



The Arizona Mountaineer

July 2011

Gary Heintz in Cibecue Creek

Photo By Susan Harnage

The Arizona Mountaineering Club

Meetings: The member meeting location is:

Granite Reef Senior Center
1700 North Granite Reef Road
Scottsdale, Arizona 85257

The meeting time is 7:00 to 9:00 PM.

Check Calendar for 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:

Website:

www.amcaz.org

Mail:

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

BOARD OF DIRECTORS

President	Bill Fallon	602-996-9790
Vice-President	John Gray	480-363-3248
Secretary	Kim McClintic	480-213-2629
Treasurer	Curtis Stone	602-370-0786
Director-2	Eric Evans	602-218-3060
Director-2	Steve Crane	480-812-5447
Director-1	Gretchen Hawkins	520-907-2916
Director-1	Bruce McHenry	602-952-1379
Director-1	Jutta Ulrich	602-738-9064

COMMITTEES

Archivist	Jef Sloat	602-316-1899
Classification	Nancy Birdwell	602-770-8326
Elections	John Keedy	623-412-1452
Equip. Rental	Bruce McHenry	602-952-1379
Email	Curtis Stone	602-370-0786
Land Advocacy	Erik Filsinger	480-314-1089
Co-Chair	John Keedy	623-412-1452
Librarian	David McClintic	602-885-5194
Membership	Rogil Schroeter	623-512-8465
Mountaineering	Bruce McHenry	602-952-1379
Newsletter	Cheryl Beaver	480-659-6078
Outings	Frank Vers	480-947-9435
Programs	Kim McClintic	480-213-2629
Technology	Steve Crane	480-812-5447
Trng & Schools	Bill Fallon	602-996-9790
ORC	Bill Fallon	602-996-9790
anchors	Justin York	480-229-8660
Lead	Mike Knarzer	602-751-1701

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/join](https://www.accessfund.org/join)

Contents

- 2 Who does what, addresses and numbers
- 3 Birthdays, Library, Newsletter
- 4 Treasurer's Report; Discounts, Rentals
- 5 Board Meeting Minutes
- 7 Lead School Announcement
- 8 Repeat Ascenders
- 9 Hog Heaven Report
- 10 Climbing Big Lake Lookout
- 12 Playing it by Ear
- 14 Cibecue
- 17 Warrior - Camelback
- 20 Update on Local Access
- 21 Coming Next Month!, New Members,
Thank You, Member Advertisement
- 22 Outing Leaders, OL Wanted-Thank You
- 23 Calendar of Events

Library

AMC Librarian:
David McClintic 602-885-5194

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.

Newsletter

The Arizona Mountaineer is published monthly by the AMC. The newsletter depends on contributions from it's members so PLEASE send us your articles and/or photos.

All submissions are subject to approval by the AMC newsletter committee:

Cheryl Beaver Susan Harnage
Tracy Fleming Jutta Ulrich

Submit items for publication through email to Susan at sharnage@aol.com.

Digital photos should preferably be in JPG format and 300 dpi. Articles can be in any standard word processing format.

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.

Please contact Susan with any questions through email at sharnage@aol.com.

August NL Submission Deadline: July 1st

July Birthdays

John Scott 2, Tom Folwell 3, Vijaya Yadav 4, Terry Nelson 6, Shan Zhong 7, Christopher Kosko 13,
Eric Parker 16, Louise Johnson 18, Korri Rederick 18, Mark Dupaul 20, Dan Williams 21,
Vince Morgan 22, Jordan Williams 22, Christopher Rutz 23, Valerie Paulus 24, Daniel VanHerpen 29

Discount Directory

These merchants 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. Gym membership 10% off for AMC members.
- **Phoenix Rock Gym** - 1353 E. University, Tempe, AZ 85281. 480-921-8322. 10% off membership to AMC members.
- **AZ Cliffhanger** - at the Phoenix Rock Gym. 480-642-9507. 10% off membership to AMC members.
- **Climbmax Gym** - 1330 W Auto Dr, Suite 112, Tempe, AZ 85284 - 480-626-7755. 10% off membership.

