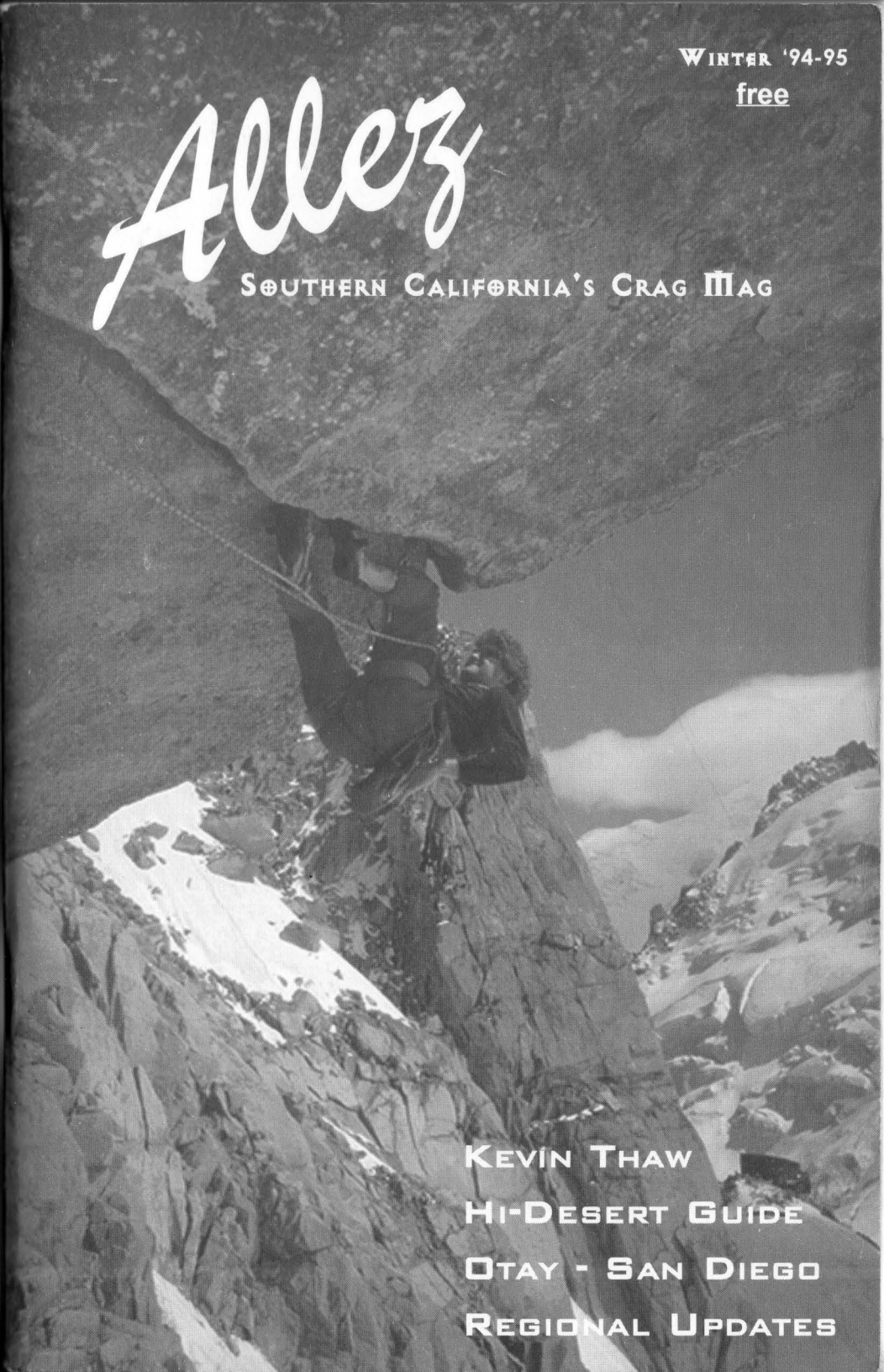


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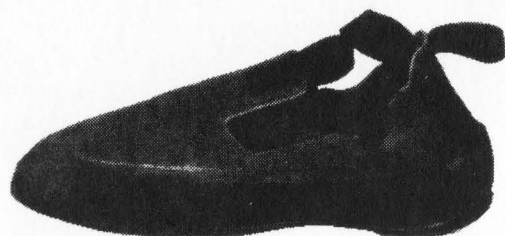
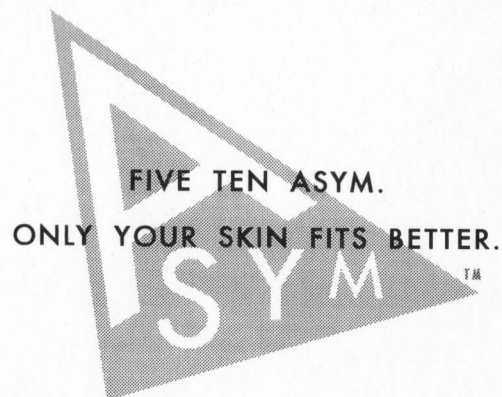
free

Allez

SOUTHERN CALIFORNIA'S CRAG MAG



KEVIN THAW
HI-DESERT GUIDE
OTAY - SAN DIEGO
REGIONAL UPDATES



The Moccasymp

A. Radical Asym toe shape focuses edging and frontpoint power by packing the smaller toes in against the the only strong toe--the big toe.

B. Larger outside toe radius maximizes active area for back edging, so the toes, rather than the side of the foot, are over the hold.

C. Smaller toe radius increases the ability to switch feet on small holds and stab into tiny pockets.

D. Inside edge is straight from ball to toe, so rock/rubber contact is increased.

E. Outside rand is lower, following the bone structure of the foot. Inside rand is higher, following the rise of the arch.

F. Asym tension rand is wider on the inside for a snug fit in the arch.

G. Cut of the heel accommodates the offset height of the ankle bones.

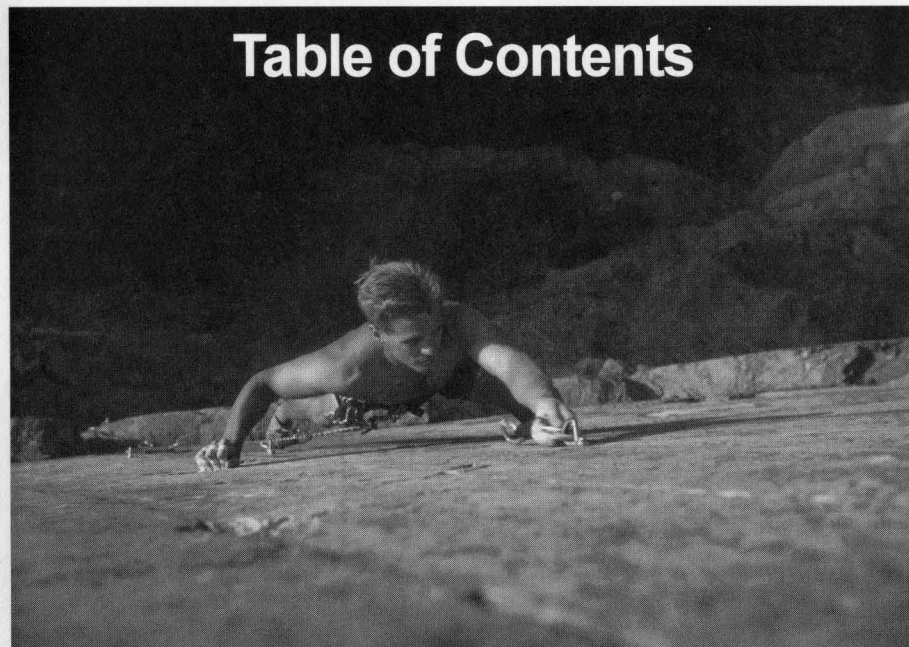
H. New modified baseball stitch strategically routes the seam away from hot-spots like the back of the heel.

I. Asym elastic pulls in two directions: inside elastic pulls up on the arch, while the outside elastic angles back towards the heel, for a fit without dead space.

J. Three ergonomically placed pull-on loops ease the frustration of pulling on performance fit slippers.



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Jeff Brown leading *Grand Monet* (5.11+) at Otay, San Diego.

Photo: Steve Edwards

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Happy
Holidays
from

Allez



'Tis the season to be mackin'
The Sportsmen of Love are:

(clockwise)

Luscious "Binky" Love

Kid "The Kid" Dynamite

Stainless "Emmanuel Overdrive" Edwards

Bambino "Mustang" Requist

Hondo "Dr. Suave" Buchanan

Belt "Home of the 50 lb. Afro" Potter

Allez

SOUTHERN CAL'S CRAG MAG

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Allez

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Letters

Throughout history, mountaineers have always been known for reading and writing a lot of poetry. Well, dammit. Sport-climbers are artists too! Here's something we received:

To Allez:

*Ode to Royal Robbins
The Owl Tor Bonk*

I've climbed.
All over the world, you see.
But nothin' like this'
ever happened to me.

Not on El Cap,
nor Half Dome.
Not in the Frankenjura,
nor Verdon.

See, I went down to Santa Barbara
just the other day.
To tick a few routes
then mosey on my way.

I heard they ate and drank,
way too much, you see
I was sure it'd be a piece o' cake
to pad my resume.

A place called Earthwatch,
then the Green Dome went down.
After Cold Springs Dome,
I was about to leave town.

Thought I'd ticked all the routes
in this feeble place.
So I went to @%#! Video
to laugh in their face.

They just shook their heads,
smiling all the while.
Though I'd ticked all their routes,
in the up-most style.

"Congrats," they said.
We'll buy the wine.
But we've got another place
if you've some more time.

We headed to the north,
laughing all the while.
To a place called Silly Rock.
Which I was about to defile.

"Let's start at the Owl Tor,"
Requist said to me.
You can tick the routes here
then we'll head to Mr. Lee's.

"This place is pretty steep.
I see no footholds at all."
"Just exert a little body tension,
you won't fall."

"You need work on you're monos."
They constantly nagged.
"...and you're pinch strength looks low"
was I being sandbagged?

My fingers and elbows
were about to explode.
"Just one more lap!"
They all cajoled.

'The Power of Eating',
so easy early in the day.
Loomed like El Cap,
standing in my way.

The lactic acid building,
coordination all but gone.
No O₂ to my brain
as I tried to hold on.

The world went black
as I took to the air.
Mind and body so numb
that I just didn't care.

Lying on the ground,
completely out-of-whack.
I heard, "We're out of bananas
so it's time to head back."

I couldn't sit up,
so they laid me in the trunk.
"Just another victim
of the Owl Tor bonk."

— somewhere in New Mexico,
Philbert "Worldwind Dreamer"

Allez welcomes, and needs, more
reader feedback, please send letters to
the address on page 2.

News

compiled by
Steve Edwards

BACK IN THE HUNT

Ask and you shall receive. Just as our first issue went to press, lambasting America for it's lack of 8c climbers, it seems a couple of climbers already had the issue under control.

Boone Speed, of Salt Lake City, made the first confirmable ascent of an American 8c (14b) with his ascent of *Supertweak* at Logan Canyon. The route adds a boulder start and finish to *Tweak* (13d). Conformation attempts have rumored the route might actually be harder.

While this is the first confirmed 8c, Tony Yaniro claims to have put one up a couple of years ago at Leslie Gulch, which is now closed. As Tony's routes have a history of not getting down-graded, we believe him.

Then this fall, Ron Kauk, who claimed to be heading to Germany to "follow his girlfriend around" sent *Burn For You*, 8c, in the Frankenjura. This is the first time an American, not living abroad, has gone to Europe and an made a significant ascent since, well, let's not even talk about how long! Congratulations All!

EUROPE

Undoubtedly, the most important ascent in the world this year (which was somehow overlooked in the American magazines) was Malcolm Smith's ascent of *Leviathan*, absolutely the world's hardest boulder problem. Located at Kylloe-in-the-woods, Northumberland, England, it's 40 meters long, linking many existing problems. It gets a grade of Font 8b+ or a route rating of 9a. Previous to his ascent of *Leviathan*, at Stoney Middleton, England, he flashed a Font 7c and 7c+ (*Midnight Lightning* is 7b+), then made a one-day ascent of a Ben Moon Font 8b, which the Peak Bouldering guide suggests could be the hardest problem in the world. In *On The Edge* magazine, Jon Barton makes the call, "Malcolm Smith, not to be confused with weak people...."

Also in England, Arlie Anderson led the

Masters Edge, a bold gritstone testpiece that became famous when Wolfgang Gullich nearly died on it. It's rated E7 6b (whatever that means) and has only one marginal piece of gear at half-height. This is its' first female ascent.

In France, Francois Petit completed *Bronx*, 8c+, Jibé Tribout's long standing project and possibly the hardest route in France.

Jibé bounced back with a banner year of his own. At 34, despite working full time, buying a house, moving, and fathering a baby boy, he still found time to establish *Super Plafond* (8c+) the other contender for hardest route in France, and finish 3rd in the World Cup.

In fact, no one has ever finished on the podium of the World Cup and put up an 8c+ in the same year. Salut.

AMERICA

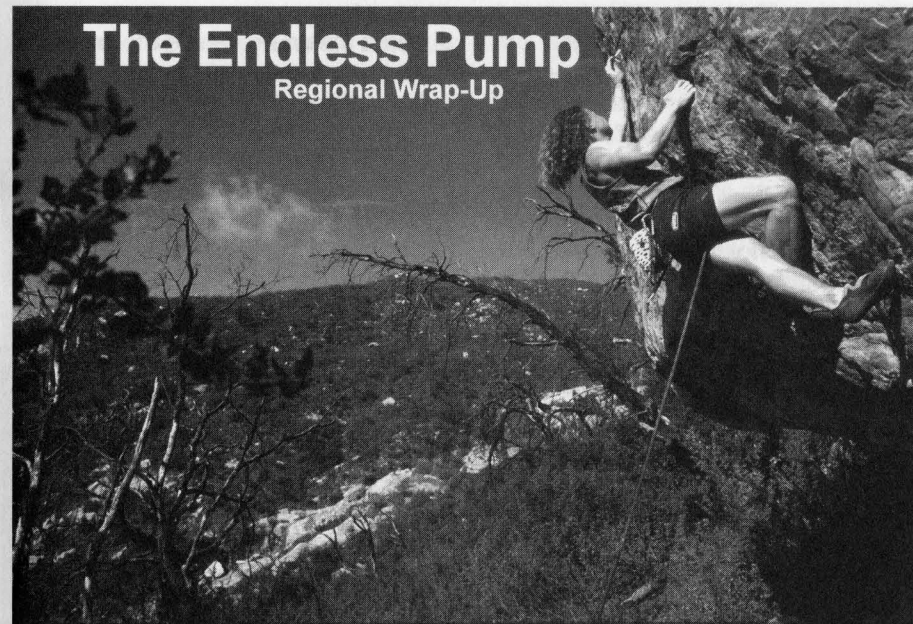
Stacks of 14a's were done this year, mainly at two areas, Logan Canyon and the Virgin River Gorge. Since this is neither a world class standard nor a local issue they will go unreported. We would like to report and applaud the vision of the activists in Logan. When development began here a few years back, no one could boulder the starts of the routes. Instead of chipping to accommodate standards of the day, bolts were added and the first moves aided. Just a few training cycles later, those moves are going, and that's where our 8c's are coming from.

Anyone who hasn't heard of Lynn Hill's one day free ascent of the Nose just isn't paying attention. But this well documented feat deserves all the press it can get. 23 straight hours with a 12d at the end. Wow! anyone wanting to attempt this feat at home try this: climb 3000 feet of 5.10 and 11, mix in a couple of stout 5.13's, then lay in the sun for about six hours, drink only a quart of water; finally, redpoint a 12d in the dark. Have fun.

Part-time Santa Barbaran Hans Florine came in second in the World Speed Championships at Arco, Italy. And, of course, Robyn won most of the World Cups.

The Endless Pump

Regional Wrap-Up



Wolfgang Leeb on *Epic Garuda* (11c) at the Fire Crag, Santa Barbara.

Photo: Steve Edwards

Owens

The snow has been so good lately, all I've been doin' is boarding. But, it's windy today here in Mammoth which makes me wish I'd gone climbing. Life is sure rough on the eastside.

Yes, there's climbing in the gorge in the winter. In fact, conditions are often perfect. Just don't plan on climbing after 3:00 PM. Until then, there's plenty of sun to chase and usually t-shirt and shorts weather. Start your day early. By 8:00 AM there are plenty of warm-ups catching rays of warm Sierra sunshine.

New route activity has been plentiful, but outside of the gorge, it's been kept to word of mouth. There are plenty of mouths talking and many routes should be appearing. However, I don't want to ruffle any feathers so if you want info, come by the Looney Bean in Mammoth for a great cup of power juice and some beta.

In the mountains last summer, Al Swanson and Steve Gerberding did the first ascent of the White Fang, the beautiful needle just south of Mt. Morrison. They report 10 pitches of muddy rock at a grade of 5.10 (X). While

this is a beautiful line, the route is not recommended. The Clyde Minaret got a 2nd route by Dave Talsky and Bruce Lella. The route takes the right side the face (the only previous route takes the left side) and is 10 pitches at a grade of 5.10b (R). The route has excellent rock and is highly recommended.

At Pine Creek, Marty Lewis and Brian Keatron added 10 new, steep bolted lines in the 5.12 region. All are reportedly great quality.

In the gorge, Keatron and Lewis, along with Eric Cole and Kevin Calder have been doing a lot of work, with many new routes in the Eldorado Roof, from steep, pocketed faces to some excellent bolted cracks. Outside the roof, more than 30 routes have been done since the last guide.

While the climbing is always good up here, don't forget your snowboards as the snow is amazing. 90" on Dec 8.

— Dave Talsky

Eldorado Roof Left

A. **Loony Binge**, 12c +++++. Overhang to dihedral to huge roof. 13 bolts.

B. **Proctology Exam**, 12a +++. Overhang to dihedral. 7 bolts.

- C. **Gape Index**, 12b +++. 8 bolts.
D. **Independent Worm Saloon**
(a.k.a. **The Worm Rig**), 12b. +++.
Crack to steep face. 11 bolts.
Variation: 11c. Lower off at 5th bolt
(no hands rest).
E. Project.
F. Project.
G. **Probation Violation**, 11c +++.
Crack to face. 14 bolts, 140'.
H. **Enraged Pixie**, 11a ++(S). Thin
crack. 1 bolt. Gear to 1".
I. **Drillin' Time Again**, 11c ++. Face.
8 bolts.

- G. Project.
H. **What Me Worry**, 12b +. Steep face.
3 bolts.
I. **Brewtalized**, 12c +++. Steep
dihedral. 13 bolts.
J. **Slacker** (var.), 12b ++. Overhang to
traverse. 9 bolts.
K. **Letter Bomb**, 12a ++. Block to face.
5 bolts.
L. Project.
Reprinted with permission from Marty
Lewis. From the book *Owens River*
Gorge Climbs.

San Luis Obispo

It's been so long since anything has happened here, most people have forgotten there is climbing in SLO at all. The area does have an active climbing community however, and recently some developments have occurred. New routes are sprouting up at established areas, such as, Bishops Peak. Look for some new bolted routes on Shadow Rock and P-Wall; all in the 5.10 range. There are also reports, though unconfirmed at press time, of a whole new area. We'll keep you posted.

— S.E.

Santa Barbara

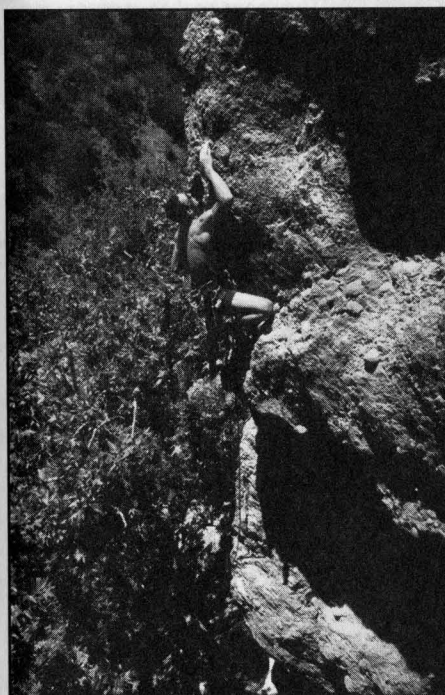
A Scottish guy climbed in our cave. First one, then another. Two Scottish guys! In our cave. Kid Dynamite got so excited, he kept building more caves so not much else has happened around here. Wills Young hung the "Loaf" holds and Belt did a no-foot problem using "SpeedBall".

