

The Arizona Mountaineer

September 2012



**Adam Saieed at the summit
of Misti Mountain Volcano
in Peru.**

**Story and photos by
Adam Saieed.**

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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-2	Cheryl Beaver	cherylbeaver@cox.net
Director-2	Douglas Matson	douglas.matson@gmail.com
Director-1	Daniel Gonzales	602 550-08371

COMMITTEES

Archivist	Jef Sloat	602-316-1899
Classification	Nancy Birdwell	602-770-8326
Climbing Shoe Rental	Linda Locke	602-371-9300
Elections	John Keedy	623-412-1452
Equip. Rental	Bruce McHenry	602-952-1379
Email	Curtis Stone	602-370-0786
Land Advocacy	Erik Filsinger	smorefil@aol.com.
Co-Chair	John Keedy	623-412-1452
Librarian	David McClintic	602-885-5194
Membership	Rogil Schroeter	623-512-8465
Mountaineering	Bruce McHenry	602-717-8956
Newsletter	Cheryl Beaver	cherylbeaver@cox.net
Outings	Dave McClintic	602-885-5194
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	Eric Evans	602-218-3060
Lead	Mike Knarzer	602-751-1701

The AMC Land Advocacy Committee: The Committee works 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 at smorefil@aol.com.

Newsletter: The Arizona Mountaineer is published monthly by the AMC. The newsletter depends on contributions from its members so PLEASE send us your articles, gear reviews and/or photos.

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. Contact Dave McClintic at 602-885-5194 about billing. All ads are to be submitted to the newsletter committee by the 1st of the month prior to the month to be published.

Submit items for publication and direct any questions through email to Susan at SHarnage@aol.com. All submissions are subject to approval by the AMC newsletter committee: *Cheryl Beaver, Tracy Fleming, Susan Harnage, and Jutta Ulrich.*

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.

<u>Outing Leader</u>	<u>Contact Info</u>
Eric Evans	602-218-3060 eae100@yahoo.com
Bill Fallon	602-996-9790 bill.fallon@cox.net
Erik Filsinger	smorefil@aol.com
Jason Garvan.....	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.....	602-717-8956 bamchenry@att.net
Chris Meyer	Sun2stone@cox.net
Monica Miller	623-362-0456
Jeff Nagel	602-318-9538 azfreedheart@yahoo.com
Rogil Schroeter	623-512-8465 rogil@cox.net
Curtis Stone.....	602-370-0786 curtis_j_stone@yahoo.com
Frank Vers	480-947-9435 climbros@gmail.com
Justin York.....	480-229-8660

Treasurer's Report

Arizona Mountaineering Club Income Statement Period Ended July 2012

INCOME	
Advertising	0.00
Dues	3,300.04
Grants Received	0.00
Interest	0.00
Mountaineering Schools	600.00
Rental Equipment	20.00
AARS Fall	0.00
AARS Spring	945.00
Basic Fall	195.00
Basic Spring	3,380.00
Lead Fall	110.00
Lead Spring	570.00
Training Other	0.00
Merchandise	85.00
Other	5.00
TOTAL INCOME	9,210.04
EXPENSES	
Admin	1,049.45
Promotional	0.00
Bank chgs	258.39
Capital Expenditures	0.00
Equipment Maintenance	0.00
Grants Expended	0.00
Insurance	0.00
Land Advocacy Committee	0.00
Library	0.00
Newsletter	416.20
Outings	432.36
Outing Leaders	265.00
Programs Monthly Meeting	551.86
Training	5,249.07
TOTAL EXPENSES	8,222.33
OVERALL TOTAL	987.71
ACCOUNT BALANCES	
Checking & PayPal	13,822.94
Accounts Receivable	0.00
CD Account	15,000.00
TOTAL CASH ASSETS	28,822.94
AMC Outing Gear	0.00
OVERALL TOTAL	28,822.94

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Discount Directory

These merchants offer a discount to AMC members:

- **Arizona Hiking Shack** - 3244 E. Thomas Rd., Phoenix, AZ 85018, (602) 944-7723 www.hikingshack.com. 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. 10% off membership.
- **Climbmax Gym** - 1330 W Auto Dr, Suite 112, Tempe, AZ 85284 - 480-626-7755. 10% off membership.
- **Phoenix Rock Gym** - 1353 E. University, Tempe, AZ 85281. 480-921-8322. 10% off membership.

October Newsletter Submission Deadline: September 1st

Hot Stuff !!!

