

SPRING '95

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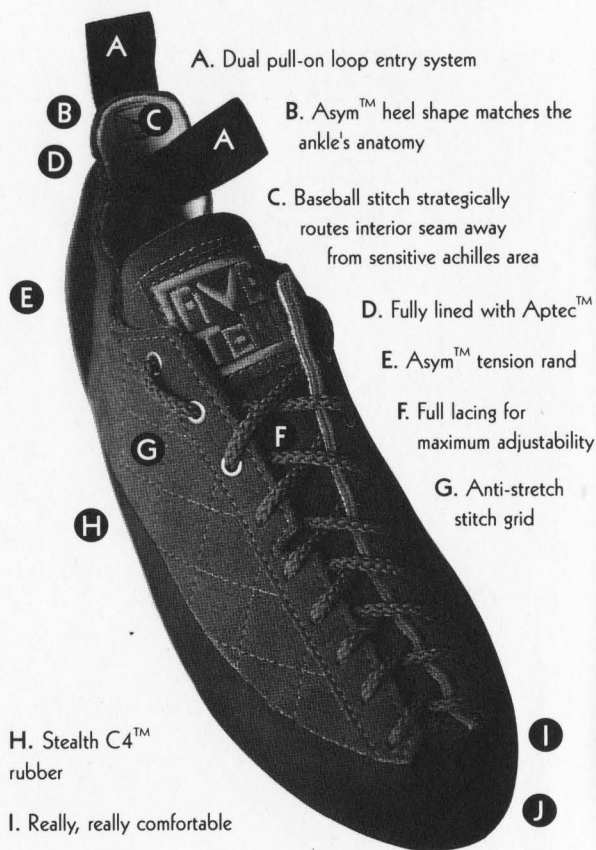
# Aleez

SOUTHERN CALIFORNIA'S CRAG MAG



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REGIONAL UPDATES**

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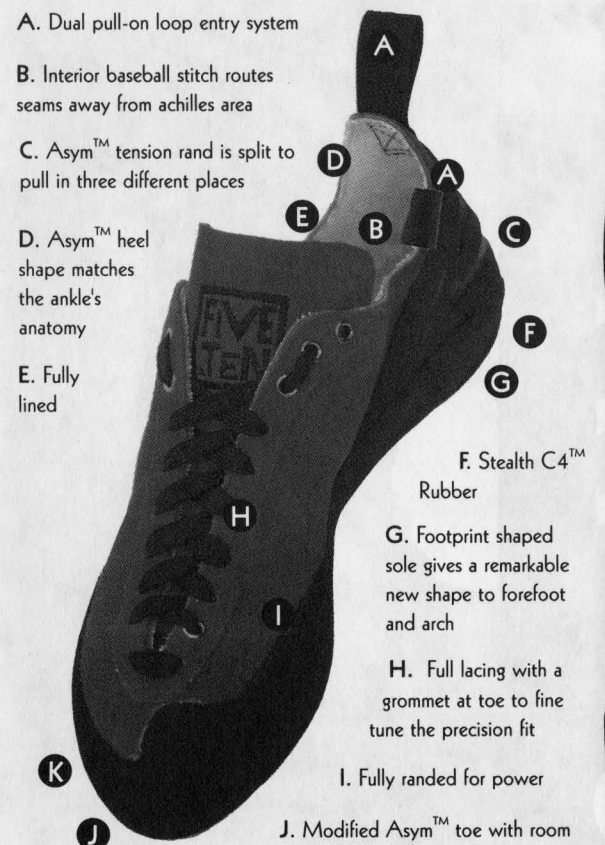
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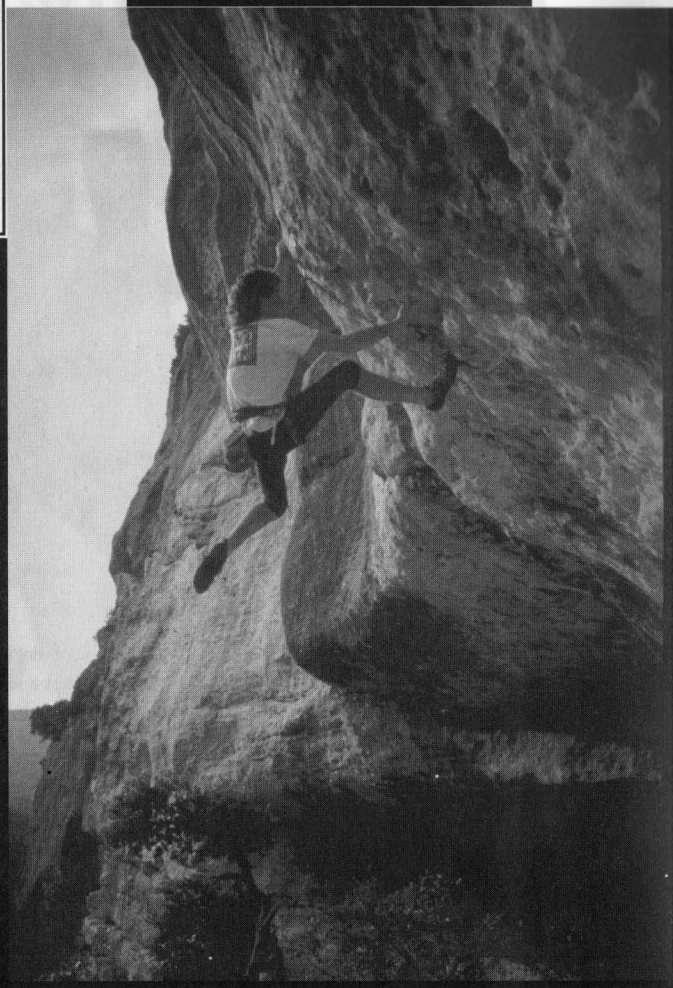


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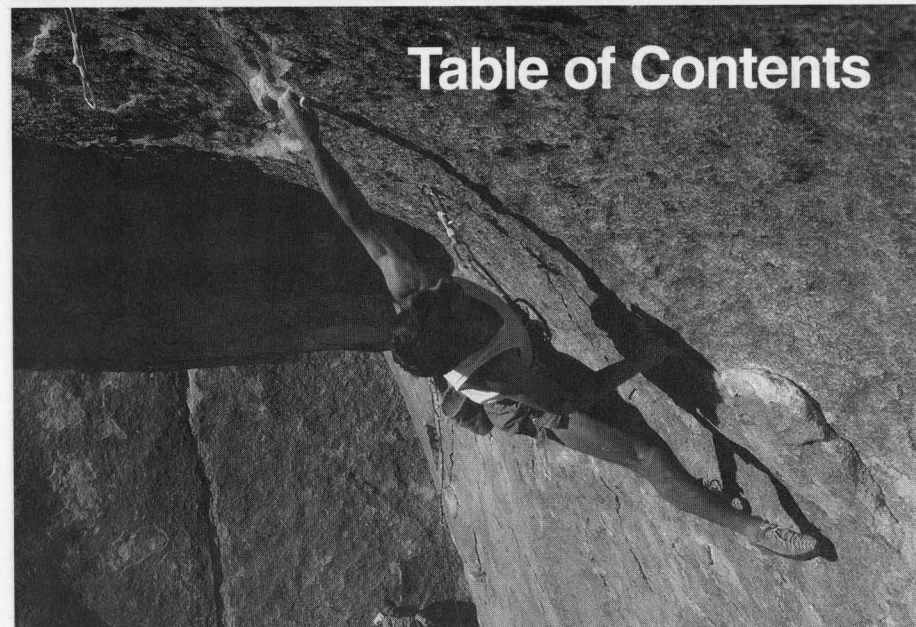
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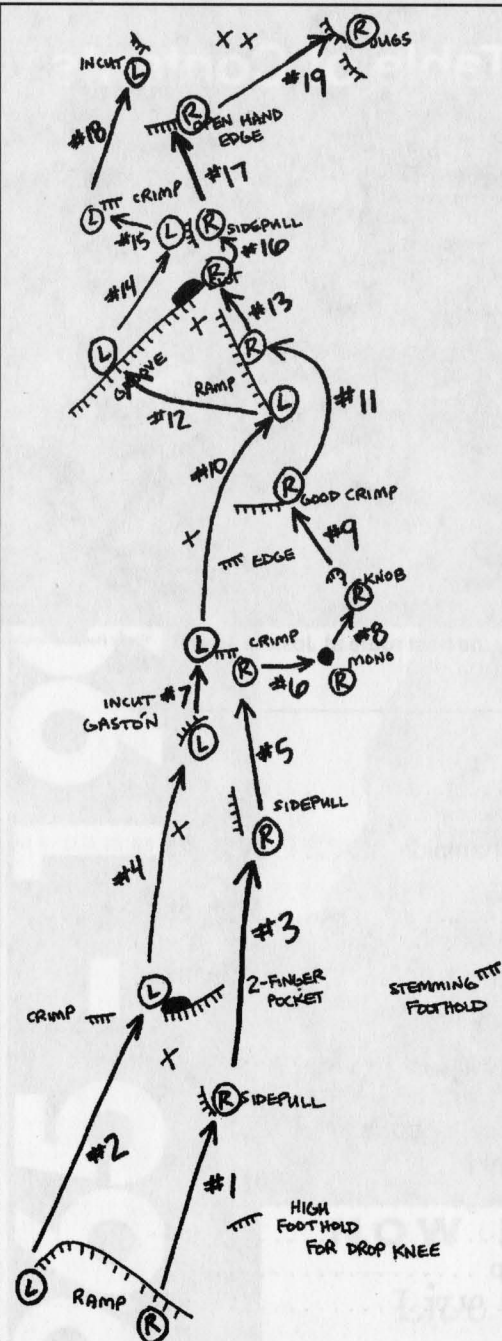
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Randy Leavitt on *Hydra* (13c), arguably the best route at Joshua Tree.

Photo: Rudy Hofmeister

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# Allez

SOUTHERN CAL'S CRAG MAG

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## Allez

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# Letters

## To the Editors,

I have now spent one year in California after having left Indiana. Going west has always been considered a big change among the Mid-Westerners, but nothing could have prepared me for what was to happen. Call me a patsy, a fool, a soda jerk, a fella down and out on his luck, but call me a victim of cruel Fate at the same time.

Food is the nourishment of the world, but it's death to climbers. And beyond that, beyond the Rockies and the big rivers, there were food games to be found in California. Not just food... but food games... games with food, games like some half-smart dame will play with some poor schmoe, half-smart himself and fresh from the works.

Boy, I'm tellin' you, my climbing adventure in the West has been a disaster. I have been told to stay away from Santa Barbara, unless I wish to be hit with The Games. It's no hooey. I have remained hidden in fear like a dog, never knowing if my next step will be a ticket out of here or deep into death.

I am seeking help. Or perhaps I've signed my death warrant, considering that you gumshoes may be the ones in Santa Barbara behind this all. In that case, I'm asking you guys to lay off the games and quit crowding us serious climbers. Scram, I say, scram!

Somewhere in the High Sierras,  
"Mad Dog" Earl

## Dear Allez,

Picked up the Winter issue of Allez. Cool mag, but weird name. What does it mean? Anyway, when I read Jeff and Andy's article about Otay I was disturbed by the section about "ethics, bolting and vandalism." Although I agree smashing hangers is not cool, the last thing us climbers need is to have these dudes in court, whining about bolts. I also don't understand what makes these guys think

the bolts they place are protected by law.

In closing, I would like to thank Jeff and Andy for not filling in the bolt protected crack they spoke of. It shows they at least have some kind of style.

Robert Brown  
Van Nuys, CA

PS: In the photo on the Table of Contents page, is that a coldshut he's clipping?

*Ed— Allez is a conjugated form of the French verb aller, meaning: to go. In the climbing world it has spread beyond France and can be heard at almost any international crag or competition. Its colloquial meaning is roughly: Go for it!*


## Jeff Brown responds:

There exist two possible courses of action to impose responsibility on vandals and thieves.

Being that vandalism and theft are illegal, and criminal offenses, one course is to prosecute them in a criminal court. Regardless of whether those who place hangers still have legal rights to the hangers as personal property, or whether the hangers are considered fixed appurtenances to the rock, would determine whether the case would be civil or criminal. (The latter qualifying the hangers as possessions of the entity that owns the property.) Actually effecting prosecution being a matter of logistics.

The second method could be through tort law. That is, if the hangers are construed to be the personal property of whomever installed them, civil action could be brought against those responsible for the damage or theft. No way, you say? Well, consider this: law is dynamic. If containing half of all the lawyers on the planet has proved anything positive about American society, it has proved that as our society evolves and is faced with new challenges, the law quickly reacts. Developing precedent so





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that society may be afforded stability and direction. Today's convictions, tomorrow's law, you might say.

Regarding the Coldshuts: Not wanting to accept too much liability, I'm hesitant to go out on a limb by saying, "don't worry, they're safe." So I won't. What I will state is that I've tested them with a constant force pull in a controlled environment and found that anything under a factor 2 fall should be well within their limits. The bolts are Rawl, grade 5 steel, typically 2-1/4" on face and 3" on steep rock. The coldshuts are 7/16" diameter, blue chromed, cold mild steel. The steel is malleable and stretches like taffy when overloaded (much like the Metolius hangers did when I tested them), rather than just snapping. I find this characteristic preferable as it allows for constant assessment as to how the coldshuts are functioning; i.e., if they begin to show signs of stretching (highly unlikely), then they can be replaced. A form of preventative maintenance, if you will.

*Ed: Jeff sent us a lengthy, in-depth assessment of bolting practices. With tests of various bolts, hangers and methods, and their results. We didn't have space for*

It is rumored, but I shall say that my ears do not take this seriously, that Mssr. T'Kint left Belgium not for love, but for failure to complete a game called "High Jump." Such a game involved eating in progressive steps, the base food of which was a tortilla chip. The progression, after several rounds, was this: one chip, dipped in chocolate, then dipped in beer (Duvel, of course), sprinkled with Golden Virginia tobacco, glazed with clotted honey, and for the coup de main, a dab of Edge shaving gel.

Regretfully, I have had to continue from where T'Kint failed. I am not happy. Perhaps I shall write again and give you the history of the contamination of Europe by cheap, Californian values. As of now, my brain is tired, and I mean only to act as an informant. A serious blow has been dealt to the world climbing community, but as Americans I suspect you have no awareness of this, no?

*With Regards,  
Hercules*

PS: Allez, it is a good name. But it is French, not American. I recommend you rename your magazine, "You, Go!"

*it here, so we will run it next issue.*

**Dear Allez,**

After the recent departure of Belgium's star Arnould T'Kint, I have been chosen to "fill his shoes" as you Americans might say, for the European climbing community. I am not happy. The brain is tired and the stomach fearful.

Apparently, as I have understood from estranged British Peak District climbers, some Californians contaminated Europe with food challenges of some sort during the '93-94 season.

## News

### 8c CLUB

Dale Goddard became the 4th American to climb 8c with his ascent of *Supertweak* (14b) in Logan Canyon, calling it "a significant route." This winter he also made the 2nd ascent of Boone Speed's *F-Dude*, 14a, at the VRG.

Tommy Herbert is also on the verge, with his new route at Jailhouse, which he rates 14a/b.

### HUECO

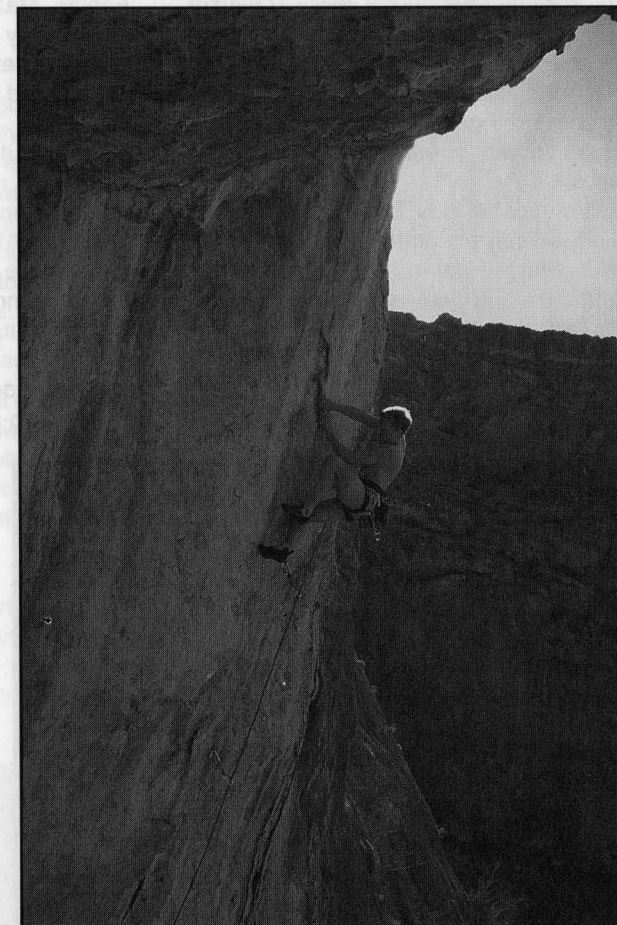
This winter in Hueco Tanks has been one of the most productive ever. Todd Skinner reports, "Things have gone far beyond what even I envisioned a few years ago." Much of this has to do with Swiss climber Fredric Nicole. This winter he established the areas first V13, two V12's, and some V11's. He has also worked out the moves on what will certainly be a V14.

Nicole is not the only one cranking. Hueco now has 22 V10's, more than four times last year's total.

Timmy Fairfield became the first American to flash V10, however the problem has been downgraded to V9+.

### Comps

Fairfield won the year's first national at Colorado Springs, followed by 40 year old Steve Hong. Also of note is Santa Barbaran, now living in Phoenix, Jeff Buhl, who came in 6th. Unlike most national competitors who climb full-time, or at least climb some, Buhl does most of



**Jean-Paul Finné onsighting *Dreamland* (12d).** Photo: Steve Edwards

his training on a Yaniro board.

The results of the women were: You'd better be sitting down, 'cause this is a shocker... ready... Mia, Bobbi, then Shelly.

Also of note is Jeff Brown's attempt at the milk challenge. The challenge, to drink 1 gal. of milk in 1 hr. and hold it down, was made famous when Russ McBride failed in front of a large crowd at the '93 Nationals. Brown attempted the feat *twice* in 3 days and on his second attempt, came within one glass before retching.

### More Europeans in America

Brit Sean Myles has recently moved to



Yosemite full time. This says a lot about the quality of the bouldering there.

Jean-Paul Finn   of Belgium has been shredding the West lately. He came within one move (at the end of *Sissy Traverse*) of on-sighting the Gallery in a day. Then, at the VRG, he on-sighted *Fall of Man*, 13b. Says Dale Goddard, "The amazing thing is, he did it putting the draws on, with absolutely no chalk on the holds."

Finn  , who has on-sighted 13c in Europe, is in the states training for *Just Do It*, 14c. He got on it last year, "...just tagging along with a French guy who wanted to try it." After a little work, he managed the route with one hang, "...and I was totally out-of-shape," he adds. *Just Do It* still lacks an American ascent, but

has been done by Frenchmen Jib   Tribut and Marc Le Menestral.

## EUROPE

Fabian Mazuer was killed in a car accident early this year. Mazuer was only 20 years old and the person most people thought would be the next to dominate the World Cup.

Jib   Tribut put up a new 8c+, called *Malibu*, right next to *Bronx*, also 8c+ at Orgon, in France.

German, Alexander Huber put up a new testpiece in Spain, *La Ramba*, 8c+. After not being able to do the moves on this 120' route last year, he spent the entire off-season training for it, and managed to do it his 3rd week in Spain. He then up-rated his route *Om*, in

Germany, to 9a. This gives *Om* the same rating as *Action Direct* (usually considered the hardest route in the world), and *Bang de Sang*, Fredric Nicole's route in Switzerland. All of these routes are unrepeated.

Nicole also answered Malcolm Smith's' *Leviathan* (reported last issue) with a 60 meter boulder traverse of his own in Switzerland, giving it the same grade, Font 8b+.

Also on the bouldering front is report of a super-powerful new English problem put up by someone we don't know about: not Smith, Moon, or the man of one-arm campus move fame, John Gaskins.

News compiled by S.E.

Jib   Tribut on *Malibu*  
(8c+) Orgon, France.

Photo: Ken Hotaling



# The Endless Pump

## Regional Wrap-Up

### SAN LUIS OBISPO

The Tucker and Steele guide stopped taking info on San Luis in the early 90's, at which time there was a lull in activity. Recently, things have picked up. A few small, local guidebooks are available at Granite Stairway Mountaineering in town. Here's a quick rundown of some as-of-yet unreported routes:

#### Bishop Peak

Near Jam Crack Wall

Midnight Spire: Just in front of Jam

Crack Wall, slightly downhill.

*Full Moon* (5.7) Short, bolted route on NE face. TR's off to each side up to 5.11+. FA: Geoff Herbst & Kenny Craig. February, 95.

Summit Blocks

*Lost Lunch* (5.7) Left start variation to *Lost Biner*. Not new, but unreported.

West Summit Block

*Hangnail* (5.8) South facing crack. Not new, but unreported.