Up at Silly Rock, not much has happened due to the current cave trend. There are a few things worth mentioning. To add to his phone list of possible belayers, Phil put up some easy routes, mainly at Mr. Lee's. Look for an upcoming guide. But I wouldn't look too hard.

The rest of our sessions were spent trying to do moves off the *Buddhist Palm* hold. All of us, that is, except for John

who kept redpointing things. Why? We don't know, but one day he did 8 laps at the Owl Tor, including two on *Chips Ahoy*, 13a/b. If your thinkin', "That ain't much," you haven't been to the Tor.

Photo: Steve Edwards



Phil on *China Is Here* (11a) at Silly Rock.

Hans Florine kept losing bets at the Tor. His latest was failing on his fourth day over 4 months to repeat *Better Than Life*, 13c. Greg Loh also lost some cash by getting slammed on his second day on *BTL*, blaming his failure on the computer game Doom, which we've strategically placed to lure visiting climbers. Gluttons for punishment, both climbers are reportedly coming back for more.

Wills came very close to the second ascent of *Chips Ahoy*, but flaming out, he grabbed the anchors.

Celebrating his 34th birthday, Steve did 68 different routes around Santa Barbara. Since this took place on one of the shortest days of the year and there

are no more than about 20 routes in any one place, coupled with festive evening plans, logistics became the crux of the day. Also, falls didn't count so 73 routes were attempted, as hard as 12a. "It made me appreciate Lynn's *Nose* ascent even more. At the end of the day, I don't think I could have done a single move on a 12d."

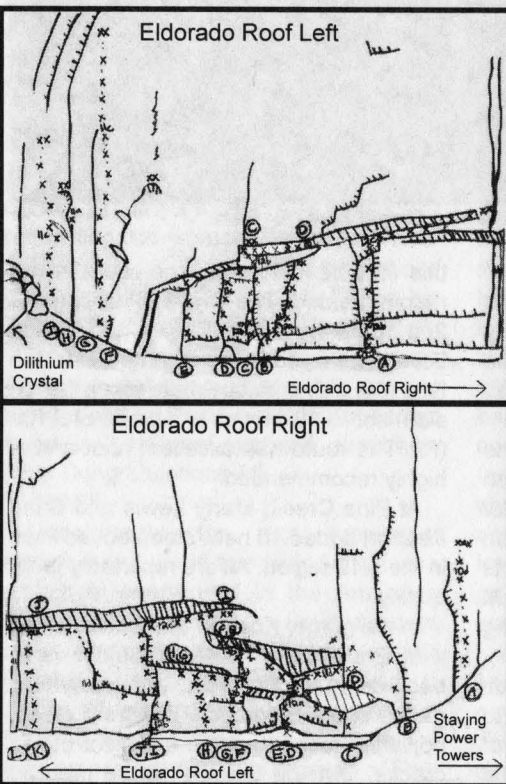
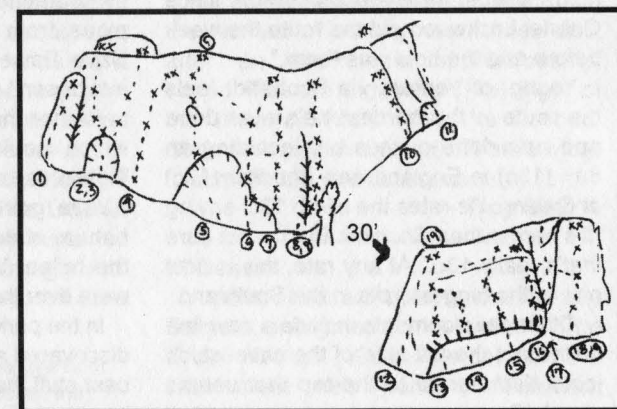
At the Fire Crag, subsequent ascents have confirmed *Cuzco*, on the lower boulder, to be the area's first 12a. Activist Randy Judycki says more will be happening there this winter.

— S.E.

Fire Crag

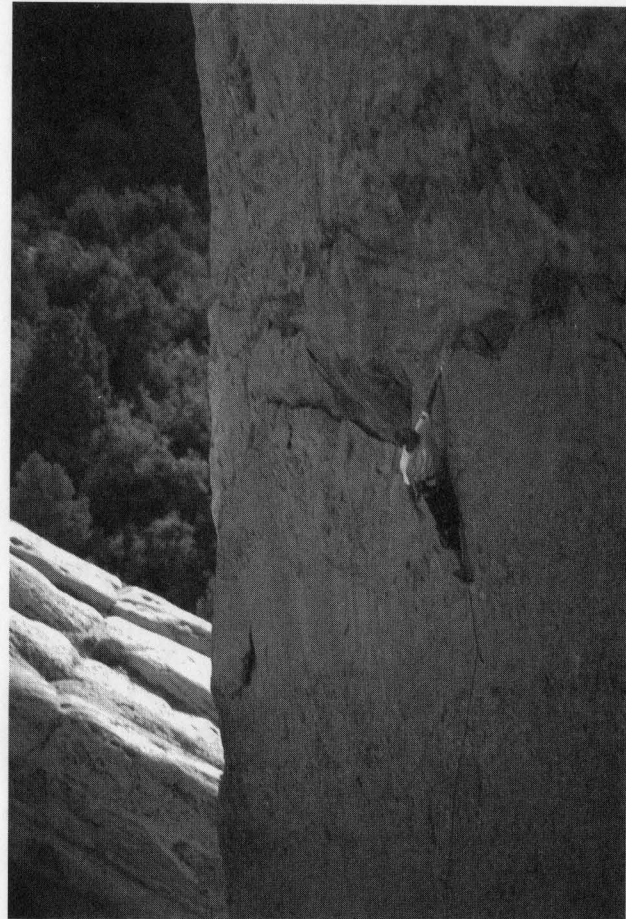
Directions: From the San Marcos Pass (Hwy. 154) just north of Santa Barbara, head east (uphill) on Painted Cave Rd. for 0.7 miles to a dirt turnout, where the tops of the crags can be seen to the left.

1. **Europe Revisited**, 5.6
2. **Tester**, 5.9
3. **Short Shot**, 5.7
4. **Bent Brain**, 5.8+
5. **Jensen's Jugs**, 5.10b +
6. **Movin' Out**, 5.11c +
7. **Grib Dat Hole**, 5.11a ++
8. **Finger Fit**, 5.11b ++
9. **Crossfire**, 5.11c/d
10. **Face the Seam**, 5.10a +
11. **Black Crack**, 5.10a (TR)
12. **Quick Crank**, 5.10-
13. **Screamin' Knee Knee**, 5.11c +
14. **FFF**, 5.11b/c +
15. **Epic Garuda**, 5.11c
16. **Cuzco**, 5.12a ++
17. **Crack it Up**, 5.9 (TR)
18. **Draw Monkey**, 5.8 (R)
19. **Mr. Centipede**, 5.9



Eldorado Roof Right

- A. **Chaos**, 10d ++(R). Face. 6 bolts.
B. Project.
C. Project.
D. **Godzilla Does the Dizzy Tango**, 12a
+++. Overhang to traverse. 7 bolts.
E. **Civilized** (var.), 12b ++. Overhang to
traverse. 8 bolts.
F. **Downward Spiral**, 12d +++. Steep
bulge. 7 bolts.



**Dave Tidwell on *Misguided* (12c)
The Attitude Crag
Devil's Punchbowl**

Photo: Steve Edwards

The new routes across the creek and up the hill are: L to R, *Amphetamines* and *Coffee* (11b) 7 bolts, *Pocket Jones* (11b) 7 bolts, and *Negative Creep* (11a) 5 bolts.

Also of note: Some climbers were apparently busted bolting at Malibu. It is a State Park and motorized drilling is illegal. So, activists, watch your ass, paint your hangers, and, uh, drill by hand. I'm sure you'd hate to be the one to have climbing outlawed.

— S.E.

Devil's Punchbowl

Take out your So. Cal Sport Guides and axe 14 routes. The Dog Wall has been closed. One of the first sport walls in Southern Cal, the area has waned in popularity

over the years as climbers have tended towards the steeper climbs in the park. However, with it's southern exposure, this was still the place to be on a cold day. Not any longer. The former landowner was foreclosed upon and the new owner isn't sympathetic to climbers' needs despite pleas from the area's leading activist Dave Tidwell. "The guy seems cool. He just doesn't want us climbing there."

Rather than risk clandestine activities which could cause further problems, Tidwell is taking a more civil approach. "We're going to return the area to it's natural state. Take out the bolts and fill the holes. You won't be able to tell we were ever there. It was fun while it lasted."

In the park, some new areas have been discovered and according to Tidwell, "the best stuff hasn't been touched." It should be soon. Dave will soon be recovered

from injuries which have kept him out for 5 months, and Jeff Constantine has just started working on a new cliff. Look forward to many new routes by Spring.

— S.E.

Williamson

Winter set in early to end the season at Williamson Rock; there hasn't been much snow, but its been very cold. Finishing the season on a strong note, Louie Anderson, with help from Scott Sanchez and Dan Milsap, added three routes to the Mushroom Boulder. The easiest line bolted was an old Kevin Mokrcek T.R. on the northwest arete of the formation dubbed *Toadstool* (5.11d). The other two lines are on the right of this route and tip the scales at 13b/c and 13b. According to Louie, they are unfortunately¹ short, but powerful, bouldery and definitely hard! We'll have to wait until next season to confirm.

To the right of these new routes, Troy Mayr resumed work on his project which has similar qualities to Louie's routes for several moves, and then ascends out a body length roof. It should be very hard as well. Troy and Jack Marshall added *Stigmata* (12b/c), which ascends out of the steep cave-like feature on the right end of the Waterfall Wall. The Lindner family team of Tom, Elke, and super-kid Chris finished the season strongly with both Chris and Tom ticking off *The*

¹ This subjective value judgement *does not* reflect the views of *Allez Magazine*, the staff, our dogs, or our caves.



Jack Marshall on *The Grave Robber* (12c/d).

Photo: Steve Edwards

Wicked Garden (13a), with little effort. Ten year old Chris then did the direct start via *Carpe Diem* with no falls on his first try! Chris finally persuaded me to teach him the fine art of adding new routes and, after an afternoon's apprenticeship, added *Ride the Lightning* (11a) (right of the Waterfall Wall). When he finished, Chris promptly exclaimed, "There's more to come!" See you next season.

— Troy Mayr

Hi-Desert

Arnould t'Kint, of Redlands and formally Belgium, on-sighted Jack Marshall's, *The Grave Robber* (12c/d). He called it the best route he's done in Southern California.

Malibu

The big news here is Wills Young's ascent of *Maximum Ghetto*. Last issue we stated the route had yet to see an ascent since a key hold broke. However, Wills informed us his ascent was without the hold, "It must have just broken off, since Gabriel Lockwood did the route the week before and the hold was there."

Young, of Ventura via Scotland, feels the route is the hardest he's ever done and he's done quite a bit. Including an 8a+ (13c) in England and *Shocker* (13c) at Owens. He rates the climb 13c, saying "It's harder than *Shocker*. But I'm not sure that's really 13c." At any rate, this is now one of the biggest ticks in the Southland.

Other developments include a new line bolted out the left side of the cave which joins *Kathmandu* to the top that seems about 12c.

Joshua Tree

Randy Vogel reports a quiet Fall. "I've got a project I'm close to that's pretty hard. But everyone's got those." There have been no major ascents since Scott Cosgrove sent *Integrity*, 14a.

Las Vegas

Much has happened at the various limestone areas which has been well documented in the last issues of both *Climbing* and *Rock & Ice*. However, development has slowed since Dan McQuade broke his ankles in a paragliding accident.

At the Red Rocks, a new crag was developed last year that is coming back into season, the "Sunny and Steep" crag. Aptly named, it is arguably the best crag at Red Rocks and has a warm southern exposure. Interestingly enough, it was developed by visitors from Minnesota. Says ex-local Reed Bartlett, "It should really open some people's eyes to what is possible. For years, locals had looked at that crag and thought it was too chossy."

Directions: Park in Calico Basin at the bouldering parking area. Walk south toward, then past, the Monkey Bar Traverse, and up into the next canyon. The crag is about 10-15 minutes up the canyon. About halfway there another crag is encountered on the right in a canyon.

— S.E.

Sunny and Steep Crag

1. **Golden Nugget** (11d)** Climbs the left edge of the obvious large golden boulder several hundred feet to the left of the main area. There are 4 bolts and a 2-bolt anchor on this steep and pumpy route.
2. **Claim Jumper's** (11a)** A great warm-up that climbs a small overhang to the crack on the left margin of the wall.
3. **Black Happy** (12a)** Crimpy face moves on black, varnished incuts.
4. **Blackened** (12b)** Long pulls on positive black varnished incuts.
5. **Scorpions** (11c)** Great overhanging hueco pulling up the chossy-looking left-hand crack leads to a crimper crux.
6. **Turtle Wax** (11d)** Although it is possible to climb the right-hand crack, it's easier to climb the huge huecos to the right. Steep.
7. **Sunny and Steep** (12b)** The name says it all. Three bolt anchor.
8. **Tour de Pump** (12c)** Wild moves out overhanging rock.
9. **The Sport Chimney** (9)** Face climb, wiggle and stem up the black varnished chimney. Don't miss it!
10. **Gimme Back My Bullets** (12b/c)** A sustained and steep mega-classic.
11. **Steep Thrills** (12b)** Overhanging jugs to a crimper crux. Every bit as good as Fear and Loathing.

12. **Turbo Dog** (12d)** Long reaches on overhanging rock to a stiff, fingery crux.
13. **Peak Performance** (12a/b)** Start up the overhanging huecos behind the boulders. A short, stiff crux.
14. **Solar Flare** (12a)** Stick clip the first bolt, then technique up the left-leaning seam.
15. **Mr. Choad's Wild Ride** (11c/d)** A long and sustained route that starts in the left-facing corner. ONE ROPE WILL NOT GET YOU DOWN! Either rappel with 2 ropes, or lower to the sub-anchor in the gully to the right.
16. **Cirque de Soleil** (11c)** Stem to start, then up the ramp and face to the top. ONE ROPE WILL NOT REACH THE GROUND! Lower to sub-anchor to get off.
17. **Working For Peanuts** (10a)** A good warm-up that is actually less than vertical.

Black Mountain

Reports of a new area have come from a reliable source. A bunch of the staff at Vertical Hold gym in San Diego have been venturing here and have developed a whole new area. Said to be "the best rock on the mountain... with lots of boulders equal to or better than the Visor." This should be the "in" place next summer. No concrete info will be given until some projects are ticked. Some, but not all, because, "That could take a lifetime."

San Diego

Nothing. Well, nothing, except for some geology charts which reportedly show: 200' sandstone cliffs, a 1000m long, exposed cave, and limestone; all within 2 hours of San Diego. We can't name our source but rest assured, he's exploring.

— S.E.

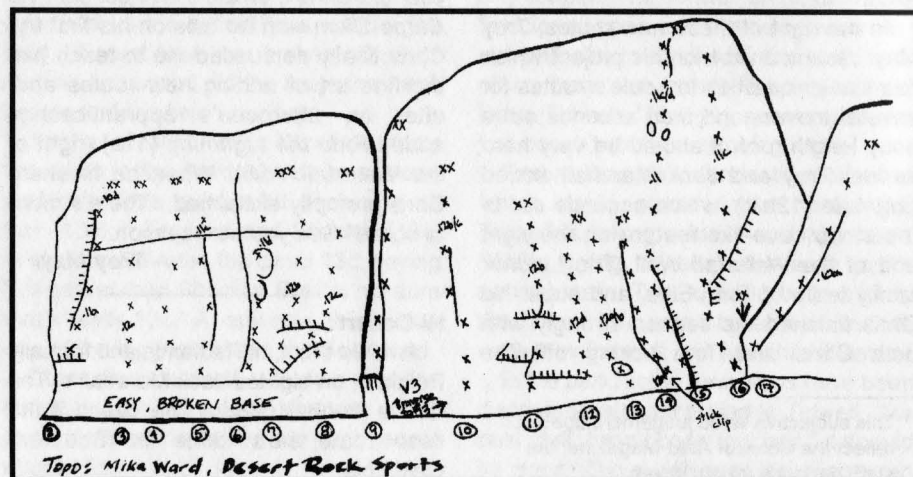


Photo: Gernot Zehner
Wolfgang Leeb: Momentum shorts on the Grinch Traverse.

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A Man for All Seasons

From Stoney Point to the Himalaya,
aiding El Cap to ice in Chamonix.
Kevin Thaw lives by the motto:
Go anywhere, climb anything.

by Steve Edwards

It's a strange feeling to belay an A5 pitch high on a route. With pitches that take hours and a Gri-gri to minimize attention to the leader, belaying aid can be quite relaxing. But on A5, you spend your time knowing that any fall can be disastrous. Sure, you can take solace in the fact there's nothing you can do about it. However your mind never really stops running a series of possible death scenarios or self-rescues that could ensue.

So after an hour of listening to Kevin battle with a copperhead seam, I was elated to hear an audible sigh of relief.

"I finally got something good."

I instantly relaxed.

"What'd ya get?," I asked, visions of a buried #3 Camalot running through my head.

"A hook," said Kevin — Laughing!

A short while later, Kevin finished the seam and started out a roof toward easier climbing, and the last of our A5 pitches. I was just getting comfortable when I heard a crack. Kevin was airborne.

"Yeee Haww," was all he said when he came to a stop, 30' below his highpoint. Two pieces had pulled and all that was between Kevin and 80' of heads was an old, rusty knifeblade. Instead of being daunted by the situation, he sounded as though he'd just taken a bungee jump. Next he casually attached his jumars and set off toward his highpoint, boisterously laughing at the condition of the fixed pin and his proposition of taking a 200 foot fall!

And I'm thinking, "He's a cool one,

**Facing Page: Kevin cranking
La Ouita (8a), Buoux, France**

Photo: Liz Minne

Kevin. Very cool."

I've known Kevin since I was a fledgling climber living in Yosemite and scraping my way up 5.10's. We met in the bar and went climbing the next day. Unlike most great climbers I'd hooked up with, Kevin didn't seem the least bit put off to have to climb below his limit. A soul climber, he just enjoys climbing, be it hard or easy. He just goes along climbing at whatever

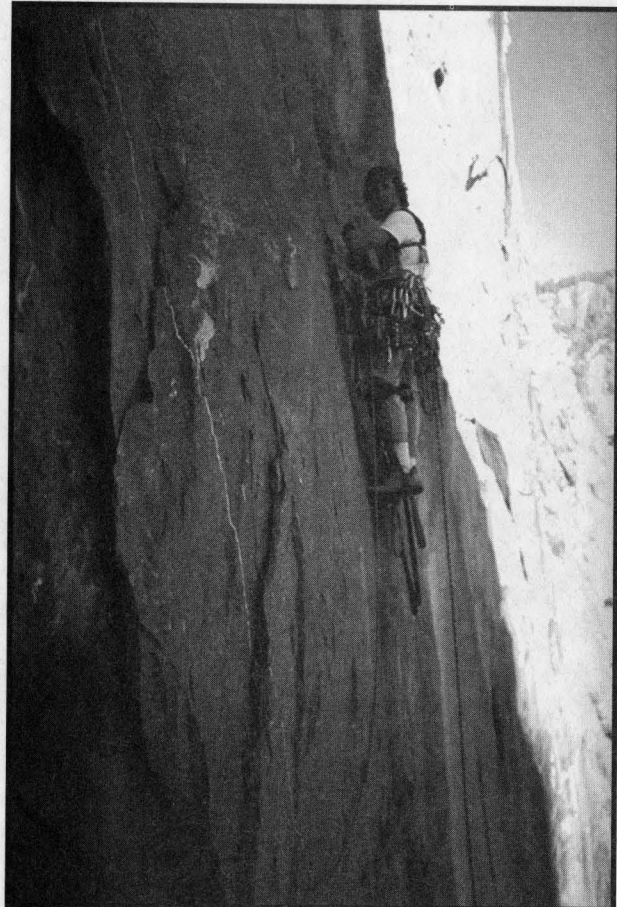
Photo: Liz Minne



Kevin running it out on steep ice in the Sierras.

grade his partner wants until they tire, then catches a belay on something hard.

