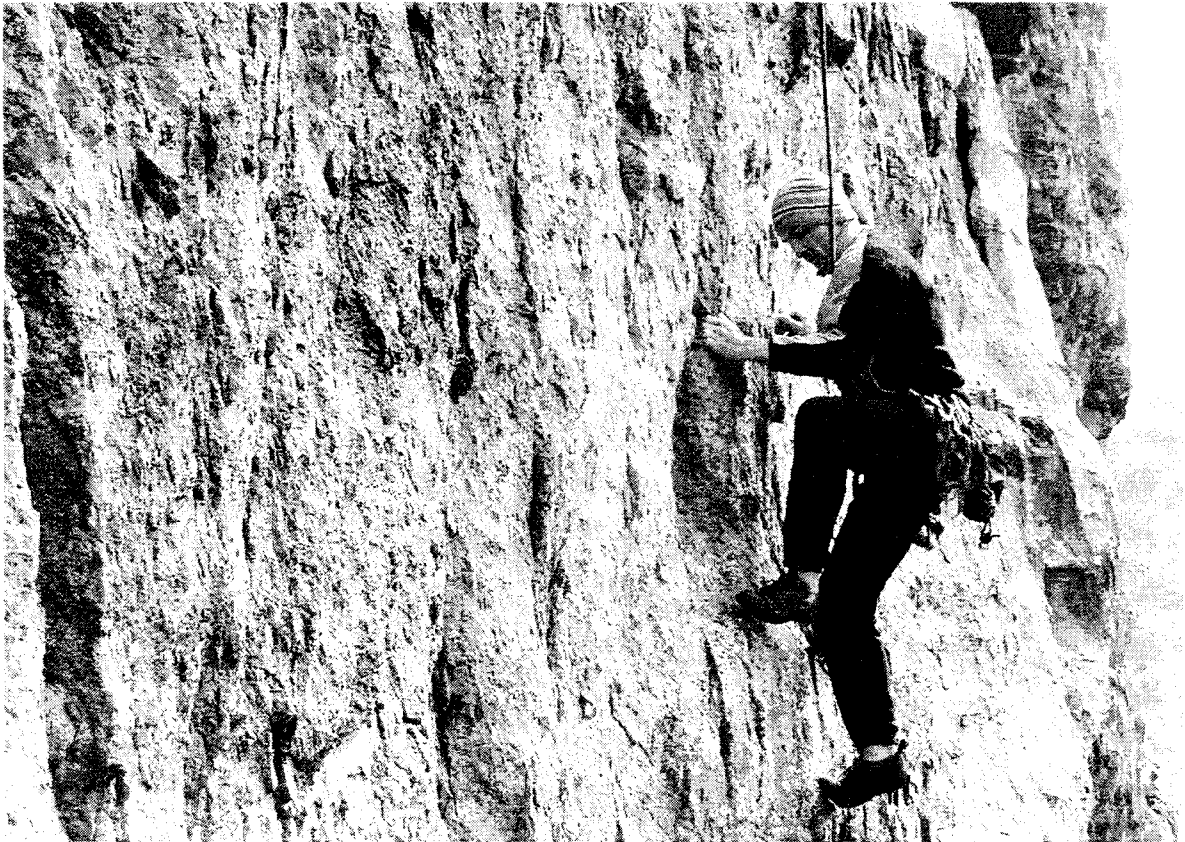


APRIL 2004

ARIZONA MOUNTAINEER



Mark Christiani dances his way up a climb on The Ruins on Mt. Lemmon in a recent outing led by Sally and Dave Larimer with Frank Vers assisting. Photo by Sally B.L.

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.)

**Jul, Aug, Sep
meetings at Pyle
Center, Tempe
on 3rd Monday**

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 \$13 or \$15. 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

Schools: The AMC conducts several rock climbing, mountaineering and other outdoor skills schools each year. Browse the AMC website or email info@azmountaineeringclub.org for information on schedules and classes.

For More Information:

Call (623) 878-2485

Email info@azmountaineeringclub.org
president@azmountaineeringclub.org
board@azmountaineeringclub.org

Website www.azmountaineeringclub.org

Mail Arizona Mountaineering Club
4340 E. Indian School Rd., Ste 21-164
Phoenix, AZ 85018 (0404)

Board of Directors:

President Bruce McHenry 602-952-1379
Vice-President Jutta Ulrich 602-234-3579
Secretary John Keedy 623-412-1452
Treasurer Tim Ward 602-212-1929
Director 2-year Scott Hoffman 623-580-8909
Director 2-year Wayne Schroeter .. 602-402-1631
Director 1-year Rich Kocher 480-966-5568
Director 1-year Erik Filsinger 480-314-1089
Director 1-year Lynn Readicker 480-970-1991

Committees:

Archivist Jef Sloat 602-316-1899
Classification David Larimer 480-425-9689
Elections Dave Van Hook 602-790-6283
Equipment Rental Gary Gerden 602-402-3271
Email Jeff Hatfield 480-783-8779
Land Advocacy Erik Filsinger 480-314-1089
Librarian Richard Kocher 480-966-5568
Membership Rogil Schroeter 623-512-8465
Mountaineering Erik Filsinger 480-314-1089
Newsletter Wally Vegors 602-246-9341
Outings Monica Miller 623-362-0456
Programs Sheri Kenley 602-242-0504
Training & Schools ... Wayne Schroeter .. 602-402-1631
 Basic Class Sally Larimer 480-425-9689
 Anchors Class Tom Conner 480-897-7623
 Lead Class Mick Strole 520-586-3335
T-shirts Sally Larimer 480-425-9689
WebSite Kirra
..... webadmin@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 Fund representative Jutta Ulrich at (602) 234-3579.

