

squamishclimbing Magazine



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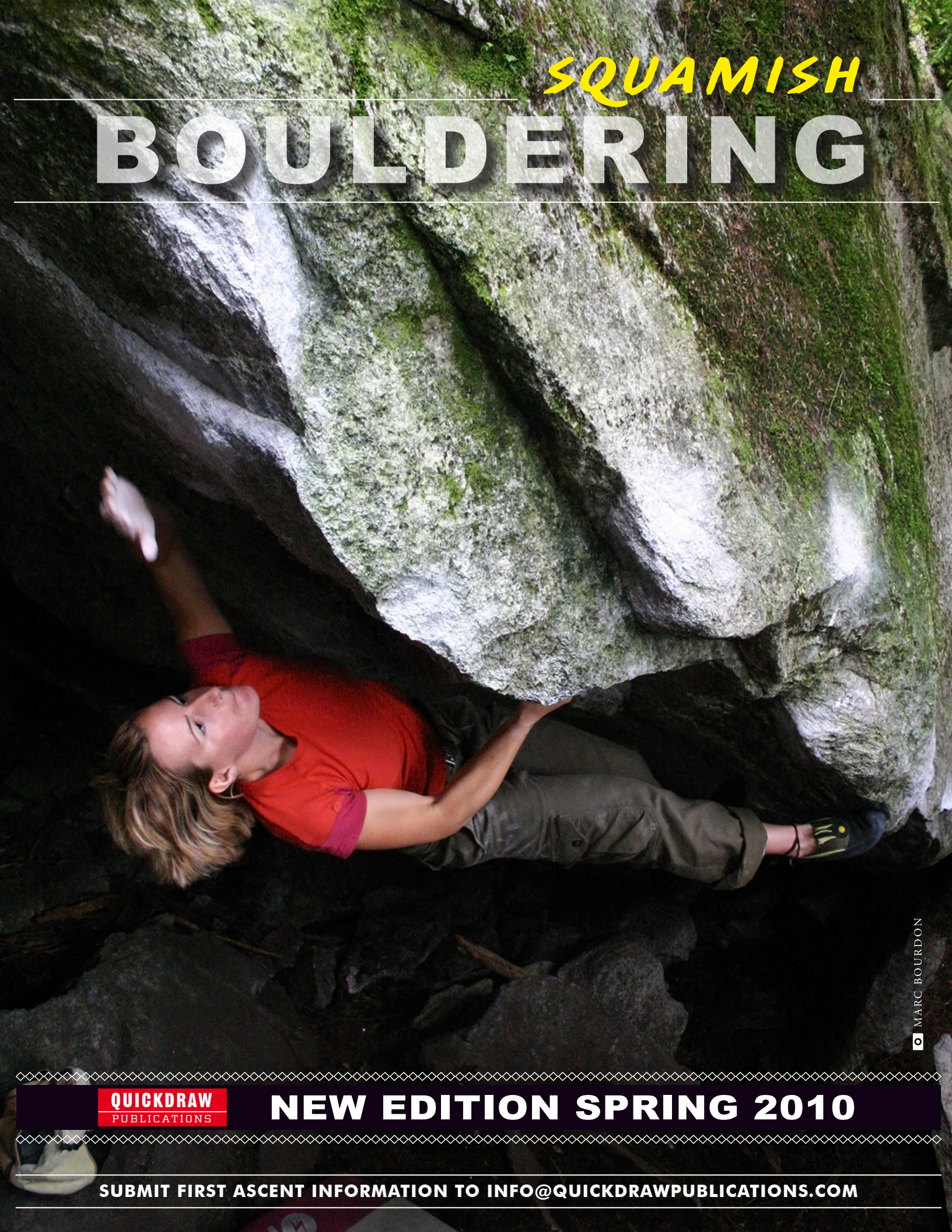
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A woman with blonde hair, wearing a red t-shirt and olive green cargo pants, is climbing a large, mossy rock face. She is positioned horizontally, with her head to the left and feet to the right. Her right arm is extended upwards, reaching for a hold on the rock. The rock is covered in patches of green moss and lichen. The background is dark and shadowed, suggesting a cave or a shaded rock overhang.

SQUAMISH
BOULDERING

o MARC BOURDON

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A large bonfire of sticks and branches is burning brightly at night, casting a warm orange glow. A group of people are standing in the foreground, their silhouettes dark against the fire. The scene is set in a dark field, and the fire's light illuminates the ground and the people's forms.

blurr

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squamishclimbing Magazine

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MADE IN CANADA



Gord Konkin

Paul Backhouse on High Plains Drifter

Contents.

9 editorsnote

22 issues *Brian Vincent*

26 gordsworld *Gord Konkin*

28 fiveonfive *Matt Lucas and Remy Larocque*

30 injuries *Dr. Carla Cupido*

31 training *Luke Zimmerman*

32 circuits *Tim Schaufele and Peter Michaux*

35 focus *Photo Selection*

11 peterwinter

A prominent member of the climbing community, Peter gives us an inside look at Access Society BC and lets us know what it takes to stay motivated when developing new areas.

15 leavenworth WA


Rich Kups kay gives us his take on the climbing around this famous Bavarian theme town. You don't want to miss this one.

19 grandwallboulders

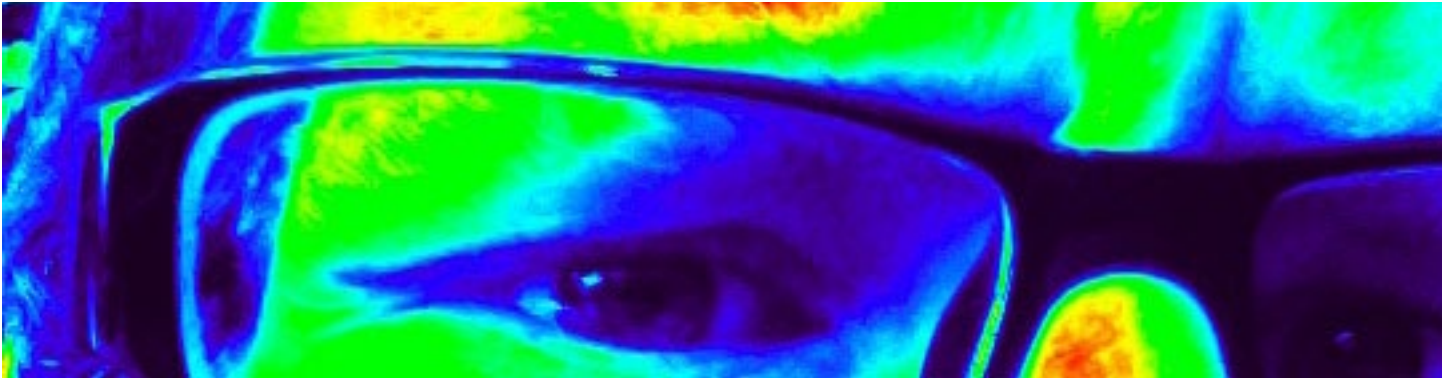
Mike Chapman shares the stories of three new developments in the Grand Wall Boulders over the last two years.

Features.

Cover: Rich Kups kay on Mosquito Incubator, Grand Wall boulders

 Tim Schaufele





EditorsNote.

Interview with the Editor in Chief. by myself (No one else would do it!).

In the midst of some big ideas, I got a chance to catch up with the guy who had the idea to start Squamish Climbing Magazine. With little left to chance, the magazine has been in production for the last two months and finally it has come full circle, with the first issue being released in less than a week. Although this issue has been the work of a number of contributors, one guy threw it all together to make a small idea into big action. Here it is: Questions and Answers with Tim Schaufele.

Okay, so what is the deal with Squamish Climbing Magazine?

The deal is this. I wanted to create a magazine that would feature the local talent surrounding the Squamish climbing community. Week after week, it blows my mind that there are so many people doing amazing things in Squamish and I wanted to create a medium that has the ability to capture what goes on here.

So what makes this magazine different than all the other climbing magazines out there?

First off, SC magazine will only feature climbers from British Columbia or climbing in British Columbia. It will not have the likes of Chris Sharma or David Graham or the next five fifteen. It will feature local people making local sends and hopefully will allow people in the community to share what it is like to have such a world class destination under their feet.

Only climbing in British Columbia? So why is it called Squamish Climbing?

When I first started thinking about ideas for the magazine, I wanted to limit the magazine to Squamish itself. But then I thought, what about Skaha and Duncan and all the other climbing destinations in British Columbia? Each of

these areas play a role in shaping the climbing community we have here in Squamish. So why not include them in the magazine? I came to the conclusion that Squamish, which will be featured the most, acts as the epicentre for climbing in British Columbia. I think anyone who is serious about climbing in BC has, at one point or another, been to Squamish to climb and it didn't feel right to limit the scope of the magazine to just Squamish.

What else will make the magazine stand out from all the rest?

The second difference between SCM and other magazines is that I want to try to capture the Squamish climbing community in a personal way. I think you can only read so much about what people are climbing until you reach a point where you want something more, something personal that you can relate to outside of climbing. Skateboard magazines have always tried to capture the uniqueness of the individual by focusing on what they are interested about within skateboarding, as well as what they are doing outside of skateboarding. I want to do that for climbing.

So does that mean you want to feature climbers who are not on the cutting edge of climbing?

Exactly. One thing that I started doing with my blog was reporting the sends of people who were working on their own personal projects that were not ground breaking, but just as difficult for them. Who gives a shit if you did your first v14 or if you did your first v4. I am just psyched that you committed yourself to finishing something and I think that is what climbing should be about.

So you won't have a link to 8a on your web site?

Ha ha ha..no I won't. After talking to a couple of like-minded friends, I don't even think the magazine will feature

Editors Note. grades outside of the trip report sections or the circuits that will be released. Grades are useful for getting the feel of a new area and playing grade games, but if you always climb in the same area, you know how difficult a certain climb is and how much commitment it takes to complete. I sometimes think the grade thing gets a little out of hand.

Okay, so what types of features are going to be in the magazine?

Every issue is going to include a spotlight interview from someone who is making a difference in the climbing community, a development update of a new area in Squamish, and a trip report or spot check section that lets people know what is outside the Squamish area. Although I don't know exactly all the other contents, we will definitely have a health section, training section, a circuit section, and any other small articles that people want to contribute. I have got a feeling this thing is going to be big and once it hits the streets, people are going to be psyched to come up with something of their own to contribute.

So who can contribute to the magazine?

The beauty about this magazine is that everyone who wants to contribute will be able to contribute. Obviously, there has to be some sort of quality control and a limit on quantity but because the magazine is designed to feature local talent, then the magazine also needs that local talent to work. I am hoping that once the word gets out there, people will start sending their photos and articles to the magazine. If people get psyched about contributing, then the magazine will surely be a hit.

Do you see the magazine getting bigger?

At this point, I am going to try to shoot out the first two issues and see where things go. The first issue is due out August 1st, fingers crossed, and the second issue will come out approximately eight weeks after that.

How much will the magazine cost?

The magazine will always be free for the people as long as it is on the web. At some point, if there is enough interest, I would like to get some advertising money that would sustain the production of the magazine and allow it to expand to wherever it needs to go.

The magazine will always be free? How do people get the magazine?

The magazine is going to run off a web site (scmagazine.ca) where people can download the magazine as a free PDF file. The web site itself will also feature videos and such from people filming around Squamish, and will continue to have

Squamish News Updates about who is doing what. At some point I may look into printing a limited number of copies, but that would depend on interest or unless someone wins the lottery and donates a ton of money to the magazine.

What about having the magazine online, like Deadpoint Magazine?

I thought a lot about publishing the magazine as a flash application on the web site but I think, for me, it takes away the fun of collecting something that you can keep when you are offline. It also felt a little too complicated from the get go, with video footage and that kind of thing. I think there is beauty in still photos and layout creativity that can be achieved through a PDF format without all the printing costs. I am not completely opposed to the idea but just not right now.

Any criticisms about the first issue?

The biggest criticism about the first issue is that it is very boulder-centric but you have to start with what you know. My hope is that for subsequent issues, there are people who want to contribute, especially in the sport and trad areas. As a magazine, I want to make sure we are representing all there is to climbing in Squamish and that includes traditional climbing, sport climbing, and bouldering.

Anything else we need to know?

I think that is it. Keep checking the web site for new additions, and secondly, keep sending us information. If you have an idea for an article or a cool photo of your friend, then send it our way and we will be sure to try to get it in the magazine.

Any last words?

There are a ton of people who made this magazine happen and I want to make sure they all get the credit they deserve. Big thanks to Mike Chapman and Rich Kupskay, Without their feature articles, this thing would have not been possible. I also want to thank early contributors including Jamie Chong, Luke Zimmerman, Carla Cupido, Matt Lucas, Peter Winter, Israel Cruces, and Peter Michaux. Special thanks to Gary Foster who helped me with a lot of the web applications for the magazine, not to mention being psyched every time I talked to him. Finally, I want to thank the boys, Gord Konkin, Tim Doyle, and Brent Mickelson for still listening when I kept talking about this damn thing.

Tim Schaufele lives for climbing. He wants you to think he loves sport and trad but his heart belongs to the boulders.

Spotlight.



© Craig McGee

Peter climbing in Rodellar, Spain

better winter

Q + A

I have known Peter for years. Not years where we have spent a lot of time together, but years where you see a person every now and then because you run in the same circles. As long as I have known him, Peter has been one of those guys who you can pick up where you last left off, whether that means having a few laughs or getting into something serious. Peter has made a substantial contribution to the climbing community in Squamish and is well known for his route development up and down the Squamish corridor. Peter is also a prominent member of the Climbers' Access Society of British Columbia, now holding the title of President. Having a love for both sport climbing and trad, Peter presented himself as an excellent candidate for the magazine's first interview. Here it is, mostly questions, with Peter Winter.

