

The Arizona **MOUNTAINEER**

April 2008



Bruce McHenry dry tooling some mixed rock & ice - Ouray, Colorado.
Photo by Kirra

The Arizona Mountaineering Club

Meetings: The member meeting location is:
Phoenix Country Day School
3901 E. Stanford Drive
Paradise Valley, AZ 85253. , AZ 85004 at 7:00 p.m. See
calendar for day/date.

Board Meetings: Board meetings are open to all
members and are held two Mondays prior to the Club
meeting.

Dues: Dues cover January through December. A single
membership is \$30.00 per year: \$35.00 for a family.
Those joining after June 30 pay \$15 or \$18. 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:

Email:

president@amcaz.org
board@amcaz.org

Websites:

www.amcaz.org

Mail:

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

Board of Directors:

President John Keedy 623-412-1452
Vice-President Grant Loper 602-684-3042
Secretary Erik Filsinger 480-314-1089
Treasurer Clay Vollmer 602-595-7266
Director (1Y) Dan Beatty 480-917-7795
Director (1Y) Jodie Bostrom 623-308-5089
Director (2Y) Robert England 480-688-5412
Director (2Y) Bill Fallon 602-996-9790
Director (1Y) Danny Gonzales .. 602-550-8371

Committees:

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 Robert England 480-688-5412
Land Advocacy Erik Filsinger 480-314-1089
Librarian Richard Kocher ... 480-966-5568
Membership Rogil Schroeter 623-512-8465
Mountaineering Bruce McHenry ... 602-952-1379
 Asst. Chair Grant Loper 602-684-3042
Newsletter Robert England 480-688-5412
Outings Frank Vers 480-947-9435
Programs Sheri Kenly 602-799-1288
Training & Schools.. Bill Fallon 602-996-9790
 Basic Class Bill Fallon 602-996-9790
 Anchors Class Justin York 480-229-8660
 Lead Class Mike Knarzer 602-751-1701
T-shirts Sally Borg 480-425-9689

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 or at <https://accessfund.org/join/indiv.php>.

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HOT STUFF !!!

*Anchors School,
Outings,
Mountaineering
Seminars!!*

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, 2267 W Periwinkle Way, Chandler, AZ 85248 or through email to azmountaineer@amcaz.org. Prints are preferred over slides. Digital photos should preferably be in JPG format and 300 dpi. Articles can be in any standard word processing format. For more info call or write the editor at (480)-688-5412, robert_england2@yahoo.com.

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.

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.

May Newsletter Deadline Wednesday - April 23

APRIL BIRTHDAYS

Sarah McMinn 2, Mike Knarzer 8, Gina Prosperi 11, George Krall 12, David McClintic 17,
Kelly LaRosa 19, Erik Filsinger 21, Jessica Moody 22, Chandra Simpson 22,
Roger Cuthbertson 23, Tanya Soroko 24, Randi Folwell 25

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 10% discount.
- **AZ on the Rocks Gym** — 16447 N. 91st St., Scottsdale, AZ 85260. 480-502-9777. 10% off membership.
- **Phoenix Rock Gym**—1353 E. University, Tempe, AZ 85281. 480-921-8322. 10% off membership.
- **AZ Cliffhanger** - at the Phoenix Rock Gym. 480-642-9507. 10% off merchandise.
- **Solid Rock Gym** — 23620 N. 20th Dr, Phoenix, AZ 85027 (623) 587-7625 10% off membership.
- **Climbmax Gym** — 1330 W Auto Dr, Suite 112, Tempe, AZ 85284 - 480-626-7755. 10% off membership, Grand Opening 15% off through 4/30.

Rental Equipment

<u>EQUIPMENT</u>	<u>Qty</u>	<u>\$Dep</u>	<u>1-3day</u>	<u>4-7day</u>
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 Policy:

- All equipment rentals shall be only to current AMC members.
- AMC members renting equipment shall contact the Rental Committee Chair and arrange a time for pick-up and drop-off of rentals.
- Rental rates shall be as published in the AMC Newsletter.
- Two checks shall be collected from the renter.
 - The first being for the rental amount. It will be placed into AMC accounts.
 - The second check shall be a deposit held against the return of the item. It will be held and given back to the renter upon return of the equipment.
- If the return is not timely, is damaged, or is lost, the second check shall be held against the late amounts due or against any replacement or repair required.
- The AMC Member renting the equipment shall be expected to replace any lost or damaged equipment.
- An AMC rental form (found under the Forms section of the website) will be used and will identify the name and contact information of the renter, the items rented, the rent due, as well as the replacement cost, along with statements indicating the renter's responsibilities for returning or replacing the items.
- For Shoes** - Call Linda Locke (602) 997-4235.
- For everything else**, call Erik Filsinger (480) 314-1089.

