

# The Arizona MOUNTAINEER

July 2007



Engineer Peak Summit Ridge  
Colorado

# The Arizona Mountaineering Club

**Meetings:** The **July** 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](http://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 ..... Bill Fallon.....602-996-9790  
Secretary ..... Erik Filsinger.....480-314-1089  
Treasurer..... Clay Vollmer.....602-595-7266  
Director..... Dan Beatty.....480-917-7795  
Director..... Danny Gonzales ..602-550-8371  
Director..... Justin Iske.....480-225-7739  
Director..... Sheri Kenly.....602-799-1288  
Director..... Dave McClintic ...480-607-0890

## 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 ..... Erik Filsinger.....480-314-1089  
..... Bruce McHenry ...602-952-1379  
Newsletter..... Robert England...480-688-5412  
Outings ..... Frank Vers .....480-947-9435  
Programs..... Sheri Kenly.....602-799-1288  
Public Relations..... Open  
Training & Schools.. Bill Fallon.....602-996-9790  
..... Clay Vollmer .....602-595-7266  
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  
WebSite ..... Kirra ....webadmin@amcaz.org  
T-shirts..... Sally Larimer.....480-425-9689  
Website..... Kirra .... webadmin@amcaz.org

**The AMC Land Advocacy Committee:** The Committee works by itself and with the national Access Fund to  
maintain public access to climbing areas. If you know of areas that are threatened with closures or climbing restrictions,  
please notify the Land Advocacy representative Erik Filsinger, 480-314-1089.

**The Access Fund:** This is a national, non-profit, climber's organization that works to maintain access to climbing  
areas nationwide. Climbers can join The Access Fund by mailing an annual, tax-deductible donation of \$35 or more to:  
The Access Fund, P.O. Box 17010, Boulder, CO 80308, or calling 888-8MEMBER or giving it to the AMC Club  
Treasurer to be sent to The Access Fund in your name. A donation of \$35 or more is needed to receive *Vertical Times*,  
The Access Fund newsletter. One can also join electronically at:

[https://www.accessfund.org/secure/joinnow/join\\_indiv.php](https://www.accessfund.org/secure/joinnow/join_indiv.php) or at <https://accessfund.org/join/indiv.php>.

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## Newsletter

The *Arizona Mountaineer* is published monthly by the AMC. Members are encouraged to submit articles and photos about their climbing- or mountaineering-related activities. Submit items for publication (subject to approval) to AMC Editor, 2267 W Periwinkle Way, Chandler, AZ 85248 or through email to [azmountaineer@amcaz.org](mailto: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](mailto: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.

# HOT STUFF !!!

*Cool  
Climbing  
In  
Flagstaff!!*

## 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.

**August Newsletter Deadline  
Wednesday - July 18**

## JULY BIRTHDAYS

Tom Folwell 3, Diana Sherwood 5, Terry Nelson 6, Michael Anderson 9, James Fisher 12,  
Eric Parker 16, Tammy Vadasz 16, Benjamin Knowles 17, Erik Schaefer 18,  
Amelia Mendel 21, Trevor Moody 28, Carol Baran 30, Casey Kelso 31

## 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.

## 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 May 31, 2007

#### INCOME

Advertising	145.00
Dues 2007	5,635.00
Interest	313.85
T-Shirts (AMC)	18.00
Rental Equipment	40.00
T&S Schools Rental Income	80.00
AARS Spring	1,575.00
Basic Spring	3,515.00
Lead Spring	675.00
Training: Other	270.00
<b>TOTAL INCOME</b>	<b>12,266.85</b>

#### EXPENSES

Admin	744.74
Mountaineering	565.97
Newsletter	882.09
Outings	140.00
Outing Leaders	105.40
Programs Monthly Meeting	1,970.58
Training	3,563.78
<b>TOTAL EXPENSES</b>	<b>7,972.56</b>