Okay Peter, lets get this started. How old are you and how long have you been climbing?

I am 38 and I have been climbing for 23 years.

Where did you grow up?

I grew up in West Vancouver but I wasn't rich.

Rumor has it you are a pilot. What made you want to fly?

I guess I always wanted to fly since I was a child. I find with most pilots, flying is all they ever wanted to do.

So do you fly big planes or small planes?

I have a few licenses. I went to an aviation school in the Kootenays for two years and then I had to find my first job, so that sent me to Manitoba for two years. That is where I met my lovely spouse. Then, I moved back to Vancouver, flew here for a bit and then got on for Canadian Regional Airlines. Canadian eventually merged with Air Canada, and then became Jazz. I moved to Air Canada shortly after that.

What kind of planes do you fly these days?

interview with
timschaufele



© Stewart Hughes

Peter on project at Fern Hill

Well, you can only fly one plane at a time so right now I am flying the Embraer 190. I fly up and down the coast. Los Angeles, San Francisco, Phoenix, and Palm Springs

How big are we talking?

93 seats.

What is the first thing you think about when you hit that auto-pilot button?

I think ‘when is the coffee coming’ and ‘what kind of crappy meal is for lunch?’ If you don’t know the guy next to you, you have a chat with him and get to know the person you’re flying with.

Does being a pilot allow you to travel a lot?

It has allowed me to go to a lot of places, sometimes for climbing and sometimes not.

How did you first get into climbing?

I don’t really remember, it was either my sister’s boyfriend who first took me to Lighthouse Park or a friend of mine who told me about a rock climbing course that was offered

in Squamish. There was a three day course that started off on the Sugarloaf with day two at Neat and Cool (in the Bluffs), and the capper of day three was Deidre.

Where you hooked right away?

It’s hard to say. An old friend of mine, Alistair King, and I

started together. We went to the [Mountain Equipment] Co-op, got our memberships, split a rack of wires and draws, and started tackling The Apron.

What keeps you motivated to keep going on the rock?

I am just totally addicted to climbing. And when I get bored, that is when I start to put up routes. When I am bored, I go scrubbing. That is addictive too. I go through a phase of wanting to just go scrubbing instead of climbing.

I don’t know if it is creative but there is a definite satisfaction of finding a new line, figuring out the moves, and sending it.

You have been a serious contender on the development scene in Squamish. Tell us a little bit of what you look for or your process when putting up new routes.

I just go and look for cliffs in my local area. I always had the urge to get into development early on in my climbing. The first cliff I found, years ago, was close to my sister’s house. One day I decided to go exploring and found what is now known as The Sanctuary. At the time, the Pet Wall at Murrin [Park] was still being developed and Check [eamus] had just been discovered. After finding the cliff, I went to check with a few buddies to see if it was worth cleaning and they said ‘No, not worth it. So ten years went by and a friend of mine, Xander Botha, was keen

on cleaning new lines so we ended up cleaning the wall together. So one day we rapped in from the top, borrowed a hammer drill, bought some bolts, and just started scrubbing

How much work went into the developing The Sanctuary?

Well, we did it over the winter... winter and spring. I think that particular winter was worse than others. I lost touch with Xander soon after and I ended up completing the crag on my own. It is really the moss and lichen that is the most difficult to remove. Placing a bolt under a roof is difficult too. Sitting under a roof, tangled in ropes, just a f**king disaster. So I would say, just pure scrubbing, took about a whole week.

A week? That doesn’t seem so bad.

We are talking 8 hours a day of scrubbing. It is hard work!

So where did the money come to develop these routes?

The money came right out of our pockets. I went to MEC, Climb On, and Valhalla at the time and no one wanted to give me any money so I ended up buying all the bolts myself.

One route that stands out the most at The Sanctuary is Crescent Crack. What is the story behind this climb?

Xander actually bolted that route while I was involved in a few others. But he never ended up finishing the route so I ended up getting to finish the route. Beautiful climb!

Tell us a bit about your involvement in the development of the Forgotten Wall.

My name really gets tagged with the Forgotten Wall and it shouldn’t be because I only put up five routes there. The Incredibly Journey was the first route on the wall. I kept looking up at the wall and thinking ‘Why the hell hasn’t anybody done anything her?’ Someone had cut a few trees down and it looked like they had the intent to develop that wall but nothing every came of it. So, I first completed the Incredibly Journey and then I put up Sudden Impact, which is on the chossy part of the wall. Rock Lobster and Funky Town came shortly after that. The last route I cleaned was Strange Days, which was completed by Marc Bourdon, because at the time I had to move to Toronto and I probably would have never climbed it at the time.

It seems as though a number of trees had to be cut down to make that wall possible. What is your take on cutting down trees for the development of climbing?

I have no problem with it. I think climbers who complain about that are hypocritical because many a route would not be climbable if the trees didn’t come down. I mean anyone who has

climbed at the Pet Wall [must realize that] massive trees came down to develop that wall. That was the only way that wall was going to be developed. Fortunately, there were a couple loggers around!

Fortunately, there were a couple of loggers around! Can I quote you on that one?

I sit on the Smoke Bluff Committee because I am a part of CASBC (Climbers Access Society BC) and we have author-

“I go through a phase of wanting to just go scrubbing instead of climbing”

Spotlight.

ized a few selected trees to be cut down at the base of certain crags to open them up.

So what is the process for that? Do people need to get authorization before they cut a tree down or can they just go at it?

In Smoke Bluff Park, no, they would need authorization and they would need a permit or some sort of approval. But in the provincial parks, like The Squaw or Squamish Chief, if you cut down a tree, you are breaking the rules.

This is a perfect time to get into some access stuff. What is your role at the access society?

I am the President of the Climbers Access Society of British Columbia (CASBC). Which, now that you mentioned it, Tim, you are not a member, so before we continue this interview I am going to need 20 dollars.

I will write you and IOU for a twenty tonight. How did you get into the access society?

I don't really remember. I volunteered to be a director at some point. Anders Ourom was really running the show at that time. I was a Director for a couple years and then I moved to Toronto. When I came back to Squamish, I became a Director again. Anders had worked at the society for 14 years, had his fill, and figured it was time to leave it and let it go in what ever direction it needed to go. I think without him, it hasn't had the same passion because he really drove it.

What kind of issues does the access society get into?

It sounds stupid, but really anything that has to do with access. We are strictly about seeking access to cliffs and keeping them open to climbing. An example of this is the situation in Skaha, which has been one of our biggest success stories. Not that it was completely CASBC that did it. We worked with a number of groups including The Land Conservancy of British Columbia, the Skaha climbers, and MEC to raise the money required to purchase new land for a new

Where does access society get their money and how is that managed?

Most of our money comes from our corporate sponsors. Mountain Equipment Co-op (MEC) is, of course, very generous with groups such as ours. Arc'teryx is very generous as well. Black Diamond, Metolius, Petzl, and then smaller companies also help out. They also give us gear to give away at events. They are all very supportive but MEC and Arc'teryx being the top two for sure. Then, there are the members. Membership fees and memberships are important because it is not so much the money that they provide, but the number of active members we have at any given time. It gives the organization power. If we can say we have over three hundred members then we represent something.

Say there was an issue in Squamish regarding access or an access situation in a climbing area in BC, What would you do?

Here are a few examples to illustrate our involvement. Recently, there was an access issue at a crag called Sully's Hangout that is situated in the Lower Seymour Conservation Reserve. Someone had developed the crag and the rangers found out about it. They weren't necessarily opposed to it, but they needed a liaison, a credible organization, to deal with it. They could have used the ACMG, Federation, or the Mountain Club, but this is our perfect kind of territory. So, the developer of the crag emailed me and we set up a meeting with the rangers. The rangers also contacted me and I gave them the resources they needed. In the end, they decided that climbers could climb there but technically they were not going to allow it. This [type of response] seems to be the future of a lot of access agreements for landowners. In order to avoid liability concerns, they give you the ol' hush hush, see no evil hear no evil, do it and we are not going to stop you.

Is this similar to the situation that is going in Horne Lake these days?

Quite honestly, I don't know what the situation is there but

sons. Mainly, they don't want people camping down there, or lighting fires, and you get people camping down there who are not even climbers. It is just a vacant empty parking area in the woods. People are going to dirt bag in there no matter what. I have talked to some locals and I am going to talk to the owners again. One of the directors on the island has talked to them in the past and, as far as he is concerned, the owners are against it [being open to climbing] and we really shouldn't be there.

In what way does CASBC liaison with other access societies?

We are here to support any climbers that need help with access. The only other formal group is the Squamish Access Society and we have good relationship with them.

How often does the access society get together during the year?

The board is suppose to get together twice a year and the annual general meeting is usually in the fall. It hasn't been well attended in the last few years because it is held in Vancouver during a rainy weekend in November. Perhaps we will change it to an October long weekend in Skaha.



Peter on the Fleeing Heifer, Checkamus Canyon

“Members are important because

it gives the organization power”

access point to the park. CASBC was called upon to act as the go-between, the catalyst, with all the climbing groups, outfitters, and corporations to get them to pony up and get the word out. We ended up donating 10,000 dollars to help out, which was half of our budget at the time, to accelerate saving the area. The area would have been toast if that land hadn't been purchased.

from our perspective, it is technically closed. As far as the strata or the cottage owners are concerned, some are against it and some are not. Some are against it for different rea-

Is there anything you want to add

about the Access society?

A lot of people ask, why should I join the access society, I never hear about you. We are there for all the little bat-

les and you never know when something is going to come up. Skaha, the gondola up The Chief, the expansion of Highway 99, and the Malamute, are all issues that have come up in past. We definitely serve a purpose and we don't create issues to make us noticeable. Stuff is always going on and we are credible body that represents a group of climbers. We also get individual climbers

emailing us with land problems.

A current example, is the Kicking Horse ice climbing situation. We started receiving emails from individual climbers this winter regarding closures of the ice climbing area due to avalanche control. We are the only organization that specializes with these kinds of issues. There is always something going on. Don't think just because you don't hear anything we are not doing anything.

So how can people stay informed?

Check the web site (www.access-society.ca). If you are a member, you will receive email alerts on access as they happen.

Getting back to the gondola, how serious was that?

I think I just joined the access society at the time. They were definitely trying but I don't think they anticipated the backlash. At the time, Anders was all over the radio denouncing the proposed development.

What do you think about the new Garibaldi at Squamish proposal and the impact that may have on climbing access in Squamish?

There is a crag up there, Cat Lake. It is one of my areas... phenomenal climbing.

Is that a plug?

Haha...from what I have seen of the design, [the Cat Lake crag] is right in the middle of that. Beyond that, is it our job to comment on non-climbing related access issues? I am personally against it but...it is hard to say. It will definitely affect recreation access in general, besides the fact of its water use and environmental impacts. The ski area is not there for recreation, it is there to flip condos and make money.

Lets talk a little about the Cat Lake crag? What is the story there?

People like it. It is like Pet Wall but not as run out. It is all metamorphic rock and it is on this huge fin. It is called Sharkie's because of the fin and I like Sharkie's Energy Chews. There are a total of 14 routes surrounded by a beautiful setting overlooking the Tantalus Range. I went up there exploring and found a couple bolts on it. So, I left it for a year and when I came back nothing had changed, so whoever started had abandoned it. There is still a lot of room for development so I am going to go back up there.

One of your most recent crags is called Fern Hill. What is the deal with Fern Hill?

A lot of people call it Fern Gully but that is in The (Little Smoke) Bluffs. 16 routes right now, but there is still more

to develop. There is everything from 5.9 to 5.13a. Lots of 12s and 11s. There was one route put up there about 15 years ago, so there was a smattering of bolts and fixed ropes when I found it but the guys just gave up. Someone else is now cleaning moss up there which is good. The rock is vertical to slightly over vertical and the route are long. The rock is like Check [amus Canyon] but not as chossy. By the time it is done, there should be 25 routes up there.

And where can people find this crag?

You take the Mamquam Forest Service Road to the back where the white water put-in is or you can go to farther to the mountain bike trail. You follow the mountain bike trail for about 15 minutes and there it is. It is a little buggy back there so bring your bug spray.

Any new developments you want to reveal?

Nothing. This year I decided I am climbing more, and not doing as much scrubbing. I am going to go back to Cat and Fern and I even got a line on Pet Wall. I have been doing some sport and trad but no bouldering. Usually, I only boulder in the winter. Bouldering hurts me. Yesterday, I was up on The Chief doing Northern Lights for my first time. My buddy Bubba did most of the leading. he is a machine. I am trying to get the Alaska Highway crux pitch clean. It is a pristine climb! The Calling is also unbelievable.

And your most recent project, Special Forces. How is it going?

Hahaha..I started keeping track of how many times I have tried it with chalk marks on the wall.. It got to be way too many so I just wrote an infinity symbol. It has got to be at least 45 tries now. It is power endurance. I just run out at the top. My high point was two moves shy of the good finishing holds and that was after a month off. We went away and I came back. I think it may go if I get back into it this summer. Three attempts a day. We will see.

Spotlight.

tripreport.

leavenworth wa



© Vikki Weldon

wordsrichkups kay.
photosjamiechong.
vikkiweldon.



© Jamie Chong

Rich on I Love Jerry Garcia

Leavenworth

Have you ever found yourself at ease on a horse-drawn carriage, sipping hefeweizen while being chauffeured down the streets of a German village? Have you ever shown indecisiveness when presented with a vast assortment of Dijon mustard to spice up your afternoon bratwurst and sauerkrauts? Have you ever had to seek refuge in a nutcracker museum from an Oktoberfest gathering, unexpectedly educating yourself on the detailed history of such a robust tool? In most cases, the world does not lend itself to such experiences. However, if a climbing trip takes you to the town of Leavenworth and your curiosity gets the best of you, this may be your good fortune.