His seemingly limitless energy keeps him pushing the envelope. "He'd be really famous if he promoted himself," says ex-Rock & Ice editor, Nancy Prichard. But Kevin neither cares, nor has time. He's always climbing.



Hooking on *Zenyatta Mondatta*, A5.

Photo: Steve Edwards

He began as a youngster in Manchester, England. At a local quarry, he and a friend would hang a clothesline down a cliff, then climb out. "If we got in trouble, we grabbed the line." As a teen, he excelled in many sports, but when he came into a small inheritance he decided to pursue climbing.

"I'm sure climbing has kept me alive. When I started traveling, I was doing a lot of motor biking, which was really crazy. We raced around these small roads at a hundred miles an hour. Quite a few of my friends from those days are dead."

So off he went, following no particular agenda or climbing style. Bouldering in Fontainebleau, granite in Chamonix, limestone in Aix-en-Provence. It didn't seem to matter, so long as there was climbing.

At 18, he headed to the Himalaya for a go at Annapurna IV. "We were young and very gung-ho, but really didn't have enough big mountain experience. We got stuck in a storm and all started hallucinating from being too long at altitude, we were lucky, and no one got hurt. We didn't make much of an impression on the route, but I'd love to go back now."

In '88, at 21, he got a job guiding in Montreal, bringing him to America for the first time. He climbed in the Gunks, then took a bus tour of the whole United States, ending up in California. Since then, he's split his time between France, England and Southern California, but spending most of his time in the latter.

"I really like California. The weather is great and there is always something new or different to climb... I miss the mountain granite in

Chamonix and the scene in England, but I can always go there. I'd rather be here most of the time."

He now lives in Chatsworth with his girlfriend, Liz Minne. Herself an excellent climber, Liz is often on the other end of Kevin's rope. "What makes Kevin so fun to climb with is that he likes to do everything: rock, ice, bouldering, soloing, aid. It doesn't matter to him. He loves it all." Last summer, Liz and Kevin did a new mixed route in Canada on Crowfoot mountain, the Thaw-Minne, which, according to Kevin, "is totally classic. Everyone should do it."

But what's interesting is that someone who has climbed in so many "classic" areas could be so psyched to live in the San Fernando Valley. A couple years ago, stuck in the Valley with no car, he did

every hard boulder problem at Stoney Point. I'd talk to him on the phone and he'd be stoked about a new problem on Boulder 2. Could this be the same person who's done the north face of the Eiger (twice), El Cap (12 times), the Walker Spur, the Central Pillar of Frenzy and climbed in Verdon? Many climbers I've known get so jaded after a trip to the (Yosemite) Valley that they never want to climb on any rock they deem inferior.

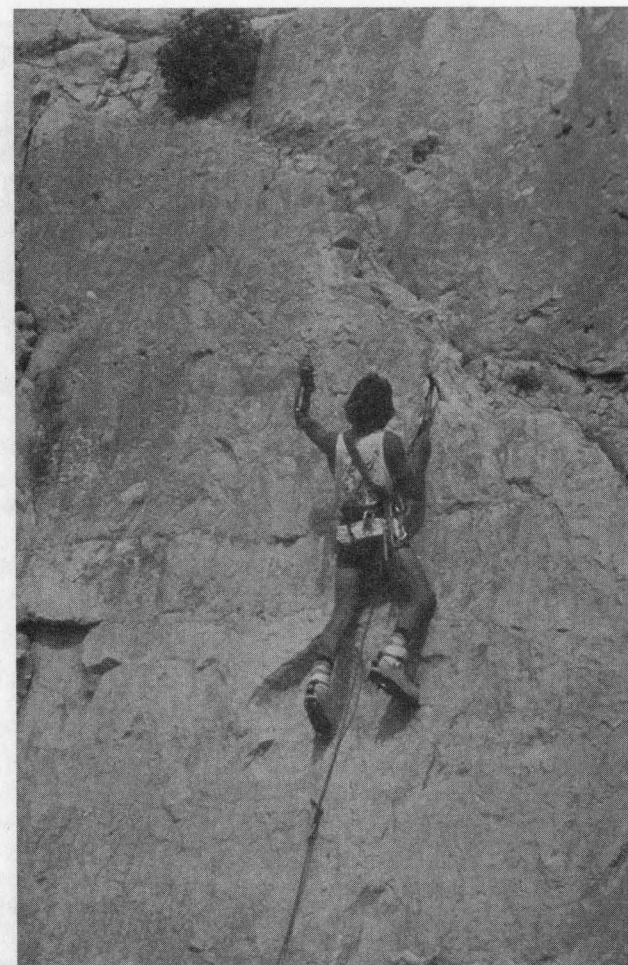
But Kevin deems no rock inferior if there's climbing on it. In fact, he has no particular favorite rock, nor means of ascent, "It's always changing. Depending on what I'm into at the moment."

A few years ago in England, whilst on a gritstone binge, he did the second ascents of both *Appointment with Fear*, 12d, X (one piece of pro, after the crux) and *Thing on a Spring*, 13b, R. As well as the first ascent of *Breakin' For a Bogie*, 13b, R. "You probably wouldn't die, just bounce hard."

A year later, he changed modes, ticking the *Austrian Oak*, 8a+ (13c), *Rumble in the Jungle*, 8a+, and *Powerband*, 8b (13d) on English limestone.

When I ask him about his best accomplishments, he hesitates, "...I guess I had one season in the Alps I was pretty happy with: I soloed the north face of Les Droites and the Frendo Spur, really fast... oh yeah, and I did the Bonatti-Zappelli solo in winter..."

That's about all I get. So I ask Mike Thompson, who climbed with Kevin in



Shallow placements on the White Cliffs of Dover.

Photo: Alex Haigh

Chamonix a few years back if he can remember. "I couldn't believe everything he'd done. It seemed like everything I pointed to he'd say, 'uh-huh, I've done that.' It was as if he'd done so much he didn't remember until you pointed it out."

It's the same on rock. I recall one day in Josh with Mark Robinson. We were discussing a route Lynn Hill hadn't been able to do. Kevin walked up, and, thinking Mark could use some beta, offered some, not knowing it was Hill we were talking about. Mark, seeming slightly dubious, asked Kevin if he'd done the route. His reply seemed slightly embarrassed, "Well, I redpointed it."

The next time I talk to Robinson he says, "That guy's done everything. I can't

believe I've never heard of him."

Anonimity is not due to a shy personality. Kevin loves to talk climbing, but perhaps not to the right people. He especially enjoys talking with beginners. Says Liz, "It's got to do with their raw enthusiasm. He loves talking to people that love to climb."

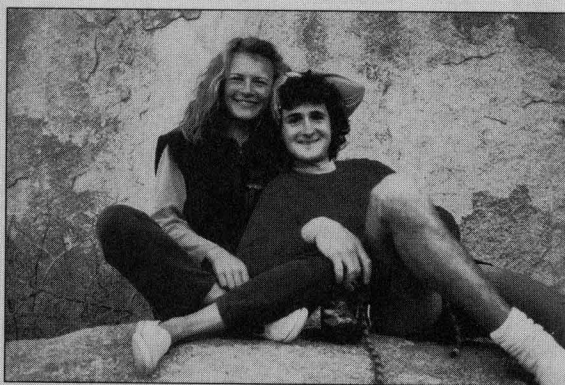
This was evident a few years ago when speed records were falling on El Cap. Kevin teamed up with Hans Florine to do the Nose in 6 hours and 1 minute. At the time this was the second fastest (now third) time ever. The ascent was written up, but Kevin's name left out. When I asked Hans how Kevin was he shook his head, "Fast, man. Really fast. At least as fast as me."

Another story of speed comes from John Mireles. I walked into the Mireles household one Sunday night to see John looking as if he'd been left for dead in a desert. A knowing smile

crossed my lips when I remembered his weekend plans, "You've been climbing with Kevin."

John had invited Kevin for a photo shoot on Mt. Mendell, not knowing what he was in for. "I knew he was a good alpinist, but Jesus, he's extreme. The guy can't go slow. I'm just trying to get up this thing to take photos and he can't even wait for me. Every time I turn around he's soloing up something or down another."

But when inclined to, he can go slow. Not much is slower than aid climbing and Kevin seems to have no problem switching gears into what he calls, "slow mode". "I just get into wall life. Nice and slow. When I'm up there just plodding along one pitch at a time, nothing else really matters."



Kevin has shown me an extraordinary world through climbing. We've walked to the edge of the abyss, heard the melody of waterfalls, and been engulfed in the midst of the mountains. He is the kind of person and partner and friend who helped schlepp my gear to the base of the Prow, to help me cast off from one dimension to the other.

Kevin is an exceptional person. He climbs like he lives, by his own standards and for his own reasons. To him, climbing is not about numbers and grades but about joy through movement, overcoming obstacles and fear and simply seeing as far as the eye can see. Beginning climbers have always been a source of inspiration and joy to him. I think that is because he is a part of that same unaffected passion for climbing.

— Liz Minne

"Last spring, I was really into bouldering. I took two trips to the Valley and didn't tie into a rope... I did *Thriller*, *Midnight Lightning* and some first ascent Sean (Myles) couldn't do... Then last summer I took two trips and only did aid. Warren (Hollinger) and I did the 10th trip up *Sea of Dreams*, A5; then you and I did *ZM [Zenyatta Mondatta]*, A5."

This fall, back into bold climbing, he freed an old, one pitch aid line on Little John pinnacle at the base of El Cap. *Penine Crack*, 12d (R). "It's a good top-rope, but I'm in no hurry to lead it again."

Then he teamed up with Brit Adam Wainwright to free climb the North Face of Sentinel Rock in Yosemite, grade V, 5.12a (R). 12 pitches, with only 3 less than 5.11. "Not as hard as the Nose, but sustained,

classic, and in need of an American ascent."

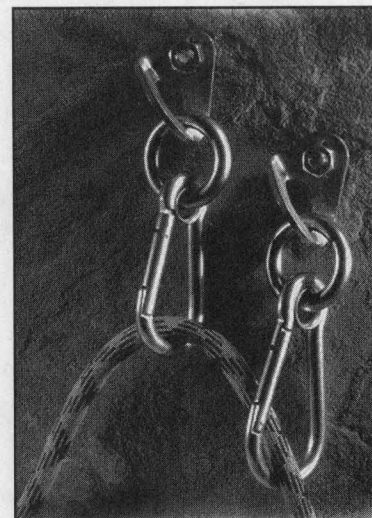
As for the future —

"It looks as though Warren, Liz and I will be heading to the Trango Tower (in Pakistan) sometime soon. We're currently waiting on a permit. Warren and I are going to Baffin Island next summer and I guess you and I are going to Zion in January."

On the way home from Yosemite, our conversation rolls around to money, jobs and existence type stuff.

"When I came into my inheritance, it was tough deciding what to do. It wasn't a lot of money. About enough to further my degree or buy a house. But I'd already gone to college and I figured if I stayed in England, I'd become just another bloke sitting around the house with a beer gut, dreading the next English winter. So I decided to give myself a small allowance and travel and climb for as long as I could. Now the money is running out, but through the experiences acquired, I've landed a job working for Five-Ten, traveled all over the world (He's driven every mile of both US 10 and US 80. "He just likes to tick routes," says Liz.), climbed everywhere I've wanted, and had a whole lifetime of experiences. If I could do it all over, I wouldn't do a thing differently."

And I'm thinking, "Cool Kevin. Very cool."



FIXE Sport Anchor

The FIXE Sport Anchor is a stainless steel carabiner permanently attached to a bolt hanger. When you reach the end of a route, simply clip in and lower to the deck! No more untying and threading the rope through Cold Shut anchors, which aren't designed for climbing in the first place. Safety and convenience equals more fun! You may have already used them on the "Totem Pole", "The Hired Gun", etc...

Kevin atop El Cap after finishing *Zenyatta Mondatta*.

Photo: Steve Edwards



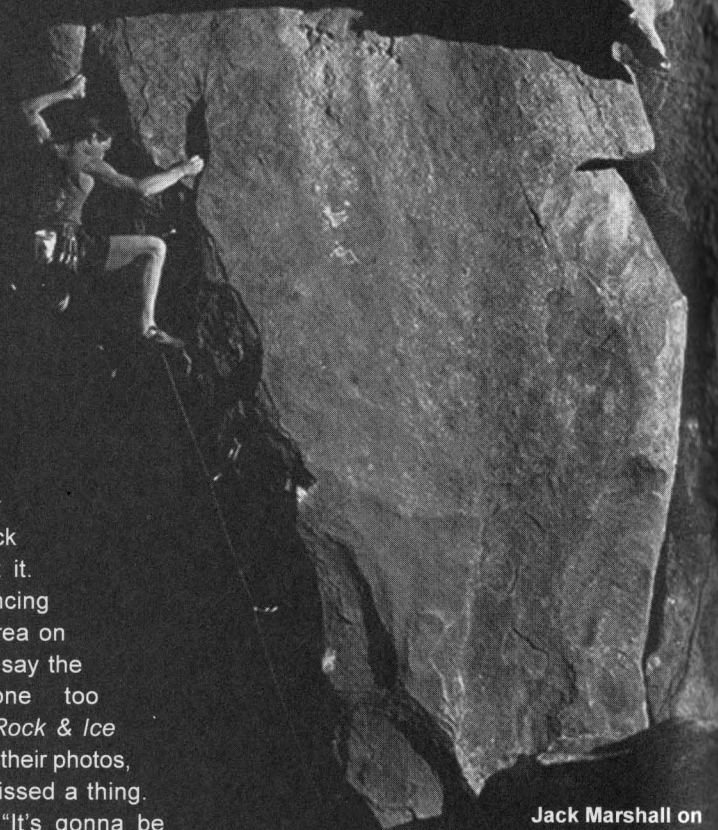
THE CEMETERY CLUB

A HI-DESERT THING

BY STAINLESS STEVE

I'd heard about the area for a long time, but for some reason just never seemed to make it there. Reed Bartlett tried to take me bouldering. Troy Mayr told me about it. Jack Marshall told me about it. But there was no convincing me. I'd driven by this area on my way to Josh and, to say the least, it looked none too impressive. Then the *Rock & Ice* guide came out and from their photos, I was certain I hadn't missed a thing. But Jack kept on me, "It's gonna be better than Williamson..." and "...the stuff Troy wrote about, it's o.k., but it's nothing like our new stuff."

So one weekend I was in the area and thought I'd drop by. Armed only with *Rock & Ice*, I hit the old area. Not bad. But hardly a destination. In search of Jack, we encountered a local, Dave Sprenger. He hesitated to take us to Jack's secret location



Jack Marshall on
The Grave Robber (12c/d).

Photo: Steve Edwards

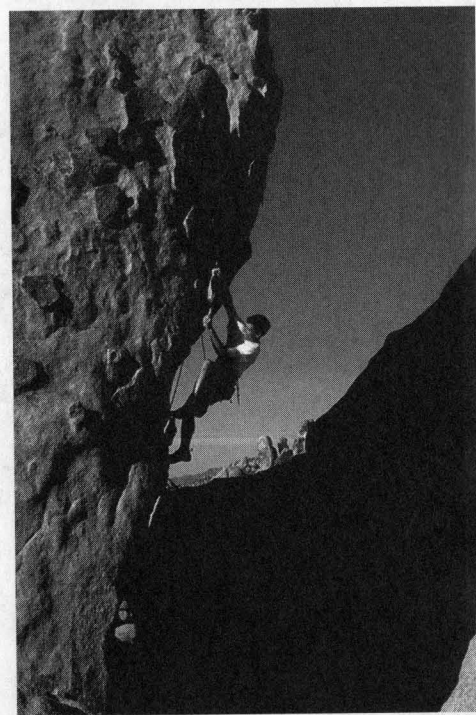
We headed straight in to a valley that my partner Hondo and I had looked at and dismissed that morning. To our amazement, there were routes everywhere we looked. Boulders that appeared small were actually 25-30 feet, or higher. The rock, which looked like Josh, was much less grainy and much more featured. Bolts were plentiful, and the routes, though they hadn't yet had much traffic, were excellent and will just get better. This was the Cemetery, one of Jack's new areas.

While the driving force behind the area, Marshall is certainly not alone. Sam Owings and Richard Yamin are equally prolific. Add some help from locals such as Dave and non-locals like Kelly Penix and Troy and you have the cemetery club, just a bunch of folks psyched on building a better climbing area.

And a better one they've got. Just roam around and climb anything that looks fun. It seems like everything I looked at and thought, "That should have a route on it" did. While we were there, long time So Cal hardman Bob Bolton showed up and looked like a kid in a candy store, nearly running from route to route, the whole time saying "...it's so fun."

There are many new area's in the vicinity but the Cemetery, so far, is the only one with major development. I, honestly, wasn't too interested in the area as a destination due to lack of hard routes. But that, as I write, is being taken care of. A whole new area is now underway, which is very close to the Cemetery, with plenty of stiff lines. So stiff, in fact, that I couldn't resist bolting a little project of my own. So don't worry, by the time you've ticked everything in the Cemetery, there'll be plenty more where that came from.

Recommended: It's hard to recommend routes, since everyone seems to like different types of climbing. Everything bolted is well protected. Troy says the bouldering is some of the best he's ever done. Dave says the *Umbilical Cord*, 5.8 is great. Jeff Willis likes *Simple*



Stainless on *Necessary Evil*.

Photo: Karen T'Kint

Things, 12b. Karen T'Kint liked *The Dominion*, 11a/b, and Arnould T'Kint said the *Grave Robber*, 12c/d was the best route he's done in Southern California. As for Hondo and I, we say *Necessary Evil*, 10b/c is not to be missed.

Directions: From the LA basin, take Hwy 15 toward Victorville. Take either Bear Valley Rd. or Hwy 18 (a little longer but less traffic lights) East (right) for 15-20 minutes. The turnoff is the Horseman's Center/BMX park just west of the junction of Bear Valley Rd, and Hwy 18, on Hwy 18. Park next to the BMX track.

The Cemetery

For all routes, park next to the BMX track. Follow map. With such proliferous activity, you will undoubtedly come across lines not mentioned here.

1. **Changing Forms**, 10b/c
2. **Beg to Differ**, 9
3. **Some of Us Become Surgeons**, 10a
4. **Total Darkness**, 7
5. **The Shunned**, 9
6. **Torn Flesh**, 10c
7. **The Outspoken**, 10b
8. **Re-occurring Dreams**, 8

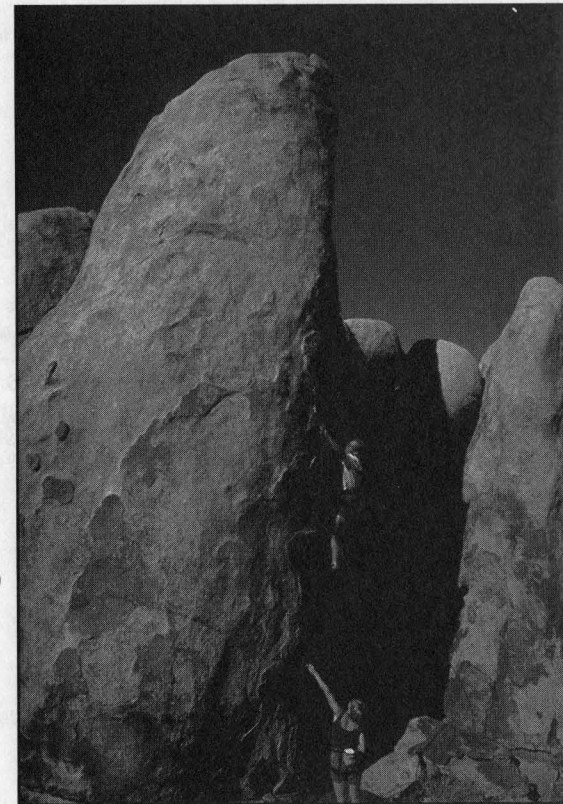


Dave Sprenger
Chesterfield King (11a)

Photo: Steve Edwards

9. Drugged and Driving, 10a
10. War Machine, 11a
11. Blind Spot, 10d
12. Under the Hammer, 11a
13. Pure Be Damned, 10c/d
14. Born Against, 10d
15. Brewster, 9
16. Rise and Devour, 10a/b
17. Dismembered, 10b/c
18. Return to Hell, 10d
19. Kill the Children, 10d
20. Existence Denied, 11a
21. Penny Wise, 10a (TR)
22. Umbilical Cord, 8
23. Crown of Thorns, 9
24. What's the Point, 8
25. The Owl, 8 (solo)
26. Unnamed, 9 (TR)
27. Root of all Evil, 7
28. Necessary Evil, 10b/c
29. The Funeral Pyre, 11b/c
30. Just Like Them, (Bldr. Prob.)
31. Six Feet Under, 11b/c
32. Keeper of the Gate, 10c
33. Cadaver, 10a (crack)
34. Autopsy, 11a
35. Unnamed, 11a/b
36. Chesterfield King, 11a
37. Bone Saw, 11c
38. Loose Trad Thing, 10a
39. SST, 13a
40. Grave Robber, 12c/d
41. The Dominion, 11a/b
42. Unnamed, 11b
43. Pulp Friction, 11a
44. Unnamed, 10a/b
45. Unnamed, 10a (TR)
46. Bone Stimulator, 11b
47. Sliver of Light, 10b
48. Unnamed, 7 (solo)
49. Unnamed, 8 (solo)
50. Time to Kill, 11a/b, (TR)
51. Dark Town Shuffle, 11a/b (TR)
52. World Full of Hate, 11c
53. La Femme Fatale, 10c
54. Que'es la Vida, 10d
55. Sensible Shoes, 8
56. Mojave Green Arete, 6
57. Unnamed, 10c/d
58. Unnamed
59. Simple Things, 12b
60. Clean Sheets, 11d
61. Unnamed, (Boulder Problem) crack.
62. Test of Fate, (BP) flake.
63. Uncensored, (BP), jugs.

