and out just like that." A couple of weeks of rest, followed by a few more weeks of rehab, and I would be as good as new. He showed me the latest model. Two stainless steel pins, joined at a silicon ball and socket joint. Replace about a hundred more bones and I'm the Terminator.

The end of May 1999, too chicken to become a Terminator, I opt for another clean out operation, but J-Tree calls. Jeff and I swapped leads on Right On, the longest climb in the park, and my

hangover was gone after the first pitch. Most likely my last lead climbing. Only 5.5; a modest event, but I'm barely holding on and I'm so tired. A week later, Andrew re-attached a dime-sized chunk of cartilage that had torn almost completely away from the bone. Push "Fast Forward" and stop at Sven Slab, November, 1999.

My right foot is almost useless after four top-roped climbs that I used to lead effortlessly. It seems like a dream ago. Ice packs on each foot now as the arthritis has invaded the left foot as well. Codeine tablets take the edge off, but I don't sleep. I'm so tired. I limp into work the next day, and hobble around, the pain in my heart almost as great as that in my feet. I feel my grip fail, the rock face rushes past me in a blur of tears, and I hit the horizontal world with a thud.

I go back to Dr. Lowy next week, and we'll discuss joint replacement. Right now, walking is more important than climbing. I held on as long as I could, and in the end, I just had to let go.

- Scott Parrish

### Glacier Travel and Crevasse Rescue Seminar — Sign-up Now

We are now taking sign-ups for the Glacier Travel and Crevasse Rescue Seminar to be offered in April of 2000. This year's seminar will include one evening session on Wednesday, April 19 and a practicum at Snowbowl on April 22 and 23.

We plan to cover the following topics:

Snow and glacier travel skills – use of ice ax, crampons, self-arrest, demonstration of French, German, combined techniques for hands and feet with 1 and 2 tools, roped travel, running belays, fixed ropes, and ascenders.

Snow and ice anchors -- pickets, flukes, dead-men, and bollards with practice so you can see how well different techniques seem to hold, and

Crevasse rescue – this will build on the snow and ice anchor materials

The seminar fee is set at \$30. To sign-up, please call Erik Filsinger at 480-443-2621.

## CONDITIONING *(Contd. from 7)*

To be sure that you are in reasonably good shape, consider testing yourself against the following:

With a twenty-pound pack going over and back (parking lot to parking lot to parking lot) on Camelback in about 3 ½ hours.

With a twenty-pound pack going up Thompson Peak from the trailhead in about 2 hours.

The first time I did Rainier was with a 30-year-old jock who had been doing Squaw Peak in 45 minutes without added weight. He did not make it. The next time he trained so that he could carry a 40-pound pack up Squaw Peak in 45 minutes. The climb didn't faze him at all.

One further consideration is that your conditioning should mimic to the extent possible the event for which you are training. Use the conditioning to test different boots, socks, and the like. Train how to work your "gear." A very real life consideration in this regard for Valley residents is that we live and train in warm weather. It will be critical that you know your body's response to cold. The mountains tend to be cold to very cold and we do not typically train in the cold. Therefore, make a committed effort to conduct some of your training where it is cold enough to get a sense of how to dress, maintain body heat, and the like when you are pumping in the cold. A secret: in the cold, dress and adjust your workout so that you keep sweating to a minimum.

Remember that you need both endurance and power. Speed is an essential component of power. Push yourself. And, if you have one or the other, focus your energies on what you are missing. For example, if you have power, work on endurance. Likewise, if you can go all day but feel you may be a little slow, spend extra training on speed.

All of this sounds tough, but it will make the difference between success and failure, or at least between having a good time or a definitely not so good one.

## WILDERNESS AID CLASS

**BACK COUNTRY EMERGENCY CARE** (offered by Summit Emergency Wilderness Seminars)

For those of you who took last year's 22 hour Wilderness Medical Training Class with Laurie & Bugeye, you know what a great education it was.

Bugeye being a climber himself geared the class toward climbing-related injuries. At the same time Laurie & Bugeye gave a great overview of the proper steps in handling wilderness emergencies. The class will start with the basics of first aid. The different skills build on each other. Then the class culminates with the "Grand Scenario" on Sunday which helps to evaluate hard and soft skills.

The class fee of \$130.00 is a bargain for the information learned. The class includes a wilderness emergency syllabus and a certification of completion card for a 22 hour wilderness medical training that meets the National Safety Council requirements for Level 2 first aid training and adheres to the Wilderness Medical Society's practice guidelines for wilderness emergency care. 15 hours of C.E.U.s are available for EMTs.