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 at www.accessfund.org/join.html

This Month in the AMC

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- 3.....Birthdays; Index
- 4.....Board Meeting Minutes, New Members
- 5.....Discount Directory; Treasurer's Report; Rentals
- 6.....Program Corey Rick Adventure Photographer
- 7 Members page; The Ruins climb report
- 8 Hiking Shack Ad
- 9 Anchors School Outline and Schedule
- 10 Phoenix Bouldering Blast; Parking Tickets
- 11 Conditioning for climbing; Supe Ridge Hike
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- 14 Outing Events Calendar
- 15 Outing Calendar

Newsletter

The *Arizona Mountaineer* is published monthly by the AMC. Members are encouraged to submit articles and photos about their climbing- or mountaineering-related activities. Submit items for publication (subject to approval) to AMC Editor, 6151 N. 8th Ave., Phoenix, AZ 85013 or through email to azmountaineer@azmountaineeringclub.org. Prints are preferred over slides. Digital photos should preferably be in JPG format and at least 300 dpi. Articles can be in any standard word processing format. For more info call the editor at (602) 246-9341.

Advertising in the *Arizona Mountaineer* is accepted, subject to approval, at the following rates. Personal ads are free to members. Business ads are \$5.00 for a business card, \$10.00 for half page, \$20.00 for full page, and \$25.00 for inserts.

February Deadline: 20 Jan 2004

BIRTHDAYS

Slawa Ciula 1, Rob Allen 2, Jennifer Rembisz 2, Allan Watts 2, Mike Kuarzer 8, Grant Loper 10, Patrick Riley 10, George Krall 12, Peter Niemczyk 12, Scott Winkler 14, Richard Lozon 15, Melissa Griffin 17, Ronald Logan 19, Jim Sumrall 19, Karen Jachimowicz 20, Ken Dammen 21, Erik Filsinger 21, James Pyne 22, John Roberson 22, PJ O'Connell 23, Milo Kauffman 28, Braden Niemczyk 29, Paige Birdwell 30, Cynthia Griego 30

NOT STUFF!!

Yes, its location, location, location. (We are in good shape there.) But it is also weather, weather, weather. Now is the temperature to hit Zonerland, Queen Cr., Sullivan, Glacier School and the Phoenix Boulder Blast.

And don't forget Anchors Class. It is the *sine qua non* of climbing safety. Hurray for April!

Library

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

The circulation period is one 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.

Minutes of the AMC Board Meeting: 8 March 2004

Members Present – Erik Filsinger, Scott Hoffman, John Keedy, Bruce McHenry, Lynn Readicker, Wayne Schroeter, Jutta Ulrich, Tim Ward
Committee Chairs Present – Wally Vegors

Quorum present. Meeting called to order at 7 PM. Motion made, seconded and approve minutes of February Board Meeting with one correction. Old Business F. should show 128th Street.

Treasurer's Report – Discussion about putting credit card payment option on the AMC Web site. No interest at this time. Motion made, seconded and carried to accept Treasurer's report as submitted.

Goals for Board

A. Job descriptions – all Board members will submit their job descriptions as drafts for next meeting if possible. Bruce McHenry submitted same for the President position that may be used as a template.

B. Club Documents for web site – Bruce McHenry, Erik Filsinger & John Keedy

C. Survey – Erik Filsinger, Lynn Readicker & Wally Vegors

D. Volunteer recognition – Wayne Schroeter

E. Outing Leader career progression – Wayne Schroeter

F. Club Brochure – Lynn Readicker & Wally Vegors

G. Update Membership Waiver – Tim Ward, Wayne Schroeter

Old Business

H. Newsletter – Wally needs more articles

I. OL Recognition – REI gift certificates were sent to Tim Medlock and Mick Strode instead of Hiking Shack gift certificates.

J. OL Classification – Jutta Ulrich presented preliminary draft of procedures that she and Dave Larimer worked on.

K. Wayne Schroeter would like to make some changes to the Classification Chair position. He will prepare draft for consideration at the next Board Meeting.

L. Anniversary Celebration – postponed

M. April 26 Membership Meeting will feature Corey Rich.

N. Land Advocacy arguments were sent to Scottsdale City.

O. It has been noted that Scottsdale Parks Department are issuing tickets for cars parked in the Pinnacle Park parking lot after closing time which is generally dusk.

P. The mining expansion at Queen Creek is still an issue with different groups participating, including Sierra Club, Jim Waugh and Paul Defenderfer.

New Business

Q. Programs – word has been received that the AMC is developing a good reputation among the climbing community around the country.

R. Los Olivos is still scheduled to close during the summer. Board meeting locations are not set yet.

S. Charles Curry (Hiking Shack) has asked to advertise on AMC web site and newsletter. He will be asked to make a formal presentation at the next meeting.

Adjourned at 8:30 PM.