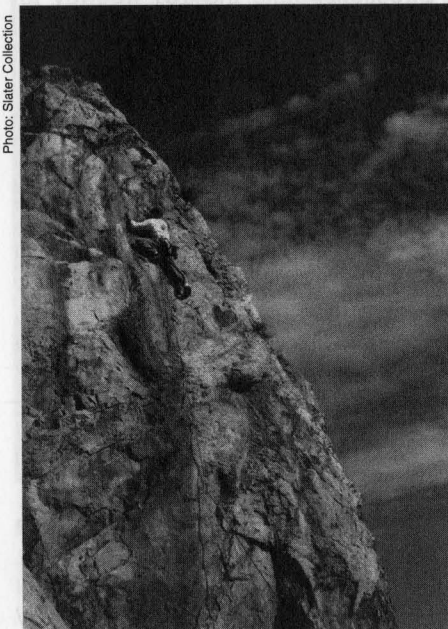
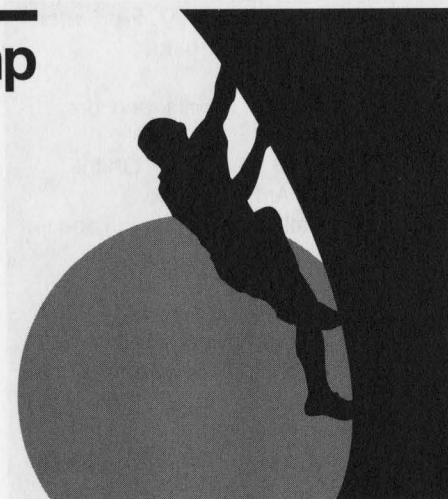


Photo: Slater Collection

Tom Slater on *Black Gold* (5.8).



Artwork: David Potter

Shadow Rock

*Fields of Fire* (5.8)\* Severe right 2nd pitch variation of the original *Desperado/Diamond* which traversed left. One new bolt which straightens out 2nd pitch. New Anchors. FA: Tom Slater & Jeff Gater.

P-Wall

*Route Canal* (5.10a)\*\*\* Classic. Start at an Oak tree, climb straight up past a bolt and some natural placements to the roof of *Hanging Teeth*. Head straight over the roof past 5 bolts. Natural pro belay, 160'. FA: Bob Hutchinson & Tom Slater. July, 94.

Bishop Quarry (To the left of the Sycamore tree)

*Joe and Tom's Route* (5.8 R)\* Originally Joe's route when unfinished. 4-bolts. Anchors. FA: Slater.

*Quarry Roof* (5.11b R) Loose. Can escape right of the roof at 10b. FA: Hutchinson

Middle Wall (Right of the Sycamore tree)

*Secret Journey* (5.8) TR. Starts on left in a thin crack to face, anchors. FA: Slater.

*Omegaman* (5.9)\*\* Start just right of *SJ*. 5 bolts, anchors, 80'. FA: Slater, Gater.

*No Time This Time*, project right of *Omegaman*.

*Sarah's Breakdown* (9+/10a)\* (TR)

Same anchors as NTTTT. FA: Slater.

### Cabarillo Peaks

El Dorado Rock

*Black Gold* (5.8)\*\* 3 bolts, anchors.  
40'. FA: Slater.

*Olas Negras* (5.12) 7 bolts. On the  
east side. FA: Ryan Bello.

Wilderness Wall (Located behind and left  
of Park Ridge Rock)

*Eclipse* (5.7) (TR) On the left.

FA: Slater, solo.

*Tecnu* (5.9+)\*\* (TR) Waterstreak up  
overhanging bulge. FA: Slater, Gater.  
*Totally Tecnu* (11?) Project, goes  
directly up bulge.

*Kryptonite* (5.10c)\* Start at Poison  
Oak. Head straight up to triangle  
shaped roof. FA: Slater.

*Green Groovers* (5.4) Good beginner  
top-rope.

Other peaks are being developed, but  
information will not be released until  
access is worked out. This is a sensitive  
issue in SLO, please respect private  
property and stay out. If we're good, and  
lucky, we'll be rich with new climbs!

— Tom Slater

### SANTA BARBARA

In order to off-set Santa Barbara's  
recent drought conditions, scientists have  
decided to attempt to switch weather  
patterns on a world-wide scale. This

experiment though, has gone horribly  
askew, and SB's weather has been  
switched with the tiny Yucatan country of  
Belize, a hurricane ravaged country  
whose main export is people. So whatever  
you do, don't head in this direction. Our  
main training area, Silly Rock, is currently  
attempting to revert back to it's  
Pleistocene, submarine condition. Our  
latest scout, Jeff Willis came back from the  
Owl Tor asking, "What's that one route  
that doesn't start in the river?" Never  
before has riparian activity been part of  
the Owl Tor experience. The only news to  
report are some new hold on the UCSB  
wall. Whoopi.

### NEWBURY PARK

A couple of small crags have recently  
been developed by local Dave Scott, who  
also helped in the development of the  
Mystery Science Theatre (last issue).

### La Barranca

This bouldering area in Newbury Park  
can provide some brief entertainment if  
you're looking for new rock. The area is in  
a canyon, so the water can be high after a  
heavy rain. Also, be careful of the  
abundant poison oak.

Directions: Take the 101 freeway to  
Ventu Park Rd. in Newbury Park. Head  
north to Hillcrest Dr. Go right on Hillcrest  
and take another immediate right. Park

here in the Medical offices parking lot.  
Walk 200 yards north from the corner of  
Ventu Park and Hillcrest to a dirt road  
going off to the right. Follow this down into  
the canyon past two little waterfalls  
(bouldering here). A big roof will be seen  
straight ahead. One, 2-bolt route, *Red,  
Gold and Green* (5.11b/c) is on this roof  
along with a steep boulder problem, 5.8.  
A few more problems can be found  
downstream.

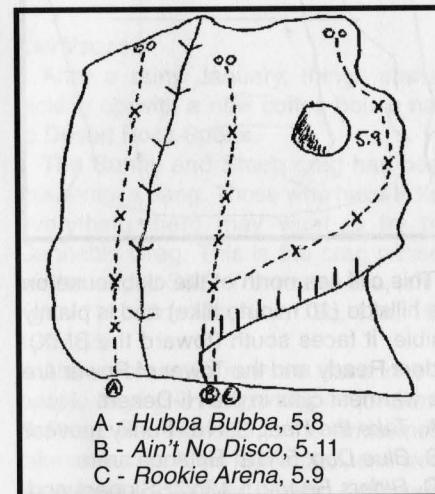
### Edison Trail South

As you're driving from Newbury Park  
down Potrero Road, a formation can be  
seen high on the ridgeline between  
Potrero grade and the Camarillo Mental  
Hospital. 3 routes lie on this formation.

Directions: From Newbury Park, drive  
1.1 miles from the bottom of Potrero  
grade to a little service road that is  
opposite from a house, park here. Those  
coming from Camarillo or Oxnard, drive  
up Potrero 1.5 miles after passing the  
Mental Hospital, park as above.

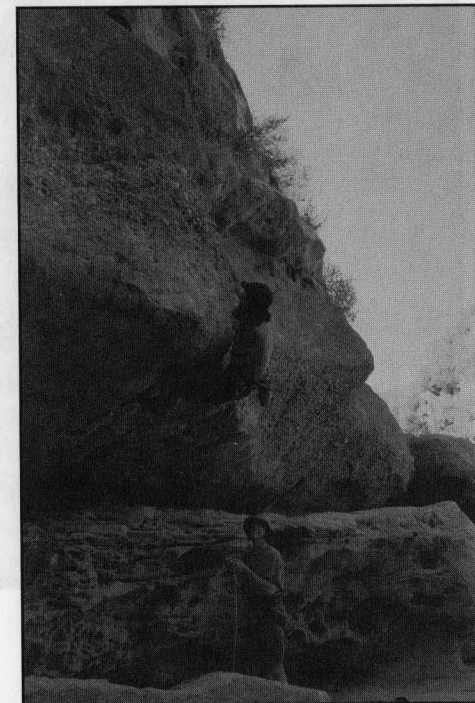
Hike about 100 yards back toward the  
hospital on Potrero until you see a faint  
trail going off right. Follow this, then up  
the ridgeline to the crag.

— Dave Scott



### Malibu

No new route activity, but the floods  
lowered the level of the base of the Apes  
Wall. Many new bouldering possibilities  
are reported.



Dave Scott on *Red, Gold and Green* (11b/c).

### Williamson

The road, at least before this latest  
storm, has been open from La Canada  
and climbing conditions are good on  
some walls. Expect a lot of snow. For  
example, the Mushroom boulder is nearly  
covered.

### Hi-Desert

This has been the place to be this  
winter. With an ever increasing number of  
routes and nearly unlimited bouldering,  
it's likely to remain so for winters to come.  
Arnould T'Kint on-sighted the *SST* (13a),  
the area's hardest route. A hold then  
broke, reportedly making it harder, so  
T'Kint promptly did it again, saying, "it's  
now hard 13a." As usual, Jack Marshall  
and Sam Owings have been busy adding  
many new routes in The Cemetery. The  
wall with *Simple Things* now has a 10d on  
the left hand side and a 12a next to *ST*.

Troy Mayr, along with Marshall, Kelly  
Penix and Tony Sweeny then developed  
three new crags adjacent to the Cemetery,  
Circus Rock, the Tower of Power and the



Photo: Steve Edwards

The Owl Tor pre monsoon.



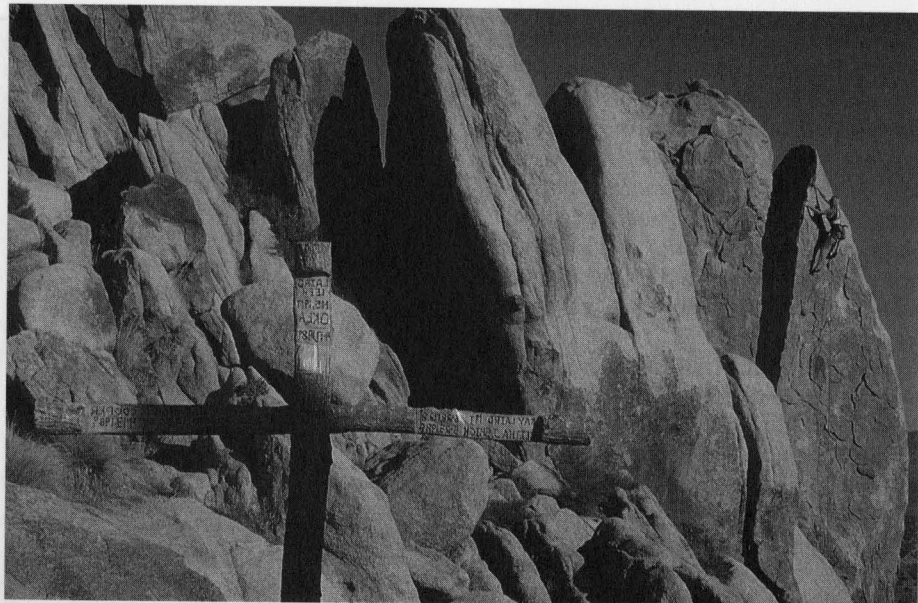


Photo: Charles Cole

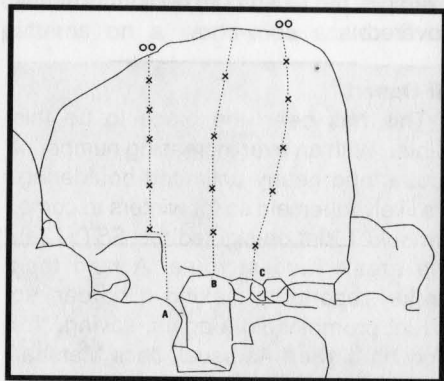
Nancy Pritchard in the Hi-Desert.

Riders Ready Wall (see map p.34). These areas contain many 5.12's and perhaps a 13, *Original Sin*, Mayr's unrepeatable route.

Charles Cole, owner of 5.10, has also been busy somewhere in the vicinity, at a new crag called Margaritaville.

Marshall, who's been scarce around the Cemetery lately, reportedly has a new area with over a dozen 5.12's to date. More on this next fall...

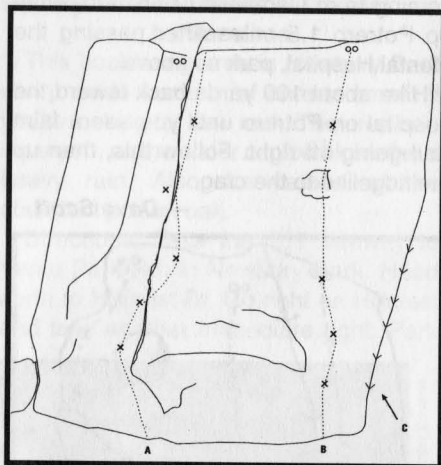
### Circus Rock



This crag is the obvious, large boulder formation northeast of the BMX track at the base of the hillside; topo above.

- A. *Ring Master*, 5.12c\*\*\* Powerful.
- B. *Circus*, 5.10c\*\*\* Classic, steep jugs.
- C. *High Wire*, 5.12a\* Bouldery.

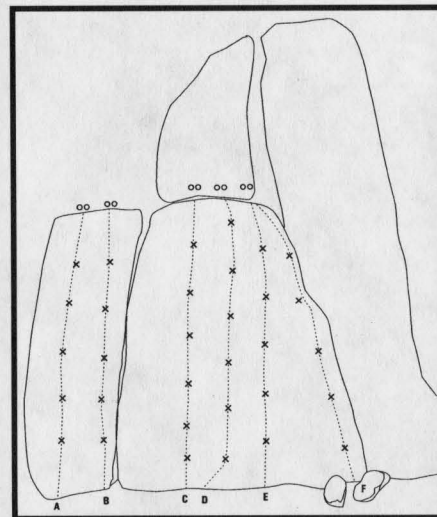
### Riders Ready



This cliff lies north of the clubhouse on the hillside (10 minute hike) and is plainly visible, it faces south (toward the BMX). Riders Ready and the Tower of Power are the warmest cliffs in the Hi-Desert.

- A. *Take the Heat*, 5.11d\* Funky moves.
- B. *Blue Dog*, 5.11a\* Balance arete.
- C. *Riders Ready*, 5.12b\*\*\* Slopers and small edges on perfect rock.
- D. *Burning Skin*, 5.12c\*\*\* Long spans between killer edges.
- E. *Impact Zone*, 5.12a/b\* Big move to sidepulls and edges.
- F. *Watch the Gate*, 5.10c\* Footwork.

### The Tower Of Power



This steep formation is west of Riders Ready Wall and north of the clubhouse.

- A. *Power Play*, 5.12c/d\*\* Pinch backstep to edges then pull.
- B. *Original Sin*, 5.13a\*\*\* Big moves, crossovers, slopers, bouldery.
- C. *Running Amok*, 5.11b Warm-up if you need to.

— Troy Mayr

### LAS VEGAS

After a rainy January, things started picking up with a new coffee house next to Desert Rock Sports.

The Sunny and Steep crag has been this winter's hang. Those who have ticked everything there may want to try the Cannabis Crag. This is the crag passed on the way to S&S. The routes are, left to right: 11c, 12d, 12d, 11d, 12a, 12a, 12c, 12b, 12b.

Also, access is now an issue due to people bivying in the parking lot for Sunny & Steep. Be respectful to the landowners, take extra care to be low-impact, and sleep elsewhere. Having parking privileges revoked would be disastrous, resulting in an hour plus walk.

In the Stratocaster area, Dan McQuade put up *Purple Haze*, 12d. A "totally classic" arete to the right of *Beyond Reason*.

At the Gallery, Will Gove added a 12b

that crosses *Yak Crack* and is also working on some more routes above the Wall of Confusion.

Near the Urban Crag, John Heiman established the hardest route on Lone Mountain, *Scorpio*, 12c/d. It's located on the far left side on a new wall, with good route potential.

### SAN DIEGO

Andy Murtomaki reports some access problems at Otay. Recent crowds have caused some problems with the nearby prison. Prison officials have actually arrested some climbers who have driven onto prison property. Murtomaki has since talked with authorities and smoothed things out. There should be no more problems as long as everyone follows the directions to the crag. Don't explore near the prison.

On a more positive note: new rock has been found — a lot of rock. San Diego's obscurity is a thing of the past. We can't yet tell you where it is, but stay tuned.

Information compiled by *Stainless*.

Andy Murtomaki somewhere near San Diego.

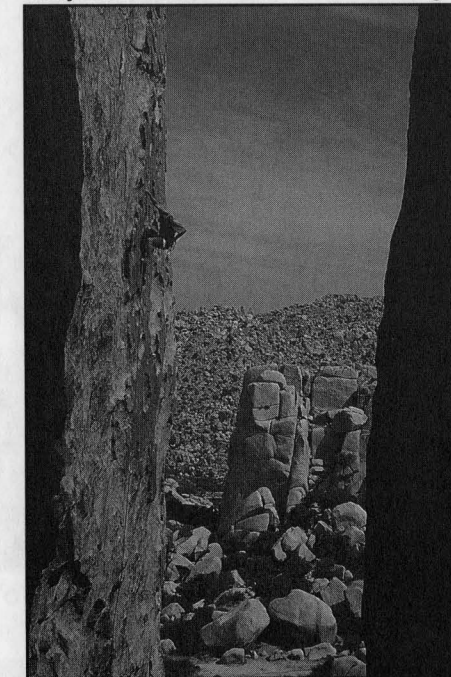


Photo: Steve Edwards





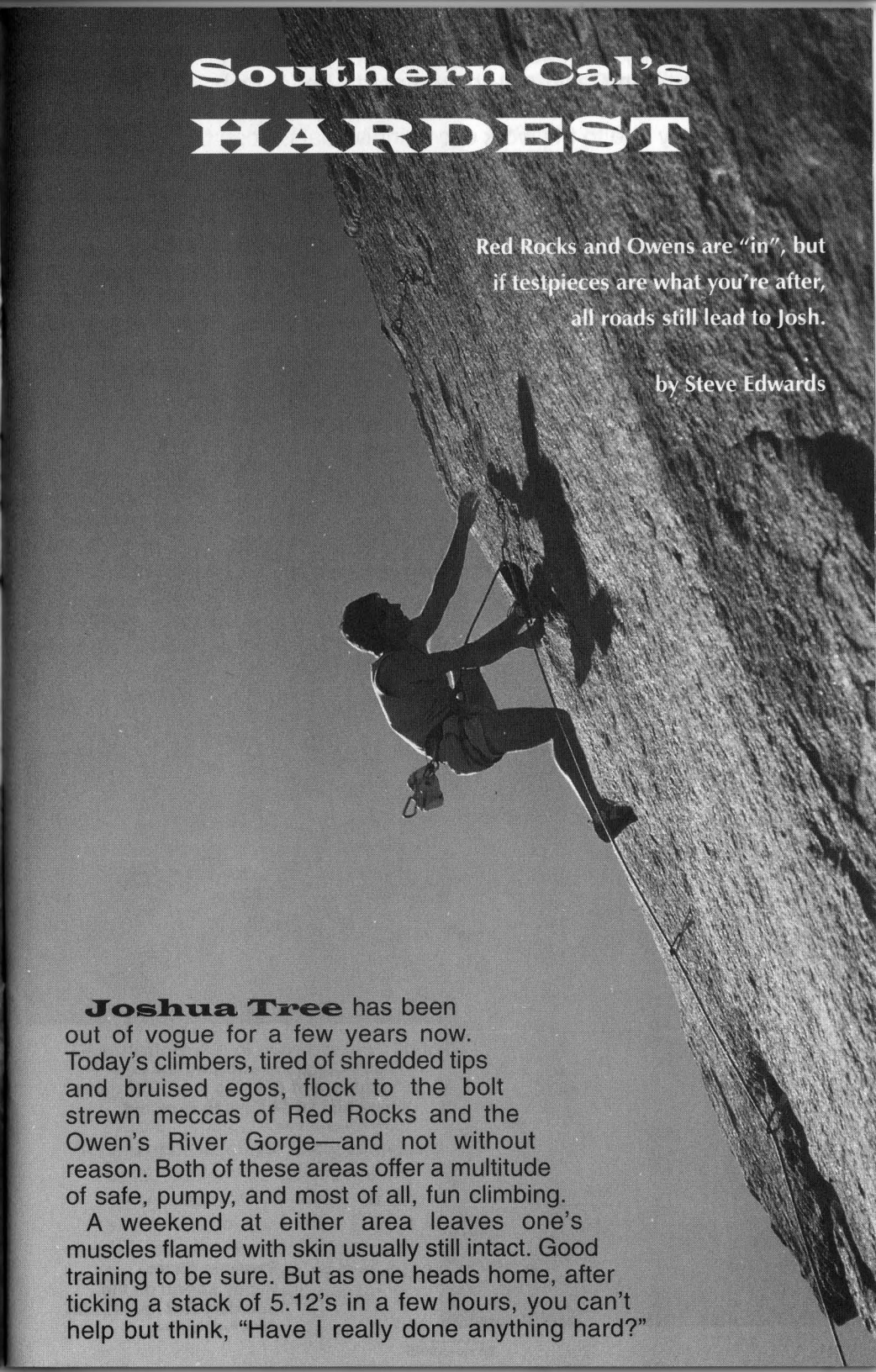
boreal

# Southern Cal's HARDEST

Red Rocks and Owens are "in", but  
if testpieces are what you're after,  
all roads still lead to Josh.

by Steve Edwards

FREE YOUR MIND  
AND YOUR ASS WILL FOLLOW.



**Joshua Tree** has been  
out of vogue for a few years now.  
Today's climbers, tired of shredded tips  
and bruised egos, flock to the bolt  
strewn meccas of Red Rocks and the  
Owen's River Gorge—and not without  
reason. Both of these areas offer a multitude  
of safe, pumpy, and most of all, fun climbing.

