

ARIZONA MOUNTAINEER

JUNE 2001

Now that the valley is warming, it is Jack's Canyon time of year again. Here Jef Sloat leads one of the shady side climbs during last season's outings. Because the canyon makes an S curve, you can pick your climate by choosing your location, like the rattlesnakes do. A whole bunch of Flagstaff area outings are scheduled during June and July and more will be set up for later. Photo by Ron Logan.



THE ARIZONA MOUNTAINEERING CLUB

MEETINGS: The AMC normally meets the 4th Mon. each month (Nov. & 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 \$25.00 per year; \$30.00 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 sent to:

AMC Membership Committee
6519 W. Aire Libre Ave.
Glendale, Az. 85306

OTHER CORRESPONDENCE:

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.

NEWSLETTER

Send stories and photos to Wally Vegors, 6151 N. 8th Ave., Phoenix, Az 85013 or e-mail <vegors@worldnet.att.net>

BOARD OF DIRECTORS:

President	Erik Filsinger	480-314-1089
Vice-President	Jeff Nagel	602-318-9538
Secretary	Lynn Alexander	480-396-1055
Treasurer	Bill Stinson	602-547-2560
Director-1yr	Ron Logan	480-497-6975
Director-1yr	Tim Ward	602-212-1929
Director-1yr	Scott Hoffman	623-580-8909
Director-2yr	Bruce McHenry	602-952-1379
Director-2yr	Dave Larimer	480-425-9689

COMMITTEES:

Access	_____vacant_____	
Co-Classification	Scott Hoffman	623-580-8909
Co-Classification	Jeff Nagel	602-318-9538
Conservation	Charlene Todd	480-917-5354
Elections	Don Thomas	480-892-9513
Equip Rental	Paul Norberg	602-808-9244
Email	Penny Medlock	719-494-1171
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
Newsletter	Wally Vegors	602-246-9341
NL Distribution	_____vacant_____	
Outings	Bruce McHenry	602-952-1379
Co-Programs	Lisa Barnes	623-931-6721
Co-Programs	Donna Forst	602-485-4648
Public Relations	Kim Huenecke	602 569-0790
Trail Maint.	Jutta Ulrich	602-234-3579
Training, Safety	Wayne Schroeter	623-878-3914
Basic Class	Sally Larimer	480-425-9689
Anchors Class	Tom Conner	480-897-7623
Lead Class	Mick Strole	602-788-4031
T-shirts	Wendy Gaynor	602-547-2560
WebSite	Kirra
.....	<webmaster@AzMountaineeringClub.org>	

FOR MORE INFORMATION:

Call (623) 878-2485
Email info@AzMountaineeringClub.org
Web www.AzMountaineeringClub.org

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, —VACANT—.

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 \$20 or more 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 \$20 or more is needed to receive Vertical Times, The Access Fund newsletter. One can also join electronically — <<http://www.accessfund.org/Join.html>>

THIS MONTH IN THE AMC

IN THIS ISSUE

- 1 Index, Club Info.; Birthdays this month
- 2 Board Meeting Minutes; Special Election
- 3 Discounts, Treasurer's Report, Equipment
- 4 Program: AMC Trekkers Report
- 5 President's Corner
- 6 Sedona Spires Fall— to Opland
- 7 Navigation Class Coming
- 8 Glacier and Crevasse Training
- 9 Grenadiers Outing; Meeting Place?
- 10 ... Scree
- 11 ... High Altitude Illnesses Seminar
- 12 ... AARS Class; Lost Items
- 13 ... Calendar of Events Contd
- 14 ... 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 6151 N. 8th Ave., Phoenix, 85013. 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

June Deadline: 15 June 2001



HOT STUFF!!!

**CALIFORNIA,
COLORADO, NEW
MEXICO, UTAH, AND
ROT CHERE IN
ARIZONA — AMC
HAS A SLEW OF ALL
KINDS OF CLIMBING
OUTINGS SET FOR
THIS SUMMNER.
SO LET'S GO!**

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 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 deposit.

AMC JUNE BIRTHDAYS

Lynn Alexander 2, Gary Johnson 2, Tim Steele 2, Evan Smith 3, David Hansen 5, Lisa Polacheck 6, Peter Zurcher 7, Nancy Birdwell 8, Ana Franco 8, Gale Dominy 9, David Johnson 11, Rene Vereecken 11, Joel Marsin 12, Tim Medlock 13, Steven Robarge 14, Karen Schneider 14, Bosco So 16, Thu Duong 17, Charlene Todd 18, Karol Harvey 21, Tim Woodward 21, Jennifer Salerno 22, Todd Jostes 25, Jeff Harvey 26, Michael Berkowitz 28, William Campbell 28, Lynne Hulvey 28, Dave Tanton 28, Paul Schmitt 29

MINUTES OF THE AMC BOARD MEETING: 5/7/01

Board Members Present: Filsinger, Stinson, Hoffman, McHenry, Larimer
Committee Chairs Present: Thomas, Kirra, Vegors, Conner, Schroeter, Thomas
Members Present: Query, Hubble, Goins, Keedy

Having a Quorum present, the meeting was called to order at 7:17 at Los Olivos Senior Center

Secretary's Report: Minutes of April 9, 2001 Board Meeting were approved as submitted

Filling of Vacancies: Vacancies are Secretary, Director, Access Chair. After review of Bylaws, procedure for filling vacancies is to make announcement at next meeting and schedule elections for the following meeting. Don Thomas will handle this process.

Treasurer's Report: Reports reviewed without correction

President's Report: Membership report received from Rogil Schroeter was reviewed. Thanks for that report. We do face challenges in the area of membership. There has been an increase in participation at the Alpine Seminars at REI on first Thursday of month. We are pursuing increased classes for the future, i.e. first aid, wilderness medical, and others. More on that as things develop. Letters from member was distributed to board members.