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended February 29, 2008

INCOME

Dues 2008	3395.00
Rental Equipment	26.00
AARS Spring	75.00
Basic Spring	1180.00
Lead Spring	1050.00
TOTAL INCOME	5,726.00

EXPENSES

Admin	525.34
Bank Charges	10.00
Land Advocacy	418.98
Newsletter	469.32
Programs Monthly Meeting	1400.00
Training	3614.37
TOTAL EXPENSES	6,438.01

OVERALL TOTAL.....(712.01)

ACCOUNT BALANCES

Checking (on 2/29/2007)	12,402.05
CD Account (on 8/17/2007)	11,183.27
TOTAL CASH ASSETS	23,585.32

AMC Outing Gear 1,473.48
OVERALL TOTAL 25,058.80

Board Meeting Minutes - March 10, 2008

Board Members Present: Jodie Bostrom, Clay Vollmer, Grant Loper, Robert England, Erik Filsinger, John Keedy, Dan Gonzales, Dan Beatty

Committee Chairs Present: Dave Van Hook

Call to Order. The meeting was called to order by President Keedy at 7:00 p.m.

Minutes: The Minutes of the February 11, 2008 meeting were approved as submitted.

Treasurer's Report: Clay Vollmer presented the Treasurer's Report. Moved, seconded and accepted as amended. It was noted that the Approved 2008 Proposed Budget had fewer line items and detail than the historic Operating Budget used by the Board to track income and expenses on an ongoing basis. Erik Filsinger will package the historic operating budgets and proposed annual budgets for the Board to examine at the next meeting.

Committee Reports:

Membership: Report was discussed.

Programs: The AMC is hosting the Queen Creek Coalition Climbers' Meeting. Motion made, seconded and approved to publish extra newsletters with color covers.

Mountaineering: Bruce McHenry had submitted a request to have the Board approve Grant Loper as Assistant Chair. The motion was made and approved.

Land Advocacy: Erik Filsinger and John Keedy gave an update on the Queen Creek situation. Board was put on notice that at some point evidence may be put forward recommending a change in Club official policy and stance. John Keedy announced that he and several other AMC members have joined the McDowell Sonoran Conservancy and have received training as Stewards for the McDowell Sonoran Preserve.

T&S. Lead School graduated 12 students. 30 students have signed up so far for Basic. Bill and Jodie will coordinate on the purchase of additional ropes, if any.

Outings: Discussion held on the interface of voluntary and professional services and on different types of Member input to the Board. Erik Filsinger will draft a policy statement that recognizes the importance and contributions of AMC members who also guide professionally, while also stating the club's desire to maintain clear lines of the two different roles – club volunteer and non-club professional services. Jodie Bostrom, Robert England and Grant Loper will review existing policies and procedures for Backcountry, Multipitch, and Single Pitch Outings and report back at the next Board meeting.

Classification: Several Prospective Outing Leaders are accomplishing their Apprentice Outings.

Old Business:

Website Transition was discussed. Appreciation noted for both Clay Vollmer's and Kirra's contributions to a smooth process.

New Business:

Grant Loper discussed various possibilities for a **Wilderness First Responder Class** being held locally. He will investigate further.

Dave Van Hook made a request to the Board to assist with a fund-raising event for the **Repeat Ascenders Program**. The request was received favorably and Dave will update the Board further on what it can do and what the plans for the May 3 and 4, 2008 are.

Meeting adjourned at 9:07 p.m.

NEW MEMBERS - Climbers - Please Welcome:

Leon Bowers
Dillon Brooks
Brad Brunsell
Kristine Brunsell
Dave Burgmeier
Chris Childers
Nael Dagstani
Sue Finn-Bodner
TJ Gibson
Harmony Gonzales
Chris Head
Robert Holderman
Louise Johnson
Tracey Jones

Robert Kessenich
Kerry Korth
Aarti Lalla
Kristis Makris
Will Nicholas
Brenda Oberman
Marty Oelrich
Paul VanHerpen
Elizabeth Vito
Cheryl Wells
Dan Williams
Jordan Williams
Candice Yuca

President's Corner

When you read this, you will either have participated in the briefing Queen Creek Coalition presented or you will have missed all that information about what is happening with Oak Flats and Queen Creek. I hope you are in the first category because the entire issue is very important for the future of climbing in that area. Few issues rise to such importance. If you are among the latter group, please go to QueenCreekCoalition.org on your computer and bring yourself up to date.

