

# ARIZONA NPV0UBJ0FFS! August 2005

*Mt. Hayden survivors: (L to R) Dave McClintic, Mike Knarzer, Scott Davis, Jodie Bostrom and Rogil Schroeter. Photo by M. Miller*



## The Arizona Mountaineering Club

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**Meetings:** Tentative schedule for the rest of 2005: July and August, meet the 4th Sunday at the Phoenix Rock Gym, 1353 E. University Dr., Tempe, at 7:00 p.m.

Sep. thru-Dec 2005: Meet the 3rd Monday at the Washington Adult Center, 2240 W. Citrus Way, between Bethany Home and Glendale off 23rd Ave. at 7:00 p.m.

**Board Meetings:** Board meetings are open to all members and are held two Mondays prior to the Club meeting at Jutta's home..

**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 for information on schedules and classes.

**For More Information:**

Call: (623) 878-2485

Email:

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

**Board of Directors:**

President ..... Jutta Ulrich..... 602-234-3579  
Vice-President ..... John Keedy ..... 623-412-1452  
Secretary ..... Robert England .. 480-821-4243  
Treasurer ..... Clay Vollmer..... 602-595-7266  
Director 2-year ..... Bill Fallon ..... 602-996-9790  
Director 2-year ..... Jeff Nagel ..... 602-318-9538  
Director 1-year ..... Scott Hoffman.... 623-580-8909  
Director 1-year ..... Wayne Schroeter 602-402-1631  
Past President ..... Bruce McHenry.. 602-952-1379

**Committees:**

Advertising ..... Open  
Archivist ..... Jef Sloat ..... 602-316-1899  
Classification ..... Nancy Birdwell .. 480-821-1932  
Elections ..... Dave Van Hook . 602-790-6283  
Equipment Rental ... Erik Filsinger ..... 480-314-1089  
Email ..... Jeff Hatfield ..... 480-897-1750  
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 ..... Jeff Nagel ..... 602-318-9538  
Programs ..... Sheri Kenly ..... 602-242-0504  
Training & Schools.. Wayne Schroeter 602-402-1631  
    Basic Class ..... Sally Larimer ..... 480-425-9689  
    Anchors Class ..... Robert England .. 480-821-4243  
    Lead Class ..... Wayne Schroeter 602-402-1631  
T-shirts ..... Sally Larimer ..... 480-425-9689  
WebSite ..... Kirra  
webadmin@azmountaineeringclub.org

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**The AMC Land Advocacy 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 Land Advocacy representative Erik Filsinger, 480-314-1089.

**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 \$35 or more to: The Access Fund, P.O. Box 17010, Boulder, CO 80308, or calling 888-8MEMBER or giving it to the AMC Club Treasurer to be sent to The Access Fund in your name. A donation of \$35 or more is needed to receive *Vertical Times*, The Access Fund newsletter. One can also join electronically at [https://www.accessfund.org/secure/joinnow/join\\_indiv.php](https://www.accessfund.org/secure/joinnow/join_indiv.php)

## This Month in the AMC

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## HOT STUFF!!

### Check Out Tahquitz

### Improve your Navigation Skills

### Enjoy Another Rock Gym "Meeting"

### Keep Cool

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### 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](mailto: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.

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### 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. (**Note — Library is kaput during Los Olivos expansion.**)

**September NL Deadline: 13 Aug.**

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### August Birthdays

Gary Hendrickson 1, Barton Santello 1, Frank Christensen 5, Mark Christiani 8, John Hartman 8, Tom Kreuser 11, Krya Perry 15, Kit Strole 15, Keith Waldrup 15, Kathy Sharp 17, Daren Wunderle 17, Stacy Driskell 18, Shelby Medlock 18, Debby Brown 21, Chris Query 21, John Ainlay 22, Twana Fox 24, Jim Waugh 24, Dallas Pardo 26, Robert Barton 27, Barry Boyd 30, Steve Burkhart 31, David Insley 31, Tim Lange 31

# Minutes of the AMC Board Meeting July 11th, 2005

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## Attendees:

Board Members - Jutta Ulrich, John Keedy, Bill Fallon, Wayne Schroeter, Robert England, Scott Hoffman, Clay Volmer, Bruce McHenry

## Committee Chairpersons:

Equipment Rental, Land Advocacy, and Mountaineering – Erik Filsinger

Newsletter – Wally Vegors

Training and Schools – Wayne Schroeter, Robert England

## AMC Members:

Richard Horst

## Call to order – 7:01 PM

### Reviewed minutes from the June Board meeting.

Motion to approve the minutes - John

Second – Wayne

Approved

### Reviewed the Treasurer's report.

Amend to Move "First Aid Seminar" from "Training" to "Classification."

Motion to approve the treasurer's report as amended – John

Second – Wayne

Approved

## Updates:

Received 'Thank You' letter from Bob Pedrick in response to get well card sent from the AMC following the May member meeting. Wally will post in the newsletter.