The town of Leavenworth was established in the early 1900's as the

headquarters of the Great Northern Railway. After twenty years of prosperity, the railway headquarters relocated to the town of Wenatchee, and left the local economy with nothing to sustain its previous growth. In a last ditch effort to revive the town during the 1960's, the city of Leavenworth formed the Project LIFE Committee (Leavenworth Improvement for Everyone). Acting as its last saving grace, this highly informed group devised a plan to turn Leavenworth into a Bavarian theme

“When Squamish is a month away from its dry season... the climbing season in Leavenworth has already begun.”

town. The vision of these creative individuals manifested into the foundation of the future of Leavenworth, and a town you now have to see to believe.

If you're living on the west coast and haven't had the opportunity to get many days outside during the winter, you may be able to relate to the described situation. Sitting on what was once your warm and comfortable couch now feels like a cold metal bench. Staring out the window towards the light, you realize the roads are wet and the tally on your wall confirms they've been that way for 28 days. A cabin-fever-like itch has built up in your body and the sweat of a desperate climber

is running down your face. You have already thought of aid climbing The Chief in the rain as a viable option to get outside and your VHS copy of the Masters of Stone series



© Virki Weldon

Sarah Austin getting grizzly on The Shield



© Vikki Weldon

Ryan Olsen on The Practitioner

is hanging on by a single thread. You've reached a breaking point. It is time to let go of your 'optimistic-to-a-fault' state of mind and give up waiting for the next high pressure system. It is time to reconsider your options and realize that there are quality climbing areas only four hours away.

When Squamish is a month away from its dry season, the snow on the south facing slopes of Icicle Canyon has melted off and the climbing season in Leavenworth has already begun. The scenic drive over Steven's Pass transports you from the rainforest environment of the west coast into a zone that's primed for climbing. The sub-alpine desert climate of Leavenworth provides a well-deserved transition from the excess chalk you inhaled over the winter and the plastic overdose that has

your hands aching for clean granite. Like Utah's Joe's Valley, the boulders are located in smaller concentrations, situated next to several roadside pullouts along six miles of winding river. The word 'potential' will come to mind when you take in the extent

"The word 'potential' will come to mind when you take in the extent of the climbing"

of the climbing.

Two main areas dominate the climbing in Leavenworth, Mad Meadows and Forestland, with just enough smaller zones to offer exploration on later trips. The rock changes slightly as you move from area to area, from salt-and-pepper crystallized granite featured on the classic problems Fridge Center, Pretty Hate Machine and WAS, to fine-grained Gneiss-like edges that offer power-

ful crimping on problems like The Shield or The Coffee Cup. The Tumwater area also offers sandstone-like features and polished river rock, with must-do problems Premium Coffee and Royal Flush. For those looking to take their climbing to the next

level, a fair share of highball boulder problems are available as well, with classics like The Sword and The Ruminator to test your confidence.

Our first trip to Leavenworth took place at the end of March and coincided with the last days of winter in Central Washington. The boulders scattered on the hillside of the Forestland were highly visible through the dormant deciduous trees and highlighted the desolate winter

landscape. By the end of May, the aptly named Forestland had fully come to life, becoming so green and lush with growth that in some places, we could only see the trail five feet in front of us. In less than two months, climbing sessions in this area changed from serious sending efforts, involving down jackets and hot coffee, to a more relaxed pace, dictated by the warm sun that brought out our shorts and sunscreen.

One problem that kept us coming back for more was The Sleeping Lady, who sits just on the edge of the riverbed. Whether you are warming up or getting psyched for a highball, this is a must-do climb in a great location. A short scramble down towards the river will find your hands on river polished jugs and your feet dancing just above the water. The boulder not only served as the starting point for each day, but also reminded us that the canyon was constantly changing. By the end of May, the once calm and passive river had grown dramatically in size, making it a challenge to reach the start of the problem and impossible to hold a conversation over the roaring water. The river was in our face, forcing us to think

about more than climbing, feeling the power of nature and restored energy of the valley.

Classic problems aside, another attribute that can turn an area from a local secret to a world-class destination is the potential for new climbs. There's so much rock within a ten minute walk from the road that not much has been explored outside of this range. A universe of unclimbed rock remains in Leavenworth and the development that has been done recently is consistent in quality with

the established bouldering. There are holds on the faces, and given the dry and exposed nature of the boulders, the cleaning and developing is easy. Knowing the area is untapped increases motivation and keeps you looking forward to your next trip.

Rumors around town suggest that, if you can bear the cold temperatures, the boulders in Leavenworth

are climbable as early as the last week of February and remain that way until November. The campsgrounds that lie in the shadows of Icicle Canyon are free during the winter until they are taken over by the park rangers during the first week of May. However, it should be noted that in March, these shaded

tripreport

Sean McColl on Dropping the Kirschbaum



© Vikki Weldon



© Jamie Chong

areas may still be covered with snow. **tripreport** Without a camper, a place to stay in town, or a Mongolian tolerance for winter, February is definitely ambitious.

The next time the season changes in Squamish, look for sunny and dry weather in Leavenworth. Take a drive out to Central Washington. Expose yourself to new rock and the opportunity to watch the canyon transform from summer to winter. Dodge the Disneyland-meets-the Alps scene on your way in if you must, but at the very least, catch The Heidleburger on your way out - you earned it!

Rich Kups kay is a Squamish-based climber who you can always count on for motivation. Recently, he has started to scrub boulders so you better get ready.

Jamie Chong on The Ruminator

where to go

From Vancouver, take the I-5 towards Seattle. Take exit 194 and follow the US-2 towards Wanatachee. To find the boulders and camping, take a right on Icicle rd. before you reach the town center. Approximate driving time (*sans* border) 3 hours 50 minutes.

camping

The first campsite you will find is located approx. eight miles down Icicle canyon. If the rangers are around, this a pay site (10 dollars US). For free camping (limited space) drive just past Bridge Creek Campground and turn right on 8 mile rd. Take your first or second left.

guidebook

The guidebook for Leavenworth can be found at Der Sportsman located on US-2. It will be on your left as you approach town and you cannot miss it.



© Wiki Weidon

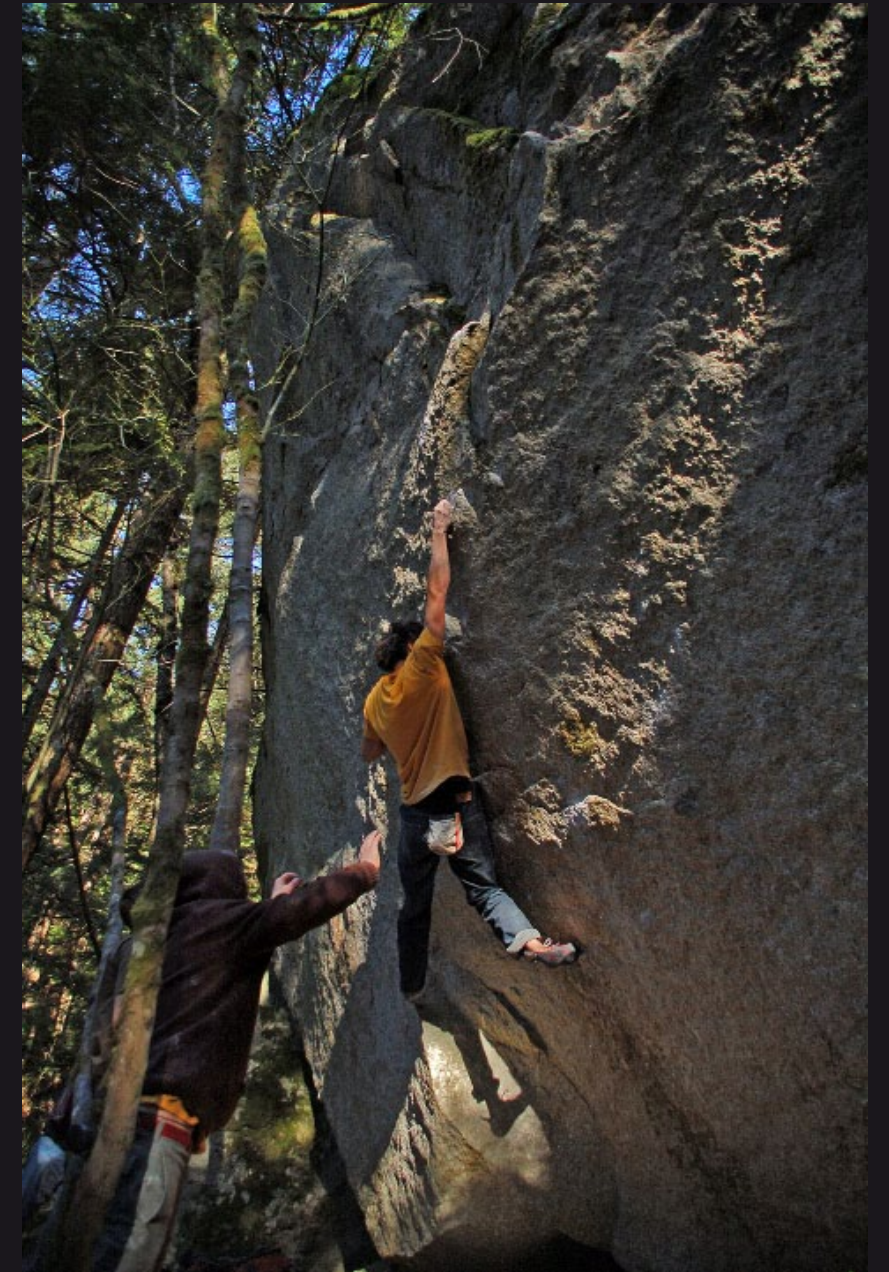
Highball Heaven? Jamie Chong pulling on The Sword

Development.

grandWALL boulders

words
and photos
by mike chapman

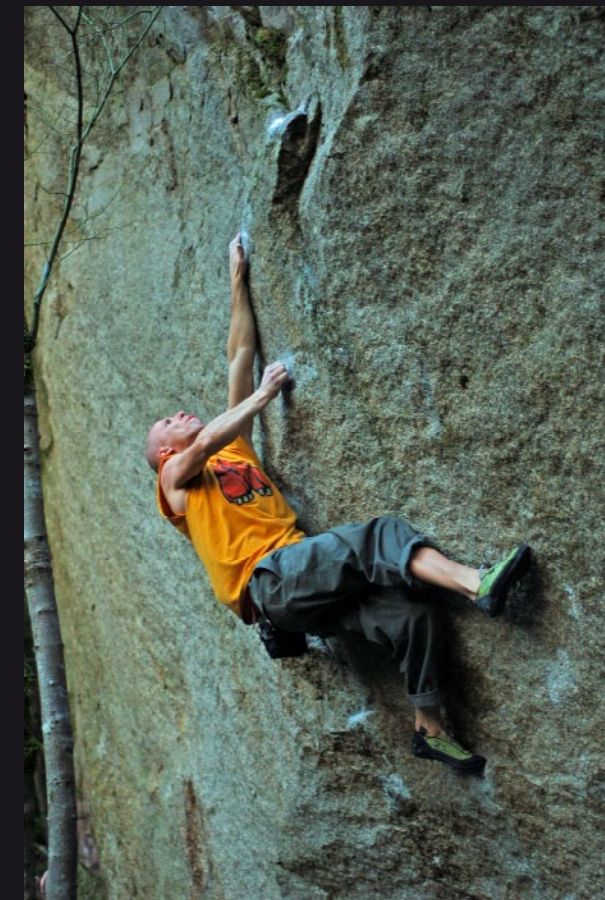
It has been 13 years since the Island Crew first left their mark on the boulders below **The Chief** and some might wonder if **Squamish** has anything new left to offer. Well, if you're **someone** who have become bored or **CURIOUS** enough to **wander** outside of the **main area**, you already know that there is plenty left to be **cleaned** and climbed all around **Squamish**. However, you may not realize that there have been a number of **new classic lines** sent over the past **two years**, not to mention a **handful** of new projects waiting for someone to snatch up the **first ascent**.



First climbed by **Jeremy Smith** in March of **2008**, this problem will impress you before you even pull onto the **starting holds**. Seeing a few efforts by a visiting climber years back, this boulder **refused** to go. During the summer of 2007, Tim Doyle and I **cleaned** the top of what would eventually become known as **No Honour Among Thieves**. With the boulder ready to go, I'd **anticipated** returning within a week. **Little** did I know that it would take until the end of the following **winter** to get anyone to come **check it out**.



February 2008: After much convincing, I managed to drag **local legend**, Tyson Braun, and recently **relocated Brit**, Tim Clifford, up to check out what I had been hyping. After **a little work** on the bottom moves, both **climbers** managed to **work** their way into the crux. Days later, **Tyson** hauled every one of his **crash pads** up the hill, and put in some **serious effort** on the problem, but **no send**. Somehow or another, **Jeremy Smith** got wind of **where the action** was and it was really only a **matter of time** before the problem would go down.



noHONOUR amongthieves

With a generous pile of pads now stashed under the **boulder**, it became routine for me to **hike my ass** up the hill and share in the **frustration** of the **stubborn** sequence of moves. Without a **doubt**, it was the place to be that **winter**, with **Jeremy** leading the pack on several **near sends**. Eventually, **Tyson** showed the line to off-the-couch crusher **Jordan Wright** to **try his hand at the problem**. Despite **early difficulties**, **Jordan** quickly got to the **crux crimper**. Stuck at work, **Jeremy** knew that **Jordan** was up at the boulder that **afternoon**. Getting up there as **SOON** as his shift was over, he was greeted with **smiles** and **questions** about beta. After a few warm-up burns, **Jeremy** **got to the crux** and made a **good chuck** for the jug, coming up short. **Jordan**, an **observant** lad, saw what **Jeremy** did with his feet and quickly made a go that was surely to be **executed** the next time around. No one understood **the urgency** as well as **Jeremy** did as he **tightened** the laces on his shoes. **Sure enough**, with a lot of effort and a yell or two, **Jeremy** flew to the finishing jug for the **first ascent**. In true form, **Jordan** **boarded** the **send train** for a quick second ascent.

theSNAIL



Originally
cleaned by **Andrew**

Boyd during
the winter of

2008, this tall and
intimidating line

sat for over a year before it saw a **first ascent**. An **unfortunately** inclined landing made the **twenty-**
foot top out just too much to deal with for those
bold enough to make **early attempts** at the line
last year. **Only** after a second cleaning on rappel,
would this line finally be completed by Andrew, with a
second ascent on the same day by **Jeremy Smith**.