Old Business:

Outing Leader Incentive – Request recommendation from committee for next board meeting.

Newsletter Distribution Alternative – Vegors will work with Nagel for recommendations for next board meeting.

Web site – Fast Q unable to host web site as we prefer. New web site URL distributed for board comments NLT May 12 when site will be moved to new host. Motion, second and carried to authorize Stinson and Kirra to complete web site move to new host.

Alternate General Meeting Location – Hoffman will contact Lisa for additional information for next board meeting.

Club Documents – Thomas and Filsinger continue work on that project.

New Business:

Reciprocal Newsletters from other Climbing Clubs – Eric will contact other clubs to pursue newsletter exchanges with various western clubs. Concern stated about financials in our newsletter.

Budget for Outing Leaders – Who controls – Consensus is that Chair has authority

Communications with Outing Leaders – Email is current most effective means, however phone calls work at times. Discussion held concerning Leaders frequency of leaning activities. Leaders are requested to provide an Email address for communications purpose.

Adopt-a-Crag – Goins volunteered to chair that project. McDowell Sonora Fund donation request – Approved to contribute same amount as last year.

Pinnacle Peak Trail Work – Starting Thursday, May 24 from 5 to 9 PM and every Thursday for following 10 weeks. Trail is pretty good but needs some vegetation maintenance as well as train maintenance.

Colorado Outing – Tim Medlock will lead an outing around July 4th weekend or sometime around then in Colorado. More information in Newsletter.

Library – John Krance volunteered as Library Coordinator in place of Alexander

Land Navigation Course – Query announced Aug 14, 16, 18 for that course. Discussion held concerning non-member instructors.

Meeting Adjourned at 9 PM

NOTICE OF SPECIAL ELECTION

In the past month two members of the board handed in their resignations. The open positions are Secretary and Director. A special election shall take place at the June 25th Membership Meeting. Members wishing to run for these positions should contact Don Thomas at (480) 892-9513.

NEW MEMBERS

Andrew Horst
Lori Horst
Lidia Nieckula
Char Presley

Juan Restrepo
Joe Shannon
Brian Sullivan

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%.

AMC RENTAL EQUIPMENT:

EQUIPMENT	Lb-Oz	Qty	Cost/Wk
Tents:			
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
Gaijors (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	50.00
Jumars		3	5.00
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.

Sue Goins just couldn't help herself and break old habits. She volunteered to head the Access Fund's *Adopt a Crag* project for AMC this coming fall.

TREASURER'S REPORT

Statement of Operations
01/01/01 Through 2/28/01
Category Description

Amount

INCOME	
Administrative	0.00
Advertising	20.00
Book Sale & fines	0.00
Equipment Rental (incl shoes)	237.00
Interest	7.29
Membership Dues	5,905.00
Mountaineering Schools	82.80
Program Income	10.00
Schools	352.80
Tee Shirts	298.00
Training & Safety	8,175.00

TOTAL INCOME 15,005.09

EXPENSES

Access	0.00
Access Committee	0.00
Administration	337.35
Bouldering Contest	300.00
Club Functions	0.00
Equipment Purchase, Maint	70.12
Insurance	33.51
Library	134.81
Mountaineering	0.00
Newsletter	1,070.98
Outings	0.00
Programs	1,282.24
Bank Charge	8.71
T-shirts	1230.46
Training & Safety	5886.56

TOTAL EXPENSES 10,354.74

OVERALL FOR YEAR TO DATE 4,650.35

ACCOUNT BALANCES

CD Account	5,000.00
Savings	523.05
Checking	7,201.60

TOTAL ASSETS \$12,724.65

AMCers in Nepal

Come hear the story of four AMCers who trekked all the way around the world's eighth tallest mountain, Manaslu Himal, in Nepal. They will share stories of an amazing journey, that took them well off the beaten path. Come hear about tall Himalayan peaks, high mountain passes, and the amazing Nepali people that call this land "home".

The meeting will be held on Monday, June 25th, from 7:00 - 9:00 p.m. at the Los Olivos Senior Center, 2802 East Devonshire Avenue, one block north of Indian School on the east side of 28th Street.

THE PRESIDENT'S CORNER-- Diverse and Growing

I have received some great feedback and suggestion from folks on club activities. My opinion is that we are facing some challenges and hopefully are on a path to turning those into opportunities. Here is an abstraction about which I'd like to hear your thoughts. Maybe the title should be Diversity and Societal Evolution, but you can make up your own mind.

The origin of this club, and lots of other climbing clubs, was to facilitate hooking up with partners to go climbing. Outing leaders simply put out into the circle of friends that they were going for a climb and others joined them. Classes started as a way to help spread the word and pre-qualify partners. The social aspect of finding neat folks to hang out with was a key byproduct.

The AMC has built successfully on that tradition and has institutionalized its instructional arm to the extent that many folks in the PHX area feel that if one is to learn rock climbing, the AMC is the way to go. We now offer some of the finest instruction available and at a fraction of the cost.

Which is my segue into some interesting challenges and growing pains we are facing? Several vectors of societal change are impacting us. Climbing has become more popular. Besides meaning that the local crags are more crowded, I think there are changes in the climbing culture as well. In many ways the "rock climber's sub- or counterculture" of slang and ethics is being supplanted to some degree with the mainstream culture and predominant values of those newbies you meet out there and "in-here". We are have a broader cross-section of values and modes of speech. More diversity means that we do not all have necessarily a shared value system.

Paralleling the popularity of climbing is the elongated economic expansion that has made many rock hound, counterculture types into midlevel corporate types. We simply tend to have a lot more money to spend. Back 10 years ago or so when I joined the AMC the calls for feeding the instructors were likely pretty true. Now those same calls are endearing and have an emotional bonding function that is great, but many of our folks probably have delicatessen tastes to go with their middle-class incomes. We need to be sensitive to that diversity, but also recognize that many AMC'ers now have greater resources to buy the latest gear, travel to exotic and classic locales, and the like. Likewise, we must respect that some folks have made a life decision, and one I envy at times, to hold back on careers that could line their shelves with goodies in order just to climb more.