NEW MEMBERS

Rob Allen
Nicole Arihood
Kevin Berk
Ryan Braasch
Jeanette Christopher
Jordan Dilley
Brenda Insley
David Insley
Michael Jacobson
Joshua Jarowicz
Burke Kascha-Hare
Jason King
Ryan King
Bud Linder
Perky Linder
Beatriz Martinez
Terri Mavis
Elisa Scinto
Jacob Thorp
ThanhVan Tran
Mark Trisler

An exhibit of rock climbing and mountaineering pictures and prints will be shown at the Paulina Miller Gallery, 817 N. 1st St., Phoenix, April 2nd thru 23rd. Artists include J. Andrew Kurtz (Az), Shawn Leach (Az), Roger Oncox (Peru) and Elaina Meglioli (Arg). 602-307-9643 or www.paulinamillerstudiogallery.com.

Gee! First they show climbers in truck and SUV ads — and now we are fit to be art! — Ed

Discount Directory

The following merchants currently offer a discount to AMC members:

Arizona Hiking Shack—11645 N. Cave Creek Rd., Phoenix, AZ 85020, (602) 944-7723. Show your AMC membership card and get a 15% discount.

Solid Rock Gym — 23620 N. 20th Dr, Phoenix, Az 85027 (623) 587-7625 Gym membership 10% off for AMC members.

Rental Equipment

EQUIPMENT	Qty	\$Dep	1-3day	4-7day
4-season 2-3 man	1	58	18	29
4-season 1 man bivy	1	45	14	23
Sherpa Snowshoes	5	50	15	25
MSR Alpine snowshoes	3	32	10	16
Ski poles (var. sizes)	3	12	4	6
Hiking Poles	3	22	7	11
Ice Crampons	5	26	8	13
Ice axes (70 cm)	4	16	5	8
Ice axes (90 cm)	5	14	5	7
Snow shovel	1	8	3	4
Snow pickets	3	4	1	2
MSR Multifuel Stove	1	17	5	9
Haul bag	1	25	8	13
PortaLedge	1	100	30	50
Climbing shoes	Various sizes .. Call			

Equipment Rental Guideline: 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 Tom Burner (480) 354-1392.

Zen-Lizard Systems Presents

X-Chalk

The world's first rock climbing chalk that soothes hot and ripped up fingers—as you climb! Also helps heal cuts and scratches. All natural—no chemicals. Available at the Phoenix Rock Gym, Climbmax, the Arizona Hiking Shack, and online at:

<http://www.zen-lizard.com>



Treasurer's Report

Statement of Operations
01Jan 04 Thru 31Mar 04
Category Description

Amount

Category Description	Amount
INCOME	
Advertising	50.00
Dues	4,050.00
Interest	0.00
Library fines	0.00
Merchandise (Tee Shirts & Etc)	385.00
Mountaineering Schools	0.00
Program Income	0.00
Rental Income (incl shoes)	15.00
Training	5,675.00

TOTAL INCOME 10,175.00

EXPENSES

Access	0.00
Administration	200.31
Bouldering Contest	300.00
Capital Exp (mtng)	0.00
Classification	0.00
Equipment Maint	0.00
Insurance	0.00
Library	0.00
Merchandise Exp	0.00
Mountaineering	0.00
Newsletter	609.88
Outings	0.00
Programs	1,623.70
Service/Bank Charge	0.00
Training	5,037.48

TOTAL EXPENSES 7,794.49

OVERALL FOR YEAR TO DATE 2,380.51

ACCOUNT BALANCES (3Nov03)

CD Account	5,235.71
Savings	1,668.32
Checking	10,971.19

TOTAL CASH ASSETS 17,875.22

OTHER ASSETS (Club gear mainly) 7,031.00

OVERALL TOTAL 24,906.22



Did you ever want to know how to take better shots on the rock? Did you wish your trip shots were good enough to use for an AMC Program? Corey Rich, a premier adventure photographer, will be presenting his show on his adventures, filling it with vignettes of travel and loaded with tips on how to improve your photos. Come to the AMC meeting on April 26 to see:

Corey Rich presents “Down and Dirty: Documenting Adventure.

At 28-years-old, adventure sports/action photographer Corey Rich has traveled the world on assignment for many of the best clients in the industry, including editorial work for Sports Illustrated, Outside, Men’s Journal and National Geographic Adventure, and for corporate/commercial clients such as Anheuser-Busch, Nike, Patagonia and The North Face.

Himself a climber, adventurer, and photojournalist, Rich has photographed a wide array of assignments, including rock climbing in Mexico, surfing in Panama, freight-train hopping in the American West, ultra-marathon racing in the Sahara Desert of Morocco, and snowboarding in Papua New Guinea.

Rich brings this wealth of national and international experience to the AMC in his talk entitled Down and Dirty: Documenting Adventure. An accomplished speaker, Rich will use photos, video and personal stories from the field to discuss how he broke into the highly coveted and competitive action/adventure industry, and how he remains at the top of prestigious client lists.

In this practical, informative, and inspirational workshop, participants will learn techniques and keys to success as Rich discusses everything from journalistic philosophy to the hands-on business of “the business”; travel tips, equipment pointers and suggestions, technical aspects of his work, and finally the level of passion, commitment, and perseverance required to enter and remain in this exciting branch of Photography.