OVERALL TOTAL 4,294.29

#### ACCOUNT BALANCES

CD Account (matures 9-17-07)	10,812.97
Checking (as of 5-31-07)	14,731.22
<b>TOTAL CASH ASSETS</b>	<b>25,544.19</b>

Other Assets (gear) 2,147.40  
OVERALL TOTAL 27,691.59

## AMC Board Meeting Minutes - June 11, 2007

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**Board members:** Danny Gonzales, Clay Vollmer, Erik Filsinger, Dan Beatty, and Sheri Kenly

**Members:** Kathi Reichert

**The meeting was called to order at 7:25 p.m.** after a quorum was achieved.

The **minutes** of the Board meeting of April 2, 2007 were approved.

The **Treasurer's Report** was accepted.

**Special Guest:** Kathi Reichert of the Phoenix Parks and Recreation Department updated the Board on three items of interest and asked for the Club's input. First, there has been an increase in potential trail conflicts involving mountain bikers and hikers. A hiker has asked for a hearing with the Parks and Recreation Board. As the Land Advocacy Chair, Erik will work with Kathi to provide input from the AMC as a user group.

**Second,** Phoenix has noticed an increase in large user groups occupying facilities and areas of the Mountain Preserves. She is studying the systems that could be used to track events by both commercial and non-commercial groups. The solutions could range from a request to the user groups to notify the Parks Department prior to large gatherings, to perhaps a permitting system. Clay Vollmer will represent the AMC at an upcoming Parks Board meeting.

**Third,** Kathi informed the AMC that once a month Phoenix will hold a Silent Sunday event at South Mountain Park where the road is closer to vehicular traffic. In October there will be a special day held in conjunction with REI. Kathi would like the AMC to be represented. Justin Iske will be asked if he can provide the PR presentation on behalf of the AMC.

### **Committee Reports:**

**Programs:** Sheri Kenly is stepping down as Programs Chair. She will serve until we can find a replacement.

**T&S:** Clay Vollmer is stepping down as Co-Chair. Bill Fallon will remain as Chair.

### **Old Business:**

**AMGA class over Labor Day weekend.** Clay Vollmer is dropping out of the 5 folks being offered partial club support. Erik will visit with Bill Fallon about whether there is a good substitute for the 5th sponsored

slot. Clay Vollmer will request participants to send in a \$200 deposit. We need to find someone to coordinate with the logistics of where the class will be held, what fees and permits may be required, etc.

**June Member meeting:** It will be held on the 25th and Robert England will be asked to send another reminder.

### **New Business:**

**Fall Classes** – Brochures and locations need to be provided for. Clay Vollmer will follow-up with Bill Fallon on same.

**Grand Canyon Clean-Up** – Clay Vollmer will act as the coordinator for the Fall 2007 Grand Canyon Clean-Up.

**Electronic Distribution Policy** – Clay Vollmer and Dan Beatty will draft a policy for Board review on what can be distributed on the official AMC electronic channels. The discussion among Board members concerned a policy that finds the appropriate balance between information that should be distributed which is of general interest to members and that which should not be distributed because it involves solicitations or announcements which benefit individuals or commercial groups. Consideration should also be given to the role of the electronic discussion groups like the yahoo groups in fulfilling member's needs for sharing of information.

**Possible class on Transition for Sport to Trad climbing.** The Board held a preliminary discussion about the merits of looking at the "climbing market place" and identifying non-traditional ways (for the AMC) of providing its services and expertise to the climbing community. One area of initial investigation derived from the fact that many if not most climbers now learn climbing coming up through rock gyms and taking their climbing skills outdoors in the form of sport climbing where anyone with a set of quick draws can go climbing. However, there is a gap between the skills that Sport climbers possess and the skills necessary for engaging in Trad climbing. Erik, Dan and Danny will investigate with Jim Donini about his ideas on possible classes that Sport to Trad climbers might be interested in. One possibility might even be for Jim to offer the initial class for some group of AMC'rs and for the AMC'rs who are taught the skills from Jim's perspective becoming the pool of AMC instructors for an AMC offering.

