

# Allez

SOUTHERN CALIFORNIA'S CRAG MAG

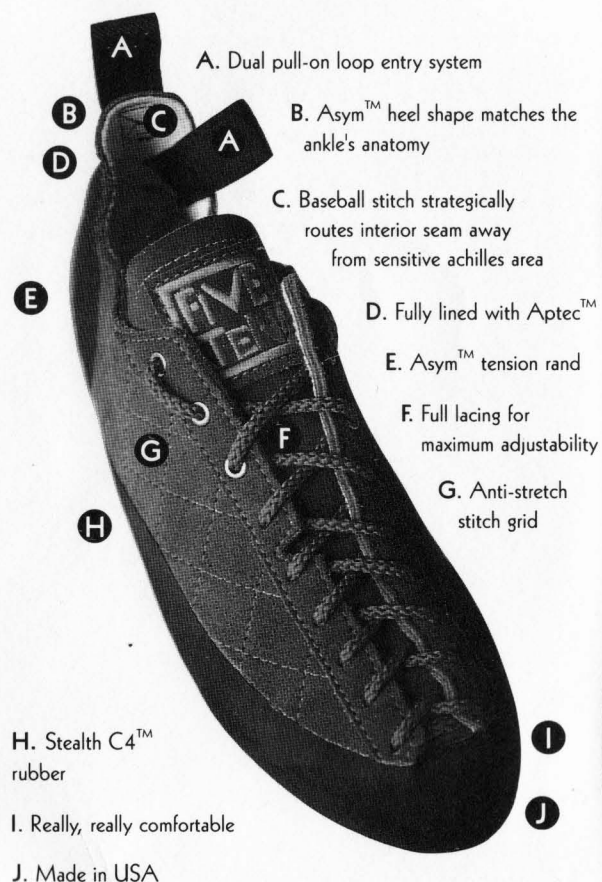
SUMMER '95

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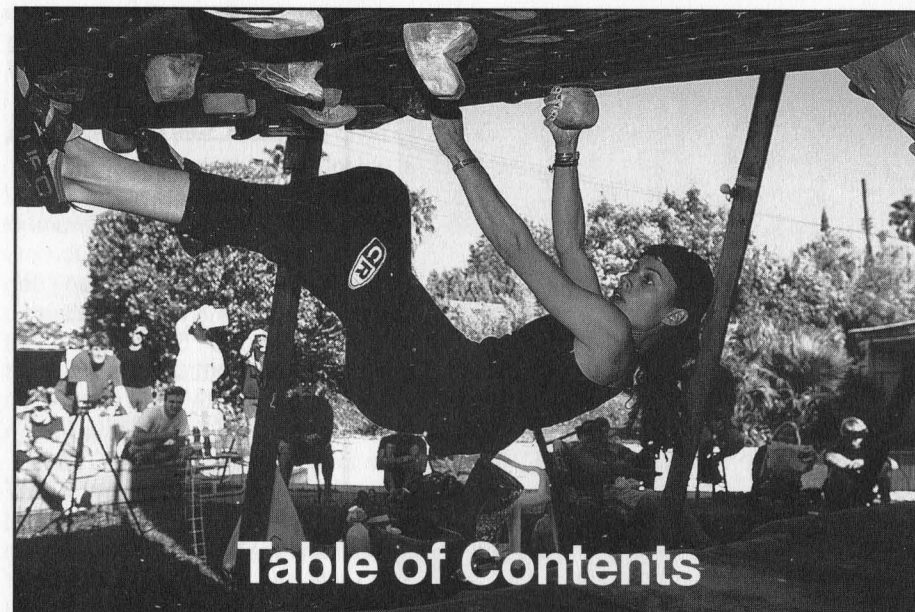


LOUIE ANDERSON  
JEAN-PAUL FINNÉ  
BIG BEAR  
MEXICO  
BUTTERMILKS  
TRIPLE CROWN

# The Hueco



Vertical fun  
all damn day.



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Alexa Foose winning Radwall's CaveMaster III in Santa Barbara.

Photo: Steve Edwards

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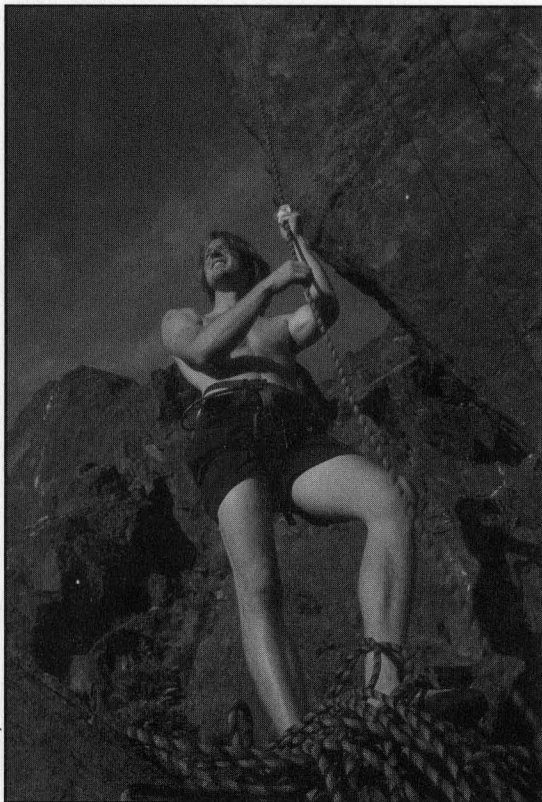


Photo: Telly Savalas

# Player

of the Month

**Beware the Player for he strikes with the speed of ten razors. Let no mortal cross him who does not wish the fire of Luria to descend upon thy name. May the dew from a thousand newts ferment in a thunderous cauldron and bring forth the messengers of destruction to excise the Daemons of Fordor!**

## Allez

SOUTHERN CAL'S CRAG MAG

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## Letters

**Allez —**

Basta! No mas! Nunca, No jau, No Way! There is nothing you can say I want to know. My eating habits are sane, yours are not. Nor Cal rips So Cal...dude. Phil, get your ass back here, without your parent's house, there's no climbing in the Bay Area. Should I call the Access Fund? Maybe the A.S.C.F. (Associated Suckers Conned by Florine)? Wait... that's calling myself stupid.

Scott Cosgrove putting up hard routes? That's impossible. Everyone knows he just poses for photos and reads dirty magazines. By the way, crank calling his 1-800 number is hella fun. No, I am no longer a rock climber. I am a hit man for the sport climber's Mafia. John Sherman, I'm coming for you. When will climbing competitions feature a mud wrestling event? Steve Schneider is my hands down favorite for the champion — followed by ALF. Where is the life form anyway? Somebody let me know so I won't end up there, too.

Unconfirmed rumor of the month: There are a bunch of guys in Santa Barbara that are trying really hard to be like *Crank!* magazine, but spell too well. Is Elaine Chandler in on this? I want my fucking money. Black Diamond's initials are BD. Bondage and Domination, which is what hanging in a BoD (there's BD again) harness feels like. Do we really have to make beginners suffer while the rest of us climb in padded comfy harnesses, or is it just an abstract marketing ploy? Fuck steep crags, hold-less slabs are where it's at.

*Thank your mothers for me,  
J. Andrew Outis, esq.*

**Allez —**

I think its cool you guys are on the net! I already wrote you a letter, but I'm not sure if I mailed it.

Anyway, I like your mag. Its cool reading by headlamp after climbing in the

back of my van with a nice beer buz going.

*Blue skies and hard rock.  
Jim*

**Dear Allez —**

On a recent trip to California, my husband and I picked up a copy of your Spring '95 issue. We were enjoying the articles and reviewing the competition results of the Climin' into '95 comp, which we had competed in. Imagine my surprise when I saw a picture of myself (p. 42) and a caption that read "Jessica Gladstone chalks up another win." That's not Gladstone; it's me — Trish Beerman. I'd appreciate it if you would clarify this in you're next issue. (After all, it is a good picture of me.)

Anyway — we liked the magazine and even checked out the new Las Vegas area. Keep up the good work.

*Thanks,  
Trish Beerman*

Thanks Trish — and while we're on the subject of mistakes, perhaps we should clarify a few other things.

First, we failed to mention our ad rep for the last issue, REED BARTLETT.

On page 5, It was Randy Leavitt who made the second ascent of F-Dude, Dale's ascent was the third.

On page 6, Jibé Tribout's new route was reported in Vertical as *La Connexion*, although Ken Hotaling, who reported the information and was there when he did the route swears, "He said he was calling it *Malibu*." Also, Kelly Hotaling, Ken's wife, informs us it was she, not Ken who took the photo.

On page 36, Dan McQuade is on *Shell Shocked*, 13c and page on 38, route #9 is *Shell Shocked*.

Letters and e-mail are welcome and can be sent to the addresses on page 2.

# News

## Jailhouse Rock

Tom Herbert wrote us to say his route *Motherlode*, which we reported as 14a/b, has been confirmed at 14a. By the way, anyone interested in long European-style sport-routes should check out this crag, it is by far the best in California.

## Rifle

With the Extreme Games coming up, many of Europe's elite descended on Rifle Mountain Park early this summer. Significant ticks were happening so fast it seemed no one could remember just who had done what. Highlights include: *Lungfish* (14a) receiving its 2nd, 3rd & 4th ascents and *Slice of Life* getting a consensus downrating to 13d.

San Diegan Chris Knuth provided southern California something to boast about, ticking *Dumpster BBQ*, 13c/d. He also has a project next to *Slice* that may check-in at 14b when finished. Good luck, Chris.

Jeff Willis, upon hearing this news and fresh from a trip to Europe, told us "You really should print something about how far the Europeans are ahead of us." I guess he hasn't been reading.

## Smith Rocks

Belgian Jean-Paul Finné made the 3rd ascent of America's hardest route, *Just Do It*, 14c. Frenchman Marc LeMenestrel added America's third 14b, *The Big R*. The ubiquitous Chris Knuth also ticked *To Bolt or Not To Be* (14a), without a kneebar in sight.

## Extreme Games

The first international competition on American soil in 5 years took place at the end of June. American's took advantage of their home field advantage and put in a

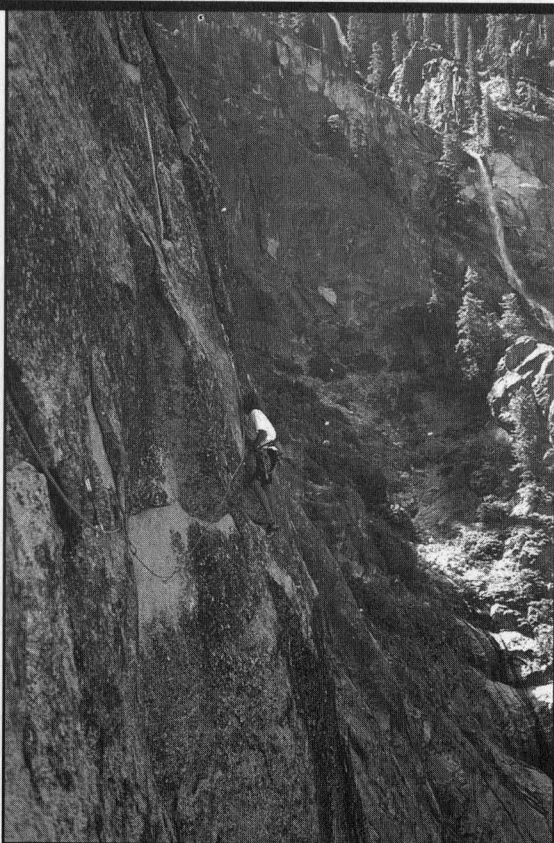


Photo: Bob Gaines

Scott Cosgrove on the crux pitch of *How The West Was Won* (V 5.12b)

good show.

After winning every World Cup event last year, Robyn Erbesfield broke her ankle this spring, yet has come back fast. Erbesfield solidified her position as the greatest female sport climber of all time, taking first. Mia Axon, who just keeps getting better, took third, not too far behind Erbesfield.

The top American men, John Cronin and Hans Florine, finished in the teens which is much better than we've been doing in World Cups. Brit Ian Vickers surprised everyone, especially the French, by winning.

Florine, then re-captured his world speed title, which he'd lost two years back.

## Yosemite

Perhaps the biggest news here is the controversy surrounding Fred Nicole's

ascent of *The Dominator* (V13) a three-move boulder problem considered one of the world's hardest. Nicole's trip to the Valley had been highly anticipated after he had one of the best bouldering seasons ever recorded, including a first ascent claiming the world's hardest problem.

As reported by Todd Skinner, Nicole ticked the problem in half an hour, even after local Ron Kauk had soaked the holds with water.

"Is that what he said?" was Kauk's response. "Actually, it was probably more like... 17 minutes. We were waiting for him [at *The Dominator*] and it was getting dark so I cleaned the holds with water. Later that night I'd heard that he'd done it. It was just about dark, so he must have done it in a couple of tries. Then I heard that he'd 'kicked his girlfriend' on the ascent."

This is significant because the crux of *The Dominator* is to stick a sloper while your feet cut loose. Moon and Moffat, the only two to have done the move, were never able to repeat it. To inadvertently kick someone, even just barely, could check one's swing enough to change the move.

Despite pleas from locals to try it again, he never would; leaving *The Dominator's* reputation intact, albeit slightly tarnished. There was no report that he downrated it.

Due to horrendous Spring weather, there were a record number of rescues in the Valley. Remember, storms can happen every month of any year, climb prepared.

Since big wall climbing is so in vogue these days and it seems everyone is looking for second ascents, here is list of significant wall routes without repeats:

## El Capitan

Route, Grade, Rating, First Ascent Party, Year  
Hole World, VI 5.10 A4, Eric Kohl, '90

Wings of Steel, VI 5.10+ A4, Richard Jensen,

Mark Smith, '81

Verano Magico, VI 5.9 A5, Jose' Luis, Javier

Gallego, '85 ( 22 pitches fixed)

Turning Point, VI 5.10A4, Steve Grossman '84

Mediterraneo, VI 5.10 A5, Javier & Carlos

Gallego, Miguel, Luis, '81

Bermuda Dunes, VI 5.11c A4+, Steve Schneider,

John Barbella, '84

Scorched Earth, VI 5.11 A5, Rob Slater,

Randy Leavitt, '88



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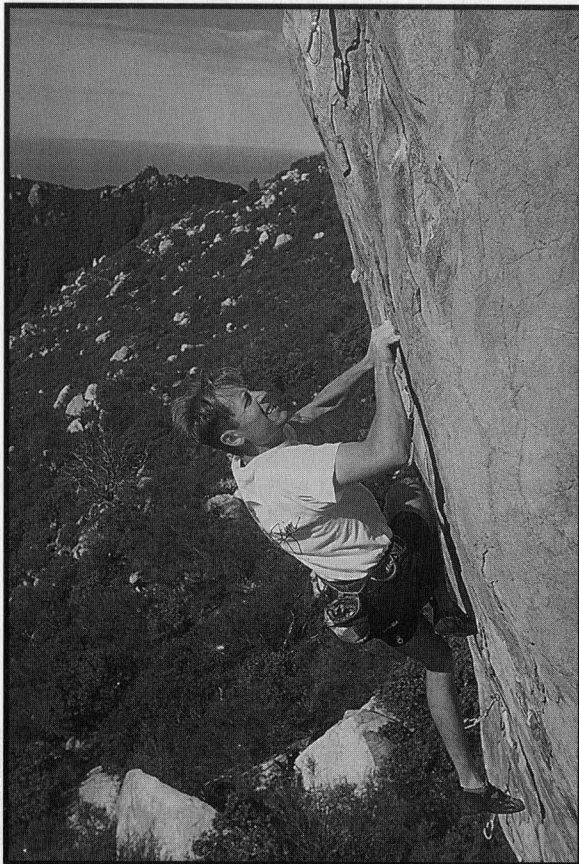
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at only 5.8. The new place has plenty more route potential for the committed and creative.

All route information and topos will be included in the upcoming version of *Seven Sisters Rock Climbs* by Slater. Of course, timing depends on the slow turning wheels of bureaucracy, so please keep you're hormones in check while issues work themselves out.

While waiting for access to clear at the new place, locals have started a few new projects at the Bishop Peak Quarry, a place with a reputation of having loose rock. It does have in spots, but it is also beyond solid in others. *No Time This Time* was finally sent on top-rope by Thau at 12b. Then Thau and Slater bolted *The Other Way of Stopping* (5.8) just right of Joe and Tom's route. Two new projects (probably 5.12) were conceived and are now being worked out on TR using the

anchors of *Slippery Air* (aka *Quarry Roof*). *Omegaman* (5.9+) is still the best route there and worth the walk in itself.

Now, as if God hasn't smiled on SLO enough this season, Crux Climbing Gym finally opened it's doors (see gym reports). Check it out.

### Bishop Quarry

Dir: Park on Foothill. Hike left outside of tree line to the backside. Takes about 30 minutes.

### Sycamore Tree Wall

Look for a Sycamore tree and large black water streaks on the wall. Access the top by hiking around the left side. Rap off of giant metal ring.

A. *Joe & Tom's Route*, 5.8\* 5 bolts Starts just left of the sycamore tree.

B. *The Other Way Of Stopping*, 5.8\* 6 bolts Starts beneath small ledge on left side of Hedges.

C. *Hedges, Ledges, & Wedges*, 5.8\* pro: small to 3" Ascend crack.

D. *Edges, Ledges, & Knobs*, 5.9\*\* 9 bolts Starts on right side of the black water streak. After bolt 6 traverse left back into black streak.

E. project #1 5 bolts Starts on steep face3 on right side of Edges.

F. project #2 5 bolts Left of slippery Air.

G. *Slippery Air* (aka *Quarry Roof*) 5.11b r/x Not recommended.

**Middle Wall** — This is the dimpled wall 25' right of sycamore tree wall.

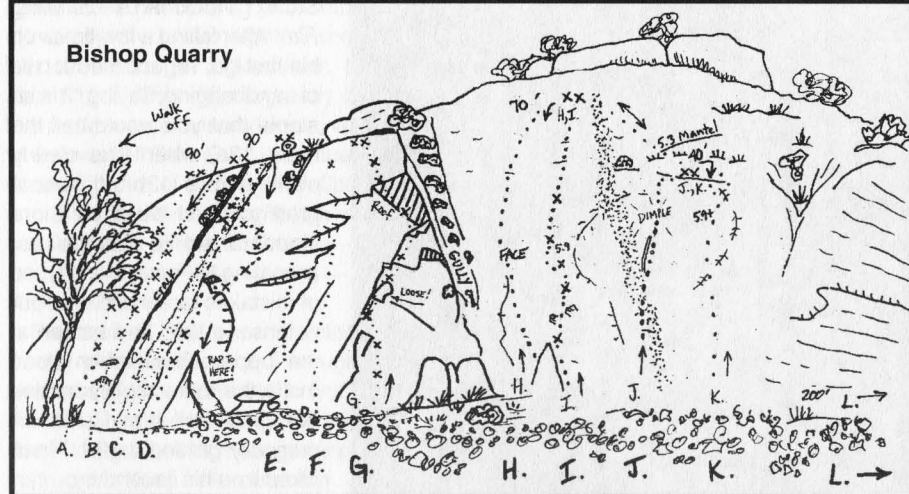
H. *Secret Journey*, 5.8\* (TR) Starts in thin crack just right of Omegaman.

I. *Omegaman*, 5.9\*\* 5 bolts Crux comes after bolt 3. (5.10+ variation goes straight up after bolt 3 instead of short left traverse.)

J. *No Time This Time*, 5.12\* Anchors on ledge. Straight up dimple.

K. *Sarah's Breakdown*, 5.10\* (TR)

### Bishop Quarry



Climbs right side of the dimple.

**Cracked Tower** — 200' right of Sarah's Breakdown. Look for Pinnacle with crack.

L. *Dare-A-Dactyle*, 5.7\* pro: small to 2" Anchors on top.

— Tom Slater


### SANTA BARBARA

After the worst winter in recorded history, Santa Barbara finally saw a brief window of good weather that had locals scrambling for ascents before the on-set of summer's heat.

At the Owl Tor, Hans Florine repeated John Perlin's *Chip's Ahoy* (13a) and then made the second ascent of Phil Requist's *Better Than Life* (13c) confirming the grades of both. He did *BTL*, his hardest redpoint to date, on is 7th climbing day spread over 8 months. Shortly thereafter Requist made the fourth ascent of *Chip's* before being sidelined with an elbow injury.

At the Acropolis, Perlin

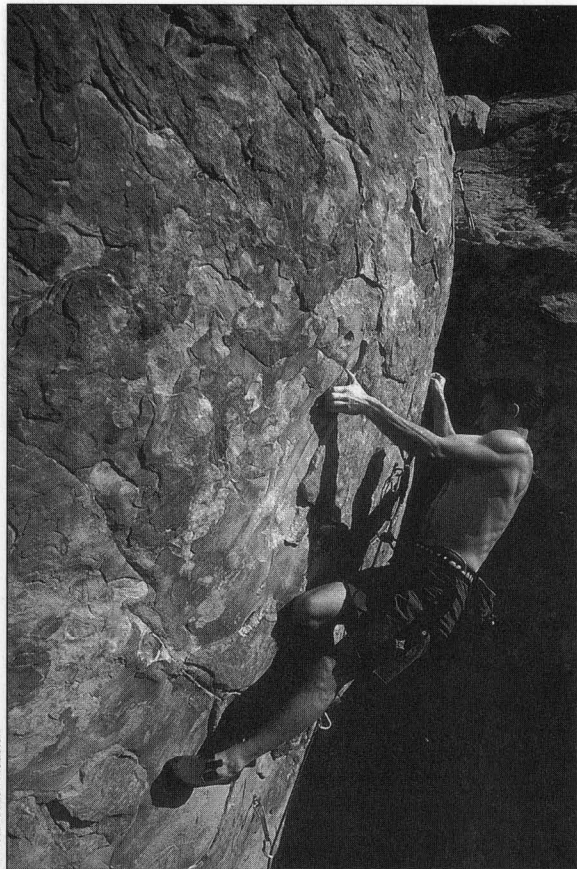
did the "first ascent" of *The Odyssey*, that he thinks is 13c. The Acropolis is a glue-up crag, formally used for training, where the routes were "erased" by someone who removed the glued-on holds. Perlin then, in fine English form, (they have a tradition of freeing chiseled aid routes) decided to try and free-climb what was left. The route took him 7 climbing days over three months. Despite John's pleas, no one has tried to confirm it.