Los Olivos Center, 7:00 p.m. 26 April 2004

PRESIDENT'S CORNER

THE Ruins — Sally Larimer

OH MY GOODNESS!!! AMC IS 40? YES 40!

In the year 1964 B.C. (Before Cams) - a bunch of folks that loved climbing wanted to go out and climb with others that loved climbing. However, it was often hard to find other climbers. Today we take for granted that wearing 5.10's, 8 pounds of metal, and cool shirts mark us as climbers. In those days, wearing Keds and carrying clothesline did not necessarily mark you as a climber. So those early geniuses decided that the best way to find other climbers was to train them. Thus... drum roll please.... was born the Arizona Mountaineering Club. A group for climbers, of climbers, to train climbers and everyone had a good time.

Forty years later – we are still a group for climbers, of climbers, training climbers and having a good time. It is estimated in the last 40 years the AMC has trained at least 2,500 climbers. AMCer's have climbed crags, walls, and peaks in most of the 50 states and most of the 7 continents. We have rescued climbers and hikers, picked trash in the Grand Canyon, fought for trails and access, and shown kids how to climb. Most of all we have continued to share the same passion for our sport as our founding members did 40 years ago. Not bad for a bunch of folks that started with tennis shoes, gold line, and home made pitons. Today we are still going strong with a full slate of classes, outings, and programs!

The exact date of the club founding is shrouded in the mists – mainly because the original paperwork is probably in someone's garage. We know it was 1964, sometime in the spring. So, the board has declared April 26, 2004 to be our official 40th anniversary.

Please join in for a special program at the members meeting on April 26th. We have an exciting speaker, some special presentations, munchies, and good climber boys and girls might find some climbing booty under their chair.

Be there!

Frank Vers and David Larimer co-led an outing to the Ruins on January 24. As Dave and Frank's administrative assistant, I booked the slots for our outing much like the airlines book their flights. I overbooked the limit of 12, figuring we'd have a couple cancellations. We ended up with just a couple more than our set limit after 3 last minute cancellations, but I didn't want to pay anyone big bucks to come on another outing instead, so we took everyone.

We set up 9 climbs, ranging from 5.8 to 5.11. Thanks to Frank, David, and Jeff Hatfield for leading the climbs. They all made the climbs look easy, and the rest of us had a good time trying to do the same. There were climbs to challenge everyone's climbing level and most went away with tender fingertips to remind of them how much fun they had. We had several students from the past basic school on the outing, doing darn well for folks with limited climbing experience!

The weather was cold, but dry, and everyone who brought hats was glad they had. A hat should have a permanent place in your climbing pack during the winter months – it can make a huge difference in your comfort level. Also, remember to bring two climbing shoes instead of just one. One person on our outing, who shall remain nameless, drove all the way to Tucson and hiked to the ruin with just one climbing shoe! Thanks to someone else with spare shoes, he still got to climb.

A nice surprise on the outing was the white bunny rabbit that Rogil found near the parking lot. He was obviously tame, possibly dumped by someone who got tired of taking care of him, and it was his LUCKY day. He got picked up by Rogil instead of a coyote or a hawk. 2. Jim & Chris Kline wanted to adopt him, so they left him in their car for the day. 3. The ranger stopped by before we left, and she had brought carrots and celery for lunch. She shared her lunch with the bunny and stopped by to make sure he didn't try to drive off in the Kline's car.

Good climbing, sort of good weather, good friends, and a happily ever after story for the abandoned bunny rabbit – life is good!



Arizona Hiking Shack
11649 N. Cave Creek Rd.
Phoenix, AZ 85020
Phone: (602) 944-7723
www.hikingshack.com

We're located 1/8 mile south of Cactus
on Cave Creek Rd.

Three great reasons to shop at the Arizona Hiking Shack for all your climbing gear

1. The Arizona Hiking Shack has **IN STOCK** the largest selection of climbing gear in the Valley. Petzl, Metolius, Black Diamond, Misty Mountain, Omega, DMM, 5-10, Scarpa, La Sportiva, Yates, PMI, Sterling, 2-Cam, Climb Tech, Kong, Trango, Camp, Mammut, Boreal, Pica Mountaineering, and Trango are just a few of the brands we carry. If we don't have what you need in stock. . . we'll order it for you. . . with FREE shipping!

2. The **staff** at the Arizona Hiking Shack **are climbers** too. You get knowledgeable, friendly advice on gear, places to climb, and the absolute best fit on harnesses, shoes and helmets. The Arizona Hiking Shack is locally owned and has been selling gear to valley climbers since 1972. We take pride in helping to select the right hardware for your climbing adventures. (Besides most of us are AMC members also!)

At the Arizona Hiking Shack, **AMC Members get a 15% discount** on everything they buy, everyday of the week, every week of the year. Why? Two Reasons First, we respect the job the AMC does. The AMC not only teaches people how to climb safely, they also teach an ethic of responsibility to the outdoors that is essential to keeping our climbing areas open. Second, you learn to climb in the valley. . . well, like it or not. . . we consider you one of OUR homeboys or girls and simply said, we want your business! Ultimately, we know you have many choices when it comes to purchasing your equipment and by having a great selection of gear, a knowledgeable staff, and totally killer deals, we hope you'll come shop with us.