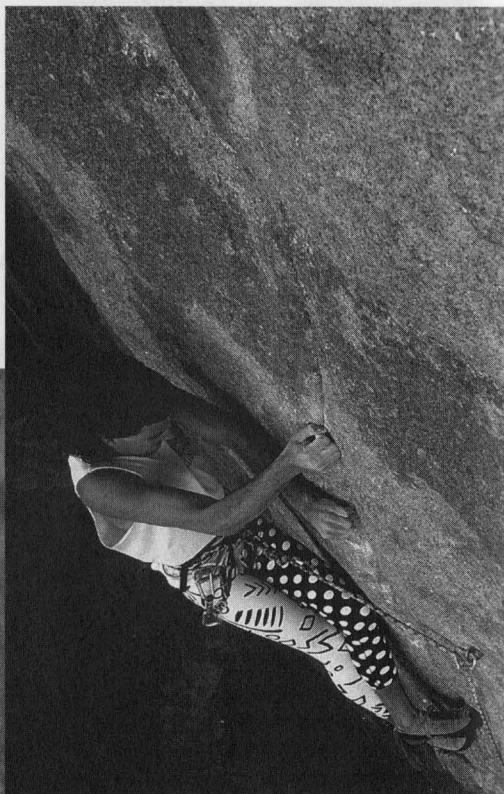
A weekend at either area leaves one's  
muscles flamed with skin usually still intact. Good  
training to be sure. But as one heads home, after  
ticking a stack of 5.12's in a few hours, you can't  
help but think, "Have I really done anything hard?"



Not likely, not by Josh standards anyway. A rundown of the hardest routes in Southern California show most to be in Josh, even though most of So Cal's elite have favored other areas in recent years.

This is mainly due to the work of two individuals, Scott Cosgrove and Randy Leavitt. Leavitt spent most of the 80's establishing testpieces in Josh, often spending a whole season on one 50' line. The fact that most of his routes have not been repeated is testament to his vision. Cosgrove, on the other hand, has stayed throughout the exodus. Upping the ante through the 90's, three of the area's four hardest routes are his, including *Integrity* (14a), So Cal's ultimate test.

Sure, there is always talk of new areas: Nevada's limestone, Santa Barbara's steep choss, new 5.14's near Malibu. But that's the future. For now, the road of the hardman leads to Josh. Like John Mireles says, "Routes there take technique and real finger power. You're not just trying to pull on jugs. When you've done a hard route in Josh, you feel as though you've done something significant."

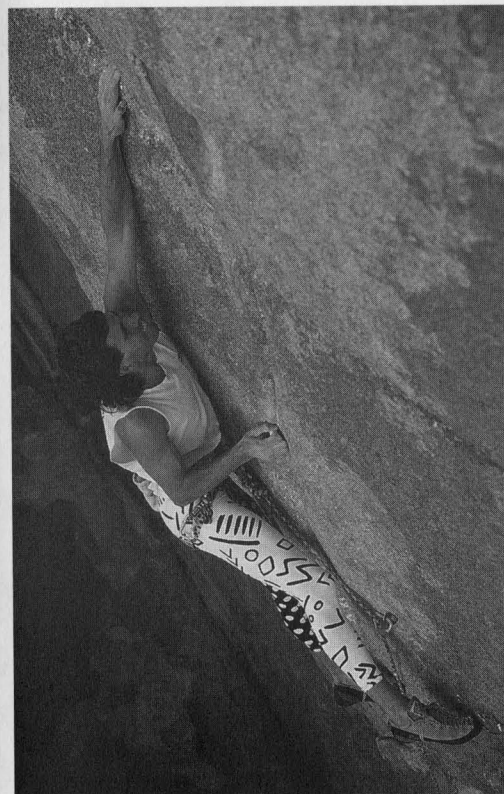


Scott Cosgrove showing the crux sequence of *G-String* (14a). The move took him 10-14 days to work out.

Photo: Greg Epperson

**Previous Page:**  
Randy Leavitt on the bouldery *Hot Pants* (13c)

Photo: Rudy Hofmeister



## THE TOP TEN

### **INTEGRITY — 14a**

**Location:** Joshua Tree

**FA:** Scott Cosgrove, 1994

**Repeats:** Maybe Marc Le Menestral?

**Length:** 80 - 100' of climbing

**Crux:** Flaring hand-jam lieback at 60'

**Energy System:** Power-end./Endurance

**Realization Time:** "It took me forever. At least 20-25 days. It took 4-5 days to do the crux move."

**Description:** 60' of overhanging 13b to the crux. Then 20° overhanging the rest of the way, with three more 5.12 cruxes.

**Comments:** Cosgrove, "More interesting to the modern climber than some of my routes. I'd be happy to show anyone any of my routes. I'd love to see people do them." Rumored to have been confirmed by Frenchman Marc Le Menestral this winter.

### **G-STRING — 14a**

**Location:** Joshua Tree

**FA:** Scott Cosgrove, 1991

**Repeats:** None

**Length:** 80'

**Crux:** "Tweaky, tiny little holds to a 3 finger sloper. Way harder than *Midnight Lightning*."

**Energy System:** Power-endurance

**Realization Time:** Not sure exactly.

14 days just to do the moves.

**Description:** 10-15° overhanging. 13a to a 6-7 foot crux section (V10).

**Comments:** Cosgrove, "Originally rated 13d, I really think it's 14a." Brit Sean Myles, "...bloody fuckin' hard."

### **LA MACHINE — 13d**

**Location:** Joshua Tree, Ivory Tower

**FA:** Randy Leavitt, 1988

**Repeats:** None

**Length:** 30'

**Crux:** 3' pull off a sidepull at 45 degrees

**Energy System:** Power

**Realization Time:** 22 days

**Description:** From the 2nd bolt, 10-12 hand movements on small crimps and sidepulls, with the hardest move near the end. Hard 4th clip. No need for a chalk bag since letting go is nearly impossible.

**Comments:** Leavitt, "I rated it 13d in '88 because I didn't feel qualified to rate it harder. Now that I've climbed 5.14, I would say it could be that hard. If someone wants to upgrade it, that's o.k. with me. It's so hard that I'm not sure I would want to repeat it."

Attempts from many strong climbers have at least confirmed the grade. Todd Skinner spent about 10 days on it without success.

### **NEW DEAL — 13c/d**

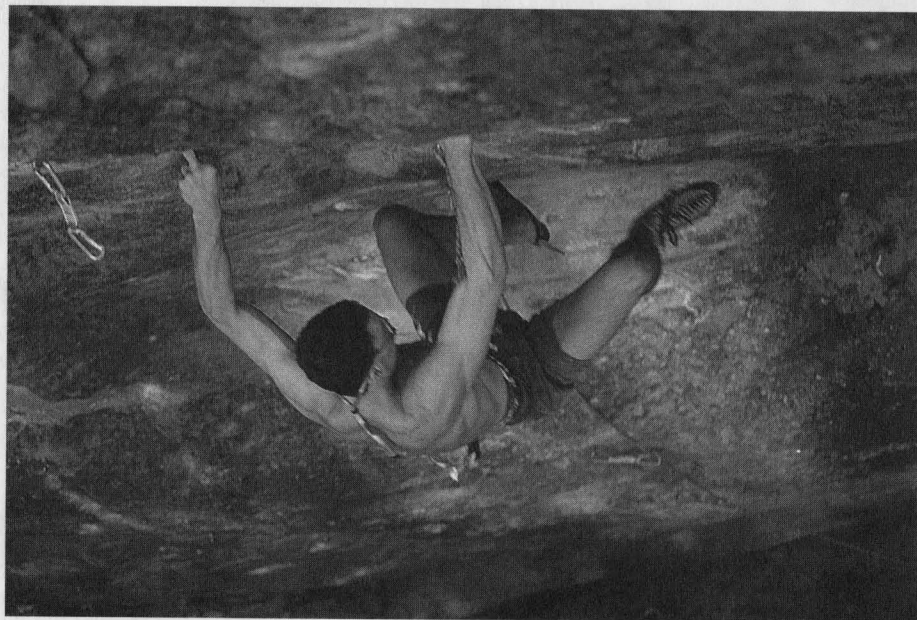
**Location:** Joshua Tree

**FA:** Scott Cosgrove, 1988

**Repeats:** None

**Length:** 80'

**Crux:** Long pull off thin holds after the 7th bolt, at 60' up.



Phil Requist on *Better Than Life* (13c) at the Owl Tor, Silly Rock.

Photo: Steve Edwards

### **HOT PANTS — 13c**

**Location:** Joshua Tree

**FA:** Randy Leavitt, 1989

**Repeats:** None

**Crux:** Requires intricate body positioning and powerful, long reaches.

**Energy System:** Power

**Realization Time:** 15 days

**Description:** Long reaches, good holds, super steep. Three hard sections connected by some 5.10 moves.

**Comments:** Leavitt, "Weird dynos, underclings and foot tricks. Technical and powerful, the kind of route many people can't figure out the moves on."

### **PSYCHO — 13c**

**Location:** Owens River Gorge

**FA:** Louie Anderson

**Repeats:** None

**Length:** 40'

**Crux:** 25' of stemming up a 170 degree corner using subtle hand and foot smears and wide pinches.

**Energy system:**

Endurance, nerves, brain?

**Realization Time:**

**Description:** Start up an 85-90 degree dihedral on some good pockets

before encountering the crux. Finishes with 10' of 5.11.

**Comments:** Anderson, "I originally rated this 13a/b, but looking back and comparing it several other routes I have been on... like *Shocker*... it is probably more realistic at 13c."

### **HONORABLE MENTION**

*Rubber Boa* (13d) and *Viper* (13c): Both by Randy Leavitt at the Snake Pit in Josh. Since the area was vandalized, it is not known what shape these routes are in today. This was one of the premiere walls in So Cal until some "environmentalist," upset with glue re-enforced holds, smashed up the rock walls, then set fire to the area.

*Stingray* (13d): Steep Josh crack, led by Hidetaka Suzuki. Some doubt about it's grade has surfaced since Paul Parker nearly flashed it on top-rope.

*Chain of Addiction* and *Ocean of Doubt* (both 13c): Leavitt's Ivory Tower routes may have seen ascents from Rudy Hofmeister and Tom Gilje. "Classic," according to Leavitt. Both routes were put up in August when reportedly, if the lows get down to 50 degrees in 29 Palms, the

Tower is in condition.

*Rastafarian* and *The Cutting Edge* (both 13b/c): Two Cosgrove routes that are reportedly very bouldery and difficult. Both lack second ascents.

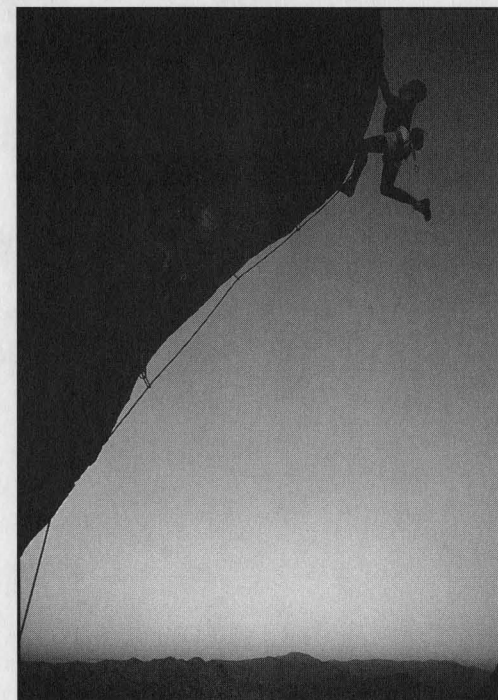
*Shocker* (13b/c): Formally 13c, this Owens testpiece has had numerous ascents.

*Vicious Spore* (13b/c): Louie Anderson ticked this as last season closed at Williamson. Likely to be tested a lot this year.

*Factor 1* (13b/c): Cosgrove's favorite route, situated right next to his most popular, *Father Figure*.

Randy Leavitt on *La Machine* (13d).

Photo: Leavitt Collection



## **ROUTES BY AREA**

### Southern Sierra

*Pyromania*, 13b (Needles)

*Parasite*, 13a (Needles)

*Holy Power*, 13a (Kern Limestone)

*The Avenger*, 13a/b (Needles)

### Owens & Hi-Desert

*Psycho*, 13c (Owens)\*

*Shocker*, 13b/c (Owens)

*Conquistadors Without Swords*, 13a/b (Owens)

*SST*, 13a (Hi-Desert)

*Desire*, 13a (Owens)

*Roadkill*, 13a (Owens)

*Hocus Pocus*, 13a (Owens)

*Original Sin*, 13a (Hi-Desert)

### Central Coast

*Better Than Life*, 13c (Silly Rock)\*

*Chip's Ahoy*, 13a/b (Silly Rock)

*Direct Trojan War* (TR), 13a/b (Painted Cave)\*

*Wild Kingdom*, 13a (Silly Rock)\*

*Stealing Fire*, 13a (Green Dome)\*

### Los Angeles

*Maximum Ghetto*, 13c (Malibu)\*

*Vicious Spore*, 13b/c (Williamson)\*

*Fungus*, 13b (Williamson)\*

*Brachiation Dance*, 13b (Texas Cyn.)\*

*Direct Wicked Garden*, 13a/b (Williamson)

*Sickness*, 13a (Williamson)

### Joshua Tree

*Integrity*, 14a

*G-String*, 14a\*

*La Machine*, 13d\*

*Rubber Boa*, 13d\*

*Stingray*, 13d\*

*New Deal*, 13c/d\*

*Hydra*, 13c\*

*Viper*, 13c\*

*Hot Pants*, 13c\*

*New World Order*, 13c\*

*Chain of Addiction*, 13c

*Ocean of Doubt*, 13c

*Rastafarian*, 13b/c\*

*The Cutting Edge*, 13b/c\*

*Factor 1*, 13b/c\*

### South Coast

*Someone You're Not*, 13a (Suicide)\*

*Don't Rock the Boat*, 13a (Woodson)

*Hades*, 13a (Suicide)

*Laker Girls*, 13a (Woodson)

*Bolts to Somewhere*, 13a (Suicide)

\* Denotes no 2nd ascent.



**Energy System:** Endurance

**Realization Time:** 14 days

**Description:** Slightly overhanging. Very technical, sustained, endurance climbing.

**Comments:** Cosgrove, "Neither Thomas Hunsacker (Swiss) or Doug Englekirk did the moves." Troy Mayr, "I'm not saying its not 13d, I was only on it once. But it didn't seem that hard, especially if you're tall."

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#### **HYDRA — 13c**

**Location:** Joshua Tree, Superdome

**FA:** Randy Leavitt, 1990

**Repeats:** None

**Length:** 55-60'

**Crux:** "Sidepulls, underclings, funky Josh stuff."

**Energy System:** Power-endurance

**Realization Time:** 13 days

**Description:** "Totally bitch'n. Like a modern limestone route. A 40' approach of 12+ to a big jug, where you can shake, but not totally recover. Followed by the crux, a series of dynos out a roof."

**Comments:** Leavitt, "Really, really good. Great area, great warm-ups. Good on the coldest day of the year. The best route I've done in Josh." Cosgrove, "It looks totally beautiful." Mayr, "Really great route."

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#### **BETTER THAN LIFE — 13c**

**Location:** Silly Rock, Owl Tor

**FA:** Phil Requist, 1994

**Repeats:** None

**Length:** 50-55'

**Crux:** 3' cross-pull off a gaston at about 40 degrees overhung. Debatable.

**Energy System:** Power-endurance

**Realization Time:** 25 climbing days over 7 months.

**Description:** From mono-pulls to huge dynos, the route just keeps coming at you. Likened to *Chouca* at Buoux. 38 hand movements without a decent shake or an easy move.

**Comments:** Gaining a reputation. Wills Young thought the first 3 bolts alone were 13a/b. Hans Florine lost a bet to

repeat the route over 4 months. On redpoint, Requist had to skip clips to save time and nearly took a huge fall at the anchors.

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#### **MAXIMUM GHETTO — 13c**

**Location:** Malibu Creek State Park

**FA:** John Mireles at 13a,

Wills Young at 13c

**Repeats:** None

**Length:** 40'

**Crux:** Debatable, but something involving a small pocket.

**Energy system:** Power-endurance

**Realization time:** 2 days, 4 tries; but with previous knowledge of the route.

**Description:** Steep, thin pocket pulling. Very sustained. The move that got harder is right off the deck but most people think the crux is pulling onto the slab at the end.

**Comments:** Young, "Extremely sustained. Every movement must be precise." A fast ascent doesn't mean it isn't hard. Young has on-sighted every 13a at Owens and climbed 13c in the U.S. and England.

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#### **NEW WORLD ORDER — 13c**

**Location:** Joshua Tree, Geology Tour Rd.

**FA:** John Mireles, 1992

**Repeats:** None

**Length:** 40'

**Crux:** Long dyno to clipping jug.

**Energy system:** Power-endurance

**Realization time:** Not known exactly, but the crux move took 3-4 days.

**Description:** First 4 bolts are a series of deadpoints on good holds with bad feet, requiring a lot of finger power. Next is the technical crux, a long pull off thin holds. A marginal shake is followed by some long pulls on positive holds, which leads to the final dyno at the route's steepest point.

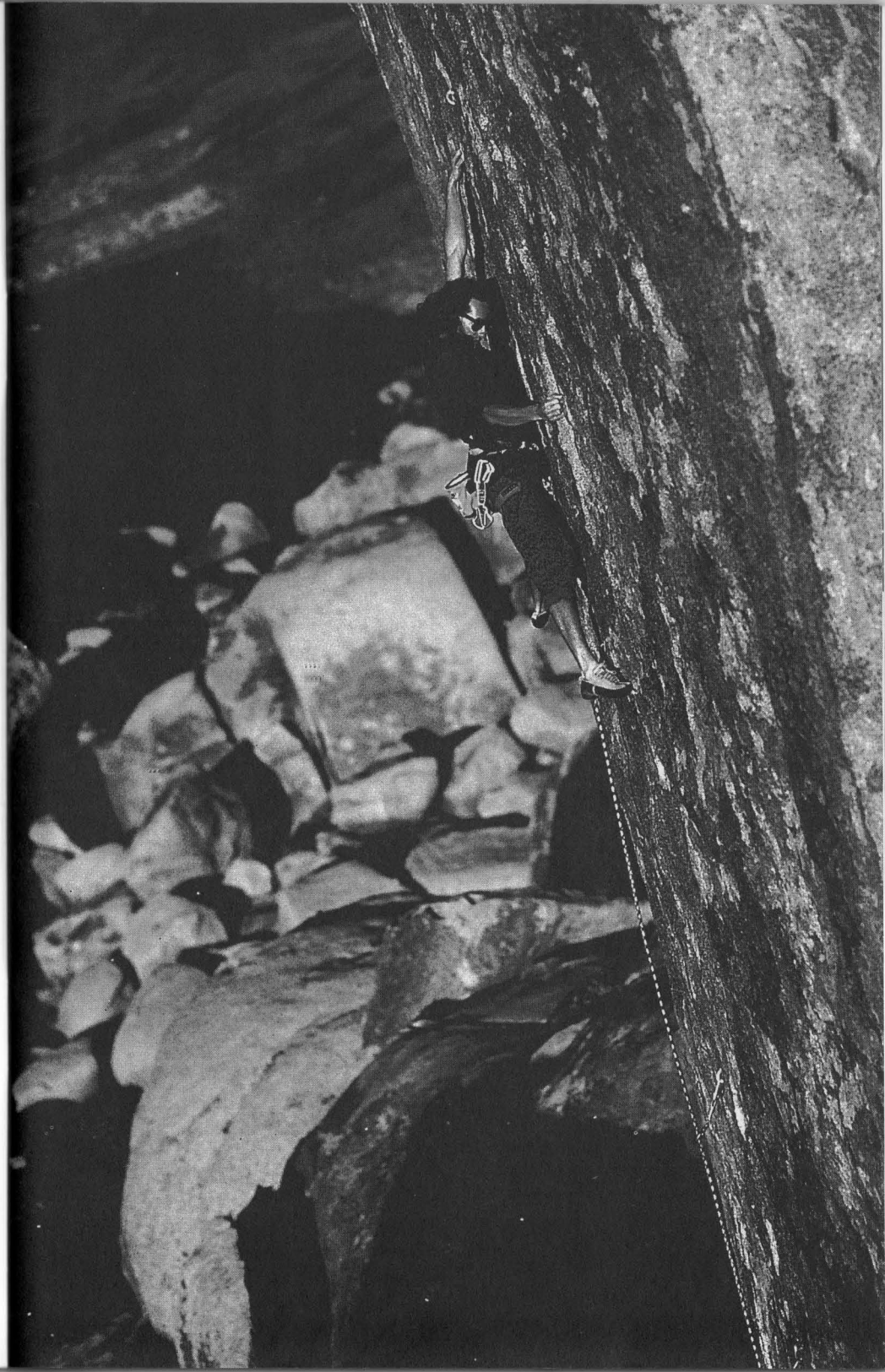
**Comments:** Mireles, "Super, super classic. Far and away the best route I've done in Joshua Tree... I feel it's harder than *Maximum Ghetto*."

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**Opposite Page:**

**John Mireles on New World Order (13c).**

Photo: Greg Epperson





# Lynn Hill



by Binky Greene

If you are interested in who Lynn is dating, or if she believes white slacks are appropriate after November 1, you're going to have to look elsewhere. Likewise, if you want to hear more details about her free-ascents of the Nose, make sure you climb out of that hole you've been hiding in and look at some past issues of *Rock and Ice*, or *Climbing*. It's been covered. Though her achievements cannot receive enough praise, I didn't go through the hassles of arranging an interview with her to extol past feats. I wanted to know how and why she is the great climber we know today.

Part of the answer to this was found in her slide show. It showed her entrance into climbing, up to her last ascent of the Nose. If you didn't see it, don't worry, you won't. By now she's back in France, doing that perfect, overhanging limestone thing and finishing her book, *The Spirit of Freeclimbing*. You see, that's her game. Not just French limestone and writing, but a life that Lynn has built around climbing, created to make her own existence more fulfilling.