If you're **wondering** about how it came to be
named **The Snail**, don't even begin to look for
any **resemblance** in its features. **As the story goes**, on the day
that it was first sent, there was a **snail** on the problem that appeared to

be on **pace** to
beat those who
were trying for
the top.

However,
the young
snail would
eventually
lose the race to
Andrew Boyd
in the end.



project

This excellent problem can be found at the bottom of The Apron talus by hiking the lowest trail off of the old highway past Jim Carey and turning left after you've passed Funeral

Arrangements. On the backside of the boulder directly in front of you are

several projects, but one line stands out above the rest.

Back in the day, when Vince Chung was leaving his mark in the forest, this line drew

his attention but did not yield an ascent. In the post-Chung era, an impressive list of local

and visiting strongmen have tested their strength on this project, but not one has stuck the last move below the lip of the boulder. More moderate, but exceptionally fun climbing leads you to the crux, and provides the

same start for a much harder line trending left to the top. You will want to make sure you really like bad holds a lot before you set off in that direction.





Issues.

MASSIVE SKI DEVELOPMENT THREATENS SQUAMISH, BC COMMUNITY, WILDLIFE, ENVIRONMENT

**Grizzly bears, wolverine, wolves, mountain
goats, salmon, other animals at risk**

**-By Brian Vincent, Communications Director,
Big Wildlife***

Squamish, British Columbia – a world-class climbing, mountain biking, and hiking destination, home to some of the most magnificent wildlife on Earth, including grizzly and black bears, wolves, cougars, bald eagles, and salmon, and a blessed place of cathedral forests, clean rivers and lakes, snow-capped mountains, and blue skies – is under siege.

Until recently, Squamish had been a relatively quiet town on the outskirts of Vancouver. But expansion of the Sea-to-Sky Highway has ushered in unprecedented and unplanned urban sprawl that has eroded the very qualities that make Squamish so special. And now a massive ski resort called Garibaldi at Squamish (GAS) threatens the local community, wildlife, and the environment.

The GAS plan, first submitted to the BC Environmental Assessment Office in 1997 and recently resurrected, would cover an area roughly half the size of Squamish. The mammoth year-round resort would include: two golf courses, 25

ski lifts, 98 km of new roads, hotels, and nearly 6,000 new homes, apartments, and condominiums.

The proposed development encompasses land that has been identified as prime habitat for endangered or at-risk species such as peregrine falcon, wolverine, and marbled murrelet. Concerns have been raised about the resort's effects on a resident mountain goat herd. In addition, the GAS area includes a threatened grizzly bear population unit that has been designated for recovery by the province. The project has come under especially intense fire because of its potential impacts to Brohm River, one of the most prolific steelhead streams in the province. Living Rivers BC has called the Brohm a "Crown Jewel" of steelhead production. The development calls for expansive water management, including sewage and storm water discharge, irrigation for golf courses and potable water, extractions of water for snowmaking, and as many as five dams.

According to a report, written by former BC government fisheries biologist, Pat Slaney, the GAS development would devastate the Brohm, especially the river's steelhead fishery. Steelhead are seagoing rainbow trout that are imperiled throughout their range in the Georgia Basin because of poor ocean survival conditions and habitat destruction from logging and development. The report describes the Brohm as "unique" in its ability to support young steelhead before migrating to the ocean.

Issues.

The key is Brohm's remarkable stream chemistry. One of two main steelhead nurseries for the Squamish River system, the Brohm River has a naturally high level of phosphorus because of the area's volcanic geology. Phosphorus supports an ideal food chain for raising fish. In addition to concerns about the amount of water that would be taken from the Brohm to provide for the GAS development, the report noted that fertilizer runoff from the resort's golf courses, as well as chemicals used for snowmaking, would throw the stream's chemistry out of whack.

Local residents have grown increasingly concerned about how urban sprawl is affecting area wildlife. A recent spike in encounters with cougars has focused attention on the connection between development and the displacement and change of behaviour of the big cats and other large predators. It is no surprise encounters with cougars and other wildlife may be on the rise. A number of studies have shown urban sprawl destroys habitat of large carnivores and displaces the animals and their prey base, forcing cougars, bears, and other predators to seek out food in areas they might otherwise avoid. Those studies found:

“Sprawling suburbs and outdoor recreation activities increasingly bring people into cougar habitat, both degrading these areas and heightening the chances for cougar-human encounters, which can result in harm to humans or the eventual destruction of cougars. Many suburban activities, like watering lawns or leaving pet food outdoors, attract deer or cougars and ultimately habituate cougars to human presence, increasing the risk that these typically reclusive cats will come into contact with people. Furthermore, while cougars have managed to fare well on the outskirts of many metropolitan areas, sprawl-type development threatens to fragment and destroy the large expanses of habitat that cougars require to survive. New subdivisions and roads limit cougars' ability to disperse, threatening to isolate individual populations and perhaps lead to inbreeding or eventual extirpation.”
- National Wildlife Federation

“Experts on mountain lion attacks have attributed the increase to the rapid growth and expansion of human populations and loss of mountain lion habitat across the West, which has brought more people into proximity with mountain lions, as well as to an increase in mountain lion populations in some areas due to the growth and spread of deer populations (CMGWG 2005, Quigley and Herrero 2005). Indeed, in recent years several attacks have occurred in some of the most densely populated

counties of the West where there is significant development and recreation in mountain lion habitat, including California's Orange (3,606 people/mi²) and San Diego (670 people/mi²) Counties and Colorado's Boulder County (392 people/mi²). It is worth noting that the state of Wyoming (5.09 people/mi²), which has the lowest human population density of any western U.S. state except Alaska, had no confirmed attacks until 2006.”

Source: Living with Lions, by Chris Papouchis, Mountain Lion Foundation

“Contrary to accepted belief, our findings suggest that cougars in the Pacific Northwest are currently declining. Increased conflicts between cougars and humans in this area could be the result of the 1) very young age structure of the population caused by heavy hunting, 2) increased human intrusion into cougar habitat, 3) low level of social acceptance of cougars in the area, or 4) habituation of cougars to humans.” [emphasis added]

Source: Cougar Population Dynamics and Viability in the Pacific Northwest

“Cougars themselves present special wildlife management challenges, especially in areas of human encroachment. Cougars require large home ranges for survival. Males dominate areas up to 100 square miles and females roam areas 30 to 50 square miles. Newly independent juvenile cats may turn up in residential areas as they search for vacant space to establish a home range.”

Source: Student Wildlife Expert Cougar study

The GAS proposal has sparked intense and wide-spread opposition in Squamish. In July, more than 100 residents rallied outside Municipal Hall to voice concerns about the GAS project. Following the rally, residents, many of them sporting neon “GAS stinks” stickers, packed a local council meeting to show solidarity against the plan. In downtown Squamish many businesses have put up anti-GAS posters in their shop windows.

And a broad and unusual coalition of local business owners, snowmobilers, dirt bikers, anglers, climbers, environmentalists, animal rights activists, and others recently published a full-page ad against the GAS plan in the Squamish newspaper, The Chief. Though the groups sometimes differ on other issues, their shared opposition to the massive development has brought them together to wage a community-based campaign against the resort. In a July 15th press release, the coalition urged provincial and local officials to reject the GAS development because it “would hurt small businesses by drawing consumers away from

Issues. downtown, jeopardize existing recreational use of the area proposed for development, undermine Squamish's official community plan, adversely impact rich fisheries resources and imperiled species, and put residents at risk by displacing large predators, such as cougars and bears, potentially increasing conflicts with wildlife." The groups also expressed concerns that crucial social, environmental, and economic studies have either not yet been completed or made available to the public, making it impossible for local residents to fully assess the project's impact on the community.

Critics of the proposal say they are not anti-development. Rather than pushing a large-scale resort into a prime recreation and wildlife area, opponents say development should be focused in Squamish's downtown. Such development makes more economic sense, they say, because it would help create jobs and revitalize the town center without sacrificing the environment.

The Garibaldi at Squamish resort would turn a stunning, natural landscape, a place that is home to some of the most spectacular wildlife on Earth, into a sprawling development of McMansions with well manicured chem-lawns. That would be like dynamiting The Chief or El Cap.

Brian Vincent is a Squamish-based climber who has made it his goal in life to fight for wildlife. For more contact information, see below.

***Big Wildlife is an international wildlife advocacy organization dedicated to protecting and restoring top and mid-level carnivores. The group recently opened an office in Squamish. For more information email brian@bigwildlife.org or visit www.bigwildlife.org**



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gord'sworld.

This column is dedicated to the rambling of Gord Konkin. His thoughts in no way reflect the feeling and ideas of Squamish Climbing Magazine. We love him dearly and consider him a good friend. However, he is the only writer we need to remove ourselves from because he is simply, unpredictable.

The upcoming terribly written dialogue you are about to read is not made up. This was a real interaction I had with a real person. This may seem like the nightmare of all nightmares to a climber. Let me assure you dear readers, this is one of the most traumatic things to happen to me since I found myself with a married couple in a tent at a rave at 2:00 in the morning.

“Hey Jimmy, long time no see, what have you been keeping busy with?” “Well not much I guess Gordo, well except.....”

“Except what Jimmy?”

“Except Bobby and I found the RADDEST MOST BADASS BOULDERING AREA EVER! I mean this place has 800 000 perfectly featured boulders in a beautiful serene setting with 400 year old trees, anorexically (according to Word this is a made up word) flat landings, and a tribe of retired 1990’s Sports Illustrated bikini models that love nothing more than to spot climbers and clean hard to reach holds. There are Squamish- like granite boulders, mixed in with Fontainebleau slabs, and Hueco overhangs everywhere. The best part is that there is a lifetime of development potential for 9 000 dirtbag climbers living in their

1983-89 Toyota vans.”

“Jesus, that sounds amazing Jimmy! When can you take me out there? I’m totally psyched!”

“Well Gordo, that is going to be an issue because Bobby and I have decided not to tell anyone where to find this paradise until we’ve scrubbed more problems so people can really enjoy great bouldering without any moss.”

WTF. Bullshit. There are only two, logical motives why any living, breathing climber (Jimmy) would tell any other psyched climber (innocent Gord) that a secret area exists, but that they are not privileged enough to know where it is; 1: They love seeing others suffer, and through other’s torment they derive some kind of sick meaningless pleasure. 2: They are selfish ego-driven first ascensionists who love seeing others suffer, and through other’s torment they derive some kind of sick meaningless pleasure. I’m sure there may be other reasons, but give me the benefit of the doubt here when I say my two prerogatives are quite close to being accurate.

Tim Doyle, Stu Worrall, Nick Gibbs, Jack Fieldhouse, and Andrew Boyd (and others) had an opportunity 10 years ago to keep Squamish bouldering all for themselves. They could have chosen to “Lord of The Flies” Chris Sharma and Obe’s ass the second they entered the forest for the Rampage video in 1999. Having done so, they would have stopped Sharma from climbing some of the best lines in the boulders (and all over the world) over the last 10 years. This would have also put a quick stop to all future dirtbags, who watched Rampage 600 times a year from Manitoba; who put a hand-made, overweight camper on the back of a light-duty Dodge

gord'sworld. truck, dropped their girlfriend off at the nearest bus stop, and moved to Squishtown. They chose not to keep paradise a secret. They embraced Chris and his annoying friend Obe.

I have this friend Steve, back in Winnipeg who, along with his wife and some other young go-getters, have spent the last 5 years driving 3 hours every weekend each direction to Kenora, Ontario to climb in the Canadian Shield. This is a place where mosquitoes and black flies are your friends and it's the ticks, horseflies, and sandflies that make you smear yourself with Deet every 30 minutes in 100% humidity at 30 degrees. They painstakingly go there every weekend just to get annihilated by insects and scrub the most sun-baked lichen on planet earth. They are nuts! I used to be nuts but I watched Ramage (with that annoying character Obe) and moved to Squamish and now I'm soft and will only return there once a year in early spring or late fall, when conditions are perfect and the bugs are all having a 6 month nap. The point of this tirade is that I go climbing at Echo with other friends and we send some of Steve's projects and lines that he has cleaned and prepared. Does he complain? Not a bit. He's psyched to see the problems/routes climbed and everyone enjoying themselves. Steve takes pride and satisfaction that his vision of this area is recognised by others.

What exactly am I getting at? If you see me on the street in Squamish or at some photo exhibition, or maybe in a tent with your husband at 2:00 in the morning, I don't want to hear about your new secret crag or bouldering area. If it's a secret, keep it to yourself! If you're willing to share your new goldmine with other climbers who have different eyes and will see different gems, then please feel free to let me in on it.

Disclaimer: The author of this column takes no responsibility to the injustice of this world. If you are sensitive and somehow feel this is directed towards you or one of your friends, it probably is.

Gord Konkin is a Squamish-based climber who moved here many moons ago from the arid land of Manitoba. He wants you to think he is sexy.

We need
you!