AMC T-shirts Are Now Available

Options include performance and ladies T-shirts in addition to the traditional Hanes Beefy-T.

To order go online to:

<http://www.amcaz.org/tshirts.asp>

For questions regarding the T-shirts, contact Cheryl at cherylbeaver@cox.net.

Welcome New Members

Patrick McDermott, Peiting Lien, Philip Orstrom

September Birthdays

Bruce McHenry 2, Debra Zarbrock 7, Susan Pitts 14, Sean Zevely 14, James Taylor 20,
Scott Kuchman 21, Brian Feldmeier 25, Craig Levra 25, Craig Anderson 26,
Marc Mousseux 26, George Grothusen 27, Lungi Niemczyk 29, Jason Krug 30

AMC Board Minutes - August 13, 2012

1. Call to Order: 7:00 PM.
2. Board Members Present: Bill Fallon, John Gray, Curtis Stone, Cheryl Beaver, Eric Evans, Douglas Matson, Danny Gonzales, Kim McClintic, and Land Advocacy Committee Chair: Erik Filsinger
3. Minutes of July Board meeting minutes as published in the August newsletter were approved.
4. Treasurer's report for the month of July was reviewed and approved. Copy to be published in the September Newsletter.
5. Committee Reports:
 - a. Membership: 234. Mid-year membership renewal postcards have been mailed.
 - b. Programs:
 - i. There was not a member meeting in July.
 - ii. The August program/meeting will be an open mic event. "What I did on Summer Vacation". There will be a raffle for a climbing rope for those dues paid members present.
 - iii. The September member meeting is still in development. Details will be posted on Meet up and by email.
 - c. Outings/Activities:
 - i. Upcoming:
 1. Grand Canyon Rappel Trainings: Aug 18 and 25 @ Teddy Bear Wall and Sept 8 at The Overlook (training and climbing). (John Gray)
 2. Fall Lead School: September 11, 12, 13, 15, 16 (Mike Knarzer)
 3. Grand Canyon Clean Up-September 29, 30. Group camp sites are reserved. There will be a Chili Cook off Saturday evening at Soshone Point. Climbing in the Canyon Sunday morning. (John Gray)
 4. Fall Basic ORC School- October 9, 11, 13, 14, 16, 18, 20 (Bill Fallon)
 5. Joshua Tree Thanksgiving Holiday- November 21-25 (Curtis Stone & Tiina Perlman)
 6. December 1: Sven Tower III Trail Project (Paul Paonessa)

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AMC Board Minutes - August 13, 2012 (cont)

- ii. Recent Past: Mt. Lemmon, Aug 12, Joint Outing with AMC & American Alpine club (Erik Filsinger)
 - d. Land Advocacy:
 - i. QCC: no new developments.
 - ii. McDowell Sonoran Preserve: Erik gave an update.
 - e. Training and Schools:
 - i. Flyers for Basic ORC School are available for distribution. Members are encouraged to distribute flyers and invite their friends.
 - f. Newsletter: Keep submitting photos and articles.
 - g. Technology: Discussion took place about accessing and management of accounts. Ways to improve access to setting up events that require payments while maintaining security.
- 6. New Business:
 - a. A proposal for the 2013 Calendar was submitted and approved by the board.
 - b. It was determined that an administrative calendar will also be created to identify dates to schedule events, make reservations, payments, etc.
- 7. Old Business:
 - a. Mid-year membership renewal drive- Postcards were mailed.
 - b. T-Shirt status- samples of T-shirts will be made available at the August member meeting to provide an opportunity for those ordering to check sizes before placing their orders.

The meeting was adjourned at 8:27 PM.

These minutes were prepared and submitted by Kimberly McClintic.



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.

The poster features a large, stylized background graphic of a scuba mask. The mask is light blue with a white frame and a clear lens. Behind the mask, there are several overlapping gears in shades of yellow and pink. The text is centered over the mask's lens area.

AMC Member Meeting

**Monday, September 24,
7:00 PM- 8:30 PM**

TBD

Guests are welcome!

**Located at Granite Reef Senior Center
1700 N. Granite Reef Rd., Scottsdale**

For questions or information about this program, contact Kim at [*canyonkim@gmail.com*](mailto:canyonkim@gmail.com)

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AMC Lead Climbing School: Fall 2012

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 11	Tuesday	6:30 pm–9:30 pm	*Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Sept 12	Wednesday	6:30 pm–9:30 pm	Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Sept 13	Thursday	6:30 pm–9:30 pm	Chateau de Vie 5 Clubhouse, Scottsdale, AZ
Sept 15	Saturday	9:00 am–5:00 pm	Prescott (directions will be in syllabus)
Sept 16	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.