Jutta noted that the annual corporation commission report had been submitted on time in April.

## Committee reports:

Library – Wally and John continue to work out details of operating and housing the library in light of the loss of Los Olivos as a permanent meeting place.

Membership – Membership numbers are nearly the same as one year ago.

Wayne noted several changes to the new membership application form developed for the Web.

Motion to approve the new form as amended – John, seconded – Clay, Approved.

Newsletter – Robert to take the newsletter duties for the July member meeting.

Outings – Robert to contact Jeff Nagel to organize an outing leader planning meeting. Adopt-a-crag is scheduled for October 1. The annual Grand Canyon Cleanup is scheduled for September 17. Camping reservations have been made for the Thanksgiving weekend outing at Joshua Tree, and Clay Volmer requested assistance with the food coordination and preparation.

Programs – August meetings – move the Board meeting to August 1 and the Member meeting to August 21. The December holiday party is scheduled for December 9; the location is to be determined. Robert will make adjustments to the current calendar and submit for posting to the Web.

## Old Business

Outing Leader Logo contest – Received an entry from Mick Strole. All submissions received to date will be assembled and forwarded to the outing leaders for further discussion.

Club documents: The Board reviewed the new documents to be placed on the Website for accuracy and completeness. Wayne will assemble all available club documents to form a baseline from which the board will review and adjust as necessary. The August Board meeting will be the cutoff date for adding old documents.

Motion made to rescind policy # 3, formerly a standing rule: "A. The board voted to retain the right to pass on all official reports issued under the aegis of the club."

Motion to rescind the policy as noted above:

Bruce

Seconded – Bill

Approved

Club Liability Insurance – Bruce contacted the club's insurance broker for advisement regarding how recent court findings concerning liability may affect the club's policy. The insurance company noted that it is too soon to make such a determination.

Meeting adjourned – 9:06

Motion to adjourn: Bruce

Second – Scott

Approved.

## 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.

**AZ on the Rocks Gym** — 16447 N. 91st St., Scottsdale, AZ 85260. 480-502-9777. Gym membership 10% off for AMC members.

**OvertheCrux** Inside Phoenix Rock Gym at 1353 E. University Dr., Tempe.. 480-890-0997. 15% off to AMC members.

**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 |
| MSR Alpine snowshoes ..... | 5   | 32    | 10            | 16     |
| Ice Crampons .....         | 5   | 26    | 8             | 13     |
| Ice axes (70 cm) .....     | 6   | 16    | 5             | 8      |
| Ice axes (90 cm) .....     | 5   | 14    | 5             | 7      |
| Snow shovel .....          | 1   | 8     | 3             | 4      |
| 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 Erik Filsinger at 480-314-1089.

## Meeting Dates for the Rest of 2005

| Board  | Members Meeting |
|--------|-----------------|
| Aug 1  | Aug 21          |
| Aug 29 | Sep 19          |
| Oct 1  | Oct 17          |
| Nov 7  | Nov 21          |
| Dec 5  | Dec 19          |

## Treasurer's Report

### Statement of Operations

10 July 05

| Category Description                 | Amount   |
|--------------------------------------|----------|
| <b>INCOME</b>                        |          |
| Access .....                         | 202.00   |
| Admin income .....                   | .00      |
| Advertising .....                    | 20.00    |
| Decals .....                         | .00      |
| Dues 2005 .....                      | 4,760.00 |
| Return of NSF expenses .....         | 31.00    |
| Friends of Queen Creek .....         | 320.00   |
| Interest .....                       | 102.31   |
| Merchandise (Tee Shirts & Etc) ..... | 375.00   |
| Mountaineering Schools .....         | 537.00   |
| Program Income .....                 | .00      |
| Rental Income (incl shoes) .....     | 59.00    |
| T&S School Rental Income .....       | 175.00   |
| Training Income .....                | 8,505.00 |

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|                     |                  |
|---------------------|------------------|
| <b>TOTAL INCOME</b> | <b>15,086.31</b> |
|---------------------|------------------|

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|                                      |          |
|--------------------------------------|----------|
| <b>EXPENSES</b>                      |          |
| Access Fund Payment .....            | 202.00   |
| Administration .....                 | 651.43   |
| Capital Exp . .....                  | 302.60   |
| Classification .....                 | 750.00   |
| Equipment Maint. ....                | .00      |
| Friends of Queen Creek .....         | 320.00   |
| Insurance .....                      | .00      |
| Land Advocacy Committee .....        | 2.55     |
| Library .....                        | 13.00    |
| Merchandise Exp .....                | (24.00)  |
| Mountaineering .....                 | .00      |
| Newsletter .....                     | 1,404.67 |
| Outings .....                        | 48.12    |
| Programs & Monthly Meeting Exp ..... | 3,262.61 |
| Service/Bank Charge .....            | 73.00    |
| Training .....                       | 6,063.62 |