**Meeting adjourned: 8:39 p.m.**

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**NEW MEMBERS - Climbers - Please Welcome:**

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Samuel Garnett  
Sarrah Kiermayr  
Amelia Mendel  
Giacomo Mendel

Malachi Mendel  
Mark Mendel  
Cameron Miller  
Trevor Moody

**On Monday, July 23<sup>rd</sup> at 7:00 p.m. AMC Programs Presents:**

## **Technical Canyoneering in Arizona and Utah**

Come see a three part slide show by Aaron Locander about technical canyoneering in Arizona and Utah. Aaron has been canyoneering for 4 years and has descended 40 technical canyons amounting to over 80 descents. The first part of the presentation will focus on the specialized gear and techniques for this hybrid sport that includes aspects of rock climbing, caving, hiking, swimming, wilderness navigation, and a bit of scuba gear to round it all out. The second part will focus on the wide variety of canyons located within Arizona, and the last part will focus on several big Utah canyons, primarily in Zion National Park. The show will finish up with a virtual tour of Heaps canyon in Zion NP that takes 2 days to descend, with over 20 rappels, lots of cold swimming and a 285 foot overhanging big wall rappel finish.

Aaron Locander is an avid canyoneer, rock climber, hiker, backpacker, mountain climber and caver. Some of his major accomplishments are a solo through hike of the 480 mile Colorado Trail, summiting 52 of Colorado's 54 fourteeners, and he has recently finished hiking the entire Tonto Trail in the Grand Canyon. Aaron's other passion is photography which has been featured in three guide books, a calendar and has recently received some of the prizes from the last AMC photo contest.

Regardless, if you've never heard of canyoneering, or are an avid enthusiast, this show will have something for everybody. Come see some great photos, good stories, and learn about the unique dangers and challenges of this little known but growing sport.

See you at the Monday, July 23<sup>rd</sup> 7:00 p.m. meeting! It is at Phoenix Country Day School 3901 E. Stanford Drive P.V. 85253 between Lincoln and Camelback. From Lincoln use 36 St. and go south to Stanford and then head east. From Camelback use 40<sup>th</sup> St. and turn West on Stanford. The auditorium is adjacent to the parking lot

## Alpine Ascent of Engineer Peak

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AMC Memorial Day Outing 2007

Submitted by Matt Percy

Morning came long before the sun for those of us who had decided to climb Mt. Engineer. An exploratory foray to the base of the peak the morning before showed us that by midmorning the hard crust of snow that we easily walked over on the approach would soften to a quagmire nightmare where we would sink to mid-thigh on virtually every step on our return. We decided that to maximize our chances of summiting we would leave our camp at Silverton and drive to Coal Bank Pass at 2:30 am. James Perey led our group of eight into the darkness up the snow covered slopes toward our objective at a blistering pace. The conditioning that our group had committed to during the months before the climb evidenced itself when, at about 6:00 am, just as the sun was breaking over the San Juan's we arrived at the base of the climb. Here we donned our crampons, cached all unnecessary gear, and started to climb towards the knife edge ridge of Mt. Engineer. Once our party had gained the ridge we traversed toward the West making our way along a ridge that is wide enough for one person and drops off precipitously a 1000 ft on both sides. The climbing was relatively moderate, the exposure fantastic, and the view absolutely beautiful. Justin York led the crux section through a chimney system and fixed a rope for the rest of the party to affix a prusik to as they climbed. Exiting the chimney deposited us onto the ridge where once again we traversed to the West gaining altitude at every step. Towards the top, we climbed a section of steep snow, traversed the ridge some more and found ourselves at the last obstacle. Several days before our climb Kelly Trainor had been soloing the peak when a storm blew in and deposited over a foot of snow. Knowing this, we did not want to traverse the final steep snow field unless we knew that the fresh snow had avalanched off of the peak. Although the snow was softening in the early morning sun, we could tell that the newly fallen snow had avalanched off because the slope was red colored from the debris left behind. We deemed the slope acceptably safe and made our way across as quickly as possible. A short delicate scramble up a precarious scree slope left all eight of us on the summit of Mt Engineer at 8:15 am. Because of the rapidly warming snow our stay on the summit was by necessity brief; however, the moments shared and the sense of accomplishment amongst our team will not soon fade. Elated and tired, but fully aware that we were only half way done, we carefully descended the trail that we had broken on the ascent. The last 300 vertical feet of hard snowfield that had been climbed so laboriously one step at a time hours earlier had softened to the point that most in our team joyously dropped onto the snow and glissaded down to where we had left our gear. Here our snowshoes, unused to this point, were to prove their worth. We made our way down the mountain and, at about noon, we arrived back at Coal Bank Pass. I would like to thank our team, Bill Arndt, Grant Loper, Wolfgang Rupp, Valerie Bednar, Bailey Warstler, Justin York and James Perey for their commitment in preparation, their solidarity in purpose, their dedication to mutual success and for making this Memorial Day an unforgettable experience.