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. 2012. Register by the Paypal link on the website (<http://www.amcaz.org/leadRegistration.asp>) or if you need to send a check you can contact Nancy Birdwell amcleadschool@gmail.com for the address. No credit cards accepted. The registration fee is fully refundable if you cancel. Contact Nancy Birdwell by email: amcleadschool@gmail.com 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.amcaz.org.

2012 GRAND CANYON CLEAN-UP, CLIMB & CHILI COOK-OFF SEPTEMBER 29-30



It's time again for the annual Grand Canyon Over-The-Rim Clean-up! For those new to this event, this is the AMC's 22nd year of providing a valuable public service at the Grand Canyon. We have scoured the slopes below Mather Point and spruced up the view from the ice cream store at Bright Angel Lodge. We have appeared in numerous home movies we have never seen and entertained scores of innocents who ask, "Did you climb all the way from the bottom?" (And of course we always answer, "Yes!")

Following the clean-up effort, our chili cook-off will be held at Shoshone Point where we can end an awesome day with a spectacular sunset and great company. Sunday morning, many of us will head out to climb in the Kaibab limestone amphitheaters below the Rim. We look forward to having you with us!

The Clean-up is scheduled for Saturday, September 29th. You must be a current AMC member and it is strongly recommended that you participate in one of this year's training sessions listed below in order to go over the edge.

\$10.00 FEE

This year we will be collecting a \$10.00 fee from each participant to cover the cost of park entry, camping and the event t-shirt. Each participant must complete their own individual registration form.

This year we are asking participants to do 3 things:

1. RSVP via Meetup, which will automatically charge the \$10 fee. This covers park entry, camping, and T-shirt. (Shirts will be distributed 9/29/2012)
2. Complete the registration form by following this link: <http://goo.gl/dmwpS>
3. Attend one of the three rappel/prussik training sessions (see corresponding Meetups).

Trash Rappel Training: A special technique is used for areas that require rappelling. Training in this technique is strongly recommended for anyone who wishes to "go over the edge" this year. Those who have not taken the training may still help out with other clean-up duties. We won't be teaching any of these techniques on-site at the Canyon. Please bring all the technical equipment listed below to Grand Canyon and your training session.

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Grand Canyon Clean-Up & Climb (cont)

TRAINING SESSIONS

Saturday, August 18th -- South Mountain (7am & 9am) Must be 18 or older

Saturday, August 25th -- South Mountain (7am & 9am) Must be 18 or older

Saturday, September 8th -- The Overlook (8am & 10am) Must be 18 or older

**We will assign people to time slots if the number of registered participants on any particular day warrants 2 groups.*

Technical and Personal equipment needed for the Clean-up & practice sessions:

- Helmet
- 3 prussiks (4', 6', 10' lengths)
- 1 climbing harness
- 1 rappel device
- 3 locking carabiners
- Personal anchor with locking carabiner
- 1 24" sewn or tied sling (length when tied)
- High Top Hiking boots (no sandals or open-toed shoes)
- Gloves
- Long pants, long-sleeved shirt
- Sunscreen, lip balm
- Water & lunch
- Whistle
- Extra slings, webbing and lockers for anchors (in case we run out of club gear)
- Auto block w/biner (4' x 4mm cordage)
- Rain Gear (just in case)

Additional information about this event will be provided to registered participants at a later date.

Remember:

These events are only successful due to the efforts of many VOLUNTEERS. If you have some time that you can devote to helping organize this event, please contact John Gray at your earliest convenience. Jdcinza13@yahoo.com

Climbing is a personal choice and requires personal responsibility. Climbing and associate activities are dangerous and can result in injury and/or death. Climbing exposes you to risks. Risks are not eliminated by training, or skill. By your participation in any AMC activity or event, you accept and assume any and all risks, including those created by negligence, connected to such activity or event.

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Grand Canyon Clean-Up & Climb (cont)

Although climbing has a long history in the Grand Canyon National Park, it has primarily been limited to the numerous towers and temples in remote locations of the backcountry. In the early 1990's climbers began to focus on the miles of undeveloped limestone in the Kaibab formations just below the rim. For the most part this formation is easily accessible, and the quality of the rock varies from miserable to excellent. On Sunday, September 30, 2012 we will be accessing the area that is located immediately north and west of the Bright Angel Lodge in Grand Canyon Village below the Rim Trail that begins at the Bright Angel Trailhead. Climbs will vary in difficulty from 5.7 to 5.11. We will be utilizing a rap entry to access the area. The current plan is to set up routes early Sunday morning and climb until the afternoon.