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|                       |                  |
|-----------------------|------------------|
| <b>TOTAL EXPENSES</b> | <b>13,069.60</b> |
|-----------------------|------------------|

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|                                       |                 |
|---------------------------------------|-----------------|
| <b>OVERALL FOR YEAR TO DATE</b> ..... | <b>2,016.71</b> |
|---------------------------------------|-----------------|

### ACCOUNT BALANCES

|                          |           |
|--------------------------|-----------|
| CD Account 1/31/05 ..... | 10,102.03 |
| Checking 12/31/05 .....  | 13,778.72 |

|                                |                  |
|--------------------------------|------------------|
| <b>TOTAL CASH ASSETS</b> ..... | <b>23,880.75</b> |
| Other Assets (gear) .....      | 2,048.25         |

|                            |                  |
|----------------------------|------------------|
| <b>OVERALL TOTAL</b> ..... | <b>25,929.00</b> |
|----------------------------|------------------|

**The President Wants ...**

**YOU! — Again!**

**No, this is not for another tour in Iraq. Pres. Jutta wants you to do your own “program” at the August club meeting. Bring harness, locker, and shoes when you come to AMC’s Membership Meeting on SUNDAY, August 21st, at the Phoenix Rock Gym, 7:00 to 10:00 pm. No gear? Dief and the Gym will provide at no cost. ‘Tis free to AMC members, friends and family. Pizza and soft drinks will be provided. Until then, hit those high country cool spots in your climbing endeavors. Next program will be at the Washington Adult Center. 2240 W. Citrus Way, north of Bethany Home Rd. and south of Glendale Ave.**

**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>**





## Queen Creek climbing area access issue Climb it? Or mine it?



Recreational access to the Queen Creek climbing area is being threatened by a copper mine that has been proposed by the Resolution Copper Company.

Resolution Copper is trying to take over Oak Flat campground via a congressionally legislated land swap, which in turn would threaten access to all these areas: Queen Creek Canyon, Apache Leap, Devils Canyon, Hackberry Canyon, etc.

We need your help to keep this world-class climbing area (and home of the Phoenix Boulderblast) from disappearing forever into a big hole in the ground. Join the Friends of Queen Creek!

We are not opposed to mining. But we are FOR ACCESS! We need to make Resolution Copper develop their mine in such a way as to preserve recreational access to these public lands.

Be a Friend of Queen Creek. Act now to help preserve access to your public lands by subscribing to the Friends of Queen Creek FREE e-mail action list at [info@friendsofqueencreek.com](mailto:info@friendsofqueencreek.com)

[www.friendsofqueencreek.com](http://www.friendsofqueencreek.com)

The AMC is represented on the Steering Committee of Friends of Queen Creek.

# ADVENTURE RACE

## Ride-n-Tie, Mountain Biking, Kayaking, Hiking

### Upcoming Events

9/24 - Ride-n-Tie  
2 runners, 1 bike, lots of fun

10/22 - Desert Rage III  
Adventure Race at Squaro Lake

11/12 - WAR  
Women's Adventure Race at Squaro Lake

Adventure Racing is a sport that almost anyone can do.  
It's all about the FUN & ADVENTURE!

[www.SierraAdventureSports.com](http://www.SierraAdventureSports.com)

Sponsored by:

adventure racing



## Mt. Hayden, Try Number Two

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*Tidbit of Information: Mt. Hayden is the name of a spire visible from Point Imperial on the Grand Canyon's north rim. It was named for Charles Hayden who came to Arizona in the 1850s and founded Hayden's Ferry in what is now Tempe. Point Imperial, the highest point on the North Rim at 8,803 feet, overlooks the Painted Desert and the eastern end of Grand Canyon.*

Our first attempt to climb Mt. Hayden on June 10-12, 2005 was a bust due to inclement weather. Mike Knarzer, Monica Miller, Rogil Schroeter, Erik Filsinger, Marilyn Geninati and Jodie Bostrom arrived under clear skies on Friday night, but early in the wee hours of Saturday morning thunder and lightning struck, and rain (later mixed with hail) came down. It did not stop. On Saturday, after a short hike and doing the tourist thing, we headed south hoping to salvage the trip by climbing in Flag or Sedona. The rain extended from the North Rim to just north of Phoenix, so we decided to just go home. Mt. Hayden Part II would become a reality.

The second successful attempt to climb Mt. Hayden would take place on June 17-19, 2005. Erik and Marilyn could not make this trip, but Dave McClintic and Scott Davis stepped into their spots. After an uneventful Friday night of primitive camping, we headed again to Point Imperial. Mike had warned us that the approach, although only 2 ½ miles, would be “nasty.” He was not kidding. There was no trail, it was a steep slope and the rock was loose. A previous fire had downed trees, and the undergrowth (mostly thorny) was thick in areas. Unfortunately, Monica became entangled in the undergrowth, it caught her ankle and toppled her over. Her previously injured ankle was tender from the fall, and she made the difficult decision to turn back.