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
Avalanche Kit (probe & shovel)	2	10	5	8
Curved Ice Tools (pair)	2	40	20	35

Call Bruce McHenry at (602) 952-1379 for information on how to rent AMC equipment.

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended May 31, 2011

INCOME

Dues	\$3,815.00
Interest.....	\$28.39
Mountaineering Schools	\$400.00
Rental Equipment.....	\$158.00
AARS Spring	\$1,680.00
Basic Spring	\$2,975.00
Lead Spring.....	\$225.00
Training Other.....	\$475.00
Other	\$23.00
TOTAL INCOME	\$9,779.39

EXPENSES

Admin	\$1,466.76
Equipment Maintenance	\$21.53
Insurance.....	\$2,580.00
Land Advocacy Committee.....	\$64.88
Newsletter	\$439.25
Outings.....	\$150.00
Programs Monthly Meeting	\$1,124.61
Training.....	\$5,714.29
TOTAL EXPENSES	\$11,561.32

OVERALL TOTAL..... \$1,781.93

ACCOUNT BALANCES

Checking & PayPal	\$10,199.88
CD Account.....	\$15,000.00
TOTAL CASH ASSETS	\$25,199.88
AMC Outing Gear.....	3,467.43

OVERALL TOTAL..... \$28,667.31

AMC Board Minutes - June 13, 2011

1. Call to Order: 7:12 PM. Board members in attendance: Bill Fallon, John Gray, Curtis Stone, Jutta Ulrich, Steven Crane, Eric Evans, Kim McClintic. Committee Chair: Erik Filsinger.
2. Minutes of last meeting as published in the June newsletter and previously submitted to board members via email approved as submitted.
3. Treasurer's report was reviewed and approved as submitted. Report to be published in July newsletter.
4. Committee Report:
 - a. Membership-235
 - b. Programs: the May program given by Aaron Locander and Todd Martin, was highly attended (greater than 100) and well received. The June program is scheduled for Monday, June 27th-Gear Swap and Climb. July there will be no program. Member suggestions for up-coming programs are welcomed. If you have a suggestion contact Kim McClintic, program chair.
 - c. Outings/Activities:
 - i. Mt Eldon billboard outing- June 18
 - ii. Weekly climbing nights at Climbmax (Tuesdays) and PRG (Thursdays).
 - iii. AMC presentation and climbing clinic slated for August 29 and 31, at the Tempe and PV REI's, respectively. Intro to climbing. Bill Fallon is in charge.
 - iv. Reminder to Outing Leaders that it is mid-year. Please consider scheduling an outing.
 - d. Land Advocacy:
 - i. QCC now holds the license to maintain climbing access to the Pond and Atlantis. The right to climb in these areas expired 5/3/11, but due to on-going negotiations Resolution Copper allowed access until the agreement was reached in 6/11 for QCC to manage the access.
 - ii. Members of AMC completed the trail to the Hog Heaven climbing area in the north McDowells.

AMC Board Minutes - June 13, 2011 (cont)

- e. Training and Schools:
 - i. Update of the manuals is in progress. There are 26 chapters to be reviewed. Bill Fallon is heading up this project. Changes will be conservative and will comply with standards set forth in Freedom of the Hills and those of AMGA.
 - ii. Lead school will be undergoing changes. Changes may include the number of weekday classes from 3 days to 2.
 - iii. On-going consideration and exploration of a new venue for Basic ORCS.
- f. Website and Meetup.com: The calendar and schools information have been updated on the club website. Calendar changes have been made to make it more user friendly
- g. Newsletter Committee: Trip reports and photos submissions are coming in. The committee would like to remind those providing submissions to select 2 or 3 photos to submit along with their text. Sending a link to an album is not sufficient. Keep those submissions coming.

The meeting was adjourned at 9:10 PM.

Respectfully submitted, Kim McClintic, secretary.



AMC thanks Rockford Corporation for the use of their facilities for board meetings. Rockford is a local maker and distributor of high-end audio components for cars, trucks and boats.