Climbing is a personal choice and requires personal responsibility. Climbing and associate activities are dangerous and can result in injury and/or death. Climbing exposes you to risks. Risks are not eliminated by training, or skill. By your participation in any AMC activity or event, you accept and assume any and all risks, including those created by negligence, connected to such activity or event.



The cook-off at Shoshone Point will follow the clean-up on Saturday.

There will be prizes for 1st, 2nd and 3rd place.

Rule #1: Pre-cook a large pot of your favorite chili and bring it along (remember it's a people's choice contest, the larger the batch the more votes possible!)

Information and a complete list of contest rules will be sent to the members registered for the clean-up.

The Refuge: Lower Devils Canyon, Superior, Arizona.



Location:
The Refuge can be accessed from the

same gravel road that heads off south from the Magma Mine paved road that you would take to get to all other Lower Devils Canyon climbing areas. At the base of the steep switchbacks turn right on a gravel road—this portion of the road looks like a wash but is actually Hackberry Creek— that heads up the

valley that you would have been looking south into as you descended the switchbacks; the stock pond and the windmill can be viewed ahead of you.



AM Heimsath on "Torchraker", The Torch Area.

Description: The Refuge is our name for this entire region of Upper Hackberry Creek. Our first walk up through the valley was scorchingly hot (to Arjun), but we were captivated by the rock formations and the potential for establishing a new climbing area that could potentially be accessed from the south (in case future mining shuts down the current road in).

As of this writing there are approximately 80 routes ranging from 5.6 to 5.12. This includes sport, mixed, and traditional climbing although most routes are mixed or traditional. And, there are currently four climbing areas,

listed here from north to south (i.e. from the first area you get to when entering from the standard way in): **Dog Town; The Torch; Faulty Towers;** and **Godhead**, which is divided as Godhead North; Heaven's Gate, and Godhead South. Each area has separate trails and there are three easy parking areas. Approaches are generally 10 to 15 minutes. A pdf can be downloaded at www.geir.com or at www.terraguild.com.

Rock: Rock quality is mixed, ranging from superb for the north facing climbs to quite poor for some of the south- and west-facing climbs. Climbs will naturally improve with more use: so, don't shy away from them. Simply climb with caution and be aware of the potential for holds to give way at times.



DA Sampson on "In Alignment", Heaven's Gate.

Ethic: We have attempted to follow traditional climbing guidelines when setting these climbs by doing all that we could ground-up and placing bolts only when needed. Note that if the rock quality is poor we will only put in a bolt if we had a 5.5" bolt handy. Otherwise, if there is available traditional protection—either in vertical or horizontal placements—we relied on that.

Anchors: We have adapted the EFR approach to top anchors: in most cases we use two hangers with quick links and carabiners (standard). PLEASE LEAVE the biners in place. When a top belay is advised only two hangers are provided.

~David Sampson

Peru Backpacking Trip & Mountain Climb

As a younger man, sometime in my teens, I came across the ancient ruins of Machu Picchu in some form or another. Since then it has always been on my short list of places to travel. So when a friend of mine asked me what I was going to do for my 30th b-day it became the start of my planning for my first trip to Peru. I decided I wanted to do the 4 day hike to Machu Picchu, do some rock climbing and climb a mountain.

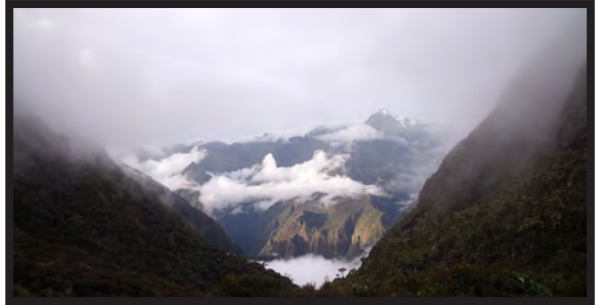
So, I arrived in Peru in mid April and went to my first hostel in Lima. Next morning was a flight to Cusco where I would rendezvous with the backpacking team for the trip up to Machu Picchu. I was picked up by a bus with a group of people ranging from 22 - 45 but most all around my age. As we got our gear together for our departure down the trail, the guide came over to me and lifted my pack and said “Mucho”. He then informed me that the porters who were carrying the supplies for food and our tents had nicknamed me “Gringo Porter” because my pack was so large and heavy.