Note: Some of the routes in areas A-M have been chopped. It should be obvious



Hondo on Rise and Devour (10a/b).

Photo: Steve Edwards

from the ground.

All routes are listed left to right.

A. Buffalo Rock

1. Shimee Shock, 9
2. Shock Therapy, 11a (TR)

B. Split Pillar

1. Deadman's Point, 11a
2. Wooden Cross, 11a (TR)
3. Rendezvous, 8
4. Sanctified, 11d
5. Proper Burial, 11a

C. Micro Wall

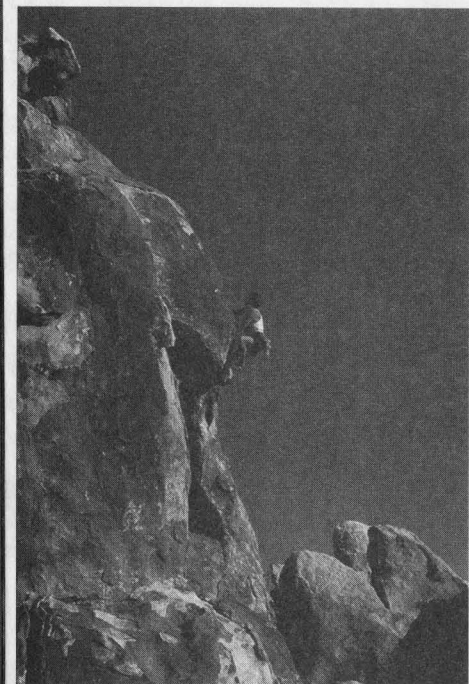
1. Chemical Analysis, 11b
2. Specimen, 11c

D. Roof Rock

1. Wild Flower, 10a
2. Jaw Breaker, 10b
3. Riding the Range, 8 (starts above)

E. Ronco Wall

1. Mr. Microphone, 11b/c (TR)
2. Thigh Master, 11b/c (TR)
3. Chia Pet, 11b (TR)
4. Buns of Steel, 11a
5. The Clapper, 11b



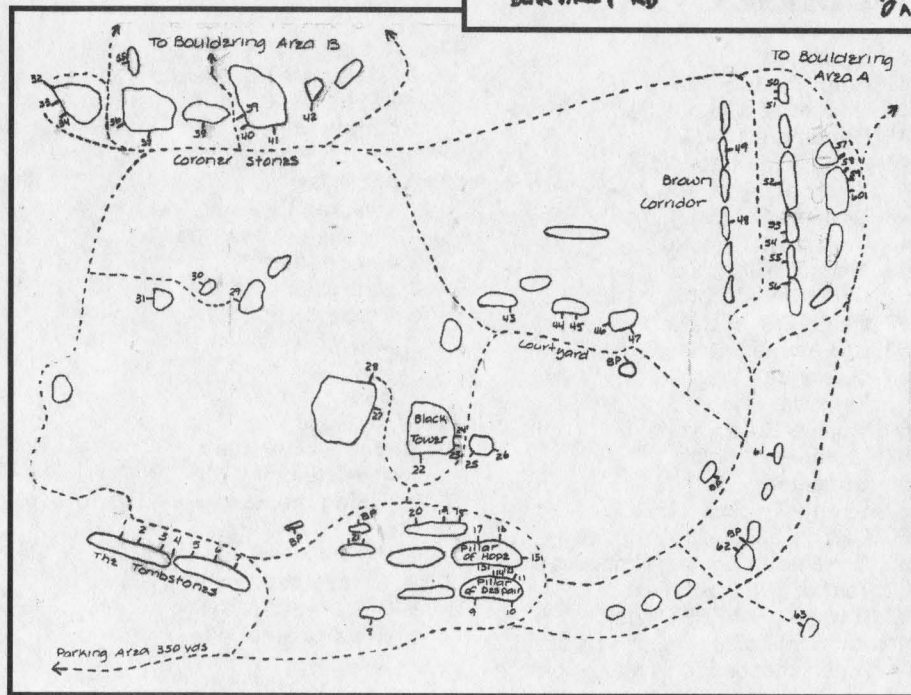
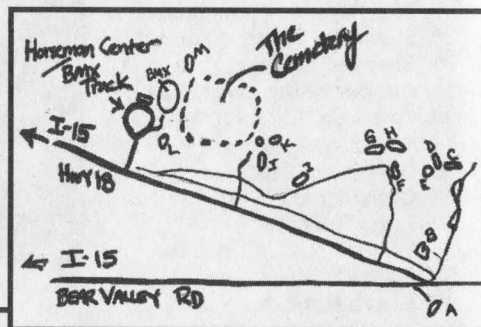
Sam Owings on *Crown of Thorns* (5.9).

Photo: Steve Edwards

Right Topo: Troy Mayr

Bottom Topo: Jack Marshall

- F. Cross Dress Rock
 - 1. She's a He, 10c (TR)
 - 2. Cross Dresser, 11d
- G. The Cove
 - 1. The Smasher, 8
- H. Sparrow Hawk Rock
 - 1. Chuckawallas, 10c
 - 2. Sparrow Hawk, 6
- I. Zephyr Rock
 - 1. Zephyr, 11b (TR)
- J. K-Slab
 - 1. Buttfacer, 9
- K. Sayonara Rock
 - 1. Adios, 10a (TR)
 - 2. Sayonara, 9
- L. Lightning Bolt Crag
 - 1. Crack Dream, 8
 - 2. Edge to Smear, 10c (TR)



Commuter Craggin'

by Steve Edwards

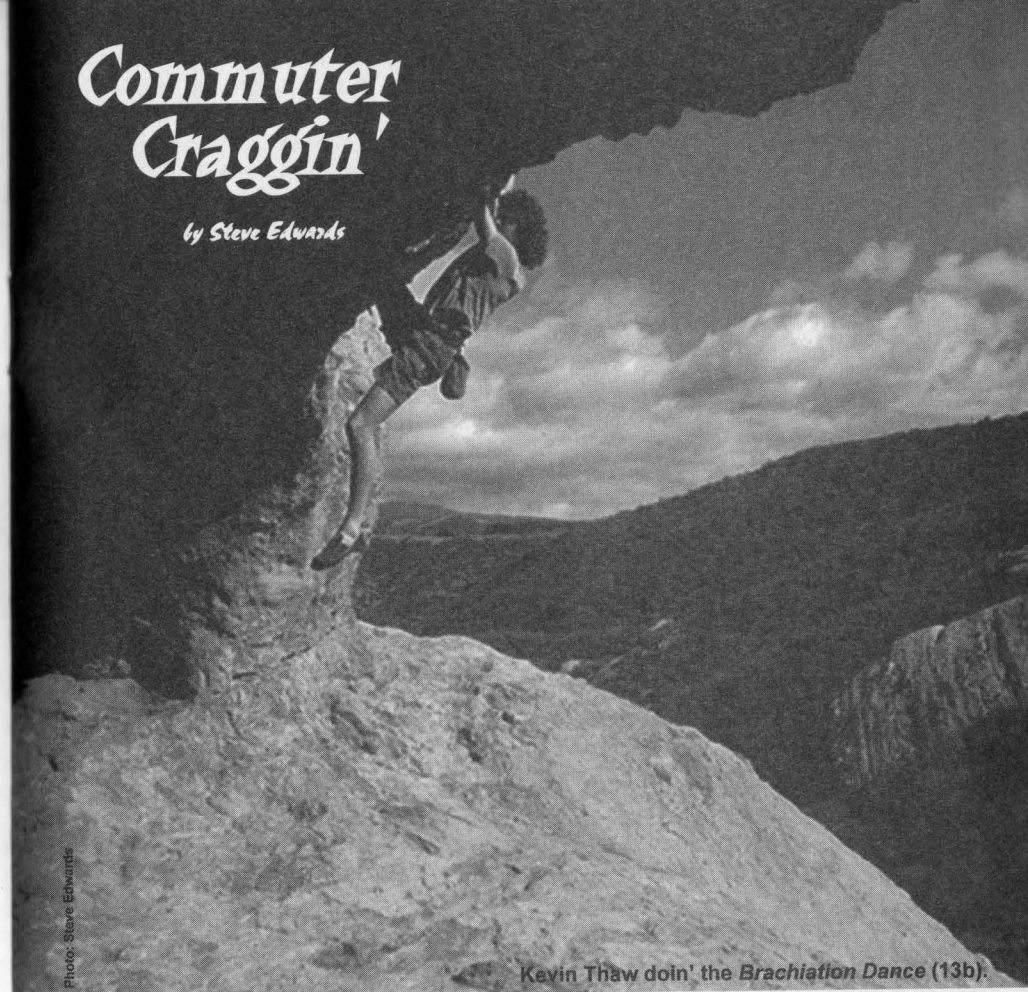


Photo: Steve Edwards

Kevin Thaw doin' the *Brachiation Dance* (13b).

The vast expanse of the Los Angeles freeway system weaves its way in and out of seemingly endless amounts of rock strewn hillsides. From its highways, one might think L.A. to be a climbers paradise, but those living there know otherwise. Most of the rock is not what it seems. In fact, much of it could hardly be called "rock". Sure, past climbers have checked it out, but when compared to the granite of Yosemite, or even Joshua Tree, most climbers were willing to give it a miss.

Enter sport-climbing. One of the great things about bolt protected routes is that almost anything can be climbed. A snapped hold merely means a little air time and some increased contact strength. Pre-inspecting, cleaning, and bolting opens up whole new possibilities for routes that could have never been climbed traditionally. This is the arena of the modern day climber, and through this perspective, perhaps L.A. could become the climbers paradise it looks like.

The trend has started. Malibu was first and the Apes wall is a good example. The rock was long considered choss, and perhaps still is. Still, that hasn't stopped this from becoming the most popular climbing area in town; but, it's not the only place. Two new crags that are freeway-close are Texas Canyon, near Saugus, and the Mystery Science Theatre, near Thousand Oaks.

Texas Canyon's routes were put up a couple of years ago by Scott Loomis and Matt Oliphant. While the area was still in it's infancy, they found a better place (Nellis Cyn.) and lost interest. [Nellis is on private land and its access is an issue.] Still, there is some good climbing here and quite a lot of potential. The rock is a sandstone conglomerate and quality routes will take a conscientious first ascensionist and a bit of cleaning. A fine example is Kevin Thaw's *Brachiation*

Stuart Ruckman was the first to bolt here, establishing 3 routes on the Outcast boulder. These are, so far, the best routes in the area, but are also a 20 minute hike beyond the bulk of the climbing. Then, Jason Houston and I put up some routes in the main area last Christmas. I then met some people at Sport Chalet who told me the routes were getting traffic. Psyched by the news, I enlisted the help of Scott "Hondo" Buchanan, Penny Chisholm, and Bink and now the area has 19 routes. A few established by unknown parties. The rock is similar to Malibu and quite a bit of potential still exists, especially for moderate lines.

Texas Canyon

Directions: From Hwy 14, take the Sand Canyon Exit and head north (toward Saugus) to Sierra Hwy. Turn right and go a few miles to a sign for Rowher Flats recreation area. Proceed through the gate for 1.5 miles and park next to a closed gate and a road heading left. Walk past the gate and up the road. The crag comes into view in about a minute.

Route names are unknown. Be warned many routes are greater than 80'.

Mystery Science Theatre

Directions: Between Thousand Oaks and Camarillo on Hwy 101, exit at Wendy Dr. On the west (Mobil) side of the freeway is Old Conejo Rd. Take this to it's end. Head uphill on the dirt road for about 5 or 10 minutes to the crags.

1. **Follow Your Bliss**, 11b/c. 4 bolts.
2. **Push the Button**, Frank, 5.8 (TR).
3. **The infinity of the depths of a man's mind**, 10+. 2 bolts, good rock.
4. **Manos, Hands of Fate**, 10a (TR).
5. **Daddy-O**, 10c. 4 bolts to anchors.
6. **The Beginning of the End**, 10c. 5 bolts. Arete.

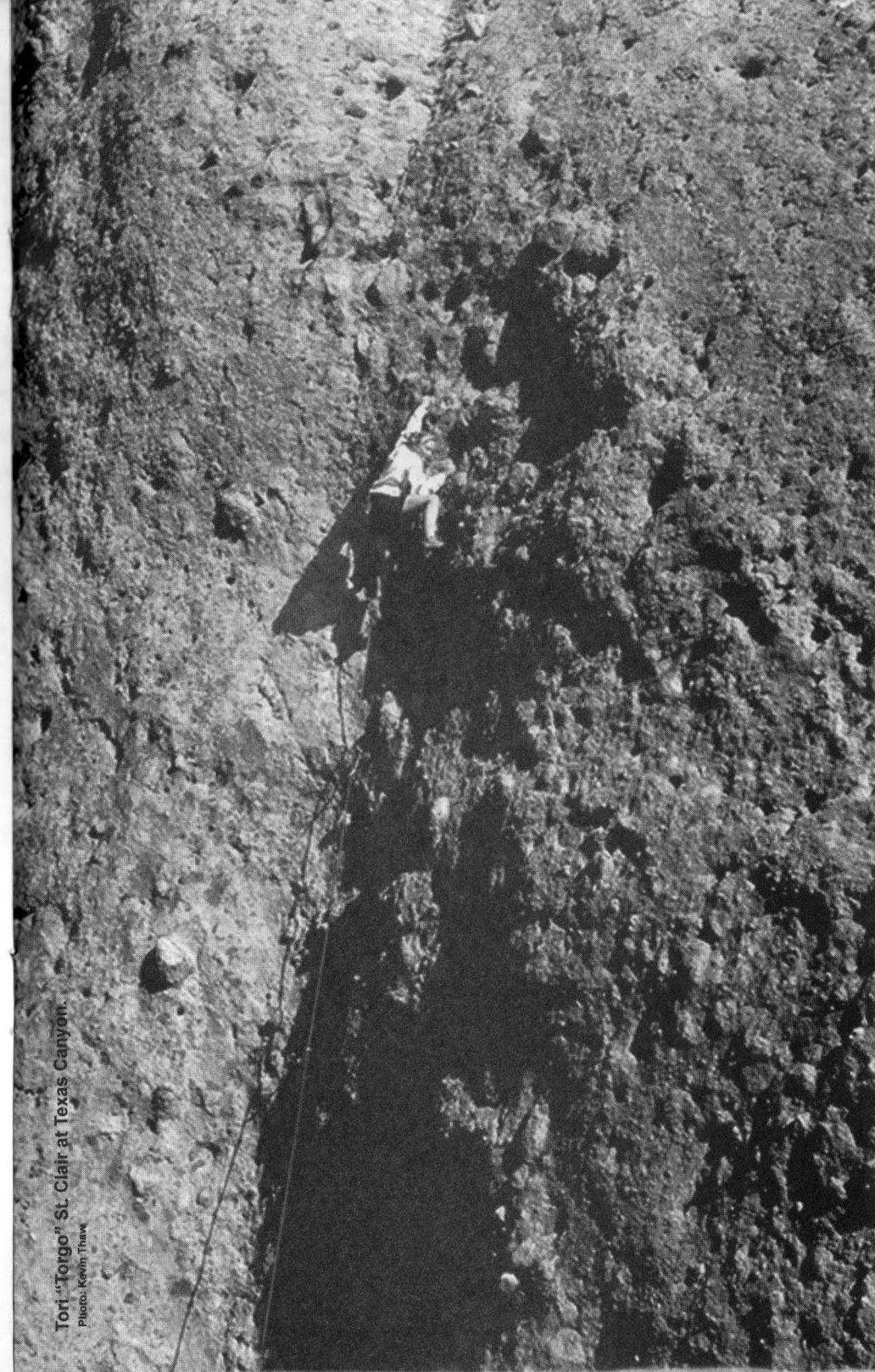
Photo: Steve Edwards



Penny Chisholm on *Deus Servomachina* (11c/d), MST.

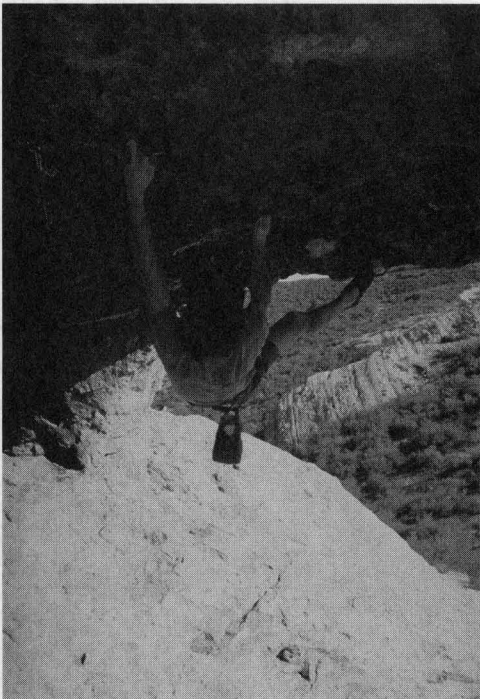
Dance, 13b. This was a sandy project before Kevin cleaned it up and is now, in my opinion, as good as anything at the Kern Limestone cave.

The Mystery Science Theatre is the rock everyone sees from the freeway whilst driving between Thousand Oaks and Camarillo on the Conejo grade.



Tori "Torgo" St. Clair at Texas Canyon.

Photo: Kevin Thaw



Kevin Thaw on *Brachiaton Dance*, Texas Cyn.

Photo: Steve Edwards

7. **I Accuse My Parents**, 10a. 3 bolts.
8. **Are you happy in your work?**, 10b. (TR). Right side of face.
9. **Dues Servomachina**, 11c/d. 4 bolts.
10. **Servo the Bloodletter**, 11c (TR).
11. **Unknown AKA Torgo**, 5.6 (TR).
12. **High School Big Shot**, 5.7. 3 bolts.
13. **Racket Girls**, 5.9. 3 bolts.
14. **A Whole New Day of Rockclimbing**, 5.8.