AMC Lead Climbing School - Fall 2011

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:

Sept 13	Tuesday	6:30 pm–9:30 pm	*Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Sept 14	Wednesday	6:30 pm–9:30 pm	Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Sept 15	Thursday	6:30 pm–9:30 pm	Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Sept 17	Saturday	9:00 am–5:00 pm	Prescott (directions will be in syllabus)
Sept 18	Sunday	9:00 am–5:00 pm	Prescott or Scottsdale (directions will be in syllabus)

*Address for the Chateau de Vie 5 Clubhouse: 5900 N 83rd St., Scottsdale, AZ 85250

Directions: From McDonald Rd East of Hayden Rd and West of Granite Reef, turn south on 83rd St. Take the 2nd right into the parking lot. The Clubhouse is the only free standing building in the complex.

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: \$95, plus membership if not already a member (Prorated for half year -\$15 for an individual and \$18 for a family). Membership is good through Dec., 2011. Register thru PayPal on the AMC website www.amcaz.org or by sending a check payable to AMC Anchors School to PO Box 11883, Tempe, AZ, 85284. No credit cards accepted. The registration fee is fully refundable if you cancel. Contact Nancy Birdwell by email: Lead.School@amcaz.org for more info. The number of students will be limited to 30.

Equipment required for the class:

The following will not be needed the first night. You may want to 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.

Repeat Ascenders 'Bridges the Gap'



a demonstration for the group

On April 27, 2011, 15 At-Risk Youth were provided a fun night of climbing at Phoenix Rock Gym, courtesy of Repeat Ascenders. Repeat Ascenders is a non-profit 501(c)3 organization that provides outdoor recreational opportunities for At-Risk Youth. During the April 27 outing 15 teens from the Bridging The Gap organization met up with AMCers and Repeat Ascenders for climbing, pizza, and a message on taking the lessons of climbing into life lessons on motivation and staying in school. Bridging The Gap works with At-Risk Youth to save children from gangs and prison. Many thanks to AMCer's Rogil Schroeter and Mark Christiani for helping to belay and film the kids.

Bruce McHenry

Hog Heaven Report

Frank Fischer, Jutta Ulrich, David Everett and I went on the “bring your own rope” outing to Hog Heaven, one of the more remote climbing areas in the McDowells. It sits on the ridge-line east of East End, the highest point in the McDowells, and is therefore probably a little higher in elevation than Tom’s Thumb. Our destination was the Upper Wall that contains some neat mid-5th class climbs. It is immediately below the prominent snake-like formation on the ridgeline that can be seen from the road. That formation is called “The Thumbnail” and carries a 5.5 rating.

We parked at the overflow area for Tom’s Thumb trail head, which is at the head of Mesquite Canyon and the Sven Towers climbs. The trail and signage to the saddle south of Sven Tower III lead to more primitive animal trails, soon to be connected into an extension of the climber access path network (hint, hint – AMC trail builders!)

Scott Hamilton and Claire Miller from the City and I had laid out the trail alignment a couple of weeks ago in anticipation of a trail building project. We had marked it with pink ribbons that are still there and should be left in place.

The trail contours around the ridgelines between Sven Tower III and the north “lateral moraine” of the Marcus Land Slide. From there it drops down in the fertile bench beneath Hog Heaven and then crawls up to the Hog Heaven Main Wall, a 200 foot high slab.

The Upper Wall sits up the hills and south from the Main Wall. It took us 1 hour 20 minutes to reach the top of the Upper Wall, where we donned our climbing gear and set up top anchors. Look for anchor bolts on the climbs mentioned below.

We climbed the series of “roof” climbs – Dust Proof Roof – 5.7, Goof Proof Roof – 5.6, Fool Proof Roof – 5.6, and Wired Wizard – 5.7. (Remember – McDowell ratings tend to be “full-on”.) Each of the roof climbs is a ton of fun, featuring either crack or face climbing up to a prominent roof feature.

The 6-foot roof on Goof Proof actually looks very intimidating until you try to make it work, which is actually quite easy by underclinging and using your feet to make it around the left side. Jutta initially didn’t like the roof too much as she approached it, so did a “roof-less” first ascent to up the corner and face to its left (She also went back and re-did it the sane way.) David powered through the roof and hollered loudly some silly climbers’ salute, and

continued on page 20

Climbing Big Lake Lookout

Were there any rock climbing areas in the White Mountains? A search on the web gave hints about rock climbing near the Big Lake lookout but beta was suspiciously thin. Since we would be in the area during a long holiday weekend, we decided to investigate.