Day 1 was quite easy and a nice hike through gorgeous terrain. So much flowing water all around us it was a great change of pace from the Arizona backcountry. Although I was surprised to see some similar vegetation out there, they had prickly pear cactus as well. Day 2 was a bit more strenuous. A lot more uphill, we went from 10,500 up to around 14,000 feet; that was a long day up, a lot of uphill trekking. At the top we were greeted by a fast moving rain storm that dropped the temp about 15 degrees by my estimation; so we went from sweaty and hot to wet and cold pretty quick. After descending 500 to 1000 feet the rain slowed down and the temp came back up. Day 3 was the longest day of hiking. I think we were on the trail for around 11-12 hours. Day 4 started at around 3 am and it was raining. We stood in line for about an hour or so to wait for the gate to open to proceed to the sun gate (which due to the weather turned into the fog/cloud gate) but was still beautiful. Then we made it to the amazing Machu Picchu, all of us were so spent but energized by this amazing place. We spent the day walking around freely and just taking in the amazing history and energy of this place. The clouds that encompassed the area made for amazing photos.

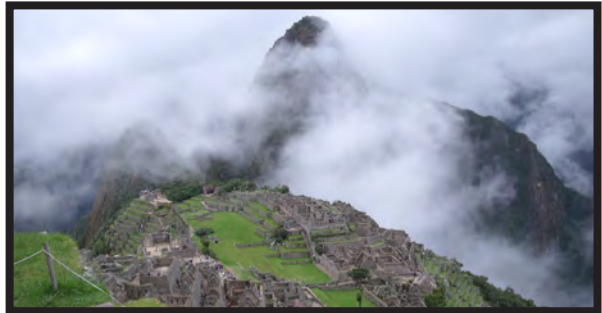
For the next several days, I hopped on buses and went from town to town taking tours and seeing more of Peru and its culture and history. To end my trip, I had



Trail to Machu Picchu



Camp 2 on trek to Machu Picchu



Arrival at Machu Picchu



Machu Picchu

Peru Backpacking Trip & Mountain Climb

planned to climb Misti Mountain Volcano. I was picked up in the morning and driven to the trail with my guide. It was just me and him, apparently I was the only person climbing it that day due to the fact I was out of season. I would learn what this entailed later. We hiked up to base camp, somewhere around 16,000 feet, set up our tent and made some dinner before calling it an early night. We were up at 3am to start our journey; it was dark and only slightly cold at this point. I was wearing 4 layers and started to sweat a little, so I unzipped my jacket to allow the sweat to dry. As we gained elevation the temperature dropped pretty quickly. For the first couple hours or so I was doing good keeping pace with the guide and letting him dictate the rest stops, but as the ascent continued on, the altitude started dictating the rest stops. I had been up to 14,000 feet at Machu Picchu and spent the night at 16,000 feet so I figured going up to 19,000 feet would be an easy transition. Well I was slightly mistaken by this notion. As the climb continued, the sun started to come up just enough that headlamps were no longer necessary. The snow field in front of us was in plain view. The snow continued to blow and the clouds stayed very low making everything white and to me completely indiscernible as to where we were but I trusted in my guide 100%. We kept gaining elevation and with every gain my energy level and temp dropped. At this point I had to stop for several minutes to catch my breath, and as I did my fingers and toes would start to freeze. It was somewhere in the single digits Fahrenheit and the wind was blowing pretty good up there. The pace slowed to a monstrously efforted crawl, each step was a full breath in followed by a full exhale before lifting the next leg. This lasted for about 3 hours and as we got closer to the summit became more drawn out. It would take me 3-5 mins to catch my breath and then only 2 steps to lose it again. At our final break for the morning, the clouds cleared and the city and landscape below was finally visible along with the summit for the first time that day. This was the final push; we had about 1.5 more hours to get to the top. I took a deep breath (for 5 mins) then proceeded to trek. Finally the summit was upon me, I collapsed in sheer exhaustion mixed with joy. It had taken us around 7.5 hours to climb this mountain.

Now was the descent..... This was quite a surprise to me because my guide barely spoke English, and I barely spoke Spanish, the details were not clear until I started

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The approach to the summit the final 1.5 hours



breath... step, breath... step



Looking back down the approach to the summit

Deep Water Soloing in East Clear Creek

My most awesome climbing partner, Kara, and I decided we wanted to try deep water soloing up in Clear Creek near Winslow, AZ. What better way to learn a new area than by asking some locals. I called up two friends that live in Winslow, Joe and Deidre, and asked all about Clear Creek. Joe's response was simple, "Best way to see Clear Creek is in my boat." So the plan was hatched, and on Saturday July 14th, Kara and I headed to Winslow! We were both excited.