Lynn (looking at the first issue of *Allez*): I like this quote, "The aim of art is to project an inner vision into the world, to state in aesthetic creation the deepest psychic and personal experiences of a human being." Good!

**Let me start with training. Do you have a scientific training program?**

I would say not very scientific, and I've become even less so. I've learned, through organized sports, the basics of training. In the past few years I've become less interested in the physical aspects of training and more so in the psychological aspects, though I think it's important to be conscious of how you're training (your body). *The Nose*, for example, just happened to be an extension of searching in my own life to improve. It encouraged me to approach training in a certain way. I geared my attention and thinking towards that goal. It wasn't like I laid out a scientific training program to follow. My lifestyle and training change according to the goals I choose.

**You've talked about learning a lot about power from Wolfgang [Gullich].**

I've learned from a lot of different people, and all of my experiences have taught me something. I think if your goal is to learn more about training, that's the

first step. You have to be aware, and I think that you can teach yourself a lot by being aware of how your own body responds to different kinds of training stress. Over the past twenty years, I've gotten better at recognizing my strengths and weaknesses and how to go about training.

**What about moving to France? Can you relate your move with a particular attitude that is prevalent in Europe, but absent in America? Or articulate the advantages of living in Europe?**

I was fascinated by the opportunity of living in a foreign country. I like France because I've had a lot of positive experiences climbing there. I consider myself a resident of both the U.S. and France though, because I spend a lot of time traveling here. I like the convenience of going to many different climbing areas that are a relatively short distance away. I like change, I like diversity and I found that living in France is more suitable to my lifestyle. I also like the social attitude of the governmental programs and rapport among the people. France has a climbing federation and climbing walls (as well as social, health and unemployment programs) supported by the state.

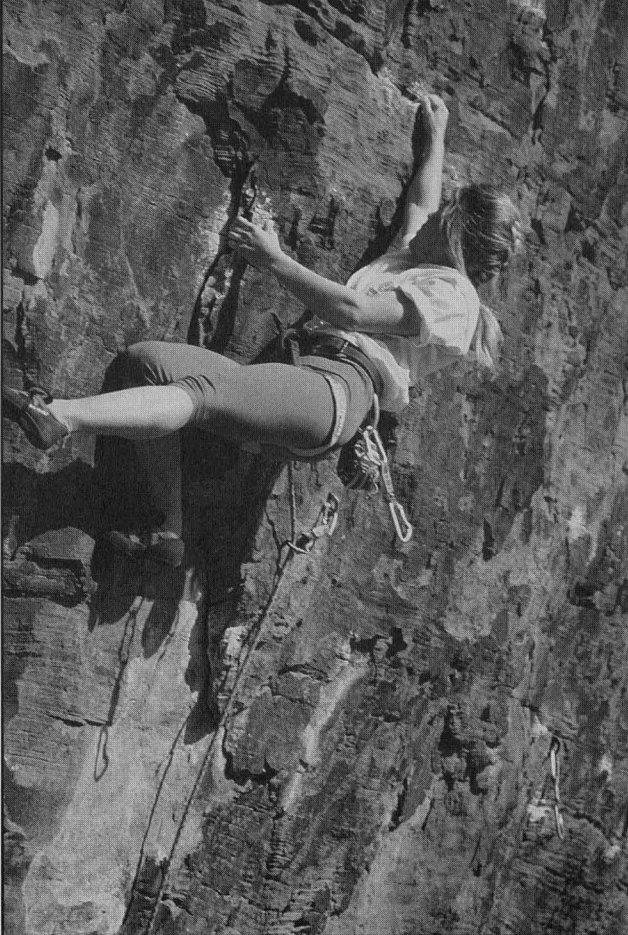
**What's next for you in terms of challenges?**

I want to do a long, challenging sport climb. Something like *Just Do It*, for example. I don't know if I will do that climb

**Opposite Page:**  
Lynn Hill at the City of Rocks, Idaho.

Photo: Greg Epperson





Lynn onsighting *The Gift* (12d) at Red Rocks. Photo: Steve Edwards

in particular, but something long that requires strength, endurance and technical skills. Usually I peak in my physical ability in late summer or fall, so now I'll get back into my foundation (phase) and head in that direction. I'd also like to try a little bit of ice climbing. I just want to try it so I can expand into another area that I'd been hesitant to develop, being so preoccupied by free-climbing.

**It seems like there is a smaller influx of visible women on the international climbing scene than men. Obviously women are physically well suited to climbing, so why do you think this is?**

I think that there are more women getting into climbing, for sure. On the elite level, there are less visible women because they are already starting from a

smaller base. More men climb than women, so naturally there will be less representation. It's probably exaggerated to a certain extent because it's not easy to combine all of the factors to reach that elite level. A lot of women might enjoy climbing because it is suited to women. You need to be flexible, graceful and possess the psychological aspects that are inherent in people in general, it doesn't matter which sex. But women happen to be better on the first day because of these factors that are more elementary and basic, especially in the beginning. I think that the more women realize that, and the more that people talk about it, and if it is presented in this way, there will be less stereotypic associations with the idea of climbing being a male dominated, male sport.

Women will find that they enjoy it, it makes them feel good and they will learn about confidence and themselves as a result of climbing. But at the elite level, I think it is common to see male professional climbers. It is still kind of an exception to see women train and dedicate themselves to sport climbing. There are many reasons for this, relating to both the structure of women in society as well as more direct, practical issues linked with the fundamental nature of women in general. It is also extreme to train and follow the World Cup, it is a very special lifestyle. It's not something that is easy to follow for anyone, male or female.

**Do you think that you will compete again?\***

No, I don't think so. I go to events

sometimes and people ask me to climb, to demonstrate and I don't mind doing that. I like doing that. I don't really want to gear towards competition because I don't like doing things half-way. To be a competitor would require too much time and energy for this one purpose and I prefer to move onto other things in life. To go there and be serious, I would have to spend an awful lot of time training—more and more these days. I'm just not interested in spending that much time training anymore, I want to do other things.

**You're going to hurt Phil's feelings.**


Well, you know, that's just for me.

**Do you think that Southern California can produce world class climbers based in So Cal?**

Why not? I'm from southern California and I was weaned on climbing there, though I don't think that if I had stayed in southern California I would have the diversity and skills that I have today. Part of my success in climbing had to do with moving on, changing and going to different places. But if you want to be a World Cup climber, you need to spend perhaps more time climbing on an artificial wall. In fact, I would say that climbing on rock is a disadvantage, at least for me. I found that I would run out of time (in competitions). So, why not be based in southern California, with your wall, and your friends, and your favorite restaurants? But if you want to do well in the World Cups, you have to be there and stay there. You can't go back and forth, it's just too long of a trip.

**What advice would you give to those climbers that are not as physically gifted as you are who want to improve greatly?**


Say you have average ability, you start out with nothing special, and you want to climb harder routes, or at the elite level. This means that you have to invest energy in one form or another. How you think about climbing, which I think is a kind of talent you can't measure physically, is a definite factor. If you want to go from average to elite, you have to make a change on all levels. Your training has to be augmented, but the kind of training, the attention to your training is equally important. To go out and do ten more pull-ups each time is not going to help you become a better climber. But if you have a certain body




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awareness and approach while you're doing those ten pull-ups that can apply when you're on the rock, then you're training effectively. Every aspect, also, has to be motivated for the right reasons because you have to believe in it. If you think, "O.K., I just want to be an elite climber because I want to show off in front of my boyfriend or girlfriend," or, "I just want to be recognized and adored." That's an egotistical reason that doesn't have much to do with the act of climbing. Therefore it's secondary, and it's apart from your climbing. The way you're going to make it from average to elite is incorporating your reason into your being. Secondary reasons are not going to translate into your climbing and training.

#### Do you like climbing magazines?

Um-huh. [Affirmative]

#### Do you like reading them from cover-to-cover?

Uh...no. Never have. Even when I first started climbing, I was not curious about them because I was more interested in going climbing. I wasn't like one of those

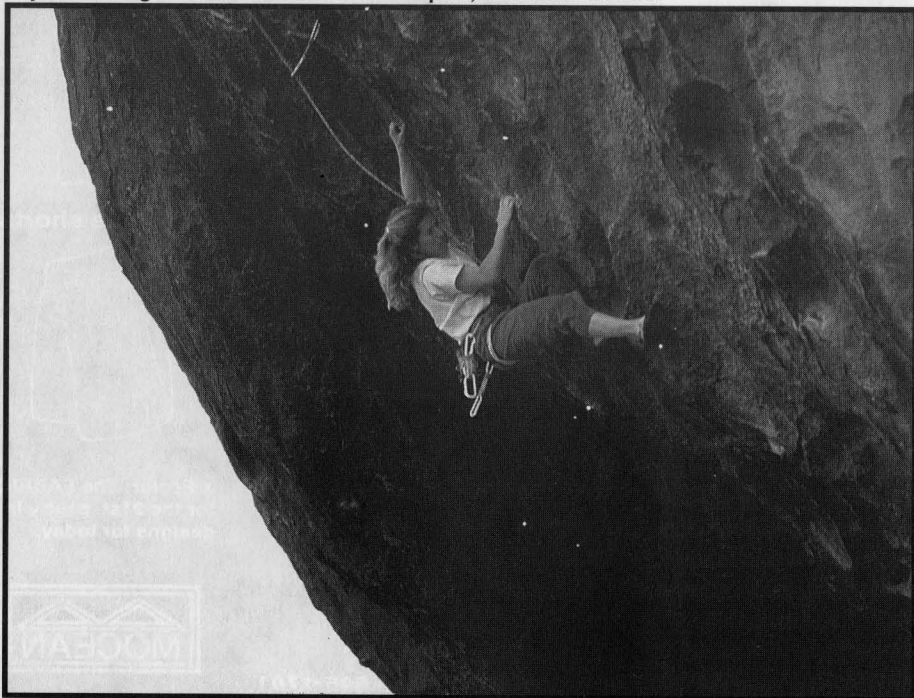
people who takes the guidebook and checks things off. I don't remember the names of the climbs that I've done. I'm just not oriented towards journals, guidebooks or magazines. But I'm more interested now. I'm more interested in the complete story of things, whereas before I just focused on my own experience.

*Allez would like to thank Allison Levy, owner of Aspiring Heights for arranging this interview and letting me sit in her kitchen without knowing whether or not I'd clean up after myself. We would also like to thank Lynn, of course, for her time and effort in answering all of these questions. It seems reasonable to assume that she has been through all of this on multiple occasions.*

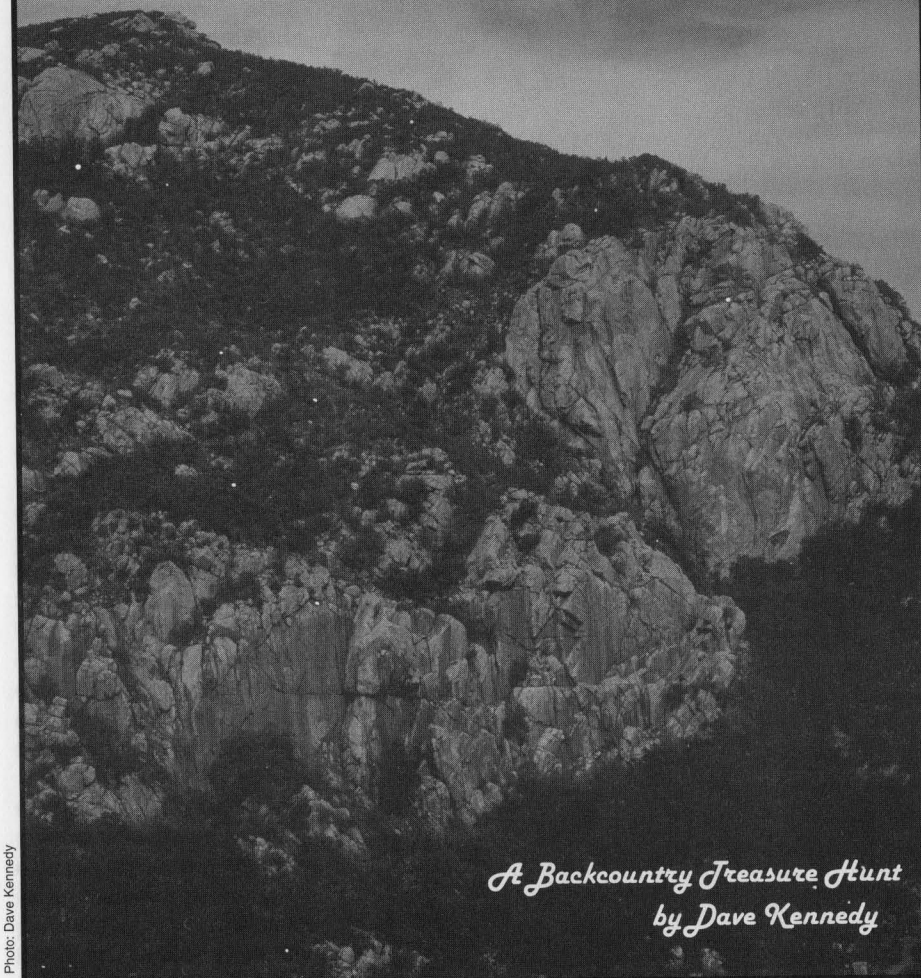
\*Janet Wells, a Bay Area climber and reporter for the San Jose Mercury, was asking Lynn some questions as well. Janet was very nice, but she kept looking in my pockets because she said I smelled like Muenster cheese.

Lynn training on a 5.13 at Giant Rock Airport, near Joshua Tree.

Photo: Steve Edwards



## Pow! Way Cool



*A Backcountry Treasure Hunt  
by Dave Kennedy*

Photo: Dave Kennedy

For the climber who finds himself stranded in the vast concrete jungle that San Diego county has become, the options for lead climbing can seem quite limited.

Travel is the most obvious solution; Josh, Idyllwild, and the newer sport crags are all less than three hours away. A half-day drive will get you up to the Sierra Nevada, the finest mountain range a rock climber could ask for. But if your training regimen has not exactly honed you for the second ascent of *Just Glue It*, or if Mt. Woodson and the gyms aren't cutting it at home, you can always go and find a new crag. After all, everyone knows rural San Diego is rife with outcrops and pinnacles just waiting for discovery, right?



Not exactly. True, there is some rock scattered around the extensive backcountry, most of it well-guarded by thick, insidious brush or, worse, by private property rights. Eminent domain was not created for climbers, and years of searching the slopes of Woodson and other familiar areas had yielded little fruit for my efforts. The term "Kennedy Crag"

up to the nearby summit of Iron Mountain with my wife ("Honey, if I have to go up that road to Mt. Woodson *one more time...*") revealed some rather large formations in the distance. No way could the other trail fork go near those outcrops, I figured. They surely must be protected by miles of brush, barbed wire, and possibly a dragon.

Fortune proved otherwise, and soon I found myself staring up bug-eyed at a wide, eighty foot tall buttress, steep and loaded with features. Other nearby walls offered more vertical faces in the forty to fifty foot range. I quickly recruited Clark Friedgen and Seth Miller, and the Poway Craggs were quietly developed during 1994 and early '95.

This delightful little area has yielded over twenty quality lead routes of a type unique to a region known for thin face slabs or crack topropes. Ultra-fine grained granite, sometimes water polished and laced with rails, dihedrals, and mini-roofs, provides excellent climbing, mostly in the 5.10 to 5.11 range. The angle stays at or near vertical much of the time with just enough slightly overhanging rock to ensure a pump for all but the most honed. The leads are long by local standards, but short when

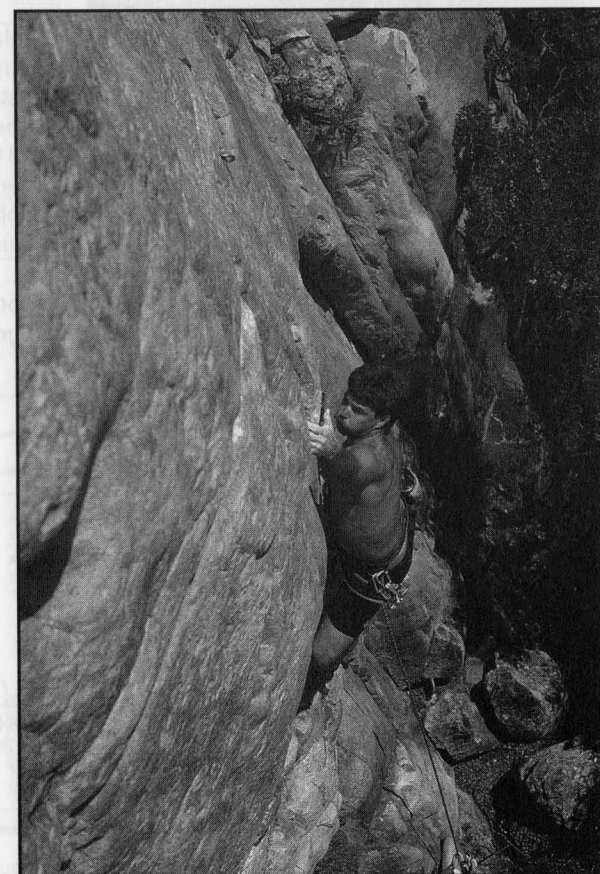
compared to most other areas. Those seeking radically overhanging power routes in San Diego should hustle on down to the lead cave at SolidRock Gym.

Though bolts have been placed for protection, some routes require one or more pro placements. A small rack of camming units from #1 Camalot down to tiny TCUs and a few quickdraws will

suffice for nearly all of the routes. Suggested pro for each climb is listed in the topos. This is not meant as a substitute for experience in placing gear. All of the lead routes have either two bolt anchors or lower-off stations of open cold shuts or rap hangers. Some Sport Wall routes have both. For top roping, some routes require extra-long slings.

All of the lead routes are good, but standouts include the classic *Godzilla* (10a), *Iron Butterfly* (11c), *Xenomorph* (11a/b), *Laser Breath* (11b/c), *Suspended Evolution* (10d), and *Sayonara* (11d/12a). Once current projects are completed, new route potential will be quite limited, and the lack of much overhanging rock will preclude any significant high-number sport routes. Several lines not listed here have been top roped. None of the climbs were established with creative cleaning or chiseling, something frowned upon by locals.

Although the holds are generally quite solid, there have been too few ascents to remove all loose rock or to create a consensus on ratings. Beware of loose rock on the tops of some formations, particularly the Sport Wall. The soil throughout the area is rocky and unconsolidated. Please minimize impact and stay on the most obvious trail. Other objective hazards include rattlesnakes, which have not yet become accustomed to human intrusion and should be treated with care. And don't forget the scorpions. San Diego county's mild climate provides year-round climbing, but summers in the backcountry can be extremely hot and the crags offer only a little shade. And despite the sunny southernly exposure, the

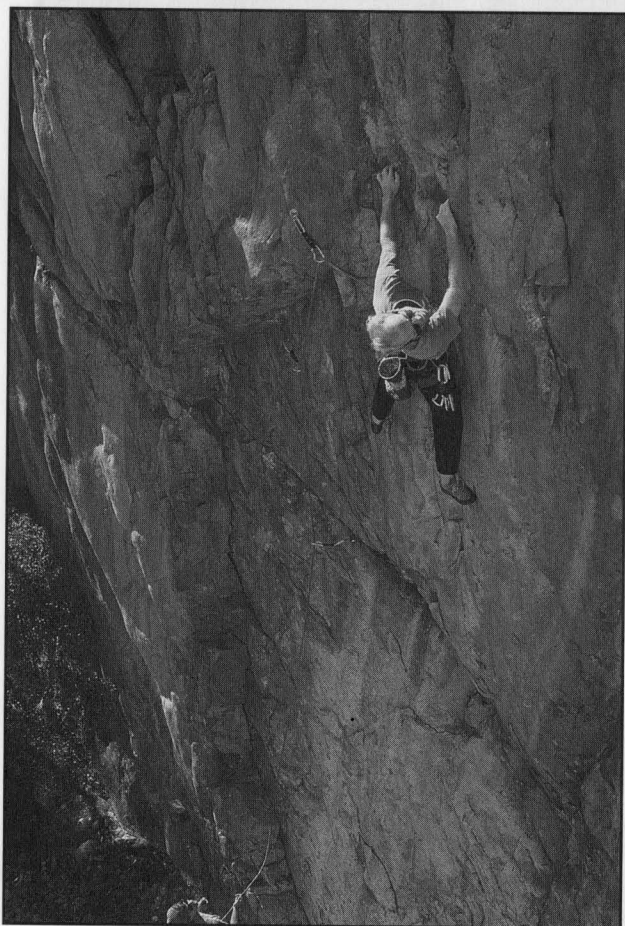


Clark Friedgen leads *Iron Butterfly* (11c/d). Photo: Dave Kennedy

existence of poison oak (including a mysterious, invisible variety) has been confirmed.

While not a destination spot, the Poway Craggs offer some quality leads for locals unable to escape to a "real" sport climbing area, or an interesting diversion for climbers visiting the San Diego region. The city of Poway, on whose land the crags exist, has a full assortment of amenities and is a ten-minute drive from the parking area.