On Memorial Day weekend, we (Suzanne, Susan, Karen, and I) headed up to Big Lake Lookout to confirm the sketchy information suggesting a climbing area nearby. We parked at the Indian Springs trailhead and hiked the well worn trail towards the Big Lake Lookout. After turning at the signed junction to the lookout, we studied every rock and drop-off for any possibility there was rock climbing to be enjoyed. As



Susan getting ready to climb with Scott belaying.



A Camouflaged Suzanne heads up the 5.10 route

the trail climbed steeply towards the lookout, we were just shy of the top when we spotted a cliff off to our left that looked promising. After some exploring, Suzanne discovered the first bolts at what looked like a rappel station. Additional searching revealed a well worn climbers trail to the base of the cliffs and the multitude of bolts and anchors along the cliffs. Big Lake climbing was real.

Everything we scouted was bolted sport climbs with bolted anchors at the top. We found three climbs within our grade that we could put top ropes on and started to enjoy this new area. There are some very nice benefits to climbing at Big Lake lookout. The approach was short (only about 30 minutes), the wall was well shaded, and despite the number of hikers on the trail we had the climbing area all to ourselves.

Climbing Big Lake Lookout (cont)

The drawbacks were few. Besides the lack of beta on the climbs, this wall obviously sees more moisture than climbers. This was evident by the significant mossy patches on the wall that added an additional level of difficulty to these climbs.

We spent the early afternoon playing on the three routes we set up. The consensus was that the first climb was a 5.9+. The second was a 5.10. The third was a 5.11-. Although we didn't spend a great deal of time exploring other routes, what we did see lead us to conclude there were plenty of more difficult climbs than this, but none that were less difficult. So if you like tough bolted sport climbs, this area is worth checking out.

At least, it may be worth checking out in the distant future.

The day we climbed this area, the "Wallow" fire started. Looking at maps of the fire, the Big Lake area was engulfed by the blaze. The fire reportedly burned some areas while bypassing others. Right now it is unknown if the largest fire in Arizona history spared the climbing area at Big Lake lookout. We can only wait and hope.

Scott Frankel



Karen climbing among the aspen

Playing it by Ear

The first indication that there was going to be a problem was the ominous email from Gretchen saying there was still a lot of snow up on Humphreys. I had been planning this outing for a while to take advantage of the pre Memorial Day lull. A group of us were going to go to the Overlook on Saturday and then summit Humphreys Peak on Sunday. The last time we did this it was a straightforward hike to the top. I knew the climbing day was going to be great, but Sunday was still a question. Then, later that week the weather turned bad and dumped several inches of new snow on the mountain. At this point I'm thinking we could still go and turn around if the snow got too bad. The opinions of the participants varied from very enthusiastic to more than a little concerned.

Saturday morning arrived and I feel confident. We've got one outing leader, two apprentices, my trusty assistant, and two more experienced club regulars to help out with a total of 18 people. We get to The Overlook with a minimum of fuss and we start setting climbs. Four teams of relative newcomers got busy setting routes with a few spotters going to the bottom to verify placement. As each team went about setting their anchors, the leaders kept watch providing unsolicited advice and being generally helpful. Once those climbs and one other were set, it was time to climb. For the next four hours people rotated around trying out everything we set up. The general consensus was that while the climbs were doable, the variety and complexity of the rock made each climb an interesting challenge.

Because the Overlook gates close at 5:00 we started tearing down about 4:00. Three people who were returning to Phoenix decided to stay later and set up another climb. According to attendant, this is perfectly acceptable as long as you move your car outside the gate. They climbed until almost 7:00.

The rest of us split up and found food. Most of us went to Subway, but a couple of groups found better fare in Flagstaff. If there was one thing I would change about this outing, it would be this. Subway is good and all, but I think we could have done better. Sometime during dinner the Rapture passed right on by us.

Getting to the campground is easy. It is just over 2.3 miles from the Snowbowl turnoff. Turn right and there are some very widely spaced campsites. We found a nice one and set up our "small Ewok village."