The five remaining group members made it to a steep chute that required a rope for downclimbing. After a little more bushwhacking, we reached an open area covered with red rock. The winds were intense, but we found an area with low trees to drop our packs - this is where we would camp for the night. So far it had taken us four hours to get to this point.

After lunch and snacks, we outfitted ourselves

with the necessary climbing gear for a 3-pitch climb on Mt. Hayden. From the camping spot, it was a 30 minute scramble to the base of the route on the south side of the pinnacle. With Mike leading and Rogil seconding, the climb was steady and efficient. Once the third climber reached the first belay stance, we were able to simultaneously belay the remaining climbers up the first pitch while Rogil belayed Mike's lead up the second. During the climb, the wind was howling and radio contact was spotty between Mike at the summit and those of us below him. Monica became our “base camp” from Point Imperial and kept our communication flowing.

Once we reached the summit (around 4 pm), we could barely be seen with the naked eye from Point Imperial. Monica, with her power of persuasion, arranged for a photographer with a telephoto lens to take our picture. (Though truth be told, it probably didn't take too much persuasion to encourage the tourists to watch a bunch of wacko climbers summit this very imposing looking pinnacle inside the Canyon; the value of their vacation stories having been multiplied immensely.) They promised to email the pictures to Mike once they return from vacation—and since this writing have kept their word.

We camped on Saturday night in what felt like gale force winds, and left early for the hike/climb out. After dodging rocks and hauling packs and people out of the chute, we took a more direct (if somewhat more exposed) route up and out of the canyon. We literally climbed over the rails at the Point Imperial lookout at noon to the wonder and amazement of the tourist present and to the grinning welcome of the now fashionably attired Monica who looked like she just stepped out of pages of *Vogue*.

It was a successful, thrilling and mostly uneventful trip! Thanks to Mike for leading the group and sharing the beautiful views seen from the top of Mt. Hayden. Thanks also to Monica for her base-camp radio work and to Rogil for assisting Mike on the climb.

Jodie Bostrom

Dave McClintic



## Going High? Here's a Twist...

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I know that a bunch of folks are dusting off their mountaineering boots and heading skyward this summer. One perennial issue is how lowlander, weekend warriors like ourselves handle a quick trip to 14,000 feet. While some lucky few are blessed with biologies that quickly adapt to lower levels of oxygen, many of us, me included, are not. Going from the Valley to 14,000 feet in a day or two is a sure recipe for Acute Mountain Sickness (AMS), if not more radical problems. One unlucky fellow from Phoenix even developed High Altitude Cerebral Edema at base camp on Engineer Peak, a mere 11,000 feet or so. He was in a coma for the better part of a week.

It would be great if we could take the time to spend one day acclimatizing for each 1,000 feet we travel above 10,000 feet (generally accepted medical recommendations). But who has the time for the extra days in our hectic lives where vacation days are a precious resource? It would take four days to acclimatize before "going high."

Consequently many of us search for ways to short-cut the body's natural timetable in acclimatizing to increased altitude and subsequent lower oxygen levels. For what it's worth, being in shape does not necessarily help because the fit person tends to overdo and develop AMS unless they have one of those lucky biologies.

One group of preventatives are prescription drugs that either prevent or mask altitude symptoms. Diamox is the general drug of choice. Originally developed as a blood pressure medicine it is a diuretic that through still somewhat unknown pathways reduces the body's risk of AMS. Talk to your doctor, or have them look up the appropriate dosage in the Merck manual. It generally works if begun 2 to 3 days before the trip to altitude. Some of the side effects are frequent urination, tingling in the extremities and a horrible taste when drinking carbonated beverages. Some folks, me included it seems, are allergic to Diamox, so be careful and follow doctor's instructions.

A little more radical prescription drug is Dexamethasone (Decadron). This steroid is the treatment for acute episode of High Altitude Cerebral Edema (HACE) so is usually recommended to get someone off the mountain rather than up it. If used for long peri-

ods it must be tapered off, e.g., if doing 4 tabs a day, then you must go through a progression of 4 tabs, then 3 tabs, then 2 tabs, etc., to let your hormones recover. Some docs will prescribe this for climbers, so again, speak with your physician.

Some natural substances have seemed to hold promise. Ginkgo Biloba taken at recommended levels beginning 3 to 5 days before altitude appear to hold some promise. I have experimented with it on numerous occasions and cannot say that I have found it consistently beneficial. It appeared to work maybe once or twice, but I've also not been impressed with it on a bunch of other occasions.

Enter what may be a real attractive alternative -- Hypoxic training. While still down in the lowlands you experience air with some of the oxygen removed to mimic the air at targeted altitudes. This is what the Olympic athletes during the Mexico City games took home with them and began experimenting with. It is also what at least one company reports is the secret behind Lance Armstrong's remarkable performances—high altitude simulation.