Those willing to endure the 45-minute, mostly uphill approach (Hey—a two-mile hike is good for you!) will be rewarded with some of the best leads in the county. The crags sit on a relatively unspoiled chaparral-covered hillside which is home to many types of wildlife. In order to help preserve habitat for a pair of Golden



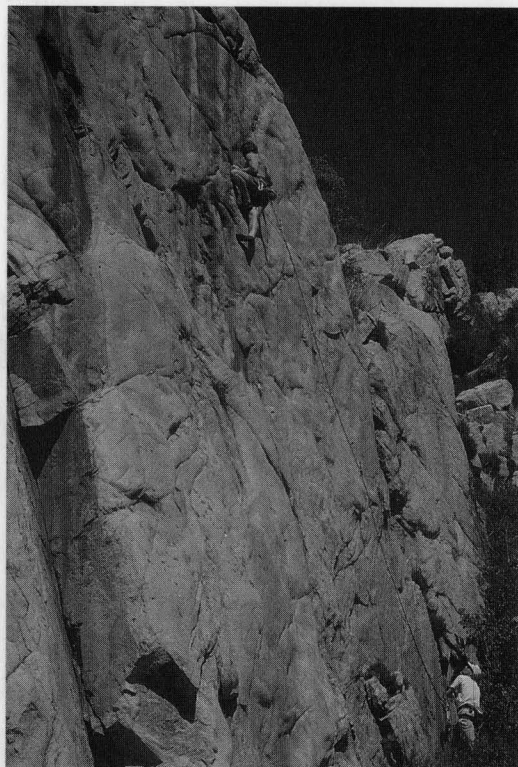
Kevin Meadows on *Xenomorph* (11a/b).

Photo: Dave Kennedy

became a moniker of shame and ridicule, as my wild-eyed tales of yet another grovel through head-high manzanita to an obscure, featureless hunk of rock had resulted in nothing more than scrapes and poison oak rash for me and fodder for teasing from my friends. I was almost at the breaking point.

Imagine my surprise, then, when a hike

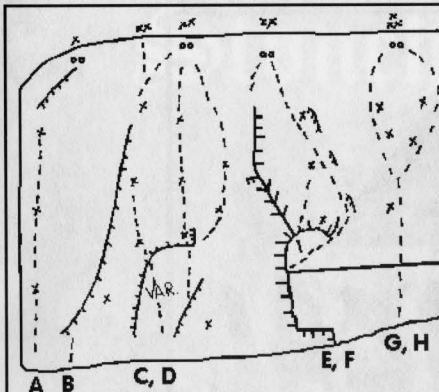
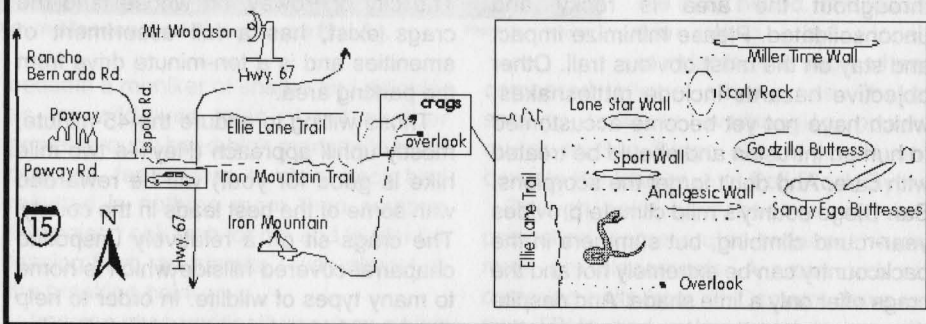




Eagles which have recently returned to some nearby (and uninteresting!) slabs, locals have agreed to avoid the Miller Time Wall between December and May. A low-profile attitude is recommended in general to help ensure continued access. Enjoy the routes, but please have respect for the environment around you.

**Dave Kennedy on Sayonara (11d/12a).**  
Photo: Debbie Kennedy

The Poway Craggs are between Mt. Woodson and Iron Mountain in NE San Diego county, several miles east of Poway. Approach via the Iron Mountain Trail, just south of the junction of Hwy. 67 and Poway Rd. From San Diego, take the Poway Rd. exit off I-15. From north San Diego county and LA, take the Rancho Bernardo Rd. exit off I-15 and go east (becomes Espola) to Poway Rd. Go left (east) to Hwy. 67 and park near the trailhead sign. Hike east to a marked trail junction at 1.5 miles. Go left and after .5 miles, a trail marker indicates the overlook where the crags will be obvious. Allow 45 minutes for the mostly uphill approach on a good trail. Continue on the trail for 250 feet and look for the faint start for the path leading first down, then traversing over to the first formation: Lone Star Wall. This continues to the Godzilla Buttress or down to the Sport Wall. The trail up to Scaly Rock and Miller Time Wall begins near the top of the gully next to Godzilla. Minimize impact - stay on the most obvious trail! Mountain biking the main trail is possible but not necessarily recommended.

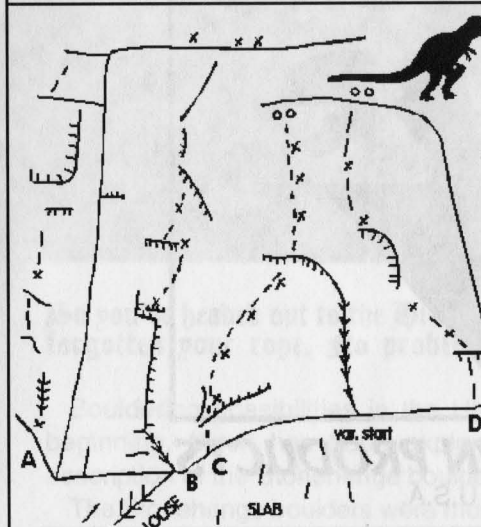


### SPORT WALL

- A. The Endorphinator (10a) 3 Bolts
- B. Carne Asada Crack (10c) 4 Bolts
- C. Suspended Evolution (10d) 3 Bolts, TCU
- D. Cerebral Vortex (11a) 3 Bolts, #1 Camalot
- E. Rock!Asaurus (8) TCUs & #1 Camalot
- F. Xenomorph (11a/b) 3 Bolts, #1 Camalot
- G. Velociraptor (11b) 3 Bolts, #1 TCU
- H. Ambergris (10c) 3 Bolts, #1 TCU

### LONE STAR WALL (No Topo)

- A. Snapping Turtle (10a) 3 Bolts, #0 TCU



### GODZILLA BUTTRESS

- A. Troglodyte Trot (9) 2 Bolts, cams
- B. Godzilla (10a) 3 Bolts, #1, 2, 3 Camalot, Opt.: small nut & TCU
- C. Laser Breath (11b/c) 7 Bolts
- D. Sayonara (11d) 4 Bolts

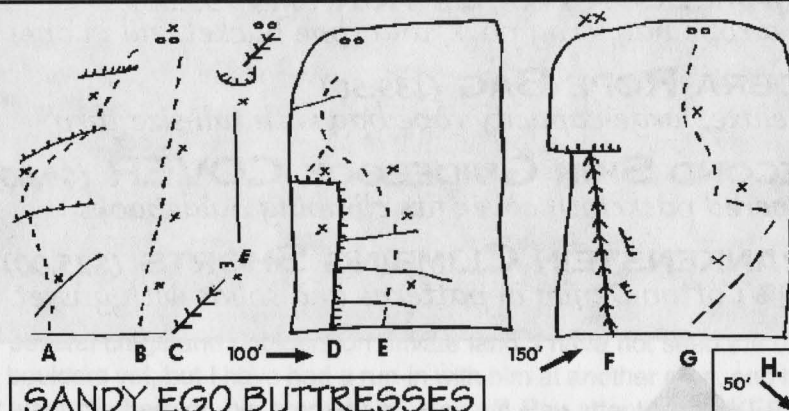
### SCALY ROCK (No Topo)

- A. Iron Butterfly (11c/d) 4 Bolts, #1 TCU

### MILLER TIME WALL (No Topo)

(GOLDEN EAGLE CLOSURE DEC.-MAY)

- A. On the Dole (10b) 3 Bolts
- B. Unemployment Line (8) 5 Bolts
- C. Angel of Mercy (9) 5 Bolts, small cam & #0 TCU
- D. Nookie Monster (10a/b) 3 Bolts, #1 Camalot



### SANDY EGO BUTTRESSES

- A. Remembering Jeffrey (10a) 3 Bolts
- B. Cube-It (10d) 3 Bolts
- C. Splitterectomy (11d/12a) 2 Bolts, cams
- D. Shake, Rattle & Roll (10d/11a) 2 Bolts, #1 Camalot
- E. Stun Gun (11a/b) 3 Bolts
- F. Project
- G. Vital Signs (11b/c) 3 Bolts
- H. The Man from the Sky (11b) 3 Bolts



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# Stonehenge



by Troy Mayr

**So you've headed out to the Hi-Desert for the weekend, but have somehow forgotten your rope. No problem. It may be a blessing in disguise.**

Bouldering possibilities in the Hi-Desert are immense. This is only the beginning. Much has been explored but not much recorded, so far. A description of the Stonehenge boulders will get you started.

The Stonehenge boulders were most likely "discovered" by Sam Owings, but Jack Marshall will be upset if I don't mention his name, so here it is. More recently, I have spent several days establishing new problems and link-ups. Mark Maynard, Bob Bolton, Reed Bartlett, and Josh Fairchild have also made contributions to the development of the boulders, but so much for history.

Many of the problems have sit-down starts to add a degree of difficulty or pump. The topo is a rough guide to the difficulty as most problems have had only a handful of ascents, so the actual grade may vary (what else is new?). The problems rated 5.12+ and 5.13 are unrepeated. Many variations are possible, especially on the Whale, so be creative. As shown, some problems are off the deck so bring your sketch pad, or suffer the consequences.

These boulders are right on the border of private property; and yes, there are several crags and boulders on private land. I have not seen the owner at the boulders yet, but I have had a run-in with him at another area, and he does *not* want climbers on his property so *stay off!* Pay attention to "KEEP OUT" and "STAY AWAY" that he spray painted on the boulders.

Despite this, Stonehenge is a great little area to work on your power and get pumped without having to tie into a cord. What else could you ask for?

**Troy Mayr cranks Secret Teaching 5.13 (V6), Stonehenge Boulder.**

Photo: Mayr Collection





Tony Sweeney starting *The Whale Traverse 11+ (V3)*.

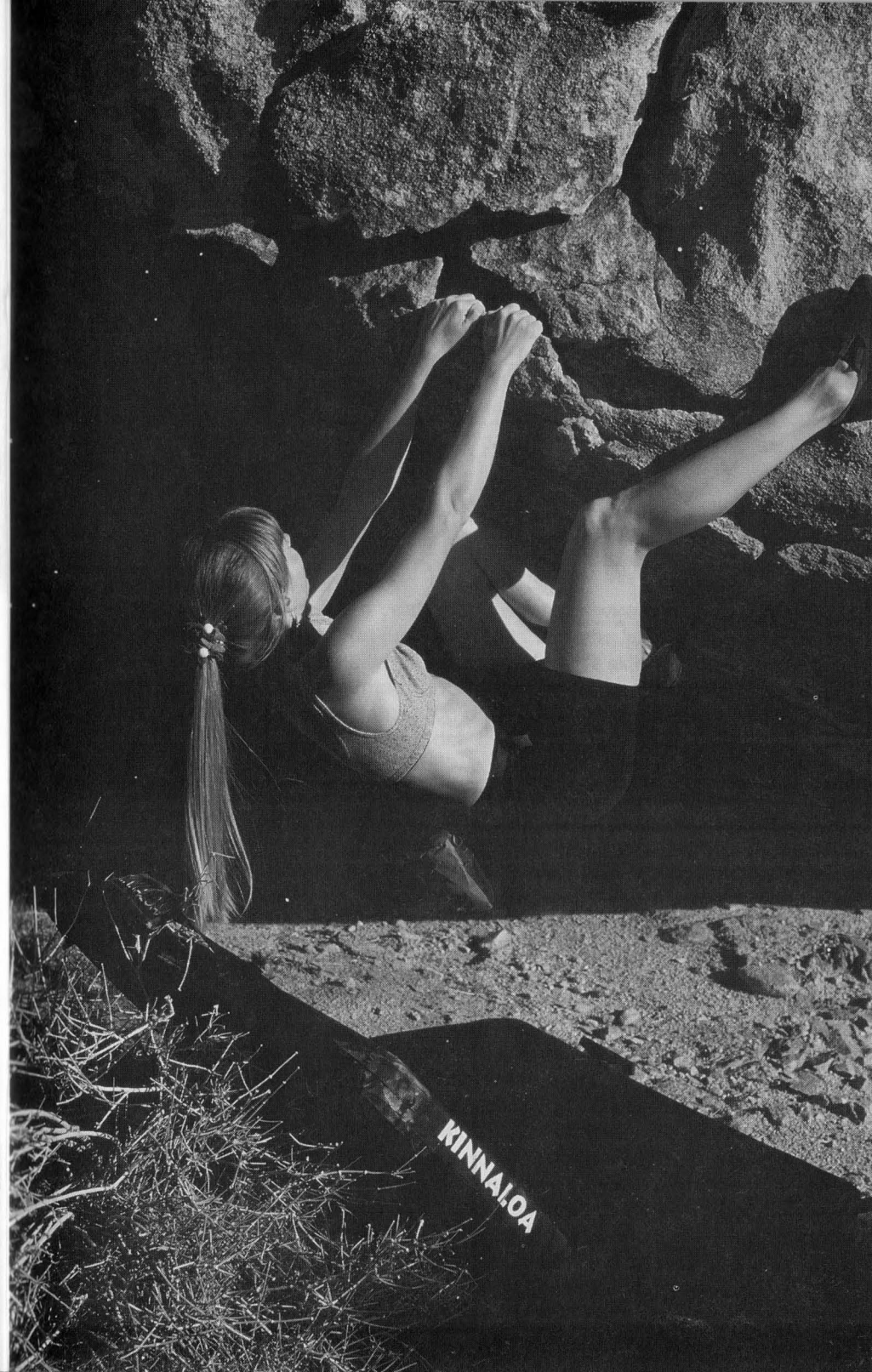
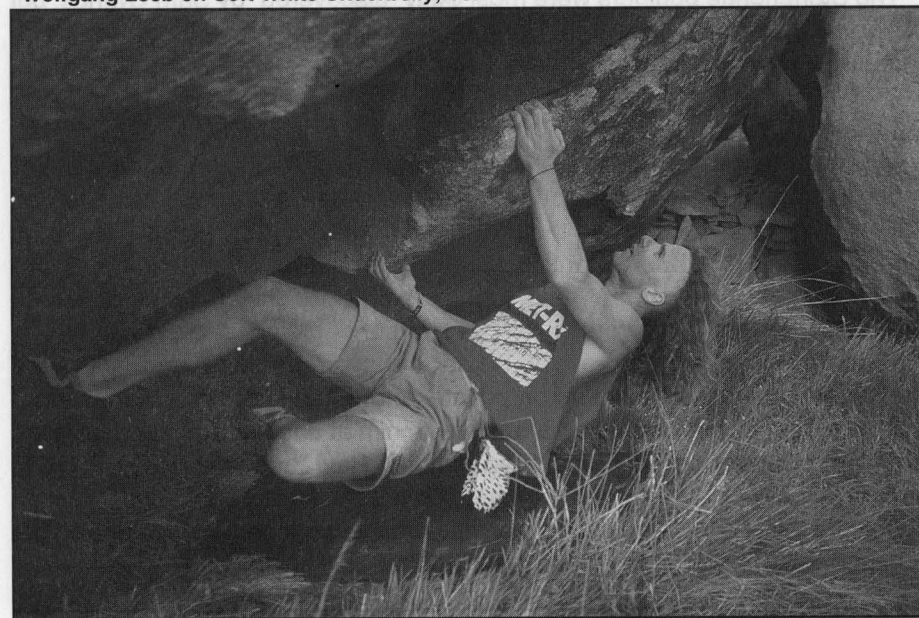
Photo: Troy Mayr

**Opposite Page:**  
Kelley Penix on  
*The Gatekeeper 5.10+ (V0)*.

Photo: Troy Mayr

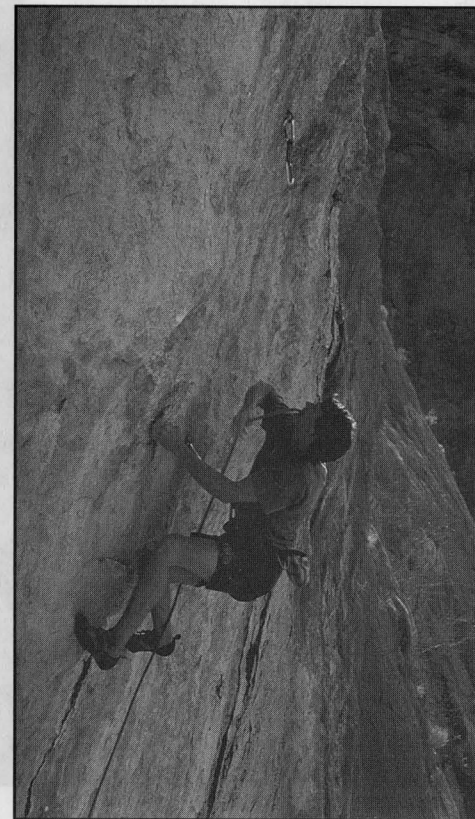
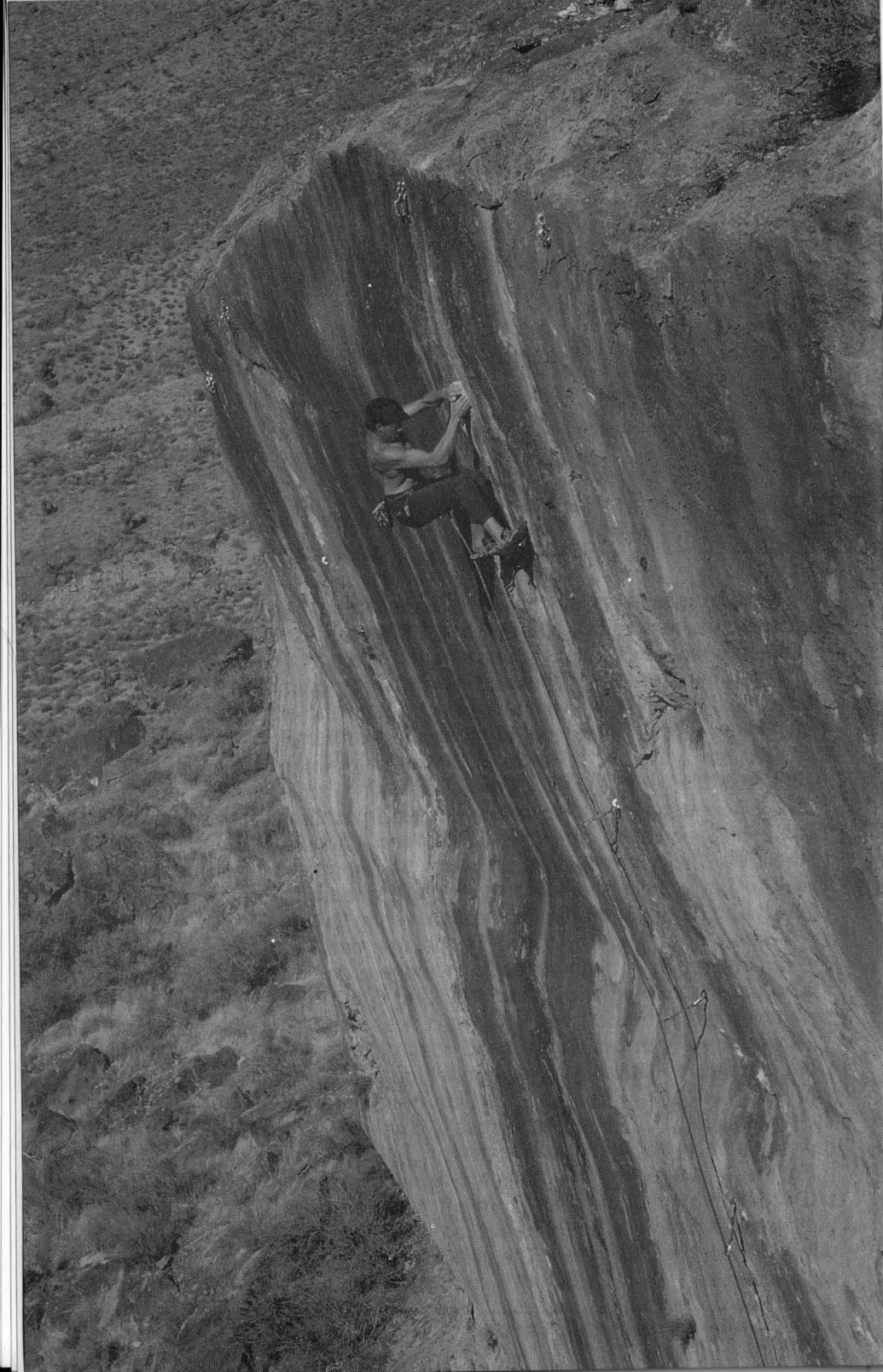
Wolfgang Leeb on *Soft White Underbelly, V5*.

Photo: Steve Edwards









**Dan McQuade on *Dreamland*.** Photo: Steve Edwards

For area 51, proceed another 0.6 miles up the wash. After negotiating a tight canyon, park at the bottom of a limestone slab. Walk up the slab and into the canyon, about 15 minutes.

So far, all the routes are in a cave on the right. Left to right, they are: 11c, 12c, 13a and just outside of cave, 12a, 11c. There will likely be more soon.

For *Dreamland*, head up the canyon approximately 1 mile further. The *Dreamland* cave is visible from the wash. It faces west. Park under it, just past a wash junction. Walk uphill, skirting a wash/canyon on the left, into the canyon with a cave on the right. The *Dreamland* cave is around the corner on the left; a 15 minute walk.