Now we had to make a decision. On the way up to the Overlook we all got a good look at San Francisco Peaks. It looked like they were covered with snow all the way down to the

Playing it by Ear (cont)

base. Several people were concerned about going up in the snow; others were more confident. As it happened, Will was not planning on hiking with us. He had decided to head south and hike Wilson Mountain. He helpfully invited us to come along. So by consensus (and the promise of a Humphreys hike later in the summer) we decide to venture toward the vortexes.

In the morning, by Merlin's excellent suggestion, we all went and had breakfast at The Place. It's not very impressive on the outside, but the service was great and the food was awesome. After breakfast we had 9 people ready to hike. We dropped extra cars at the Overlook, headed down, picked up our Red Rock Pass, and went to the Encinoso Picnic Area. The hike heads north and up from there.

And what a hike. I would recommend this it to almost anyone. It goes up for about four miles and two thousand plus feet of elevation gain. The entire hike has great views of the canyon. The guide says that it is very exposed, but the regrowth after the fire a few years ago has been pretty good. Once at the top there is huge expanse of relatively flat terrain. At each end is a great overlook. There is one that looks out north over Oak Creek Canyon that has some very nice views of canyon and forest. However, coming back to the south for the Sedona overlook was simply amazing. Every red rock in the area was on full display, and yet we were beyond the reach of the vortexes (but not the squirrel). Once we got back down it was time for a refreshment and the long drive home.

Curtis Stone



*The Overlook
Photo by Merlin Repp*

Cibecue Canyon

Cibecue Canyon is one of Arizona's gems---a Class C canyon. The route we selected included an additional canyon to make the trip a 7 mile, 10 hour and 45 minute through-trip with a shuttle. Our day included hiking, swimming, rock climbing, stemming through narrows, rappelling over spectacular waterfalls, viewing breathtaking scenery, near freezing water and snow! The typical guided trip is an out and back with 2-3 falls in Cibecue only so we had the bonus trip. Cibecue is located on White Mountain Apache land and requires an Apache guide to venture into the technical canyon section. As participants in the American Canyoneering Association's Annual Arizona Canyon Festival and Rendezvous we had the opportunity to arrange the trip and coordinate a chaperone. The day began with 25 degree temps, snow and a 4:30am departure from the East Valley. The longest rappel was 120 feet. Some raps required descents into pools of near freezing water. It was an awesome trip through amazing terrain and one I hope to repeat soon!



Ryan, Justin, and Cheryl negotiate the narrows

Cibecue Canyon (cont)



*Left: Cheryl traverses the waterfall
photo by Ryan Barnett*

Bottom: Gary on rappel



Cibecue Canyon (cont)



AMC Members & other Canyoneers: Kathleen Corl, Cheryl Beaver, Justin Juetten, Gary Heintz, Matt Kalina, Susan Harnage, Ryan Barnett, and our Guide Gregg Henry licensed guide White Mountain Apache Tribe 928-594-0283 wmaguide@yahoo.com

Susan Harnage

Warrior Dash - Camelback

Have you ever exercised so much you woke up the next day with an exercise hangover? I am proud to admit it happens to me often. On Sunday May 1st I awoke with one.

I had just competed in the Warrior Dash the day before. If you are not familiar with the Warrior Dash it is billed as “a mud crawling, fire-leaping, extreme run from hell.” Along the route there are Warrior walls, hay bales and cargo nets to climb plus various other obstacles to make your way through and around. The distance of the course is 3.4 miles. Does not sound too bad, does it? Well I did it three times on Saturday, so it was really 10.2 miles of an “extreme run from hell”.

I really wanted to sleep past 4AM on Sunday, however I had a commitment to climb and rappel at Echo Canyon at 5:15 AM. I arrived at the trailhead before 5:15, but was “late” because everyone else was already there and ready to go. So I quickly threw my gear in my pack, put on my Five Fingers, and headed up the Echo Canyon Trail to the headwall.

Early in our journey Cheryl Beaver asked me “Do you consider yourself a canyoneer or a climber?” I responded with a wishy-washy answer of something along the lines of neither and both. Having done each for less than a year I struggled with making the choice between the two. I had learned my canyoneering skills with AHOTE over the past six months and just completed Basics in the spring with AMC. I continued to think about the question



Top: Chris on the cargo net.