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Vying for Santa Barbara's hardest route are Perlin's *Odyssey* (page 8) and Edwards *Epoxy* (above).

At the Earthwatch area, Steve Edwards completed his long-standing project *To Epoxy or Not to Be* (13c). The route was bolted four years ago and at the time Edwards couldn't hang most of the holds. One year ago, the route was about to go down at 13b when a hold broke, adding another crux. After taking one day to work out the new move, he finally did it on his 9th day this winter. Despite attempts from many locals as well as Florine, Kevin Thaw, Wolfgang Leeb and others, no one else has done all the moves. Florine said it was somewhat similar to Scott Frye's Surf Safari (rated 14a) but slightly shorter. "...but with beta I was able to do all the moves on Surf Safari first day, whereas on *Epoxy* I couldn't do three [moves]."

Up at the Kryptor (Green Dome), Jean-Paul Finné on-sighted all the route's except

Stuart Ruckman's *Stealing Fire*. After falling a few times on his first go, he accused locals of sandbagging, saying "It is so stupid that you would call the route 13a, when it is clearly obvious it is 13b." It seems grading must be a bit more standardized in Europe as, according to Finné, these types of mistakes rarely occur. In our defense, a hold had broken at the upper crux, which does make the route slightly harder. We didn't tell him Ruckman originally graded it 12d. Finné hiked it on his second try.

Also of note: local activists Pat Briggs and Tony Becchio, who have been quiet for some time, were spotted at an obscure local crag with their drills going. We may have a new crag to look forward to next fall.

#### MALIBU

A major area was discovered this spring by Jeff Willis called the Echo Cliffs. With help from Jack Marshall, Louie Anderson and others,

over 40 new routes were bolted, many harder than 5.13.

Before most of the routes had been redpointed, the crag was closed, mainly because the trail the climbers built crossed an endangered plant. It was brought to the attention of the rangers by hikers complaining about drilling one weekend when there were reportedly 15 drills going. The Access Fund has been involved and hopefully the area will re-open. The climbers have offered to build a proper trail and help in any way possible. The problems may have been alleviated by climbers approaching the rangers beforehand, something we should consider in the future.

Chris Knuth repeated *Maximum Ghetto*, reportedly downrating it. Dave Struthers and Nick Nayfack have also

come close. According to Struthers "You climb slightly to the right of the original line and can get a kneebar. It seems about 12d." This differs greatly from how the route was originally done, which was to do most of *Stun Gun*, then head right. It does skip one of the original clips for *MG*, so this variation might have to be considered a different route.

#### STONEY POINT

Boulders 1 & 2 were painted for the filming of *Under Siege 2*. I thought the act atrocious but was surprised to find it actually didn't change the climbing that much. Most seem to agree, A16 manager and climbing instructor Kenji Haroutunian said, "It seemed pretty awful at first, but except for a few odd problems, it's really not that noticeable." The major change is probably the lack of the name Turlock, which was spray-painted on Boulder 2 many years ago and is now known as the Turlock boulder. Perhaps to save climbing tradition, the words Turlock should be retro-painted.

#### DEVIL'S PUNCHBOWL

A few new routes went up this winter by Jeff Constone, Dave Tidwell and others.

At the Lil' Attitude Wall, just west of the Attitude Wall, you'll find *Pebble Beach* (5.11) on the left and *Black Listed* (11-).

100' to the north lies the Corral Wall. Look for *Buckaroo Billy* up the center at 10c and *Spaced Cowboy*, a 11+/12- on an overhanging arete to the left.

**BUTTERMILKS** — See page 32.



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#### SAN DIEGO

Matt Bebee and Dave Struthers both repeated *Rock the Boat* (13a) at Woodsen. At the resurgent area Valley of the Moon, Jeff Brown established what is, so far, the hardest route in the area: *Who Wants to Live Forever* (12b).

Valley of the Moon was a fairly popular area years ago that has seen a plethora of action this winter. Over 30 new lines have gone up, mainly the work of Dan and Mark Haughelsteine and Andy Murtomaki and Brown. A new guide is in the works and information on the areas climbing history is being researched. Please contact:

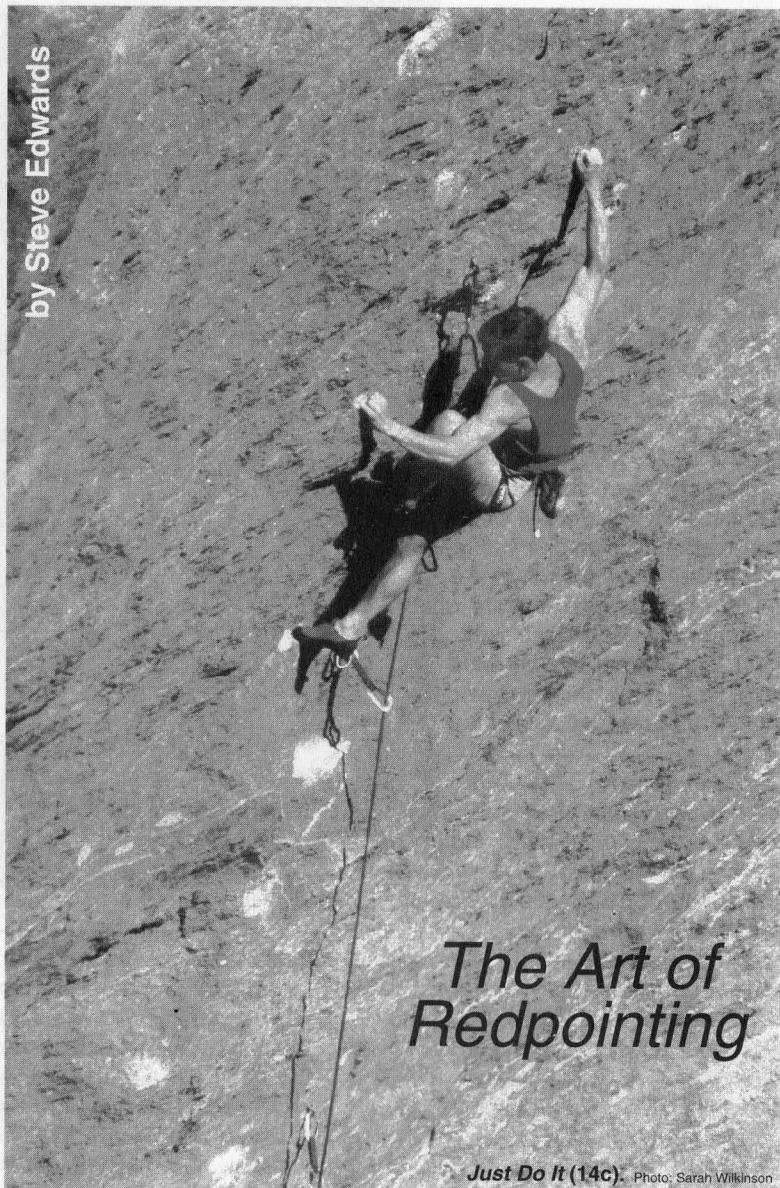
Jeff Brown  
(619) 287-1928

— Compiled by Steve Edwards



# Jean-Paul Finné

by Steve Edwards



## The Art of Redpointing

Just Do It (14c). Photo: Sarah Wilkinson

In 1986, Jibé Tribout shocked the American climbing world by redpointing *To Bolt or Not to Be* at Smith Rocks in Oregon. With his ascent of the first route to be graded 14a in America, the Frenchman started a trend of foreigners setting American climbing standards. In 1992, Tribout upped the ante again with *Just Do It*, 8c+ (14c), also at Smith, at the time one of the three hardest routes in the world. *JDI* still hasn't seen an American ascent. Last year it received its second ascent by Marc LeMenestrel, a former French superstar with a full-time job. This year, a little known Belgian, Jean-Paul Finné nabbed the third ascent of America's grand prize.

I met Jean-Paul at Dan McQuade's house in Las Vegas. Being fairly well read in the climbing world, I had heard his name, but couldn't recite any accomplishments. A day at the crags left me slightly aghast. My partner, Austrian Wolfgang Leeb, was equally amazed saying, "In Europe you hear of him, but he's not usually associated with the best climbers. How could he not be?" He was climbing at a level at least equal to anyone I'd seen, including Tribout. On his way to Smith he stopped to train with us and it's a day we won't soon forget. It's not easy to humble someone on their own home court, but he worked us over. Even Phil couldn't go on. Five days later, *JDI* was in the bag and we were hardly surprised.

In the aftermath Jean-Paul spent a month with us and we saw his human side. He ate junk food, played computer games, and fell off problems. We began to see that it wasn't extraordinary talent, but extraordinary determination that propelled him up *JDI*. On the way to the airport I decided to turn on the recorder to let Jean-Paul tell his tale. It was refreshing to hear that a climber of his stature has the same struggles, doubts and ups and downs that we all have; to hear that just because you're stronger doesn't mean it's easier to reach your goals.

**SE: How did you get interested in *Just Do It*?**

**JP:** Two years ago I was at Dale's [Goddard]. He had just written *Performance Rock Climbing* and had made a video showing the sequences of *JDI*. He was going to try it and asked if I'd like to come along. He needed a partner that could get on that route because it is so far from everything else.

At first, I didn't want to go because I haven't done any 14b's. I've done many 14a's but didn't think I'd be able to skip a grade. Dale said he thought the route would suit my style, so I tried it.

**SE: How long did you spend on it?**

**JP:** The first year I was on it 3 days and I got sick. I had been able to do many of the moves, but couldn't link any 2 or 3 moves together. Just before I was to

leave, I got well, and was then able to figure out the crux section. Because of my size I wasn't able to do the moves the same as Jibé [Tribout]. It took me 2 days to figure out a new sequence. That year I was just too weak to do the route. I could link some sections but not really enough to make me think I could do it.

**SE: That year, did you train specifically for it?**

**JP:** No, I didn't have time. I spent only 2 weeks in Smith, which isn't enough time to get in shape for a route like *JDI*. Then I went back to Europe to train for competitions, knowing I would return in the spring. I got in good shape and came in 5<sup>th</sup> in Laval in France. I went to Smith in good shape, but then tore my ACL skiing on a rest day, so I had to go back to Belgium for surgery.

After surgery, I recovered very fast. Maybe too fast. Usually it takes six months to recover from that type of injury, but after two months I did a 13b onsight. This made me think I could do anything, but after one good week, I couldn't do anything else. I don't know exactly why. Maybe I was overtrained. I went to England and couldn't redpoint the routes I had done onsight the year before. After a couple of months, I thought my career was over. I was too old and too injured. My priorities shifted and I would go out and try to onsight 12b/c's or do 13b's after work, and that was fun.

**SE: When was this?**

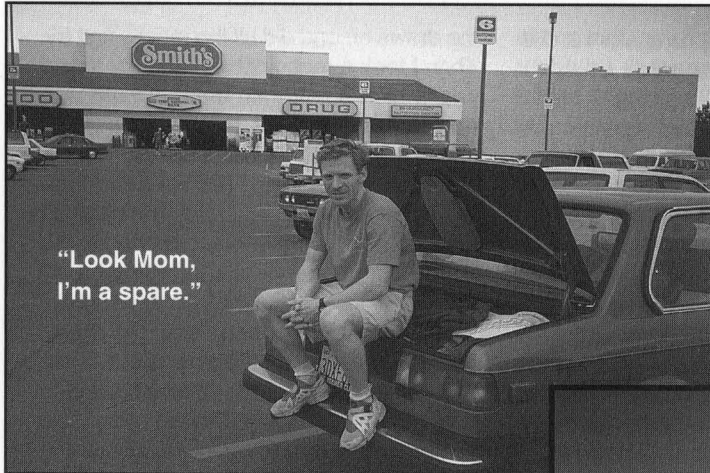
**JP:** Last summer. Then in September I came to the states in very bad shape. I couldn't do 12b onsight. I went to Rifle for three weeks and started climbing a bit better. I then met a French guy, Marc Ivorra who was going to try *JDI*. He had received beta from Marc LeMenestrel and was very keen on the route. I wasn't sure I wanted to go but he talked me into it. I drove to Smith and arrived the day before Marc, so I went to the Monkey to look with binoculars. *JDI* is great, just so perfect, the Monkey, the line, the hike, everything is perfect. I became very inspired and decided I wanted to do the route very badly.

My first day went pretty well. I could do





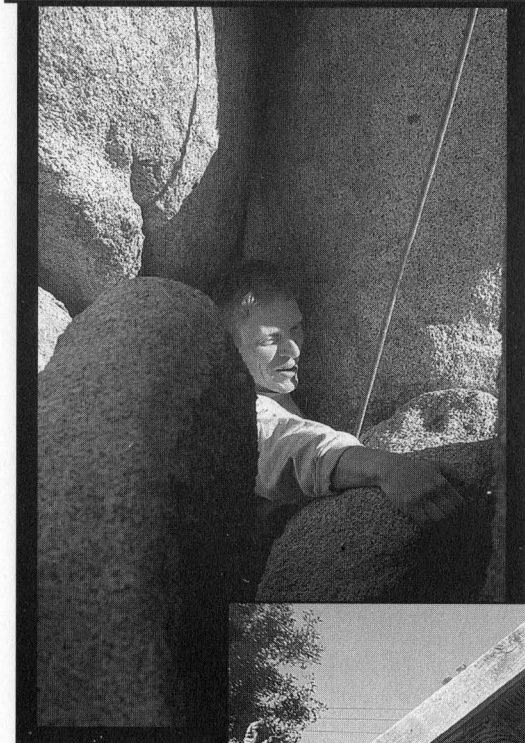




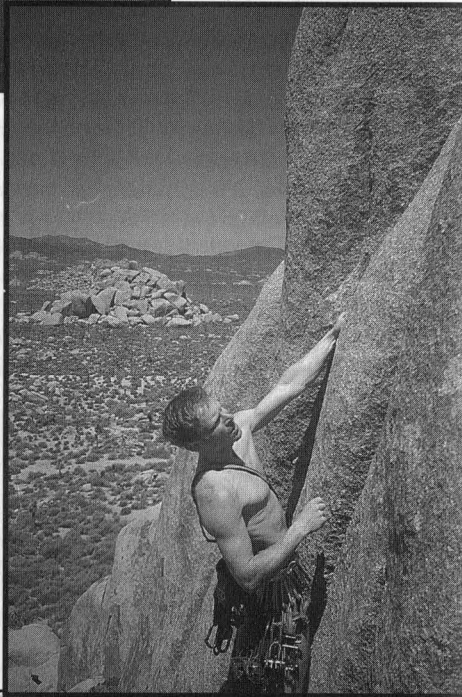
"Look Mom,  
I'm a spare."

## Jean-Paul's American Vacation

"My Lord an ant. Hey  
Larry, you better lower me."



"awww Lucy. Just  
give me a kiss."

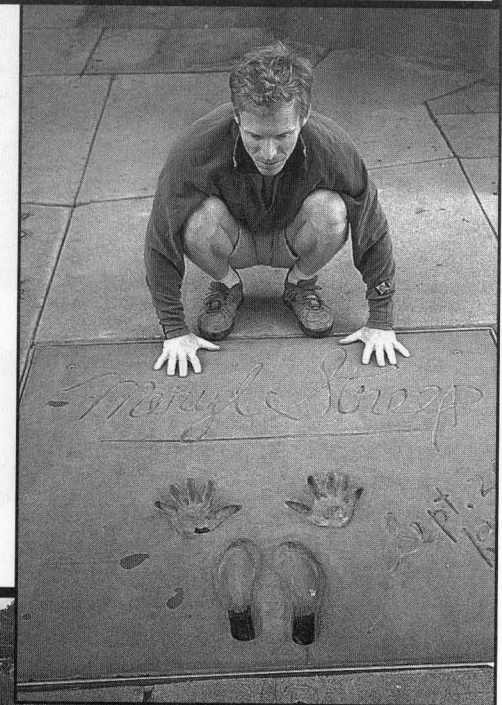
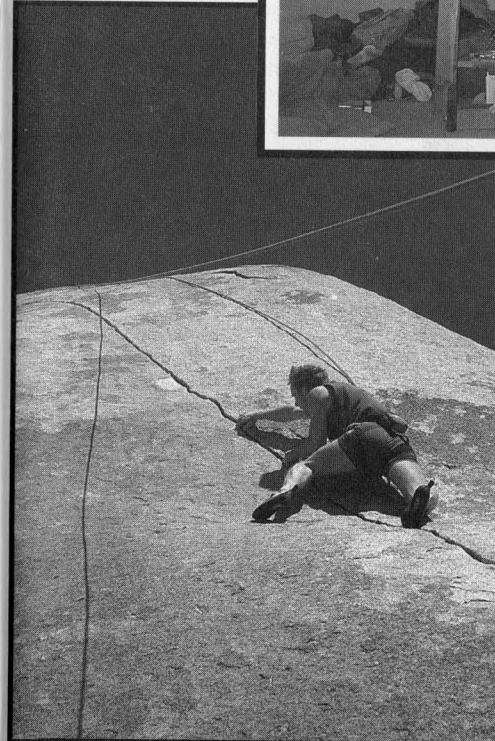


"Why?  
Because its there."

"Is this what you  
Americans call a  
Lay-Z-Boy?"



"Hey Steve, we'd  
better take this  
climb back, it's  
got a crack in it."



"By the power of  
Grey Sparrow I will  
now levitate this two  
ton slab."



"Dang it Moses you  
said the hike was  
three minutes."



section is not so bad as I'm high on the route and just focused on climbing. I've taken this fall 7 or 8 times and it's not so bad, only 40 or so feet.

The second day the weather was perfect too. Very cold, so I didn't have to take chalk. My first try I got past my high-point to the traverse, which was always very hard for me. I was a bit surprised and started to shake, causing me to fall. My second try was after 40 minutes rest, and I went to six moves from the top. I fell at the last move I can fall on, I think. After this move, I can fight through the others pumped. I can only take two good burns per day so that was it.

That night, I didn't sleep too well. I had thought of *JDI* for so many months, it was the project of my life.

The next day it was very warm. I warmed up and told Dale there was no way I could do it in the heat. I decided to get on it to work some more on the upper sequence where I had failed. So I got on it and it felt bad, but I found a new sequence for the upper move.

**SE: After two years you could still find new sequences.**

**JP:** Yeah, the first year I found new sequences for the last 11 moves everyday. The route is very subtle, so even after 20 or 25 days on it I could find new sequences.

So I ended up waiting like an hour before my next go and it cooled off just a bit. A slight breeze started blowing which really helped. I climbed the first part of the route to the rest and was more pumped than normal. Because of the heat I had less friction and had to put more pressure on the holds. I felt weak but Dale shouted, "Come on, you can do it, go!" which helped me focus. I did the traverse and everything went super fast. I climbed like a machine until the new sequence. I became scared of making a mistake, my hands were sweating and the holds are very small. I made it to the jug and there was one more move to go. Pretty easy but dynamic, with sloping holds. I shouted to compose myself and shook for about a minute, then did the move.

**SE: How does it feel to have done your lifetime project?**

**JP:** The pressure was so high because I had thought about it for so long and then last year I thought I couldn't do it. This year I got in good shape and started thinking maybe I can do it. When I got on it the first day (this year) I knew I could do it and the pressure was immense. Everything is perfect about this route, which means everything is hard: the hike, the conditions, the route. So even though you know you can do it, it is also easy to fail.

After I did it, I was mentally exhausted. I got on *White Wedding* [14a] and did terribly. I was angry that I was doing so bad, I was yelling at Dale about his belaying, and of course he was belaying perfectly. I had no focus and it took a few days to figure this out. So I came back to Santa Barbara and sat around and ate a lot, which was great.