The class will be held on February 25, 26th & 27th. Class begins at 6 PM on Friday and goes until about 10 PM. Saturday runs 9 AM to 5 PM with an hour lunch. Sunday begins at 8 AM and ends at about 6 PM. There is a limit of 20 students and the class is expected to fill up. Due to getting burned in the past - the \$130 fee **MUST** be paid in full to reserve your spot, and is **NOT** refundable without a substitute.

Please call Mick Strole for further info or to reserve your spot (602) 788-4031

---

About the Petzl headlamp I found at J-Tree — someone left me a message but my kid (hubby?) erased it before I could find out who it was. Please call back!

—Lynn Alexander (480) 396-1055.

## AMC DUES DO GOOD THINGS!

Dear Member(s),

It is time to renew your membership for 2000, if you have not done so — the membership year runs from Jan. to Dec.

Please consider this - the more members we have, the more influence we have in dealing with governments and organizations about Access issues. United we stand . . .

Please make your check payable to AMC and send to:  
AMC Membership  
6519 W. Aire Libre  
Glendale, AZ 85306

You may also pay at the next meeting.

If your name, address, phone or email have changed, please enclose corrections with your check.

Write <Rogil.Schroeter@Honeywell.com >  
or call 623-878-3914 if you have questions.

Climb safe and enjoy life!!

## AMC LEAD SCHOOL INSTRUCTOR'S MEETING

The lead school instructor's meeting will be at 6:30 pm, Thursday, Feb 3, at Sally and David's new (club)house, 5617 E. Windsor Ave., Scottsdale, 480-425-9689. (Drive to 56<sup>th</sup> St and Thomas or 56<sup>th</sup> St and Oak; 56<sup>th</sup> St does not go through from McDowell on the south. Closest freeway access is 52<sup>nd</sup> St. exit of 202; go north on 52<sup>nd</sup> St to Thomas or Oak, turn east to 56<sup>th</sup> St., then follow directions. From 56<sup>th</sup> St and Thomas, drive south to Windsor. From 56<sup>th</sup> St and Oak, drive north to Windsor. Turn east to 5617.)

The lead school schedule is as follows: Feb 8,9,10 at Dreamy Draw Park, 6:30pm-9:30pm, and Feb 12,13 at Prescott (Sullivan Canyon Sat., then Watson Dells Sun.).

The three weeknights will be lecture, slide shows and equipment discussions. If you can't attend the instructor's meeting but would still like to help, call me and tell me when you want to help; I can fax or email the full schedule to anyone. I want to give everyone an opportunity to help. See you at Sally and David's! - *Wayne*

## ACCESS SAYS THANKS

Dear Sue and the Arizona Mountaineering Club,

Greetings from snowy Boulder:..

Once again the AMC has proven to be one of the Access Fund's great supporters. Thank you for including is in your 35<sup>th</sup> Anniversary Membership Meeting. We received \$410 and one new member from that event and we appreciate your continued support and work for the Access Fund.

In the last year we worked with the AMC on four events which you planned to benefit the Access Fund. This year you've raised \$1,280 and 41 members to support Access Fund climbing and conservation projects. You've also remained one of our original Community Partners having joined in 1991 and donating \$4,760 to date.

We appreciate your support as an organization and hope to continue to work side by side with you to preserve our climbing resources.

Sincerely, Heather Clark.

## TIMBER TRAILS PROJECT

Timber Trails Children's Project, Inc is a non-profit organization that provides a camp experience in the mountains of Northern Arizona at no charge for urban children living below the poverty level in Arizona. For many of the children, this is their first trip out of the city and their first exposure to the great outdoors. Besides having fun, the children also participate in their literacy program, nonviolent communications, and ropes course (promotes teamwork) with helps to build new skills and receive the educational reinforcement they need. Timber Trails wants to build 10 cabins and a dining hall that would accommodate 100 campers in the high country of Northern Arizona. If you want to contribute money to this organization or receive more information, please contact: Timber Trails Children's Project, Attn: Elizabeth Hunzicker, Vice-President, 151 Julie Lane, Sedona, AZ 86336, email: timbertrails@seonda.net, telephone 520-203-30361.