Basic school has just finished and we have 32 new climbers among us. I attended many of the classes and I can assure you we have a lot of good climbers in the group. Congratulations to the Spring 2008 class. As usual, Bill Fallon did a professional job of instructing that class and thanks so much to all the assistants who came out to help. We even had two past AMC Presidents helping. Many of the students expressed their appreciation for sharing the spirit.

Don't miss the Queen Creek Cleanup and climb next weekend. There are more activities going on that day as well in Superior and at the Oak Flats Campground. Look through the newsletter to see the times and places.

John Keedy
President

Anchor's School Instructor-gram

AMC'rs, want to increase your climbing karma? Here is your opportunity! Give back to the club by helping us teach anchors class this spring. Not only will you be sharing your passion for climbing, but you will refresh your memory of building anchor systems efficiently - one of the most important skills to climb safely.

Details: Weekday sessions will cover anchor principles and anchor construction. These will be held at N. Mtn Park on April 15 and 17 (6-9:30). Weekend sessions will cover hands-on anchor construction in real situations, culminating in a "grad anchor" and climbing on Sunday. These will be held in Prescott on April 19 and 20. We always have an awesome class so let's strive to do the same this spring.

PLEASE RSVP TO JUSTIN at justin.j.york@asu.edu so we can get a head-count and start thinking about station assignments.

Climbing Anchors School

Arizona Mountaineering Club
Spring 2008

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: Gain experience setting anchors by practicing “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 instructor supervision and then spend the day climbing.

Class schedule:

Apr. 15	Tuesday	6:00 pm–9:30 pm	*N. Mountain Park (Phoenix), Yavapai Ramada
Apr. 17	Thursday	6:00 pm–9:30 pm	N. Mountain Park, Yavapai Ramada
Apr. 19	Saturday	8:00 am–4:00 pm	Climbing area to be announced during class
Apr. 20	Sunday	7:00 am–5:00 pm	Climbing area to be announced during class

*North Mountain Park is located at Peoria and 7th St, 5 miles north of Camelback on 7th St. Turn west into the park and drive around the loop to the last parking area at the end of the loop.

Experience required: AMC Basic School graduate or equivalent, which must include knowledge of how to belay, rapel, 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 (\$30 for an individual and \$35 for a family). Membership is good through Dec., 2008. 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 outdoorgirlinaz@cox.net for more information. The number of students will be limited to 36.

Equipment required for the class:

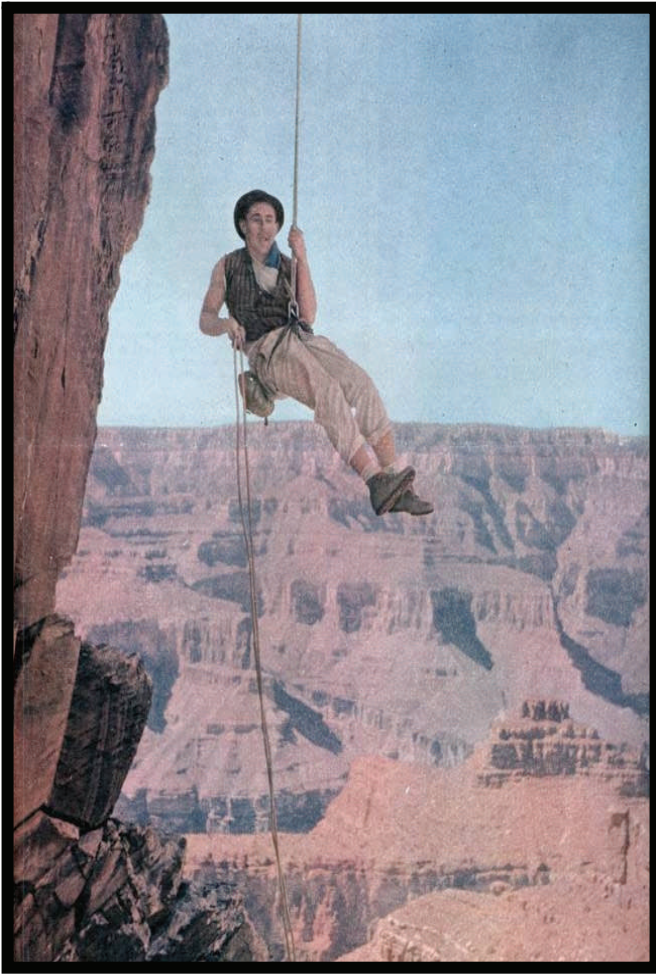
- 2 non-locking "D" or oval carabiners (at least 2, bring more if you have them)
 - 3 locking carabiners (at least 3, one of which should be a parabiner)
 - 1 rappel/belay device (Trango Jaws, Black Diamond ATC, Trango Pyramid, Figure-8, etc.)
 - 1 climbing harness
 - 1 ea 4', 6', 10' 6mm prusiks (untied 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.amcaz.org.