**SE: So what's next for you?**

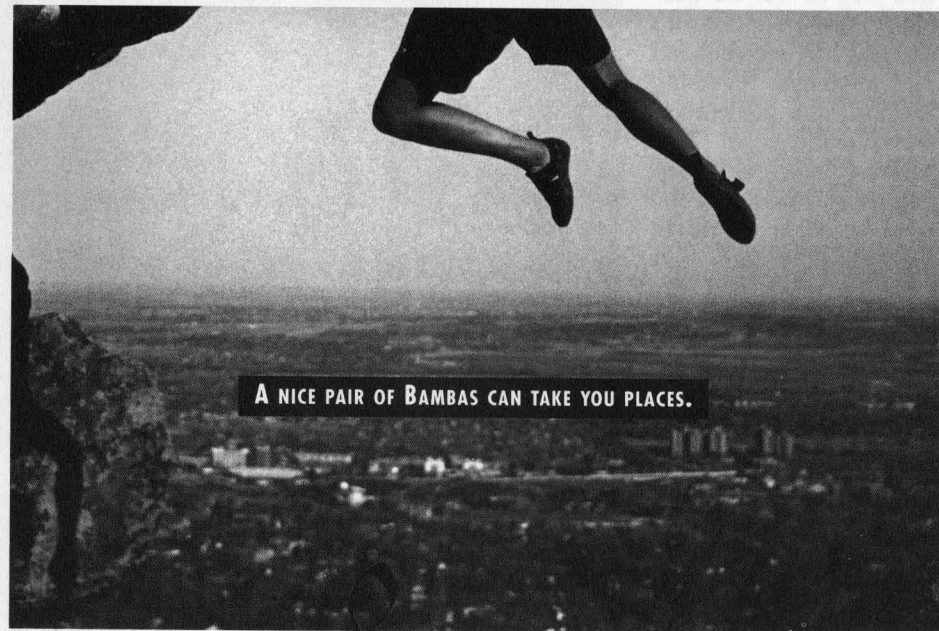
**JP:** To go on a diet! Actually, the world championships are coming up and the final is on my 30<sup>th</sup> birthday, so I hope it will go well.

**SE: Any more routes you'd like to do?**

**JP:** I don't know. I fought so much for *JDI*, I don't think I can fight too much now. There are routes I'd like to do but it depends on my mind. I'm so mind oriented, nearly half my power in climbing is in my mind.

**SE: Anything else you'd like to add? About maybe Joshua Tree? Crack climbing? Cedrick's Deep Sea Fish Market?**

**JP:** I think it's important to climb on many different things. To get the technique and just to have fun. I went to Chamonix last year, and I was pretty scared because last time I did something more dangerous than climbing I hurt my knee, so I was afraid to do something wrong in the mountains. But I did it [mountaineering] and it was fun. We didn't do anything very hard but I think it's important to be able to do it. To climb in the gyms and outside, to climb in France, England, America... to have a good experience. If we only climb steep walls all our life, we miss out on a lot.



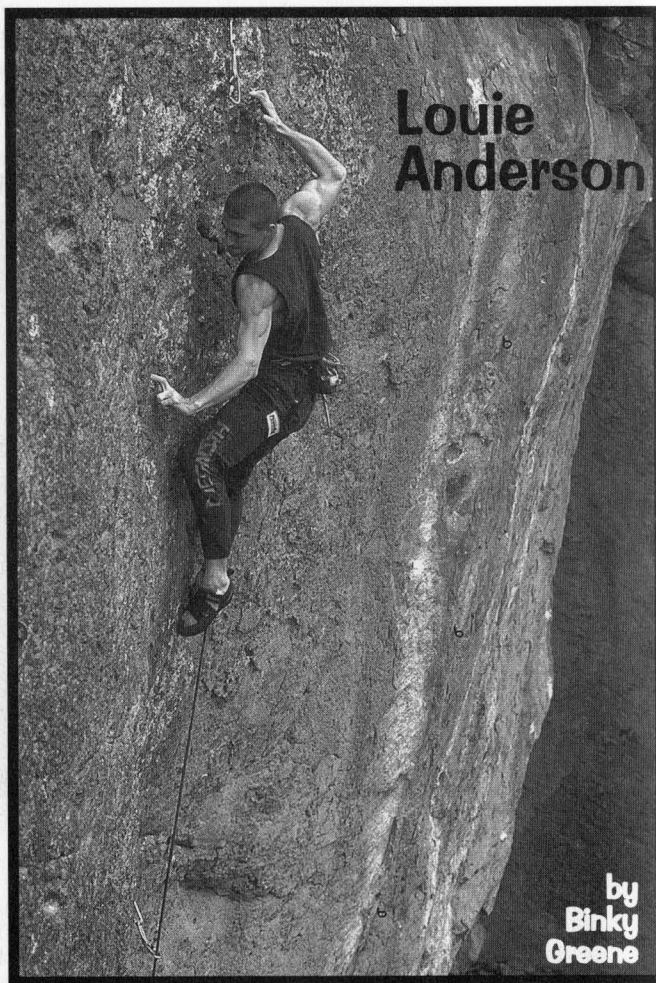
Specifically, up. The Bamba slip on instantly. You pull the Velcro tight and start to jam while the camber springs you off foot holds and start to bleed. The Fusion rubber sticks to the overhanging... stressed nerves be... risk if you... night. It's a fun... situation... very psych... summit... and laughing, as you hang off for one last look at the masses who've never felt the rush.

US Distributors: SW Partners Inc., Box 706 Capistrano Beach, CA 92624 714/248-5688 Hilary Harris dangling her Bambas over Boulder, Colorado. Photo by: Kate Lapidis

**boreal**



Louie Anderson's name has been associated with So Cal climbing seemingly forever. Starting when he was only 8, this 29 year old Orange county resident has accumulated an immense climbing resume. His dedication and enthusiasm has allowed him to keep improving, even with the responsibilities of a family and full-time job. Last year, he established the two hardest routes at Mt. Williamson, *Vicious Spore* (13b/c) and *Fungus* (13b), put up a 13c in Arizona and nearly finished a possible 13d at the Virgin River Gorge, not to mention doing a number of routes under 5.13. He shows no signs of slowing down as I was lucky enough to squeeze an interview in between his work, bolting, training and family commitments.



Anderson on *Spice* (13a/b), Queen Creek Arizona. Photo: Dean Goolsby

**How long have you been climbing?**

21 years

**What got you started at such a young age?**

A friend of my father was a climber, I started going out with him. Initially rappelling, then climbing.

**So your roots are obviously in traditional climbing?**

Definitely. I started climbing at Joshua Tree.

**You've done a lot of first ascents.**

Yeah, I stopped keeping track at 300, so maybe 350 or 400, as far east as Springfield Gorge in Ohio.

**What's the inspiration behind that?**

When I first started putting up routes, there really wasn't one thing that drew me to it more than any other. I was mainly just climbing something that hadn't been

climbed before. Then I was just looking for something harder to do. When I was growing up in Josh, there were relatively few difficult routes, other than cracks. I'm not much of a crack climber. I never really got past 12c or 12d at cracks. After a while, you look for the publicity involved with putting up a new route. Once you get more and more into it and that aspect wears off, you start looking more for routes that people will enjoy, like longer routes, aesthetic lines: aretes, waterstreaks.

**Any other factors?**

Lately, mainly just difficulty. Something that is going to challenge me.

I tend to gravitate towards slightly overhung routes with smaller holds. I'm not particularly good at ultra-steep routes.

**You've improved a lot over the past few years.**

I train quite a bit.

**There used to be an attitude in climbing that one could only improve to their natural strength limit. Do you think influence of that attitude is still prominent in the climbing scene in Southern California?**

Yeah, I think it keeps a lot of people down. I think a lot of people just sit on their laurels and don't test their boundaries.

**How long ago did you start training scientifically?**

You mean in cycles?

**Well, how about routes specific training?**

About '87.

**That was pretty early for route specific training. It seems that at that time a lot of Americans still might have considered this cheating.**

I just started at that time by meeting people like Randy Leavitt and Tony Yaniro. Tony was especially doing a lot of that. I basically looked to both of them as Southern California's mentors, saw what was working for them and tried to apply it as best as I could to what I was doing.

**Trying to be concise and specific, how do you train?**

(Laughter)

**Well, you train in cycles, correct?**

Yeah, I train in pretty loose cycles, not quite as regimented as some other people I know who use cyclical training. I try to train 3 days a week, in 2-3 week cycles. I'll do three cycles and alternate through them: Power, power-endurance and stamina.

**After all these years, you put up the two hardest routes at Mt. Williamson last fall. Why do you think other people missed these lines? Was it a lack of vision or perhaps that they aren't good enough?**

No, I don't think it's either of those. I think people are good enough and at Williamson, you have this little boulder at the base of these big walls...

**You also course set and organize**

**competitions. Does that relate at all for you to rock climbing?**

I think the course setting does because it forces me to see through sequences.

**What about competitions? Do you enjoy competing?**

I enjoy competitions, but with my family and work, my time is really limited. I choose to focus more on climbing outside. In the late 80's I did a fair number of competitions and did pretty well, but it never had the same appeal as outdoor climbing. Indoor climbing, plastic climbing has always been more of a training tool for me.

**Do you find that your job and family help you focus your training?**

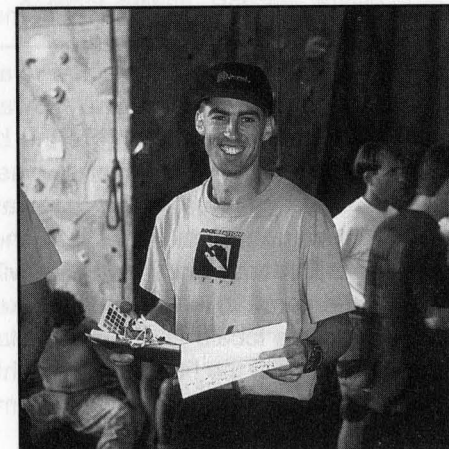
I think that if I'm going to succeed at hard redpoints, I need to be more focused because I don't get out as often. So in that aspect, I think that they probably do. I don't think that the family and job are directly responsible, I think it's just more of having to put a little extra effort into the redpoint because I'm not on it as often; having to remember the moves a little bit more, or having to do a little more route specific training maybe, than someone who gets on a route every week.

**Is it hard to balance everything and climbing?**

Very.

**With a wife and a job and a kid, how long to you think you can manage to keep it up?**

A long time. I'll keep climbing as hard as I physically can until I die.





# VALLE AZTECA

by Randy Vogel

Bored with the same old summer faire? Looking for a day of climbing that offers something out of the ordinary? If you want to try something completely different, Valle Azteca is it. This small, mostly sport climbing area, is located in Baja about an hour south of the Mexican border, near the coast between Rosarita and Ensenada, directly above the small town of La Mision. No U.S. climbing area has quite the flavor you find in Baja.

The rock is predominately solid volcanic with positive edges. Most climbs are in the 5.10 range and are well protected. And because the cliffs face north, this area stays shady and fairly cool even on hot summer days.

The area was first discovered and developed by Larry Kuechlin and Louie Anderson in 1992. Currently, over 30 routes have been developed, although potential exists for many times that amount.

## HOW TO GET THERE

Head south on the 5 Freeway towards Tijuana. Many people get off the Dairy Mart Road exit just before the border to get gas, food, Mexican auto insurance (see below), exchange pesos (not really necessary) and hit the ATM. It is an easy return to the Freeway/border (just follow the road south).

After passing through the border check, stay in the middle lane, following the signs to Rosarita-Ensenada. You will next see signs for Auto Pista - Baja 1. After winding around in what seems like circles, you end up heading along the border (see the locals and the INS playing cat and mouse). After about 4.5 miles, turn right at the bottom of a big hill to connect with the Baja 1 Toll Road. Avoid the free (libre) route as this will more than double your driving time.

You will pass two toll booths (currently about \$1.62 toll at each). Yes, as in most every place in this area of Baja, they gladly take dollars. Just past the 42 mile mark, take the La Mision exit. Head left (south). You will pass the Hotel La Fonda (great food, great ocean view and \$42.00 per night) and then the road begins to head inland. After about 3 miles you cross a bridge. The crags will be seen on the hillside above the small town of La Mision.

Two parking options exist:

1. Turn right onto a dirt road just past the second dirt turnout and then follow it to where it splits. Take the right route to a large flat area, east of a large cross. From here, hike up and left (*not* straight up) towards a ravine, old road cut. Eventually faint goat paths lead to the main trail that runs back west to below the crags.

2. The best option requires a high clearance vehicle. Continue straight east on the dirt road up hill, then take a steeper right hand junction towards a lone house on the hillside. Just before the house, turn right on a short, but very steep road. Follow this a very short distance to where it levels, then make a sharp right turn down into a flat area. Continue for a ways until rocks block further progress. From here just walk ahead to meet the trail that takes you to the crags.

The trail along the base is used by a local goat herder. Most mornings and evenings, he and his group of about 100 goats pass below the crags. Don't tempt the goats; keep your packs and gear off the trail.

It is deviously simple to slip and fall on this apparently level path. More than a few climbers have failed to "red-point" the trail. A combination of hard dirt and ball-bearing like bits of rock seem to be the culprits.

## OTHER BETA

Remember once you cross the border, you are no longer in the U.S. Here are a few hints for a no-hitch visit.

## Auto Insurance

Before crossing the border, purchase Mexican Auto Insurance; your California policy is not valid. Insurance is

inexpensive and can be purchased within minutes at a drive through kiosk-type affair off Dairy Mart Road (see above). If you are involved in an automobile accident and you lack insurance, you can be jailed until a court hearing can be held.

## Behavior at and around the crags

The residents at La Mision are aware of the climbing above their town. Thus far, climbers have gone out of their way to be courteous and have talked to the town mayor about what they are doing. More importantly, because local Tijuana based climbers also climb here, climbing is tolerated. Don't you be the rude gringo who ruins the status quo with discourteous behavior, ghetto blasters or trash. Be extra friendly and do your best to leave the area cleaner than you found it.

## Climbing accidents and incidents

There are no rescue teams in Baja, and the last thing you want to do is involve the Federales (police) in any manner of accident or trouble. You don't want to have an accident that sends you to a Baja hospital. *Being self reliant is mandatory.*

## Ratings, gear, and other stuff

Most of the climbs at Valle Azteca are well bolted sport climbs, although several traditionally protected cracks have been established. *All routes (cracks included) have chain or cold shut anchors for lowering off.* If you want to climb any of the cracks, a suggested rack is given for each climb. On all the other routes, bring draws.

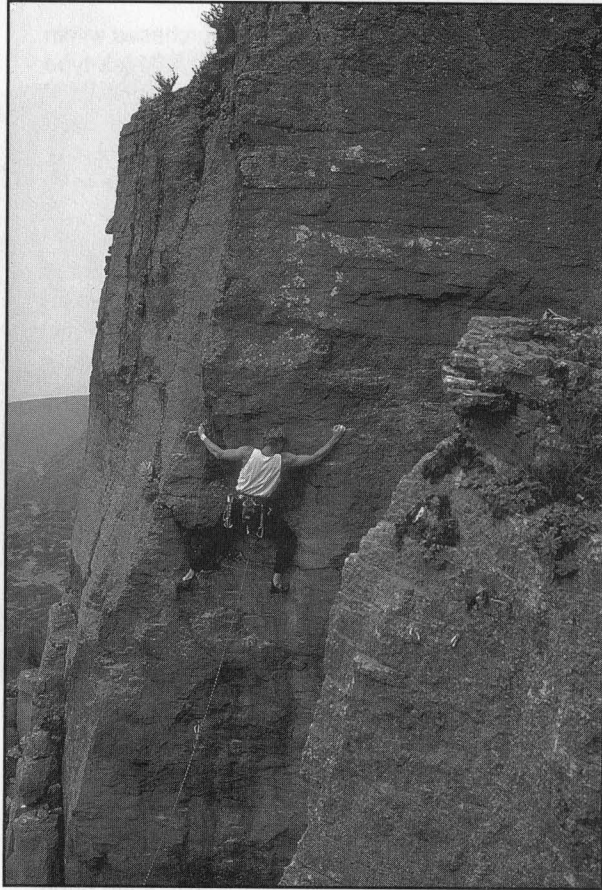
Route difficulty is rated using the decimal system. Relative quality of the climbs is denoted by the use of stars: no stars is average for the area, 1 star is good, 2 stars is a better, and 3 stars means an area classic. Stars are relative to the area only.

Most of the routes required cleaning before being climbed; a few routes required lots of cleaning and may still have some loose rock or plant life. Use caution and warn your belayer before launching items below.

## THE CLIMBING ROUTES

All the rock formations and climbs are described from left to right as you would find them from the trail. All the routes are





Troy Mayr on (we think) *Montezuma* (12a).

Photo: Stan Roy

located directly above the trail. Distances between formations and routes are often provided. Use the verbal descriptions, the photos and the topos to find the climbs.

### Temple of the Moon

This series of blocks is the first area encountered along the trail. The climbs lie 40 to 50 feet above the trail on four blocks or "pillars". Routes and Pillars are numbered and described left to right.

#### Pillar Uno

1. *Water Animal*, 5.10d\*. This climb is located on the right side of the pillar. 55 feet; 7 bolts, 3 shuts.

#### Pillar Dos

2. *Duck and Cover*, 5.12a. Look out below! The crux section is steep and excellent, unfortunately the rest of the climb is plagued by loose rock. 55 feet; 6 bolts, 2 shuts.

#### Pillar Tres

3. *TP For Cornholio*, 5.10c/d ~\*\*. One of the three best routes in the area and a must do. Beavis and Butthead fans will understand the obscure name. Starts on the left side of the pillar and passes 6 bolts to chains. 50 feet.

#### Pillar Quarto

4. *Face Down at La Fonda*, 5.8\*. A fate of many an unwary gringo. Climb the left route on the face of pillar four (just around the corner from the above route). 4 bolts, chain anchor. 45 feet.

5. *Handful of Reeds*, 5.10b/c. Begins just right of the previous climb and goes up and right past 4 bolts to a chain anchor. 45 feet.

#### The Armada Block

This formation has only one route and is located some 100 feet to the right of the Temple of the Moon area. Walk along the trail until you see the reddish rock on the left-most section of the rock, some 50

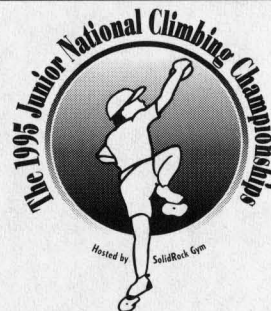
feet above the trail.

6. *Conquistadors*, 5.10c\*. A four bolt route that crosses an obvious lightning bolt crack and finishes up right at 2 shuts. 50 feet.

#### The Shield Area

The Shield Area is located some 90 yards right of the Temple of the Moon area, and you know you are here when the rock buttresses come right down to the trail. Several routes are located on these buttresses and other climbs are found on the large faces that lie above. Access to the large faces is via a Class 3 gully to the right of Dedo Flaco (route 9).

7. *Aztec Warrior*, 5.10a. This somewhat contrived line lies on the face of the first buttress that starts directly off the trail. 5 bolts to shuts. 45 feet.
8. *Goat Crack*, 5.8. 8 feet right of the previous climb is this 35 foot crack that

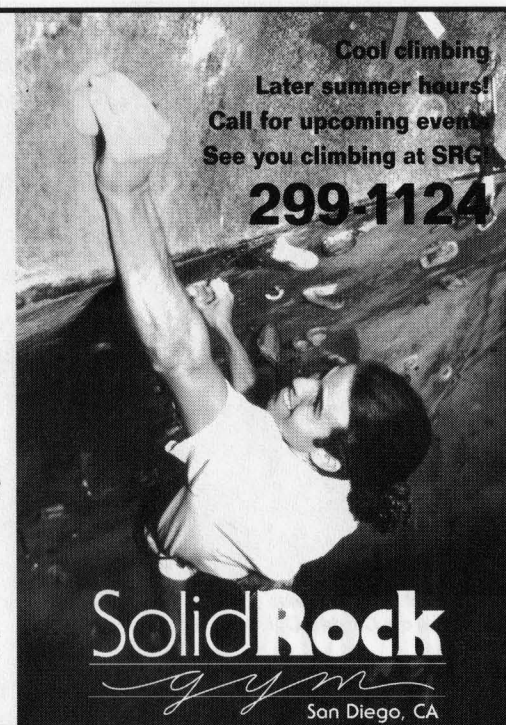


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ends at 2 shuts. Pro: thin to 2 inches.

9. *Dedo Flaco*, 5.10c\*. Climb the right side of the arete located 35 feet right of Aztec Warrior past 4 bolts to shuts. 40 feet.

#### Upper Shield Routes

The following climbs are found on the upper faces. Somewhat loose Class 3 scrambling up the gully to the right of Dedo Flaco leads to a belay behind a block. A bolt anchor will be found here.

10. *Montezuma's Revenge*, 5.10c. Some people think this route is haunted! Start off the left side of the belay block, then follow 6 bolts to shuts. 60 feet.
11. *Project*, 5.10. Incomplete line of bolts straight up from the belay.
12. *Hummingbird Warrior*, 5.10a/b\*. Getting tired of the theme names yet? The right-hand face route past 6 bolts to chains. 65 feet.

#### Cortez Arete

25 yards right of the Upper Shield approach gully is an arete some 20 feet

above the trail.

13. *Cortez*, 5.10a\*. This route goes up the right side of the arete past 4 bolts to shuts. 45 feet.

#### Loco Slab

This small slab is found some 40 yards to the right of the approach to the Upper Shield routes. It is distinguished by a small roof low on its left side.