So far, only three lines are bolted, L-R: Project, *Dread on Arrival*, 12a\*\*\* and

**Opposite Page:**  
**Dan McQuade on**  
***Countdown to Armageddon* (13c).**  
 Photo: M. Larsen

Pretty cool, huh?

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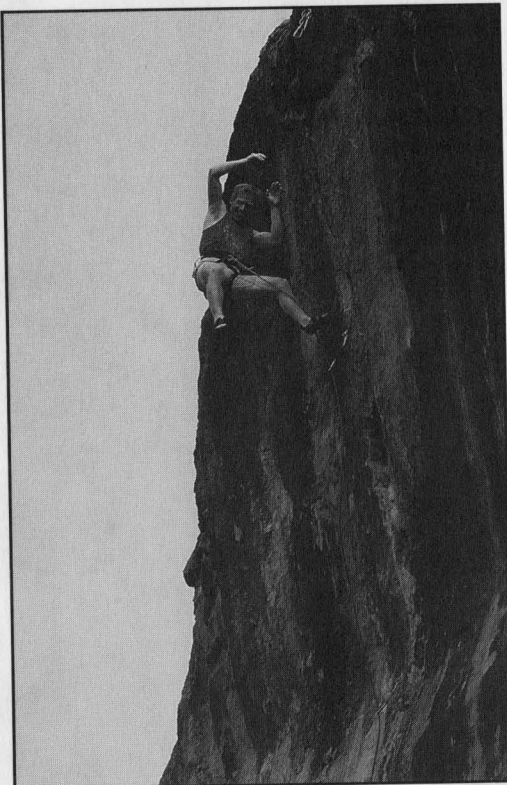
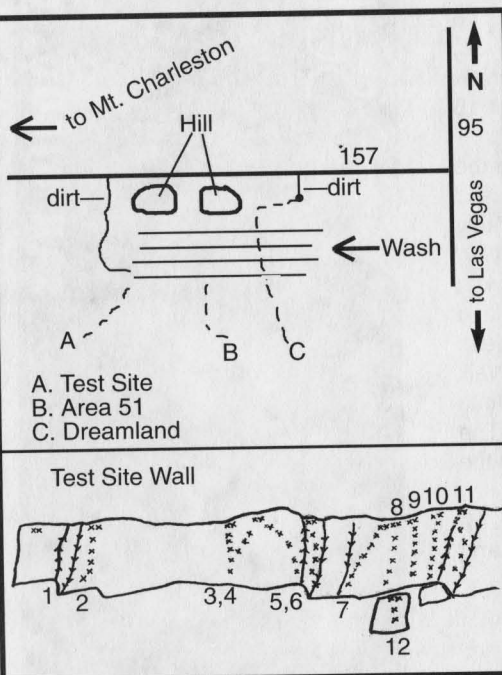


Photo: Steve Edwards

Jean-Paul Finné off *Ashes to Ashes* (13b).



*Dreamland*, 12d\*\*\*. The rock here is better than the Test Site, not sharp at all, with many vertical, dike systems.

## TEST SITE

The rock here is fairly sharp, better on the harder routes. Limestone polishes over time, so this may not always be the case.

1. Project
2. *Critical Mass*, 11b/c\*
3. *Self-Destruct Sequence*, 12a/b\*
4. *Ground Zero*, 12c/d\*
5. *Contamination*, 12a\*
6. *Glowing For It*, 10d\*
7. Unknown, 13a\*
8. *Ashes to Ashes*, 13b\*\*
9. *Countdown to Armageddon*, 13c\*\*\*
10. Project
11. *Quark Corner*, 11b\*
12. *Ed's route*, 11d \*

# BOULDER OF THE MONTH

Jeff Leads' House • Vista, California

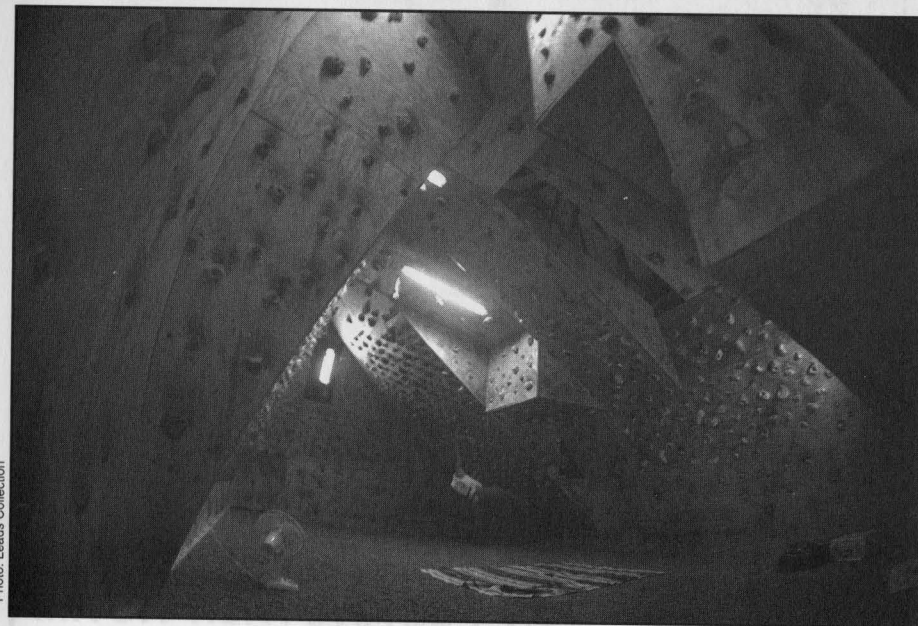


Photo: Leads Collection

Tony Yaniro calles us saying, "You got to do an article on this place, it's awesome."

San Diego's best bouldering is probably not at Woodson. In fact, its best crag may not be outside at all. Local climber Jeff Leads, tired of climbing cracks at Woodson and Josh when, "...all I really wanted to do was to get in shape for steep sport climbs" has constructed a home gym of epic proportions, with walls of 30 degree, 45 degree, horizontal, and nothing even close to vertical. Aided by an awesome stereo system hidden in the walls, local and traveling climbers alike, are offered a great place to crank, uninterrupted by So Cal's recent, savage weather. Englekirk, Leavitt, Yaniro and T'Kint, along with many 5.10 and Prana team members, have been getting strong as a result of Jeff's vision.

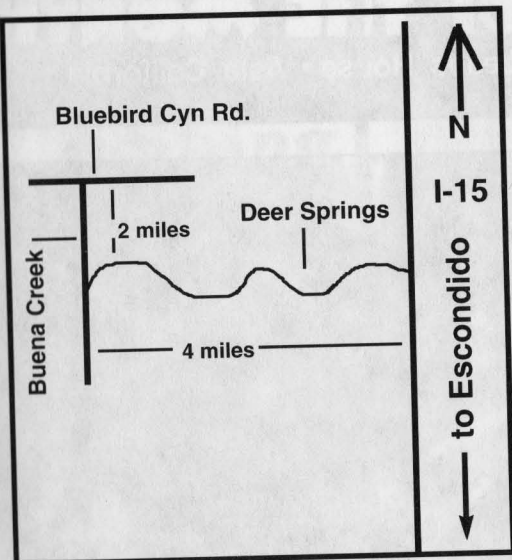
"I get really psyched when people come over and look inside. I think they get really nervous, especially when they try the 5.10 warm-up, which is a bit of a sandbag. There are about 25 routes set in the gym right now, between 5.10 and 5.14. The 14, set by Tony Yaniro, has yet to be redpointed. We need more climbers to set more routes and keep the energy level up."

Access is not a problem here. The gym is 9 feet from the driveway. Climbers on trips to Josh, Woodson, Suicide, etc., that get rained out, often end up here. They are welcome to bivvy in the gym.

— Jeff Leads

Editors Note: Does the gym pay off? Jeff doesn't get outside that often, but on a recent trip, he ticked all the routes at the Trophy at Red Rocks in a day. You make the call.





Jeff Leads  
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## Competitions



Photo: Mike Brown

### CLIMBING INTO THE NEW YEAR: SolidRock's "CLIMBING INTO '95"

Chris Knuth cranking his way to victory.

This competition was a zoo. But it was one of those good zoos where everyone looks like they're having fun, and none of the monkeys are throwing their refuse. SolidRock put on their first competition of 1995 on January 21, and by all accounts it was a locally sanctioned monster. All in all, it was executed more smoothly than would normally be expected, considering there were 175 participants. This was largely due to Troy Chollar's (owner and manager of SolidRock) diligent efforts, and those of the staff and volunteers.

The bulk of competitors (about 100) were found in the first round of men's intermediate and youth categories. The youth (11-15) saw a three-way tie after the first round between Chad Gilbert, Craig Gilbert, and Neal Lake. In the end, after their own version of a superfinal, Chad came out on top with 925 points, with Craig and Neal finishing 2nd and 3rd, respectively. For the other youth category (10 and under), Audrey Loy took the blue ribbon with 225 points. The men's intermediate was taken down by Jim Caldwell of Torrence, Ca, with 2800 points. In second and third were San Diego locals Don Bedford with 2790 and John Tashkin with 2710.

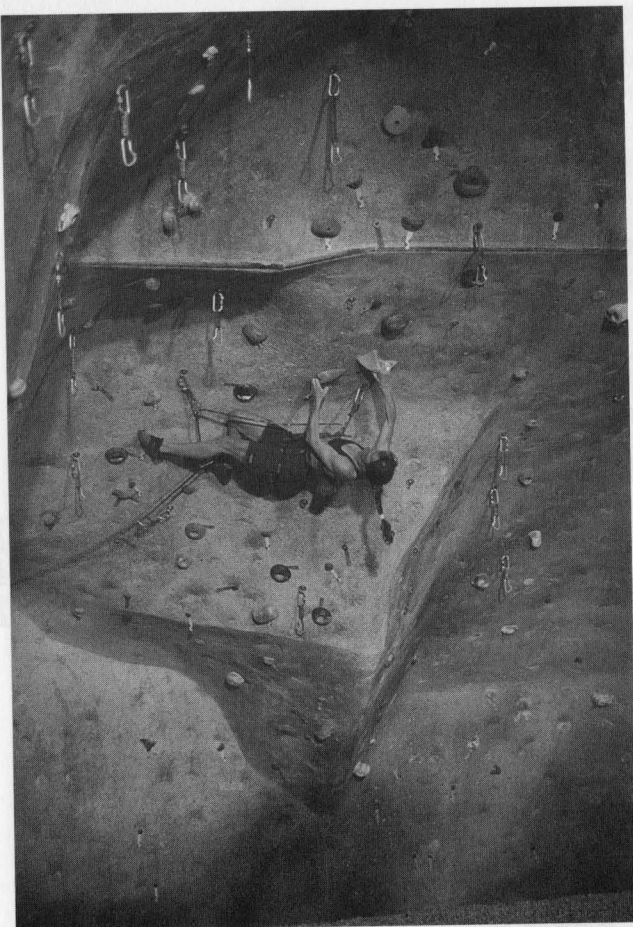
The second round of competition featured everyone else: Men's and women's advanced, women's intermediate, and both recreational categories. The recreational categories were

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Jessica Gladstone chalks up another win.

Photo: Mike Brown

quite competitive, a testimony to the depth of climbing at the comp. In the men's, Jeff Mills and Justin Lang agreed a tie was acceptable, with 740 points each. Todd Hicks took third with 610 points. The women's recreational division saw Sony Vannoy score 500 points and walk away with the win. Carolyn Maki took second (420) and Jenny Case third (90).

The intermediate women were dominated by Lori Caldwell's 1500 points, having come down with her husband from Torrence to win a few prizes and split. Second place went to Kasi Verbrughen of Tucson, Arizona with 1000 points and third to Kathie Broderick of Tempe, Az. with 965.

The men's and women's advanced took place concurrently, but when the bell rang for everyone else, the top eight men and women went into isolation to await the onsite final in SolidRock's huge, overhanging cave. The format had the men and women alternate on their respective routes, which kept the crowd psyched. The men's route started with a fifty-foot traverse that, though none of the competitors failed there, was enough to put a little pump in them as they started up the steep cave. The women's route was a more direct start into the "business," with only twenty feet or so of climbing before it got steep.

## SolidRock's Climbing Into 95 Competition Results

### Youth Girls

1. Audrey Loy
2. Corinne Lee
3. Garrett Loy

### Women's

#### Recreational

1. Sonja VanNoy
2. Carolyn Maki
3. Jenny Case

### Women's

#### Intermediate

1. Lori Caldwell
2. Kasi Verbrughen
3. Kathie Broderick

### Women's

#### Advanced

1. Jessica Gladstone
2. Trish Beerman
3. Liza Salomon

### Youth Boys

1. Chad Gilbert
2. Craig Gilbert
3. Neal Lake

### Men's

#### Recreational

1. Jeff Mills
- (tie) Justin Lang
3. Todd Hicks

#### Men's Intermediate

1. Jim Caldwell
2. Don Bedford
3. John Tashkin

#### Men's Advanced

1. Chris Knuth
2. Greg Loh
3. Rudy Hofmeister

Since the winner would be decided by high point on the final, not cumulative score, getting the most points in the first round only meant you completed the most, or most difficult climbs. It seemed fatigue would be a factor.

Greg Loh from Berkeley and Rudy Hofmeister of Pasadena finished second and third respectively. But, when all was said and done, Chris Knuth dominated the men, and fatigue was not a factor. Chris qualified first out of the preliminary round and cruised past the section that stopped Greg and Rudy cold on the finals route. They were both stopped short of the roof section, which Chris didn't quite make it out of, though he passed their high points with a little bit of masterful toe work.

In the women's final, high points

**Rudy Hofmeister in the finals.**

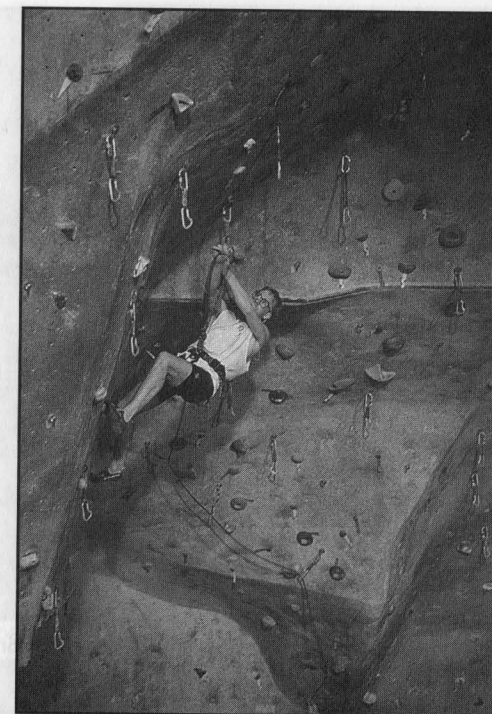


Photo: Mike Brown

# MEGALITH

## MOUNTAIN SPORT

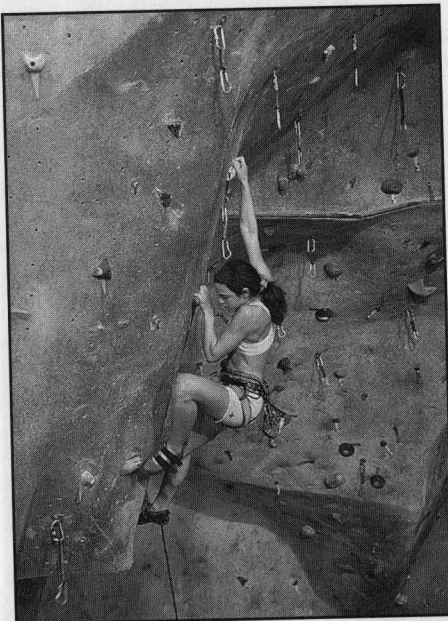
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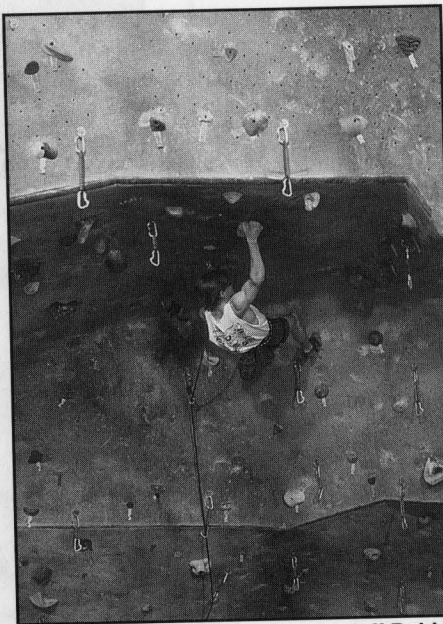
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Zoe Bundros



Jeff Buhl

All Photos: Mike Brown

Team Python Wolf



were not as spread out as the men's, but the winner was just as clear. SolidRock's Jessica Gladstone was the only climber to make it past a fat, green pinch that stopped most of the other climbers. She looked strong and confident but did not get too much higher. Trish Beerman came in second and Liza Solomon third, both looking like they could have taken first away from Jessica if she had made any mistakes. We'll be looking forward to the next comp that Solid Rock puts on, and so should you.

— Binky

#### FIVE-TEN BOULDER BLAST ROCKREATION: FEBRUARY 25TH, 1995

Rockreation recently held its second annual Boulder Blast bouldering competition. The event drew 87 competitors and was deemed a huge success by all those who participated. The best of ten format allowed each

### Five-Ten Boulder Blast Competition Results

#### Women's

##### Intermediate

1. Rhonda Moore
2. Connie Roth
3. Whitney Howard

##### Women's Elite

1. Jessica Gladstone
2. Kait Courlang
3. Karen T'Kint

#### Men's

##### Recreational

1. Todd Gudger
2. Neal Lake
3. Tom McNatt

##### Men's Intermediate

1. Dan England
2. Rick Craig
3. Jim Knoepp

##### Men's Elite

1. Ryan Hunt
2. Arnould T'Kint
3. Scott Sanchez

competitor to complete as many boulder problems as possible in the 2 hour time period with the best 10 completed being added together for the final score.

Once again, the men's elite category was won by local crimp master, Ryan Hunt. Trailing in second place was former World Cup climber Arnould T'Kint. Arnould was overheard saying, "this was the most fun I have ever had at a competition." Third place was taken by Scott Sanchez, who looked as though the climbing wall in his girlfriend's garage is starting to pay off.

Jessica Gladstone from SolidRock added to her impressive string of victories, taking the women's elite division. Kait Courlang finished 2nd and Karen T'Kint, 3rd.

Men's intermediate honors went to Dan England and the women's to Rhonda Moore. Newcomer Todd Gudger walked away with the men's recreational title.

Following the competition, participants were treated to a feast provided by Wa Hoo's Fish Tacos of Costa Mesa. The awards ceremony and a raffle wrapped up the days events.

Terri Peterson gets a spot at Rockreation.

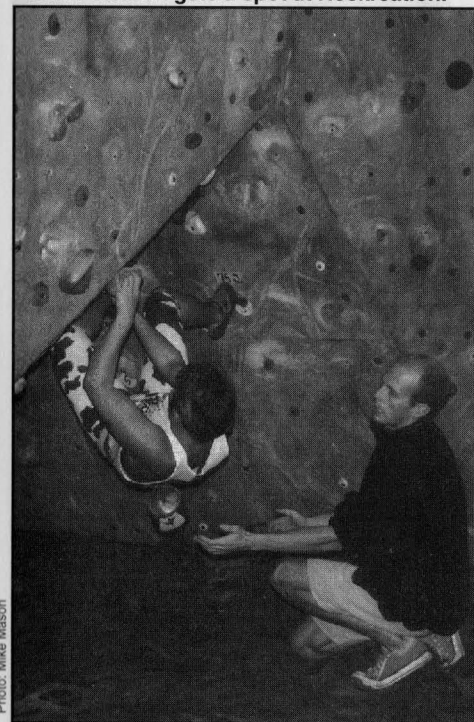


Photo: Mike Mason

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# Training: Starting a Cycle

by Phil Requist

*"To become a champion requires a condition of readiness that causes the individual to approach with pleasure even the most tedious practice session."*

— Bruce Lee

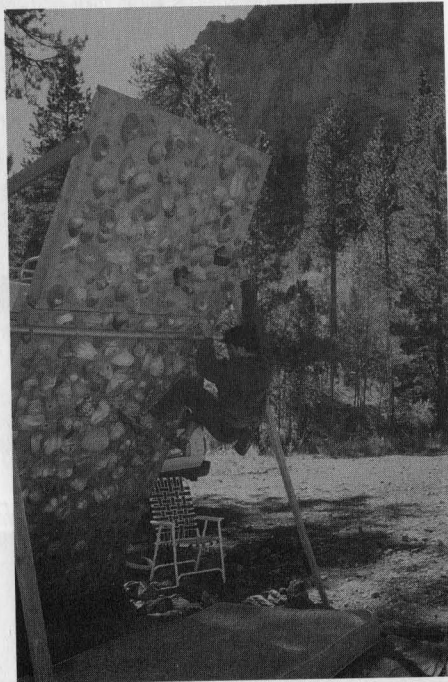
Last issue's article covered training phases and scheduling. Now, let's talk about constructing your personal workout routine. Choosing a proper workout method is a complex, controversial, and personal problem which requires experimentation to discover what works best for your body, lifestyle, and goals. This is *not* a specific workout plan, but a concept-oriented approach that explains the ideas behind training, as opposed to simply recommending the same workout schedule for everyone. Part I of this article covers elements common to all phases of training, Part II covers specific foundation phase training.

## Part I: Designing A Workout

No one answer is right for everyone — even the experts keep revising their opinions. For years, climbers insisted that the best training for climbing is climbing. That is no longer true. Fingerboards, campus boards, artificial walls, and even weightlifting are tools essential for climbing and training your best. (Weightlifting is still a controversial method which I would not recommend for all climbers.)