Bottom left: Cheryl leading up the Monk.

Bottom right: Jennifer ascends as Merlin waits for his turn.



Warrior Dash - Camelback (cont)

as we hiked to the headwall on our way to The Monk. Once up on the headwall as we were looking out over the Echo Canyon Trail, I thought maybe I am really a hiker, not a canyoneer or a climber. I have been hiking that trail regularly for the past 15 years and brought ropes to the mountain only a few times. So I guess that makes me a hiker, not a canyoneer or climber.

Once our group was at the base of The Monk, I prepared to lead belay Cheryl as the others in our group, Paul Schaaf, Merlin Repp, and Jennifer Quincey prepared for their turn to climb. Once Cheryl was on top and Jennifer began her climb I pointed out to Paul the rest of the Echo Canyon Trail. We would hike the trail to the top of Camelback after our climb. Contemplating Cheryl's question again I thought, most climbers really dislike the approach and most canyoneers really dislike the exits. Approaches and exits respectively are usually long and steep. I concluded, maybe I am not really a climber or a canyoneer since I thrive on the long steep approaches and exits.

Finished with the climb and two rappels we continued on our way up the trail to the summit of Camelback Mountain. It is now roughly 10 AM on a beautiful Sunday morning. The summit was crowded with hikers/tourists who were intrigued by the fact that we were carrying heavy packs and helmets. "Is this some training exercise for a Grand Canyon Rim to Rim backpack" someone asked. Giving thought again to Cheryl's question I thought maybe I am a backpacker, I certainly have trained on Camelback with a heavy pack for such a journey. No, I explained, "we are going to rappel 200ft off the summit as practice for long rappels in canyoneering." Cheryl and I each rappelled down twice, Merlin and Paul did the rappel



Paul makes it look easy

Warrior Dash - Camelback (cont)

once. At the bottom of the rappel I found an i-phone shattered among dozens of water bottles. This would be a good place for a clean-up project.

It was now just after noon and thankfully we were almost done for the day. Paul took off first down the mountain. I quickly followed after retrieving the ropes and anchors. Merlin, Jennifer and Cheryl made their way down completing a great day on Camelback. On my way down, reflecting on the accomplishments of the morning and the previous day, I thought about the question again. Climber or Canyoneer? I pondered why do I have to choose? Should I choose between Crossfitter or Yogi? Hiker or Backpacker? Warrior or Tough Mudder? Mountain Biker or Road Cyclist? I concluded, still in my exercise educed hangover, that I am all of these. I am a climber when I am climbing, a canyoneer when canyoneering and a Warrior when “extreme running from hell”. I made up my mind, I do not have to make up mind.

Chris Rutz



200' rappel from the summit of Camelback

Update on local access issues

Tom's thumb trail head construction will begin late summer or fall and will be completed by the summer of 2012. I've been working with city staff to find a way to maintain temporary access through the construction zone. This may involve some further driving but the goal is to keep continuous access. Subject to unavoidable but temporary construction closures city staff is trying to keep that access.

QCC is continuing its work with RCM to maximize rock climbing in the QC area. New land exchange legislation has been introduced in Congress and the climbing issues are being worked out among the parties separately from the legislation. Those negotiations are ongoing with progress being made in what is turning out to be a slow process. The best source of information on the QC rock climbing plans is to visit the QCC web site - www.theqcc.org - which is updated regularly as new developments occur.

Erik Filsinger

Hog Heaven Report (cont from pg 9)

Frank simply did it in good style.

We all were able to do about 4 climbs, and when it started to heat up we sent David and Jutta to the top while Frank and I coiled ropes. A single rope (doubled) rappel from the chain anchors on the boulder above Wired Wizard dropped them back on the ground in good style.

We only took about an hour to hike back out, which is much easier downhill, but sans trail requires careful foot selection.

No mishaps nor missteps – just good clean climbing fun.

Way to go Jutta, Frank and David! Love the McDowells granite!

See others next time!

Erik Filsinger

Coming Next Month!