On Monday, April 28th at 7:00 p.m. AMC Programs is delighted to present:

Mathieu Brown

A History of Climbing in the Grand Canyon

Nearly *fifty* years ago Phoenix climbers Dave Ganci and Rick Tidrick pioneered the first ascent of a remote and technical Grand Canyon Summit, Zoroaster Temple. Their accomplishment evolved into what is now considered the classic climb of Grand Canyon and also marked the beginning of an era in which individuals would come to interact with and interpret the Grand Canyon in new ways. While Grand Canyon lacked the obviously inviting stone of, Yosemite or Grand Teton, its subtly unique challenges of arduous complex approaches, loose and instable rock, and intriguing route finding were unmatched. These qualities drew the interest of a small group of climbers that pushed climbing in Grand Canyon to new cultural and physical boundaries. Those seeking summits below the rim experienced the landscape on new terms, seeing the Canyon as a series of towers amongst the abyss. Their pursuits led to the discovery of new access points,

challenging routes in the Canyon's tributaries, and countless stories and tales.

This presentation is an account of some of these adventures, as well as, a story about how these pioneers helped change the way people would come to interact with the Canyon. While many Grand Canyon climbing experiences are shared, each climber embraces a unique and individual relationship with the Canyon; demonstrating that the Canyon is a landscape that is interpreted and understood on intimately personal terms.

Mathieu F. Brown is an Outdoor Recreation Planner at Grand Canyon National Park, a Colorado River guide, and an outdoor educator. His path to the South Rim of Grand Canyon came by way of working seven years with Grand Canyon Semester, a Northern Arizona University interdisciplinary experiential education program focusing on the Greater Grand Canyon region, and through his thesis work on Colorado River campsites. Without these experiences it is unlikely he would have discovered the joy of Grand Canyon summits and the pleasure of Grand Canyon climbing stories.

See you at the Monday, April 28th 7:00 p.m. meeting! Remember it is at Phoenix Country Day School 3901 E. Stanford Drive P.V. 85253 It is between Lincoln and Camelback. From Lincoln use 36 St. and go south to Stanford and then head east. From Camelback turn North on 40th St. followed by a left on Stanford. Follow signs to the auditorium.



The Arizona Mountaineering Club
www.amcaz.org

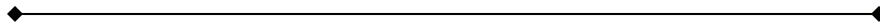
Lead School Stats - Spring '08

Students

Chanda DeLong
Frank Hertz
Benjamin Knowles
Trevor Moody
Christa Nobbe
Brenda Oberman
Sonia Overholser
Gina Prosperi
Stormy Rose
Grant Tewksbury
Stephen VanHerpen
Robin Walker
Bailey Rose Warstler
Dale Wiggins

Instructors

Nancy Birdwell
Eric Evans
Bill Fallon
John Keedy
Sheri Kenly
Mike Knarzer
Rogil Schroeter
Mark Tallan
Clay Vollmer



It Pays to Climb

Want to earn a few bucks while helping some high school kids climb a wall?

I need 2 qualified people to help me run a climbing wall and zip line in Heber, Arizona on Friday, April 25th, and Saturday, April 26th, 2008

This is the Rotary District 5510 RYLA (Rotary Youth Leadership Awards) Meeting.