Money also brings up two other issues: commercialization of the sport and lawsuits.

In line with the popularity of climbing and the money many potential climbers are making, it is my experience that the fastest growing segment of climbers may well be middle-age corporate executives -- men and women who

have spent lots of time and energy being successful and look to adventure to add meaning to their well-healed lifestyles. As someone who has guided a number of them, they don't want much warm-up and don't invest a lot of time earning their stripes. Instead they bring the hard-driven values to climbing mountains that made them successful on the corporate ladder. Diversity, anyone?

While the AMC was once pretty much the sole source of quality rock climbing instruction in the PHX area, there are now likely commercial guide outfits that have arisen to meet the increased demand. Along with the popularity of rock climbing in general, the activity of guides on local crags may well impact AMC'ers in their activities. And a lot of AMC'ers are climbing out-of-state and out-of-country, also with the assistance of guide services. This adds to our diversity of experience in ways that I personally feel are very beneficial. But you are more likely to meet someone climbing that spends part of their time with the AMC and part in commercial settings.

Money to some extent also parallels the growth of the litigious society in which we live. Some of you have seen the lawsuit by the Utah women who fell while on a date with a supposed expert climber (and later found out to be married). According to news reports it was alleged that he was lowering her with the rope just running through a sling. Her injuries were serious and she now has sued the would-be Romeo. From the facts as presented in the articles I read I'm inclined to say, "go get him," but will your next partner be looking for deep pockets? God, I hope not.

Maybe more than any other societal dynamic, the tendency of folks to sue others has been changing our sport. Guide services were the first to be on the forefront of lawsuits, but climbing clubs have also been ensconced in the battles. Hopefully we at the AMC are being prudent with our risk management practices that focus on an informed membership, training, safety practices, and insurance where needed but along with those items comes a somewhat higher degree of focus on looking to standardize our practices so that they are defensible. To the members who remember the laissez-faire days of old, this may seem like a highly repugnant development. But I feel it is simply being prudent and living with the changes in our world over which we have little power.

But the diversity of these and other changes has impacted the AMC. The Club is not the same club of 10 or 20 years ago, and maybe that's just fine.

If you have other thoughts, email me at smorefil@aol.com.

Erik Filsinger

SEDONA SPIRE CHALLENGE

By Greg Opland

My friend Bill is fond of saying that the only thing better than climbing is MORE climbing. Towards that end, he often (usually) pushes himself to climb quickly and efficiently, knocking off more pitches in a day than most people would climb in two or even three. I often wish I had his energy. I met Bill, nearly ten years ago over the Internet. One e-mail led to another and I found myself dangling halfway up my first big wall in Yosemite. I retaliated with an offer of climbing in Arizona and Bill came out the next month to do a few routes on Granite Mountain. We also climbed the Mace, one of the classic spires (and probably the most traveled technical climb) in Sedona. Over the years, we've gotten together periodically for frantic bursts of activity at Red Rocks, Cochise Stronghold, Eldorado Canyon, Lumpy Ridge, the Grand Canyon, etc.

Every once in a while, I get caught up in Bill's hyperactivity, usually when we get together to climb, either here in Arizona or when I make the odd trip to Colorado. Sometime last fall, Bill and I got to sending e-mail and talking about Sedona. I mentioned that I had a project I'd been thinking about for a while: to climb four spires in Sedona in a day. Bill immediately volunteered and we slated the adventure for spring. In February we set the date for the first Sedona Spire Challenge (hey, we had to call it something) in late March and Bill got tickets.

Bill's plane arrived on time, but we failed to locate his bag. After some horsing around and a trip to find some food, we returned to the airport grabbed the bag and headed for Sedona. We set off from the trailhead at 6:03am the next morning with a long day in front of us. The first tower was Oak Creek Spire (aka the Rabbit Ears). We picked this one to be first because it would be the most time-consuming climb and because I hadn't actually done the whole thing yet. I hadn't done any of our intended route, the North Face-West Crack route, rated 5.9. After arriving at the saddle just north of the spire, I volunteered to lead the first pitch. I was soon belaying off a pair of bolts at the top. After

cleaning the pitch, Bill scrambled up shelves and ledges to move the belay to the base of the next pitch. This pitch started with the crux section, tight handcrack climbing that felt nearly overhung. This was followed by easier climbing to the base of an obtuse flared chimney, more ledge and another wild chimney where stemming and "body" climbing got him to the top in a massive 185' pitch. Very nice!

This deposited us on top of the lower "rabbit ear". To get up the last pitch, you have to locate the spot where it's possible to jump a six foot chasm from one "ear" to the other. Yes, you heard right...you have to JUMP. I led the jump quickly, deciding that thinking too much was only going to make it seem that much worse. Bill said later he had flashes of my 200+ lbs. hurtling down the chimney and permanently damaging him as he caught the fall. Thanks buddy! Bill came over, we signed the summit register and started the raps. We had a tense minute where we thought our day was going to end when the rope got stuck after we pulled the second rap. I lowered more weight on it and it popped loose. We were soon on the ground, packed up and hightailed it out of there. We hadn't been as fast as we'd hoped, but we figured not many people are back at the car by 10:15am after climbing Oak Creek Spire.

Next up, Dr. Rubos Wild Ride (5.9) on Summit Block Rock. This would be my fifth time up this route. The day was warming up quickly and we were sweating pretty good by the time we got to the base of the route. I'd led all the pitches on this, so I gave Bill the first two leads (the best on the spire). He cruised up the first pitch to find a bolted anchor. Someone went in and put in seven new bolts on the spire, five for belays and two of which are on the route itself. Why can't people just leave these climbs alone instead of bolting the crap out of them for mere convenience? The newly bolted belays were fully protectable with regular gear. We won't even start into the addition of protection bolts to pitches that had been climbed numerous times over the twenty-some odd years the climb has been done. I took over on last two pitches. We were soon doing the long double-rope rap off the back. We did the round trip from truck to truck in a fairly quick two hours and 28 minutes.