ADVENTURE RACE

Desert Rage II

4/17/2004

Bartlett Lake

3 & 4 person teams, 2 person & solo also

- * Mountain Biking
- * Kayaking
- * Mystery Events
- * Trail Running
- * Navigation
- * Orienteering



www.DesertRageAR.com

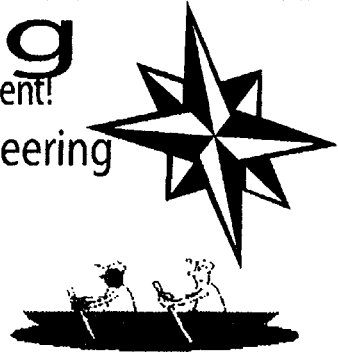
Orienteering

Perfect your orienteering skills in a fun environment!

March 27, 2004 - Mountain Bike Orienteering
McDowell Mountain Park



May 1, 2004 - Kayak Orienteering
Prescott's Granite Dells



www.SierraAdventureSports.com

Women's Adventure Race



- * Mountain Biking
- * Running, Kayaking
- * Mystery Events

Proceeds Benefit:

The Women's Sports Foundation
www.womenssportsfoundation.org

2 & 3 Person Teams

November 13th, 2004

www.SierraAdventureSports.com



Events brought to you by:

Climbing Anchors School

Arizona Mountaineering Club — Spring 2004

The AMC Climbing Anchors School teaches participants how to set climbing anchors for top-roping. This course is the logical next step for AMC Basic Climbing School graduates.

Class curriculum:

- Tuesday: Learn anchor components, anchor types, knots and hitches.
Thursday: Learn anchor system characteristics and construction.
Saturday: Practice setting anchors in "hands-on" scenarios under instructor supervision.
Sunday: Apply newly learned skills setting real anchors on an optional climbing day. This session is a climbing outing where students set the anchors under supervision and then climb on them.

Class schedule:

- | | | | |
|--------|----------|-----------------|--|
| Apr 13 | Tuesday | 6:30 pm–9:30 pm | *Dreamy Draw Park (Phoenix) |
| Apr 15 | Thursday | 6:00 pm–9:30 pm | Dreamy Draw Park |
| Apr 17 | Saturday | 8:00 am–4:00 pm | North Scottsdale |
| Apr 18 | Sunday | 7:00 am–5:00 pm | Climbing area to be announced during class |

*To get to Dreamy Draw Park take SR 51 (Piestewa Peak Freeway) to Northern, turn east on Northern. This takes you directly into the park. Class is at the big ramada.

Experience required: AMC Basic School graduate or equivalent, which must include knowledge of how to belay, rappel, prusik, tie a figure-8-on-a-bight and figure-8-on-a-follow-through, and make a girth hitch.

Cost: \$75 plus membership if not already a member (\$25 for an individual and \$30 for a family). Membership is good through Dec., 2004. Register by sending a check payable to AMC Anchors School to 1654 W. Boston St. Chandler, AZ, 85224. No credit cards accepted. The registration fee is fully refundable if you cancel. Call Nancy Birdwell at 480-821-1932 or email anchors.school@AzMountaineeringClub.org for more information. The number of students will be limited to 36.

Equipment required for the class:

- 2 non-locking "D" or oval carabiners (at least 2, bring more if you have them)
 - 3 locking carabiners (at least 3, one of which should be a parabiner)
 - 1 rappel/belay device (Trango Jaws, Black Diamond ATC, Trango Pyramid, Figure-8, etc.)
 - 1 climbing harness
 - 1 ea 4', 6', 10' 6mm prusiks (untied length)
 - 2 ea 5', 10', 20' slings (1" tubular webbing, untied length, AKA runners)
 - 1 or 2 personal anchor slings (commercial daisy chains or 4' sewn Spectra runners or equivalent)
 - 1 helmet—**required for Saturday and Sunday sessions**, helmets are available if you do not have one.
- (The slings and harness are the only additional equipment needed over the Basic School requirements)

This class is designed to teach you how to set top-rope anchors. In order to become independent and set your own anchors, you should start acquiring anchor gear. These purchases will be limited by how much money you want/have to spend and how much interest you have in climbing independently. The following gear is not required for Anchors School, but if you have some, you will be able to practice setting it in class. All of the gear recommended below can be used for Lead School, and none of it will be wasted if you intend to set your own anchors. All gear should be marked prior to bringing it to class to prevent confusion between it and other people's gear. If you don't know how to mark gear, check with an instructor before doing so to avoid weakening equipment due to improper marking.

Other gear you may want to bring:

- Any pro you may have (hexes, nuts, camming devices, Tri-cams, etc.)
- Extra biners (regular D's, ovals, and lockers—stay away from specialty biners at this time)
- Extra slings (perhaps four 5', two 15' slings, untied lengths)

For more information: Visit the Arizona Mountaineering Club website at www.AzMountaineeringClub.org.

PBB Needs Your Help !!

Dear AMC Members,

I need your help! The Phoenix Boulder Blast (formerly Phoenix Bouldering Contest) needs volunteers with climbing experience to act as officials for the competition on Sat. April 24th. (This is a perfect event for recent AMC Basic School graduates to help out with, too... Watch world-class climbers and learn more about the sport in the process). The AMC traditionally supports the PBB and provides excellent volunteer officials, and your help is needed now - more than ever. With the event little over than 1 month away, we still need many more volunteer officials to make this event happen.