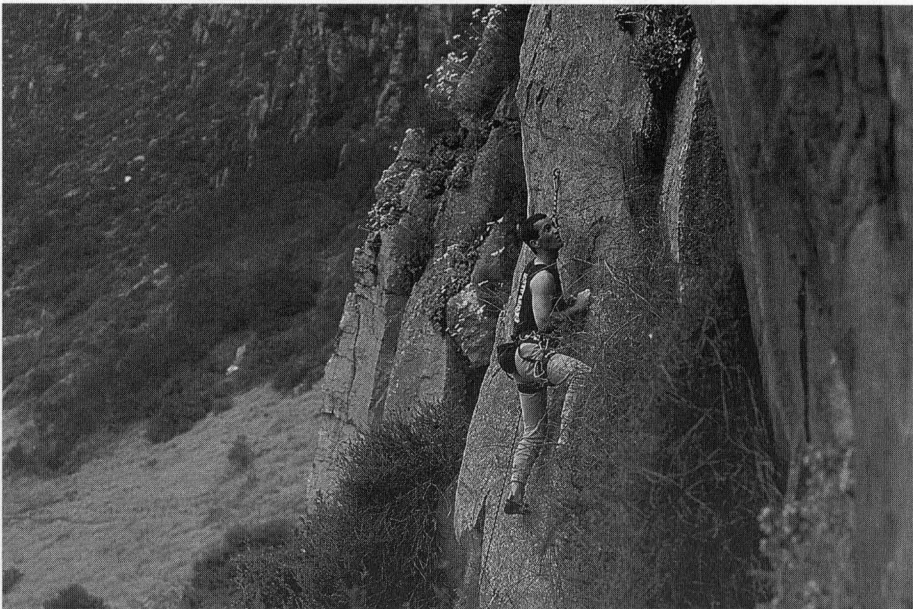
14. *Gringo Loco*, 5.12a/b. The only thing going for this climb is that it is hard. Unenjoyable slab moves over the roof on the left side past four bolts leads to shuts. 45 feet.
15. *Ciuda Del Oro*, 5.10b\*. Climb the right side of the slab past three bolts to the same anchor as the previous climb.

#### The Recess

Two crack climbs are found in a high recess, just up and right of the Loco Slab. Scramble up the gully right of the Loco Slab, using a fixed rope up high to reach the base of the wall.

16. *Tezcatlipoca*, 5.11a/b\*\*. This is the left-hand thin crack that ends at two shuts.





Odin Hill on *Ciudad Del Oro* (10b).

Photo: Stan Roy

50 feet.

17. *Quetzlcoatle*, 5.10d\*. The right-hand crack that ends at its own two shuts. 50 feet.

#### Virgin Sacrifice Area

This angular formation is located some 65 yards right of the Shield Area. A striking arete on the upper left side of the formation is hard to miss. The base of the rock is some 50-60 feet up from the trail.

18. *Toltec Empire*, 5.11a. This 4 bolt route lies on the indistinct slab below and right of the striking arete. 40 feet; 2 shuts.

19. *Montezuma*, 5.12a\*\*\*. THE area classic, this route climbs up to, then up the fantastic arete on the left side of the formation. 7 bolts, 2 shuts. 70 feet. A belay bolt is found at the base.

20. *Virgin Sacrifice*, 5.10d\*\*\*. A fun outing that is probably the area's most popular climb. From a belay bolt at the base, climb up and right of Montezuma then up the near vertical slab past 7 bolts to shuts. 70 feet.

#### Galeon Buttress

This slab lies about 35 feet right of the main Virgin Sacrifice area.

21. *Spanish Steel*, 5.9. The left route past

three bolts to chain anchors. 40 feet.

22. *El Galeon*, 5.10b/c. The 3 bolt route on the right, ends at same chain anchor as prior climb. 40 feet.

#### Archer Buttress

This buttress of rock lies some 75 feet right of the Virgin Sacrifice Area, some 35 feet above the trail. Poison oak is found in this area, so be careful.

23. *Tenochtitlan*, 5.9\*. A five bolt slab route that ends at shuts on the left side of the buttress. 50 feet.

24. *Archer of the Skies*, 5.10d\*. This route lies on the right side of the buttress and climbs past 7 bolts to a cold shut anchor. 60 feet.

#### Pequeno Buttress Area

This area is located some 60 yards right of the Archer Buttress (about 150 yards right of the Shield Area). As the trail rounds a corner, look up and you will see some blocks and buttresses some 50 to 75 feet above the trail.

25. *La Mision*, 5.10c\*\*. This and the next route are located on the west face of a recess on the left side of this area. Thrash through the brush 75 feet uphill to reach the face. 5 bolts, 50 feet, two shuts.

26. *Skull Rack*, 5.10b. The five bolt climb just right of the prior route.

27. *Dona Marina*, 5.7. This short route is located on a free standing pillar to the right of the above climbs. The route climbs past two bolts on the north face (facing the trail). 30 feet, 2 shuts.

#### Morning Star Slab

This steep squarish slab is located down and right of the previous climbs and is best approached directly from the trail via Class 3 ledges.

28. *Morning Star*, 5.9. A short 3 bolt climb to a ledge with shuts on the left side of the face.

29. *Feathered Serpent*, 5.11a/b\*. Start

right and down from the prior climb, climbing some hard moves past the first bolt. Lower from the same ledge/shuts as Morning Star.

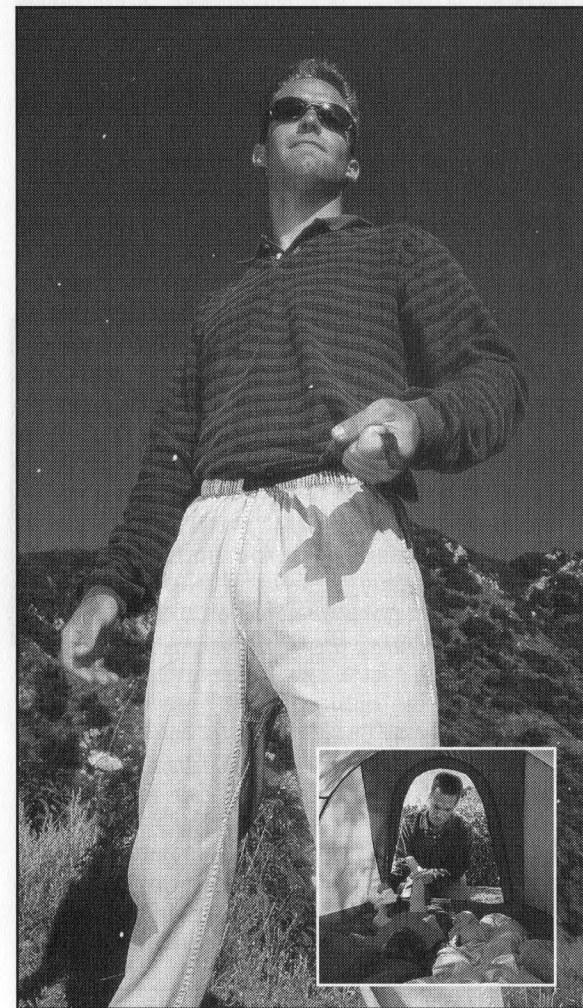
30. *Smoking Mirror*, 5.10b. This climb deserves negative stars. Climb back and forth past 3 bolts on the narrow face to the right of the previous climbs to 2 shuts. Contrived and loose.

#### Quetzal Block

This orangish block lies some 40 yards past the Pequeno Buttress Area about 20 feet above the trail.

31. *Quetzal*, 5.4\*. A good beginner route.

Three bolts on the right side of the face leads to a chain anchor. 40 feet.



## PREPARE YOURSELF

There you are, ready to take on the world. What courage!

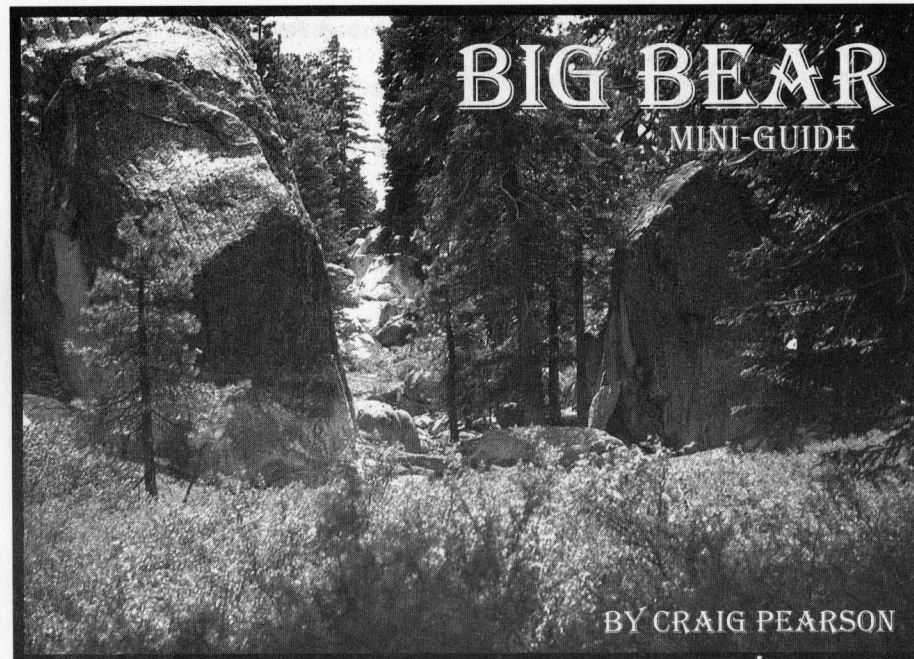
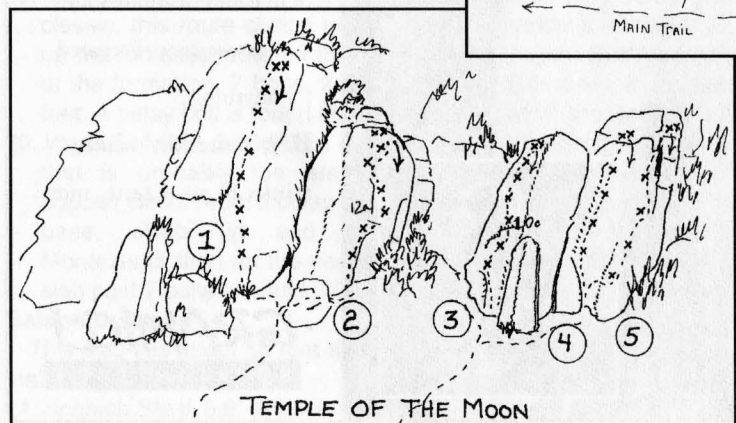
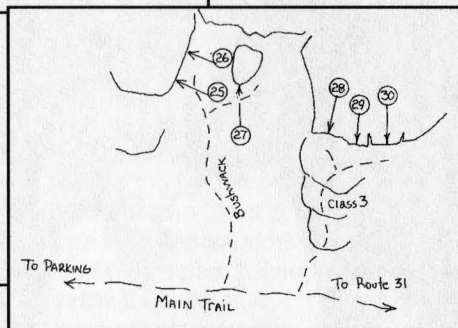
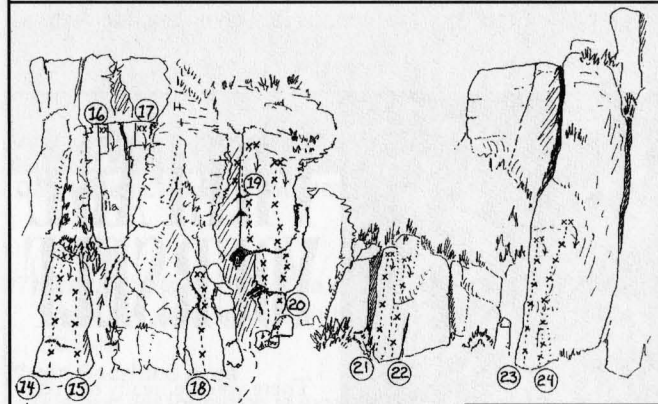
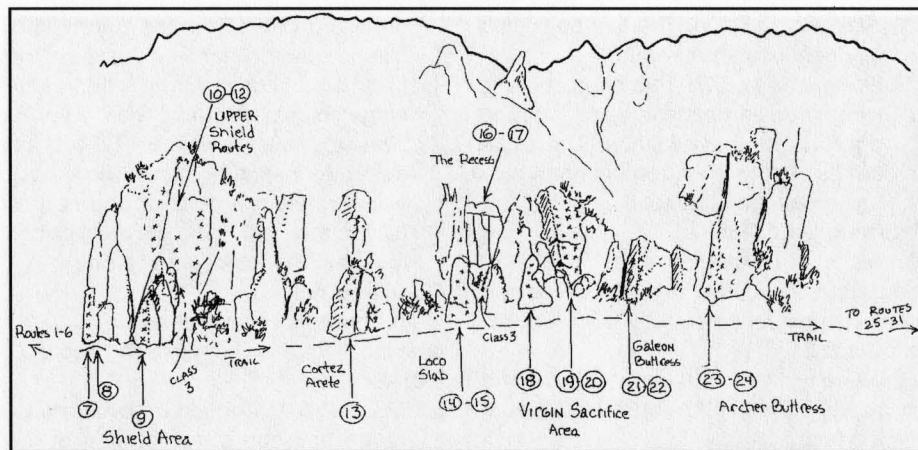
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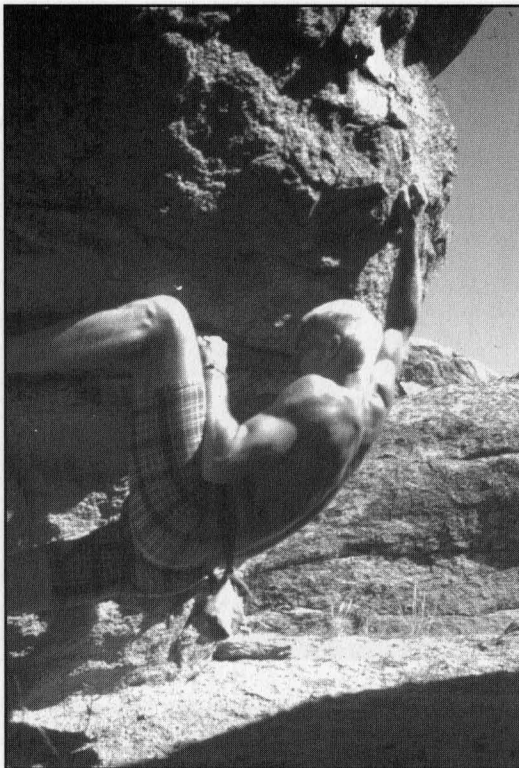
In the summer of 1992, father-in-law Phil Koeller told us many stories of the giant boulder strewn mountains of Big Bear, where he was once a resident. We later realized it was just the twelve-pack talking (kidding, it was really a case). Anyway, heat and boredom got to us, so we got in the truck and started driving.

About two hours later, we turned on to the mythical road 2N10 in the town of Moonridge, locked the hubs and away we went. After a couple of really rough sections, Julie's plea of "I've gotta pee...NOW!" got me to pull over. I happily jumped out and bagged a quick peak for a look around. I noticed big piles of rock everywhere. Not exactly 60 degree overhanging limestone caves, but it did look as though we could do some bouldering.

We continued down the rocky road, which smoothed out after about 10 miles. When we saw a Honda CRX coming toward us, we realized there must be a better way in. There was, about 8 miles better. Further exploration of the area revealed a lot of rock, but where to start? Close to the beer and CD player seemed the best answer, so we staggered to the Shadow Winds boulders for about 10 quick problems, ranging from 5.9 to 5.12. Ate, pitched a tent, slept, got up, ate and looked for more boulders. Stumbled on a formation about 40 feet high and decided that was about as tall as it was gonna get. We pulled out a rack o' gear and started puttin' up routes on what eventually became Castle Grey Skull, not to be confused with Big Bear's more famous Castle Rock. The routes on Castle Grey Skull are all around 10d, plus or minus a couple of letters.

We spent the next couple of summers going up there every couple of weekends. Our friend, Dean Goolsby spotted some tall formations while x-country skiing in the Holcomb Valley. We spent some time exploring and putting up routes and decided the rock quality was better there than on the south shore routes. We also found a very short quartz formation (probably too short but we bolted it because it is so unique) with 8 quality routes on it.





Typical Holcolmb Valley bouldering. Photo: Julie Pearson

The area has quite a few lead routes but its potential for bouldering is far better. With a little chalk and some wire brushing, even the best boulderer could stay busy for a long time.

Other route contributors have been, Bill Davis, Melissa and Melinda Carillo, Eugene Ince, Marcos Reyes and Scott Sanchez plus a lot of guys I don't know.

If you go up there, stop in and say "hi" to Brad at Outback climbing and snowboard shop at: 42001 Big Bear Blvd, just past Summit Hut. You may also want to check out Climbing Routes of Southern California's Big Bear Valley by Scott Hoffman.

#### SOUTH RIDGE ROUTES

Dir: From Big Bear Blvd, turn on to Tulip or Mill Creek Rd, both which become 2N10. Proceed approximately 4 miles to the junction of 2N10 and 2N86. Mileage to the climbing areas begin from here.

**Area 1: Goo Goo Muck Rock** — 0.2 miles down 2N86. Crag is 100m right of

road. Routes (L-R):

1. *Visions of Mortality*, 10c. Crack.
2. *Nocturnal Fear*, 10b (TR). Face.

3. *Skulls*, 10c (TR). Face/crack.

**Area 2: Wall Of Steel** — 0.2 miles down 2N86 go left. Routes on right, 0.1 mile further. Routes L-R:

1. *Ground*, 9 (tr). Face.
2. *Incisor*, 11d (tr). Face.
3. *Brainstorm*, 10d (TR). Steep face.

**Mercury Boulder** — On right side of road, just before the Wall of Steel 5 boulder problems, from 10a to 11a.

#### Area 3:

##### Shadow Winds Boulders

— 0.3 miles down 2N86 on left.

Left boulder (L-R):

- .9, 10a, 10b, 11b (sit start).

Right boulder (L-R):

- .9, .8, 11c, 11d, 10b.

**Area 4: Terminator Boulder** — 0.5 miles down 2N86 go right. Boulder on left, 0.1 mile further.

Routes (L-R):

1. *Terminator*, 11d (TR).
2. *Hasta La Vista*, 12a (tr). Steep arete.
3. Boulder problem, B1.

**Area 5: Flatulence Boulder** — 0.9 miles down 2N86 go left. Crag is 0.4 miles further on right. Routes (L-R):

1. *Gas-X*, 10a. Crack.
2. *Stinky Boy*, 10b (TR). Face.
3. *Airy Bunker*, 9+. Crack.
4. *Lifting Air Biscuit*, 10c. Face.
5. *King of the Blue Flame*, 11a (TR).
6. *Pull My Finger*, 10b (TR).

#### Area 6: Forward Into Battle Boulder:

1.6 miles down 2N86 on left.

Routes (L-R):

1. *Forward Into Battle*, 10b. Flake to face, 1 bolt & gear.
  2. *Final Conquest*, 11c. 2 bolts and anchor.
- Small formation on right.
3. *False Prophet*, 10b. Crack.
  4. *Dihedral*, 10b (TR).

**Area 7: Castle Grey Skull** — 1.7 miles down 2N86 go right. Proceed 0.2 miles,

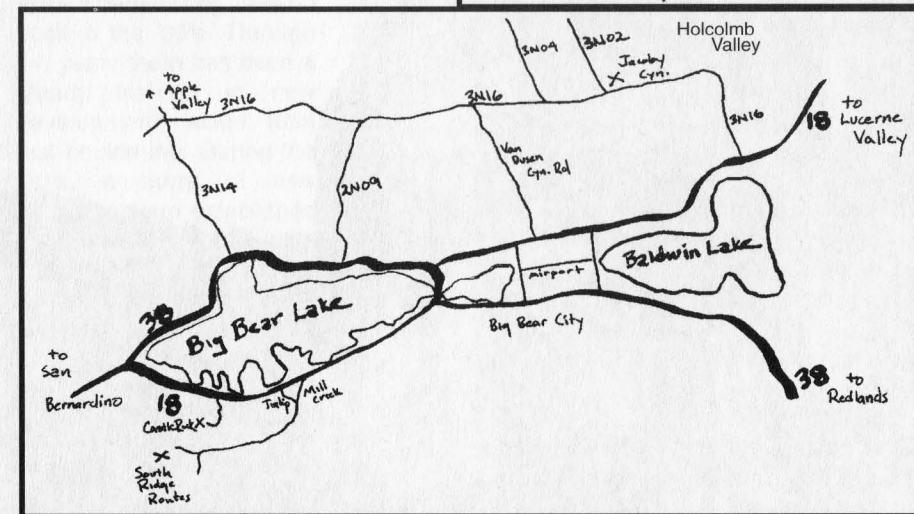
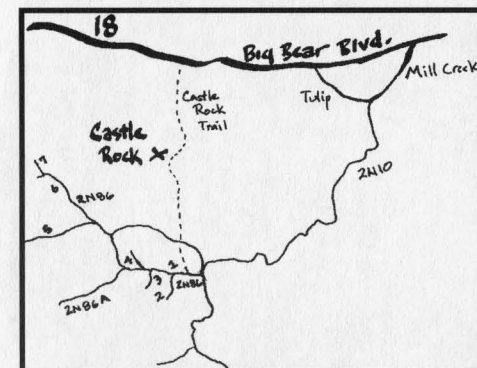
park and walk downhill. Routes (L-R):

1. *Battle Cat*, 10a. Crack.
2. *Catholic Grade School*, 10c. Crack.
3. *Grey Skull*, 10c. 2 bolt face.
4. *He Man Slab*, 10b. Slab. 1 bolt & gear.
5. *Skeletor*, 10d. Face. 2 bolts & gear.

#### JACOBY CANYON ROUTES

**Shooting Gallery:** From hwy 18 near the end of Baldwin Lake, turn on to SN16. Jacoby Canyon is approximately 200m shy of the SN16 & SN02 junction on the right. The Shooting Gallery is a quartz crag located approximately 100 m up the streambed on the left. Routes (L-R):

1. *Fire Arms*, 10b. 2bolts.
2. *Magnum Force*, 9 (TR).
3. *Richocet*, 11b. 2 bolts.