We headed south back to the Chapel of the Holy Cross and parked. The North Face (5.7+) of Streaker was our "breather" spire. Easy enough that we could maybe pick up some time but probably the least classic climb of the day. The approach was a hot grunt. We racked up and I led a long traversing first pitch. Bill got the next two so he could enjoy leading the better pitches onsite. We moved through these pitches efficiently and soon threaded the ropes for the rappel. I nearly saw my rap device go plunging over the side after the first

(Continued on page 7)

appel, but a ledge saved it and me from having to remember how to set up a biner brake rappel. We hit the ground, packed up and headed for the truck. The round trip on Streaker took us two hours and 19 minutes. At this point, we were convinced that we were going to be climbing at least most of the Mace in the daylight and we were pretty psyched about that.

The drive to the Cathedral Rock trailhead is short. We changed out clothes, picked up some water, and I trimmed the rack down to the six pieces I knew we needed. This would be my 14th ascent of the Mace and I knew exactly what to bring and not an ounce more. Another approach grunt up to the base of the route. I offered to lead the first and third pitches. Bill had led these the last time so he would get to lead the pitches he hadn't led before. I knocked off pitch one with Bill firing up right behind me. I had a headlamp, mostly to insure that we wouldn't need it, but Bill had left his in his pack, confident that we were going to be back on the ground by the time it got dark. Bill led the second pitch and I followed. Swinging leads when you're tired and trying to move quickly is hard to do since you have to turn right around and lead the next pitch after chugging up the previous one. But then you get your rest time after leading, while your partner does his thing. Better to lead in blocks for pure speed, but we were also changing things around so Bill could lead the pitches he hadn't done before. I gathered the gear at the second belay and went right on by, doing the "airy traverse" and squeezing into the chimney of the third pitch. This pitch is short, but burly. I finished it off and Bill followed. I handed him the gear for the crux pitch and he disappeared up the slot beyond the belay. He fired the pitch and I came right up behind. We knocked off the last summit pitch, signed the register and headed for the ground. We had climbed the Mace in a hour and 25 minutes! As we hit the dirt, Bill said "dammit!" When I asked what was going on, he said if we hurried, we would break the 13 hour mark. Had it been just after 13 hours, we probably would have strolled back to the truck. As it was, we felt a need to finish under the hour mark, so we scrambled back to the packs, shoved the stuff back in them and then ran, YES RAN, all the way back to the truck. The descent took us 9 minutes! We hit the truck 12 hours, 53 minutes and 48 seconds after starting the day. About fifteen minutes later, it got dark.

While I'm climbing, I really prefer to stop and

smell the roses. I like to look out from my rocky perch and admire the views, the breeze, and to take the time to enjoy the feel of rock under my fingertips. While this type of day will never be anything more than an exception to the rule for me, being able to climb quickly and efficiently and to tackle big ambitious climbing projects is something I enjoy once in a while. It's good to step outside of the usual thinking and to see things in a new light. Set new borders for yourself. Stop looking at this or that route as an all day occupation. You might surprise yourself and find that MORE climbing is indeed better than climbing.

—Greg Opland

Carpe Geo!
(Seize the Earth!)

NAVIGATION CLASS COMING

It is my intent to offer an introduction to a map reading and land navigation course to the Arizona Mountaineering Club. This course will cover many of the basics on land navigation and a strong focus on the USGS 7.5 min

topographic maps. Topics to be covered:

How to read USGS maps and are generated

Map interpretation, focusing on the 7.5 min quad series

Navigation with map and compass, even if you only have one of the two

Altimeter and GPS integration to land navigation

Numerous navigation techniques and tricks

The course will include two nights of instruction with many visual aids and the students will be presented many hands on exercises. Also one full day in Flagstaff (or alternate areas due to fire restrictions) to practice the newly acquired skills on a land navigation course that will I will set up for the day.

Dates: August 14 and 16 (Tues and Thurs evenings) and plus Saturday the 18th. Info on registration, costs, places to be announced in later newsletters..

—Chris Query

Piolet Ancre...Pied Troisième.... ?

Is it dinner in a fancy French restaurant? No, it's two of the climbing techniques AMCer's learned at the recent Snow Climbing/Crevasse Rescue class. The class is an introduction and refresher to techniques and equipment for high altitude snow and glacier travel. The sessions were led by Mountaineering Chair Erik Filsinger, and assisted by instructors Jim Gillette and Mark Hubble.

On Wednesday April 25, twenty AMCer's showed up for a classroom session at the PV REI. General considerations in mountain and alpine travel were discussed, such as varied terrain and environment, objective dangers, and conditioning. The session covered equipment; ice axes, crampons, and snow pickets and flukes. Basics of high altitude travel were reviewed including options to tie-in, when to rope up, rope teams, staying upright, altitude effects, and steps in planning a crevasse rescue. Erik also covered some of the features and danger points of glaciers and crevasses, and effects of weather.

On Saturday, April 28, everyone meet at for the Flagstaff Snowbowl for some real snow to practice on. We started with the very basics, like walking and breathing -- yes you have to do both at the same time. Erik noted the key in mountain travel is efficiency, being able to cover long distances quickly and safely. The Rest Step was demonstrated as an effective way to move, while doing Pressure Breathing to offset the thinner atmosphere.