If you haven't registered to volunteer yet - I encourage you to please do so right away. To register, email me (Liz) at volunteers@boulderblast.com.

Volunteering demonstrates a show of support for our sport, our climbing community, and for the Queen Creek climbing area. Register today!

Sincerely,

Liz Serraglio Volunteers Coordinator, Phoenix Boulder Blast

Pin Peak PARKING WARNING

This is an absolutely perfect time of year to enjoy the fine granite and many interesting routes on Pinnacle Peak. Please be advised, however, that there have been reports of parking fines handed out to those whose cars are not out of the park by park closing time. It is also stated that "climbers" have been identified as some of the offenders.

Given that many of the owners of the homes in the area are in town, it is likely that Pinnacle Peak staffers will be under some pressure to enforce the park rules. The rules, which the climbing community had a hand in negotiating so that the park could open at all, state that everyone should be out of the park by closing time. The time at which the park closes corresponds roughly to sunset, but closing time is actually whatever time is posted at the facility, and varies throughout the year.

So, please, for your sake and for the good reputation of the climbing community, time your entrance and exit to correspond to the park rules. This simple thing will help us in future negotiations with land managers, including the City of Scottsdale, about access issues in the Valley.

Thank you for your consideration.

Erik Filsinger AMC Land Advocacy Chair

Just shows how frequently I get rolls of film processed. This particular roll was knocking around for several months, until I finally decided to take it to Costco for processing to see what the heck was on it...and, to my surprise, some photos of last fall's Lead School, Class of 2003! Wayne did a great job officiating, the volunteer instructors were superb and Prescott was most hospitable. A belated thanks, AMC.

—Ron Auerbach

(Who was a volunteer instructor at this Spring's Lead School, just concluded...—Ed)



Alpine Tech Tip -- Conditioning

Dream on about those great alpine adventures for this summer. Study those route descriptions, analyze those photos of your line...but don't forget probably the most basic trick in your arsenal of skills -- get in shape.

Conditioning is that which makes alpine climbing safe. It gets you up and down. It lets you move smoothly and efficiently through dangerous terrain. But it is a real challenge to us desert dwellers who really don't live and play in the mountains. I will not go into a physiological analysis of how to judge and monitor your maximum heart beat, oxygen uptake and the like, but there are a couple of quick tests that probably merit consideration.

Remember also that conditioning and acclimatization are separate topics. Even those who are very fit must allow their bodies to adjust to different oxygen levels in the air. And, please, as the commercials always say, "Check with your physician before engaging in serious exercise if you have not been so doing."

I have had the pleasure of climbing in lots of different terrain with lots of different AMC members over the years, and quite frankly it is pretty easy to tell who is "alpine fit" and who is not. Baseline fitness comes easily to serious athletes. Folks who use running as their primary aerobic activity and who are alpine fit tend to run long distances on a regular basis. By this I mean probably a 10K is a day at the beach for them. And the other class of real fitness folks tend to be bicyclers, who also regularly put in an hour or more several times a week into hard workouts.

But most of us are not the top notch athletes, so here are some general guidelines I would offer. First, hiking Camelback to the summit should not be considered a workout. It should be fun. As a side note, one of my friends who has been a competitive athlete for years uses a hike of Camelback as his "day off." Hiking Camelback over and back (trailhead to trailhead to trailhead) in under 3 hours seems to be the base level of fitness for reasonable mountain activity. On the other hand, if you feel hiking from the parking lot to Tahquitz is tough, you probably should realize that it would be typical for you to do 4 to 5 times that amount as a minimum alpine rock approach, and those alpine rock climbs are of similar or longer length.

Second, keep a reasonably good baseline fitness throughout the year. Do not think that you will "just get fit" in the month before your big adventure. It probably doesn't matter so much what your aerobic activity of choice is -- running, bicycling, or hiking -- just make sure that you do extensive workouts each week. Preferably do workouts so that you are at a healthy percentage of your maximum heart rate (really sweating) for at least two hour stretches of time. And if at all possible, do a strenuous, long workout mid-week. Start ramping up from your baseline several months before your mountains.

The other side of conditioning is that your body needs to be respected. It is also preached in almost all fitness texts to give your body a day-off at least one day a week. Eat healthily and get sufficient recovery time. And like it or not, with age the challenges become greater. But, hey, those of us who are older than some have all that wisdom to bring to bear...the wisdom of the long distance runner, right? Yeh, it would be nice to have life to live again, but then I wouldn't be who I am...and personally I have lots of years to enjoy them alpine settings.

See you on the trail, and the crags, and maybe even in the mountains.

— Erik Filsinger *AMC Mountaineering Committee Chair*

Superstition Ridgeline Hike

Thirty one people got together 2/21 at the Lost Dutchman State Park at 6:30 am to do our annual hike. It was just starting to get light out. We all hiked over Superstition Mountain following the ridgeline. The weather was perfect.

Everyone seemed to have enjoyed themselves. The scenery, as usual, was wonderful. What a great way to spend the day with good friends and new friends. Other than a few scratches from rabid rocks, there were no bad points to the day. Around 9 am, a second group of 10 started out from Lost Dutchman to go to the Flat Iron & back. Afterwards, about 13 of the participants ended up at a restaurant in Mesa called Euro Cafe. I think I'd like to make that a tradition as the food was great.