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Lake



# A Buttermilk Teaser

article by  
Bruce Pottinger  
topos &  
grades by  
Kevin Thaw

The Sierra Crest looms above. Feel that sun. Clear blue sky — a breeze. Hey, you can see the Gorge from here. Crimp, step high, pull. Yeah! Yard with the right, latch the edge, smear way out left, you've got it. What a day. Gettin' way off the deck...

Kevin Thaw on *The Drifter* (V6), Eastside. Photo: Steve Edwards

This is the Buttermilks, forty rounded boulders scattered across a hillside ten miles west of Bishop, at an elevation of 6,000 ft.

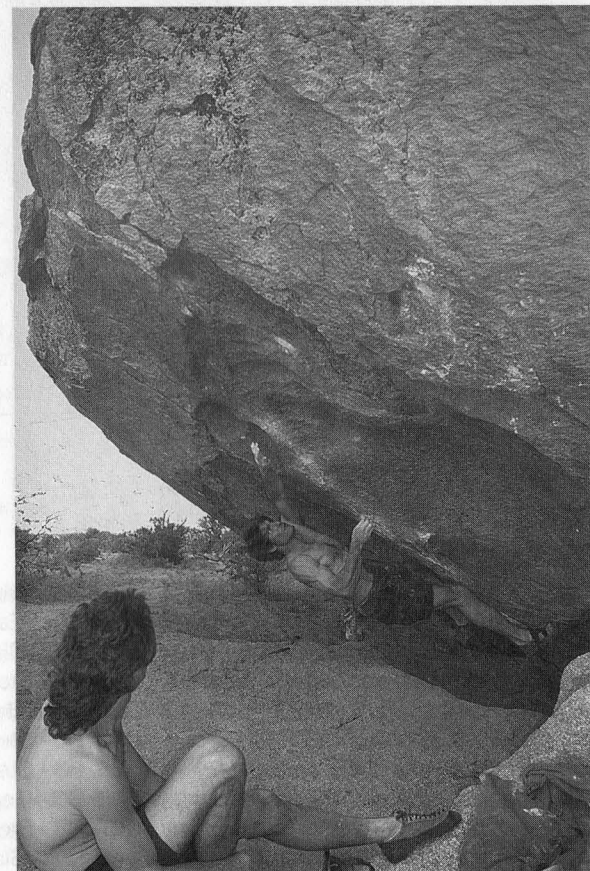
The first thing you'll notice is the quality of the rock and the size of the boulders, many in the fifteen to thirty foot range. Bring a Sketchpad and some sack, cuz you're gonna need it. Not an area for the weak or weak at heart, the 'Milks sport some high problems, but hey, isn't that what climbing's all about?

Though one of the best known bouldering areas in the country, the Buttermilks has seen relatively little activity in the 30 odd years since Smoke Blanchard fist started "scrambling" around back in the '60's. Through the years there has been a steady interest in new development, aside from just bouldering. During the '70's, a flurry of new problems were established by Smoke's son Bob, and the late Tim Harrison. Word quickly spread and soon the talent of climbers like T.M. Herbert, Yvon Chouinard, Galen Rowell, Mike Pope, John Fischer, Bob Harrington, and John Bachar graced the area's list of first ascensionists. In the '80's, Dale Bard upped the ante with his addition of such mega-classics as High Plains Drifter (V6) and the controversial Transporter Room (V7).

In the last 7 years the popularity of the Owens Gorge has put the 'Milks on the traveling climbers "hit list." This past May, rumors of the upcoming guide book and the annual Boot Demo and Bouldering Competition lit the fire under the pants of local climbers from Eastside, as well as So Cal and the Valley. Local hone Tommy Klinefelter's first ascent of Stained Glass

(V7), a shallow dihedral with a series of tiny side-pulls and sick smears capped by a horrendous dyno, is a testament to the renaissance attitude in the Bishop area.

As of this writing, there are about 170 problems ranging in difficulty from 5.3 to V9. The new wave of problems focus on the overhanging underbelly of the boulders, the more obscure pieces of rock, along with a number of remarkable traverses. In addition to the parade of out-of-towners throwing themselves at the



Mike Flood at the Cave boulder.

Photo: Steve Edwards

stone, locals Doug McDonald, Chris Persinger and Bruce Pottenger can be found trolling around for hard repeats or heinous first ascents.

A few notes for the visitor: Check the descent before launching onto a problem, clean up your mess, camp away from the boulders themselves and please respect



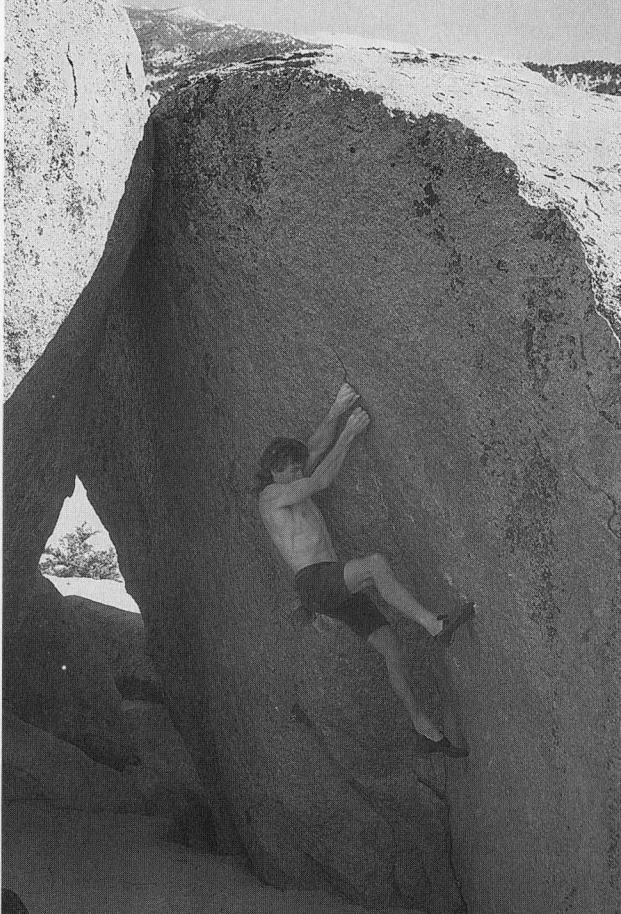


Photo: Steve Edwards

2. B0 - Slab.
3. B0 - Low angle blunt arete.
4. B3 - Center of face, sidepulls n' stuff.
5. B2 - Left side of face. Long reach.
6. B5 - Arete. Start left on high pinch.
7. B6+ - *Not Enough T.* Pop from slopers to slopers.
8. B2 - Crawl under to start. Steep flakes and sidepulls.
9. B3 - Steep face.
10. B1 - Right side of chimney.
11. B3 - Slopers to rock-up.

#### The Loaf

12. B2 - Right side of face. Thin flakes.
13. B1 - Center of face. Shallow scoop.
14. B4 - Thin, flaky crank.
15. B4 - More of the above.
16. B0 - Up n' over.

#### Kletter Garten Area

17. B0- - Easy, low angle face.
18. B0- -
19. B0- - Loose, big holds.

#### Sandbagged much? Thaw attempting *Stained Glass* (V7).

local traditions and ethics.

While here, check out Wilson's Eastside Sports, located on Main Street, for info. Bartlett & Allen's Sierra Eastside guide book and John Sherman's excellent tome "Stone Crusade" are the only current guidebooks to the area.

I'm compiling a comprehensive guide, so if you have bouldering info for any Eastside area from Mammoth south, let me know before October. Send descriptions and topos to:

Kinnaloe Box 871  
Bishop, CA 93515  
or call: 619-872-1022  
fax: 872-2440.

#### BUTTERMILK COUNTRY, WESTSIDE

##### Birthday Boulders

1. B0 - Up the hole.

20. B0- - Blunt bulge.
  21. B0- - Easy slab.
  22. B0- - Slab.
  23. B4 - Steep, cranky.
- #### Big Wall Boulder
24. B3 - Steep and a little loose.
  25. B3 - Steep and not so loose.
  26. B3 - Good quality.
  27. B3 - Steep pull.
  28. B0- - Slab to summit.

#### Bulging Grain Boulder

29. B6 - Creaky crank or steep, clean dyno.
30. B4 - Low start arete.
31. B8 - *Bulging Grain.* Cave start to hard mantle. (project?)
32. B5 - Crawl under to start rail/arete.
33. B0 - Crack move.
34. B3 - Sit start.
35. B2 - Sit start arete. Up n' left.

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36. B0+ - shorty.
37. B5 - The definitive "blunt arete".
38. B7+ - *Stained Glass.* Thin corner/seam.
39. B2 - Sit start slopers, up and left to arete.
40. B8 - Steep slopers. (project?)
41. B0- - Short slab.
42. B0+ - Sit start, short traverse right, then over.
43. B3 - Good patina edges.
44. B5 - Cave start to previous problem.
45. B3 - Patina holds right of cave.
46. B0+ - Classic face.
- A. B4 - Sit start problem on back side of boulder.
47. B0+ - Big holds. Traverse left, then up.
48. B3 - Straight up problem.
49. B9 - *Scenic Crank.* Way hard move from the ground.
50. B8 - *No Fly Zone.* Sit start straight up face. (Broken, possibly easier?)
51. B0+ - Flake on left arete.
52. B0 - Smoothie.
53. B1 - Short face.
54. B0- - Mild edge.
55. B0 - Steep w/ big holds to crux finish.
56. B1 - Jump to the hole.
57. B5 - *Rib Direct.* Straight up and don't reach out right.
58. B2 - Left side problem.
59. B0 - The short crack.
60. B4 - *Ironman Traverse.* L-R across rail, w/ crux finish.
- 60A. B6 - *Ironfly.* R hand on incut part of rail, dyno to top.
61. B6/7 - *Iron Circle.* Ironman, then back left across top.
62. B0 - Classic arete.
63. B3 - Fare just right of arete.
64. B0 - Blunt arete/face.
65. B0- - Easy face.
66. B0 - Steep, undercut crank.
67. B1 - Face on left side of tunnel.
68. B0+ - Face on right side of tunnel.
69. B2 - *Gravel Roof.* If doesn't look too bad.

### Egyptian Boulder

70. B0+ - Low start to bulging face.
71. B1 - Sit start just left of the previous problem.
72. B0+ - More of the same.
73. B4 - *Cululator* . Thin.
74. B3 - The awkward start to crack.
75. B0 - Mantle onto slab.
76. B0 - Left side of scooped face.
77. B1 - *Funky Tut*. Just left of the arete, classic.
78. B2 - *King Tut*. Center of face, then up and right to finish.
79. B0 - Jugs.
80. B0 - Crack/ layback.
81. B0+ - Crack between boulders.
82. B0 - Round arete/face.
83. B1 - Steep face.
84. B4 - Arete.
85. B0 - *The Buttermilk Stem*.
86. B0+ - *The Rowell Face*.
87. B0+
88. B0
89. B0
90. B0 - Traverse across holes.

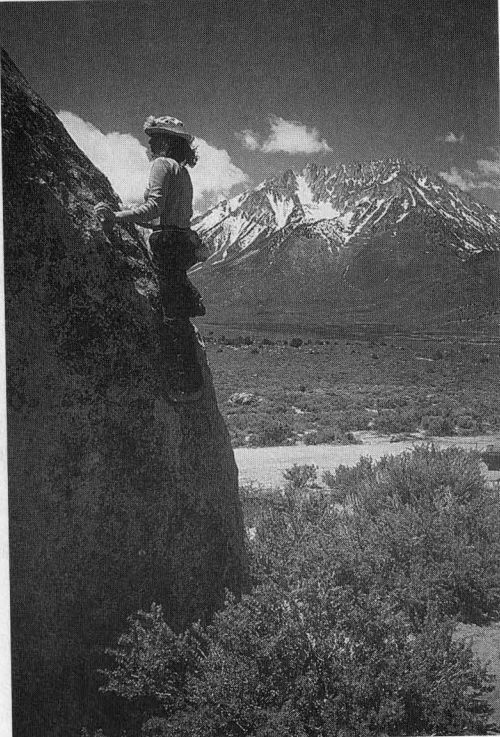


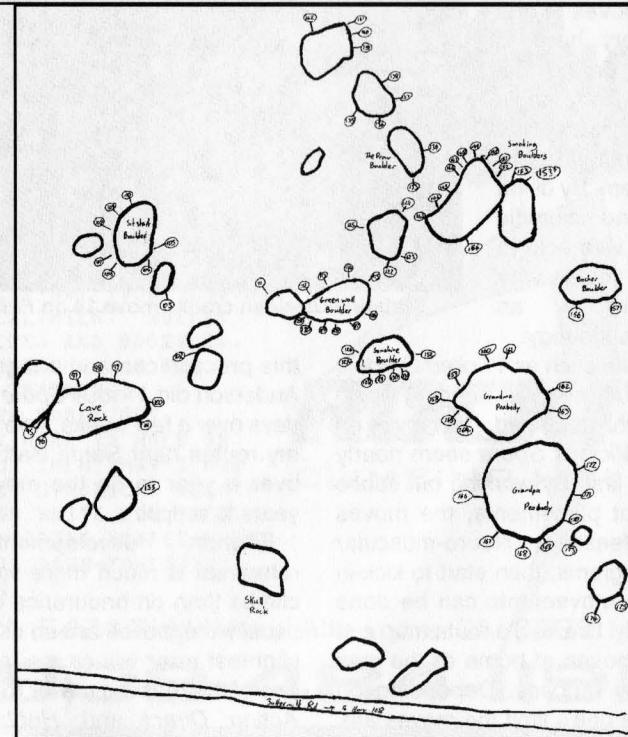
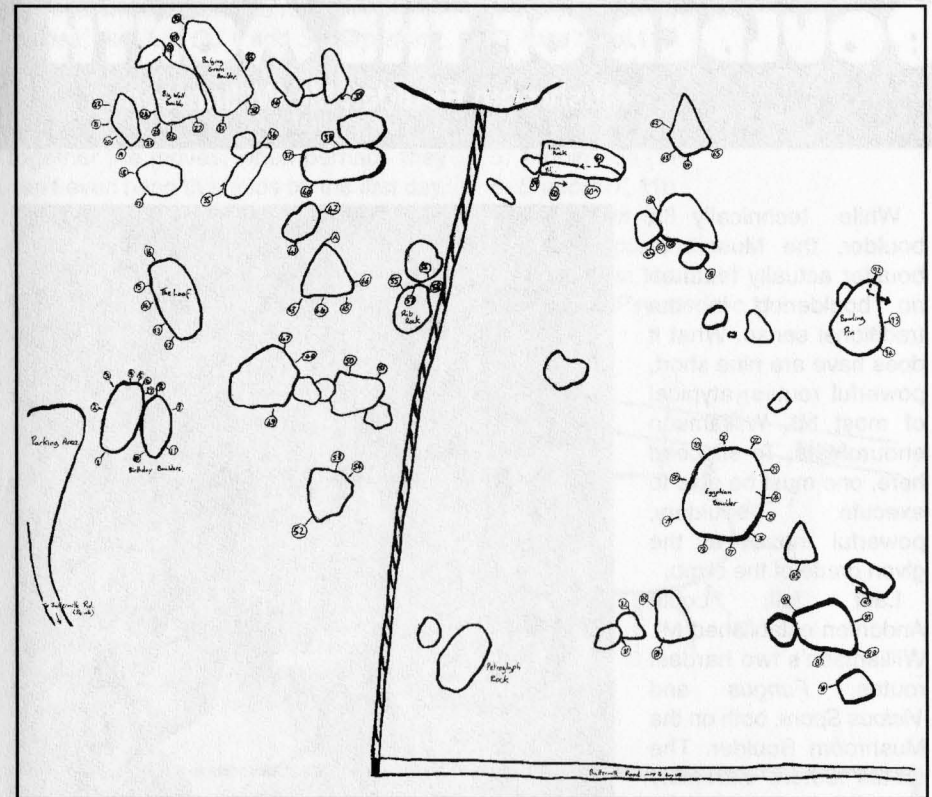
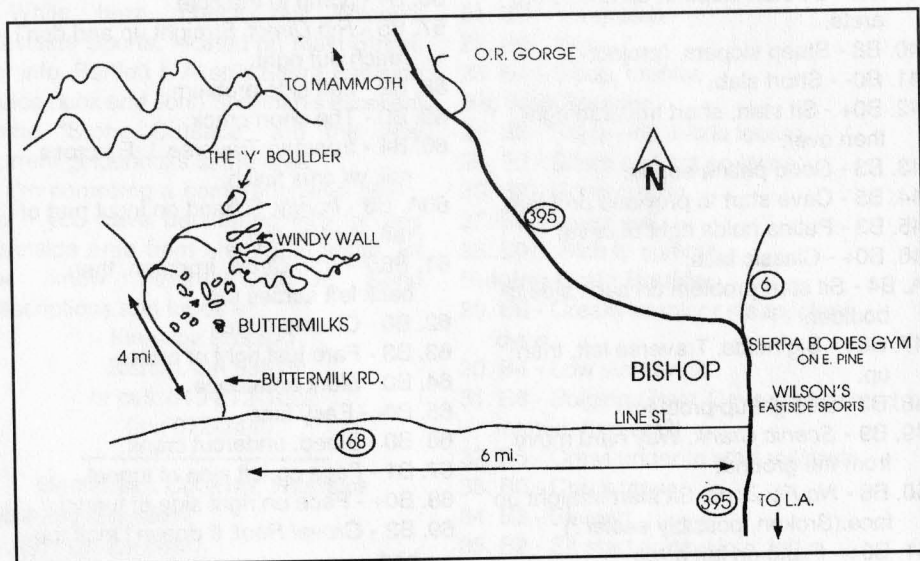
Photo: Kevin Thaw

92. B5 - B7 - Start through the tunnel and traverse back left. Low is harder.

93. B3 - The Up problem on the East face.

94. B2 - Facial on side of boulder.

Sorry, but you'll just have to explore or wait for the new guide.





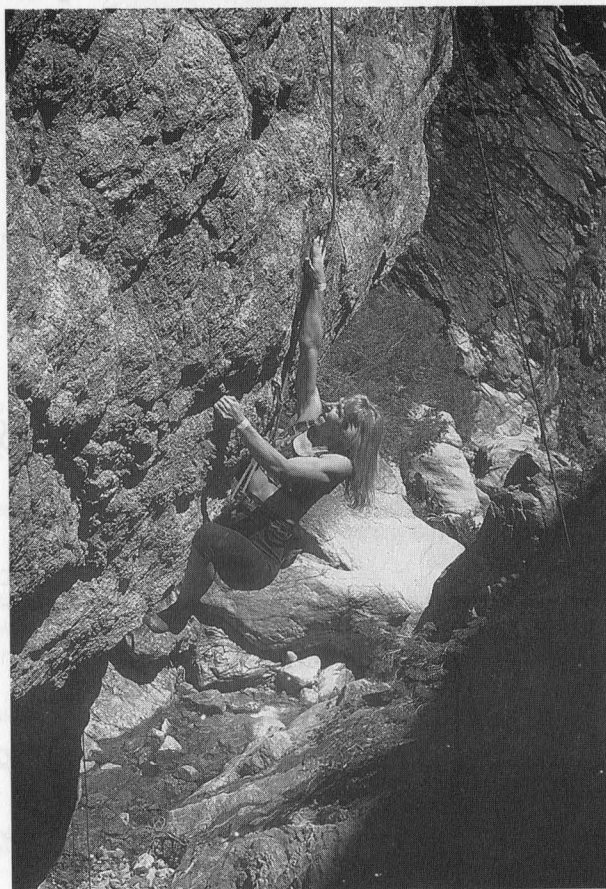
# BOULDER OF THE MONTH

## Mushroom Boulder, Mt. Williamson

While technically a boulder, the Mushroom boulder actually features no bouldering in the traditional sense. What it does have are nine short, powerful routes, atypical of most Mt. Williamson endurofests. To succeed here, one must be able to execute bouldery, powerful moves at the given grade of the climb.

Last fall, Louie Anderson established Mt. Williamson's two hardest routes, *Fungus* and *Vicious Spore*, both on the Mushroom Boulder. The routes feature extremely powerful moves and would be very hard to onsight, even for Francois Legrand. Anderson's redpoint approach was similar to working a hard boulder problem. By using an efficient and scientific approach, he was able to redpoint both routes very quickly. Here is an example of his strategy:

Unlike a route such as *Wicked Garden*, where the crux involves hanging on to 5.11 moves while pumped, the moves on *Fungus* and *Vicious Spore* seem nearly impossible at first. By working out subtle hand and foot placements, the moves soon feel feasible. Neuro-muscular patterns or engrams, then start to kick-in and soon the movements can be done more efficiently. Drawing a route map and building the moves at home or the gym speed up this process. Depending on how far above one's limit the moves are,



Christine Daleiden cranks move 14 on *Fungus* (13b).

this process can come together quickly. Anderson did *Vicious Spore* in 4 climbing days over a few weeks; whereas of one of my routes near Santa Barbara took me over a year to do the moves and four years to redpoint.

Engram development through rehearsal is much more vital on power climbs than on endurance climbs, since usually the moves are so difficult that the slightest error will cause failure. This is one of the reasons power routes, such as *Action Direct* and *Hubble* see few

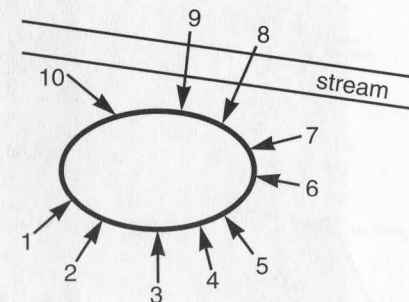
repeats, while endurance routes of similar grades, like *Just Do It* and *Superplafond*, see many. Also, to do a power climb at one's limit takes vision. One must be willing to believe they can eventually link together the moves, when perhaps they can't even hang the holds on the first day, as was the case when Wolfgang Gullich first tried *Action Direct*.