The Outcast

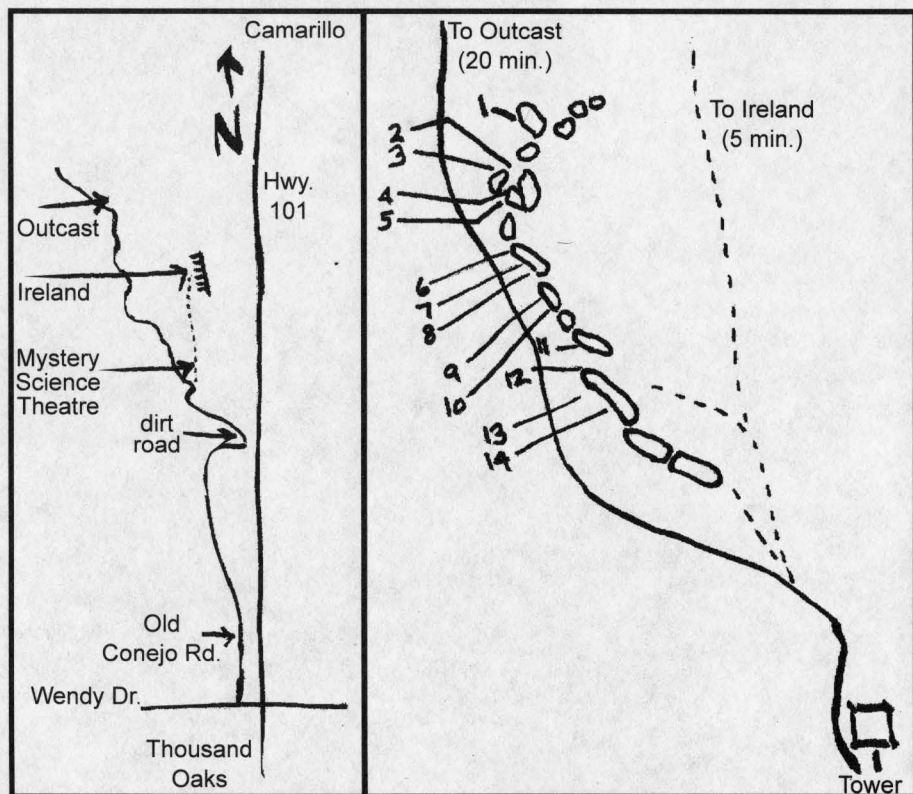
Located on the far side of a boulder, which is right on the road, 20 minutes beyond the main area.

1. **Junk Bonds**, 12c. The left-most route.
2. **The Outcast**, 12a. The area's best route
3. **Cowgirl Paradise**, 11c.

Ireland

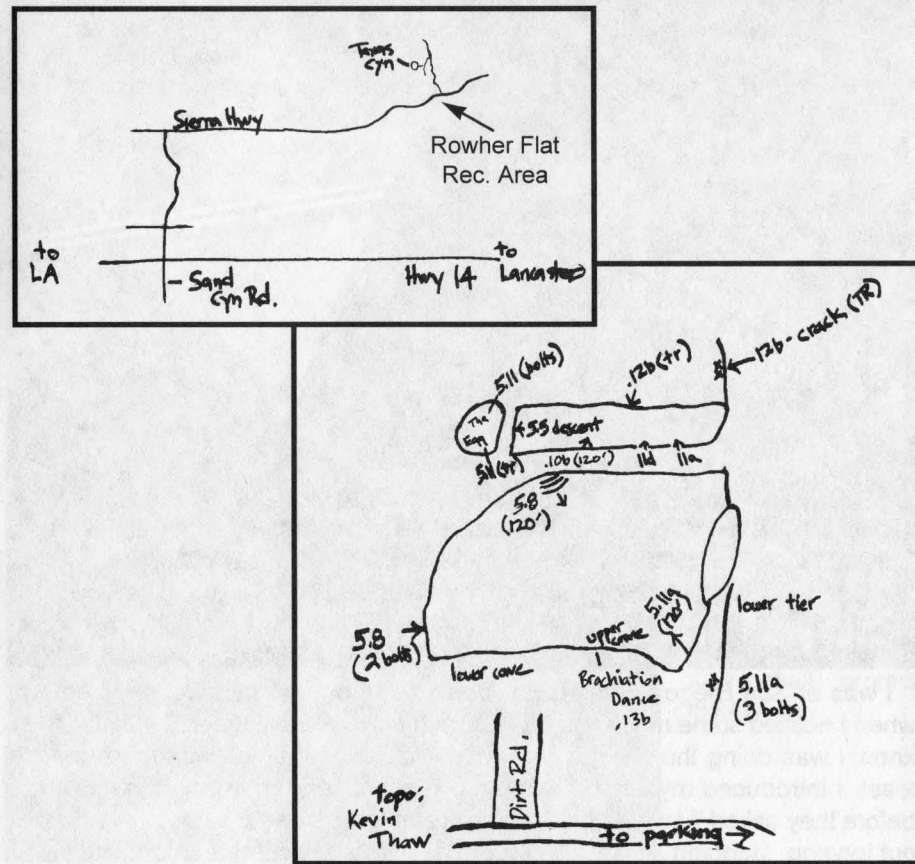
The large wall that is seen from the freeway. Could be good if the poison oak was cleaned from the base. From the main area follow a faint trail which heads to the top of the wall.

1. **Alien From LA**, 11- (TR). Dirty.
2. **Oh Kathy, My Kathy**, 10 (TR). Loose.



Binky on *The Beginning of the End*, 10c. Mystery Science Theatre.

Photo: Steve Edwards



Otay

by Jeff Brown and
Andy Murtomaki

Lead-climbing is not usually associated with climbing San Diego. Since cracks are few, to top-rope or solo has long been the choice means of ascent at long established areas such as Mt. Woodson. Recently, however, a new trend has occurred. Locals, tired of driving to Josh or Red Rocks just to catch a little air have begun exploring — and crags they've found. Sure, so far, most are small and inconsequential to those who would journey from afar. But who knows, every now and then, you hear talk of a Mother Load.

I was at San Diego's Santee Boulders, doing one of my favorite problems, when I noticed some novice on-lookers with their mouths agape... little did they know I was doing the problem for about the billionth time: 'wired', to say the least. I introduced myself, gave them a few pointers and moved on. But not before they asked if I would take a look at some rock they had discovered while out jogging. (Jogging? YUK! They were definitely newcomers to climbing).

Photo: Steve Edwards

Andy Murtomaki goes bolt testing on Ride the Lightning, 11b/c.

I accepted their request and, eighteen months later, a Hilti TE-10A, numerous bits, bolts, hangers, and countless hours of labor later, we have "Otay". Thanks to Delmar Peachers' wiry triathlon legs, Jeff Brown's burning desire for local outdoor lead climbs, Andy Murtomaki's tireless dedication to the cause (I'm telling you, the man is obsessed), and the monetary support of all three plus Efrén Rodriguez and Gill Tolentino; Otay sport routes await those climbers who can't get enough of exciting outdoor climbing. All routes, which range from 5.6 to 5.12+, are rich in bolts. The rock and its surroundings are unique to all of San Diego County. Geologically speaking, the rock is a fanglomerate of waxy, light-brown, extremely dense, solidified bentonite: it's clasts angular and fresh.

So check out the following info, grab your quick-draws (that's right, I said quick-draws. Something that doesn't generally get a lot of outdoor use in the San Diego area), and get your butts outside! By the way, if you don't see Jeff and Andy at the crags, it must be our rest day... which simply means we're out beating the brush in search of, 'The Mother Load'.

First, A few words about... Ethics, Bolting, and Vandalism

These issues are at hand; we feel we must be bold in addressing them.

This is a newly established sport route area — it has no previous climbing history. There should be no wonder that since the dynamics of our sport have fostered an evolution, or change, if preferred, in climbing ethics, they are reflected in the bolting at Otay. Yes, the bolts are close together. Yes, there is a crack that has bolts next to it. If one wishes to climb using removable pro, then do so, the crack has not been altered. We didn't fill it in, transforming it to a face, or making the placement of removable pro as the choice of protection out of the question. We simply chose a different method of protection.

But be bold, we said we must. Given the recent plethora of bolt theft and vandalism, i.e., stealing and smashing, to those "self-righteous primadonnas", (that's correct, look these words up in Webster's, and identify with them), who feel they are above the law and, thus, would wantonly destroy others hard work and investment by forcing their ethics on the rest of us, you simply have no legal right. Therefore, should this practice occur here at Otay, those of us who have had our property destroyed feel we shall have no alternative, but to legally pursue, in a court of law if necessary, for redress or punishment all parties responsible. Not a

pleasant alternative, we agree, but enough is enough!

The whole issue really just boils down to respect. So please, respect the rights of others... don't decide for all climbers how they shall protect themselves.

Just A Night In My Views, 5.12a.

Jeff Brown at the crux.

Photo: Steve Edwards



RESOLING



"If precision is
what you
need,
precision is
what you
get!"

Jim Bridwell

Complete resolving &
mountain shop.

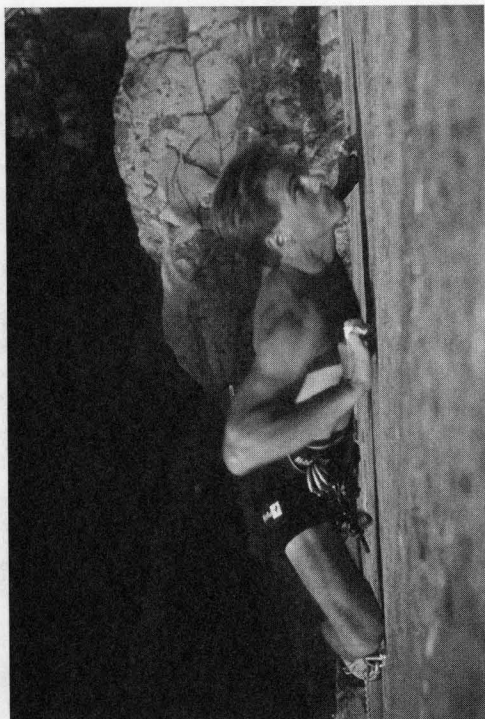
**Wilson's
Eastside
Sports**



(619)

873-7520

206 No. Main Street
Bishop, CA 93514



Jeff on *Grand Monet*, 5.11+.

Photo: Steve Edwards

1. *D.J.'s Arete*, *** 5.6. 5 bolts.
2. *Don't Be Fooled*, ** 5.11b. 5 bolts.
3. *Clip*, ** 5.11b. 6 bolts.
4. *Execution Eve*, ** 5.11a. 6 bolts.
Variation: 5.11+, start @ #6 and
traverse left... Pumpy!
5. *Kaukulations*, 5.12+ (Jeff's unfinished
project). 5 bolts.
6. *Just A Night In My Views*, * 5.12a.
5 bolts. Step directly into crack, low
angle slab to right is off.
7. *Crow's Nest*, *** 5.10a. 9 bolts.
8. *Ice, Ice Baby*, *** 5.8. 6 bolts.
9. *Bullfrog Point*, 5.7. 3 bolts.
10. *Ride The Lightning*, *** 5.11b/c. 7 bolts.
11. *Baby Face*, 5.10b. 4 bolts.
12. *Grand Monet*, *** 5.11+ — Follow vertical
crack all the way out the top. 7 bolts.
13. *Baby Synch*, * 5.11a. 3 bolts.
14. *Bass Bait*, 5.10a. 4 bolts.
15. *Pink Pirahna*, 5.9 — Huge ledges to left
and right are off.
16. *Bivy Ledge*, 5.8. 3 bolts.

Note: Routes 2-4: Start at the lowest point,
hang down and position your entire body

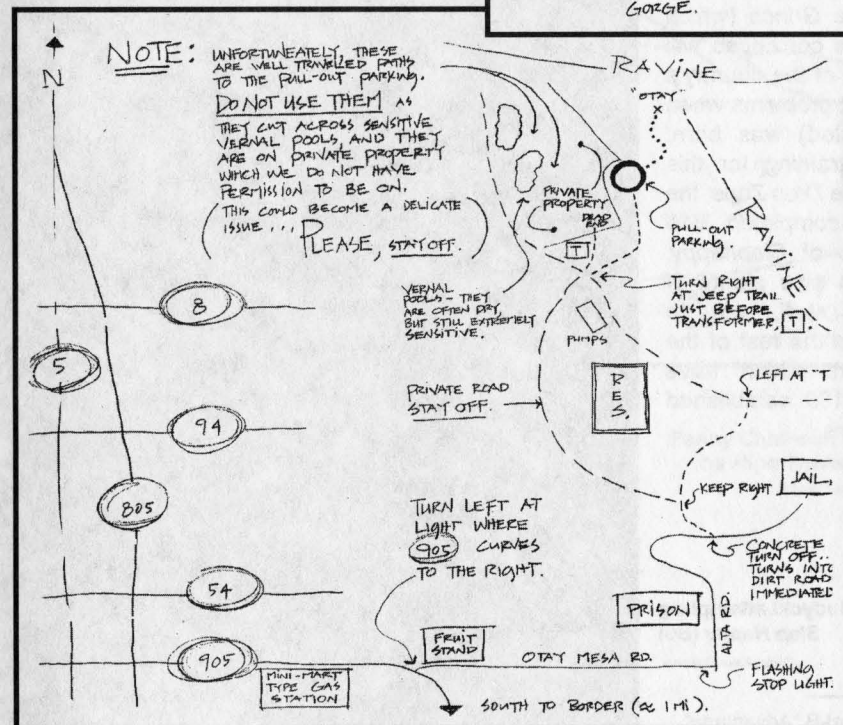
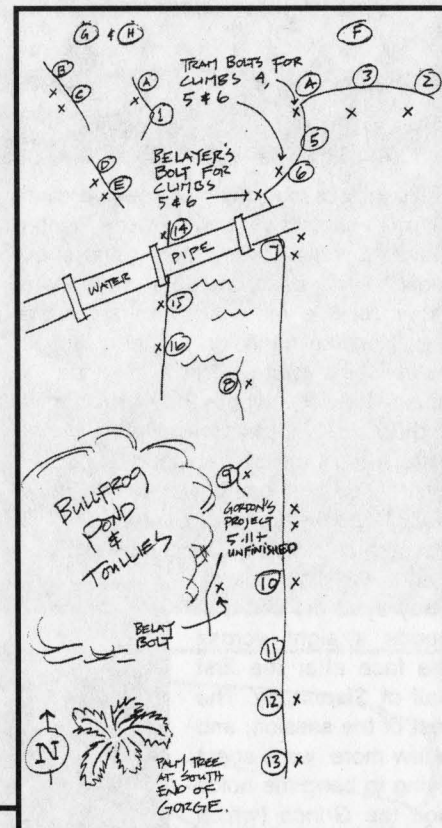
on the rock (essentially, the "sit-
down" start). Clip each bolt for full
rating.

Routes 14-16: Rap down to belayer's
bolts next to large hook-sling rope over
hook and go for it.

Top Ropes:

- A. *Cruise Control*, 5.9+
- B. *Slick-50*, 5.10+
- C. *Wild America*, 5.10+
- D. *Susa's March*, 5.10+
- E. *Polar Shift*, 5.10+
- F. *Mercs Never Die*, 5.9
- G. *Easy Does It*, 5.9
- H. *Too Short*, 5.9

Warning: Climbing is an inherently
dangerous sport. Never climb alone.
Seek professional guidance when
learning to climb. No claims are made,
either expressed or implied, as to the
safety of bolts, hangers, or their
placement. YOU are responsible for your
own safety. Climb at your own risk.



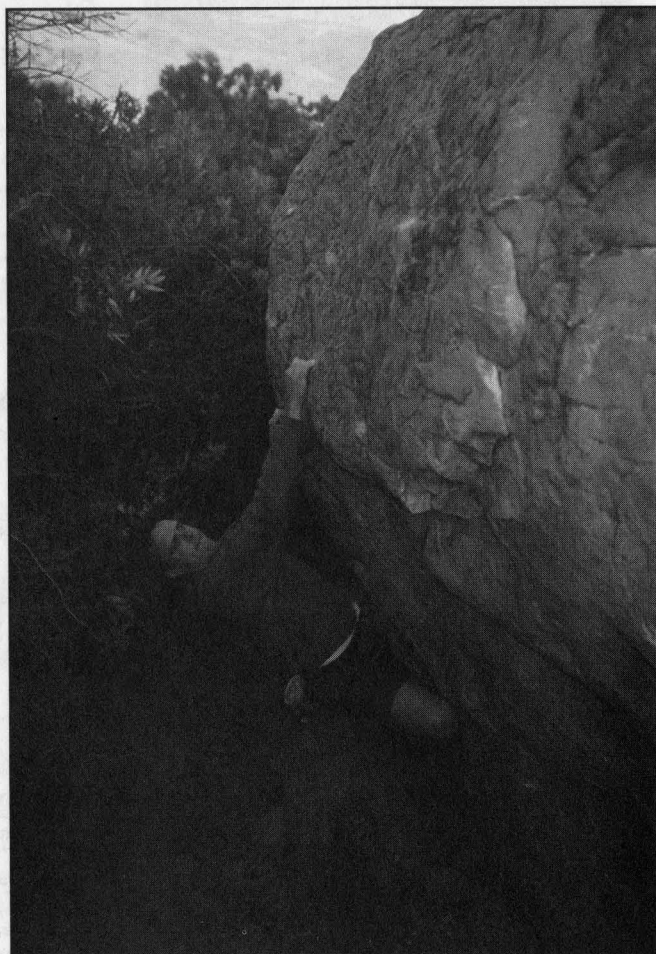
BOULDER OF THE MONTH

North Face, Painted Cave Boulder, Santa Barbara

It's interesting how most people climb or, more specifically, boulder. The Painted Cave boulders are probably some of the most heavily used boulders in the state. But in my five years in town, I can never recall seeing chalk on anything but an established route. Bored one day, I decided to see what's been missed. It didn't take long. In five minutes, armed with a toothbrush¹, I found, not an overlooked problem, but virtually a whole wall. A few weeks later, *Slaphappy*, a B6 traverse of the face, was complete. Enter Belt and Wolfgang. They eyed the line that heads straight across the face after the first half of *Slaphappy*. The rest of the session, and a few more, were spent trying to hang the holds and the *Grinch* (which Wolfie's convinced will be one of the country's hardest problems when completed) was born. Good training for this might be *Drop Zone*, the still uncompleted B10 reverse of *Slaphappy*. There's also plenty of easier stuff, not to mention the rest of the boulders which have about 100 established problems.

Randy Judycki attempting
Slap Happy (B6)

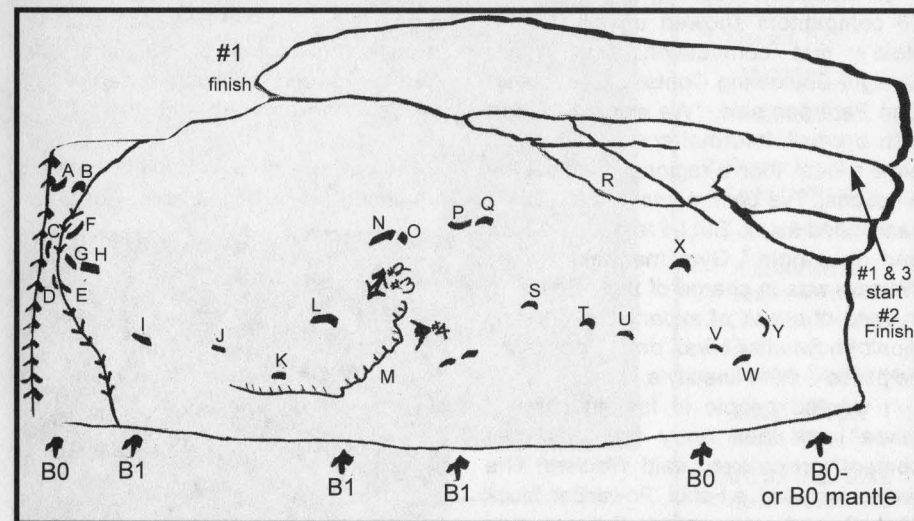
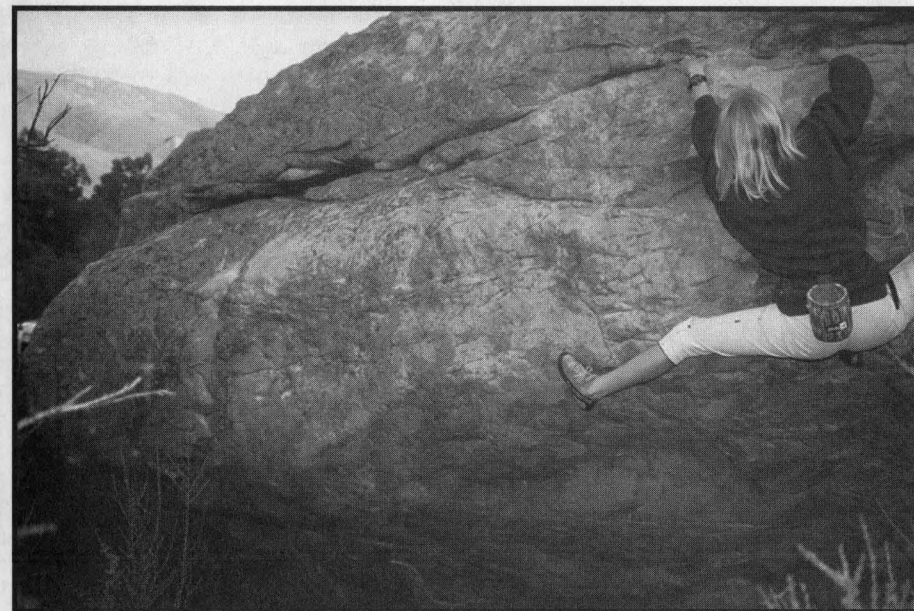
Photo: Steve Edwards



Directions: From Hwy 101, just north of Santa Barbara. Take the San Marcos Pass (Hwy 154), north toward Lake Cachuma. Turn right at Painted Cave Rd. and head uphill to the boulders that overhang the road.