You would need to come to Camp Pinewood (a Salvation Army camp) on Thursday evening, April 24th, spend the night in a cabin with a bathroom and bunk beds (bring your own towel, sleeping bag and toiletries) and work on Friday and Saturday. Meals are provided as well. You will be free to leave on Saturday after about 5:30 PM.

Bring your harness and appropriate clothing for belaying kids on a wall.

You will be paid \$100 per day (\$200 total) for this by our Rotary District.

I need people who have at least completed the basic climbing course and would appreciate anyone with safety and rescue experience.

Chuck Flint

Cell: 602-980-3474



Ouray Ice Park Outing

Did you do your “Readin’, Ritin’, and Rithmetic?” Did you make the “Deans List”? Were you the “Dunce”?

Back to school? No, not quite. Those are some route names of the Schoolroom Wall at Ouray Ice Park in Colorado .

On a gorgeous March weekend Jutta, Kirra, Bill, George, and I did some fun spring Ice Climbing. The weather gods smiled with mild weather...mild for Ouray that is. Temperatures in the mid 20°'s to 30°'s, a few snow flurries, and some great sun on the second day. The park was not crowded and the ice was in fairly good shape for being late in the season. A few pieces of cauliflower ice to knock off and then the reward of a sweet “thunk” as your ice tool hit ‘blue plastic’.

After a 10 hour drive on Friday, we sampled the food and beer (!) at Bien Tempo, the local Mexican restaurant. Saturday we set-up and climbed the WI 2 and 3 routes in the Schoolroom. It was a fun day with all of us doing several 100 foot climbs, while we talked with locals and other visitors from California and Washington . Saturday night we discovered O’ Brian ’s, the local Irish pub, for some well-deserved Shepards Pie and Guinness on tap!

Sunday dawned a beautiful day with the rising sun lighting the tips of mountain peaks surrounding Ouray. Everyone was ready for a bit more challenge; setting up WI 3 and 4 routes, including the Schoolroom Pillar and the steeper starts and overhangs of the Readin’ and Ritin’ routes. After another great day for everyone, we replenished with the local Italian food then topped it off with more Guinness at O’ Brian ’s. We did need to practice for upcoming St. Patty’s Day!

Monday we left behind the snowy chill and beautiful mountains of Ouray, arriving back in Phoenix in time for the spring heat. Another fun weekend of camaraderie and climbing committed to our memories, and cameras!

Bruce McHenry



Clockwise from upper left:

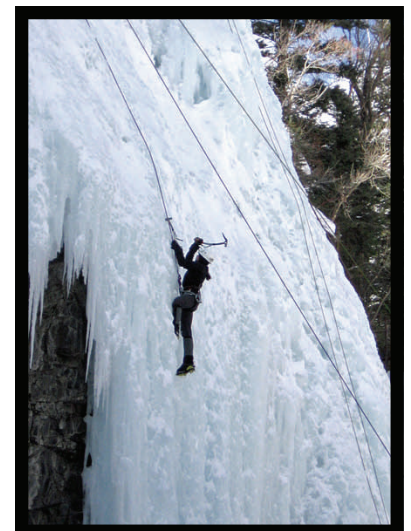
George – Starting up the Dunce,

Jutta – the classic ice climber X position,

Bill – On the Schoolroom Pillar,

Kirra – up, up and away,

Hiking out after a fun day!



AMC Mountaineering Seminars

Special Presentation – JR Rosania

Conditioning, Training & Nutrition

Wednesday, March 26, 2008 - 6:45-8:45 PM

Jim "JR" Rosania is one of the nation's top performance enhancement coaches. JR was selected as one of AMERICA'S TOP TRAINERS by MEN'S JOURNAL Magazine (December 2004 and 2005).

JR's clients include Olympic, professional and elite athletes. He is the strength and conditioning consultant to Yale, Notre Dame and Stanford University swim teams and the coach for AARP Triathlon Training Program. JR is the past strength and conditioning coach for the Phoenix Suns of the NBA. He is an accomplished athlete, competing in over 160 triathlon's, 18 Ironman Triathlons, including the Hawaiian Ironman World Championships, 23 Half Ironman's, 5 marathons and numerous competitive cycling events. JR was named the 2002 USA TRIATHLON ALL-AMERICAN after winning the Clydesdale division at IRONMAN USA .