You needn't climb 5.13 to get on the Mushroom Boulder, the routes start at 5.8 and go up. There is a lack of 5.12, so you may want to walk 50 yards uphill to a similar style route, *Stigmata* (12c) on the right side of the Waterfall Wall. So take those bouldering skills and tie into a rope, you may be surprised at what you can accomplish.

— Steve Edwards

### The Mushroom Boulder

1. *Toad Stool*, 11d
2. *Vicious Spore*, 13b/c
3. *Fungus*, 13b
4. *Project*
5. *Trippin'*, 13a (TR)
6. *Shroomin'*, 11b
7. *Mushroom*, 5.8
8. *Kill the Spore*, 11b/c
9. *Combucha*, 11a
10. *Organic Psychedelic*, 11a



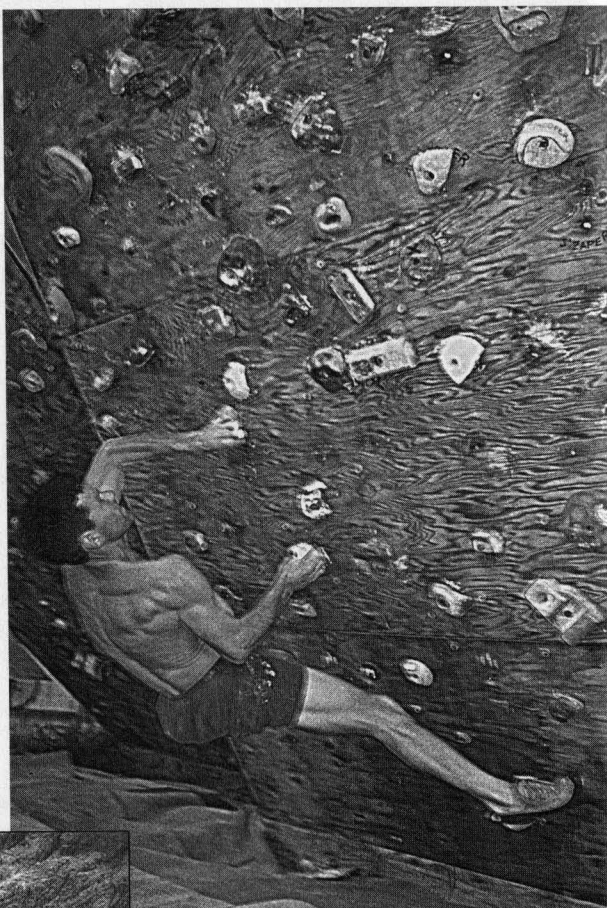
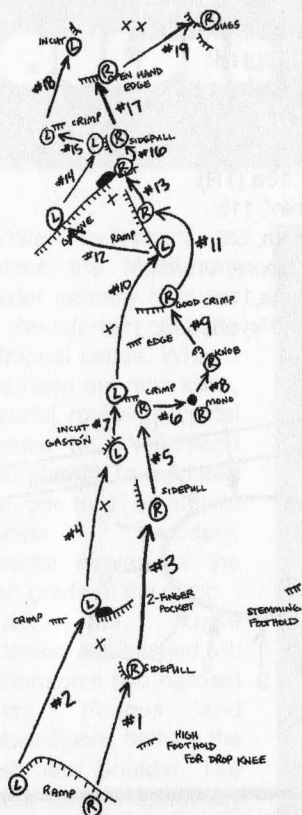
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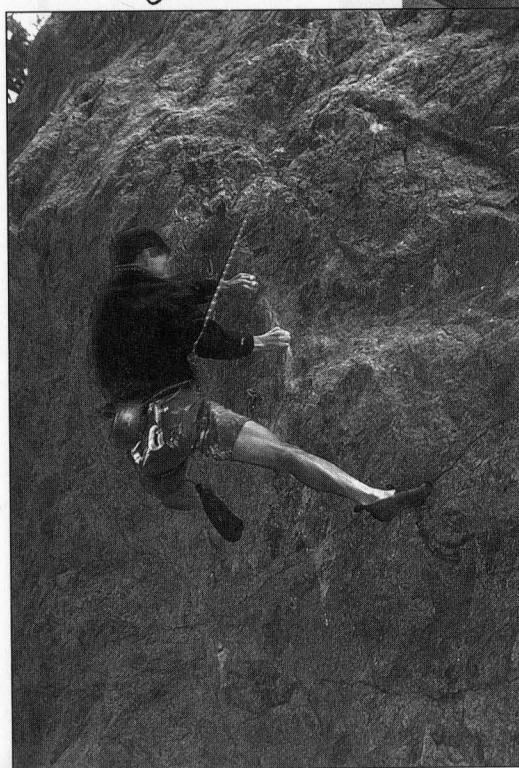
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**Move #4**  
**on *Fungus*.**



**Move 5 Vicious Spore:** on rock and at home.

"VICIOUS SPORE"  
~~UNNAMED ROUTE~~ LEFT  
OF "FUNGUS" ON THE  
MUSHROOM BOULDER.

~~UNNAMED ROUTE~~ LEFT  
OF "FUNGUS" ON THE  
MUSHROOM BOULDER.

OF "FUNGUS" ON THE  
MUSHROOM BOULDER.

MUSHROOM BOULDER.

13 B/c FOUR BOLTS

19 MOVES, NOT COUNTING CLIPS

CLIPS:

- #1 STICK CLIP  
OR OFF SIDE PULL
- #2 OFF 2 FINGER POCKET  
WITH DROP KNEE
- #3 OFF GOOD CRIMP
- #4 OFF SLOT @ TOP  
OF GROOVE

OR OFF SIDE PULL

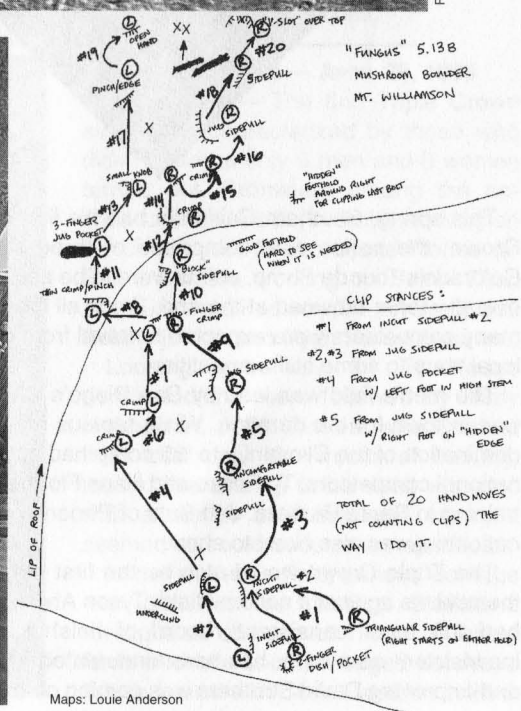
#2 OFF 2 FINGER POCKET  
WITH DROP KNEE

WITH DROP KNEE

#3 OFF GOOD CRIMP

#4 OFF SLOT @ TOP  
OF GROOVE

OF GROOVE



"FUNGUS" 5.13B  
MUSHROOM BOULDER  
MT. WILLIAMSON

MUSHROOM BOULDER  
MT. WILLIAMSON

MT. WILLIAMSON

CLIP STANCES :

- #1 FROM INCHT SIDEPULL #2  
#2, #3 FROM JUG SIDEPULL  
#4 FROM JUG POCKET  
W/ LEFT FOOT IN HIGH STEM  
#5 FROM JUG SIDEPULL  
W/ RIGHT FOOT ON "HIDDEN"  
EDGE

#1 FROM INCH SIDEWALL #2

#2, #3 FROM JUG SIDE PULL

#4 FROM JUG POCKET

W/ LEFT FOOT IN HIGH SHOE

#5 FROM JWG SIDEPULL  
W/ "HIDDEN"

W/ RIGHT FOOT ON EDGE

TOTAL OF 20 HAND MOVES  
(NOT COUNTING CLIPS) THE  
WAY I DO IT.

(NOT COUNTING CLIPS) THE

WAY I DO IT.

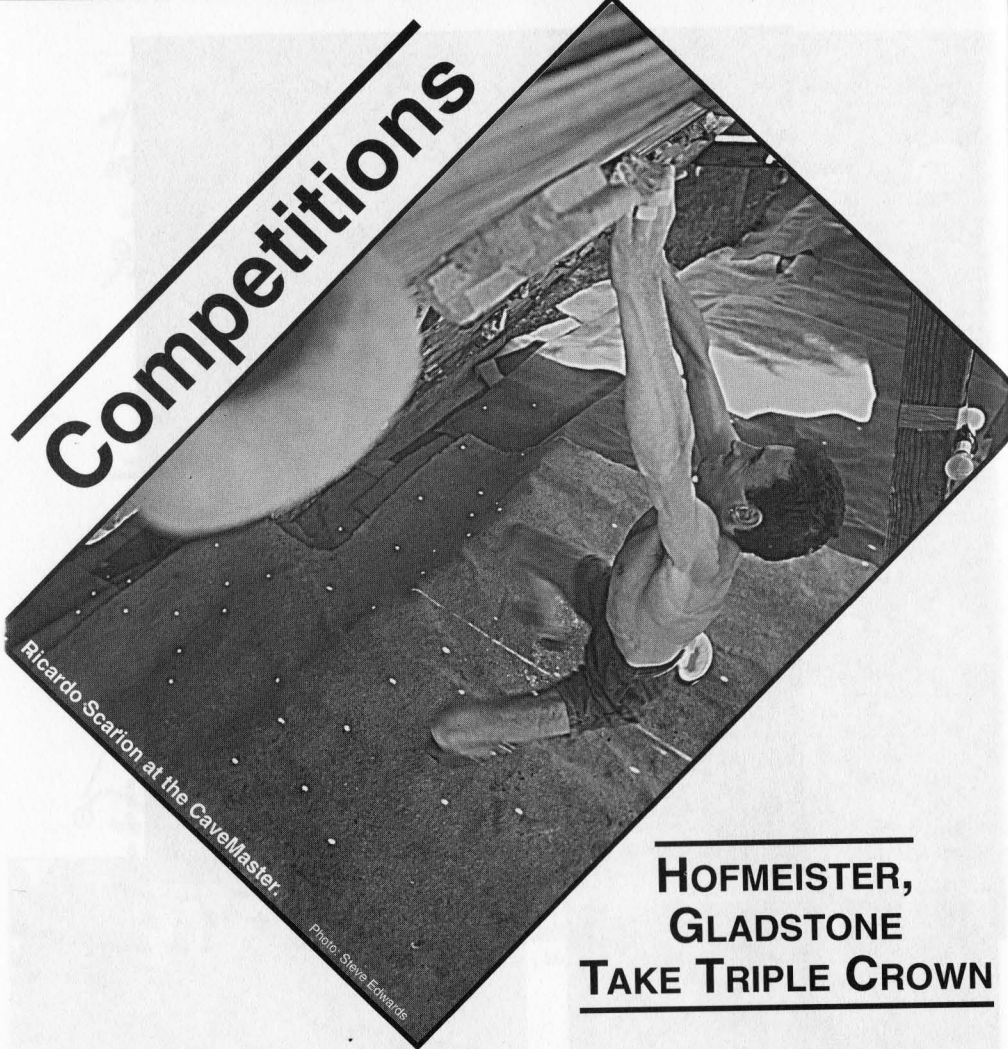
① TRIANGULAR SIDEALL  
(RIGHT STARTS ON EITHER HED)

(RIGHT STARTS ON EITHER HOLD)

SH / POCKET

\_\_\_\_\_





## HOFMEISTER, GLADSTONE TAKE TRIPLE CROWN

This spring, Southern California had its first competition series. Dubbed the Triple Crown, the series was comprised of three events over a six week period. A la Colorado's Tour de Pump, points were to be accumulated throughout the series and an overall winner crowned at the end. Since all the events were sanctioned by the ASCF, many competitors were expected to travel from outside southern California, subjecting local stars to some stiff competition.

The men's field was lead by San Diego's Chris Knuth. Usually on the road, Knuth was in town for the duration. While famous mainly for hard redpoints, Knuth's recent domination of the Climbin' into '95 comp had established him as a heavy favorite. Two national competitors, Ty Foose and Hans Florine, were also in town for the series, both training in Santa Barbara. Jeff Buhl of Phoenix, who placed 6th and 5th in the last two nationals, was also likely to show.

The Triple Crown would also be the first big test for many local stars to measure themselves against a national field. Tyson Atwell, while recovering from a broken ankle, had the most consistent record of finishing near the top. Ryan Hunt, though inconsistent on a rope, has been undefeated in bouldering comps. Also, 16 year-old-and-improving David Struthers was coming off a series of high finishes and his first tick

of a 5.13. Rounding out the local men would be quiet Rudy Hofmeister, a consistent competitor with years of national experience, though no big wins. The wild card would be John Mireles, formally one of So Cal's best, Mireles had promised a return to form.

The women's field promised to be at least as interesting. Jessica Gladstone had set herself up as the woman to beat. Unassuming and seemingly unserious, Gladstone doesn't carry an air of someone competitive, but her recent series of victories in local competitions had the field gunning for her. Also on the line was her undefeated streak at Solid Rock, where she has won every competition since the gym opened. Standing in her way would be Alexa Foose, Michelle Locatelli, and some local dark horses. Foose's performances had been getting stronger by the week with a high finish at Phoenix and a win in Santa Barbara. Locatelli, a self proclaimed trad climber with an abundance of power, finished third at Phoenix, trailing only Bobby Bensman and Mia Axon. Local dark horses included Suzanne Paulson,

Rudy Hofmeister

Photo: Steve Edwards



Tiffany Levine in the final.

Photo: Steve Edwards

who won last year's Snowbird national but hadn't been competing lately and Chris Daleiden, who'd only been climbing for two years and had already chalked up a couple of podium finishes.

### VERTICAL HOLD — APRIL 29, 1995

SAN DIEGO — The first Triple Crown event was characterized by those who didn't show as only 6 men and 8 women turned out. Prominent among the no-shows: Chris Knuth (in Smith working on *To Bolt or Not to Be*), Hans Florine (in Santa Barbara working on *Better Than Life*), Suzanne Paulson (un-psyched), Jeff Buhl (injured), and Ryan Hunt (unknown).

Looking extremely fit, Ty Foose dominated the men, followed by Rudy Hofmeister. John Mireles, who finished third after only two weeks of training, looked like a force to be dealt with and with a month until the next event, it seemed he could become a major factor.

In the women's field, serious damage was done to the Jessica Gladstone mystique as she proved mortal, finishing forth. Michelle Locatelli edged out Alexa Foose for first with Chris Daleiden in third.



## Rock and Roll — MAY 20, 1995

**MURRIETTA** — Once again the women outnumbered the men, but the overall turnout was still small, casting some doubt on the future of the southern California series.

Michelle Locatelli won her second straight competition and firmly established herself as the women to beat. "I don't know, she looks really strong," said second place finisher Alexa Foose, when asked about her chances of unseating Locatelli at Solid Rock.



**Static versus Dynamic Hofmeister and Sharma in the final.**

In the men's division, first event winner Ty Foose led after the preliminary rounds, but slipped low on the final. A tie in the final between Tyson Atwell and Rudy Hofmeister, caused their places to be based on the preliminary, where Atwell proved victorious. Another no-show was John Mireles, who bowed out with work commitments, saying "I just don't have the time it takes to train for serious competition."

Heading into the final event, the Triple Crown title was totally up in the air, with Foose leading, Hofmeister and Atwell close behind and David Struthers in forth.

## Solid Rock — JUNE 10, 1995

**SAN DIEGO** — Perhaps boosted by ASCF regional sanctioning, the final event was in stark contrast to the first two, with both the men's and women's categories filling up. With a number of big guns participating, including Hans Florine, Christian Griffith and Jason Campbell, the men's field resembled a national. In the women's division, Jessica Gladstone's home winning streak appeared in serious jeopardy with the likes of Diane Russell, Tiffany Levine, and Michelle Locatelli in the field.



Photos: Steve Edwards

The only conspicuous absence was that of the Foose's. With Ty in first overall and Alexa in second and some amount of prize money practically in the bag, they just weren't psyched and had begun a rest phase in their training. "We're going to Rifle for the summer, have Nationals in August and we needed to take a break." This exemplifies the need for a competition season, similar to other sports, as it is impossible to peak year around.

Without Ty, the men's series title became a battle between the home gym advantage of Tyson Atwell and the

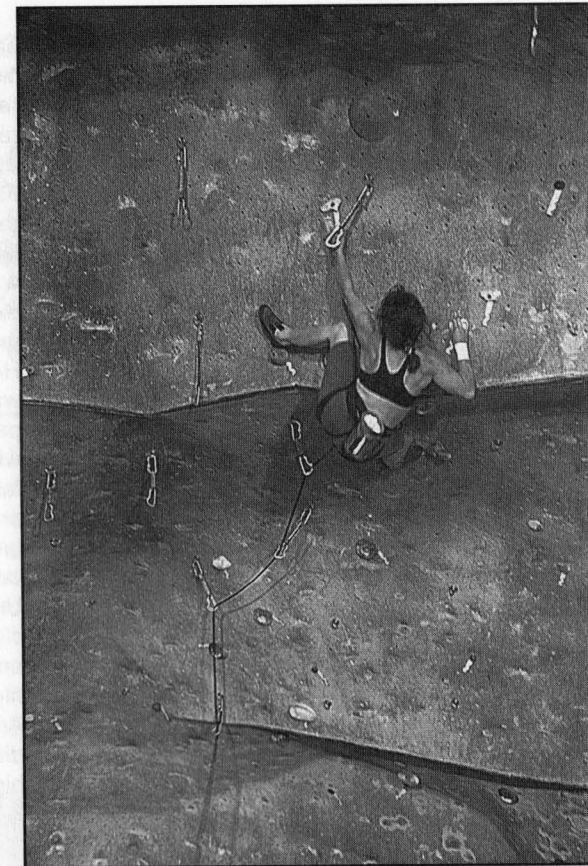
experience of Rudy Hofmeister. Barring a spectacular performance by David Struthers, whomever finished higher between Atwell and Hofmeister would win the overall title. Locatelli seemed a solid favorite to win the women's title, with Gladstone having an outside chance should she win and Locatelli falter.

The preliminary rounds became a battle of who could stay cool — literally. Foggy spring conditions had given way to summer sunshine and the isolation area resembled a picnic at the beach, with most of the serious competitors hunkered under any shade that could be found. Heat was also a problem in the gym, which was about 10 degrees warmer than outside — a home court advantage of sorts. Organizers were caught by surprise and not really prepared to deal with it. "It's the first sunny day in weeks," said course-setter Randy Weisser.

While the heat caused some bickering, it seemed to have little effect on the climbing as most of the favorites advanced.

In the first round, Christine Daleiden thought the women's routes were too easy. When asked how she did her reply was, "Same as everyone else, flashed all of them." The men's round however, saw many competitors fall and still advance. First round favorites looked like Campbell, who, though coming off an injury looked very strong, and Chris Sharma of Santa Cruz, who said the men's lead, which dropped about half the field "felt like 11d."

The men's semi's were highlighted by Sharma's flash of the boulder problem, propelling him into first. Most of the field flashed the lead, a mid 5.12 that Campbell made look like 5.8. But the boulder problem was a different story.



**Gladstone inching toward victory.**

Photo: Steve Edwards

Until Sharma, only the ultra-powerful Greg Loh had come close. The last competitor to climb, Sharma's foot brushed the ground on the first move, using up his first attempt (leads were attempted onsight while the boulder problems could be tried twice). His, then-onsight attempt was flawless, establishing the 14 year old in front of the field.

Contrasting the first round, the women's semi featured a tricky traverse that no one came close to completing. The lead route was highlighted by Tiffany Levine's strong performance. A force on the national circuit a couple of years back, Levine had semi-retired from serious competition until recently and no one was sure if she was fit or not. Climbing late in the field, she was the first competitor to flash the route. Her fitness status no longer a mystery, she looked as though she could have done it no feet.



As the finalists previewed their routes, the crowd began naming favorites. The men's field was immensely strong; the running order was: Griffith, Florine, Hofmeister, Atwell, Chris Bloch,



Jeff Buhl at the CaveMaster.

Photo: Steve Edwards

they all wasted some time and effort searching for a sweet spot. Griffith came off a few moves above saying, "Those ribs are really bad. I thought from below they would be much better." Next out, Florine, who was also headed for the Extreme Games, looked a lot like Griffith, only faster. Perhaps it was his speed that gave him an extra hold. A hold which would prove big later on. Then came Hofmeister, who looked smooth, wasting little time at the ribs. He past Florine's dynamic high-point with a static move and kept going, falling later at an obvious crux. The crowds' response was warm but lacked enthusiasm, not knowing his performance would not be equaled. Until Sharma, each successive climber had trouble with the ribs and failed at or near Griffith's highpoint. Sharma, who looks like America's next World Cup hopeful, did one better. Hitting Florine's highpoint with a dyno, his feet cut loose. Instead of trying to put them back on, he continued up the route, attempting a huge, no-foot dyno. Sticking the hold, he just about had is feet back on before failing, but not before nailing down second place.