## **Alpine Rock Climbing – AMC Snow Skills Class**

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Memorial Day Weekend 2007

Submitted by Justin York

In the beautiful setting of high mountains in Eureka, Colorado, some brave souls from the AMC Snow Skills class decided to take on something we are more accustomed to as desert rats: rock climbing. Our group consisted of nine: Erik Filsinger, Kelly Trainor, Bruce McHenry, and myself as the leaders, and Susan Morris, Erin Livingston, Bailey Warstler, Wolfgang Rupp, and Grant Loper as the students. The goal was to climb a rock buttress neighboring a meandering waterfall that forms a nice multi-pitch ice climb in the winter called “Second Gully”. Back home in our typical climbing attire this climb would have been cake. However, add a moderately heavy pack, mountaineering boots, altitude, loose rock, and sparse pro...and the climb becomes a bit more exciting! The climb was around 700 feet and we had nine climbers total, so the leaders decided to speed things up by fixing ropes. This would allow the students to climb straight through with the protection of a prusik on the fixed line.

The first couple pitches, led by Erik and Kelly, involved easy to moderate face climbing that involved some tricky moves – a scary proposition on lead with no pro. Grant cruised up the third pitch and I took the fourth. A full rope length, those 5.6 moves felt more like 5.9 considering my trust in the rock was about as bad as my opportunities for pro. Good thing I brought an entire rack up, just to place three pieces the entire climb! After chalking it up to the fallback excuse of being “in training,” the last pitch was third class, so Erik and I soloed up it to fix the rope. We could see our group below making their way up each pitch and dodging the plethora of rocks showered from above. Though were all amazed at how much rock was coming down, Erik reassured us how badass we were, and that this is typical of the mountains. Regardless of the challenges and objective dangers, everyone was climbing with a smile on their face. I even caught a glimpse of a particular mountain mamma doing a little dance on top of pitch two.

Thanks to Erik for a great class and a fun outing. I think I speak for the entire group when I say that it was more challenging than expected, a great experience overall, and we left with spirits as high as the mountains surrounding us. Can’t wait to do it again!



## **Unnamed Peak, near Eureka, CO 13,722ft**

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Submitted by Susan Morris

Participants: Erik Filsinger, Bruce McHenry, Casey Kelso, Erin Livingston, Jessica Perey, Kelly Trainor, Susan Morris

On Memorial Day 2007 with another beautiful, but slightly chilly Colorado morning we set out at about 5am (Colorado time) from the intersection of the road near Animas Fork on County Road 586 where the Alpine Loop heads southeast up and over Cinnamon Pass. We could easily see our objective and it looked quite inviting. It was the Unnamed Peak 13,722 that lay northwest of Cinnamon Pass with a sweeping and inviting ridge-line pointing toward Eureka downstream.