JR has over 23 years of experience training thousands of athletes with a special focus on swimmers, tri-athletes and runners of all levels, ages, and ability. He has trained 4 national and 25 state champions in swimming, 7 in running and 6 in triathlon. JR has trained 22 tri-athletes to national championships and 18 to the Ironman World Championships. JR has also successfully trained dozens of first time tri-athletes to the finish line. JR helped train 3 clients and then climbed to the summit of Mt Rainier with them.

JR was the Phoenix Suns Trainer for 8 years and has trained numerous Championship Olympic and Professional athletes.

Don't Miss JR's presentation!

In addition – we will be talking about alpine and mountaineering clothing systems and gear. Bring your stuff for show and tell.

Pyle Community Center
655 E. Southern Ave.
SW corner of Southern and Rural Road in Tempe

Please confirm your attendance to Bruce McHenry bamchenry@att.net Bring your friends!

Upcoming Mountaineering Seminars

Wednesday, April 23 - Risk, Leadership, and Judgment.

The issues of good judgment in challenging environments. And - scary stories from the latest edition of Accidents in North American Mountaineering, a publication of American Alpine Institute.

Wednesday, May 21 - Map, compass, GPS, Orienteering, Route Finding, Terrain and Avalanche Awareness.

Wednesday, June 25 - Expedition Planning, Camping and Food, the Art and Science of Packing.

The Seminars for March through June will be at the Pyle Center , 6:45-8:45 PM.

Coyote Tower

Sedona is still my favorite place to climb in Arizona. The views and colors seen from the different summits are so unbelievable that it never gets old for me and has never been beaten by another area. That is why when I heard of the chance to do a 5.10c, 6-pitch climb in Sedona I pretty much stalked Mike until he agreed that I could come along for the climb.

The day started off early with us meeting at 6am. It really was a rude awakening for me when my alarm went off at 5 but the thought of the amazing climb I was about to do, the promise of Starbucks at our meeting place, and my knowing my trusty carpool (Shannon Flowers) would be waiting outside my door, all drug me out of bed and got me into my climbing clothes.

After getting our caffeine fix and signing our lives away Mike, Joe, Grant, Shannon, Chanda, and I all got into our cars and started northward. Once I was in the car all of my tiredness wore away. I think that both Grant and Shannon were hoping for a little piece and quiet on the early ride but I just shrugged off their subtle hints with a string of incoherent, excited jabbering.

When we took our packs off at the base of the climb Mike announced that he had a goal of getting finished in the daylight and really believed that we would do just that. I snickered at that suggestion as I snuck my headlamp into my pocket. I have been along on many multi-pitch Sedona trips. Most with less people and have never gotten out in the daylight. I knew my headlamp would be a much sought after piece of equipment once we started rapping.

The climb started with a bulgy, thin face that had very little protection. I could feel my own hands sweating as Grant led the way. The second pitch was the crux of the climb. It starts off as a thoughtful crack climb that turns into an overhanging crack at the top. Needless to say, there really was a strong sense of team when it came to climbers and belayers getting everyone up this pitch. The 3rd pitch was nothing to write home about. The highlight of that pitch was that it was easy and after the crux that felt a little bit like heaven. We put pitches 4 and 5 together, and the 5th was the most beautiful layback crack that I have ever climbed. I would go back just for that crack. Then there was one last 5.9 pitch to reach the summit.

I made it to the summit 3rd and had plenty of time to soak in the all the beauty that Sedona had to offer. I also had a chance to bask in the sun and once our group was up we posed for a few summit shots (thumbs up and all) and began our descent.

All and all it was a great day. Great company, an amazing climb, a beautiful place, and Mike was right; my headlamp stayed securely in my pocket the entire time. We made it down and back to our cars with enough daylight to see the \$5 parking tickets on our windshields.

Erin Livingston





Arizona Hiking Shack
11649 N. Cave Creek Road
Phoenix, AZ 85032
Voice: (602) 944-7723
email: sales@hikingshack.com

on the web:
www.hikingshack.com
www.ahsrescue.com

Hours:
Monday – Friday 10am – 7pm
Saturday 9am – 5pm
Sunday 11am – 4pm

ROPE SALE

Sale is limited to stock on hand and can not be combined with any other discounts or specials.

MAXIM Dynamic Ropes

EQUINOX – 10.2 mm X 60 m - standard dry. Light and versatile, for sport or multi-pitch routes, the Equinox is the perfect rope for it's excellent knotability and ease of clipping.