—Rogil Schroeter

SCREE — By Wally

I think Rogil's trips say something about what a great many AMC'ers would like to do.

Unfortunately, there is only one Rogil and virtually no one knows the interesting spots in Arizona as she does. It would be hard for anyone else to put together a monthly string of trips like the Superstition Ridge Line, Picket Post Mountain, Ring Bolt Hot Springs, and the lesser known trails in the Grand Canyon. But the attendance on her trips shows the interest is obviously there. And Rogil has done phenomenally well for the AMC in this regard.

Climbing is basic, of course. I'd hate to follow on any of Rogil's trips without having been through some of AMC's classes. But it is never necessary to do 5.11s to participate, tho Rogil could lead that with ease. Simply Her outings are fun. That is the key point. As she says in all her e-mails "I don't mind going nowhere as long as it's an interesting path."

In the past AMC has offered outings in mountain biking, kayaking, caving, snow shoeing, house boating and overnight hikes to interesting spots. They may not hone your skills to take on big walls, but they have been an enjoyable change from having your nose no more than 10 inches from a rock face. Agree?

Seems I can't do anything right anymore. I found that because I wrote that the newly opened AZ on the Rocks was wholly locally owned, people jumped to the conclusion that the recently opened Solid Rock Gym was not. Nope — aside from sharing a name with a California gym, and getting some advice from them, Solid Rock is totally, wholly, completely locally owned and operated. I just didn't think to ask that question when I wrote their story.

I think we are lucky to have these gyms available on the north side of the valley (as well as the older ones on the south and east, naturally).

Erik is something of a bear on fitness, with good reason given his long experience with many people on many mountains. His article on conditioning is well worth your time.

One unfortunate fact about ageing, I have discovered, is that fitness evaporates almost instantly after age 65. Skip a few days and it is *gone*. So take your t-shirt message to heart — "So little time, so many climbs" and "Climb hard!"

As President Bruce points out in the Members' Page, the AMC is 40 years old. Times, you can be sure, have changed. For instance, the first edition of Mountaineering, Freedom of the Hills, measures 4 1/2 by 7 inches and contained 160 pages. It is now 528 pages 7 by 9 in.

Sometime for kicks climb — and fall — on a stretched out manila rope. The old-timer's custom of "one fall and you start over" probably comes from this. It is like falling on a steel cable. Oh — no harness. Just a simple bowline, not even a bowline on a coil. You got really nervous about too much slack, even when top-roping.

Because of the weakness of various parts of the belay chain — climber, rope (knots), carabiners, pitons, belayer — we practiced "dynamic belays" to keep forces below the failure point for any link. Modern ropes have eliminated the need for this.

The much maligned bouncing when rappelling had a utilitarian benefit that outweighed any strain on the anchor point: with a dulfersitz, you learned to flip as much rope up as you could...and drop. When slack was gone and it tightened you grasped so the rope would stop sliding. Swing back in and bounce out for another relatively painless drop. I still have plainly visible rope burns that show I was a slow learner.

ADVENTURING

The next in a series of local "Adventure Races" will take place on April 17th, when Desert Rage II unfolds on the Tonto forest near Bartlett Lake. It will cover a 25 or 30 mile course using bikes, kayaks, trail running, and "mystery events."

The series is sponsored by REI and supported by a long list of outdoor-type magazines and products. To get more information call Rick Eastman — Race Director. Find him at www.DesertRageAR.com.

Other coming events include Orienteering using mountain bikes (March 27 at McDowell Mountain Park) and Kayaks (May 1, Prescott's Granite Dells. Check with www.SierraAdventureSports.com to register for those.

A women's adventure race is set for Nov. 17th to be held at Tempe's Town Lake and nearby Papago Park. It will be 20 miles long and will feature mountain biking, trail running and kayaking, plus mystery events.

Check the ad in this month's AMC Newsletter for additional details.

Calendar of Events *(Continued from page 24)*

See Billboard and Commercially Provided sections for non-AMC ice and snow opportunities,

****Cancellations:** Please keep in mind that most outings have limits and that there is usually a waiting list to attend. Call at least 24 hours in advance to cancel. Courtesy dictates that you be on time for the outing, and that if you are sick or an emergency occurs the day of the outing, call the Outing Leader so the group doesn't lose time waiting on you.

To request outings: Call the Outings Chair, Monica Miller, at (623) 362-0456.

Billboard—Other Scheduled Events

Outings listed in this section are not AMC sanctioned outings. Any AMC member can list an event he or she is planning and which is open to other AMC members. The member does not have to be an approved AMC Outing Leader. If you wish to participate you should be physically and mentally prepared 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.

Wednesdays North Mountain Hikes after work. Rogil Schroeter (623) 512-8465 or Oct 11

Commercially Provided Training and Events

The events listed below are provided by commercial outfitters for the benefit of AMC members. They are not AMC Outings, nor are they led by AMC Outing Leaders, though they may be open only to AMC members. The commercial outfitter is solely responsible for all aspects of the outing, not AMC. While, in most cases, an AMC member may provide a service by AMC collecting the names of prospective participants and handling the logistics of out-of-town events, participants will sign up directly with the commercial outfitter.