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fiveonfive.

with matt lucas

MATT LUCAS IS A VANCOUVER-BASED BOULDERER WHO CAN BE FOUND IN THE FOREST EVERY CHANCE HE GETS. MATT PUT HIS NAME IN THE BOOKS, WITH THE FIRST ASCENT OF THE PROBLEM DESIRE, THAT WAS RECENTLY REDUCED TO RUBBLE BY THE HIGHWAY EXPANSION. MATT IS ALSO KNOWN IN THE FOREST FOR HIS FLAWLESS SPOTTING TECHNIQUE AND FOR JUST BEING A GOOD GUY. HERE IT IS, FIVE ON FIVE WITH MATT LUCAS:

Five things you think should stop?

1. Globalization
2. The expansion of Squamish
3. The Pirates of the Caribbean movie series
4. The massacre of Darfur
5. Madonna adopting kids from Africa...

Five books you would lend a friend?

This is tough because I hate lending books. I prefer to buy as a gift.

1. Another Roadside Attraction (Tom Robbins)
2. Catcher in the Rye (J. D. Salinger)
3. Atlas Shrugged (Ayn Rand)
4. Manufacturing Consent (Noam Chomsky)
5. Cats Cradle (Kurt Vonnegut, Jr.)

Five Favourite Movies?

Sorry, I'm a movie geek so you

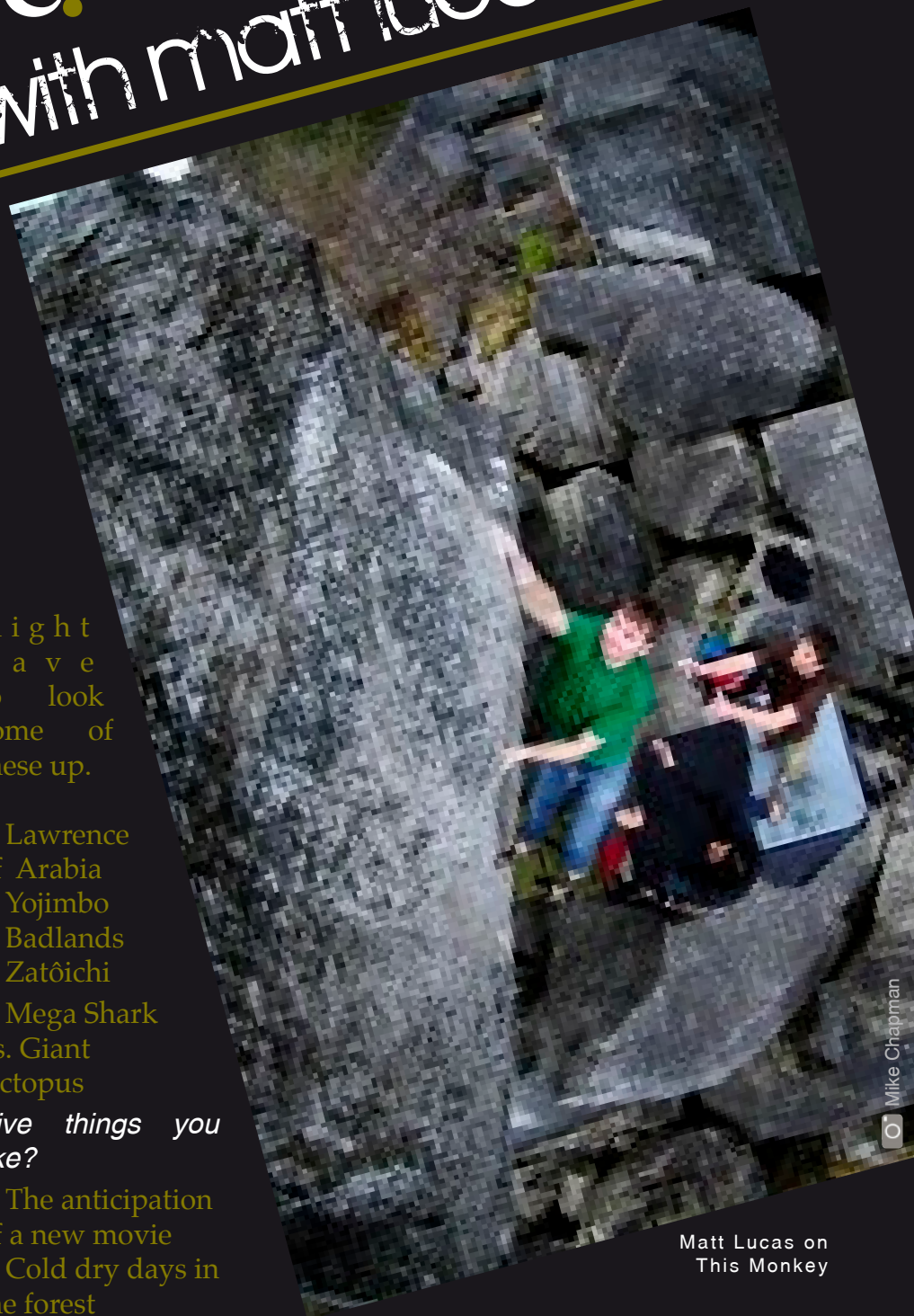
might have to look some of these up.

1. Lawrence of Arabia
2. Yojimbo
3. Badlands
4. Zatoichi
5. Mega Shark vs. Giant Octopus

Five things you like?

1. The anticipation of a new movie
2. Cold dry days in the forest
3. The excitement of a new boulder problem
4. A quiet moment at home
5. Cracking jokes with my friends

Five boulder problems you would like to send?



Matt Lucas on This Monkey

Mike Chapman

I want to send everything. I general do every problem I can. Though super hard highballs do get avoided...

Five last words?

You brought two too many. (Once Upon a Time in the West)

with remy larocque

fiveonfive.

REMY IS A SQUAMISH-BASED CLIMBER WHO GREW UP IN THE TOWN OF FARM POINT, QUEBEC, WHICH IS ABOUT HALF THE SIZE OF VALLEYCLIFFE. HE HAS BEEN CLIMBING FOR SIX YEARS AND SPENDS MOST OF HIS TIME ON A ROPE. WEIGHING IN AT THIRTY YEARS OF AGE, REMY CAN BE FOUND CLIMBING EVERYWHERE. HERE IT IS. FIVE ON FIVE WITH REMY LAROCQUE.



Remy on Free Will

© Mike McCarthy

Five favourite climbs?

1. Exasperator
2. The Daily Planet
3. Presto
4. Worm World Low
5. Frayed Ends of Insanity

Five funniest movies of all-time?

1. Dumb and Dumber
2. Zoolander
3. Grandma's Boy
4. Borat
5. Super Troopers

Five things you would change?

1. My Reach
2. My non-ability to Dyno
3. My Legs (I want metal legs)
4. My car (a ferrari would be much better)
5. My face

Five things you don't leave home without?

1. Breakfast
2. My Pants
3. Closing the door
4. Lily (the best dog ever!)
5. Climbing Gear

Five things you hate?

1. Foot long tick marks
2. Falling on run-out slab
3. Raisins
4. Working
5. My Face

Five last words?

You should go climbing now.

Injuries. SHOULDER STABILIZATION with Dr. Carla Cupido.

My husband is a climbing fanatic. He's fanatical about rock; he's fanatical about climbing on rock; and if he can't successfully climb one of these rocks after one session, he becomes even more fanatical about realizing the send in the least amount of time possible. Needless to say, the past fifteen weeks spent mending an injured shoulder has been rough.

The word injury to a climber is pretty much synonymous with devastation. The climbers I know tend to be a rather obsessive bunch who, when unable to climb due to conditions, injury or any other reason, focus their entire mental reservoir on figuring out how to a) take advantage of their forced recovery time to get stronger, b) learn how to prevent such injuries to avoid future setbacks, or c) determine what route or boulder problem will be the first upon their healthy return. This being said, of all athletes I've associated with in the past, climbers are some of the

most motivated in regards to injury prevention. Obsessive climbers are often familiar with the meaning of terms such as eccentric training, dynamic strength, static strength, and tendinosis while these concepts seem largely uninteresting to many other athletes.

Specific injuries that commonly plague the climbing community include finger pulley tears and ruptures, forearm flexor tendon tears and muscle strains, meniscal tears, elbow

tendinosis, and of course shoulder injuries. Climbers, and especially boulderers, run a high risk of shoulder injuries due to the repetitive and often dynamic nature of the sport. However, strong scapular stabilizers can significantly decrease the potential threat of a debilitating or chronic shoulder injury. Had my husband's scapular stabilizers not been in a weakened state, he may not have felt his shoulder joint clunk while catching a crimp. Injuries can occur despite exceptional stabilizing strength, especially in a dynamic sport like bouldering; however, the risk does decrease with increased scapular stability.

Unfortunately, both as climbers

Climbers, and especially boulderers, run a high risk of shoulder injuries

due to the repetitive and often dynamic nature of the sport.

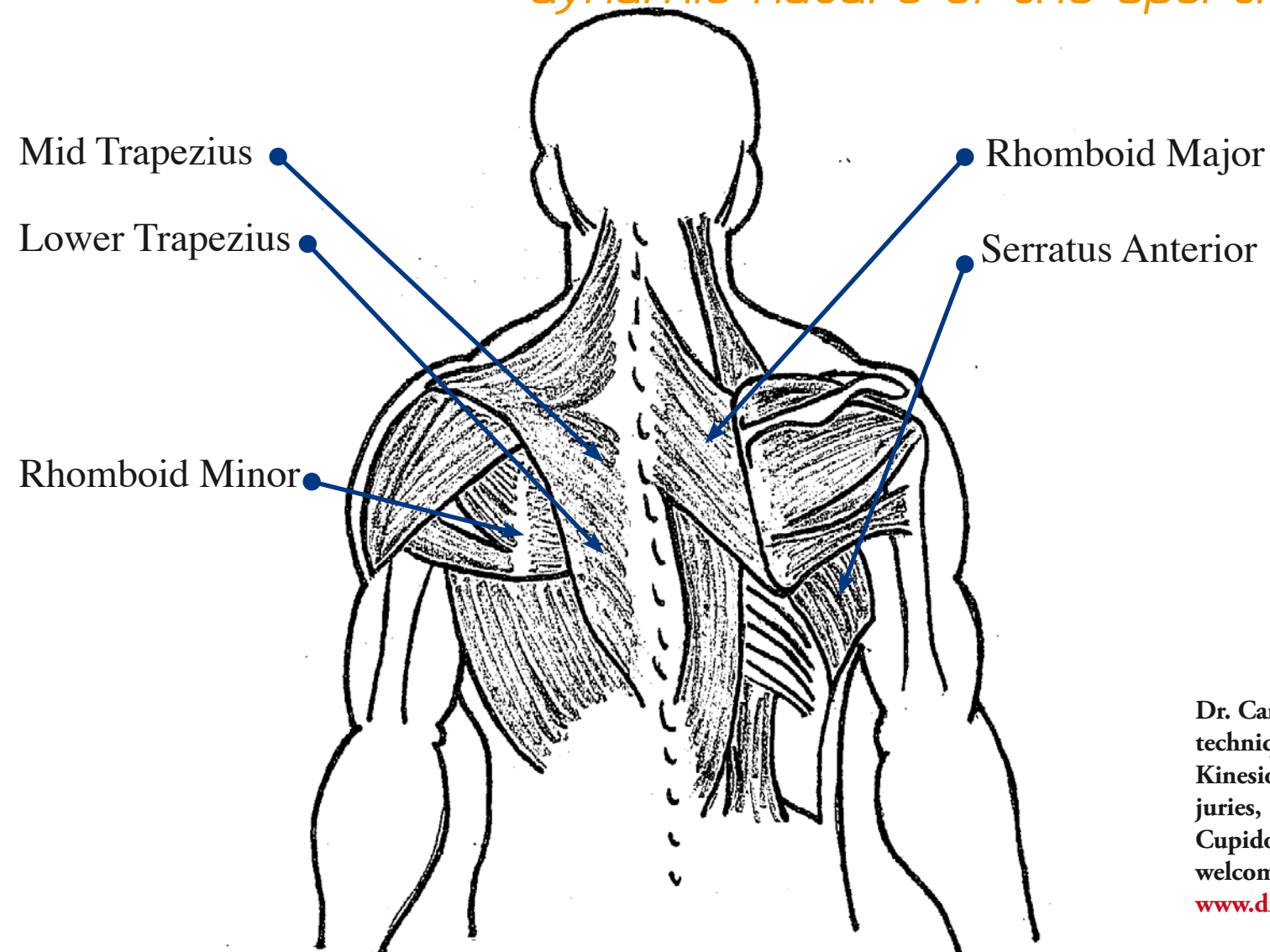
pulling with pectoralis muscles and latissimus dorsi and normal individuals who work either hunched over paper, or lifting and moving all day, an imbalance commonly exists between our internal and external shoulder rotators. Many of our climbing "pull" muscles are internal shoulder rotators; these are muscles that become tight with the work we do at the office as our shoulders roll forward. We need to fight against these daily habits by engaging our scapular retractors and depressors as often as possible. You can do this by reminding yourself frequently to pull your shoulder blades together and downwards.

Many of the exercises used to target such muscles are very intricate in their movement patterns and look fairly simple. After I demonstrate an exercise, patients often ask how much weight they should use. However, after I have them try the exercise, they appreciate how neglected these scapular stabilizers really are and agree that initially, no weights are necessary! There are numerous scapular stabilizing exercises, but the best plan is to find a sports focused chiropractor, physician, or physiotherapist to evaluate your weakness(es) and establish a rehab/prehab program for you that will enable you to keep climbing hard and avoid injury.

Shoulder Anatomy Detail

The scapula, also known as the shoulder blade, is a very important anchor in the body. It houses our arm bone [humerus]; it constitutes half of our shoulder joint; and it is the attachment site for our rotator cuff muscles, several arm muscles as well as our scapular stabilizers.