Chart #1 Training Methods Compared

| Training Method   | Suitability To Goal | Benefits for Climbing Technique           | Drawbacks   |
|---|---------------------|---|---|
| General Climbing  | terrible            | excellent                                 | Least efficient means to the goal because it doesn't target the goal. |
| Climbing on the specific route                                | perfect             | low to none                               | Hard to maintain motivation; not a realistic option for most people.  |
| Recreating the move at home                                   | excellent           | low to none                               | Might not have a home gym; difficult to recreate routes.              |
| Separate exercises for biceps (curls) and fingers (campusing) | good                | excellent for strength; poor for movement | Least movement-specific method; boring to some people.                |



Tony Yaniro training at home. Photo: Dan McQuade

Setting a goal is the first step to reaching it — and in determining what workout routine should succeed. For example, onsighting long routes emphasizes movement efficiency and endurance, both of which are trained excellently by climbing; whereas redpointing a short route emphasizes power that cannot be gained efficiently simply by climbing.

The following example may shed some light on what should be considered. Jack

Tanner's primary goal is to redpoint a 45' long 12b. The crux is 35' up: a difficult undercling. The hold seems way to small for Jack to use and his biceps aren't strong enough to hold him in on the overhanging wall. Chart #1 (previous page) shows various training methods available to Jack along with their pros and cons. Clearly, Jack must weigh many factors, not forgetting his other climbing goals or his primary one. This is by no means a complete list of your options, and a mix of various methods will generally work best.

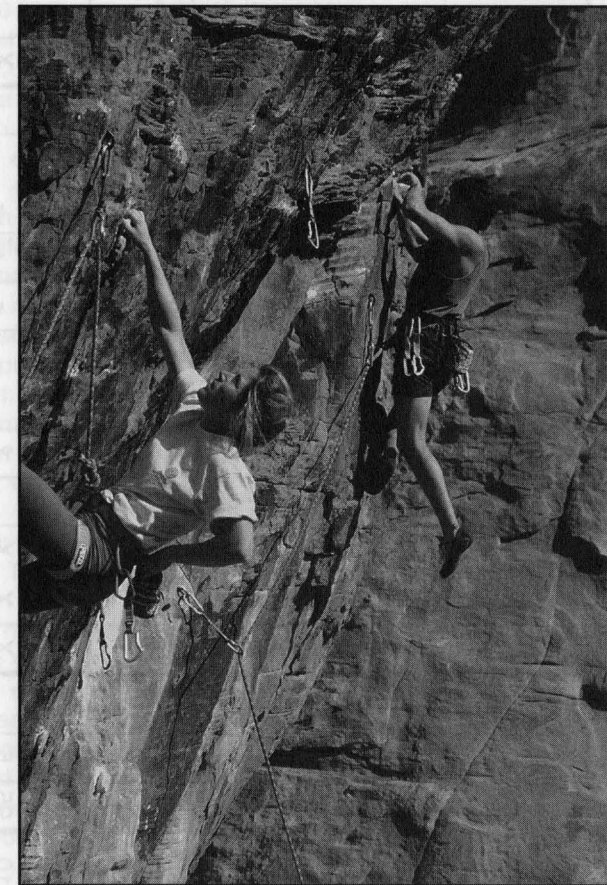
## Choosing Exercises

Next, you must decide what *specific* muscular movements to train. If you are training for steep routes, you could climb steep routes, boulder in a cave without your feet, or do lat-pulldowns in the gym. You might even select highly specific strength exercises for a certain move. Hans Florine, for example, does a right-handed cable-pull exercise to train for the crux of *Better Than Life*. You could target specific weaknesses without a move in mind (i.e., underclings in general) or simply train upper-body strength in general. The fingers are of primary importance and I would suggest that they should be given as much, or more, attention than all other muscles combined.

Specific exercise suggestions will be given in this and future articles, but there is no substitute for personal experimentation and research. Chart #2 (next page) lists some possible exercises and the different aspects of climbing fitness emphasized.

Many factors must be kept in mind when performing your exercises. These include, but are not limited to:

1. Number of repetitions: This is the



Lynn Hill and Dan McQuade doing some mileage.

number of muscle contractions; i.e. 5 pull-ups. The fewer reps that can be completed before failure the more powerful the movement.

2. Number of sets: The number of times you attempt a given number of reps.

3. Rest Between...

a) Reps: Resting between reps is not normally done; but, especially with powerful movements, a brief (2 seconds max.) rest can increase intensity.

b) Sets: More rest is needed between more powerful sets. Still, some exercise routines recommend short rests between relatively heavy sets. Longer rests emphasize the phosphagen system while shorter rests stress aerobic and anaerobic elements. Rests over 5 minutes are generally not necessary,



# Chart #2

## Exercises Compared

| Exercise                       | Duration of Exercise (1 Set) | Appropriate # of Sets for Training | Rest before next workout of same kind (minimum, in hours) | Aerobic Energy System | Anaerobic Energy System | Phosphagen System | Mitochondria | O <sub>2</sub> Myoglobin Stores | Glycogen stores | Lactic Acid Buffers | Mental aspect of climbing pumped | Muscle Mass | ATP-PC Stores in the muscle | Slow-Velocity Strength | High-Velocity Strength | Rate of Force Development | Stretch-Shortening Cycle | Golgi Tendon Reflex | Technique and Coordination | Injury Potential |
|--------------------------------|------------------------------|------------------------------------|---|-----------------------|-------------------------|-------------------|--------------|---------------------------------|-----------------|---------------------|----------------------------------|-------------|-----------------------------|------------------------|------------------------|---------------------------|--------------------------|---------------------|----------------------------|------------------|
| Campusing Plyometricly         | < 2 sec                      | 5-50                               | 48  |                       |                         | 100               |              |                                 |                 |                     |                                  |             | x                           |                        | x                      | x                         |                          | x                   |                            | x                |
| Campusing Staticly (up)        | 5-30 sec                     | 8-12                               | 36  |                       | 5                       | 95                |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          | x                   |                            |                  |
| Fingerboard Hangs (power)      | 4-10 sec                     | 8-20                               | 36  |                       |                         | 98                |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Climbing (Rock or Artificial): |                              |                                    |   |                       |                         |                   |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Long Easy Routes               | 30+ min                      | 2-6                                | 10  | 95                    | 5                       |                   |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Bouldering Circuits            | 10-30 min                    | 1-4                                | 36  | 20                    | 65                      | 15                |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Consistently Hard Climbing     | 2-10 min                     | 10-30                              | 24  | 10                    | 75                      | 15                |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Very Hard Bouldering           | 5-30 sec                     | 5-50                               | 36  |                       | 5                       | 95                |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Weightlifting Exercises:       |                              |                                    |   |                       |                         |                   |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Circuits at an aerobic pace    | 15-30 min                    | 1-3                                | 24  | 80                    | 15                      | 5                 |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Standard lifting methods       | 10-30 sec                    | 6-12                               | 36  |                       | 5                       | 95                |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Speed Reps (30% of 1RM)        | < 30 sec                     | 4-6                                | 36  |                       |                         |                   |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |
| Speed Reps (80% of 1RM)        | < 10 sec                     | 4-6                                | 36  |                       | 5                       | 98                |              |                                 |                 |                     |                                  |             |                             |                        |                        |                           |                          |                     |                            |                  |

X = Major Training Effect; x = Minor Training Effect; - = Negative Training Effect (possibly)

unless you are doing long (30+ minute) sets for aerobic training, in which case rests should be 15-45 minutes.

c) Exercises: For a better cardiovascular workout, keep this time down (<1 min.); otherwise, rest long enough let your heart rate return to normal for an optimum strength workout.

d) Training Days: This is a difficult area. Certainly, the more powerful the workout the more rest you will need. In my power phase, I rest two days after every training day. Still, many people train power one day, power-endurance the next, and then rest. Training two energy systems like this probably allows for greater training volume, at the expense of one's maximum power.

4. Speed of the Repetition: Power = Work (i.e., Force x Distance) / Time. The faster you can execute a given exercise, the more powerful you are. This will be covered more in-depth when we cover power. (All foundation phase exercises should be done at "normal" speed.)

5. Intensity: With the exception of foundation phase exercises and warming-up, every set should be performed at *maximum* intensity. That is, if you plan on doing a fingerboard hang for 30 seconds to train your power-endurance, find the exact

difficulty for doing just that, no more no less. Don't give-up after 25 seconds if you can hold on for the next five. Thus a 5-second hang and a 2-minute hang are both done at maximum intensity. This brings us to the last, but most important topic...

6. Progressive Overload: This is one of the most fundamental concepts universal to all athletic training. It is a simple fact, but it is often overlooked. Stress to the body and/or exercise intensity must consistently increase. If you exercise (stressing the muscles) and then rest, your body adapts to the stress by over-compensating and rebuilding itself stronger than it originally was. If you then perform the same workout, it is no longer a stress to the body and it will not over-compensate during rest. Clearly you will have day-to-day fluctuations in your workout ability, but the average intensity level or workload *must*, in general, increase. Many approaches to progressive overloading exist. You must do your own experimenting. I favor a very gradual approach, setting a goal for my next workout *barely* above (0.5-2%) my current workout; but I cannot weigh the injury risks for you.

Now that you've determined your goal and outlined a rough estimate of your

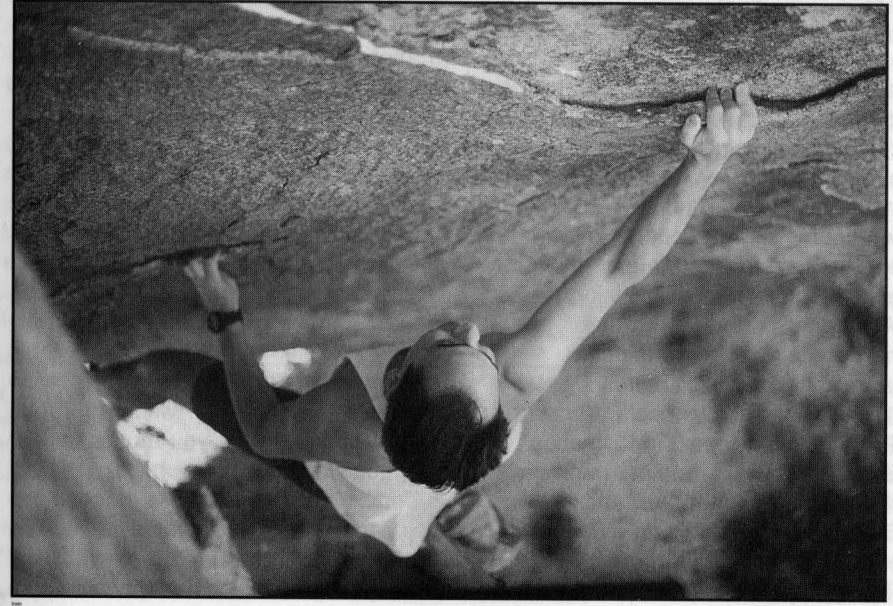
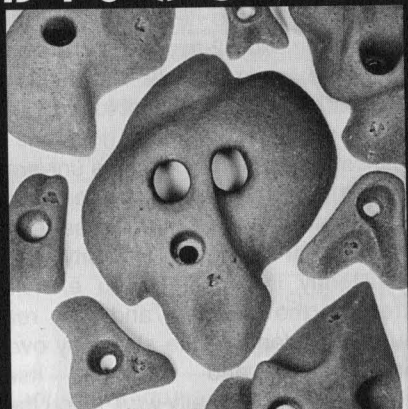


Photo: Troy Mayr

Tony Sweeney on Descendant Dyno.

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workout plan, keep a log of your workouts. This makes it easier to set a goal for the next workout that is slightly above what you accomplished today. A training log helps to insure that you follow the rule of progressive overload. But keep in mind that this is still only a guide, don't force yourself to attempt a workout that feels too hard for you on any given day (i.e., to the point of possible injury).

Additional factors that must (unfortunately) be considered when designing a workout plan are:

- 1) Diet (Food challenges, Palazzio, ...)
- 2) Social conditions (Work, "friends", ...)
- 3) Weather (Rain. Endless rain.)
- 4) Injuries (Skin, tendons, etc.)
- 5) Personal Mental Factors (Motivation)

### Part II: Foundation Phase Training

The foundation phase is the start of any

cyclic periodization routine. If you have chosen not to cycle your training, read on, there may be some useful recommendations. As mentioned in the last issue, this phase targets movement efficiency (engrams), general conditioning, and the aerobic aspects of strength. As with all of the phases, this phase has many subtleties and related controversies. Two factors are central to this debate.

First is the aerobic/anaerobic threshold. At some intensity level, lactic acid accumulates faster than it can be removed from the system. Below this intensity level, you are training aerobically; above it, anaerobically.

Foundation training is usually performed just below this level. Still, many people favor getting as close to this threshold as possible; while others move well into the anaerobic range. The difference in these three approaches may seem slight, but it is quite real. Those who keep intensity levels lower usually do so to avoid lactic acid completely and are emphasizing movement. Higher intensity levels result in lactic acid production (this is how you identify the threshold level) and insure that the aerobic system has been properly overloaded. The drawback of the first approach is that there could be insufficient stress to the aerobic system to promote improvement; the drawback to the second is that excessive lactic acid is counterproductive at this point in the training cycle.

Second is the fact that aerobic training is detrimental to maximum recruitment (power). In order to adapt to the stresses of aerobic exercise, the maximum recruitment in the muscles decreases to make them more efficient at lower intensity levels. Also, prolonged aerobic training *can* convert fast-twitch (power) muscle fibers to slow-twitch (aerobic) muscle fibers. Again, you must consider your goals and decide yourself.

Combining the viewpoints of these two main factors suggests a variety of training methods, see chart #3 (below). Most training programs would emphasize area

1, since this most accurately targets the goal of the phase, independent from the goal of the cycle. As with most training, diversity is beneficial and I would recommend a combination of areas 1, 2, & 4. Experiment with these and weigh your personal results against your goal. For example, with the current goal of redpointing a route under 50' long (about 2-2.5 minutes to climb), I divide my foundation phase training as follows: 80% in area 4 and 20% in area 1.

Regardless of the method(s) used, you should do enough sets to total at least 1 hour of training. (This could be two 30 minute sets or twenty 3 minute sets.) If you have more time, do more sets, the only maximum limit is dictated by free-time and rest required. You should train 2 to 4 days on. The third or fourth day on should be almost as intense as the first. After one rest day, you should feel fully recovered, and ready to push beyond your previous workouts. If one rest day isn't enough, you're training too hard. Remember: you should rarely, if ever, get a deep, burning pump during this phase.

### Foundation Exercises

Climbing on rock and/or artificial walls is the best way to train in the foundation phase. Since this is the phase to learn new movements, you must be doing new movements, not pumping iron or hanging on fingerboards.

### On Rock

If there is a good selection of rock climbing in your area, line up as many climbs as possible before starting this phase. Seek routes that are long, so that you can do continuous moves, but top-roping is best for this phase. The routes

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should be well within your ability, perhaps 2-3 number grades below your hardest redpoint or 1-2 grades below your hardest onsight. (This is only a guide as routes that you have wired could be significantly harder.) Easy routes can be made harder by skipping rests and off-routing holds. Don't let yourself get pumped, fall and rest on the rope first. Boulder traverses and/or boulder circuits (multiple problems done one after another) are usually a better method than roped climbs since no belayer is necessary.

If you are inclined towards the maximum recruitment and anaerobic training methods described above, there is another way to spend *some* of your time on rock during this phase. If I have a project

| Chart #3 The Intensity/Maximum Recruitment Debate |   |   |
|---|---|---|
|   | Completely Aerobic  | Into Anaerobic  |
| Not primarily concerned with Max. Recruitment     | Area 1: Many long (30-45 minute) easy sets, not getting pumped. Best if goal involves onsighting long routes on rock. | Area 2: 15-30 minute sets, getting slightly pumped in the last 2-5 minutes. |
| Max. Recruitment above all else                   | Area 3: 3-5 minute sets, light enough to never get pumped. Note: this is the most "contradictory" variation.          | Area 4: 3-5 minute sets getting slightly pumped in the last 15-45 seconds.  |



I'm working on, I often get on it in my foundation phase to get me used to the movements. I do two or maybe three moves, then rest on the rope, never letting myself get pumped and never testing my power. If a move is too hard, skip it, or get your belayer to aid you through it. I figure this gives me more goes on my route without hindering any of my training phases. Note: It wouldn't be possible to use this method if the route was 20' long and constantly tested your maximum power.

#### Artificial Walls

Training on artificial walls is done just as described above, with a few more options open to you. Have a boulder circuit and a boulder traverse lined up before you start your phase. If your goal is to redpoint a route, recreate as many of the moves as possible using bigger holds than are on the route. This lets your body learn the movements without undo stress.

#### Non-Climbing Exercises

Weightlifting (including pull-ups and fingercurls), fingerboards, and campus boards are the most common non-climbing exercises. As chart #2 described, each method has its own potential benefits and drawbacks. Campus boarding should not be included in foundation phase training, unless you are highly experienced and have a long, successful (injury-free) history of campusing. Fingerboards can be included by reducing bodyweight placed on the board (via elastic straps) to a point

at which you can stay on for the duration of a set (3-45 minutes depending on the method used). If you plan on doing weightlifting during your training cycle, definitely include it in your foundation phase. Again, I do not recommend weightlifting for everyone, but I am *convinced* that it is one reason I have stayed injury-free (for 10 years) while improving my strength.

Weight training during the foundation phase should consist of high repetitions (30-60) and short rests (30-120 seconds, or less than the duration of the previous set). Do 3-6 sets of the exercises which you plan on doing throughout the phase. Include some exercises for your negative or pushing muscles and alternate them with climbing-specific pulling exercises. Keep the pace of your workout fast enough so that your heart rate stays above normal. Keep the total time of the workout under two hours (or one hour for lesser trained individuals); this helps to keep the intensity level high. Chart #4 (below) is a sample workout routine that works for me, and quite possibly no one else, but it might give you some ideas. I highly recommend selecting your exercises by reading some books on bodybuilding and/or articles (old climbing mags) specific to the subject. In my foundation phase, I do workout #1 twice (with 1 rest day in between), then #2 twice, and so on, for a total of ten workouts; always resting one day between every workout. This is done *after*

Chart #4 Sample Weightlifting Routine

| Ex. # | Exercise   | Reps for Workout #    |    |    |    |    | Sets | Rest between Sets |
|-------|--|-----------------------|----|----|----|----|------|-------------------|
|       |  | 1                     | 2  | 3  | 4  | 5  |      |                   |
| 1     | Lat-Pulldowns: narrow grip, palms out  | 60                    | 50 | 40 | 30 | 20 | 6    | 2 min             |
| 2     | With Dumbbells: Military Press, Bench Press, Decline Press, Shoulder Shrugs (Negative Muscles) | 10 to 30 reps, varied |    |    |    |    | 1    | 30 sec            |
| 3     | One-Arm Rows with Dumbbells  | 60                    | 50 | 40 | 30 | 20 | 6    | 2 min             |
| 4     | Repeat exercise #2 above.  | Same.                 |    |    |    |    |      |                   |
| 5     | Lat-Pulldowns: wide grip, behind neck  | 60                    | 50 | 40 | 30 | 20 | 6    | 2 min             |
| 6     | Repeat exercise #2 above.  | Same.                 |    |    |    |    |      |                   |
| 7     | Tricep Pressdowns  | 60                    | 50 | 40 | 30 | 20 | 6    | 2 min             |
| 8     | Repeat exercise #2 above.  | Same.                 |    |    |    |    |      |                   |
| 9     | Lat-Pulldowns: wide grip, pull to chest  | 60                    | 50 | 40 | 30 | 20 | 6    | 2 min             |
| 10    | Repeat exercise #2 above.  | Same.                 |    |    |    |    |      |                   |

1-3 hours of climbing on rock and/or artificial walls.

#### Schedule of the day

Scheduling of training days should be reviewed from last issue's article. Within a given day, do all the climbing you intend to do before doing any other exercises (weightlifting, pull-ups, etc.). Otherwise, movement is compromised by muscular fatigue. Time permitting, I recommend breaking the day up into three or four 1-2 hour training sessions, with a hour or so rest between each. The first two or three sessions should be climbing, and the last session should be your additional exercises. If time is short, and you must fit your workout into say 2 hours at the gym after work, just do the climbing, or one hour of climbing and one of weights. You *can* get a very good workout in in 2 hours, just have it planned out ahead of time, don't socialize or waste time, and keep rests short and the intensity level high.

#### Conclusion? Already?

I have not, nor do I intend to, write specific training regimens or exercises. The examples given are intended more to convey an idea efficiently, than to instruct you as how, specifically, to train. My goal is to present you with the "philosophical" basis of a training program. This allows you to adapt the ideas herein in a way not possible if I were to write, "Do 10 sets of 8-12 pull-ups." If it seems as though I have been rather broad, contradictory, or even confused in my training suggestions, this is because the "science" of training is not known.

Most important, keep in mind the following: set a goal, train specifically for that goal, remain flexible and willing to try new methods, and, most important, stay motivated.

Good luck. Please send me feedback, information, and results (address page 2).

**Next Issue:** Hypertrophy and POWER

#### Recommended Reading:

*Operation: Crumb Weasel* by Belt Potter

**Credits, Sources, and Further Info:**

Hatfield, Frederick *Power: A Scientific*

*Approach*. Chicago, IL: Contemporary Books, 1989.

Many of the ideas herein are compilations of my discussions with Russ McBride, Ty Foose, and Kevin Brown, all of whom work with CityRock, Emeryville. Thanks also to Steve Edwards and my mom.