On to the Snow! The weather gods smiled as it was a beautiful clear spring day of sun and breeze, sun block was in use and coats were quickly shed. Using the ski runs, we learned and practiced various types of steps for ascending and descending snowfields, both with and without crampons. It was stressed that mountain travel has more variability than other types of climbing. The phrase of the day was "it depends". A different step or technique may be appropriate depending (that word again) on terrain, steepness, weather, personal comfort level, and skill of your rope mates.

Next we got to play slip-n-slide on the slope. The positions for self-belay and self-arrest with the ice axe were learned. To practice we slid down the slope and then stopped ourselves with various self-arrests. Head down on your back is a

good way to get snow down your neck! Tu was having great time trying to bobsled down the hill.

At last we got to look like Mountaineers -- with crampons and ice axes everyone split into rope teams, tied in, and started up the hill. Everyone rotated through lead, middle, and end positions, while working on turns and proper rope tension. The teams practiced passing an anchor on running belays, and using ascenders on fixed lines. After a quick debrief, we headed down the hill. Some folks went into Flagstaff for dinner or a hotel. Others camped out and the roar of camp stoves cooking dinner could be heard. With the clear night the temperatures dropped into a frosty high 20's. However, the campers were rewarded with a beautiful sunset, and a million stars in the crystal black sky.

Sunday morning was an early start. We needed to get up the hill while the snow was still hard to practice foot and axe techniques for ice and steep slopes.

Various French and German climbing techniques were demonstrated and everyone quickly moved through various foot positions including pied a plat (flat foot) and pied canard (duck walk). Axes were practiced in piolet canne through piolet traction positions. Descending foot techniques included everyone's favorite, the gorilla stomp.

After foot and axe positions, we moved up the slope to practice setting anchors. Pickets, flukes, and ice axes are all used as snow anchors. And Oh yes -- all those knots you learned in Basic and Anchors school -- you better remember 'em! With snow anchors inherently weaker than rock anchors we also learned the advantages of the dynamic belay vs. the typical rock climbing static belay. Deadman, bollards, snow holes, and boot-axe belays were quickly run through.

Finally -- 'Ze Grande Finale' -- simulation of a crevasse rescue. Teams roped up and started up the hill. When the last member "fell" teams went into action. We used the acronym AAPP: Arrest, Anchor, Plan, and Prepare to work through the rescue scenario. Teams had to set-up anchors and haul out their victims. Advantages of pulleys, Z-rig, and CZ-rig haul systems were demonstrated. Kudos to instructors Jim Gillette and Mark Hubble for acting like actual 'fall victims', making us really self-arrest and haul them up the slope. NOT as easy as it looks or sounds. After another round up and

(Continued on page 12)

Grenediers Outing June 2001

Trip Name:

Grenediers, Southwest CO, June 22 to July 1

Outing Leader:

Erik Filsinger, Jeff Nagel, Wally Vegors

Erik is an AMC Outing Leader, Chair of the AMC Mountaineering Committee and has climbed over 200 mountains. He has lead many technical mountain climbs.

Jeff Nagel is an AMC Outing Leader. Wally Vegors has years of mountaineering experience and leadership. We will have at least one rope team leader for every 3 participants.

Outing Description:

The outing will involve a two to three day backpack into the Vestal Basin in the Grenediers. From that base camp the trip participants will climb the Wham Ridge on Vestal and attempt the Trinity Peaks and Arrow Peak. A two-day backpack out will be anticipated.

Technical Aspects:

The Wham Ridge of Vestal involves low- to mid-fifth class alpine rock climbing. All peaks will involve scrambling and rappelling skills. Erik has route descriptions from at least two guidebooks. Opportunities will exist for a variety of technical climbs and/or scrambling ascents in addition to hiking.

Cost:

The costs will involve the transportation costs from PHX to CO and all food and materials used on the outing.

Hazards/Dangers/Medical Considerations:

The trip will involve all of the dangerous conditions typical to alpine mountaineering, including but not limited to: inclement weather, lightening, rock fall, climbing dangers, falling on rock, snow and/or ice, wild animals, and stream crossings. The participants will be isolated in a remote backcountry location. Help may be a day or two away.

Participant Qualifications:

Participants should have minimum climbing and mountaineering skills such as those covered in *AMC Basic School*, *AARS*, and *Snow Skills and Glacier Travel*. They will approved on a case by

case basis by the Outing Leader with no guarantee of being accepted to participate except as judged by him. AMC Outing Leaders and strong rock leaders may be given preference.

Emergency Medical Aid:

There will be participants along with some degree of first aid training, but participants should not expect that first aid and medical attention will be available.

Outside Services:

The trip will only involve AMC members and leaders.

Leader Remuneration:

No leader will receive remuneration, but it will be expected that the participants will reimburse the outing leaders for any personal climbing gear that is expended on the trip in the course of leading climbs.

KNOW OF A GOOD PLACE?

We are looking for member suggestions on a potential new meeting place for the AMC monthly meeting. We are looking to satisfy the following requirements:

1. More relaxed atmosphere
2. Centrally located in the Phoenix metro area
3. Place to store the library
4. Screen for projection
5. Big enough to accommodate 100 to 150 people
6. Availability needs would be one night a month from 6:30 to 10:00 p.m. on a Monday, Tuesday, Wednesday, or Thursday evening.
7. We are willing to pay a rental fee within reason - we are a non-profit organization

If any member has any ideas for a different meeting place, please contact a board member with their idea.

— Donna Forst

SCREE — by Wally

Necessity is sometimes the mother of common sense.

Being firmly rooted in the pre-cyber era (anyone for churning butter? pumping and carrying buckets of water for *everything*? thinking that Aladdin lamps were marvelously better than coal oil?), I was not sure I could make it to the sporting goods store on the north side of main street in Cortez before closing time in order to buy Colorado topo maps. But then came the great Aha!

Sure enough, the USGS in Denver has a site on the internet <<http://edcwww.cr.usgs.gov/webgjis/>>. And it turns out you can call 1-888-ASK-USGS using American English words to talk to an actual person, if you are really an old fogey.