The benefits of high altitude training for athletes have been known for years. The problem is that often the technology, e.g., sleeping tents, has been cost prohibitive for the individual. Units have often been started at price points over \$8,000. In addition, there is the discomfort of sleeping in a tent in your bedroom, the noise of the unit, and the seemingly inescapable odor involved with breathing the Hypoxic air within the confines of a tent.

Researchers have reported significant benefits associated with a training regimen of breathing Hypoxic air alternated with regular ambient air. An hour a day of switching from Hypoxic air to ambient air and back again appears to have many of the same physiological affects of acclimatization through gradual altitude gain.

The Hypoxic equipment uses a rebreathing device to reduce the oxygen content of the air passed through a breathing apparatus. This simulates the percentage of oxygen found at higher elevations. The device also scrubs carbon dioxide from the rebreathing air. The user can set the unit to deliver greater or  
*(Continued on page 10)*

## Going High? (Contin. from pg. 9)

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lesser concentrations of oxygen, simulating different altitudes that are consistent with your personal goals.

Normal ambient air at sea level will contain something like 21% oxygen. The manufacturer represents that the unit can deliver Oxygen down to around 9% of the rebreathing air, which corresponds to almost 6,500 meters of elevation.

A number of safety cautions appear to have been built in or are available. For one thing, you have to hold the breathing mask on your face with your hand. If you would have difficulty breathing you would simply drop the face mask. Secondly, it is a good idea to get the optional pulse oximeter which can measure your blood oxygen levels. This will help you maximize the benefits of the training by seeing your blood oxygen levels and your keeping these within your agreed upon training regimen.

But if by spending that hour a day sitting and watching TV or listening to music can simulate a few days of acclimatization at altitude, it might just be worth it. I'm sure hoping so; I'll keep you posted. And I dare you to try to catch me on those knife-edge ridges!

I'd be happy to discuss acclimatization issues with you. Feel free to contact me at [smorefil@aol.com](mailto:smorefil@aol.com),  
*Erik Filsinger*

## Tahquitz Outing ~ July 29-31

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Join Mike Knarzer and Rogil Schroeter for multi-pitch climbing July 29-31 at Tahquitz Rock near Idyllwild, CA. Climbs will vary from 5.4-5.10 and up to 8 pitches, depending on group abilities and interests, weather, etc. Mike and Rogil will each lead small teams on Saturday and/or Sunday.

Also, other members are welcome to share Mike's and Rogil's campsite, but you will be responsible for your own climbing activities and those activities will not be part of the official AMC outing.

For detailed information including costs, experience and equipment requirements, meeting times and locations, etc., please contact Mike at [getout@cox.net](mailto:getout@cox.net), or Rogil at [rogil.s@honeywell.com](mailto:rogil.s@honeywell.com).

## Mt. Hayden, a Top Perspective

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Mt Hayden is awesome to view from Imperial Point, but once you start down that gully descent you better get tuff quick ... because that was the worst overgrown alpine jungle I have experienced to date. I turned back at about 300 yards, as my ankle was not ready for the brute strength and endurance that several AMC'ers put out on June 18, 2005

My destiny turned out to be in communications for the team at Point Imperial. My radio signal contact between Mike and Rogil went blank on the 3rd pitch to summit tho I was in contact with all of the belay ledges. Through binoculars I saw Mike summit at 3:50 p.m. How awesome to witness this sight *and* be able to talk with him. The tourists were so enthralled. One man was able to capture some photos of the climbers on the top via a tripod and long lens. The distance was overwhelming and of course we all got a taste of the wind speed.

How different it was for me to be separated from my party that night as I camped alone. My thoughts were positive as I hoped for the best conditions for my teammates' overnight bivy. NO RAIN PLEASE was my mantra.

The next morning I called out via the radio; Rogil came in loud and clear and the team was on the move...Mike said to hell with the gully exit to which they descended. He marched the team straight up Imperial Point. I did not witness the team coming over the rail as I was at the rim trail over the gully wondering why I could not see five climbers bushwhacking their way out. Then they topped out right at Imperial Point.

How wonderful to see my mates once again ...! What a tattered looking bunch. But they were my bunch.

- *Monica Miller*

## Lead Climbing School

Arizona Mountaineering Club — Fall 2005

This is an advanced climbing class. Even if you don't plan on leading, you will learn much about the dynamics of climbing, and it will make you a safer climber. Protecting a climb is a different skill from climbing itself. We will talk about the dynamics of lead falls, how to prepare for a climb, the differences between single-pitch and multi-pitch, and the differences between clipping bolts and placing natural pro. There will be no "true" lead climbs during the class, but we will provide simulated leading exercises.