\*Group outings: The campsite, where possible, is reserved by the AMC. There is no designated leader, although there may be a leader to work with non-leaders (call to find out). Call to find car-poolers. Parking is first-come, first-served in some cases. To request outings: Call Outings Chairperson Sally Borg, 602-788-3552. To cancel: Please call the outing leader to cancel as soon as possible: there may be a waiting list. Also, the leader will know not to wait for you on outing day.

**COMMERCIALLY PROVIDED TRAINING AND SERVICES  
ESPECIALLY FOR AMC MEMBERS#**

- Feb 19-21 **Beginning Ice Climbing School** including avalanche safety training. \$160. Avalanche school alone is \$50. Coord by Erik Filsinger, 480-443-2621
- Feb 25, 26, 27 - **Back Country Emergency Care** by Summit Wilderness Emergency Seminars 22 hour course, \$130. (One scholarship available) Mick Strole (602) 788-4031
- Apr 9 - May 3 **Manaslu Trek, Nepal.** Off the beaten track in Nepal. Jim Sumrall, 480-966-4525
- May 4-Jun 2 **Annapurna Circuit** (essentially) plus attempts on two 6,200m. peaks at bargain rates. Jim Sumrall, 480-966-4525.

**BILLBOARD — Other Scheduled Events #**

- Feb 5 **Superstition Ridgeline Hike.** 11 miles. Moderately strenuous. Will be split into 2 parties: Faster hikers contact Bill Fallon 602-996-9790 or email to: bfallon@goodnet.com; Slower hikers contact Rogil Schroeter 623-878-3914 or email to: Rogil.Schroeter@CAS.Honeywell.com.
- Mar 4,5 **Arizona Trail Work** Camp free at Roosevelt Lake (showers!). Work with AMC'ers Sally Borg and Michael Baker. "If we get enough done on Saturday, we can climb at Queen Creek on Sunday!"
- Mar 17 **Banff Film Festival Road Show** Arizona Science Center 6:30-11:00. Tickets on sale at REI on March 1st.
- Tuesdays **North Mountain Hikes** Evening. Rogil Schroeter, 623- 878-3914
- Wednesdays **Arizona Climbing Center** - 6:00 p.m., Rogil Schroeter, 623-878-3914

# Outings listed in these sections are not AMC sanctioned outings. Any AMC member can list an event he or she is planning and which is open to other AMC members. The member does not have to be an approved AMC Outing Leader. If you wish to participate you should be physically and mentally prepared and equipped with the appropriate gear and should contact the member planning the outing. You are responsible for your own safety, not the person leading the outing. You should always be aware of the risks involved in outdoor activities and conduct yourself accordingly.

MISSING: AMC Motorola TalkAbout Radio. Last seen in Joshua Tree at Lost Horse Wall on Monday or Tuesday. Please contact Tim Medlock at 480-807-4920 if you have any information.

## AMC CALENDAR OF EVENTS

*Participation in AMC outings requires club membership. Outings vary in degree of danger. When you participate in an outing you should be both physically and mentally prepared and equipped with the appropriate gear. You should always be aware of the risks involved in outdoor activities and conduct yourselves accordingly. The outing leader is not responsible for your safety; you are. Please contact the outing leader before going on an outing, discussing your capabilities with the outing leader. You must be over 18 years of age to participate, or must be accompanied by a parent or responsible adult, and obtain prior consent from the outing leader. Those accompanying minors are responsible for the minor's safety.*

### WHEN WHERE & WHAT & WHO

- Jan 29 **King Dome at Crown King** Beautiful granite face climbs on south facing wall. 5.9-5.10. Limit 10. David Larimer 602-604-0532
- Feb 3 **Lead School Instructor Meeting** Wayne S
- Feb 5 **Gumby's Mystery Outing** 602-508-9696 for details — if you dare. .
- Feb 8 **Lead School** Feb. 8, 9, 10, 12, 13. \$65 (\$50 if already a member) Rogil S. 623-878-3914.
- Feb 19 **Pinnacle Peak Trail Work** See notice in this issue.
- Feb 18-20 **J-Tree Climbing** Indian Cove site #10. Must "register" with Sally Borg at 602-788-3552 since camping will be limited. BYOL
- Feb 19-20 **Ice Climbing** — (see Com'l Training Section)
- Feb 25-27 **Wilderness First Aid Seminar** — (see Com'l Training Section)
- Mar 2 **Basic School Instructor Meeting.** Mick Strole 602-788-4031.
- Mar 7 **Basic Climbing School.** Mar. 7, 9, 11, 12, 14, 16, 18. \$150. (\$135 if already a member) Rogil S. 623-878-3914.
- Mar 25 **Queen Creek Cleanup and Climb.**
- Mar 30 **Anchors School Instructors Meeting.** Tim Medlock, 480-807-4920.
- Apr 4 **Anchors School** Apr 4, 6, 8, 9. \$65 (\$50 if already a member). Rogil S. 623-878-3914.
- Apr 14-16 **Bouldering contest** near Oak Flats. (Not an official AMC outing but most of the troops will be there to compete or help as a volunteer.)
- Apr 22-23 **Crevasse Rescue Skills.** \$30. Erik Filsinger. 480-443-2621.
- Jul 25-Aug 5 **Wind Rivers BYOL Summer Camp** (???) Date firm. Plans to come

