



Rock Rendezvous: Volume 13; Issue 6: June 2003

# Rock Rendezvous

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## May Meeting Notes

By Kevin Kachadourian

A small but loyal turnout was well rewarded at May's RR meeting...

Firstly I would like to give thanks to our host, Allen Currano. Only a few of us took Allen up on his offer of walking the slack line. Everyone was so eager to see Bruce demonstrate cam repair, that the business had to be squeezed in between the questions and answers regarding cams and cam repair.

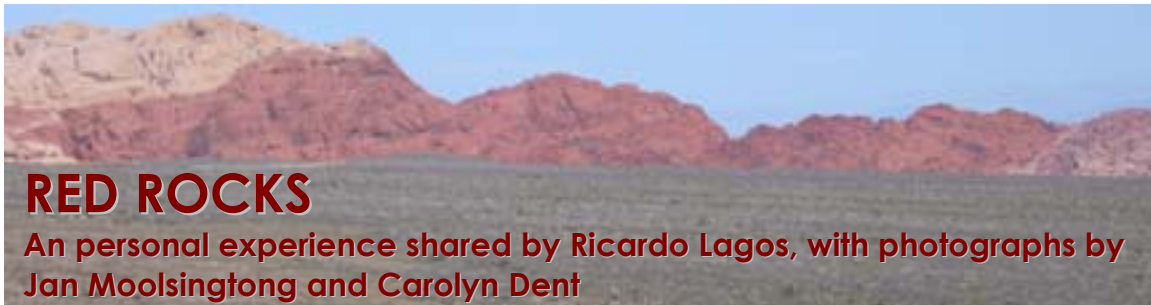
In the recent trips department, Michael reported that he and his daughter went to Yosemite, and climbed After 6 and After 7. After that, Michael attempted to solo the Washington Column, but backed off about half way up. Someone (the name didn't make my notes) went to the Grotto, and reported that the road is passable, but the gate is locked, resulting in a longer approach walk. Adan went to Red Rocks, where he found windy conditions. They climbed Prince of Darkness, Frogland and Cat in the Hat. They climbed most of Dark Shadows, but it got dark. In the hard core end of climbing, Bruce and Em did laps on

Generator Crack, and Tom and Teresa did 10 feet of Bad Ass Mama

In the future trips area, Adan is going to Europe (his specific plans were not yet formalized), and will be looking for partners over the next year. Michael is planning on doing a road trip this Summer, living in his van (he may be looking for partners as well).

Meanwhile, Bruce gave a stunning demonstration of cam repair, including less expensive sources of materials and stronger alternatives. Bruce repaired 2 camming units, the second one so quickly that it was hard to believe, except that the cam now has new straight trigger wires. An important question that came up was whether the repair compromises the cam's strength. Since the repair is only to the trigger wire, it has no effect on the unit's strength.

The evening ended with a climbing video, which this reporter could not stay for (the motorcycle was calling). Thanks to Bruce for the demonstration, and to Allen for hosting.



## RED ROCKS

An personal experience shared by Ricardo Lagos, with photographs by Jan Moolsingtong and Carolyn Dent



**Left** – Torger gripped on the 5.8 (“5.8? Not on my giddy aunt!”) crux of Dark Shadows, Mescalito. Photo – Jan.

**Below** – Carolyn looking relieved to have followed without falling off!!! Photo – Jan.



### **"How to not prepare for multipitch climbing at red-rocks!!" by Ricardo Lagos**

On the first day of the Rock Rendezvous Red Rocks trip Sylvain and I decided to climb Prince of Darkness (5.10c) on the Black Velvet Wall. The first ominous sign came in the morning when I reached the crag only to realize that I'd left my rock shoes at camp. An hour later we were once again gearing up again to hike to the base...

Trail finding in red rocks can be tricky, and on the way to the base we got a bit disoriented. The guide book called for some 4th class scrambling, but Sylvain ended up soloing about 40 feet of 5.6 or 5.7, then gave me a belay. Finally at the climb, and we ended up bailing from the 2nd pitch due to cold, and me being way in over my head.

We then trudged over to Froglands (5.8, 6 pitches) and roped up at 3:00 pm. Topped out at 6:30 and I knew we'd better hurry, since we were out of water, and it was going to be dark in an hour. It was at this point that we realized that neither of us had read the descent, and we had no guidebook!! Oh, and did I mention that we also had left our headlamps at our packs at the base?

There were 3 gullies to choose from, and the rightmost one had a big cairn next to it, so down we

went. 15 minutes later we'd lost the trail and were hopelessly bushwhacking through Manzanita and other nasty brush. We knew we were on the wrong descent but had no choice than to continue... Before we reached our packs at about 7:30 pm (in the near dark) we would have to down-climb some serious terrain in hiking boots and traverse some loose 5<sup>th</sup> class terrain. We finally arrived at the car at 9:00 pm thirsty and exhausted.

Perfect example of how to have a near epic...