Apr 17 Desert Rage II Adventure Race. Rick Eastman. RaceDirector@SierraAdventureSports.com

Apr 23-25 Phoenix Boulder Blast, Oak Flats east of Superior. See story page 10.

May 1 Kayak Orienteering, Rick Eastman.

There were two roped climbing accidents recently
Neither involved AMC members.

One was caused by swarming bees at the bottom of the final pitch of the Hart Route, where they have lived for the past few years. In an effort to get away, the climbers fixed their line at the belay station and started rappelling the route. When they ran out of rope they started downclimbing. The man who died was able to downclimb only a few feet before he fell.

A second accident resulted from a failed or cut rope during a tandem (military style) rappel at South Mountain..

Calendar of Events

AMC Outings

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.

- Mar 27 **Queen Creek Cleanup and Climb** . No limit. Recent grads are welcome. Climbs 5.6 to 5.10. Pick up litter for an hour and then climb. Consolidate at Mesa Com. College lot at 8:00 or be at the Oak Flat turnoff on US 60 east of Globe at 9:00. Scott Hoffman, 623-580-8909
- Mar28 - **Picket Post Mountain** 3rd class Climb just south of Boyce Thompson Arboretum. Short (4 miles RT), steep hike with tricky spots. Contact Rogil Schroeter 623-512-8465 or rogil.schroeter@honeywell.com
- Apr 3-4 **Sullivan Canyon**, Chino Valley, AZ Climbing 5.7- 5.11 single-pitch basalt cracks. Based on participant interest level, more climbing on Sunday or perhaps a hike. Contact: Rogil Schroeter 623-512-8465 or rogil.schroeter@honeywell.com
- Apr 7 **Anchors School Instructor Meeting**, 6:32 pm, 5617 E. Windsor Ave. Scottsdale, 480-425-9689.
- Apr 10 **Zonerland**, Superstition Mtn. Challenging climbs 5.9-5.11 in a beautiful setting. Long hike in of 50 minutes, good physical condition required for this approach. Limit 12. Frank Vers, 480-947-09435
- Apr 13 **Anchors School**. Apr 13, 15, 17, 18. See flier on page 9.
- Apr 13-17/18 **AMC Glacier Travel and Crevasse Rescue Seminar**. Tues p.m. Apr 13 and Sat/Sun Apr 17/18. Fees \$75 for new students, \$25 for returning students/refresher. Erik Filsinger at smorefil@aol.com for details and to register.
- Apr 23-25 **NOT AN AMC EVENT BUT DON'T FORGET 21ST PHOENIX BOULDER BLAST**
- May 28-Jun 1 **Indian Creek, Utah** (Memorial Weekend) Big Racks and long cracks....! Outstanding sandstone climbing in a beautiful setting. Contact: Richard Horst 623-434-4769 or horstrichard@aol.com for specific driving and camping directions.
- Outing Suggestions Request:** Got a special place in mind but don't have the guns to climb for Labor Day week end in September? Contact Richard Horst as he is offering to lead area submitted. The place with the most votes wins. Richard Horst: 623-4344769 or horstrichard@aol.com

(Continued on page)

Outing Leaders

Requirements for becoming a leader: take the Basic, Anchors 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 Dave Larimer at (480) 425-9689.

Tom Conner	480-897-7623	Sally Borg Larimer ...	480-425-9689	Wayne Schroeter.....	602-402-1631
Erik Filsinger	602-906-1186	Tim Medlock	719-494-1171	Jef Sloat.....	602-316-1899
Jeff Hatfield	480-783-8779	Jeff Nagel	602-318-9538	Mick Strole.....	520-856-3335
Scott Hoffman	623-580-8909	Paul Norberg	602-808-9244	Rick Taylor.....	623-487-8507
Richard Horst.....	623-434-4769	Paul Paonessa	602-493-7356	Frank Vers.....	480-947-9435
John Keedy	623-412-1452	Chris Query	602-323-5927	Tim Ward	602-212-1929
Tim Lange	480-598-9124	Tim Schneider	480-497-8377		
David Larimer.....	480-425-9689	Rogil Schroeter.....	623-512-8465		

April 2004

AMC Outing Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Sullivan Canyon, Chino V.
4 Sullivan Canyon	5 <i>Full moon</i>	6	7 <i>Sunrise 6:07</i> <i>Sunset 6:54</i> <i>M-rise 9:52p</i> Anchors Instr Mtg	8	9	10 Zonerland in Sups
11 <i>Last Quarter</i>	12 AMC Board, Los Olivos	13 Anchors Class	14 <i>Sunrise 5:59</i> <i>Sunset 6:69</i> <i>M-rise 3:40a</i>	15 Anchors Class	16	17 Anchors Class
18 Anchors Class	19 <i>New Moon</i>	20	21 <i>Sunrise 5:50</i> <i>Sunset 7:04</i> <i>M-set 9:25p</i>	22	23 PBB	24 PBB
25 PBB	26 AMC Reg. Meet — Corey Rich Pix & Tales	27 <i>First Quarter</i>	28 <i>Sunrise 5:43</i> <i>Sunset 7:09</i> <i>M-set 2:20a</i> <i>M-rise 12:49p</i>	29	30	

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