SALE PRICE \$100 (Regular price \$148)

Glider – 10.5 mm X 60 m – double dry. The Ultimate in durability the Glider series utilizes TPT sheath technology, significantly reducing drag. One of ROCK and ICE magazine's favorite all around climbing ropes.

SALE PRICE \$148 (Regular price \$210)

Apex – 10.5 mm X 70 m - standard dry. Apex series ropes offer excellent durability with extreme fall protection.

SALE PRICE \$148 (Regular price \$210)

APEX – 9.9 mm X 60 m - standard dry. Lighter version of Maxim's classic Apex dynamic rope. Designed to be pushed everyday, providing long life and safety assurance.

SALE PRICE \$120 (Regular price \$180)

PMI Dynamic Ropes

SPIRE – 10.2 mm X 60 m – Excellent all around rope. A favorite among those who want to combine maximum mileage with minimum weight

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Jeremy Cox: 480-570-5135
Nick Tort: 480-262-8354

Mail:
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Chandler AZ 85244

Email: nick@klimeonline.com
or visit:
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RiVal Climbing and Canyoneering is a way of life. RiVal C&C is dedicated to helping to preserve our world. We will be aiding in events to help clean up our favorite climbing spots and inform the public of the Leave No Trace principles. RiVal C&C will also be taking small groups on trips through out the southwest to enjoy the beauty of our canyons and crags. We are for ANYONE willing to put it out there on the line a try something they have never thought possible. Remember to Conserve, Protect, Preserve, and Cherish our amazing and fragile planet. Explore and live...



Contact Info:
Jeremy Cox
P: 480-570-5135
E: RiValClimbing@Hotmail.com

March / April 2008

S	M	T	W	T	F	S
2 Parker Creek Clean Up	3	4 Weavers Needle Summit	5	6	7 James Canyon	8
9 Sundance Canyon	10	11 Jacks Canyon Climbing	12	13	14 The Mine Climbing	15
16 Parker Creek & Workman Falls	17	18 The Pond Climbing	19	20	21 Lead Climbing Camelback	22 Lead Climbing McDowell Mtn
23	24	25	26	27	28	29
30	31	1	2	3	4	5 Joshua Trip

Prices

Canyoneering

2 person min. \$250
3 people \$100 ea.
4+ people \$75 ea.
Special rates for 6+

Climbing

2 person min. \$275
3 people \$125 ea.
4+ people \$100 ea
Special rates for 10+

Member Photos



Clockwise from upper left:

Susan Morris ice climbing in Ouray, Co.

Mountain Sheep near Lizard Head Pass

Lizard Head



Outing Leaders

Become an AMC Outing Leader

General requirements for becoming an AMC outing leader:

- Be a member for at least one year
- Take the Basic, Anchors and Lead classes (or equivalents)
- Complete a basic first aid and CPR class (8 hours or more)
- Submit an application to the Classification Chairperson
- Apprentice on at least three outings with approved outing leaders
- Get recommendation from at least five current outing leaders (including those from apprentice outings)
- Be approved by the Board of Directors.

For more information, contact the Classification Chairperson, Nancy Birdwell at (480) 821-1932.

Outing Leader

Contact Information

Sally Borg.....	480-425-9689	sallyborg@cox.net
Robert England	480-688-5412	robert_england2@yahoo.com
Bill Fallon.....	602-996-9790	bill.fallon@cox.net
Erik Filsinger.....	smorefil@aol.com
Jason Garvin.....	480-734-6801	beach_bum43@hotmail.com
Richard Horst	623-434-4769
John Keedy.....	623-412-1452	jwkeedy@cox.net
Mike Knarzer	602-751-1701	thrashndangle@gmail.com
Tim Lange	480-598-9124
Bruce McHenry.....	602-952-1379
Monica Miller	623-362-0456
Jeff Nagel	602-312-9538
Matt Percy	480-326-3463	percy.matthew@gmail.com
Rogil Schroeter	623-512-8465	rogil@cox.net
Frank Vers.....	480-947-9435
Clay Vollmer.....	602-595-7266	skatrash@cox.net
Justin York	480-229-8660

Your Name Here!

Calendar of Events

AMC Outings

Please note: It is suggested that Outing participants donate gas money to the Outing Leader, and that carpoolers share the cost of gas for the driver. See footnotes below for other info about outings.