Campbell, Loh and Sharma. It seemed everyone had a different pick though Campbell, Griffith and Florine, probably due to experience, were named the most. Levine was the women's favorite, no question, she looked the strongest. But the field was deep; Diane Russell, who was preparing for the Extreme Games, could not be counted out. Nor could Locatelli, even though she'd taken a 30' fall while trying to do the Nose in a day the week before and thus didn't look quite up to form. And, of course, there was Gladstone, still undefeated at home.

Griffith started things out, cruising through the 20' traverse before heading up toward two vertical ribs. These odd features, which looked like jugs from below, plagued most of the climbers, as

Carolyn Peck of Santa Cruz, was first out for the women. She paused on a big sloper at a roof and spent a long time trying to find feet before pumping out. Daleiden was next, cruising through the roof without hesitation, she got crossed up and failed a few moves later. Hearing she was in first, she stated, "I'll soon be in 6th." This was not to be the case as everyone was having trouble at the roof. When Locatelli came off, it looked as though Daleiden might actually win, with only three competitors left. Even Russell, with nearly 10 years of competition experience, had trouble, spending a very long time on the route, but squeaking past Daleiden by a hold. Next, Levine flew into first, cruising into the lead in no time and putting some mileage on the field. Her

hurried style may have cost her though, as she put herself in an un-reversible position and finally fell.

Then came Gladstone, the last climber of the day. Since Locatelli was in forth, a win would not only preserve her winning streak but sew up the Triple Crown title as well. She climbed smoothly past all highpoints but Levine's — then made a mistake. At the lip of a roof, she got set up with the wrong hand sequence. First, she tried to reverse her moves, but it was too steep. Next she tried matching to re-set her hands, but the holds were too small. Out of options and pumping out, it appeared she was coming off; but when you're undefeated, you go

down fighting and Gladstone was about to show just why she'd never lost. As a last resort, she extended her left hand toward the winning hold, about two feet away, then slowly started to press off her right. The crowds reaction went from disbelief to unbridled enthusiasm as her hand slowly inched its way toward the hold. In what was probably the longest five seconds of Solid Rock's history, Gladstone's fingers clawed their way up blank panel and finally latched the Triple Crown trophy.

In the aftermath, awards were passed out while most of the finalists tried to redpoint their routes. A debate about the men's finishing order was being solved by spectator's video cameras, finally establishing Florine in third. Through it all, Hofmeister, the champion, was quietly belaying. Asked why he wasn't trying the route, he said, "Sometimes you don't do so well on you're second try and it can be kind of depressing." And he certainly had no reason to get depressed. While Gladstone, the pressure of her winning streak momentarily lifted, couldn't stop smiling. A promise to make sure we ran a photo of her, not someone else as we did in our last issue, was met with, "No problem, I was flattered, you can mix me up with Trish Beerman anytime." I'm sure, at least today, the same would go for Trish.



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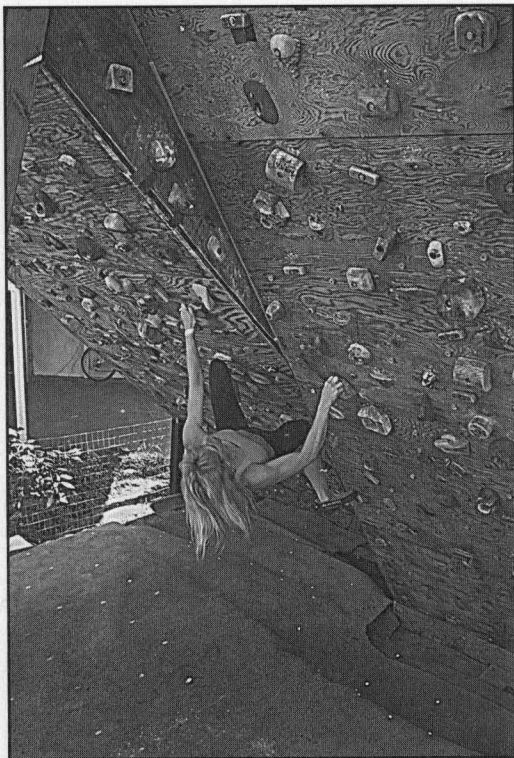
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Ty Foose attempting to skip holds. Photo: Steve Edwards





Daleiden in the final.

Photo: Steve Edwards

### RADWALL CAVEMASTER III THE CASTLE — APRIL 19, 1995

SANTA BARBARA — The not-as-of-yet world famous Castle, and, incidentally, home of Allez Magazine, played host to Cave Master III on April 19. The Cave Master series, originally of Moraga, CA, is a product of our own Phil Requist's vision of what climbing competitions should be like. This locally sanctioned comp featured powerful routes set by Phil, Steve and world cup climber Jean-Paul Finné. The day saw some very high quality climbing on the three, connected walls.

Though only two women showed up for the comp, Alexa Foose and Christine Daleiden, they represented a reasonable percentage of the elite climbers in Southern California. They had a friendly competition highlighted by their power on the steep routes. Both climbers cruised through the preliminary routes and were close in points for the majority of the day. In the end, Foose seemed to muster a little bit more reserve strength to come

out on top with 701 points to Daleiden's 625.

The men's event featured a broader spectrum of climbers, with Ricardo Scarion from Italy, Jeff Buhl of Arizona and national course setter Ty Foose, along with a smattering of Southern California quality. Buhl, after coming off of 6th and 5th place finishes in the last two Nationals, was in good competition form, and considered the early favorite. Ty Foose, having been training at the Castle for a few weeks prior to the comp, was in good shape and more familiar with the surroundings. Ricardo Scarion, visiting from Italy, has been ranked in the top 10 of Italian sport climbers for the last couple of years, was a wildcard and obviously capable of taking the day. These three dominated the comp with their exceptional power and experience. During the first few rounds they were virtually tied, but as the day wore on, Scarion

showed the fatigue a visiting climber might acquire in a comp of this nature. The battle between Buhl and Ty Foose lasted until the final round, where Buhl went in with a 5 point lead. Ty, missing the sequence for the longest route of the day, tried to bypass too many holds and fell early, but maintained his second place standing. Even had Ty finished the route though, Buhl would have likely gone on to victory due to his near completion of the problem. When it was all over, Buhl was just too powerful to be stopped by anything but a perfect effort by the other elite climbers.

The Cave Master series is still alive, so check Allez, or your local gym for the next event.

### KOKOPELLI DUNGEON MASTER JUNE 11, 1995

SAN CLEMENTE — The Power Palace recently held a locally sanctioned bouldering competition, catering to the advanced boulderer. The event drew 23

competitors, 15 men and 8 women. Taking advantage of the Triple Crown final one day earlier, several strong climbers were present for the event.

The format consisted of a six route qualifier, followed by a two route semi-final and a one route final. The qualifier problems focused on both power and technique, whereas the semi and final routes were power-endurance monsters, ranging from 25-35 moves in length. All the problems were attempted on-sight.

The women's division was very competitive, with Triple Crown winner Jessica Gladstone on top after the qualifying rounds. Tiffany Levine, however, dominated the final to win the event. Levine was followed by Michelle Locatelli of Las Vegas in 2nd, with Gladstone taking third.

The men's division, similarly was very close as 14 year-old Chris Sharma led all competitors through both qualifying and semi-final rounds, flashing every route through the first semi-final. Youth, however, fell to experience in the final. Hans Florine, who'd recently been training in Santa Barbara to improve his bouldering skills, displayed improbable sequences amongst the smallest of holds, hanging on to take the Dungeon Master crown. Triple Crown winner, Rudy Hofmeister finished 2nd, with Sharma in 3rd.

The competition was long, nevertheless, most competitors were pleased with the routes, format and relaxed nature of the event.

Special thanks to Jill, Kevin and Sheri for their hospitality.

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### PHOENIX BOULDERING COMPETITION

Having been injured from reading Dianetics about a month and a half ago, I decided not to compete in the Phoenix (Bird of Fire) Bouldering Contest. But instead, I decided to go check it out as a nightclerk. So I went out about a month early to really get to know Superior and give a more "native" report.

I rode out March 7, on my primer grey Harley Davidson with my sidecar filled



with cartons of Marlboroughs. I stopped in Blithe to refill my cigarettes and add fuel.

Looking around for the rocket fuel I ended up having to converse with the horribly incompetent attendant.

"Hey B.P. (I knew from his name tag) where do you guys keep the pee fire wookie juice?"

"Around the side, pump 17." He said with a salute and a smile.

I entered the store after filling the tank. "Thank you my good man, how much do I owe?"

"Why old chap there's no need for compensation, here have 200 cartons of Marlboroughs and scam."

As I left the SmallMart™, purred my road hungry steed and roto-tilled the asphalt, the guy ran out of the store.

"Orcs are on aisle nine, You'll find the hand clamps in the back next to the water monkey and my friend Vincent has two arms."

"Thanks."

"Good luck and godspeed."

After a couple of cartons I was in Superior. The first person I ran over had two arms.

"Vincent, do you know where a person of my talent could get a night job in this town?"

"You, a night job? Sure just go to the Dairy Queen and ask for Billy Joe Bob Cecil Buford Mortimer Buckwood. He'll set you up. You can dip ice creams can't you?"

Well with that insiders' tip, I got a job. After the first minute, I worked up the courage to turn in my three weeks notice, so as not to miss the comp.

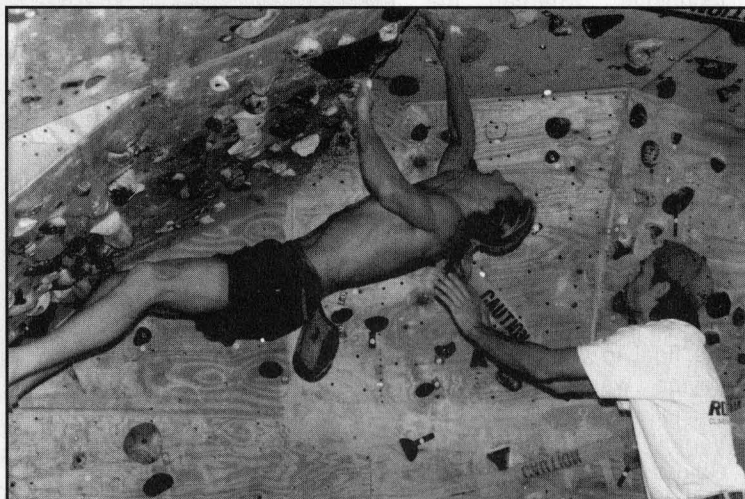
Those three weeks and one minute

went by right quick. I made so many friends, moved up in the company, got a pay decrease, and knitted a tuxedo for the upcoming event.

Well Friday had finally arrived. Everybody had gathered to watch: friends, families, martians, and squirrels, along with a wealth of pork rinds.

At a little after noon the comp began.

As I watched from the front row, the competitors would walk up to the first obstacle. They then had to figure out what



Hans Florine in the Dungeon Master.

Photo: Jill Brummitt

their last name was. Some would cheat and check their drivers license. After a mad rush past the first barrier the contestants disappeared into a tent and I really couldn't see what was happening.

This went on way into the night so I went to sleep, unfortunately missing the finals. I guess some of the competitors won.

The next day everyone went out to have some fun and climb some boulders and top ropes.

I'd say that the competition was a success and a good time was had by all.

#### Competition Write-ups:

Triple Crown: Steve Edwards

CaveMaster: Binky Greene

Dungeon Master: Scott Sanchez

Phoenix: Belt Potter

## Competition Results

### Vertical Hold Triple Crown

April 29, 1995

#### Women

1. Michelle Locatelli
2. Alexa Foose
3. Chris Daleiden
4. Jessica Gladstone
5. Clare Lyon

#### Men

1. Ty Foose
2. Rudy Hofmeister
3. John Mileres
4. Tyson Atwell
5. David Struthers

### Triple Crown Winners

Men's Elite

Rudy Hofmeister

Women's Elite

Jessica Gladstone

Men's Open

Bill Maki

Youth

Adrianne Settimo

### SolidRock Triple Crown

June 10, 1995

#### Women

1. Jessica Gladstone
2. Tiffany Levine
3. Diane Russell
4. Chris Daleiden
5. Michelle Locatelli

#### Men

1. Rudy Hofmeister
2. Chris Sharma
3. Hans Florine
4. Greg Loh
5. Jason Campbell

### Power Palace Crankasaurus

April 30, 1995

#### No Categories

1. Ty Foose
2. Rob Mulligan
3. John Mireles
4. Tom Wight
5. Alexa Foose
6. Paul Dusatko
7. Christine Daleiden
8. Mike Tsoi
9. Kevin Bell
10. Shane Winters

### Rock & Roll Triple Crown

May 20, 1995

#### Women

1. Michelle Locatelli
2. Alexa Foose
2. Jessica Gladstone
4. Marsha Sandoval
5. Asha Settimo

#### Men

1. Tyson Atwell
2. Rudy Hofmeister
3. Ty Foose
4. David Struthers
5. Nick Nayfack

### Kokopelli Dungeon Master

June 11, 1995

#### Women

1. Tiffany Levine
2. Michelle Locatelli
3. Jessica Gladstone
4. Diane Russell
5. Brandi Proffitt

#### Men

1. Hans Florine
2. Rudy Hofmeister
3. Chris Sharma
4. Greg Loh
5. Rob Mulligan

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# Training: Hypertrophy & Power

by Phil Requist

## "Endurance won't help."

— Master Wu

#1 Killer of the Green Dragon Clan  
*Operation: Scorpio*

This issue's article covers hypertrophy and power training. These two phases are dealt with together because they are closely related and many climbers train them simultaneously.

### Hypertrophy

Hypertrophy training aims to increase muscle size. This is what bodybuilders emphasize, and bodybuilding magazines are an excellent source of methods and recent studies. It is important to remember that muscle size is only one small component to strength, let alone climbing ability.

A plethora of schemes exist for attaining muscle hypertrophy. First, select the specific muscle that is to be trained, then exercise that specific muscle until failure repeatedly. Essentially, this involves 5-10 sets of 6-12 repetitions (6-12 seconds for fingerboard hangs). These are performed at an intensity level that produces failure during the last rep of each set. The speed of each rep can also vary between very slow to fairly fast. (All reps within a given set should be done at the same speed.) Rest between sets should be 1-3 minutes: enough to be 75-95% recovered. You should feel slightly pumped at the end of each set. Recovery time after each workout is 36-60 hours. At the end of a training day your muscles should feel exhausted, but *not* too pumped.

You will notice that the time, set, rep, and rest ranges are fairly broad. Doing 10



The Goal: *Hard Boiled* (project).

Photo: Steve Edwards

set of 12 reps with 1 minute rests will feel *much* different than doing 5 sets of 6 reps with 3 minute rests. Experiment and notice how your body reacts to different workouts. Also, variation is important, never let your body get "used to" a workout routine: this causes plateaus.

Since consistent, nearly identical muscular movements are necessary to stimulate muscle hypertrophy, rock climbing is a relatively difficult method to use. On the other hand, weightlifting is so efficient that one must realistically consider the risk of building too much muscle. Large muscles *can* yield greater strength, but they must be trained properly to do so. The proper combination for you will depend on your climbing style, goals, ability, strength, training history, time spent training, etc.

### On Rock

If you want to do your hypertrophy training on rock, choose a climb with very similar movements throughout the length of the climb. Or, take a climb and break it up into sections of 10-20 feet of climbing. On top-rope, climb whatever section you have chosen, lower to the starting point, then climb it again until failure. After a short rest, repeat this section until failure 2-3 more times. Rest for 5-10 minutes and move on to the next section. This is a good method for working sections of a route that you want to redpoint.

### On Artificial Walls

Artificial walls are an excellent environment for training hypertrophy. Simply design a 6-15 move boulder problem with similar moves. After a few training sessions, this route will be too easy, so make the holds smaller and/or further apart, or add weight. Make sure to have a variety of routes. These should be designed for different purposes: crimp strength, pocket strength, lock-offs, etc. One advantage of training on artificial walls is that strength gains translate towards climbing ability more rapidly than from weightlifting.

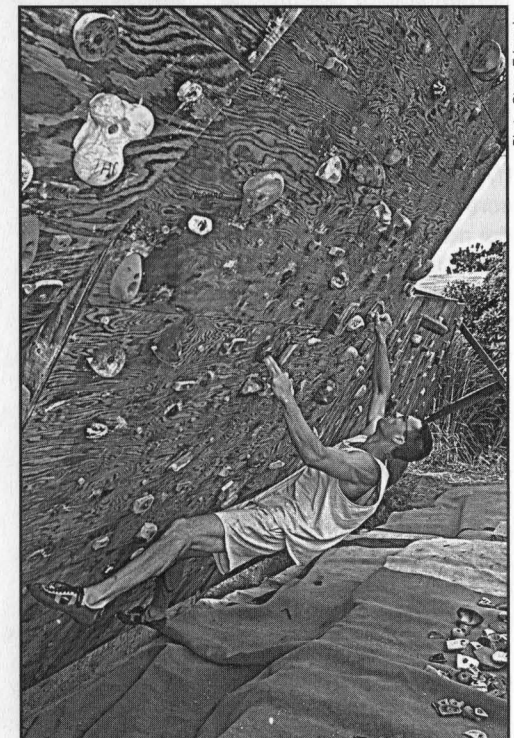
### Weightlifting

If you decide to lift weights, choose 2-3 exercises for each major climbing specific movement. For example, do 2-3 different pullup-type exercises for the major pulling muscles. For smaller muscles (biceps, triceps, etc.) 1 or 2 exercises is enough. Finger curls are also a great way to finish off your forearms. Each workout should also include at least 5 exercises that target your antagonistic (or pushing) muscles.

Selecting what exercises to do is not easy. I recommend asking fellow climbers, reviewing climbing magazines, and glancing at some bodybuilding books. The key is to know what movement you want to simulate and which muscles are used in that movement. Then look up 2-3 exercises targeting these muscles; try each one.

### Fingerboards

The ability to train hypertrophy on fingerboards is questionable at best. Evidence indicates to me that finger curls with weights are a better means of attaining muscle hypertrophy. But, experiment and see for yourself. To train hypertrophy on a fingerboard, simply choose a hold, hang it for 6-15 seconds, then rest 1-2 minutes. Remember, you should fail in the last 1-2 seconds of your hang. Do 4-10 sets, then move on to another type of hold. Vary the holds you hang every few workouts.



*Hard Boiled* simulation with small footholds.

### When to Move On

Issue #2 dealt with the length of each phase. This should be reviewed, and you should have an estimated length of how long you will train hypertrophy. Still, the most important thing is to monitor your

\* Personally, I think this danger is overestimated by climbers. My major injuries have been a result of power-endurance training or over-training.



workouts. You'll probably notice local plateaus every 2-3 weeks, where gains come slowly. When this occurs change your workout scheme. Continue training hypertrophy, just in a different way. As the overall rate of improvement decreases, so will your motivation, these are good signs to move on to power training. The phase should last *about* 8-14 weeks.

This should give you a working knowledge of hypertrophy workouts.

### Power

Power, or recruitment, is the ability to activate a high percentage of the muscle fibers in a given muscle. (Refer to previous articles for more information.) While bodybuilders are a good example of hypertrophy training, scrawny climbers who can do multiple one-arm pull-ups are an excellent example of recruitment training. Being a powerful climber does not *require* large muscles, but it does require a high level of recruitment. For most climbers, power training will lead to greater strength and performance faster than any other type of training. But these rewards have a price. Since power training maximizes the forces absorbed by your muscles, ligaments, joints, etc., it can cause serious injuries.\* It is also the most complex and challenging type of training. Fortunately, it is also, for a fact, the most fun.

Note: The term power is used very broadly by climbers, who usually mean strength. When training for this strength, we should keep in mind what power actually means:

$$\text{Power} = \text{Work} / \text{Time}.$$

$$\text{Work} = \text{Force} \times \text{Distance}$$

$$\text{Force} = \text{Mass} \times \text{Acceleration}$$

thus:

$$\text{Power} = \frac{\text{Mass} \times \text{Acceleration} \times \text{Distance}}{\text{Time}}$$

Since the fingers never really move when gripping a hold (i.e., no distance), the term "finger power" is technically inaccurate. Still, I will generally use the common meaning of power.

In my second article, I mentioned some relatively unknown, yet primary elements of power. Among these are:



Speed is Power.

Photo: Steve Edwards

- 1) The Golgi Tendon Organ (GTO) which senses stress at the juncture of a muscle and tendon. If excessive stress is exerted, the Golgi tendon

\* Pick up a climbing magazine and compare the facial expressions of top European climbers to those of top US climbers. There is a lesson here.

reflex causes the muscle to shut down. Through deinhibition training (i.e., shock loading), the GTO can be trained to withstand greater stress without shutting down. Injuries (like an elbow injury) *increase* the sensitivity of the GTO.

- 2) Slow-Velocity Strength (SVS). Initiating movement without inertia requires slow-velocity strength. That is, the ability to overcome a heavy resistance at relatively slow speeds. SVS is trained by moving very heavy weights (1-3 reps).
- 3) High-Velocity Strength (HVS). Once inertia is gained via SVS, HVS is required it keep it moving or accelerating. HVS is trained with speed repetitions at various weights.
- 4) Stretch Shortening Cycle (SSC). Before a climber performs a lunge, they lower their body, extending their arms, then pull rapidly. Why? Because a stretch reflex caused by rapid extension results in greater force during contraction. Your efficiency in utilizing this reflex can be improved by ballistic and plyometric training.
- 5) Coordination and Efficient Movement. Performing a powerful move requires the precise contraction and relaxation of literally hundreds of muscles throughout the body. Any error, regardless of how minor will result in failure (assuming the movement is at 100% of your potential). Even unnecessary tension of facial muscles, for example, leads to

inefficient movement.\* Since power is largely neuromuscular in nature (this is kinesthetic awareness), fatigue rapidly reduces coordination and therefore, technique. Bruce Lee emphasized: "Do not practice finely skilled movements after you are tired..."