Above – Those rocks really are red! Torger scrambling up to the climbs...  
Above Right – Anne Canright cruising 'Abbey Road' 5.4 on our first day.  
Below – Dark Shadows companions: Jan, Torger and Ricardo.  
Right – Jan leads the lieback, second pitch of Dark Shadows.  
Photos -



## and Introducing...

### Unsuspecting new members interviewed by Kevin Kachadourian...

#### **Steve Bowman.**

Steve has been climbing for about 3 years; He has climbed at the Pinnacles, the Leap, Castle Rock, Goat Rock, and Mount Diablo. He has also ventured out of the area, to J Tree, and has done some climbs in San Luis Obispo. It was his friendship with Allen, our host, that brought him to the meeting. Rumor has it that he has other friends... When not climbing, Steve is looking for work as a manufacturing engineer. In addition to climbing, Steve enjoys white water rafting, and is a licensed EMT, who has participated in a few medical evacuations at the Leap and Mt. Shasta. The details of the Shasta rescue are a little gruesome for this newsletter, but can read in the AAC accidents annual. Welcome, Steve.

#### **Mei Ching.**

Mei Ching should be a familiar face to regulars, since she joined us at J Tree, and has attended a few meetings. She made the mistake of mentioning my oversight in not interviewing her, so... Mei has been in the

USA for 5 years, and in the Bay Area for 1 of them. She has only been climbing for 7 months, but has already climbed at J-Tree, the Pinnacles, San Luis Obispo, and the Grotto (Mei said something about crack climbing here and I lost my focus for a moment!!) Although she has a thing about rain (she's not Welsh, after all), Mei has seen the light and knows now that climbing is all. Welcome, Mei.

#### **Uzma Ghani.**

Uzma is currently living in San Jose and has been climbing for 10 months, most of it in the gym, or at the Pinnacles. She told me that the Pinnacles doesn't scare her... which scared me. She just got back from Pakistan, where she did not do any climbing (but I encourage interested members to motivate her to organize a trip). In addition to climbing, Uzma likes camping and roller bladeing, and while she is not working, she is not looking for work either! Welcome, Uzma.

## Sonora Pass Trip, June 21<sup>st</sup>-22<sup>nd</sup>

Sonora Pass climbing, June 21-22, Bruce Bindner leader. Many cragging areas to explore... Casual camping on forest service land (free) or first-come primitive campground (low cost), so no reservations required. Contact Bruce before June 18 to coordinate meeting time/place. More details later via newslist or contact Bruce at five-ten-763-9558 or bbindner@(REMOVE TO REPLY)ebmud.com.

## Adopt-a-Crag 2003 – Rock Rendezvous Event

Last year a team from Rock Rendezvous helped to repair eroded paths and generally clean up at Miceys Beach. This was followed by a BBQ and party for the volunteers...

This year Rock Rendezvous are considering sponsoring a similar event. If anyone has any proposals for a favorite crag to adopt this year (preferably one lacking poison oak!), and/or would



like to organize this years event, please contact the Rock Rendezvous mail list, or suggest it at this months meeting, so we can get some ideas rolling!

Last years adopt-a-crag event at Mickeys Beach...

**Below:** An exhausted but satisfied party on finishing the path restoration work...

**Right:** Work in progress...



This is the notice that was sent out recently by access fund coordinator Kate Cavicchio:

Adopt-a-Crag Day 2003 is fast approaching, and I'm writing to encourage your support for the 4th annual event!

Adopt-a-Crag Day is the climbing community's way of giving back to the land we use and love. It strengthens relationships between land managers and climbers, and helps keep climbing areas open. Take part in this national day of stewardship and volunteerism by adopting your favorite crag!

Read more about this year's event on [www.accessfund.org](http://www.accessfund.org), or call me at (303) 545-6772, ext. 112. You can register online, via snail mail, or by calling me.

## Hey You! Yes... I mean you!

**A plea from the Editor...**

If you have never submitted anything to the newsletter before, now is the time I encourage you to do so! I try my best to keep the newsletter as varied as possible, rather than just representative of a small cliché of the membership. I can only do this if you send me articles, photo's, or anything else of interest!

So... if you are going climbing this summer, please take along that camera, or put pen to paper shortly after your return... You know what? There are people out there interested in what you

have been up to!!! That good route you have been raving about in the pub... why not rave to us all!!!

Of course that does not let our regular contributors off the hook either – you know you are the ones that help keep the stress out of my life as Rock Rendezvous newsletter editor!!! Keep it coming.

Thanks! Carolyn (that iffy Brit usually found in the hot-tub with the beer!)

## 2003 – Proposed Trips

Updated trip list... As it currently stands, many of the trips on this list are not yet definite. It will take interest, organization and enthusiasm on the part of the organizer and Rock Rendezvous members to ensure trips will indeed happen...