Let us know if you do Drop Zone and we'll tell everyone how strong you are.

Do the Grinch, and we'll dedicate a whole magazine to you.



1. High Traverse, B2
2. *Slaphappy*, L-R traverse, B6
3. Drop Zone, R-L traverse, B10 (uncompleted)
4. The Grinch, traverse across middle. Moves not done.
5. Traverse A- M,L, B4 (either direction)
6. Traverse M,L- End, B2
7. Traverse End-M,L, B6
8. I,J- top, B4
9. K,L - top, B2
10. S,T - top, B4
11. T,V - top, B3
12. V,W - top, B6

Top:
Penny Chisholm starting
the *High Traverse* (B2)

Photo: Steve Edwards

Competitions

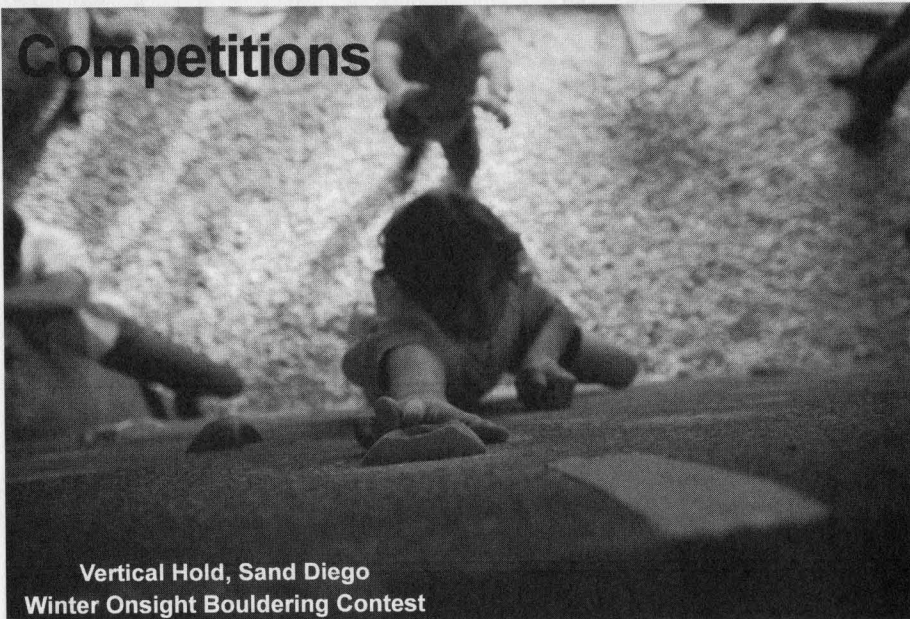


Photo: Steve Edwards

G.B. Burnett crankin' at Vertical Hold.

Vertical Hold, Sand Diego Winter Onsite Bouldering Contest

On Saturday, Dec. 12, approximately 70 competitors showed up for Vertical Hold's first competition: the Winter Onsite Bouldering Contest. Gym owner Dan Peterson said, "We wanted to start with a small, informal comp. Next we'll have a local, then a regional, then maybe a national. I've been pressured to have a sanctioned event. But I'd rather start slow and do it right." Gym manager Randy Weisser was in charge of the event and, in spite of a lack of experience, "I really didn't know what I was doing, going in," he pulled it off in fine style.

"I wanted people to feel that they'd made back their entry fee with their competition packet," said Weisser. The packet included: a t-shirt, PowerBar, block of chalk, and a day pass to the gym. Add Starbucks coffee, a spread that would put some banquets to shame, a Jim Bridwell slide show and the chance to boulder as much as your fingers could stand, and I'd say the \$20 entry fee was a bargain.

The format was the same for each division. Competitors could attempt any of twelve problems of increasing difficulty. The top 6 problems completed counted, plus additional points for flashing the route. All divisions competed at the same time, which caused some congestion and

long lines. "We really didn't expect such a large turnout," stated Peterson. Halfway through the original 3 hour time limit, Weisser added an extra hour, which allowed everyone to get their fill of climbing in.

The only real glitch was in the women's advanced field. After 2 hours, only two

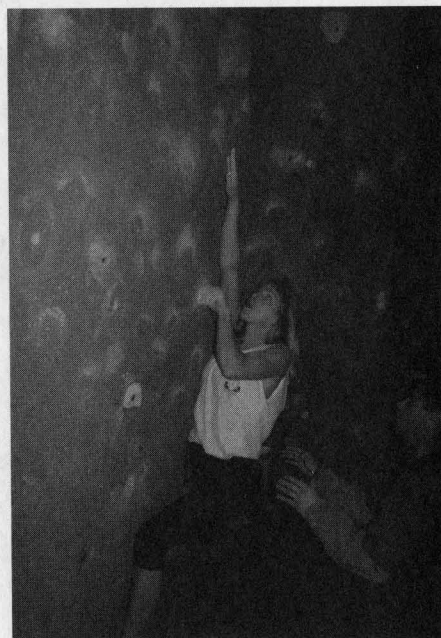


Photo: Steve Edwards

Christine Deleiden

competitors, Suzanne Paulson and Christine Deleiden had completed a problem. A motion was made to allow the women to attempt intermediate routes, but Deleiden didn't want to. Since a rule change must have unanimous consent, some of the women were destined to go all day without doing a route. This, needless to say, irritated some of them. I may have been Deleiden's only sympathizer, but being a power climber I can relate. I mean, who would want to get on problems they can do, when you can get on things you can't do? Not me. And not Christine. So she and Paulson battled it out to the bitter end, for one more, elusive, finishing jug. But to no avail. While not happy with her performance, Paulson had flashed her one route to come away with the win.

The men's advanced was over in an hour, nolo contendere. Before the comp, Weisser mentioned one route which hadn't had an ascent. Before most of the field was warm, Ryan Hunt stepped up, on-sighted it, and the fat lady was singing. He then proceeded to flash all the top six problems. The battle for second had Tyson Atwell edging out Scott Sanchez.

The aftermath included an awards ceremony followed by a Jim Bridwell slide show on big walls, and for anyone with any skin left on their fingers, use of the gym.

— S.E.

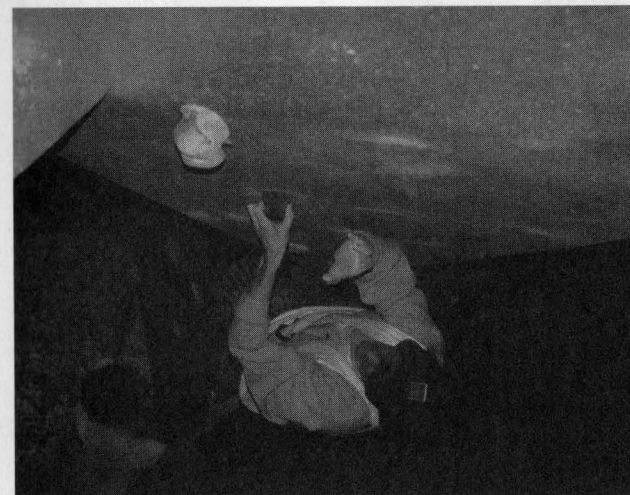


Photo: Steve Edwards

Ryan Hunt demolishing the field.

SolidRock Gym's Rocktober Fest '94

The morning of Saturday, October 29th, over 70 climbers of all ages and ability levels waited anxiously outside SolidRock Gym in San Diego; ready to test their nerve and strength on some 25 specially set routes. Things started off slow, but before long the event was under way and competitors were either climbing, warming up or eating some of the awesome food that was generously donated by Boney's Market.

The first group to complete all seven routes were the youth; in this group it was Sarah Schrell who cranked her way to first place with Neal Lake and Katie Charmichael coming in a close second and third respectively. In the

Vertical Holds Competition Results

Youth Girls

1. Corinne Lee
2. Stephanie Lee

Women's

Beginner

1. Kira Lebowitz
2. Minette Ozaki
3. Melissa Ball

Women's

Intermediate

1. Coco Graham
2. Brandi Profitt
3. Leda Hoffman

Women's

Advanced

1. Suzanne Paulson
 2. Christine Deleiden
 3. Barbara Fredette
- (tie) Jessica Gladstone

Youth Boys

1. Quinn Moss-Paltz

Men's Beginner

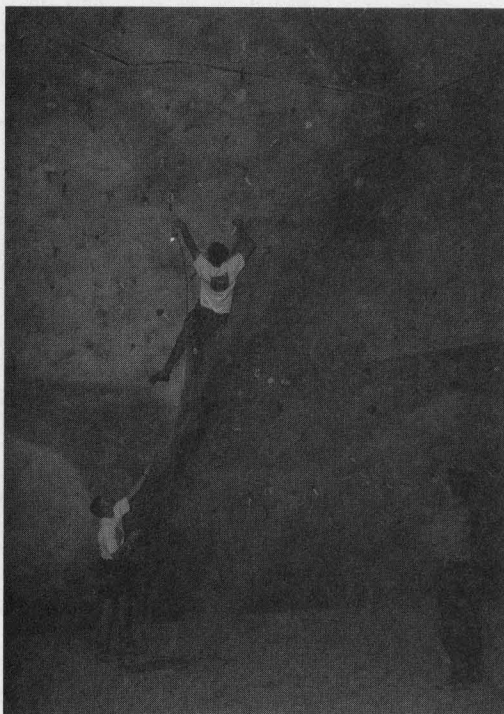
1. Sean Moss-Paltz
2. Fred Volpe
3. Michael Manning

Men's Intermediate

1. Jaret Shaffer
 2. Bill Maki
 3. Don Bedford
- (tie) Jon Tashkin

Men's Advanced

1. Ryan Hunt
2. Tyson Atwell
3. Scott Sanchez



Action at SolidRock

Both Photos: SolidRock Collection

Women's winner Jessica Gladstone



Women's category, a three way super-final revealed just which lady would walk away with the first place and GU sponsorship. TEAM SolidRock's Jessica Gladstone stunned the crowd when she nearly flashed the incredible overhanging 5.11c super-final route. This awesome display of determination earned her first place with Kelly Penix and Claire Lyon finishing second and third respectively. In the closely matched Men's Open, winners included Roland Facer in first with Don Bedford and George Rangle in second and third.

The Men's Expert group also finished with a super final after an electrifying earlier set of rounds where competitors from all over the southwest climbed to the cheers of over 150 spectators. When the dust (or chalk) settled, it was TEAM SolidRock's Tyson Atwell that left with the first place bootie: \$100 cash, a GU sponsorship and tons of prizes. Jeff Buhl of Phoenix, AZ (ex-Santa Barbaran) climbed smooth and stronger than everyone throughout the preliminary rounds. With a tie in the final round, the incredible super-final is where he finally ran out of steam just short of the first place mark, earning him a well deserved second. Nick Nayfack of San Diego ended up taking home the third place ribbon.

Many thanks go out to all the incredible volunteers and event sponsors! Without all these people and companies, competitions like Rocktober Fest would never be possible.

P.S.: If you competed or volunteered but did not receive a T-shirt/tank top, please contact the SolidRock ASAP - our second run is here (we did not forget you).

— by Scott Robertson

ASCF National Rankings

Men

1. John Cronin
2. Steve Hong
3. Doug Englekirk
4. Scott Franklin
5. Timmy Fairfield
6. Jim Karn
7. Jordi Salas
8. Hans Florine
9. Jeff Cloud
10. Jason Campbell
11. Ben Ditto
12. Tom Richardson
13. Bob Bergman
14. Kevin Branford
15. Ken Matys
16. Seth Johnston
17. Jake Slaney
18. Will Catlin
19. Christian Griffith
20. George Squibb

Women

1. Robyn Erbesfield
2. Mia Axon
3. Shelly Presson
4. Bobbi Bensmen
5. Georgia Phipps
6. Kadi Johnston
7. Lizz Grenard
8. Nadine Gagnon
9. Diane Russel
10. Susan Price
11. Suzanne Paulson
12. Rebecca Noyes
13. Michelle Hurni
14. Kathy Yaniro
15. Paula King
16. Heather Dorsey
17. Karen Rand
18. Margarita Martinez
19. Mindy Shulack
20. Trish Beerman



Photo: Steve Edwards

Brandi Profitt and a bunch o' spotters, Vertical Hold.

Rockober Fest '94 Competition Results

Youth

1. Sarah Schrell
2. Neal Lake
3. Katie Carmichael
4. Robyn Lyon

Women

1. Jessica Gladstone
2. Kelly Penix
3. Claire Lyon
4. Leda Hoffman
5. Susan Lyon
6. Jill Stokesberry
7. Gina Mele
8. Barbara Fredette
9. Wendy Jones
10. Michelle Larossa

Men's Open

1. Roland Facer
2. Don Bedford
3. George Rangle
4. Jaret Shaffer
5. Bill Maki
6. Tim Hunt
7. Andy Laakmann
8. Cary Carmichael
9. Steve Muse
10. Eric Lake

Men's Expert

1. Tyson Atwell
2. Jeff Buhl
3. Nick Nayfack
4. Dave Stuthers
5. Jason Gregory
6. Chuck Scott
7. Dean Goolsby
8. Graham Doe
9. Brent Webster
10. Mario Kaack

Training: Periodization

by Phil Requist

"These are the teachings of Yamamoto Jin'emon:

Singlemindedness is all-powerful.

Continue to spur a running horse.

Wrap your intentions in needles of pine.

A straw hat or helmet should be worn tilted toward the front.

Tether even a roasted chicken."

— Yamamoto Tsunetomo
Hagakure

Athletic training is *not* an exact science. The point of this, and future articles, is to convey as much information as possible related to the science to training as it is presently. Some of it will even be contradictory. The true science lies in trying different things and seeing what works best for you. With this in mind, I will attempt to describe training methods used by most elite athletes in a broad array of sports; translating specifics into climbing terms when necessary.

Successful training is based upon two concepts: *overload/recovery* and *cyclic periodization*. The first, *overload/recovery*, concerns stimulating (exercising) a specific muscular system to the point at which it will attempt to rebuild itself (by resting) stronger than it originally was. The second, *cyclic periodization*, deals with the fact that continuous overload of the same muscular system causes training plateaus and injuries. Cyclic periodization covers what systems to train, in what order, and for how long; from this we can derive a sound training schedule. How particular systems are trained will be covered in future issues.

Since cyclic periodization targets specific cellular components in different

phases, muscle cell operation is covered first. Don't underestimate the importance of understanding the basics of a cell's components: it is impossible to know how to train without being aware of what, exactly, is being trained. But, if a rigorously scientific approach bores you, skip to page 41, "The Phases of Training."

MUSCLE CELL OPERATION

At the first instant of exercise, the Central Nervous Systems (CNS) activates the necessary motor nerve fibers to control a given movement (see Figure #1, item #1). For movements that the CNS is unfamiliar with, accuracy is achieved through sensory feedback and additional muscle refinements, this results in jerky, inefficient movement. If the movement is familiar to the CNS, a specific, programmed motor engram controls the movement, this method is far more efficient and fluid.

Once signaled by the CNS, muscles demand energy and then contract. This first burst of energy is always supplied by the break-down of adenosine triphosphate (ATP) to adenosine diphosphate (ADP) and energy (2); this energy causes the muscle to contract (3). ADP is harmless and does not cause



Wolfie training in Austria for his trip to the USA.

Photo: Steve Edwards

fatigue within the muscle. Unfortunately, there isn't very much ATP in the muscle cell, only enough for about 5 seconds of exercise. ADP can be converted back into ATP if enough energy is supplied to it (4). This cycle can continue as long as energy is supplied to convert ADP to ATP. There are three energy systems that serve this function.

Phosphagen Energy System

The first energy source used to convert ADP to ATP is creatine phosphate (CP). CP breaks-down into creatine, inorganic phosphate (Pi) and energy (5). The energy and Pi combine with ADP to create ATP (4). Unfortunately, there is only enough CP in the muscles to fuel about 10 seconds of intense exercise. After this time, all the CP has been converted to CR. CR does not cause

fatigue, but it will not reconvert into CP until enough oxygen enters the system.

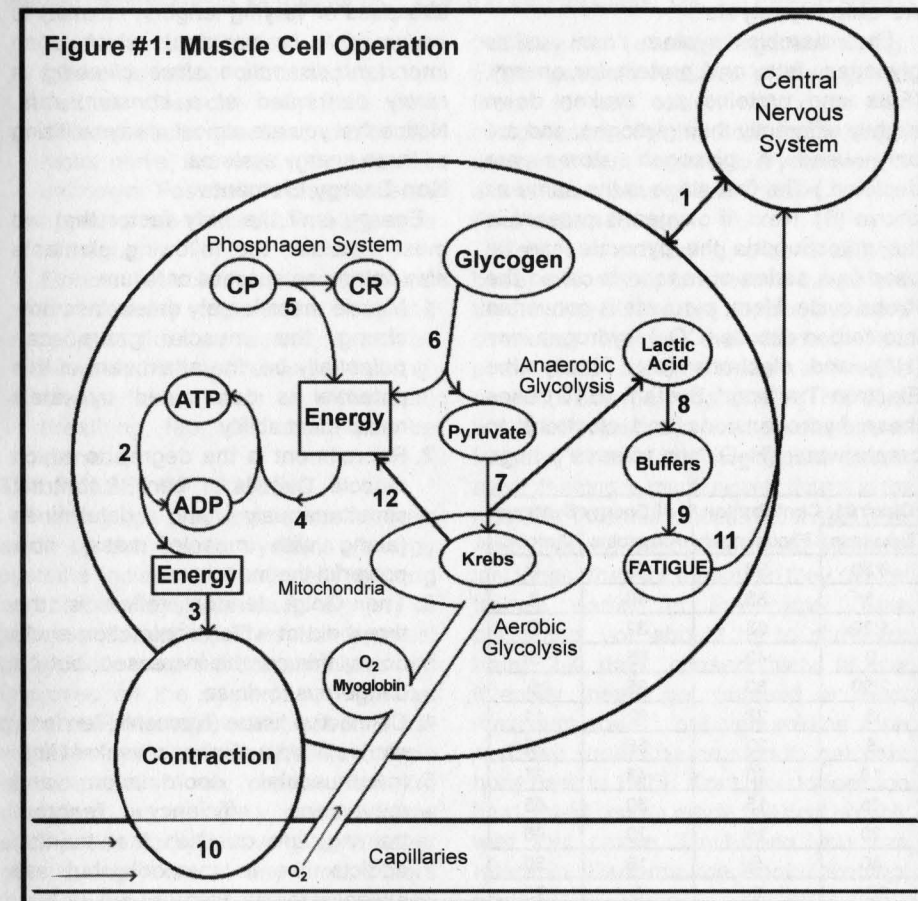
Key Trainable Elements: ATP-CP stores.

Anaerobic Glycolysis

The first step in anaerobic glycolysis is the break-down of glycogen to pyruvate and the release of some energy (6). If there is oxygen present in the mitochondria, then the pyruvate can be converted into more energy, this is aerobic glycolysis. In intense exercise, more pyruvate is produced than can be used by the mitochondria (this is the case with anaerobic glycolysis), thus the pyruvate is converted into lactic acid (7).