The canyon almost instantly forms to nice sandstone walls.

The drive up was all in the rain, which didn't give us much hope for climbing. However, I kept remembering Deidre's words, "It never rains in Winslow." I also had purchased a trolling motor for Joe's boat, so despite the weather, we were going to Winslow.

We put the boat into Clear Creek around 11:00am, and it instantly started pouring rain. We waited in the car and it stopped pretty quickly. We then launched and headed up canyon.. During the trip upstream, Joe pointed out several sets of Indian Petroglyphs which were in amazing condition. As we got near Winslow Wall, it started raining, so we landed the boat on a little area with an alcove and waited. This might sound miserable, but it was actually fun, standing there, in a canyon, huddled under an alcove in the pouring rain with good friends.

After the rain quit, the sun came out, so we headed down stream searching for a place to climb. Joe went first and started up this bouldering problem. After he fell into the water, he swam to another problem, and climbed that with victory. I tried a fun traverse problem which resulted with me in the water pretty quick. Kara went next, she got out of the boat and up she went. She got to her "comfort level" and jumped back down into the water.

Now it was my turn again, I put on my shoes and found another problem, the boat pulled up; I hopped out on the wall and started climbing. There was this ledge about 20' up which was my goal. It was a fun climb, on an arête, using slopers, pulling a bulge, and I even used a heel hook. I got to the top of the ledge and did my little victory dance. Little did I know, that was the last time I would be able to stand for several months. I jumped into the water and did everything right. My feet were in front of me, knees were raised and soft. I hit the water and felt a snap in my right ankle and my tail bone hit sand. I just sat there under water for a bit in denial thinking this isn't good. I slowly surfaced and I could see my friends staring at me knowing something wasn't quite right. There was a cloud of mud around me in the water. Very calmly I called out, "I think my ankle is broken" and started swimming back to the boat. Instantly Kara dove into the water like an Olympic swimmer and helped me get back into the boat. I guess she interpreted "I don't swim well" as "I can't swim." Either way, my hero.

My ankle had a huge lump on the left side and the foot was shifted over to the outside at a funny angle. I tried to move it hoping it was just sprained. I will never forget the feeling of bones grinding on each other. I stated that it was broken and we need to get it stabilized quickly. Kara wrapped my foot with an ace bandage and someone put ice on it. Meanwhile, Joe was trying to start the engine, but not succeeding. While doing that, he was heading us out with the trolling motor. We gave up on the outboard motor and ended up using the trolling motor while we still had battery life.

About 30 minutes after the injury the pain really set in. The little ace bandage we used just wasn't stabilizing the joint. We wrapped it in a hand towel, packed more ice around the ankle, then folded a beach towel over the foot and lower leg and tied it up using some climbing cord. This worked big time, with the ice and complete immobilization, most of the pain stopped.



One of the sets of pictographs that is found in the canyon.

Deep Water Soloing in East Clear Creek (cont)



Joe showing us how to Deep Water Solo.

Around this time, the battery was completely drained, so Kara and Joe started rowing.

It had taken almost three hours to get back after the injury. We pulled the boat out of the water, and I stayed in it as Joe drove to the Winslow emergency room. The staff there said this was the first time anyone has come into the ER in a boat. Once in the ER, the nurse complimented us on the field splint. I am sure John Gray's uncle, from whom I got certified in First Aid, would be proud. Too bad we didn't get a picture of it.

The comedy continued once we got to the emergency room. It turns out during the thunderstorm the hospital took a lightning strike which knocked out all of the computers, including their x-ray machines. However, they had a portable x-ray unit which they used, but were unable to make copies of the

x-rays. The staff at the emergency room was really nice and even joined in on my joking and clowning around about the accident. When they asked me what happened, my response was, "Oh, you'll file this in the dumb a** statistic category."

It was confirmed, I had indeed broken my ankle. The extent of the damage wasn't really known, but my fibula was indeed fractured and so was the tibia. They were not sure about the heel. They also said with the amount of displacement I tore most of the ligaments. And the lovely words, "We need to set the ankle back in alignment." I always joke about medical professionals when they say this might feel a little uncomfortable, or you might feel a little pain. That generally means it's going to really hurt. They were honest, saying this was really going to hurt. So they brought on the morphine, thankfully. I won't go into detail about how that felt, but let's just say it was the most unpleasant thing I have ever felt.