# RESOLING



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# Ask the Expert

by **Belt Potter**

I am pleased to announce the results of the cross-training question presented in Allez number one. We received the following letters.

*Bobby from Norco writes:*

Dear Belt,

I have been climbing for four years but have been spotting UFO's for seven years. On September 7, 1987 I saw this strange glow in the sky at 47 degrees from magnetic north. Is this going to affect my flexibility on a climb such as *Raspberry Bypass*?

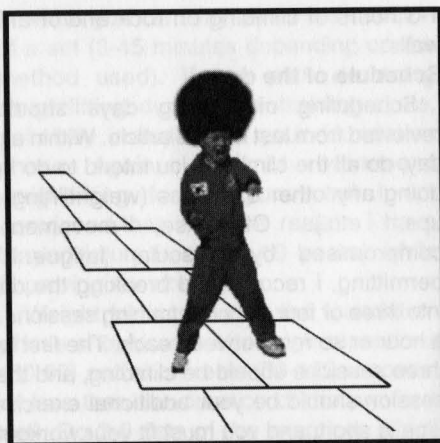
**Belt:** Well technically no. Near the third bolt there is one move that would require a stem on two knobs. It would call for quite a turnout. But, given that 57% of the sport climbers on the west coast are nine feet tall, they could easily pull through the reach with a backstep. The odds are in your favor that: no your failure to recognize the obvious as a UFO, or Trans Galactic Maverick (TGM) as we call it, would not matter.

*Bobby from Norco writes:*

Dear Belt,

My friend Bork has recently met a carpenter from Spring Valley and I hurt my index finger on the same day they met. Is this good luck or bad luck considering the carpenter climbs solid 5.14?

**Belt:** I would say that it is good luck because as they say in Temecula, "You can shoe a shoe horn but you can't carp a carpenter." I once found a pork chop behind the jug rest on *Raspberry Bypass* that had the foot imprint of a Paleolithic Squirrel. It reminded me of my friend Thag and I proceeded to flash the route.



Artwork: David Potter

**Roger "Iron Mongoose" McStrawholder practicing the ancient art of twister.**

*Bobby from Norco writes:*

Dear Belt,

I boulder. But when I can't boulder I chew thirteenth century armored suits.

**Belt:** Funny you should say that because I do the same thing. In fact, four out of five climbing dentists think that Doberman Pinscher is spelled Doberman Pincher.

*Bobby from Norco writes:*

Dear Belt,

I have found that after a boring day of endurance climbing I have a strange feeling in my forearms. It affects my ability to play the psaltery in a local polka band. What is that feeling and how can I avoid it?

**Belt:** Endurance. California Rug Worm.

*Bobby from Norco writes:*

Dear Belt,

When I noticed the outside edge of my friction loafers slipping of a dime edge on a climb, I had the manuscript to episode #47 of Simon and Simon converted to microfiche at a photo lab in Fullerton and sewed it into my chalk bag. Is this going to affect my performance?

**Belt:** Well no, not if you haven't dipped the shoe in bromide. Why just the other day I ran into the same problem on a climb called *Raspberry Bypass*. So, yesterday I ordered a helmet from Water Pic that will shoot streams of liquefied

exhaust manifolds from the rope tow engines from a little known Canadian ski resort. I'm guessing that it is just a problem of lack of "Rubba."

*Bobby from Norco writes:*

Dear Belt,

My friend Ermine is really a crocodile. The problem is that he is one of the final ten eligible for the Random House sweepstakes. When he wins, those guys will come to the house with cameras and he will be so embarrassed. If I forged his signature, how long could I climb on forty million dollars?

**Belt:** If Swiss army knives sold for three million dollars and you bought one every four months then you could climb for 47 years. That is if you didn't spend too long in Mission Bay. That place will really "gives you the guanacos."

*Bobby from Norco writes:*

Dear Belt,

I think that Chuck Norris is going to place in the top forty seven at Arco this year. Do you think karate is good cross training for climbing?

**Belt:** Karate and other forms of martial arts emphasize many antagonistic or negative (i.e., non-climbing) muscles which can help to prevent injuries and "lopsider's complex." So the answer is definitely yes, maybe, no, sometimes.

*Bobby from Norco writes:*

Dear Belt,

I live in this house with six other wierdos. This one guy has a dog named Tube that...

**Belt:** Binky you Rapscaillon.

*Bobby from Norco writes:*

Dear Belt,

For cross training I dress up as a paddle wheel in the Annual Imperial Beach Louisiana Steam Boat Jubilee twice a year. I have found that it dramatically increases my mono strength.

**Belt:** Doing something only twice a year, even fourteen times a year will have little effect on your mono power. You

should probably perform exercise at least 47 times a year. Then watch those fingers bustle with girth that that would make Paul Bunyan's Ox blue with envy.

*Bobby from Norco writes:*

Dear Belt,

I know that the pichiciego is related to the armadillo. But how is capillarity related to my ability to stay on large holds for 47 seconds?

**Belt:** If I find myself on jugs needing a shake, as in the third bolt on *Raspberry Bypass* I will take my pumped hand off and recite these words to the rhythm of "Doctor Doctor."

"Doctor Doctor bring me the shoes.

I got a bad case of resoling chipmunks."

It works wonders.

Well there you have it climbers, villains of the vertical, outlaws of the overhang, scallions of the slab, the questions that you wanted answered.

Question for next issue: How many sport climbers does it take to screw in an ice axe?

*David "Belt" Potter's book, Operation: Crumb Weasel is now available. It still has nothing to do with climbing, aardvarks, or anything else for that matter.*

(continued from page 55)

The tall figure in the white cloak wheeled, cursing softly, hand at scimitar hilt. Not lightly did men walk the lightnighted streets of Asgalun, capital of Shemitish Pelishtia. In this dark, winding alley of the unsavory river quarter, anything might happen.

"Why do you follow me, dog?" The voice was harsh, slurring the Shemitic gutturals with the accents of Hyrkania.

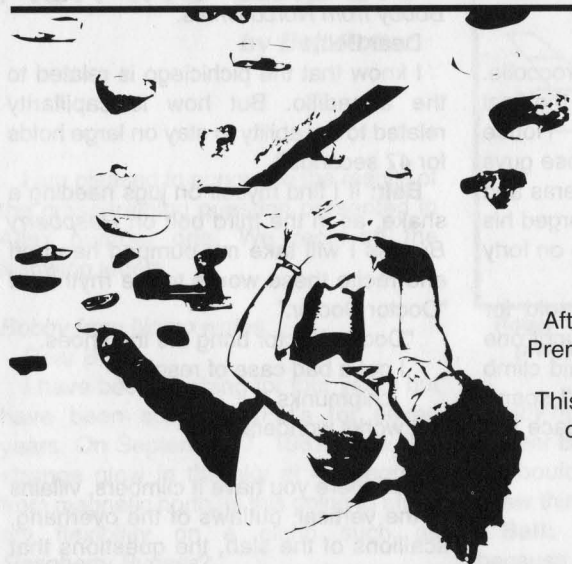
Another tall figure emerged from the shadows, clad, like the first, in a cloak of white silk but lacking the other's spired helmet.

"Did you say, 'dog'?" The accent differed from the Hyrkianian's.

"Aye, dog. I have been followed—"



# Allez Magazine & Radwall Present CAVEMASTER III



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CaveMaster III will be held on Saturday, April 15, at the home of Allez Magazine. The entry fee is \$15. The prizes will consist primarily (or perhaps entirely) of money from entry fees. There are 2 divisions: 1 men's and 1 women's. There are spaces available for 40 climbers, first come first serve. 10 entries will be reserved for women, but if 10 women do not sign-up, there will be no women's division. All competitors will climb on at least 10 routes, finalists will climb on 12 or 13 routes.

You **MUST** pre-register to enter. Fill out an entry form (available at climbing gyms and stores) and a check for \$15 and mail them to: Phil Requist / 360 Greencastle Circle / Santa Barbara, CA 93111. For further information, call Phil at: (805) 681-0267. If you need a place to stay during the competition, give me a call and I'll try to work something out. **INCOMPLETE ENTRY FORMS WILL NOT BE PROCESSED.**

## Gym Reports

### ROCK & ROLL

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Start training! Rock & Roll plays host to two major competitions this Spring and Summer. First up is the Triple Crown Climbing Competition held on May 20th. Details on the event will be sent out soon. Next, Rock & Roll is proud to have been asked to hold the Junior Regional Championships, which will be held on August 6th, 1995. The best young climbers from around the country will represent themselves trying to qualify for the Junior National Championships.

Beginning in May, Rock & Roll will hold drop-in climbing competitions on the last Friday of each month. Top finishers in each category will be awarded prizes.

Rock & Roll would like to thank all those people who showed up for Kurt Smith's slide show, once again he put on a terrific show.

Day passes are \$6.00 and monthly memberships are \$30.00. Don't forget, if you have children, enroll them in our gymnastics school at 1/2 price. Our birthday parties, field trips and private lessons are going better than ever, give us a call for details.

host a series of free member bouldering clinics with Rockreation employees and hard men, Louie Anderson and Dale Bard. The clinics offered a different format for both recreational and advanced climbers and were a great learning and motivating experience. You can pick up a current monthly calendar at the gym or call us for details on scheduled events.

As summer approaches, Rockreation is planning a season of kid's summer camps including great games such as wall tag, American Gladiators, King of the Mountain, speed climbing races and more! Sorry, these camps are for kids under 18 only. Sounds like fun though, doesn't it? We are also tentatively planning a late summer competition. Team Rockreation is also in the works to provide motivation, workouts and incentive for gym members to develop their climbing, so look for us at upcoming comps! For more details on events, classes, memberships etc., please call. Climb hard and have fun!

## SolidRock gym

January 21st marked the occurrence of SolidRock's second annual Climbing Into The New Year competition. The event was a complete success (see pg.41), with over 3000 dollars in cash and prizes awarded!

During the month of February it was business as usual with everything from video clinics to homemade salsa night. March was marked by special rate days, our great youth programs and Ron Kauk making an appearance.

La Sportiva and Arc'teryx had a great demo night while Ron gave an incredible talk and demonstration. Then over the next two days he gave a number of clinics for some members and guests, these

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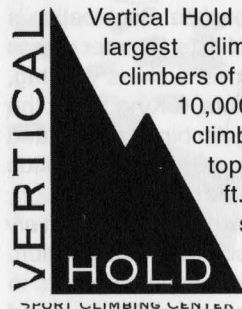
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were awesome.

Through out the next several months SolidRock will be hosting a number of competitions and "celebrity" slide shows and clinics, please call for dates and times.

We are also hosting the ASCF American Junior National Championships during the weekend of August 12th and 13th! This event will be for all competitors 17 years and under. Oh yeah, around October this year get ready for SolidRock's awesome North County location to open!



Vertical Hold is Southern California's largest climbing gym. We offer climbers of all ages and abilities over 10,000 sq. ft. of textured climbing wall, with over 80 top-rope route, a 2,000 sq. ft. bouldering area, and a spectacular 40' lead cave with our new stalactite. We also offer children's programs, birthday parties, and private and group lessons. Call for information on upcoming lead, bouldering, and stretching clinics.

Our Access Fund Indoor Swap Meet was a tremendous success. Thanks to Randy Leavitt who donated memorabilia. In the speed contest, competitors wore swim fins and blindfolds. So fun was guaranteed for spectators and competitors alike.

On April 29th, Vertical Hold will be hosting the first competition in the ASCF sanctioned Triple Crown Series.

## Gym Information

### **Rock and Roll**

26860 Jefferson Ave.  
Murrieta, CA 92562  
(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**

| <u>Date</u>  | <u>Event</u>     | <u>Location</u>            | <u>Information</u>                        |
|--|------------------|----------------------------|---|
| April 15   | ASCF Local Comp  | The Castle, Santa Barbara. | See our ad. on page 56.                   |
| April 29   | ASCF Competition | Vertical Hold              | First in a series of So Cal competitions! |
| May 20   | ASCF Competition | Rock & Roll                | Number 2 of the competition series!       |
| June 10  | ASCF Competition | SolidRock                  | Final event of the So Cal "Triple Crown"! |
| Aug.12-13: ASCF Junior National Championships at SolidRock Gym.            |                  |                            |   |
| August 19-20: ASCF National Championships at CityRock Gym, Emeryville, CA. |                  |                            |   |

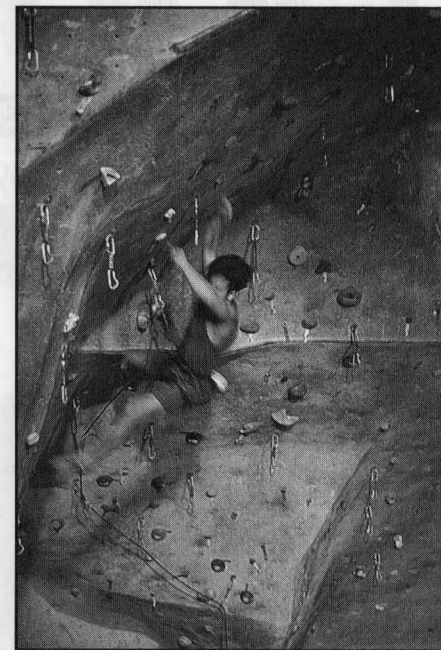
## **Non-Linear**

by Binky

After one of our recent winter rains, a Stony Point regular fell to the ground on an attempt to lead a 5.9 crack with natural pro. All of his pieces of protection pulled from the damp sandstone, though they were camming devices and described as "buried." The climber fell approximately fifteen feet to the ground. Luckily, the climber was basically uninjured (if sore butts don't count). It is not recommended to place natural protection in wet sandstone cracks. This takes several days, *at the least*, to dry; and though you may not pull out a well placed bolt on a sport climb, you might pull off a key hold on a route. Sandstone breaks away easily under camming forces, necessitating the need for buried cams. Sandstone also holds moisture and should not be climbed on until it has had time to dry out. Depending on the amount of precipitation, this could take as long as a week.

After two issues of *Allez*, we still seem to have a hard time getting people to write in and give helpful advice about how to avoid injury. Most likely the rain has kept people from heading out to the crags, so it seems proper that *Non-Linear* take advantage of this relatively accident-free period. We're going to engage in giving small pieces of advice whenever possible. Not any of that evangelical, rack-thumping, rabid, beer induced mouthing that we in the vertical mindset are sometimes apt to perform. Rather, one solid piece of advice that may aid the average climber on an average day.

Climbing steep, bolt protected sport routes may seem like one of the safest of all forms of climbing. Generally, the bolts are close together, and if you fall, provided you have an attentive belay, you mainly hit air. But if you've climbed enough of the steep stuff, you realize that if you're right above a bolt, and you fall on a tight belay, you're going to swing right back into the rock. Your momentum from the fall takes you in a pendulum-like path



Greg Loh catches some air.

Photo: Mike Brown

from under one side of the bolt (the air beneath you) to the other (the rock). Swinging back into the rock may not seem like a big deal if your ready and your feet land exactly where you want them to every time, but to assume such constants invites injury. And one of the most common injuries in this scenario is a broken or sprained ankle.

Though this may seem somewhat farfetched to those who haven't seen or heard of an injury of this kind, just think about it a little, or look at a video where someone falls on a steep climb right above a bolt. It is obvious that the forces of physics tend to be hard on climbers, so this is just one more situation to be aware of. What can help prevent a potential sprained or broken ankle, and a good deal other injuries, is an attentive belayer. A dynamic belay in the form of a small jump can take some of the speed out of your pendulum motion, and put the rock wall a little farther away in the process.



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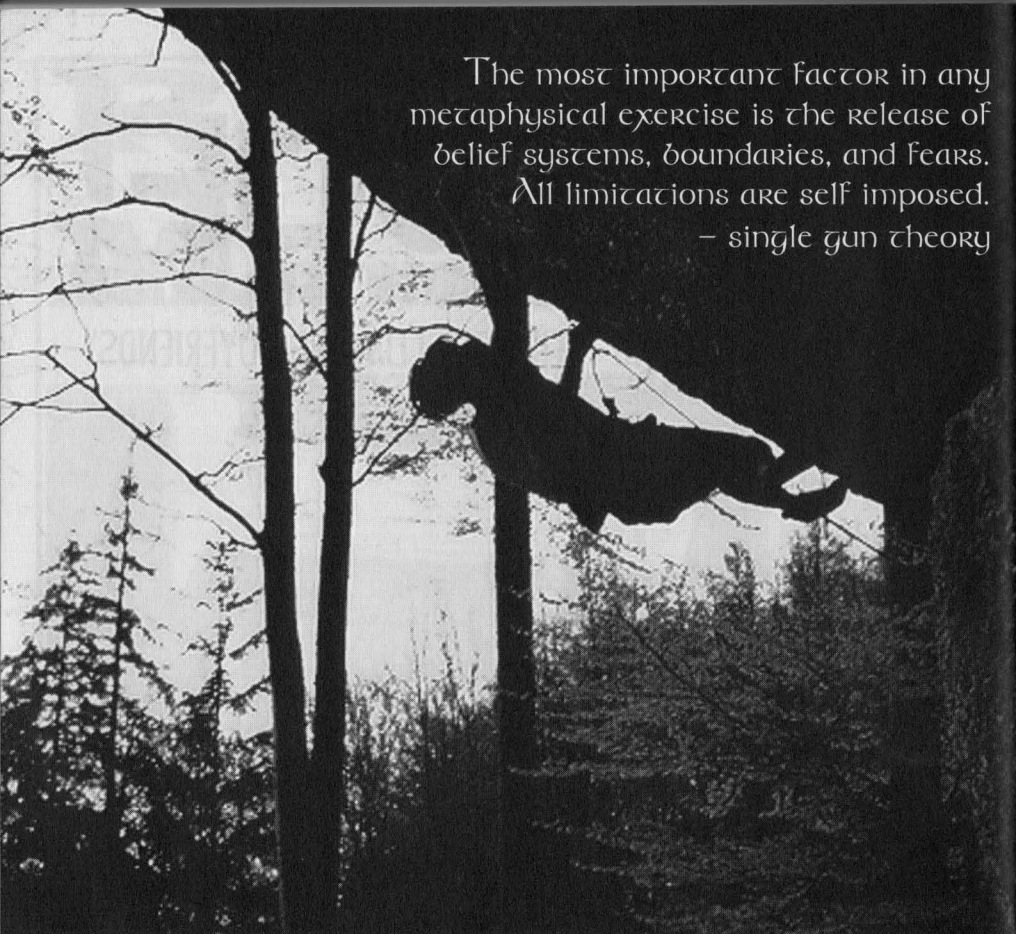
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The most important factor in any metaphysical exercise is the release of belief systems, boundaries, and fears. All limitations are self imposed.  
— single gun theory



Todd Mei on *Action Direct*.

Photo: Steve Edwards

### The Latest Line

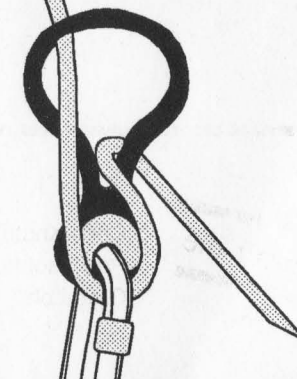
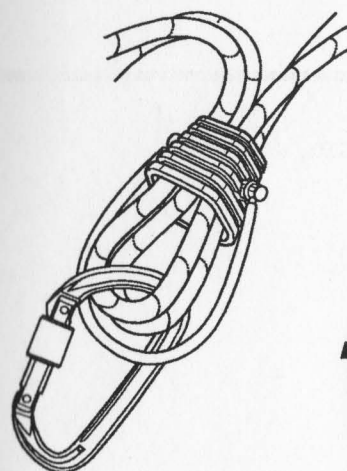
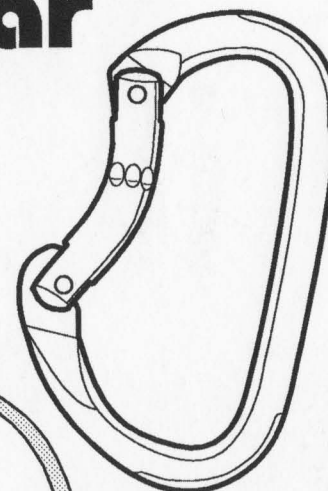
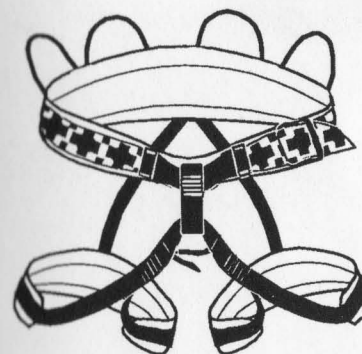
Straight from Vegas, here's the latest odds on So Cal's upcoming "Triple Crown."

| Men             | Odds  | Women             | Odds  |
|-----------------|-------|-------------------|-------|
| Chris Knuth     | Even  | Jessica Gladstone | 1.5:1 |
| Rudy Hofmeister | 2:1   | Suzanne Paulson   | 2.5:1 |
| Greg Loh        | 2.5:1 | Trish Beerman     | 3:1   |
| Ryan Hunt       | 3:1   | Kizra Soloman     | 3:1   |
| Rob Mulligan    | 4:1   | Susan Lyon        | 8:1   |
| Tyson Atwell    | 5:1   | Chris Deleiden    | 8:1   |
| Nick Nayfack    | 6:1   | Brandi Proffit    | 10:1  |
| Dave Struthers  | 10:1  |                   |       |
| Lance Handfield | 15:1  |                   |       |

### Coming in the next issue:

So Cal's "Triple Crown" Competition Series  
Guide New Local Summer Destination  
Chris Knuth Interview

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