Since climbing requires you to perform difficult movements while fatigued, proper training might appear contradictory. A good guideline is to learn new techniques fresh and practice known (difficult) techniques tired. This should also remind you to get adequate rest between sets.

### Essentials

As with hypertrophy training, power training has some general guidelines to follow. The number of sets can range from 3-10. Repetitions should be from 1 to 5 (1-6 seconds for finger hangs). Again, each set is performed at an intensity level that produces failure during the last rep of each set. The speed of each rep is a much more important factor in power training; it can range from normal movement speed to very fast. Rest between sets should be 3-5 minutes: enough to be 95%+ recovered. You should not feel pumped at all during the entire workout. Recovery time after each workout is 48-72 hours. At the end of a power-training day you should feel relatively fresh, say 80-90% (definitely not exhausted); but you should be unable to complete single moves or routes that felt reasonable at the start of your workout.

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## On Rock

Bouldering and working short sections of future redpoint routes are adequate means to training power. As a guide, these problems should be less than 8 moves and/or take under 10 seconds to climb. Treat each boulder problem or section as 1 set and repeat the problem several times (until you can no longer do it). Then move on to another problem or section. Mix up the type of moves you are doing as much as possible: do static problems, dynamic problems, fingery problems, etc.

## On Artificial Walls

Training on artificial walls is done just the same as on natural rock, except here you can finely tune each problem to meet your specific needs. You might want to try recreating moves on a natural route that you want to redpoint.

## On Fingerboards

Fingerboards are an excellent means of training your fingers on holds that are too dangerous to use on your boulder problems. For example, don't just slap some monos on your wall and try to pull on them. Instead, find a good mono on a fingerboard, and hang it with the aid of elastic straps. Slowly (over the course of many months) increase the stress to your fingers. This allows for precise stress to the fingers, which is impossible on boulder problems because external variables (your feet can slip, humidity, etc.).

## Campusing:

### The Ultimate Form of Climbing

In general, there are two types of campusboard workouts. One involves static movements, the other dynamic dropping (plyometric) movements. The difference between the two is substantial. While both methods should be used, the latter provides greater power gains. The static method is fine for training lock-offs and some contact strength, but plyometric training targets all five of the elements of power listed above.

Static exercises generally involve hand-over-handing from the lowest rung to the highest while locking-off with one hand.

The essence of plyometric campusing

lies in dropping, catching, and rapidly reversing direction back upwards. Any exercise you develop should incorporate these three aspects. Dropping is important because it means you are accelerating downward. Catching is essential, of course, because otherwise you'll just hit the ground. Note that you will be catching *more* than bodyweight because you are accelerating. Catching targets the Golgi tendon reflex. Reversing direction is important because this is when you train the upward movement necessary for climbing; SVS, HVS, SSC, and coordination are trained while reversing direction and catching at the top.

There are many plyometric exercises. Here are some examples of the more popular methods to get you started:

1. Two-handed moves. Starting on the same rung, both hands drop down and catch a lower rung; then you can fire up to the starting rung, or higher. Repeat. Fun.
2. Starting with two hands at the lowest rung, fire up and touch a rung but do not hang it, immediately lower and catch yourself on the original rung, then fire up with the other hand, touch a higher rung without hanging it and lower and catch on the original rung. Repeat until death. Very hard.
3. Starting with one hand on the lowest rung, and one hand on the highest rung you can use, let go with the high hand and catch on the lowest rung, immediately fire backup with the same hand to its original rung. My personal favorite.

## Weightlifting

High-Velocity Strength and Slow-Velocity Strength in the arms are the primary targets of weight training.

HVS, is best trained by using loads around 30% of your 1 rep maximum (1 RM). For example, of your 1 RM for pull downs is 200 lbs., use about 60 lbs. for HVS training. Do as many reps as possible as fast as possible at this weight. If you can do more than 20 reps, increase the weight.

SVS can be trained with loads ranging from 60-110% of your 1 RM. At the 60%

range, you should be able to do 4-8 reps fairly fast (try to do them as fast as possible). Loads greater than your 1 RM are usable only by doing negatives. Negatives are very demanding on your body, consult bodybuilding books for specific exercises and methods.

A sound power-weightlifting routine would involve a mix of all the above methods, although not necessarily in every given workout. Clearly, a solid base is a pre-requisite.

## When To Move On (Never)

Since the next phase in the cycle is power-endurance, I can't really imagine why you should ever stop power training. As Belt proclaimed to me recently, "I won't train endurance. I won't." Belt, as with other climbers at "The Castle" only stops power training when on the verge of injury. For legal reasons, I must recommend a more sane approach, so follow the same general guidelines as were mentioned under hypertrophy

training. Prepare yourself for the hell of infinitely boring endurance training.

*"Endurance routes get easier. Hard moves are always hard moves."*

— Jerry Moffat

Questions and comments can be sent to Phil via email: [allez@silcom.com](mailto:allez@silcom.com)

**Next Issue:** Power-Endurance

## Recommended Reading:

Jones, David B. A. *The Power of Climbing*. West Bank, Winstar, Derbyshire: Vision Poster Company, 1991.

Stroustrup, Bjarne. *The C++ Programming Language*. Reading, Massachusetts: Addison-Wesley Publishing Company, 1991.

## Recommended Viewing:

One Summer Bouldering in the Peak with Ben Moon

## Credits, Sources, and Further Info:

Kevin Brown of the Palo Alto Sports Medicine Clinic.

*Power: A Scientific Approach.*

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## REVIEW

# Stone Crusade

American Guide Disses Euros

by Wills Young

John Sherman's *Stone Crusade* is the first attempt to produce a guide to all of American bouldering. It achieves this by giving directions to bouldering areas, but few, if any, specific details. It is also the first book to attempt a history of bouldering in the U.S.A.

The text itself is both good and bad. Its anecdotal sketches of numerous boulderers and their antics, make for some highly entertaining reading — by far the most enjoyable aspect of the book. Sherman's drawback, however, is that he approaches climbers and climbing with an agenda all his own, which he flaunts openly. He is favorable to the dirt-bag, dare-devilish aspects of climbing. But he dislikes sportclimbing. He even seems to dislike those who don't dress like him. He is particularly disparaging to the French and to foreigners in general.

One bouldering area, with a surfeit of off-the-deck slab problems over bad landings, is described as "We're talkin' a Frenchman's worst nightmare," as though everyone takes it for granted that the French are somehow not up to the *real* bouldering Sherman obviously thinks all true Americans are into — two dubious assumptions. The sentence continues: "not to mention the three-mile hike back to the car, all uphill." That French men are unable to walk uphill, is likewise doubtful.

Okay, so it's just laugh. But the complete lack of any balance in Sherman's writing makes his almost paranoid bias obvious.

Sherman even implies that America's boulders need to be protected from the ravages of the Europeans. In the chapter on Hueco he writes, "Many of the European visitors can't get it through their skulls that rosin (pof) use is unacceptable throughout America and illegal at Hueco Tanks."

This insulting statement is the only thing he has to say about European visitors to the area, despite the fact that it was they who have pushed the bouldering standards since Sherman's 1991 guide. (Which, incidentally, contained almost nothing Moffat and friends couldn't do in a couple of tries.)

The interesting term in Sherman's remark (of the Europeans) is "many." But how many is many? Sherman seems to take it for granted that American's have some kind of innate ethic regarding the use of resin, which is lacking in all Europeans. In Europe, however, resin use is rare except on the Fontainebleau boulders, and virtually unknown in Britain. A couple of spoilers, though definitely out of line, don't tar the rest of the European visitors, so Sherman is just plain wrong on this one.

Early in the book, Sherman writes, proudly, that "American bouldering has grown up on its own, with minimal influence from overseas. Instead, American boulderers have looked to their own ranks for inspiration and found it in abundance."

While there is no doubt that many impressive and talented American boulderers still lead bouldering development in America, the 1990's has seen very significant input from overseas. For example: in the cradle of American climbing, Yosemite, the five hardest problems were put up by Brits, and in Hueco Tanks the hardest problems have come from European visitors like Chevieux and Nicole, providing enormous inspiration to all.

Moffat is the only Brit to get a look-in in Sherman's book. He is credited with Yosemite's *The Dominator*, though only to the extent that it "went months without a repeat." Anyone would think it had been repeated often by now, given a remark like that. Moffat is then subtly criticized: "Never one to let modesty get in the way of his reputation, Moffat penned a number of articles and news reports glorifying his big-number ascents." Maybe this is true, but Moffat didn't write half as many articles as American bouldering's master of creeping self-promotion, John Sherman himself.

What is this guy's problem?

## REVIEW

# Coffee

Subtitle

by Belt Potter

VOLUME I — THE FIRST VOLUME

### Chapter I: Coffee Isn't Funny

Coffee isn't funny.

### Chapter II: More Writing about Coffee

In fact I feel comfortable about making fun of any beverage on the market except coffee. I can safely divide my life into two distinctive zones. The first zone I don't have any recollection of, and the second was after I had first started drinking coffee. I can remember my first mug of the stuff like it was tomorrow.

Two of my friends were gathered around the navigation console laughing and having a good time, "Want some coffee Belt?"

"You cooking up some axe presso." I replied trying to sound like I fit in.

They burst into an uncontrollable laughter.

"Why of course, my good man, I'll have a glass of it." I said, getting nervous.

They burst into some more uncontrollable laughters.

"I've got some special Cuban beans they'll knock your sox off. You want to brew one." I blurted out becoming desperate for their acceptance.

They immediately stoped laughing. They no longer found humor in it, in fact it had turned into sadness and disappointment. I could tell a few of the guys were disgusted, and the others seemed to be getting sick.

"I've never seen the need for the stuff." I said digging a deeper hole for myself. They collapsed on the floor. "I've found that I can get done what I need to living a

Detailed instructions  
for building your  
own sharp stick:

Step 1: Get a sharp  
stick.



Cross-sectional  
View

Figure 1: Sharp Stick

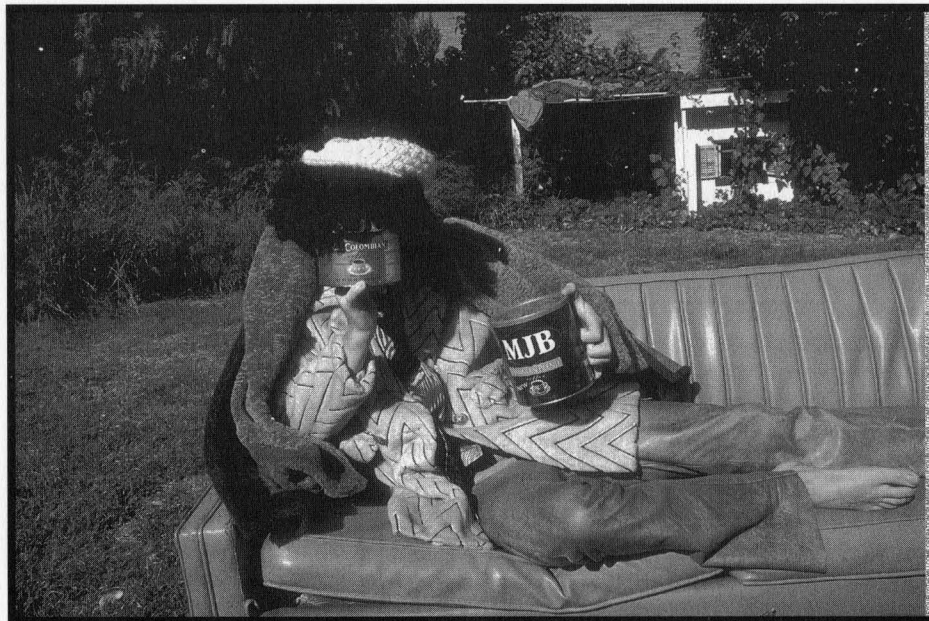
decaffeinated lifestyle."

All of a sudden the earth began to rumble and started to split, spewing forth a behemoth like bonanza of fiery raisins.

It didn't take a Scientographist to figure out what was happening. I made a B-line for the caffeine, downing whatever I could get ahold of, chocolate, breakfast tea, and started shoveling the grounds from the canister into my mouth.

Well in a few seconds I felt really awake, but more important the earth was sealing back up, my friends were healed and smiling again, and the mule deer had found a nice tasty snack.

"Hey buddy," said one of the mule deer. "Were looking for a cave man, he's about two million years old, hairy, wearing a fur skin tank top."



"He went that way." I said pointing to the nearest direction, trying to get those wierdos out of this story.

"Thank you, your help is much appreciated, you'll be rewarded for your bravery." Replied the other mule deer. and they took off in the opposite direction.

A couple minutes later, while flying back to my parents house I saw this guy on the side of the atmosphere holding a sign that said, "Will Work for Sharp Stick". Having just acquired a twelver of sharp sticks for my Birthday, I saw a golden opportunity for a little power bartering.

I picked the dude up and asked him which way he was headed, "Which way are you headed Mr. Dude?"

"The galaxy just beyond Shotgun 47. I'm looking for a sharp stick."

"Just beyond Shotgun 47, oh you must mean Barstow 6. Yeak they got sticks there. Heard they got some rocks too, but its just a rumor." I said. "But Boy is it your lucky day friend, I just happen to have one of the sharpest sticks in the omniverse. Ever heard of a Bronson limited edition Puncture Matic?" Of course he hadn't. His frontal lobe was capable of remembering only two things, sharp stick, and sharper stick. "Tell you what, since

I'm sympathetic with your forehead I'll trade my stick for that fur skin tank top. And those two packs of Gemco."

"But these are my last two packs."

"Look buddy you want the stick or what? Come on are you trying to rob me? Both packs or no deal, I'll drop you off at Barstow 6 since its on the way."

"OK," he said reluctantly. His attitude changed though when his eyes beheld the RTSX4-250B-1040A. He was grinning all the way to Barstow 6 where I dropped him off.

My smirk reached a four stage grin as I headed back to my house. Unbeknownst to him, he had given up the last surviving Rick Strada Team Club Presidents Modular Fez-Tank and it was mine, all mine.

Is there life after coffee? I say no.

## VOLUME 2 — THE REVIEW

### Chapter I: The Comprehensive Review

MJB

*David Potter is a woodchuck.*

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June 30. Aid Climbing Clinic. Rockcreation. Fundamental techniques of aid climbing.  
July 20. Climbing Shoe Demo. Rockcreation. All the major manufacturers. Starts: 5pm.  
July 30. Member BBQ. Rockcreation. BBQ and movie night — "El Capitan"  
Aug. 5. ASCF Local. Morgantown, WV. (304) 292-2771  
Aug. 7-8. ASCF Junior National Championships at SolidRock Gym. (619) 299-1924  
Aug. 19-20. ASCF National Championships. San Francisco, CA. (510) 654-2510  
Sept. 16. ASCF Regional. Austin, TX. (512) 474-4376  
Sept. 23-24. ASCF National. Baltimore, MD. (410) 467-9727  
Oct. 7. ASCF Regional. Carrollton, TX. (214) 323-1047  
Oct. 14. ASCF National. Arlington, TX. (817) 461-3966  
Nov. 4-5. ASCF National. Denver, CO. (303) 286-8168



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## Non-Linear Cold Shut Analysis

by Jeff Brown

Not wanting to accept too much liability, I'm hesitant to go out on a limb by saying, "Don't worry, cold shuts are safe." So I won't. What I will state is that for use as lead hangers I've tested unwelded, 7/16" diameter, blue chromed, cold milled steel cold shuts with a constant force in a controlled environment. I found that anything under a factor 2 fall should be well within their limits. However, I wouldn't recommend the use of smaller diameter cold shuts as their loading strength is significantly less. (David Prall suggests that the use of cold shuts might well be suicidal, "How to Bolt a Sport Route", R&I, #68; perhaps he was referring to cold shuts with less than a 7/16" diameter.) Cold milled steel cold shuts are malleable and stretch 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 cold shuts are functioning; i.e., if they begin to show signs of stretching, then they can be replaced. A form of preventative maintenance, if you will.

Note that open cold shuts at the top of short routes should be 7/16" diameter, heat treated steel. Using heat treated cold shuts to lower on is desirable due to the wear they get when the rope runs across them. Anyone who has climbed at one of the "hot spot" sport route areas knows all too well that many of the cold shuts at the top of the routes are dangerously grooved due to rope wear. Heat treated cold shuts work better in that they are denser and resist this wear, precluding the need to add expensive back-up systems, such as the FIXÉ hanger with integral biner. An additional factor of the heat treated cold shut is that, according to the manufacturer, its ultimate loading tensile strength is about twice that as cold milled steel.

Does all this mean that climbers should climb with impunity when clipping cold shuts? Absolutely not! One's safety is one's

own responsibility and concern. All climbers, no matter where they climb, or what they clip, must still climb at their own risk.

As climbers usually have limited resources, cold shuts are often used as inexpensive alternatives to traditional hangers. But I would suggest spending the extra money when bolting anywhere other than an insignificant local crag. The bottom line is that cold shuts are not as durable as typical hangers. They just won't last as long if they're subjected to the intensity of use that a place like Red Rocks or Owens gets.

Cold shuts shouldn't be replaced with traditional hangers if a sleeved bolt has been used to install them. Due to the difference in thickness of the cold shut compared to the hanger, the fixed nut within the hole is set at a different depth. Resetting of the nut would take place if a hanger was installed and the bolt re-tightened. This could reduce the effectiveness of the bolt and thus reduce its ultimate loading strength. Even worse, the nut could be sucked up too close the back end of the bolt threads. If this occurs and the bolt is torqued down, the bolt could be significantly weakened. When loaded, it could snap without warning. A good safety option is to carry a 1/2" or 9/16" wrench and a couple of hangers and cold shuts as a regular part of your sport climbing rack. A worn cold shut or hanger can be replaced safely in about 1 minute. Also, often times repeated falls can loosen a bolt, which simply needs to be tightened.

In closing, I'd just like to say, as far as bolting goes there's a lot more to it than just drilling a hole, slamming a bolt through a hanger, and "cranking". That concept will eventually get somebody killed. Installed correctly, bolts and hangers are great. But installed incorrectly, they can be ticking time bombs. Please be careful and really educate yourselves before bolting so that we may continue to climb safely. Thanks.

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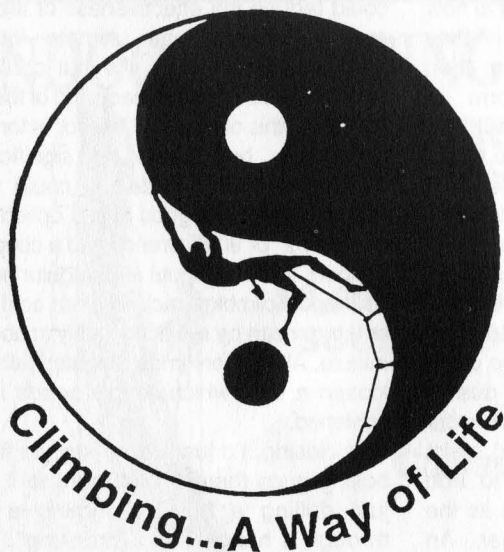


Photo: Steve Edwards

Attack Formation 7 — Team Python Wolf members Greg Loh and David Chen.

### Coming in the next issue:

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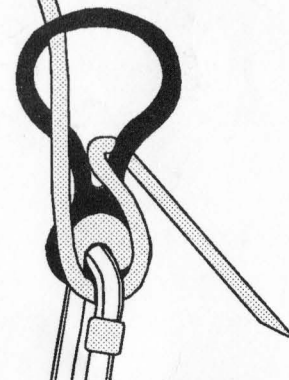
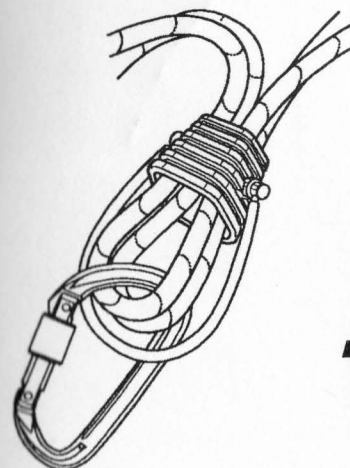
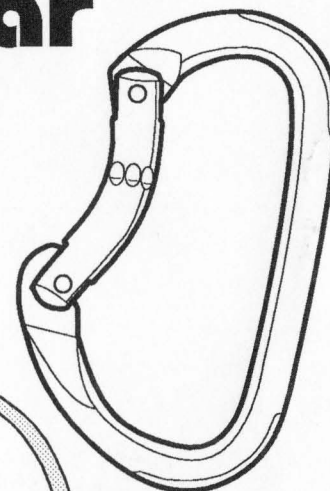
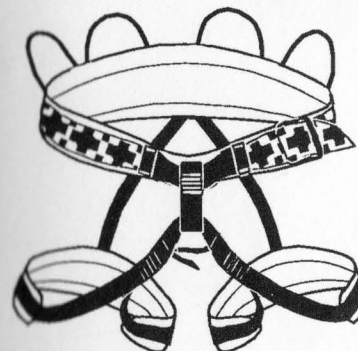
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