The muscle cell has two ways of removing lactic acid. It can move it out of the cell into the blood, but this is a slow process; or, it can be "soaked up" by molecular "sponges" within the muscle

Figure #1: Muscle Cell Operation



called buffers (8). Eventually these buffers fill-up and lactic acid starts accumulating in the cell causing it to contract with less force and finally acidifying it to the point of failure (9).

Note: Muscle contractions squeeze capillaries reducing oxygen supply to the muscle (10). At contractions above approximately 50% of maximum strength, blood supply is cut off; thus all energy must be supplied anaerobically and lactic acid is unable to leave the muscle cell. This state can only last a brief time (under 2 minutes). Furthermore, at high levels of lactic acid, muscle coordination is also impaired (11).

Key Trainable Elements: 1) Lactic acid buffers within the muscle. 2) The individual's psychological ability to resist lactic acid and climb pumped. 3) Glycogen stores within the muscle.

Aerobic Glycolysis

The aerobic system can utilize glycogen, fats, and protein for energy. (Fats and proteins are broken down slightly differently than glycogen, and are only used if glycogen stores are depleted.) The first stage is the same as above (6). Next, if oxygen is present in the mitochondria the pyruvate can be used in a series of reactions called the Krebs cycle. Here, pyruvate is converted into carbon dioxide (CO₂), hydrogen ions (H⁺), and electrons (e⁻). Finally, the Electron Transport System (ETS) uses these hydrogen ions and electrons to create water (H₂O) and release a huge

amount of energy in the process (12). The H₂O is harmless and the CO₂ moves out of the muscle cell very quickly. No lactic acid is created in this process.

Key Trainable Elements: 1) Krebs Cycle efficiency. 2) Mitochondria. 3) O₂ Myoglobin stores within the muscle. 4) Capillaries. 5) Cardiovascular ability does not seem to be a limiting factor in climbing. But, increased CV ability might increase oxygen transport into the muscle *while it is contracting*.

Note: All the energy system utilize various enzymatic systems, the efficiency of which can also be increased.

Further knowledge of energy systems can be gained from Chart #1. Adapted from studies on runners, this chart gives us an *approximation* of the contributions of the three energy systems during exercises of varying lengths. *Intensity is assumed to be constant; which is an important distinction since climbing is rarely performed at a constant rate.* Notice that you are almost always utilizing all three energy systems.

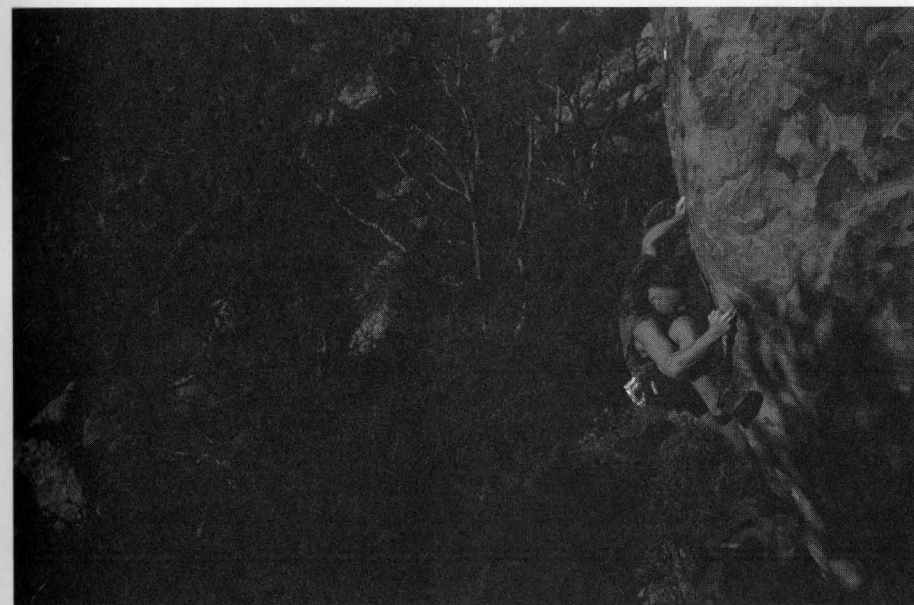
Non-Energy Elements

Energy isn't the only factor that we must consider, the following elements also determine success or failure.

1. Muscle mass largely determines how strong the muscle group can *potentially* be; the attainment of this potential is determined by one's recruitment ability.
2. Recruitment is the degree to which muscle cells can contract simultaneously and determines (along with muscle mass) how powerful the muscle is.
3. The Golgi tendon reflex is the threshold at which contraction shuts down; this can be increased, but it's dangerous to do so.
4. Connective tissue (ligaments, tendons, etc.) is often a climber's weakest link.
5. Intermuscular coordination and movement efficiency (engram training) are qualities that training addicts like to overlook, but are *essential* for success.

Chart #1: Contribution % of Energy Systems

Time (min)	Phosphagen	Anaerobic	Aerobic
0:30	98	2	0
1	88	10	2
1:30	63	32	5
2	40	55	5
2:30	30	65	5
3	27	62	11
5	20	55	25
10	20	43	37
15	15	30	55
20	10	20	70
40	5	15	80
90+	0	5	95



Wolfie: "Steirerbluat is ka Nudlsuppn." Cuzco at the Fire Craggs, 12a.

Photo: Steve Edwards

6. Neuromuscular System — Muscular failure is often attributed to the Central Nervous System, the neuromuscular junction, and/or the motor nerve; the exact mechanism is unknown. Fast-twitch muscle fibers appear more susceptible to this type of fatigue.

7. Excess muscle tension can add unnecessary stress to the body and reduces fluid movement; it can be eliminated through relaxation training.
8. Mental factors such as motivation, breathing, fear, etc. must also be trained.

THE PHASES OF TRAINING

Training has been proven to increase each of the above systems (energy systems included). Continually training any of these systems leads to injury or plateaus (except #8). Thus, training must be cycled in a manner that stimulates and improves all the systems. A Russian trainer, L.P. Matwejew, developed the first model for cyclic periodization. Each cycle is comprised of six phases that are described below. Many people follow each phase rigidly and religiously, never overlapping them at any time; others integrate the four "core" phases so much

that they aren't even cycling their training. Either extreme reduces efficiency, but there is still plenty of room for customization. Furthermore, cycle length can range from 4 weeks to a year. Here is a brief description of each phase.

Foundation Phase

General conditioning, a solid aerobic base, and strong connective tissue are the building-blocks that support the more strenuous training that follows. This phase is also the time to learn and refine new movements (engrams). (This step would be impaired in later phases due to fatigue.) The rate of connective tissue strengthening is much slower than it is for muscles, thus this process must start first. Also, training effects on these systems last longer than for others, so they can be trained earlier in the cycle. Time permitting, you should try to climb (or train) 2-4 days consecutively at low intensity (never get pumped or exert maximum power), but high volume. One rest day should be enough to get your body back to 100%, if not, you trained too hard. (Next issue's article will deal entirely with this phase. Until then you can reference *Performance Rock Climbing*, page 121.)

Hypertrophy Phase

Next add the 'raw' muscle mass that will be trained and refined throughout the rest of the cycle. The mass gained in this phase will be of no use unless and until proper recruitment training is completed. Many serious climbers I know don't even train hypertrophy specifically; they emphasize recruitment to the point where hypertrophy is "forced" due to the body's high recruitment level. This is a debatable point, certainly getting huge (hypertrophy) isn't enough in and of itself, but most climbers will benefit greatly from even a little added mass. I lean towards high integration between hypertrophy and recruitment phases.

Recruitment Phase

This is a much bigger topic than Americans acknowledge. In fact, an entire training "philosophy" exists based upon the idea of training high-end recruitment almost exclusively. Many of England's

climbers seem to subscribe to this theory. Future training articles will cover: Slow-Velocity Strength, High-Velocity Strength, Rate of Force Development, Stretch-Shortening Cycle, and the Golgi tendon reflex. This is the most intense phase, requiring the most rest between workouts.

Power-Endurance Power

This phase is often referred to as the Lactic Acid Resistance Phase. Training your body and mind to deal with lactic acid and increasing your anaerobic ability are the goals of this phase. Your training should closely resemble whatever you have planned for your peak phase. Most likely you will want to integrate recruitment and aerobic exercises into this phase. In my opinion, most American climbers have trained power-endurance far too much, emphasizing ending every training day with a "good" pump.

Many trainers suggest that power-endurance training requires the most rest. I do not believe this theory. Here's why: 1) Top climbers who emphasize power-endurance (Francois Legrand) train 2-3 days on with 1 rest day, rarely 2 rest days. 2) Top power climbers (Ben Moon) always emphasize the importance of rest, often training 1 day on with 3-4 days rest. 3) After exercise, lactic acid is actually reconverted into glycogen. 4) Advocates of this theory will recommend training power-endurance on consecutive days, but never power. 5) Personal experience and observation.

Peak Phase

As your training tapers off, if you timed and executed your phases correctly, your peak will begin. Go climbing and try to achieve your goals. Don't do training exercises after a day of climbing; you're done training for now. Try to rest more than during your training phases. If you feel like you should be doing more, emphasize mental training and flexibility. Whenever you go climbing, analyze how your training affected your climbing, from this, decide how you can improve your cycle for next time. As with other phases, if you try to extend your peak too long, you risk injury and your climbing will suffer.

Rest Phase

This phase allows muscles (and motivation) to recovery completely. Many climbers, myself included, have a problem with a complete rest phase; still, take as many days off as you can (at least 4). Go bolt new lines, or play video games, just forget about climbing for awhile. But, stay physically active, participate in other sports, go running, or find something else to do.

Phase Length

Knowing the six phases, we must consider the time which we will spend in each phase. To do this, let us consider the four core training phases: foundation, hypertrophy, recruitment, and power-endurance. The first line (in bold) of Chart #2, indicates a *reasonable* starting point for the proportions of these core phases. The first 35% of the core-cycle is foundation training, then 20%

hypertrophy and so on. Next on the chart (and in the paragraph below) are modifiers that you can incorporate to tailor the proportions to your needs and goals. Lastly, in italics, are minimum and maximums that should not be exceeded. Chart #3 shows some examples of this process according to various goals and situations. These charts are only a *guide*, they come from no source other than off-the-top-of-my-head. What is important is to get a general feel for what type of training various goals call for.

End of Phase Signals

You must always allow for flexibility in the length of your phases. In general, plateaus and boredom are the best indicators that you should move on to the next phase. Obviously, if you get injured you stay in the phase way too long. Never stay in a phase only to stick to your schedule. What ultimately decides how long to stay in a phase is whatever your body tells you.

Integration of Phases

Integration is the degree to which non-phase workouts are incorporated into the current phase; i.e., during the recruitment phase many climbers still train stamina (foundation phase) once a

Chart #2: Phase Length Percentages					Power-Endur.
Base % of Core-Cycle Time		Found.	Hyper.	Recruit.	Endur.
Modifiers (% to change)	Goal: Onsighting	+5	-5	-5	+5
	Redpointing	-5	+5	+5	-5
	Habitually Injured	+15	-5	-5	-5
	Length: Short Stuff <20'	-8	+5	+10	-7
	Sprints 20-50'	-5		+2	+3
	Long 50'+	+10	-8	-7	+5
	Onsight Ability: below 10a	+10	-3	-5	-2
10a to 11a		+5	-3	-2	
Minimum & Maximum		20-50	10-30	15-40	5-30

Notes on Phase Length Chart:

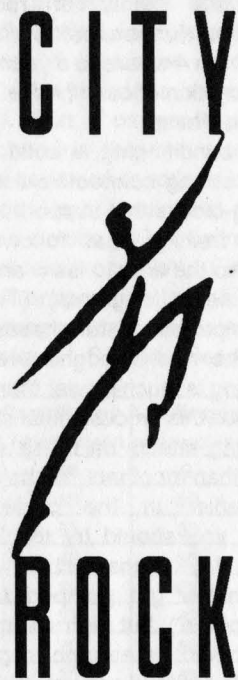
All time modifications are *cumulative*. This chart assumes you're are not injured. If you are injured, but can train (be honest), attempt *only* the foundation phase (move on when the injury is gone). Think of as many refinements as you can that make sense; for example:

1. If you're training for competitions, emphasize power-endurance and crimp strength. (Most artificial holds are crimps, comps can't have long endurance routes (too boring), and bouldering is still a second-class citizen in the comp world.) Also, do all the climbing you can in the gym where you will be competing.
2. Weaknesses: Add 5-10% to your weakest area(s), subtracting from strengths.
3. If you trained seriously in the past but have never cycled your training, emphasize the phases or types of training you haven't done before.
4. If your lactic acid resistance seems low relative to aerobic ability decrease foundation by 5% and add it to power-endurance. An example of this would be if a *slight* increase in intensity results in a rapid pump and failure.

Chart #3: Phase Length Chart in Use

Tanner: 12a climber wants to redpoint a 20' power route
Denton: 10d climber wants to improve onsighting ability.
Keegan: Wants to onsight a local testpiece that's 8U' long.

Phase Length And Modification Information				
Climber	Foundation	Hypertrophy	Recruitment	Power-End.
Tanner	35 -5 -8= 22	20 +5 +5= 30	25 +5 +10= 40	20 -5 -7= 18
Denton	35 +5 +5= 45	20 -5 -3= 12	25 -5 -2= 18	20 +5= 25
Keegan	35 +5 +10= 50	20 -5 -8= 7	25 -5 -7= 13	20 +5 +5= 30
(adjusted)	45	10	15	30



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week. (For examples of this, compare the two different sample schedules in Chart #4.) The advantage of integration is that there is little regression due to lack of training a particular system. The problem is that integration is contrary to the principle of periodized training.

Longer cycles will definitely require more integration; whereas 4 week cycles need no integration. Again, you will have to experiment and see what works.

Note: Integration should never involve hypertrophy, recruitment, or power-endurance training during the foundation phase. Integration is done only to prevent loss of fitness which is not necessary at the start of a cycle; thus, the degree of integration should increase towards the end of the entire cycle, just before the peak phase.

Important: Aerobic training (foundation phase) has *negative* effects on recruitment. The degree of this effect is large enough that many power-sport athletes rarely, if ever, train aerobic endurance. This is a result of: 1) the fact that during aerobic exercise slow-twitch muscle fibers are utilized because they have a greater aerobic capacity; and 2) fiber recruitment is decreased to make the muscles more efficient aerobically. Fast-twitch muscle fibers are used during intense sprint-like activities, like bouldering. You *can* alter the ratio of fast-twitch and slow-twitch muscle fibers in a given muscle. Again, what is important here is your personal goals in climbing. If your goal, for example, is to do *The Dominator*, don't train long-endurance during your recruitment phase. For more information on this topic, I highly recommend *Power: A Scientific Approach* by Frederick Hatfield. (If you don't want to buy the book, read Chapter 16: *Endurance and Strength: Ne'er the Twain Shall Meet*, on page 144.)

CYCLE LENGTH

Cycle length refers to the total time from the first foundation training day to the last rest day before starting a new cycle. Proper cycle length can only be determined after you have tested several

different cycle structures and lengths and determined which works best for you.

Hans Florine reported excellent results from a 19 day training cycle I recommended to him; others have reported successful results from cycles lasting a full year. I recommend starting with a 8-12 week cycle and refining it from there. It might also be wise to alternate between long and short cycles.

Advantages of Short Cycles

- 1. More knowledge gained through more cycles completed.
- 2. Easy to focus and stay motivated.

Advantages of Long Cycles

- 1. Higher and more predictable peak.
- 2. Full benefits of each phase are achieved.

SCHEDULES

Once you have determined your goal, cycle length, and phase lengths, you arrive at the more specific issue of scheduling your workouts. First, get a calendar and write down all the major events you can think of: trips when you will not be able to workout, social functions that interfere (invariably) with training, everything. Next mark the general phase lengths, keeping in mind that they are flexible. Now consider what

days of the week you can or would prefer to workout. Consider things like when your gym is least crowded, your work schedule, your partner's schedule, etc.

During the foundation phase, try to schedule 2-4 days on followed by one rest day. Schedule hypertrophy workouts 1 day on with 1-2 rest days. Recruitment is the most demanding phase in terms of rest required, schedule 1 day on and 1-4 days off. Power-endurance workouts can be scheduled 2-3 days on with 1-2 rest days. Pencil in all the days you plan on training until the end of the power-endurance phase.

When in doubt, insert a rest day if it helps your schedule fit together better; never eliminate rest days. I have included two sample workout schedules (Chart #4), which should help in figuring out my cryptic-at-best descriptions. *Performance Rock Climbing* also lists sample schedules on page 152.

Obligatory Conclusion

Cyclic periodized training is not for everyone. For these people, this and the articles to come should still hold some valuable information and suggestions that can be incorporated into your training schedule. For example, if you do not include workouts from each of the four core-training phases, you *are not* training

all aspects of strength. Future articles will definitely be more down-to-earth.

If you plan on following these articles and training seriously, save this and future issues, even if it seems unnecessary now. I welcome, and need, comments, questions and need any feedback possible regarding the content and quality of these articles.

Next Issue:

Foundation Phase Training Specifics (also Hypertrophy and Power Training space permitting)

Recommended Reading:

Mutants Amok by Mark Grant

Credits, Sources, and Further Info:

This article would not have been possible without the consultation and help of Kevin Brown, a certified athletic trainer at the Peninsula Sports Medicine & Rehabilitation Center, and a consultant at CityRock Gym.


Hatfield, Frederick *Power: A Scientific Approach*. Chicago, IL: Contemporary Books, 1989.

Fox and Mathews *The Physiological Basis of Physical Education and Athletics*. New York, NY: CBS College Publishing, 1981.

And stuff.

Chart #4: Sample 10-Week Schedules							
Schedule for Tanner from preceeding Chart #3 (Found= 22%; Hyper= 30%; Recruit= 40%; P-End= 8%) Tanner opted for little integration since his goal was power.							
Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	F	F	rest	F	F	F	rest
2	F	F	F	rest	F	F	F
3	rest	H	rest	H	rest	rest	H
4	F	rest	H	rest	H	rest	H
5	rest	H	rest	H	F	rest	R
6	rest	rest	R	rest	rest	R	rest
7	R	rest	rest	R	rest	R	rest
8	R	rest	rest	R	rest	R	rest
9	rest	R	rest	PE	rest	R	PE
10	rest	R	PE	rest	rest	R	PE

Schedule for Denton from preceeding Chart #3 (Found= 45%; Hyper= 12%; Recruit= 18%; P-End= 25%) Denton opted for high integration to help his onsighting.							
Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	F	F	rest	F	F	F	rest
2	F	F	F	rest	F	F	F
3	rest	F	F	F	rest	F	F
4	F	rest	H	rest	H	rest	F
5	rest	R	rest	rest	H	rest	F
6	rest	R	rest	rest	R	F	rest
7	rest	R	rest	R	rest	R	F
8	rest	PE	PE	rest	R	rest	PE
9	F	rest	PE	PE	rest	R	rest
10	PE	F	rest	R	rest	PE	F



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REVIEWS: Brushes

Let's Go Scrubbin'

by *Belt Potter*

The scene, a lone man stands before a gigantic monolith of plywood and plastic. A wall so intimidating that many have self-combusted just looking at it. But Brett Stone, our hero and part-time plumber, fails to let fear enter his mind. The holds are the only thing going through his head. Pounds of grease and dirt caked on every single inch of textured plastic.

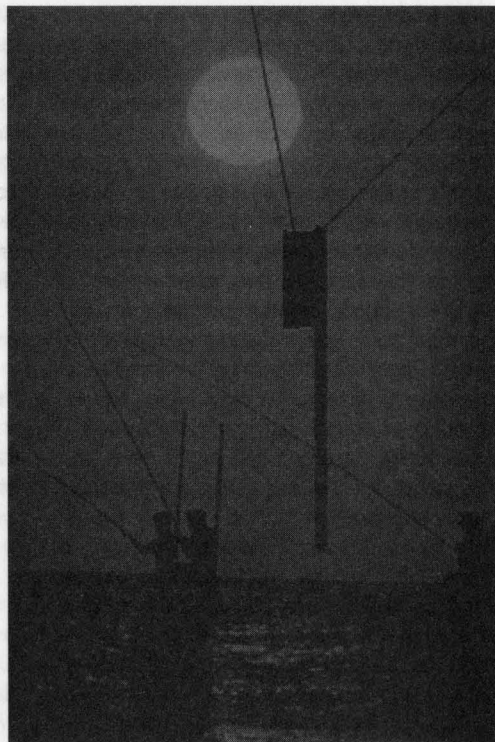
The crowd is going berserk! Fat guys with three day old beards and four day old tank tops, who have done less in two weeks than the average mud swallow does in half a minute, are standing on their chairs high-fiving and spilling warm beer all over the rare shoeless spaces on the overcrowded floor. The place is packed!