They tack \$5 postage onto every order but they sell 7.5 quads are \$4 each, so by ordering two or three you come out about the same. And even REI and World of Maps do not carry many maps outside of Arizona.

There is a whole bunch of other stuff on the USGS website but my browser and nerve were not up to exploring further

Note that Wayne S. is resuming his Thursday evening trail improvement project at Pinnacle Peak beginning May 24th and running into August.

Chipping steps and hauling fill is good for your moral as well as your muscle fiber. Does wonders for your sense of self esteem, too, which seems to be a big thing nowadays. Come to think of it, educators gush over group cooperation as a civilizing influence leading to a sane and compassionate society. I have several reservations about this herd stuff tho. Where would we be if ... etc.?

Disregard the above clap-trap! You will be enabling your own realized self expression as a fiercely independent, self reliant, adventuresome individual who scorns to follow in another's footsteps when you help. (Pay no attention to that bayer on the ledge below reading route descriptions to you from the guidebook) It does benefit you. And me. So do it.

Sierramar Adventures in 2001



Jim Sumrall, Sierramar Adventures

Web: <http://www.jimsumrall.com>

E-mail: jim@jimsumrall.com

Tel: 480-894-9307 [888-241-2668]

**Join AMC member Jim Sumrall
with adventures in Nepal and
around the world.**

- | | |
|----------------------|---|
| Mar 18 – Mar 31 | Springtime in the Annapurnas, with the Sierra Club |
| Apr 10 – May 5 | Around Manaslu |
| May 8 – Jun 9 | Annapurna Circuit – Summit attempt on Chulu West |
| Sep 14 – Sep 28 | Iran Unveiled, with the Sierra club |
| Oct 6 – Nov 10 | "The Home Town Tour" Badel to Gokyo, the Everest region |
| Nov 13 – Dec 15 | Kanchenjunga Base Camp |
| Dec 23 – Jan 5, 2002 | Guatemala: Land of the Maya, with the Sierra Club |

Complexities Inside Enigmas Surrounded by Ambiguities — High Altitude Sickness

Dr. Robert Comp discussed altitude sicknesses at AMC's mountaineering seminar held at PV REI on May third. A pulmonary specialist who has climbed big ones in Asia as well as in North and South America, he is a recognized expert and a sought-after speaker at medical dos on this topic.

He began by stating the ground rules – the physics of gases at altitude and common everyday human physiology. Air density decreases logarithmically with altitude. At 5500 meters (ca. 18,000 feet) air is about half as dense as at sea level. The effect is very evident as low as 3,500 meters, or about 11,500 feet. This 2000 meter altitude range is where most serious altitude illnesses occur, numerically. Above this range is another ball game in another league.

The physiological responses to altitude increase include: deeper and more rapid breathing, adrenalin triggered increase in blood pressure, pulse and heart output. Over days, an increase in blood cell numbers and thickening of blood is another result. Work efficiency falls and one can be exhausted without muscle fatigue, except for the diaphragm. During sleep periodic heavy breathing may occur – a kind of apnea, with panicky awakenings.

Acute mountain sickness (a junior version of high altitude illness) can appear by the third day in some people at elevations as low as 8,000 feet. Pressure in the brain increases producing headache, nausea, loss of appetite and lassitude. A controlled ascent, limited to ca. 1,000 feet per day after first twinge, helps prevent it. If you have it Diamox or Decadron may help. Otherwise treat with rest and descent to a lower altitude. This affects many at ski resorts, particularly children.

On bigger mountains, the dry air, failure to drink enough, rapid and deep breathing and lack of appetite can produce a disabling dehydration. Other possible problems – sunburn from the doubling of UV ray intensity by 12,000 feet, and a chance for either heat illness or hypothermia or both within a few hours span.

Acclimatization – normally it takes from four to seven days at a given altitude for a person's physiology to fully adjust although this varies between individuals. Mild exertion helps. (*This is the antithesis of the usual AMC dash to the high country over a three-day weekend – ed.*)

The progression of illness is: breathlessness at lower altitudes progressing to acute mountain sickness described above, and then developing into the serious illnesses of high altitude pulmonary edema or high altitude cerebral edema.

HA Pulmonary Edema results from the collection of water in the air-spaces of the lungs. The higher blood pressure in the heart-lung circuit makes this happen. It affects about one of 10,000 skiers in Colorado but one in fifty climbers on McKinley. Younger males are at more risk. It often appears on the second night or after three or four days of climbing. The progression: breathlessness gets worse, coughing, exhaustion after only slight effort. The treatment is to descend. If available, take oxygen through a mask that requires pressure to exhale, plus medications.

HA Cerebral Edema is rarer but more deadly than HAPE. Immediate evacuation is essential. It *can* occur on Colorado-sized mountains. It results from fluid leakage from capillaries in the brain causing swelling constrained by the skull. Acute Mountain Sickness symptoms begin this illness. The victim then progresses through incoordination, falling, stupor, and coma to death. Medicate with Decadron. Get them off the mountain.

Naturally, the subject of ginko biloba came up as a way to minimize altitude sickness. Studies in France and Colorado indicate it may help. Dr. Comp said ginko appears to work. However, it is a "natural" product not regulated by the FDA so it is difficult to impossible to quantify the effective ingredient's present, whatever they may be.

In a discussion after Dr. Comp's seminar, Erik Filsinger said he hopes to gather data from AMC members who have tried various brands at various dosages on how much of what brand worked or did not work for them. Of course, if your physician is athletically sympathetic, you may get prescriptions for Diamox or Decadron, but both may produce side effects.

The British firm Ananova, citing a Swiss study reported in the American Heart Association journal *Circulation*, claims that vasodilators can help combat HAPE. Vasodilators are used to treat high blood pressure and angina, relaxing capillaries so blood passes through easier and at lower pressures.