Erik Filsinger presents a monthly series of articles for the AMC newsletter in which he will highlight one of the McDowell rock climbing crags.

“My special interest is getting out information to AMC’ers about the neat, and sometimes less known, routes that are out there. It would be a real service to our members because this information does not exist elsewhere.”

Erik Filsinger

NEW MEMBERS: Climbers - Please Welcome

Kevin Bair & Pat Sculley

Thank You! Todd Martin & Aaron Locander

The AMC Board and its members would like to thank Todd Martin and Aaron Locander for their presentation at the May member meeting. Their presentation detailing the 30 day rafting and canyoneering expedition in the Grand Canyon earlier this year inspired the 100+ members and friends in attendance. Their videos, photos and stories gave a wonderful glimpse into an adventure that many dream of but very few would actually attempt, let alone complete. We congratulate them on an accomplishment they will always look back on and cherish with fond memories. We appreciate them taking the time out of their schedules to share this with the AMC and look forward to hearing about more of their adventures in the future! Thanks again!

Member Advertisement

Climbing gear (rock and alpine) for sale.

Contact Robert for details.

azmountaineer@gmail.com

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 (602) 770-8326.

Outing Leader

Contact Info

Eric Evans	602-218-3060	cae100@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
John Keedy.....	623-412-1452	jwkeedy@cox.net
Mike Knarzer	602-751-1701	thrashndangle@gmail.com
David McClintic.....	602-885-5194	david.mcclintic@cox.net
Bruce McHenry.....	602-952-1379	
Monica Miller	623-362-0456	
Rogil Schroeter	623-512-8465	rogil@cox.net
Frank Vers	480-947-9435	climbbox@gmail.com
Justin York.....	480-229-8660	

Outing Leaders Wanted – Thank You Outing Leaders

The AMC has a lot to offer to members; one of the extra special perks is the outings. Groups go climbing, hiking, and canyoneering, and on official club outings there is an outing leader (OL) who makes sure the activity takes place. We want to thank all our OLs for what they do; they generously share their time and their skills.

We also want to encourage members to become OLs. If you have been climbing for a while, have completed classes, and would like to consider it, here's the process: Ask some other OLs what it's like to be an OL (see list above) and if you could help them on some of their outings. Ask Nancy Birdwell (602-770-8326) for an application, either for top-rope outings and/or for multi-pitch. Requirements: AMC member for a year or more; current First Aid/CPR card; assist with at least three official outings led by three different OLs, who will write brief reports. Then all the OLs and the Board will review the documentation and make a decision on approval. This is a great way to give back to the AMC and to become a better climber; members are always looking for outings and are very appreciative!

Jutta Ulrich

Calendar of Events - Outings/Schools/Events

JULY

4	Independence Day (Monday)	12	Outdoor Rock Climbing School Oct 11, 13, 15, 16, 18, 20, 22
11	AMC Board Meeting	24	AMC Member Meeting
	NO AMC Member Meeting This Month	29	Queen Creek Cleanup and Climb (the whole weekend?)

AUGUST

8	AMC Board Meeting
22	AMC Member Meeting

SEPTEMBER

5	Labor Day (Monday)
12	AMC Board Meeting
13	Lead School Sep 13, 14, 15, 17, 18
26	AMC Member Meeting

OCTOBER

1	Grand Canyon Clean up
5	Outdoor Rock Climbing School Instructors Meeting
10	Columbus Day AMC Board Meeting

NOVEMBER

3	Anchors School Instructor Meeting
9	Anchors School Nov 8, 10, 12, 13
11	Veterans Day (Friday)
14	AMC Board Meeting
25	Thanksgiving at Joshua Tree
28	AMC Member Meeting

DECEMBER

5	AMC Board Meeting
16	Holiday Party
19	AMC Member Meeting - Photo Contest
25	Christmas (Sunday)

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.

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.

Tuesdays	Ape Index Gym Climbing - Rogil Schroeter (623) 512-8465
Wednesdays	North Mountain hikes after work. Rogil Schroeter (623) 512-8465
Thursdays	Phoenix Rock Gym Climbing - AMC Members \$10 admission with ID card. Curtis Stone - Kim McClintic



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