If you wish to help out with any of the proposed trips, or have opinions on the locations and suggested times that trips should run, then please do e-mail me ([carolynldent@aol.com](mailto:carolynldent@aol.com)) or one of the organizers listed. I can also help put you in touch with the organizer if you do not know their e-mail. If you wish to organize a trip to an additional location please contact me, with a proposed time (this does not need to be exact) and I can add it to the list. Suggested locations include...a Desert Towers trip, the Grotto, the Balls, Fresno Dome, Needles, CA, Goat Rock, Mt. Diablo, Consumnes River, Devil's Tower, Castle Rock, Mickey's Beach, Mt. Tamalpais, Indian Rocks, Golden Gate Wall, Pinnacles National Monument, and Mt. St. Helena, Napa Valley... The possibilities seem to be endless!!!

Date	Location	Organizer
<b>Spring</b>	<b>Yosemite Valley</b> trips. Check website for dates/sites:	<a href="http://www.rockclimb.org/rr/trips.html">http://www.rockclimb.org/rr/trips.html</a>
6 <sup>th</sup> /7 <sup>th</sup> June	<b>Yosemite Valley</b> , campsite booked.	Available for sign-up nearer the time
6 <sup>th</sup> /7 <sup>th</sup> June	<b>Lovers Leap</b> , free camping in the Leap campsite, excellent multipitch moderate granite climbing...	Carolyn Dent: e-mail me: <a href="mailto:carolynldent@aol.com">carolynldent@aol.com</a> .
21 <sup>st</sup> /22 <sup>nd</sup> June	<b>Sonora</b> (see separate article)	Bruce/Em
<b>Summer</b>	<b>Tuolumne</b> climbing season. Check website for dates/sites:	<a href="http://www.rockclimb.org/rr/trips.html">http://www.rockclimb.org/rr/trips.html</a>
27 <sup>th</sup> /28 <sup>th</sup> June	<b>Tuolomne Meadows</b> , campsite booked.	Available for sign-up nearer the time
11 <sup>th</sup> – 13 <sup>th</sup> July	<b>Tuolomne Meadows, GROUP</b> campsite booked.	Available for sign-up nearer the time
4th July	<b>Courtwright Reservoir</b>	Simon K.
September October?	<b>Owens River Gorge</b>	Carolyn ???
August	<b>Tuolumne Meadows</b> . Check website for dates/sites:	<a href="http://www.rockclimb.org/rr/trips.html">http://www.rockclimb.org/rr/trips.html</a>
<b>Autumn</b>	Back to <b>Yosemite Valley</b> . Check website for dates/sites:	<a href="http://www.rockclimb.org/rr/trips.html">http://www.rockclimb.org/rr/trips.html</a>

September	<b>Goat Rock</b>	Adam or Nicole
September	<b>Mt. St. Helena</b> , Napa Valley	????
18 <sup>th</sup> /19 <sup>th</sup> October	<b>Joint HMC/RR Valley trip</b> , with UK visitors from the Hertfordshire Mountaineering Club: <a href="http://www.thehmc.co.uk">http://www.thehmc.co.uk</a>	Carolyn
October/November	<b>RED ROCKS</b> , Nevada – <b>Yes please!!!</b> I am dying to get back ASAP!!!!	Carolyn
November - Thanksgiving	<b>Joshua Tree</b>	join the feast!
<b>Date</b>	<b>Location</b>	<b>Organizer</b>

## Chiropractic Care for Climbers.

A talk by Allen Currano at the June meeting...

Do you have: Chronic Tendinitis; Neck pain /low back pain; Headaches; Shoulder pain; Poor posture; Carpal Tunnel syndrome; Thoracic outlet syndrome; Digestive problems; Inflammatory conditions such as arthritis; Other climbing related injuries

...Then you need to come hear this talk. Climber and Chiropractic Intern Allen Currano will be giving a short talk on preventing and healing climbing injuries, non-climbing injuries and a host of other complaints.

Learn how poor posture and unbalanced muscles and ligaments can hurt your **climbing performance, energy level, and overall health**, and what you can do about it. Learn what cutting edge chiropractic care, advanced tissue work, postural correction, and smart nutritional strategies can do to improve your performance and your health. Learn some simple exercises and stretches that you can do to keep your spine healthy and your muscles balanced to prevent and heal overuse injuries.

## Next Meeting: Tuesday June 3rd, 2003, 7pm

This month Ricardo Lagos is hosting our meeting at his house on Potrero Hill... Allen Currano will be giving a talk on the benefits of Chiropractic care for climbers (see the article above). Here is the smallprint...

1082 Pennsylvania St #301  
San Francisco

here are directions

From East Bay

Cross the Bay Bridge  
Exit at Cesar Chavez East  
Turn Left at Pennsylvania St (where cesar chavez meets 280)  
Building is on left after 25th ave

From South Bay

101 North  
Merge onto 280 North  
Exit at Cesar Chavez  
Go straight through traffic light onto Pennsylvania St  
Building is on left after 25th ave.

ring apt #301 so I can let you in .. or call my cell 415-939-8473



...and the bit at the end:

### Warning/Disclaimer

San Francisco Rock Rendezvous is not a teaching organization and does not endorse or insure rock climbing. Trips advertised in the newsletter are private and are only listed to allow for the co-ordination of car pooling and camping. Each participant on a trip is solely responsible for his or her safety during the entire trip, including the transportation to and from the climbing area and site, and any necessary insurance.