### Class curriculum:

|     |   |
|-----|---|
| Tue | Lecture, slide show: introduction, the lead fall, equipment                           |
| Wed | Lecture, slide show: equipment (continued); the process and techniques of leading     |
| Thu | Lecture, slide show: multi-pitch techniques, the descent, leader rescue, aid climbing |
| Sat | Hands-on practice: natural pro placement (Prescott)                                   |
| Sun | Hands-on practice: leading on bolts (Prescott or Scottsdale)                          |

### Class schedule:

|                |          |                 |   |
|----------------|----------|-----------------|---|
| Sep 27, 28, 29 | Tu– W–Th | 6:30 pm–9:30 pm | Dreamy Draw Park  |
| Oct 1          | Saturday | 9:00 am–5:00 pm | Prescott (directions will be in syllabus)               |
| Oct 2          | Sunday   | 9:00 am–5:00 pm | Prescott or Scottsdale (directions will be in syllabus) |

To get to Dreamy Draw Park take SR 51 (Piestewa Peak Parkway) to Northern and turn east. This dead-ends at the Park. We will be at the big ramada next to the parking lot.

**Experience required:** Preferably, AMC Basic School and AMC Anchors School or equivalent experience. This includes knowing how to tie a variety of knots, belay, rappel, prusik and set anchors.

**Cost: \$75** plus membership if not already a member (\$13 for an individual and \$15 for a family). Membership is good through Dec., 2005. Register by sending a check payable to AMC Lead School to 1654 W. Boston St, Chandler, AZ, 85224. No credit cards accepted. (Please note: the registration fee is fully refundable if you cancel.) Call Nancy Birdwell at 480-821-1932 or email [lead.school@AzMountaineeringClub.org](mailto:lead.school@AzMountaineeringClub.org) for more information. The number of students will be limited to 30.

### Equipment required for the class:

The following will not be needed the first night. Listen to the gear lectures before making purchases.

1. All climbing gear (harness, prusiks, biners, etc.)
2. Helmet—mandatory for all on-rock sessions
3. Specifically needed:
  - 2 20' slings (untied length), preferably different colors
  - 2 10' slings (untied length), preferably different colors
  - Nut pick
  - Quickdraws with biners—at least 5 per person
  - All pro that you own, which may include cams, hexes, wired nuts, Tri-cams, etc.
  - Consider combining with another person to have enough gear
4. Hiking boots or shoes with stiff soles for Saturday, climbing shoes for Sunday
5. Optional: kneepads for Saturday (\$3–6 at Home Depot, \$5 volleyball pads at sporting goods stores)

**For more information:** Visit the Arizona Mountaineering Club website at [www.AzMountaineeringClub.org](http://www.AzMountaineeringClub.org).

## Ben Pedrick responds to an AMC card . . .

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June 28, 2005

Jutta Ulrich  
1234 E. Luke Avenue  
Phoenix, AZ 85014-2343

Dear Jutta,


Thanks to you and the Arizona Mountaineering Club for the get well card with the many signatures on the very beautiful card showing the Totem Pole at sunset. (Or is it sunrise?) This picture brings back old memories of the Kachina first ascent of Agathlan just south of there climbed by Ray Garner, Herb Conn and my brother Lee Pedrick. in 1949. I was in base camp watching. What exciting times we had in those days as every peak (not just routes) that required technical climbing skills was a first ascent. These were all of the early routes on Camelback, Pinnacle Peak, and The many summits of the Eagletails, Agathlan. We also did the first seasonal climb of the Grand Teton in 1948. All was not fun on the Wyoming trip as that is where we lost Win Akin on Nez Perce.

My Arizona climbing days lead me to be involved with the Santa Clarita Valley Search & Rescue Team in the LA County Sheriff Reserve program for almost 30 years where I was team captain and Chief of Mountain Rescue for the County. Our teams are very active in the Mountain Rescue Association.

Thank you also for the great hospitality the AMC show the Kachinas in November when we had our reunion in Phoenix. It is amazing to me how many people in the area are now involved in climbing and the many good climbing areas that have been discovered.

I am recovering nicely from my surgery and hope to make it to another of the AMC meetings again soon.

Best Regards,

  
Ben B. Pedrick  
12847 Jimeno Avenue  
Granada Hills, CA 91344



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

## Land Navigation Class 2005

Like the old song says — “What a difference a degree makes—one threesixtieth of a circle.”

You will discover just how much at the Land Navigation Class conducted by Chris Query Saturday, August 6th, in a dog-hair Mogollon Rim pine forest. Dang, those markers can be hard to find. But be assured, they are there. You just aren't in quite the right spot.

Chris will spend two evenings prepping you for your proof of navigation savvy on August 2nd and 4th at the Longview Neighborhood Recreation Center. That is on the southeast corner of 14th St and Indian School Road.

The course will use (mainly) the 7.5-minute quad series of maps which are the ones you need for planning most any mountaineering endeavor. This will be coupled with both compass and GPS units and also little beads on a string.