We started out on a jeep trail then veered off on what appeared to be a more direct route up a grassy hill. Erik and Bruce stayed on the jeep trail and the rest of us tried to follow a ridge line, avoiding scree, up to a snowy ridge. The snow was quite firm in the early morning hours. It was work kicking steps. We used our ice axes on the snow patches, using our skills we had learning on the first day. We took several water/snack breaks to rest and take in the views on a perfect day.

As the five of us were heading up the snow ridge we could see Erik and Bruce coming up a snow couloir. We could see what appeared to be the summit (one of three false ones). When we finally made it at about 9:30 am we could see Erik and Bruce not far behind. What a treat up there. We had 360 degrees of Colorado peaks. When Erik got there he was able to name the dozen or more fourteeners and tons of high thirteeners we could see. After taking in the views and having a quick snack and drink we all headed down together.

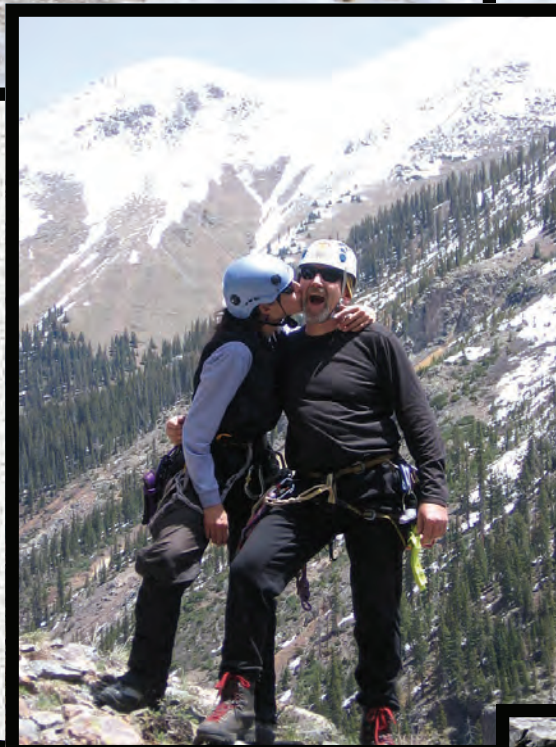
Erik lead the way and came to a saddle with a snow field that looked like a good place to glissade. A new skill for a lot of us. We headed down one by one. What a ride! About 1700 ft of elevation loss we glissaded a longer vertical distance than skiers do on Snow Bowl. It was like a half-mile sliding board with twists and turns in the slope as the couloir and we descended the mountain.

Erin had lost her glasses on the way up so we tried to find them on our descent. We followed our ascent route but spread out a bit. We never found them. Perhaps a furry Marmot is using them.

We all arrived safely at our starting point and headed back to camp where we all packed up to head out.

As Erik and I were heading over Coal Bank Hill Pass we could see the rest of our group coming off Engineer Peak We stopped for a while to share our exciting victories. What a perfect day.

# Photos - Alpine Ascent of Engineer Peak





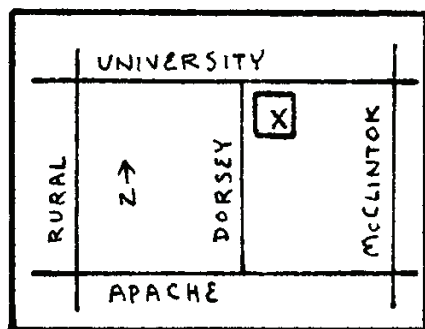
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FAX - 480-237-0095

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AMC  
MEMBERS  
GET 10%  
OFF OF  
PURCHASES

## Calendar of Events

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### 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.*

**July 21-22.** Flagstaff . Fun weekend in cool Flagstaff . Saturday – climb at Mt. Elden ; great granite and heinous off-widths. Top rope single pitch 5.5-5.11. Saturday night – overnight camp-out in cool pines. Sunday – Hike up Mt. Humphreys . Contact Bruce McHenry at [bamchenry@att.net](mailto:bamchenry@att.net). Limit 12.