The muscles that attach on the medial and inferior aspect of the scapula are key scapular stabilizing muscles. These include the middle trapezius and lower trapezius, rhomboid major and rhomboid minor, and serratus anterior. The middle trapezius and rhomboid muscles function to retract the scapula. Scapular retraction is the action of squeezing your shoulder blades together. The lower trapezius takes care of scapular depression which is drawing the scapula down the thorax. The role of serratus anterior is to hold the scapula's medial border tight to the thorax.



Take Home Point

If the muscles that anchor your shoulder blade to your thorax are strong, your shoulder joint and rotator cuff muscles are protected. Remember that your arm attaches to your shoulder blade and since the old song holds true, "The arm bone's connected to the shoulder bone," we should be well trained at recognizing the relationship between body parts. Our rotator cuff muscles cannot stabilize the shoulder joint adequately if the bone on which they anchor is not stable. Capisce?

Dr. Carla Cupido is a Vancouver based chiropractor who utilizes soft tissue techniques such as Active Release Technique® [A.R.T.®], Graston Technique®, Kinesio® Taping and vibration therapy. She focuses heavily on sports injuries, rehabilitation, and functional prevention tactics. As a climber, Dr. Cupido understands the biomechanics involved in the sport and is currently welcoming new patients. Learn more about the doctor and her practice at www.drcarlacupido.com.

Training. BUILDING A HOME CAMPUS BOARD

with Luke Zimmerman.

As simple as it sounds, increasing the amount of weight you can hang and lift from poor handholds will substantially increase your finger strength and thus, allow you to climb harder. One of the best ways to improve finger strength is to train on a fingerboard and/or campus board. However, the crux of this matter is space. Whether you are a starving student or someone who loves their own space, many of us live in apartment buildings and when living in such conditions, space requirements and minimizing damage to walls become important considerations when designing the perfect training system.

This article presents two designs for creating a space effective training system that requires no permanent mounting. The first design is a very simple fingerboard set up that can be easily constructed or dismantled in a short period of time. The second design is an expansion of the first design that includes a campus board. The basic principle behind both of these designs remains the same: (1) support the fingerboard/campus board from the floor up, and (2) stabilize the setup using a doorway.

Photo #1: Simple Door-frame Design



Photo #1 presents the first design that includes a campus board and simple construction.

- 1. Two 2x6s stand vertically on each wall inside the doorway.**
- 2. Two smaller 2X6 segments are bolted to each of the previously mentioned vertical pieces, creating a ledge on either side.**
- 3. A block is created by bolting together more lengths of 2x6**
- 4. The two finger boards are mounted to this block, one on each side.**
- 5. The block is then placed between the two vertical supports, resting on the ledges and holding everything in place.**

Because the two fingerboards extend beyond the doorway, they prevent the setup from tipping by hugging the top of the doorway. If only one fingerboard is available, a piece of wood can substitute for the missing fingerboard. This particular setup can be easily dismantled and reassembled. Once the initial structure is in place, additions can be added to create a more individualized training system. One might consider crafting some wooden pinches and mounting them inside the doorway on the underside of the horizontal support. That's all there is too it: simple, cheap, and can be dismantled in seconds, leaving behind no holes in the walls.

DID YOU KNOW:
Wolfgang Gulich is credited with creating the first campus board in 1988 to complete the famous route Action Directe



Photo #2: More Elaborate Campus Design (front view)



(Back view of Photo #2)

DID YOU KNOW:
The first fingerboard was used to make music rather than help you climb harder. (badum cha!)

Observe the photo presenting the second design. While this particular construction may be slightly over engineered, it is as solid and sturdy as you'll ever want. This setup includes a campus board as well as a fingerboard mounted on the opposite side of the doorway. To achieve the desired height, the supporting 2x6s are now mounted on the outside of the doorway and extend from the floor to the ceiling. The high ceilings in the apartment allow this particular setup to include a three-foot campus board which begins above six feet. If high ceilings are not available, one could either lower the bottom of the campus board or shorten the length of the campus board to encompass space demands. With a little creativity, a three-foot campus board can become an extremely effective training tool. The details of the construction are visible in the photo. This setup is held together with wood screws and is not as easily dismantled as the first. Be sure to use 3/4 inch plywood for the campus board itself to ensure stability. Note that the two 2x6s on either side may not be necessary and a single 2X6 may be equally effective. Again, with a little creativity, plenty of cool additions can be made. Observe the edges mounted on the outside of the posts. These edges effectively lengthen the board to allow a lower starting hold for one hand.

Luke Zimmerman is a Vancouver-based climber, who grew up in Golden, BC. After undertaking a six week training program this year, he has been crushing everything.

Stay tuned for more tips on how to train at home in upcoming editions of SCM!

Circuits. Twenty-Five V4s in a Day.

words by tim schaufele.
illustrations by peter michaux.

Although not popular in North America (or at least not publicized), bouldering circuits have long been a tradition of French climbing. Born in the forests of Fountainebleau, the purpose of the original bouldering circuits was to climb the same amount of vertical feet as a typical alpine expedition in one day of bouldering. As these circuits grew in popularity, so did the tradition of creating such circuits. Both numbers and colours became commonplace at the foot of most boulder problem in the forest, signifying a blocks belonging to a specific circuit and representing its difficulty.

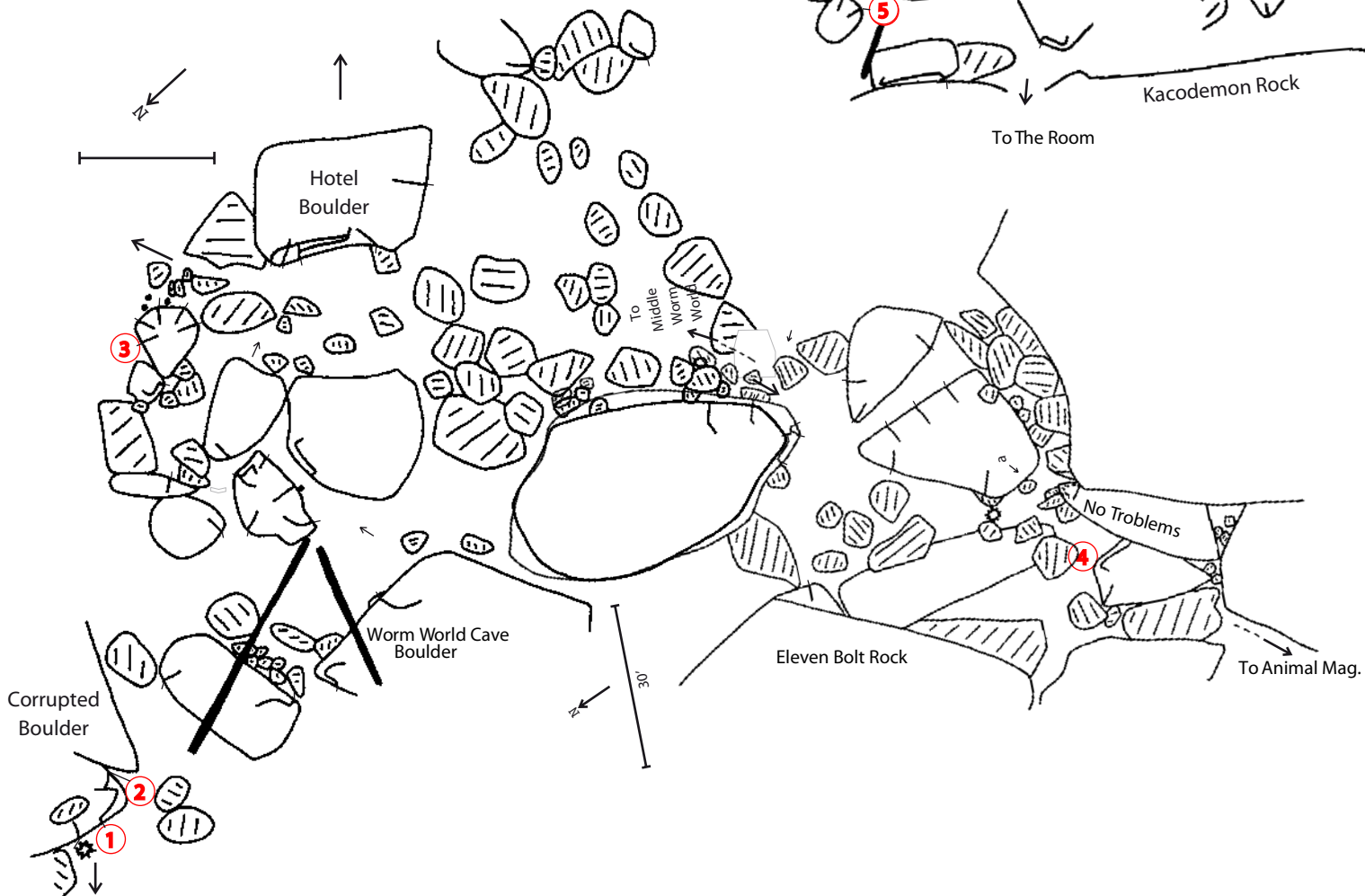
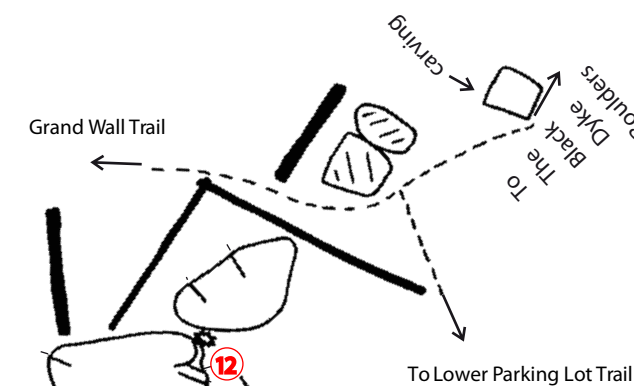
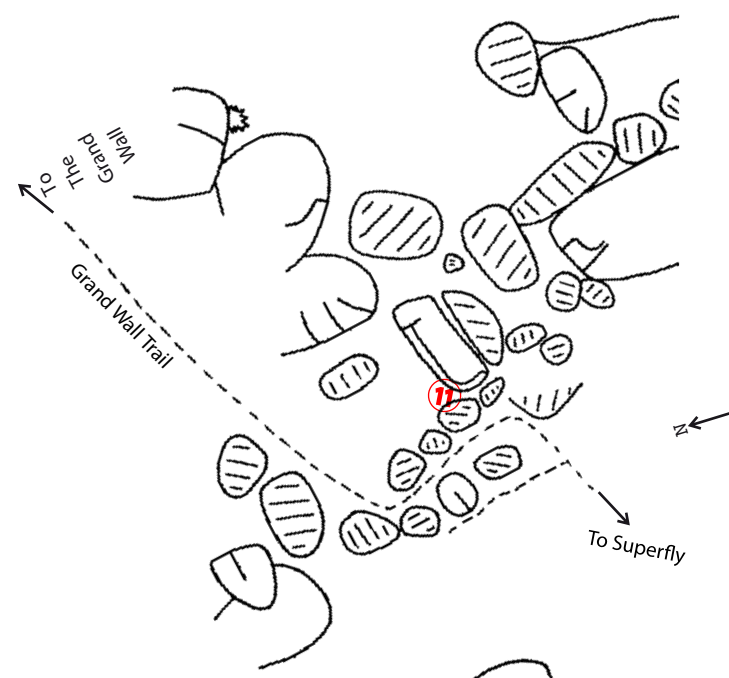
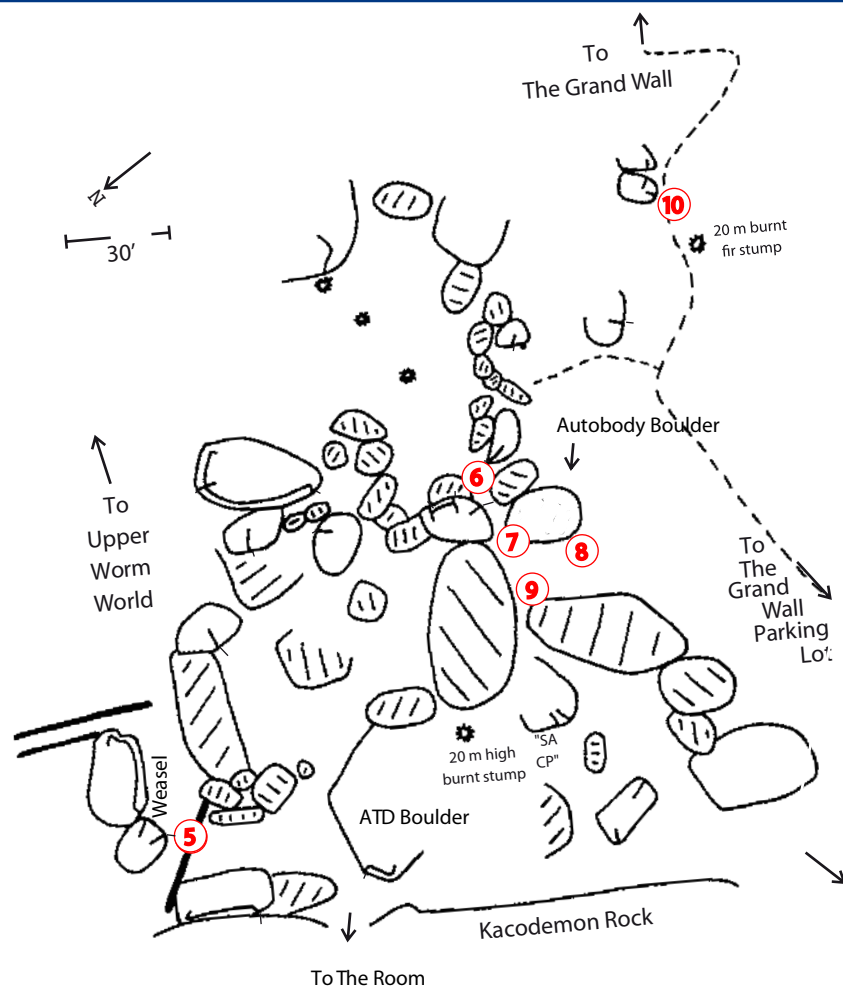
Similar to the tradition described above, bouldering games or “grade games” have also been a long-time pass time of climbers in the The Grand Wall forest. One of the most popular grade games played today is called the “Points Game”. The objective of the “Points Game” is to collect as many v-points as you can in single day of climbing, with each problem completed in the day adding to your total score. As an example, if a person completed a problem that was rated v3, then he or she would collect 3 points. With this in mind, harder problems get you more points, but they can also take

more energy and time to complete. As a rule of thumb, collecting 100 points during a day of climbing is quite a challenge, with rumours of one climber collecting over 300 points in single day!