Cost of the course (mainly materials) is \$25 and is for AMC members only. There is a limit of 20.

On Sunday, those who have found their way back to camp will be treated to a bouldering outing at Priest Draw.

Sign up with [cquery@hotmail.com](mailto:cquery@hotmail.com) or call 602-323-5927.

## Alpine Rock Seminar Offered

The AMC Mountaineering Committee will offer the 1-day Alpine Rock Seminar again this year. The hands-on seminar is for folks with solid rock climbing skills who may be interested in taking their adventures into alpine and mountainous conditions. Topics to be covered will include: mountainous terrain, weather, altitude, judgment, equipment and team considerations. During the field exercise, alpine rope work, including double rope techniques, route finding, alpine considerations for anchoring and belaying, alternatives for descending will be discussed and demonstrated. Silent communication will be shown and practiced.

The Seminar will be offered locally on Saturday, November 5 at a place yet to be determined. It is recommended that participants all have taken the AMC Basic, Anchors, and Lead Schools. This is not an introductory seminar. Rather, it is designed for those who are already accomplished in their craft but want to apply it in the mountains. If you are interested in the topic but not sure you are ready, the Alpine Rock seminar is offered yearly in the Fall.

For details or questions contact Erik Filsinger, AMC Mountaineering Chair, at [\\_smorefil@aol.com](mailto:_smorefil@aol.com) (mailto:smorefil@aol.com). Class fees will be \$50 for new students and \$25 for refresher students. Number of participants limited.

## OK, Don't Help

### Advertising Chair

We need someone to handle newsletter advertising and perhaps solicit more discounts from merchants for Club members.

### Outing Leaders

Become a paragon of virtue exalted to the heavens by grateful AMC'ers. Wayne S. can tell you how.

### School Leaders

The Training and Schools Committee (T&S) is looking for people who are interested in becoming more involved in the schools. Some of us who have been teaching for a while would like to start develop-

ing replacements. If the idea of teaching interests you, please talk to Sally Larimer, Robert England, Wayne Schroeter or Jeff Hatfield or email T&S at [wayne@iWayne.com](mailto:wayne@iWayne.com). It is much easier for us to train people gradually than to try to get replacements quickly.

### Yahoo Group Monitors

We are looking for two members who can help manage our Internet mail groups. This will take very little time, so if you don't have much time but wanted to contribute to the club, consider this opportunity. We have three groups to monitor. There is minimal maintenance, perhaps occasionally changing a name.

## Calendar of Events *(Continued from page 14)*

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- Oct 5 **Basic School Instructor Meeting.**  
Oct 11, 13, 15, 16, 18, 20, 22 **AMC Basic School**  
Oct 17 **Membership Meeting** at Washington Adult Center on third Monday.  
Oct. 27-30 **Hueco Tanks, Texas.** The bouldering mecca of the world!!!! You have watched people climb boulders for years, tried it at the local gym or even outside. So let's go on a road trip to Texas this October. There is no need of experience, just the passion to climb and learn. Hueco has everything from easy to V-hard. This will be a bouldering workshop to help you boulder safer and stronger, but most of all have fun!!! Since Hueco is a Texas State Historical Site I need to make reservations. You must confirm reservations and pay the balance of \$4.00 a day (\$12.00 for the trip) by September 15, 2005. Contact Richard Horst 623-434-4769.
- Oct 29 **Queen Creek Cleanup and Climb.**  
Nov 2 **Anchors School Instructor Meeting.**  
Nov 5 **Alpine Rock Seminar.** The AMC Mountaineering Committee will hold its annual Alpine Rock Seminar on Saturday November 5, location and time tbd. This is designed as an advanced sharing session for folks who have solid leading skills but want to venture into alpine and mountainous terrain. \$50 for new students. \$25 for refresher students. For information and details contact Erik Filsinger at smorefil@aol.com. Class size limited.
- Nov 8, 10, 12,13 **AMC Anchors School.**  
Nov 23-27 **Thanksgiving at J-Tree.** Details next time.  
9 Dec **AMC's Holiday Party.** Place to be announced later.

### **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

### **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.*

- Sep 9-11 **Backcountry Emergency Care.** \$125. A 20-hour class in Wilderness First Aid. Friday evening, all day Saturday and Sunday. Limit first 20 students to pay. Make check to Rogil Schroeter and send to Rogil Schroeter, 6519 W. Aire Libre, Glendale, AZ 85306. Info at 623-512-8465 or rogil.s@honeywell.com (Class is full)



## Calendar of Events

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### AMC Outings

**Please note:** Car-pooling is optional on all outings and is not part of the outing. The outing begins at the trail-head designated by the Outing Leader and ends at the same place. It is suggested that Outing participants donate gas money to the Outing Leader, and that car-poolers share the cost of gas for the driver. Each participant should bring a First Aid kit. If you leave the outing, with or without the leader's permission, you are considered to be on your own until you rejoin the group. Each participant will be required to sign an AMC Activity Release Form at the beginning of the outing.