The soonest I could get to see a foot surgeon was Wednesday. That was actually an ordeal, but it turns out one of the people I have climbed with is a PA for one of the best foot surgeons in the valley that did their fellowship in feet. He got me in right away. I always stand by my statement, "You gotta love fellow climbers, for there is a special comradery between them." When I went in, it was confirmed. My fibula was in three pieces and unstable. I had a fracture on my tibia. All but one of my ankle ligaments were probably gone, and that remaining one was questionable. However, the good news, my heel was not injured. I am looking at a four to six month recovery time before I'll be walking unassisted, and a complete recovery time will be one year. This is mainly due to the ligament damage. My surgery is scheduled for July 24th, and this couldn't come soon enough. When I move, or the muscles twitch, I can feel the bones in my ankle "click" together, which is just nasty!



Here I go, climbing up the really fun arete.



Victory! Unfortunately, this is my last victory dance for a while. In fact, last time I'll be able to stand on my two feet..

Deep Water Soloing in East Clear Creek (cont)

The pain is pretty chronic and intense, pain pills are unfortunately my friend now, and I am one that normally passes on pain medication.

So, here I am writing this article and going into good detail about the accident and post-accident for many reasons, one being squashing rumors. I have gotten a few funny emails / texts about the accident, my favorite being:

1. I got chewed out for the dangers of free soloing and that I was lucky to be alive.
2. Wanting to know who my belayer was and if it was their fault or my fault that I decked.
3. How many pieces did I rip out?
4. Bolts don't pull out, only trad gear does, that I should stay on bolts.

I absolutely don't regret anything we did on the 14th. All in all, I had a lot of fun. Most of the day was spent with good friends and we had a good time. I had fun time deep water soloing, and even the last climb I did was absolutely awesome. Granted, the descent did kind of suck. If anyone goes deep water soloing, I would highly suggest probing the depth of the landing zone with an oar first, and apply my saying, "If in doubt, don't." We never were checking the depth, we were just assuming. If someone in our trip was destined to get hurt, I am glad it was me. I absolutely don't wish this type of injury on anyone else. It has been the most miserable time. The only thing that has made it tolerable is my awesome climbing partner Kara who has been taking absolutely amazing care of me.

Oh yeah, and for anyone wanting to go climb with me at Joshua Tree this fall / winter, I am unfortunately going to be handing out rain checks until Fall / Winter of 2013. Sorry for any inconvenience.

So what am I going to do with myself during this time? Well, I have always said I wanted to learn the guitar, but I never had time for lessons. All of sudden, I have plenty of time now. Climb on, and climb safe.

~John Farrell

Peru Backpacking Trip & Mountain Climb (cont)

down how it was only going to take 1.5 hours to descend these 3,000+ feet. Well we slid down on our butts. The first slide was only about 300 feet. But the next section was around 1,000 to 1,500 feet straight down. This was the best feeling of the entire day; with each min I spent careening down the side of this mountain my oxygen intake and energy level increased. As we neared the bottom there were a few more obstacles to avoid, i.e. large rocks, so my pace slowed a bit. Then we had another section of scree that was angled just perfectly that you could ski down it in your boots in a slalom type fashion, again avoiding the larger rocks. Finally we were on the trail to base camp and lunch! The mountain gave me a new respect for anyone who does anything at altitude; I will never underestimate it again.

The trip as a whole is one I will never forget, and will always cherish. All my future trips to other countries will hopefully involve some type of adventure similar to this one. I am already planning my next vacation to either Bolivia, Argentina or possibly the Angkor Wat ruins, not sure yet where I will go but I'm sure it will be an epic!

~Adam Saiced



Reaching the summit!!

Calendar of Events - Outings/Schools/Events

SEPTEMBER 2012

- 3 Labor Day (Monday)
- 10 AMC Board Meeting
- 12 Lead School Sep 11, 12, 13, 15, 16
- 24 AMC Member Meeting
- 29 Grand Canyon Clean up

OCTOBER 2012

- 3 Outdoor Rock Climbing School Instructors Meeting
- 8 Columbus Day AMC Board Meeting – Reminder: D&O Insurance Policy due
- 9 Outdoor Rock Climbing School Oct 9, 11, 13, 14, 16, 18, 20
- 22 AMC Member Meeting
- 27 Queen Creek Cleanup and Climb

NOVEMBER 2012

- 7 Anchors School Instructor Meeting
- 11 Veterans Day (Sunday)
- 12 AMC Board Meeting
- 13 Anchors School Nov 13, 15, 17, 18
- 22 Thanksgiving at Joshua Tree
- 26 AMC Member Meeting –Activities Expo

DECEMBER 2012

- 3 AMC Board Meeting – Reminder: General Liability Insurance due
- 8 Alpine Rock Seminar
- 14 Holiday Party
- 25 Christmas (Tuesday)

Billboard- Other Scheduled Events

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.