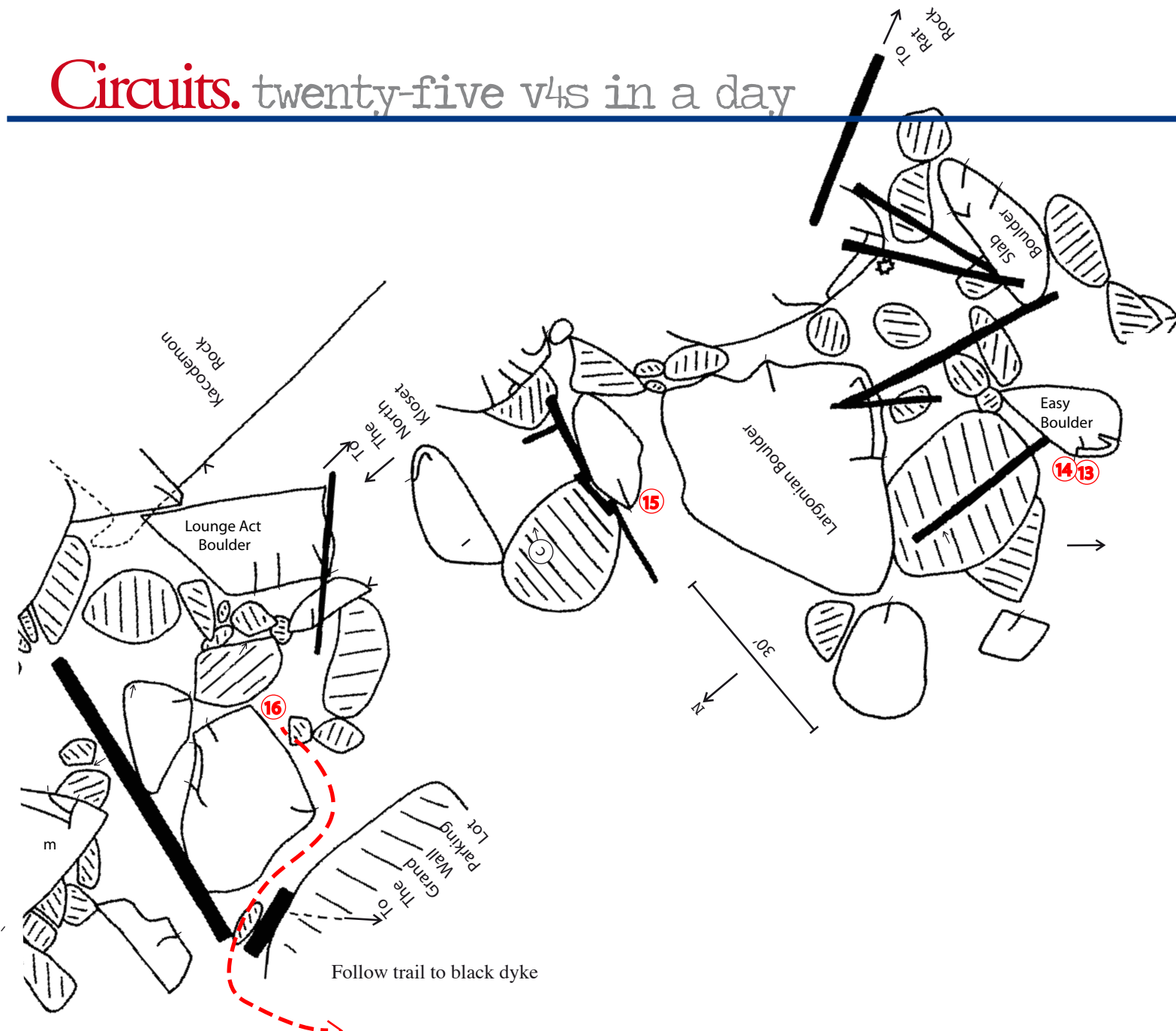
While setting out to complete a 100 point day in the summer of 2007, Rich Kupskey, Brent Mickelson, Pat Chung, and I decided that it would be fun to only climb problems that were graded v4. With difficulty, we began to work our way across the forest, completing problems that were both familiar and unfamiliar. The challenge itself introduced us to

problems that we had grown to love, but also problems that we had long forgotten. Our day ended at the Titanic boulder, with the others completing the challenge first time around. Unfortunately, the circuit had beaten me to exhaustion and I did not complete the entire circuit until a few days later (starting all the way back at the very beginning).

So here is the challenge: grab your favourite shoes, a friend, and your pad, and work your way across the Grand Wall forest starting at the Corrupted boulder and ending on the Titanic boulder (or just past). Follow the maps provided in this magazine and see if you can complete the v4 challenge. If you do, email your name and date of completion to info@scmagazine.ca and we will publish your name in the next issue. Let the great tradition of circuiting begin!

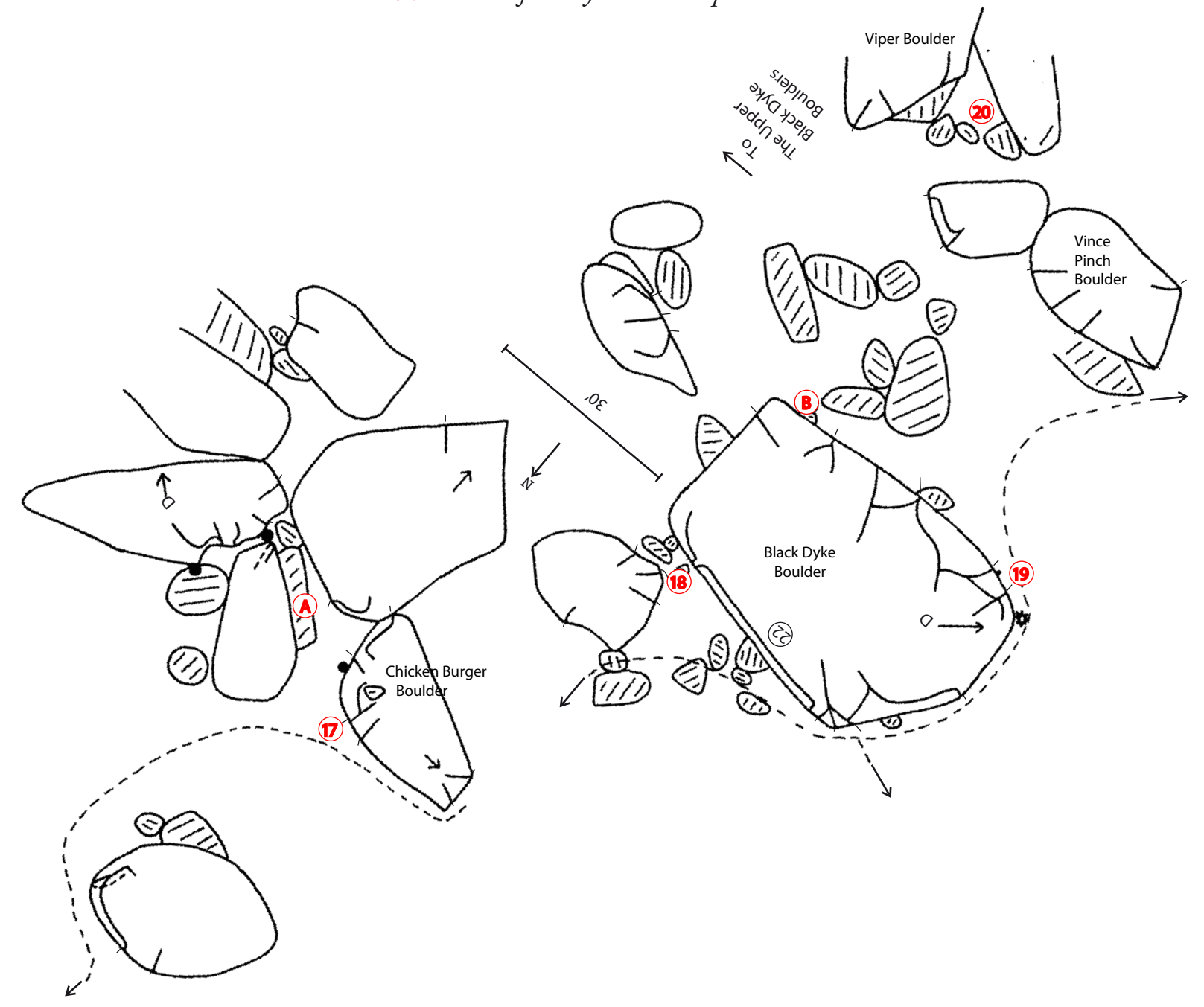


Circuits. twenty-five v4s in a day



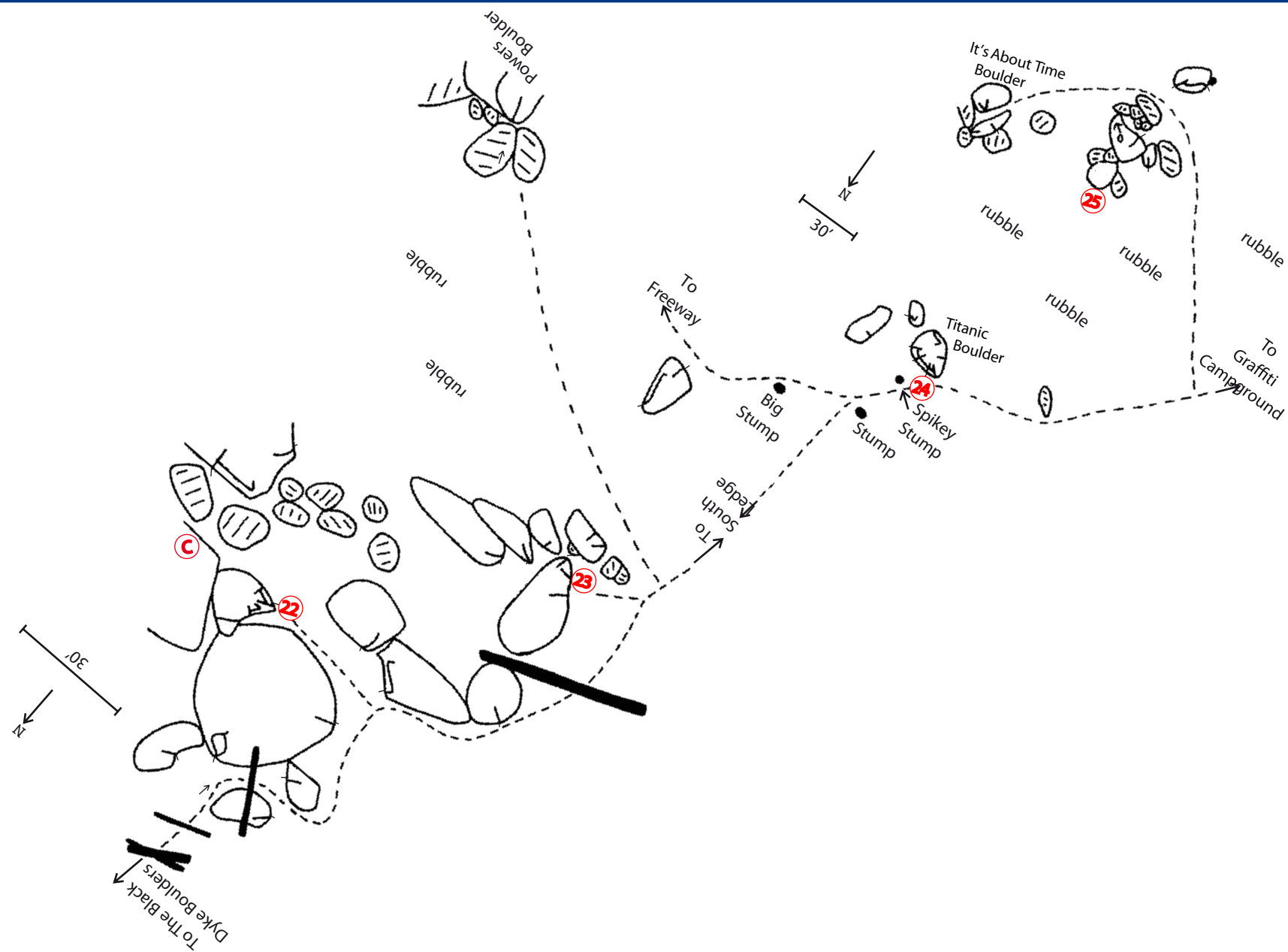
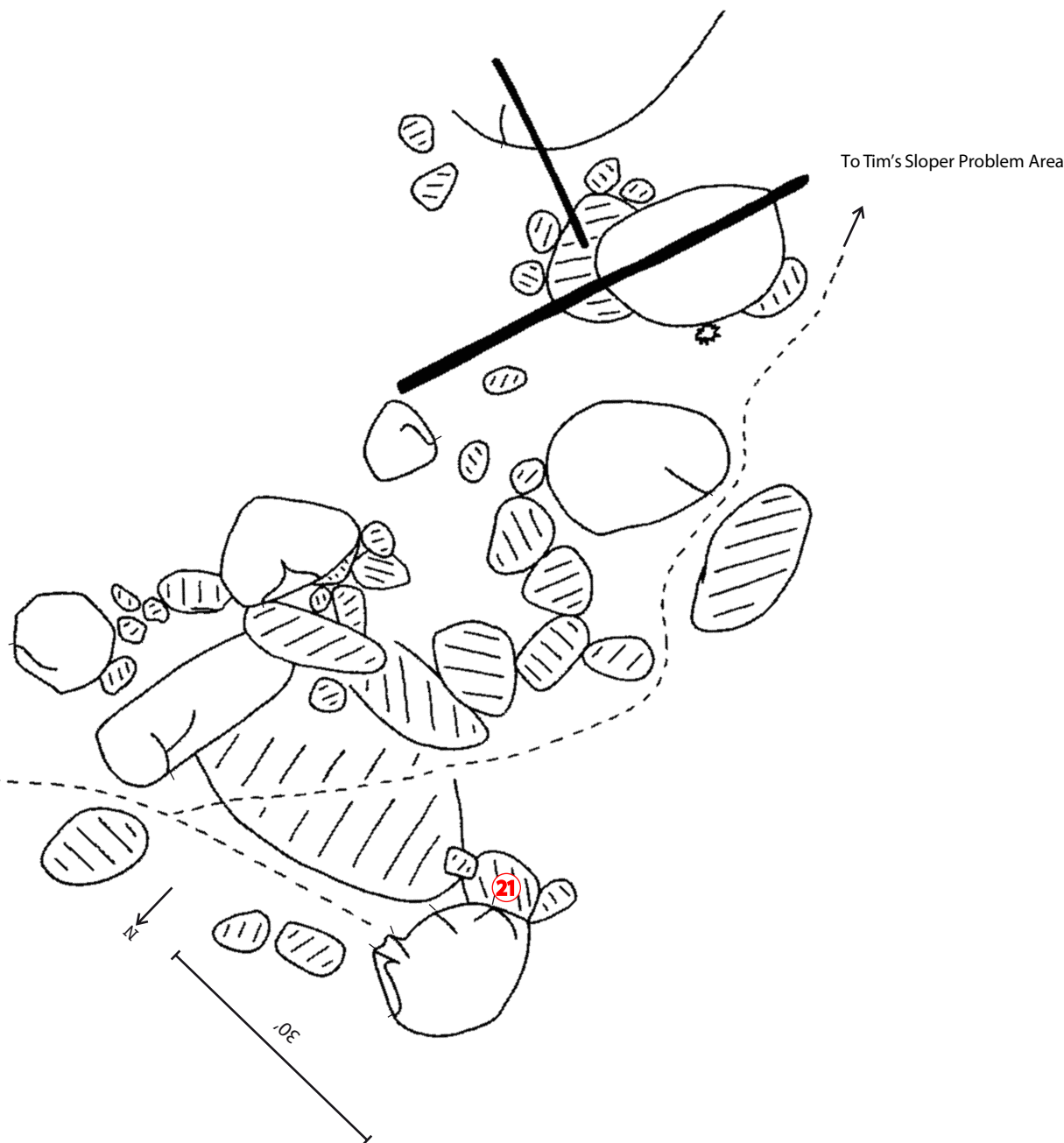
1. **Pocket Problem** *start with hands on high jugs and move up left to pocket*
2. **Atlas** *sit down start and left*
3. **Trad Killer** *sit down start*
4. **Star Fish** *left hand on small hold and right hand on arête in the hole*
5. **The Golden Bowl** *right hand on good pinch and left on the arête*
6. **Mantle Madness** *start on rail and mantle*
7. **Fish Food** *start on obvious edge and scary!*
8. **Charge** *stand up to Autobody right hand on good hold and left on small crimp below*