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.

- .July 29, 30,31 **Tahquitz Outing** Multipitch near Idyllwild, Ca. 5.4 to 5.10 and up to 8 pitches. Mike Knarzer and Rogil Schroeter will lead small parties Sat and Sun. More info page 10)
- Aug 1 **Board Meeting** at Jutta's, 7:00 p.m.
- Aug 2, 4, 6 **Land Navigation Class.** See page 14)
- Aug 7 **Priest Draw Bouldering.** Following Chris Query's Land Navigation Class on Saturday.
- Aug 21 **AMC Meeting at Phoenix Rock Gym.** Sunday - and a week earlier than usual.
- Aug 29 **Sept. Board Meeting**
- Sep 2-5 **Enchanted Tower, New Mexico** Let us beat the heat and go climbing in Central New Mexico at an elevation about 8500 ft. Cool pines, with abundant wildlife, and of course perplex pocket pulling over stellar stone. The biggest hold you have ever fallen off. When? Labor Day weekend. For details call Richard Horst 623-434-4769.
- Sep 17 **Over the Rim Cleanup at Grand Canyon** Details next time.
- Sep 18 **Canyon Climb** in cirque along canyon rim. Details next time.
- Sep 27, 28, 29, Oct 1, 2 **AMC Lead School.** See page 11)
- Oct 1 **Adopt-a-Crag Cleanup.** Place not yet determined.

*(Calendar continued on page 13)*

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### 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 Nancy Birdwell at (480) 821-1932.

|                                  |                                    |                                   |
|----------------------------------|------------------------------------|-----------------------------------|
| Tom Conner.....480-897-7623      | Tim Lange..... 480-598-9124        | Tim Schneider .....480-497-8377   |
| Robert England.....480-821-4243  | David Larimer ..... 480-425-9689   | Rogil Schroeter .....623-512-8465 |
| Erik Filsinger .....602-906-1186 | Sally Borg Larimer... 480-425-9689 | Wayne Schroeter .....602-402-1631 |
| Jeff Hatfield .....480-897-1750  | Tim Medlock..... 480-963-3496      | Jef Sloat .....602-316-1899       |
| Scott Hoffman .....623-580-8909  | Monica Miller ..... 623-362-0456   | Mick Strole.....520-856-3335      |
| Richard Horst.....623-434-4769   | Jeff Nagel..... 602-318-9538       | Frank Vers .....480-947-9435      |
| David Johnson .....623-486-7387  | Paul Norberg ..... 602-808-9244    | Tim Ward .....602-212-1929        |
| John Keedy .....623-412-1452     | Paul Paonessa..... 602-493-7356    |                                   |
| Mike Knarzer.....602-751-1701    | Chris Query..... 602-323-5927      |                                   |

# AUGUST 2005

## AMC Outing Calendar

| Sun  | Mon                           | Tue                            | Wed  | Thu  | Fri                               | Sat                                    |
|--|-------------------------------|--------------------------------|--|--|-----------------------------------|--|
|  | 1<br>AMC<br>Board<br>Meeting  | 2<br><b>Land Nav<br/>Class</b> | 3<br><i>Sunrise</i><br>5:42<br><i>Sunset</i><br>7:26<br><i>M-rise</i><br>4:07a   | 4<br><b>Land Nav<br/>Class</b><br><br>New Moon   | 5                                 | 6<br><b>Land Nav<br/>Field<br/>Day</b> |
| 7<br><b>Priest<br/>Draw<br/>Boulder-<br/>ing</b>               | 8                             | 9                              | 10<br><i>Sunrise</i><br>5:47<br><i>Sunset</i><br>7:19<br><i>M-set</i><br>10:15p  | 11   | 12<br><br><i>1st Qtr<br/>Moon</i> | 13                                     |
| 14   | 15                            | 16                             | 17<br><i>Sunrise</i><br>5:52<br><i>Sunset</i><br>7:12<br><i>M-rise</i><br>6:12p  | 18   | 19<br><br><i>Full Moon</i>        | 20                                     |
| 21<br><b>AMC<br/>Meeting<br/>at Phoe-<br/>nix Rock<br/>Gym</b> | 22                            | 23                             | 24<br><i>Sunrise</i><br>5:57<br><i>Sunset</i><br>7:04<br><i>M-rise</i><br>10:10p | 25   | 26<br><br><i>Last Qtr</i>         | 27                                     |
| 28   | 29<br>Sep AMC<br>Board<br>Mtg | 30                             | 31<br><i>Sunrise</i><br>6:02<br><i>Sunset</i><br>6:55<br><i>M-rise</i><br>2:55a  | <div style="border: 1px solid black; padding: 5px;"> <p>NOTE Celestial events occur about 10 minutes earlier on Arizona's eastern border; 10 later on its western edge.</p> </div> |                                   |  |