AMC is also on meetup. For official and unofficial outings go to: <http://www.meetup.com/Arizona-Mountaineering-Club/>

- Tuesdays **North Mountain hikes after work.** Rogil Schroeter (623) 512-8465
- Wednesdays **Ape Index Gym Climbing -** Rogil Schroeter (623) 512-8465
- Thursdays **Phoenix Rock Gym Climbing -** AMC Members \$10 admission with ID card.
Curtis Stone - Kim McClintic
- Oct 6: All day hike off South rim Grand Canyon. Trail will be Grandview & will include a large cave to explore. For more info contact Rogil@cox.net or 623-512-8465



We've got room!



We can even put our tents on the floor now!



We've MOVED!
To 3244 E. Thomas Rd.

OUTDOOR ROCK CLIMBING

FOR THE BEGINNING OUTDOOR CLIMBER



Instruction provided by
The Arizona Mountaineering Club

During the 4 evening and 3 weekend day sessions, you will learn:

**The Basics of Climbing Equipment, Climbing Technique,
Knots, Rappelling, Belaying, & Self-Rescue.**

The class fee of \$195, plus \$15.00 membership for the remainder of the year (\$18.00 for families), covers equipment provided by the AMC and equipment that you get to keep including: a belay/rappel device, carabiners, prusik cords, climbing text and AMC membership for the remainder of the year.

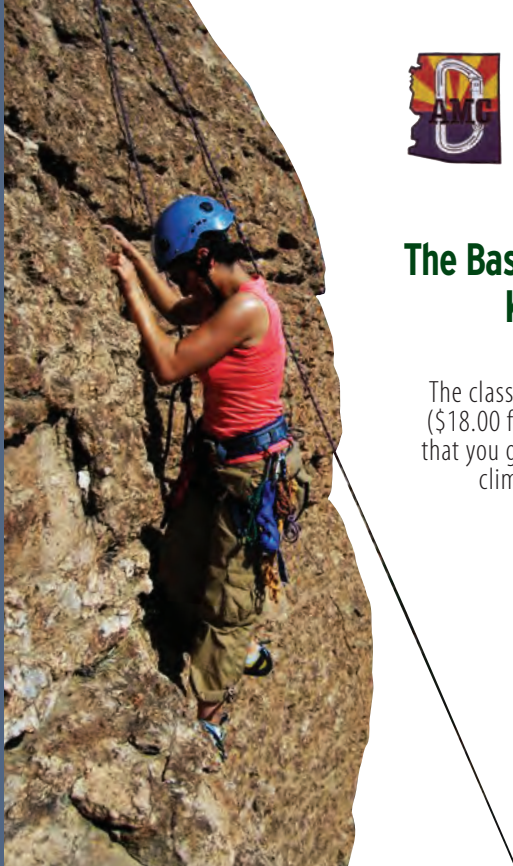
To register online, go to:

www.amcaz.org/basic.asp

Class Size is Limited to 40 - Reserve your spot now!

For additional information, contact Eric Evans
AMCBasicSchool@gmail.com, or visit our website at:

www.amcaz.org



By the 3rd Class
You will be
climbing
outside!

Fall 2012 - Class Schedule

- October 9 - Tue - 5:30 PM - 10:00 PM
- October 11 - Thu - 6:00 PM - 10:00 PM
- October 13 - Sat - 8:00 AM - 5:00 PM
- October 14 - Sun - 8:00 AM - 5:00 PM
- October 16 - Tue - 6:00 PM - 10:00 PM
- October 18 - Thu - 6:00 PM - 10:00 PM
- October 20 - Sat - All Day - Grad Climb

AMC Members Enjoy

- Basic to advanced rock climbing training
- Periodic meetings and outings
- Special Annual Events:
- Grand Canyon Cleanup
- Thanksgiving at Joshua Tree NP
- Camaraderie with other climbers
- The Arizona Mountaineer newsletter