(Continued on page 13)

### AMC OUTING LEADERS

Requirements for becoming a leader: take the basic, AARS and Lead classes (or equivalents), be a member for at least one year, complete a basic first aid and CPR class (8 hours or more), and be approved for leadership by at least five current leaders through formal application process. Contact Tim Medlock at (480) 807-4920.

Bill Berkley .....	480-945-4346
Sally Borg .....	602-788-3552
Tom Conner .....	temp inactive
Mark Donahue .....	602-866-0133
John Ficker .....	602-867-1487
Sue Goins .....	480-821-0535
Scott Hoffman .....	623-580-8909
Richard Horst .....	602-971-5738

David Larimer	602-604-0532
Tim Medlock	480-807-4920
Jeff Nagel	480-968-2020
Paul Norberg	602-808-9244
Paul Paonessa	602-493-7356
Brad Sanders	480-961-3674
Tim Schneider	480-497-8377
Rogil Schroeter	623-878-3914

Wayne Schroeter .....	623-878-3914
Jef Sloat .....	602-843-2490
Mick Strole .....	602-788-4031
Frank Vers .....	480-947-9435
Allan Watts .....	602-866-9933
Gary Youngblood .....	602-508-9696

# February 2000

## AMC Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																																														
		1 <b>Camra Meeting</b>	2 Sunrise 7:24 Sunset 8:00	3 <b>Lead Sch. Instructors</b>	4	5 <b>Mystery Outing w/ Gummy</b> <small>new moon</small> <b>Superstition Hikes</b>																																																																																																																														
6	7	8	9 Sunrise 7:18 Sunset 8:07	10	11	12 <small>first quarter</small>																																																																																																																														
<b>Lead School</b>						<b>Lead School</b>																																																																																																																														
13  <b>Lead School</b>	14 <b>AMC Board Meeting, 7:00, Los Olivos</b>	15	16 Sunrise 7:12 Sunset 8:13	17	18 <b>J-Tree Outing</b>	19 <small>full moon</small> <b>J-Tree Outing</b> <b>P.Peak Trail Work</b>  <b>Ice Class</b>																																																																																																																														
20 <b>J-Tree Outing</b>  <b>Ice Class</b>	21	22	23 Sunrise 7:04 Sunset 8:29	24	25 <b>Medical Seminar</b>	26 <b>Medical Seminar</b>																																																																																																																														
27 <small>last quarter</small> <b>Medical Seminar</b>	28 <b>AMC Meeting, Show by Davis</b>	29	<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr><th colspan="7">January</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>		January							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr><th colspan="7">March</th></tr> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>2</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>3</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table>		March							S	M	T	W	T	F	S							1							2							3							4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
January																																																																																																																																				
S	M	T	W	T	F	S																																																																																																																														
						1																																																																																																																														
2	3	4	5	6	7	8																																																																																																																														
9	10	11	12	13	14	15																																																																																																																														
16	17	18	19	20	21	22																																																																																																																														
23	24	25	26	27	28	29																																																																																																																														
30	31																																																																																																																																			
March																																																																																																																																				
S	M	T	W	T	F	S																																																																																																																														
						1																																																																																																																														
						2																																																																																																																														
						3																																																																																																																														
						4																																																																																																																														
5	6	7	8	9	10	11																																																																																																																														
12	13	14	15	16	17	18																																																																																																																														
19	20	21	22	23	24	25																																																																																																																														
26	27	28	29	30	31																																																																																																																															

**ARIZONA MOUNTAINEERING CLUB**

P. O. BOX 1695

PHOENIX, ARIZONA 85001-1695

PLACE LABEL HERE