***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

*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.*

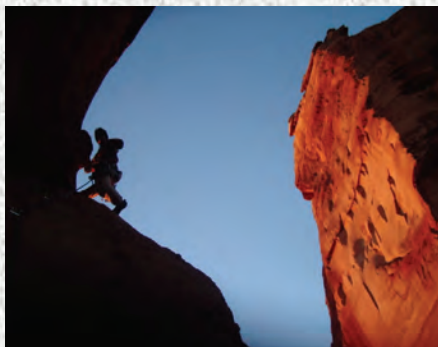
**Mondays** Solid Rock Gym at 6pm-8pm. Call Rogil (623)-512-8465 for info.

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

### 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.

# PEAK PERFORMANCE TRAINING



***Do you want to eliminate training plateaus, minimize recovery time and maximize your performance gains?***

***Are you preparing for an alpine objective, but not sure your cardio and endurance are up to the task?***

***Are you looking to take your adventures to the next level with performance nutrition, but overwhelmed at where to start?***

If you answered yes to any of the above questions, Peak Performance Training offers a broad range of training services for adventure sports. From basic workout evaluations to comprehensive training programs, we will help you achieve your goals in the shortest amount time possible. With internet training, you can have a personal trainer who actually climbs work with you on your goals, at a fraction of the cost of an in-person trainer. Please feel free to contact us with any questions you may have, and take a look at our website.

***Start training now for your next adventure!***

## Services Include:

- FREE Newsletter (online or drop us an email to be put on the list)
- Performance Nutrition Services
- Sport-Specific Strength Conditioning
- Endurance Training
- Online Training For Adventure Sports

Find us on the web at: [www.adventuretrainer.com](http://www.adventuretrainer.com), Email: [james@adventuretrainer.com](mailto:james@adventuretrainer.com),  
Call us at: (928) 225-2426, (888) 875-2958

***AMC Members Receive 10% Off ALL Peak Performance Training Services!***

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## 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.

<u>Outing Leader</u>	<u>Contact Info</u>
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
Scott Hoffman.....	623-580-8909.....
Richard Horst.....	623-434-4769.....
John Keedy.....	623-412-1452.....
Mike Knarzer.....	602-751-1701..... getout@cox.net
Tim Lange.....	480-598-9124.....
David Larimer.....	602-258-0373.....
Bruce McHenry.....	602-952-1379.....
Tim Medlock.....	480-963-3496.....
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
Jef Sloat.....	602-316-1899.....
Paul Valenzuela.....	602-705-3106.....
Frank Vers.....	480-947-9435.....
Justin York.....	480-229-8660.....
<b><i>Your Name Here!</i></b>	

# July 2007

## AMC Outing Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Sunrise 5:23 Sunset 7:42 M-rise 10:46 P	5	6	7  Last Qtr
<b>NOTE: Celestial events occur about 10 minutes earlier on Arizona's eastern border; 10 later on its western edge.</b>						
8	9 Board Meeting	10	11 Sunrise 5:27 Sunset 7:40 M-rise 2:16 A	12	13	14  New Moon
15	16	17	18 Sunrise 5:31 Sunset 7:38 M-set 10:17 P	19	20	21 Flagstaff - Mt Elden Climbing
22 Flagstaff - Mt Humphreys Hike First Qtr	23 Member Meeting	24	25 Sunrise 5:36 Sunset 7:34 M-rise 4:23 P	26	27	28
29	30  Full Moon	31	Sunrise 5:41 Sunset 7:28 M-rise 9:17 P			