In summary:

Prevention of altitude sickness? Take your time gaining elevation. Don't lug 70-pound packs uphill all day. Drink three liters of liquid per day. Eat well – your digestion should be fine below 5500 meters. Go to bed with the ptarmigan. If you can't sleep don't use sleeping pills – they tend to lower oxygen levels in the blood triggering panic awakenings with shortness of breath. Have fun.

—Wally Vegors

AARS CLASS

Twenty seven perspicacious souls completed the AMC's advanced anchors and ropes class in early April, under the tutelage of 36 volunteer instructors. The two evening sessions plus a weekend on the rocks, applying what they learned, gave students a leg-up on a long lifetime of safe climbing — and just in time for summer adventure.

Headed up by Tom Conner, instructors showed how elementary laws of physics can let a body down — hard — if they are ignored and how redundancy, outside of the employment world, can be a very good thing.

4/01 AARS school instructors:

Tom Conner
Erik Filsinger
Philip Goebel
Daniel Gonzales
Jeff Hatfield
Susan Hatfield
Scott Hoffman
Bryan Howell
Carrie Howell
Mark Hubble
Rita Ingram
Ron Jachimowicz
David Johnson
Perry Kearney
John Keedy
Sheri Kenly
Rich Kocher
Kevin Kriegel
David Larimer
Sally Larimer
Jeffry Nagel
Chris Query
Julie Recob
Randy Recob
Lance Roth
Mary Sauve
Glen Schroering
Rogil Schroeter
Wayne Schroeter
Kathy Sharp
Diana S Scott
Jef Sloat
Steinhagenherwood

Dave Tanton
Rick Taylor
Tim Ward
Gary Youngblood

4/01 AARS students:

John Ainlay
Jason Aronson
John Benson
Michael Berkowitz
Nancy Birdwell
Dale Carpenter
Bill Demlong
Colleen DeYoung
Thu Duong
Justin Hall
David Hansen
Karol Harvey
Lynne Hulvey
Pam Kalish
Jason Laird
Carolyn Lim
Maryann McKessy
Melody Moses
Stephen Petitt
Juan Restrepo
Heather Ryan
Beatriz Schnee
David Smith
Al Weikel
Judy Wenzlick
Craig Woodman
David Wright

GLACIER CLASS (Cont. from p. 8)

debrief, we packed up and headed down to Phoenix. We had a great bunch of folks, with several people contributing their experience from climbs on Rainier, Colorado, and South American peaks. Two from this group are headed to climb Denali next month, and our two adventure racers polished their skills for their next event. It was great fun and we all learned a lot. Big thanks to Erik, Jim, and Mark!

Students

Ken Ackerman
Lisa Barnes
Michael Berkowitz
John Granger
Kathy Granger
Dave Hansen
Jeff Hatfield
Susan Hatfield
Ron Logan
Bruce McHenry
Kristen MacConnell

Don Moden
Jeff Nielsen
Stephen Petitt
Tu Phem
John Schneider
Colleen Zirkle

Instructors
Erik Filsinger
Mark Hubble
Jim Gilette

LOST—NOT FOUND

Sally Borg Larimer says, "If you were a student or instructor in the last anchors class, please check your backpack for a stray #3 Camelot. It was last seen on the big dome under the power lines at anchors class. When the weather turned suddenly nasty, we all packed up and ran out of there and someone accidentally ended up with our #3 Cam.

We're hoping some poor soul hasn't been out climbing since anchors class and doesn't realize they've got our gear. Please take a look at your stuff if you were at the anchors class, will ya? And if you haven't been out climbing since anchors class, we need to do something about that." *Sally*

In like vein Ken Akerman laments, "I haven't been able to find my blue ATC belay device since I returned from the AMC class. I did mark it with red nail polish with my initials, KEA, in fairly large lettering.

I've looked through my car, my equipment bags and at home for it, but I haven't found it yet. Therefore, if any of you who were part of the mountaineering class at the Arizona snowbowl have any leads about where this may be, then please let me know. Thank you." *Ken Akerman*

- June 30-July 1. **Mt. Lemmon.** Marvelous Mecca for climbers. No Limit. 5.5-12 If there is enough interest, can try to rent the Showers Point group campsite. Dave and Sally Larimer 480-425-0689.
- July 4-8 **Colorado Springs.** Yes more Colorado Climbing!. Plan to climb on 4th, 7th and 8th. Tim will direct people to climbing areas for the 5th and 6th or recommend site seeing areas. Lots to do up there. Like a 14'er right next door! Climb Garden of the Gods on Saturday. For Wednesday and Sunday, maybe Shelf Road, a premier Sport climbing area. Hard climbs. Contact Tim for details on directions and camping. Tim Medlock. tim.medlock@kla-tencor.com
- July 14 **Mount Elden.** No limit, just show up. 5.6-10 in cool Flagstaff. Camping Sat. night optional. Meet behind the Denny's at I-17 and Bell at 6:30 a.m. Tom Conner 480-897-7623.
- July 15 **Humphreys Peak.** Hike to the top of Arizona's highest peak. No limit. Roundtrip 9-miles, 3800 ft elevation gain takes about 6-hours. Meet in the lower parking lot of the Snow Bowl (just north of Flagstaff off of Hwy 180) at 8:30 a.m. to begin the hike. No limit, no reservations. Tom Conner 480-897-7623.
- August 14-16-18. **Land Navigation Class.** Details to come. Chris Query.
- Sept 2-3-4. **Enchanted Towers, NM.** A land of stellar stone, perplex pocket pulling, and well bolted routes. Range is 5.7-5.13. The area is primitive so bring water, car camping equipment and pack out your trash. Come crank on some outstanding stone and fall off some of the biggest pockets you can hold on to. Richard Horst 602-953-9198
- Sep 13 **Lead School Instructor Meeting.** Mick Strole 602-788-4031..
- Sep 29 **Grand Canyon Cleanup.** Gary Youngblood 602-508-9696.
- Sep 18 **Lead School.** Sep 18,19,20,22,23. \$50, \$75 non-members. Rogil 623-878-3914
- Oct 11 **Basic Climbing School Instructor Meeting.** Sally Larimer 480-425-9689.
- Oct 16 **Basic Climbing School.** Oct 16,18,20,21,23,25,27. \$150. Linda/Kevin Krigel, 480-705-0428.
- Nov 1 **Anchors School Instructor Meeting.** Tom Conner 480-897-7623.
- Nov 3 **Queen Creek Cleanup and Climb.** Charlene Todd 480-917-5354.
- Nov 6 **Anchors School.** Nov 6,8,10,11. \$50, \$75 non-members. Rogil 623-878-3914.
- Nov 21 **J-Tree Thanksgiving.** Nov 21-25.