The starting gun goes off, barely audible in the sea of excitement, and Stone explodes into action closely followed by an atomic mushroom cloud of chalk and blur, as dirt screams in suffering mercy. Stone had heard one time that Eskimos have fifty different words for snow, well Stone has fifty sentences for dirt and they all start with a capital letter.

Mr. Stone spit-shines the ending jug and in what must have been the shortest seven minutes in the history of particle physics, Brett Stone and his Oral-B with uranium nylon bristles and ultra max poly grip, brush their way into the hearts of millions, and into the World Hold Brushing Triple Crown.

"I take my sport seriously, as you can tell by my cable-strewn forearms and ripped abs," said Stone immediately as his award was presented, "and you can bet I use an Oral-B."

A paid infomercial you say, a grossly



expensive re-enactment with Jean Clod Van Dominator playing the suave and tactful champion hold brusher and part-time plumber, Brett Stone. Try real life bucko-head.

Hold brushing is serious. Why do you think dozens of world wide companies spend billions in research and promotion to keep coming up with triple-action bristles, asymmetrical heads, and "raised rubber ridges for a distinctly different feel." (Like poetry isn't it, the way it rolls off your tongue like a midsummer's breeze. And would you look at that alliteration!)

What I have compiled here is by all means a shallow (space allowing) review of some of the most popular hold brushes. Merely the means to a beginning of what could fill volumes of one of the most important pieces of equipment in your arsenal against the ruthless-beyond-vertical overlord. Take the following to be religion and if anyone says anything that doesn't agree with this list, flog them to the shameless cry of the Siberian Crungle Banshee.

CREST

Complete

Price: \$2-3

Sizes: Full, Compact, Youth, Child

Weight: Elephantine

Bristles: Rippled

Grip: Rubberized, optional Kid Grip

Comments: Cumbersome

REACH

Standard

Price: \$2

Sizes: Full, Compact

Weight: Corpulent

Bristles: Bi-Level

Grip: Not much

Comments: Might as well use a dirt clod.

Bristles merely mash dirt in.

Congratulations REACH now stop trying to pad off last centuries over stock as "old reliable". Worthless.

Advanced Design

Price: \$3

Sizes: Full, Compact

Weight: Unbearable

Bristles: Bi-Level

Grip: Key

Comments: I'd rather be brushing with a frightened aardvark at a Tupperware party after Edna's fruitcake.

ORAL-B

Advantage

Price: \$3-4

Sizes: 60, 40, 35

Weight: Trace

Bristles: Power Tip, Action Cup, Two activity zones. Blue Indicator bristles. See accessories.

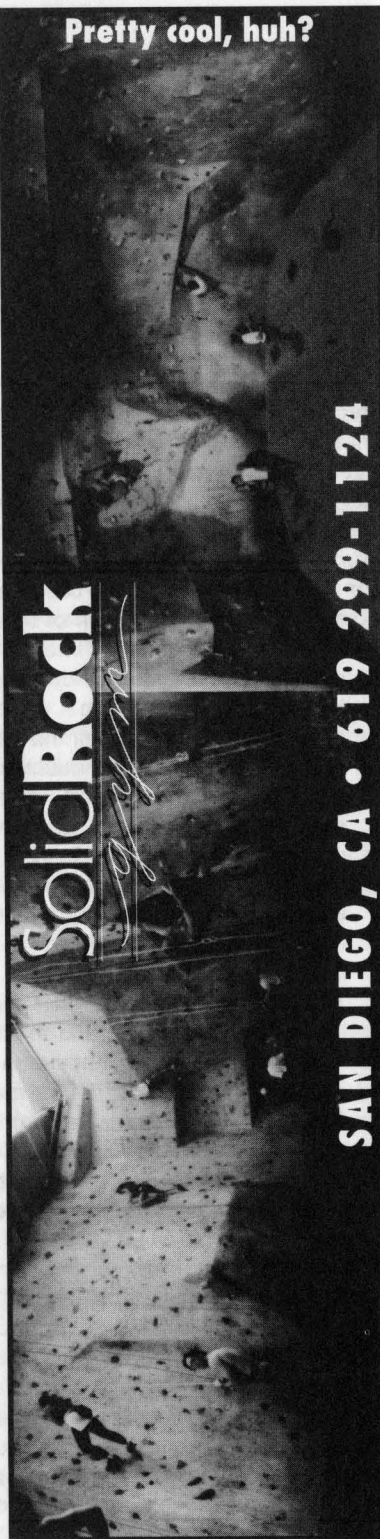
Grip: Universal Finger Grip

Comments: Best buy for your money no matter what it costs. Check out the two activity zones. On the forward palette there are uplifted carbon fiber agitator bristles sloping back with a #7 Bronson half-arc for warning dirt and grime that resistance is futile. This is followed by a stratified mid-palette finished up by uranium-tipped microfibers in the aft-palette. "Advantage" is an understatement, more like an ultimatum. Swear by it!

Pretty cool, huh?

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Regular
 Price: \$2.50
 Sizes: 60, 40, 35
 Weight: Gossamery
 Bristles: Blue Indicator bristles. See accessories.
 Grip: Thumb grip
 Comments: Anything but regular. A first class blending of form and function. Beautiful when silhouetted against a blazing orange sun.

COLGATE
Precision
 Price: \$3-4
 Sizes: Full, Compact
 Weight: Hefty
 Bristles: Triple Action
 Grip: "New Grip"
 Comments: New Grip, come on, barely. I say its merely a take off of the old Schrödinger multiplier. Time to hire some new researchers, boys. Damn kids, fresh out of college, diploma still warm from coming off the Xerox machine, thinking that a double-split helix with galvanized sport rubber is something we all haven't seen more often than a bucket of six year old toaster ovens. (You know, the ones with the setting for meatloaf that we've all been meaning to try but could never find the recipe for Toaster Fresh Meatloaf. "Just pop in the ground beef parts and minutes out pops a piping hot cube of delicious semi-gelatinous meat. Great in sandwiches and trash disposals. Your kids will love it!")

Plus (The model that was, unfortunately, made famous for its pivotal role in that episode of Mr. Belvedere.)

Price: \$2-3
 Sizes: Full, Compact
 Weight: Portly
 Bristles: Diamond Head
 Grip: Knockwurst
 Comments: Diamond head, give me a break. And I bet it strikes just like a snake to destroy any dirt in it path. Boring.

Classic
 Price: \$1.50
 Sizes: Full
 Weight: Unwieldy
 Bristles: Firm, Med, Soft
 Grip: Stick
 Comments: Now with decreased brain power. Wake up and smell the wheel, Cro-Magnon genius.

ACCESSORIES

Bandoleer: There are a lot of different holds out there guys. One bristle firmness isn't going to work for every situation. Be prepared!

Brush log: I was once a big advocate. I could tell you some stories about some holds I've cleaned. People used to come up to me and ask, "How do I know when to replace my tools?" I would then proceed to hit them on the head with a log. All joking aside, the best way to judge the performance of your brush used to be to write it down. Old Gray Matter wasn't going to remember what holds you brushed two months ago. I used to write it down, graph it, and when performance dipped I would replace the brush *immediately*. Now there is a product I endorse with ardent dedication. The new Blue Indicator bristles that come standard on every Oral-B. Makes brush-logs obsolete. Now what am I going to do with that crate of log books in the shed? I got it, rope-logs.

"If we are interested in what people will be brushing with in the future, we need only look at tools like the Oral-B Advantage."

— Brett Stone

David Potter is a Santa Barbara based power-climber and author of the upcoming book *Operation: Crumb Weasel which has nothing to do with climbing, or anything else for that matter.*

Gym Reports

Rock & Roll

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Rock & Roll will be entering its 4th year of operation. Indoor climbing at Rock & Roll is ideal for the beginner to advanced climber. We feature 3,000 feet of climbing terrain, including our climbable ceiling and bouldering cave.

If you want to climb and do not have a place for the children, check out our 10,000 ft. gymnastic center. All climbers can enroll their children at half price while they climb on our walls. If you are not on our mailing list please give us a ring and we will be glad to send you information on upcoming events.

Our \$6.00 day rate and \$30.00 a month rate for unlimited use is the least expensive way to climb indoors. We feature a pro-shop, equipment sales, a rental department, shoe demos, slide shows and we hold a series of competitions throughout the year.

Give us a ring regarding our birthday parties, field trips, and special events.

Conveniently located off I-15. Call during incimate weather for expanded hours.

ROCKREATION

Sport Climbing Center

Big \$\$\$\$\$! The Randy Leavitt & Bill Freeman slide show to benefit the Access Fund recently held at Rockreation Sport Climbing Center in Costa Mesa, was a huge success. The event produced 43 new Access Fund members and raised over \$1,500. It was the most successful fund raising event for the Access Fund

held by an indoor climbing facility. The show chronicled Leavitt's years of climbing, from his early big wall days in Yosemite and the Black Canyon in Colorado, to his recent cutting edge sport climbs in Joshua Tree National Park and the Virgin River Gorge. Randy finished his show with several B.A.S.E. jumping photos and stories that left many a viewer truly dizzy.

A huge gear raffle held after the show left smiles on many faces thanks to the generosity of such companies as: Megalith Mountain Sports, New England Ropes, 5.10, DMM, Black Diamond, Arc-Tryx, Boreal, and the Wherehouse.

Don't miss our 2nd annual Rockreation Boulder Blast bouldering competition to be held Saturday, February 25th, 1995. If this comp is anything like the first one, it should be AWESOME. Details to come after the New Year.

SolidRock gym

1994 is almost gone, and SolidRock Gym has had an exciting end to a great year. The kids' programs have grown-up, and that's great because SolidRock won the bid to host the apex of all youth competitions in August '95: The 1995 Junior Nationals. TEAM Solid Rock continues to train and get stronger and the results are showing - just checkout Southwest competition results. The VooDoo climbing holds factory recently moved in next door and Solid Rock's walls are the official test sight for all new and wild prototype holds.

In October, Nancy Feagin visited SolidRock with a great clinic — Rock Reebok. Also, with a big turn out, SolidRock held its final 1994 competition,

Rocktober Fest. In November, Randy Leavitt spent an evening narrating his awe-inspiring slide show, a very successful Access Fund benefit.

On Dec. 1st, Boreal visited with their newest creation — the Bamba. Then Kurt Smith came to town and spent three days at SolidRock. Monday Kurt made his last stop for his 1994 Stone Free Tour slide show. Tuesday was his super fun Big Wall Climbing Clinic, and Wednesday SolidRock convinced him to present an awesome 4-hour sport climbing clinic.

VERTICAL HOLD

Vertical Hold, the largest sport climbing gym in Southern California, offers to all climbers, from the beginner to the climber of extremes, over 10,000 ft. of textured walls. With a 2000 square foot bouldering area, over 80 top-rope routes and a unique 40 ft. wildly steep lead.

Access is made easy with three major freeways: 5, 805 and the 15. Parking is always available.

Vertical Hold offers special programs for kids: birthday parties, lessons, and for those of you who want to improve your performance, we provide a variety of clinics such as stretching, lead climbing and bouldering.

Our "Lights Out" event and our shoe demo day were a terrific success. Our long awaited first bouldering contest, "The Winter Onsite" was also applauded, with Jim Bridwell's slide show to close it, it was quite spectacular.

Gym Information

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26860 Jefferson Ave.

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(909) 677-7430

Hours: Tue & Thur 3:30-10:30;

Wed 5-10:30; Fri 12-10:30

Sat & Sun 11-4; Mon closed.

Rockreation

1300 Logan Avenue

Costa Mesa, CA 92626

(714) 556-ROCK

Hours: Mon-Thur 11-10;

Fri 11-8; Sat & Sun 9-7.

SolidRock Gym

2074 Hancock Street

San Diego, CA 92110

(619) 299-1124

Hours: Mon, Tue 3-10;

Wed-Fri 11-10; Sat & Sun 11-7

Vertical Hold

9580 Distribution Ave.

San Diego, CA 92121

(619) 586-7572

Hours: M-F 11:30-10;

Sat 10-10; Sun 10-8

Event List

Date	Event	Location	Information
Jan. 1	New Year's	SolidRock	\$8 Day passes! "The Football Alternative"
Jan. 13	Bouldering Clinic	SolidRock	Free!! (2 groups of 6 — sign up early)
Jan. 21	Climin' into '95	SolidRock	ASCF sanctioned competition
Feb. 18	Junior North American Championchips in Santa Cruz, call (604) 984-9080.		
Feb. 25	Bouldering Comp.	Rockreation	2 nd Annual Boreal Boulder Blast

Non-Linear

by Binky

For our first installment of Non-Linear, we will be covering accidents that have occurred since our last issue, and a few that are relatively dated. Periodically, when accidents are brought to our attention that took place in the not to distant past, we will cover them if the information that they convey about safety is hard hitting. Again, this department is not devoted to pointing fingers at those individuals who have made mistakes, it is merely a format in which we can accumulate a local database concerning accidents.

Accidents can happen anywhere. In one of So Cal's gyms, a climber fell almost thirty feet to the deck after failing to clip any bolts. The individual was experienced outdoors and had just been certified to lead climb in the gym that day. At the end of the day, after climbing 5.10's and 11's, the climber ascended a 5.9 only clipping the first two draws. While trying to clip the anchors they fell off the finishing jug, landing on their neck and shoulders. For reasons that cannot be explained the climber only suffered a mild concussion.

For those of you that might place blame on the gym, it is essential to note two things: the belayer as well as the climber failed to climb safely, and one must never forget that they are ultimately responsible for their actions at all times. As a belay partner, one must make safety decisions when the person climbing is obviously not doing so, in addition to observing the most basic safety requirements (note: John Cronin wrote a compelling essay in *Climbing's* October, 1994 edition, check it out). Though the climber was under supervision in the lead area at the time of the accident, the employee was watching over a less experienced climber. This was most likely done out of trust that an experienced climber would not make such an obvious mistake.

At the end of a day of climbing at Malibu Creek, a person fell during a free-solo attempt of a 5.8. No hold broke during this accident, the climber merely misjudged their condition (whether this was fatigue factor or skill, we do not know). The major injuries consisted of multiple hip fractures and a crushed ankle. The dangers in free-soloing are obvious — every climb becomes "X" rated (which means falling may very well result in death). Free-solo at your own risk, and with this in mind.

Two accidents were reported at Williamson last season, one resulting in a helicopter evacuation. This accident involved the *improper* use of a Black Diamond ATC belay/rappel device. The climber, while double rope rappelling off of *The Wedding March* (5.7), only put one rope through their device. This resulted in a 50 foot fall that, though thoroughly dramatized by the helicopter, only resulted in minor injuries. KNOW YOUR EQUIPMENT.

The second accident involved a climber on the leaning pillar breaking their ankle. This was not the result of a ground fall, but rather the impact on the rock resulting from a lead fall. This climber was evacuated on the Stokes Litter donated by Kevin and Charles Mokracek. Though there is no obvious lesson from this accident, it's just another example of how easy it is to injure yourself after making no mistakes.

Please drop us a line if you've heard about anything that the climbers in Southern California can learn from. If you are someone that has been personally involved in an accident, or near accident, that made a serious impression on you, send us a first person account of your experience — they always hit a little harder.

THE ARNOULD T'KINT POLL

How long can he last?

This is the question on the minds of climbers worldwide, now that famed Belgian climber Arnould T'Kint has married Five-Ten's Karen Peil and migrated to Southern California. Has T'Kint relinquished his European heritage for the American world of bad coffee, bad tobacco, fast food, and Big Gulps? Or will the absence of proper cafe's, proper beer, proper limestone, and Fontainbleau have him hightailing it for home?

Time will tell. According to the prophets, give him till summer, when heat, smog, bad food and granite will finish him.

But perhaps their sight is foreshortened, as T'Kint was recently spotted on-sighting a local testpiece and reportedly enjoying it. On granite, no less!

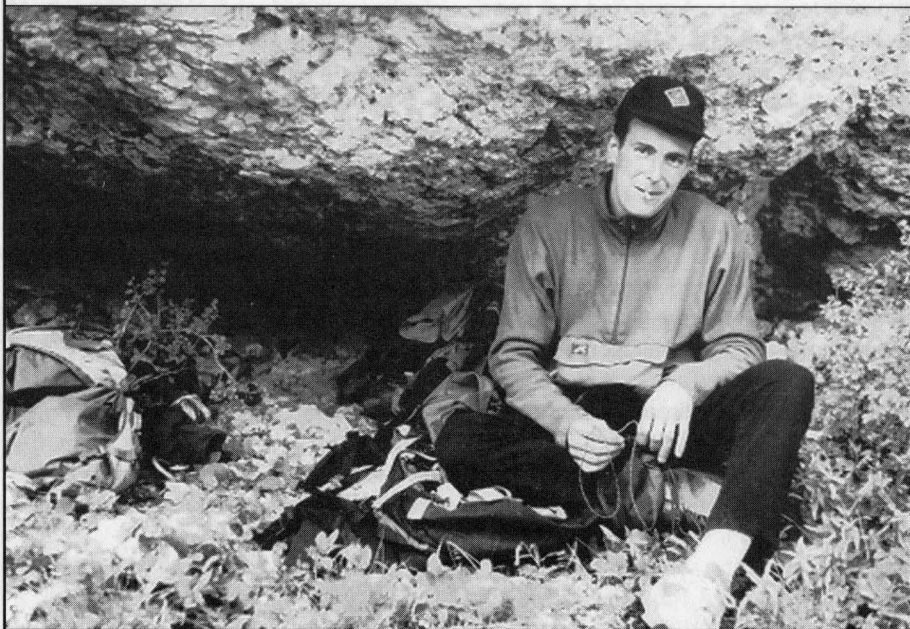
But testpieces are few, granite soon wears the skin thin, and Budweiser ain't no Grand Cru. We say: He's History.

Send your prediction to Allez.

Send us the year, month, day, hour, and minute T'Kint leaves the country. Predict his exact departure flight and win a case of Chimay.

Winner to receive all T'Kint's crack gear and a date with Karen. Send submissions soon. He may not last long!

Photo: Karen T'Kint



Coming in the next issue:

How should we know?

Got any ideas?



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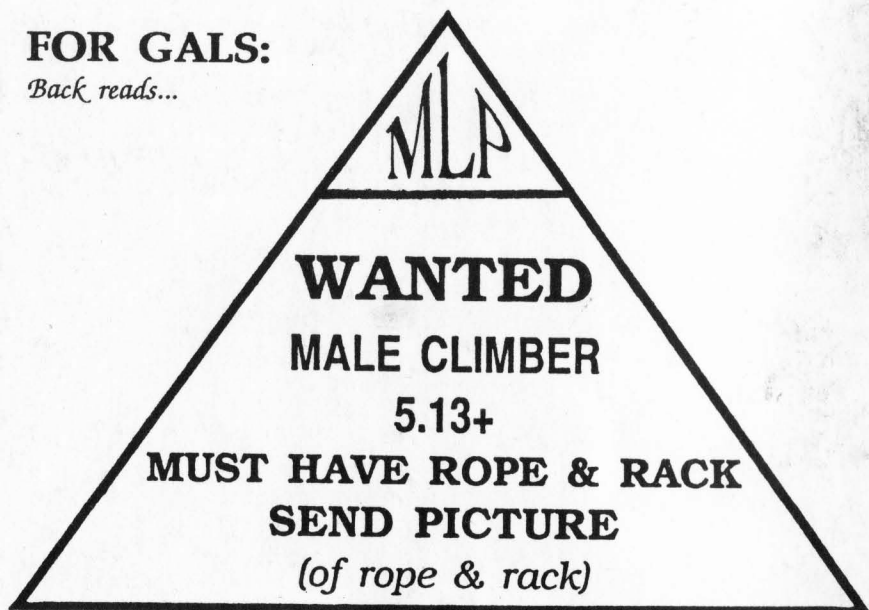


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