9. **The Rail Thing** *start with left hand on sloppy rail and right hand on crimp*
10. **Child Abuse** *start with high left pinch on left arete and good pinch on right*
11. **Lipsmack Traverse** *start right and move left*
12. **Superfly** *sit down start*
13. **Easy in an Easy Chair** *start far right and move left*
14. **Palminator** *start as for Easy and move up*



Circuits. twenty-five v4s in a day

- 15. **Practical Horseman** *start low just right of arête and go up*
- 16. **Propagandi** *start on low holds and climb arête with trickery*
- 17. **Chicken Burger and the Devil** *stand start and move left*
- 18. **Skin Graft** *start pinching both arêtes and up*
- 19. **Sloppy Poppy** *sit down start*
- 20. **Hmmm** *start on slopers*
- 21. **Pulling Teeth** *sit down start with hands in rail*



- 22. **Thighmaster** *sit down start*
- 23. **Blackmark** *sit down start*
- 24. **Mantis** *sit down start*
- 25. **Timeless** *start on left rail and up*
- Alt A. **Squamish Jump Start** *jump to big holds and up*
- Alt B. **Tea Bag Undies** *start on big pinch and all the way up*
- ALT C. **Tim's Sloper Problem** *start on left pinch and up*



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Photo Selection



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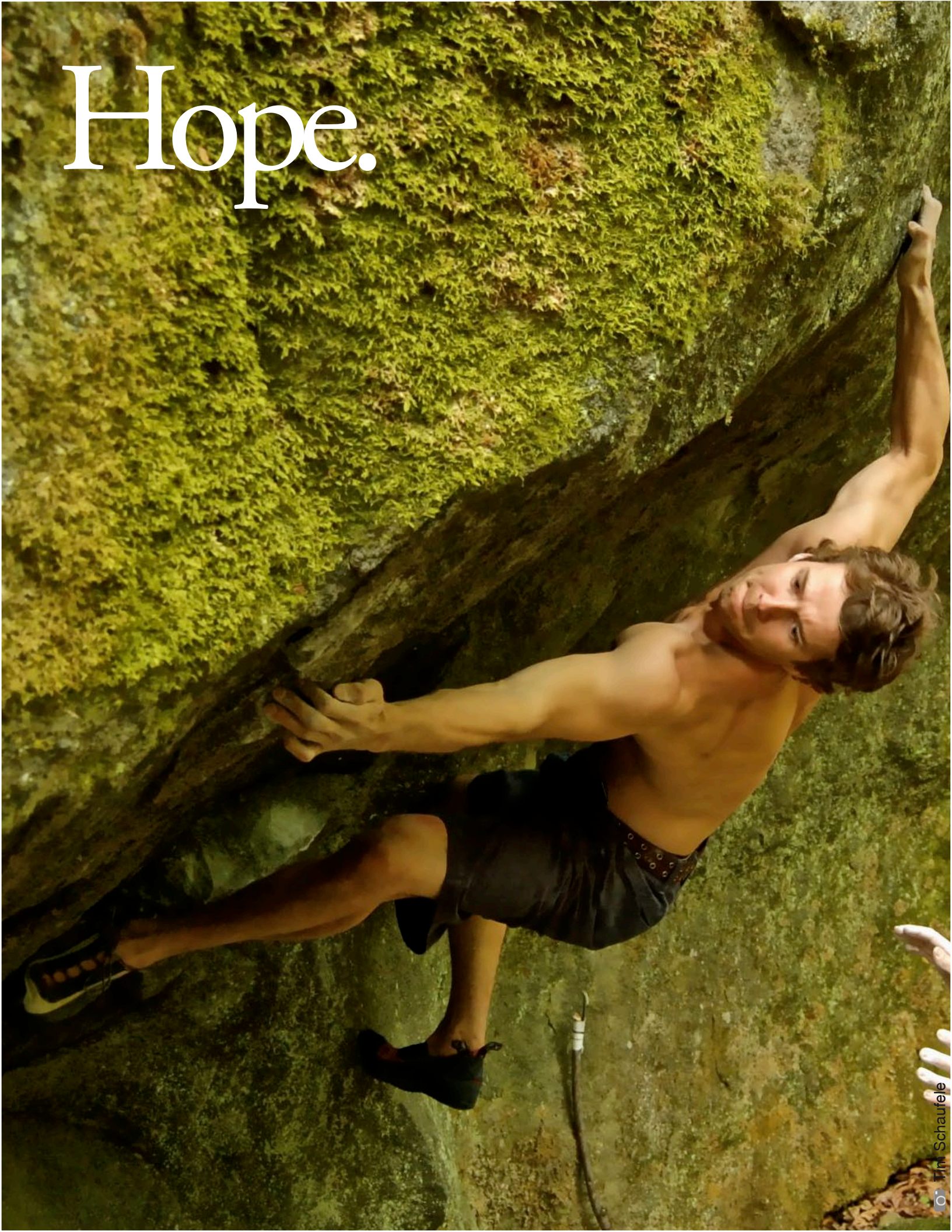
The first issue of this magazine would have not been possible without the contributions and help of a lot of people within the Squamish climbing community. First, I would like to thank both Rich Kupskey and Mike Chapman for putting up with me hounding them about writing their feature articles, not to mention their dedication to continue working on these assignments after finding new boulders. I would like to thank Gary Foster, and Gord Konkin for being truly psyched when first hearing the idea of the magazine and maintaining that psych every time I went to them with an idea or a question. Special thanks to Carla Cupido, Luke Zimmerman, and Peter Michaux, for contributing content articles that set the bar for the next issue. I would also like to thank all those who contributed photos including Mike Chapman, Peter Winter, Gord Konkin, Jamie Chong, Mike McCarthy, and Vikki Weldon, and Israel Cruces. Finally, I would like to thank all my friends who didn't complain when I was talking about the magazine all the time including Tim Doyle, Matt Lucas, and Brent Mickelson.

Without future contributors sharing their experiences about climbing in Squamish and surrounding areas, this magazine will not last. If you, the reader, take a cool photo of your friends or have an idea about an article, please don't hesitate to contact us at info@scmagazine.ca. This magazine is not about the cutting-edge climbers writing cutting-edge articles. It is about people who are passionate about climbing and want to share that passion with others. I hope that the pages here have given you a few ideas of your own, and when they do, don't keep those ideas to yourself!

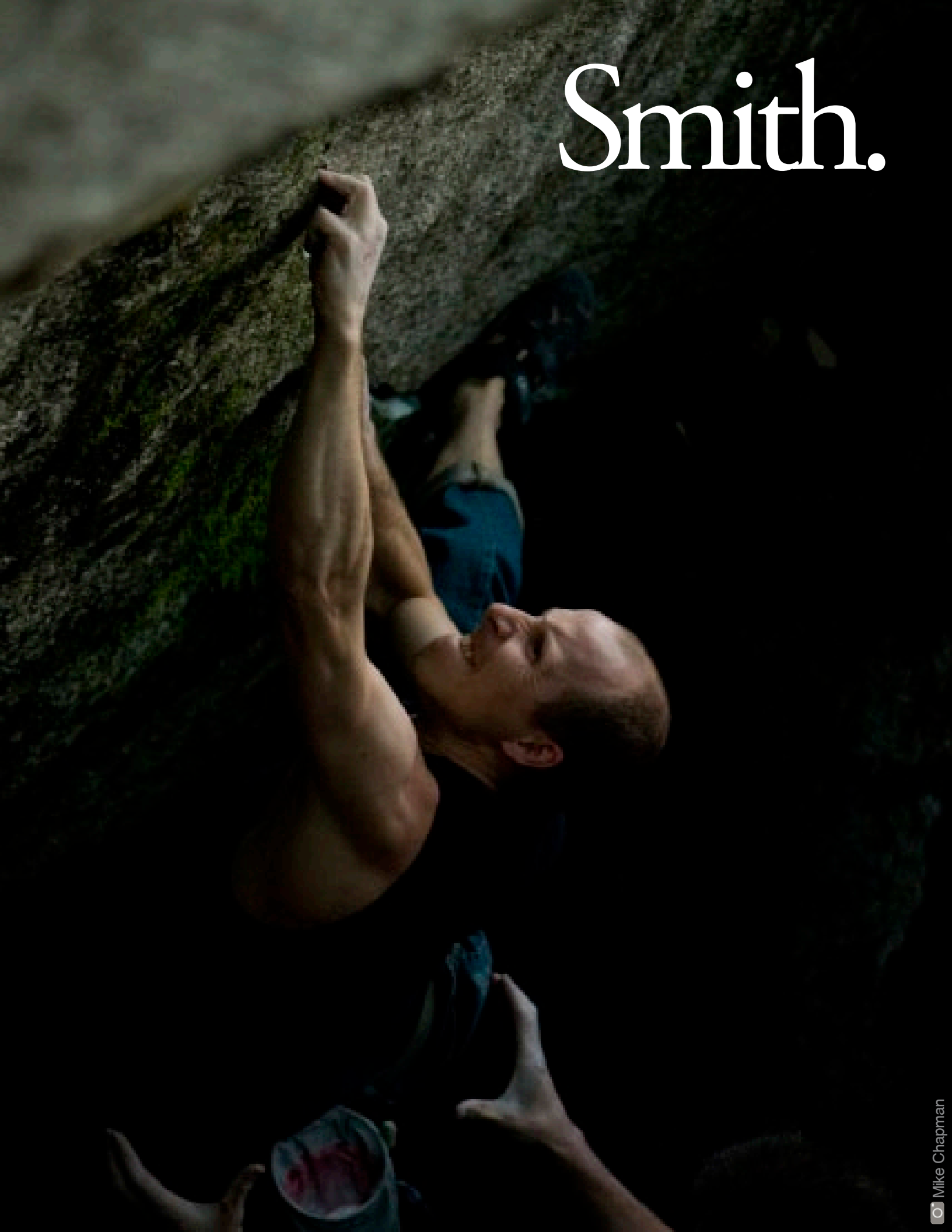
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