*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 Bruce McHenry 602-952-1379. 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.

BILLBOARD — Other Scheduled Events

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.

Tuesdays **North Mountain Hikes** Evening. Rogil Schroeter, (623) 878-3914
 Wednesdays **Arizona Climbing Center** - 6:00 p.m., Rogil Schroeter, (623) 878-3914.
 Contact Rogil: 623-878-3914 or Rogil.Schroeter@Honeywell.com

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

- May 24 - July 26. **Pinnacle Peak Trail Work**. Thursday evenings, 5 PM to sundown. Just show up, bring shovel, pick, gloves, water, etc. Up higher and lots cooler. Wayne Schroeter. 623-878-3914
- May 25-28 **Indian Creek, Utah**. Superb crack climbing, with a good range of difficulty. Richard Horst. 602-953-9198
- June 2 **The Overlook**. Beautiful Basalt Crack Climbing. No Limit. 5.6-10. Dave and Sally Larimer. 480-425-9689
- June 7. **Alpine seminar series** -- Mark Hubble, Avalanche Safety, Paradise Valley, REI at 6:30-8:30 p.m. For information on series contact Erik Filsinger at 602-906-1186
- June 9 **Jacks Canyon**. Stupendous Sport Climbing, gobs of routes. No Limit 5.6-12. Bill Stinson. 602-547-2560
- June 16 **The Pit**. Stunning Sport Climbs. No limit. 5.9-12 Meeting at 7:30_AM at the Denny's parking lot at I-17 and Bell Rd. Jeff Sloat. 602-843-2490
- June 23-24, **Bring-your-own-leader outing to Tahquitz, CA**. Head up Friday evening (6 hour drive). Multi-pitch (2 to 7 pitches) 5.0 to 5.11 trad routes at around 9000', one hour steep approach hike. Rogil for details: 623-878-3914 or rogil.schroeter@honeywell.com.
- June 23 to July 1. **AMC Grenadiers Outing**. Trip size is limited. Beat the crowds on the 14'ers. Climb high 13,000 foot peaks in the San Juans Mountains of Colorado. Low to moderate 5th class rock climbing, some steep snow, and lots of scrambling. Strenuous backpacking and mountaineering. The trip is being led by Erik Filsinger. Jeff Nagel and Wally Vegors will be assisting. To apply for the trip, contact Erik at smorefil@aol.com and submit a little paragraph about your climbing experience, skills, and alpine background. *(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 and by the Board of Directors. Contact Jeff Nagel at (602) 318-9538.

Bill Berkley.....	480-945-4346
Sally Borg Larimer...	480-425-9689
Tom Conner.....	480-897-7263
John Ficker.....	602-867-1487
Eric Filsinger.....	602-906-1186
Sue Goins.....	480-821-0535
Scott Hoffman.....	623-580-8909
Richard Horst.....	602-953-9198
Kevin Kozup.....	480-460-5940

David Larimer.....	480-425-9689
Tim Medlock.....	719-494-1171
Jeff Nagel.....	602-318-9538
Paul Norberg.....	602-808-9244
Paul Paonessa.....	602-493-7356
Chris Query.....	480-897-0900
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
Bill Stinson.....	602-547-2560
Mick Strole.....	602-788-4031
Frank Vers.....	480-947-9435
Gary Youngblood.	602-508-9696

JUNE 2001

AMC CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
	<table border="1" style="margin: auto;"> <tr><td colspan="7" style="text-align: center;">May 2001</td></tr> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	May 2001							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;"> <tr><td colspan="7" style="text-align: center;">Jul 2001</td></tr> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	Jul 2001							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					1		2	THE OVERLOOK
May 2001																																																																																																								
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																																																																																																				
Jul 2001																																																																																																								
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																																																																																																						
3	4	5	6	7	8	9																																																																																																		
		CAMRA MEETING Full Moon	Sunrise 5:19 Sunset 7:37 Moonrise 8:27 pm	Seminar -- Avalanche Safety		JACK'S CANYON																																																																																																		
10	11	12	13	14	15	16																																																																																																		
	AMC BOARD MEETING		Last Quarter Sunrise 5:18 Sunset 7:40 Moonrise 12:38am			THE P'T																																																																																																		
17	18	19	20	21	22	23																																																																																																		
			Sunrise 5:19 Sunset 7:42 Moonrise 4:34am	New Moon		GRENADIERS TAHQUITZ																																																																																																		
24	25	26	27	28	29	30																																																																																																		
GRENADIERS TAHQUITZ	GRENADIERS REGULAR MEETING / AMC TREKKERS IN NEPAL	GRENADIERS	First Quarter GRENADIERS Sunrise 5:21 Sunset 7:43 Moonset 12:13am	GRENADIERS	GRENADIERS	GRENADIERS MT. LEMMON																																																																																																		

ARIZONA MOUNTAINEERING CLUB

P. O. BOX 1695

PHOENIX, ARIZONA 85001-1695