Footnotes: Car-pooling is optional on all outings and is not part of the outing. The outing begins at the trailhead designated by the Outing Leader and ends at the same place. 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.

Apr 5 Semi-Senior Day at the "Pancake House" for members over 50 years old. Obviously, you have to admit your age to attend, but think of the companionship. If you are under 50, you will have to be accompanied by someone over 50. Let me know if you are coming: Rogil - rogil@cox.net or 623-512-8465.

Apr 5 Watson Lake Dells – Time Zone Wall. Great granite north of Prescott . Top rope, single pitch 5.6 - 5.9 sport climbing on fun short routes. Contact Bruce McHenry at bamchenry@att.net. Limit 10.
Good area for recent Basic School graduates!

Apr 12 Uptown Sedona. This Sunny wall in Sedona has it all, lots of moderates 5.8-5.9, these are all bolted lines with a short approach. Enjoy some great climbing in Sedona with Frank Vers and Richard Horst 602-309-1072

Apr 12. Rosetta Stone - Moderate single pitch climbs. Twenty minute approach. Preference given to new Basic Graduates. Contact John Keedy 623-337-6517 or jwkeedy@cox.net for signup and information. Limit 8.

Apr 26-27 Glacier & Snow Skills seminar. Basic techniques for the alpine and mountain environment: Using ice axe and crampons, snow travel, self-arrest, snow anchors, and crevasse rescue. Weekend Seminar will be at Flagstaff Snowbowl (if there is enough snow left). Specific requirements for participants. Cost is \$50 for new students, \$25 for refresher students. Contact Bruce McHenry at bamchenry@att.net. Limited size – sign up early!

May 23-26 Durango, Co. Memorial Day weekend outing for mountain climbing in the Durango area. Specific requirements for participants. Contact Bruce McHenry at bamchenry@att.net. Limited size – sign up early!

Group outings are intended to be social climbing experiences with no supervision. They may or may not be organized by an AMC Outing Leader. If they are organized by an AMC Outing Leader, the Leader will only be responsible for organizing the time, date, meeting places, and any necessary camping. The AMC Outing Leader may also set anchors, but will not be responsible for supervising any climbing activity or for monitoring the anchors they set. Participants are responsible for their own climbing activities, their own climbing partners, and for monitoring anchors, whether set by an AMC Outing Leader or not. Participants are also responsible for their own conduct and safety at the campsite and during any approaches to and from the climbing areas. If any AMC equipment is used for the outing, the participants using that equipment are responsible for checking the equipment before use and for using the equipment properly and in the safest manner possible. The campsite, where possible, may be reserved and paid for by the AMC. Parking may be first-come, first-served.

Billboard - Other Scheduled Events

(Continued on page 20)

Calendar of 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.

Mondays Solid Rock Gym at 6pm-8pm. Call Rogil (623)-512-8465 for info.

Wednesdays North Mountain hikes after work. Rogil Schroeter (623) 512-8465

May 3 Salome canyoneering trip. Short day trip, beautiful canyon, very slippery polished granite, freezing cold water to swim & one rappel into a pool. Good opportunity to find out if canyoneering is to your taste. Contact Rogil: rogil@cox.net or 623-512-8465 Limit 30.

May 10 (and/or 11) - Non-technical canyon day trip in the best section of West Clear Creek. Swimming & boulder-hopping. Very beautiful. Contact Rogil: rogil@cox.net or 623-512-8465 No Limit.

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.

April 2008

AMC Outing Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>NOTE: Celestial events occur about 10 minutes earlier on Arizona's eastern border; 10 later on its western edge.</div>		1	2 Sunrise 6:14 Sunset 6:50 M-rise 4:09 A	3	4	5 Sr Day @ The Pancake House, Watson Lake
6 New Moon	7	8	9 Sunrise 6:05 Sunset 6:55 M-set 11:39 P	10	11	12 Uptown Sedona, Rosetta Stone 1st Quarter
13	14 Board Meeting	15 Anchors	16 Sunrise 5:56 Sunset 7:00 M-set 3:54 A	17 Anchors	18	19 Anchors
20 Anchors Full Moon	21	22	23 Alpine Seminar Sunrise 5:48 Sunset 7:06 M-rise 10:36 P	24	25	26 Glacier and Snow Skills
27	28 Member Meeting Last Quarter	29	30 Sunrise 5:40 Sunset 7:11 M-rise 2:36 A			