

A photograph of a person climbing a dark, textured rock face. The climber is wearing a blue t-shirt, olive green pants, and a climbing harness with various gear. They are using their hands to grip a vertical crack in the rock. The background is a vast, textured rock wall.

squamishclimbing Magazine

Volume one
issue two

Hope

Jeremy Smith

Scrub your face



Find your mountain



LA SPORTIVA®
innovation with passion

www.lasportiva.com

PHOTOGRAPHY: ROB MULLIGAN JUMPER: BUCK BRANSON



ROCK STAR ESCAPE PLAN - AIR STYLE
move with confidence

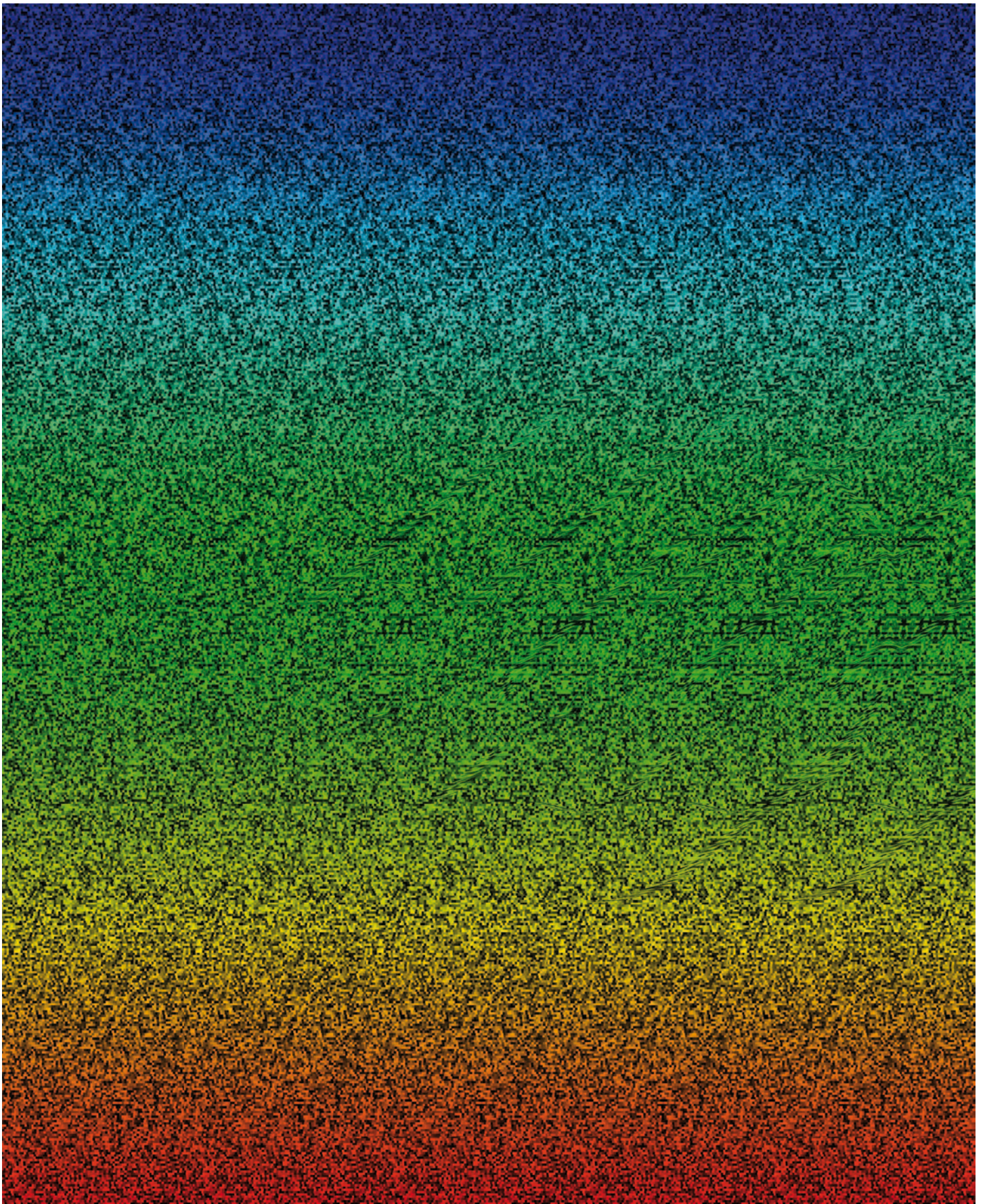


LEARN MORE ABOUT F.A.T. TECHNOLOGY AT WWW.FLASHED.COM



blurr

www.blurrstuff.com



scmagazine.ca

volume 1 / issue 2 / fall 2009

squamishclimbing Magazine

Publisher Tim Schaufele

Editor in Chief Tim Schaufele

Technical Support Gary Foster

Contributing Writers Jeremy Blumel

Jeremy Frimer

Jonas Gagnon

Jacqui Hudson

Marco Lefebvre

James Lucas

Gord Konkin

Rhea Thompson

Contributing Photographers Phil Audet

Thomas Burden

Mike Chapman

Gary Foster

Jonas Gagnon

Dave Horn

Trent Hoover

Jacqui Hudson

Gord Konkin

Hayden Miller

Peter Winter

Andrew Wylie

Squamish Climbing Magazine is published five times a year. The publisher of this magazine does not accept liability for errors in articles, advertisements, or unsolicited manuscripts, photographs or illustrations. The opinions and words of the authors do not necessarily represent those of Squamish Climbing Magazine ownership. Copyright © Squamish Climbing Magazine 2009. All rights reserved. Reproduction of any material published in Squamish Climbing Magazine is strictly forbidden without written consent of the publisher.

Warning: The activities described in Squamish Climbing Magazine are dangerous and pose significant risk of personal injury or death. Squamish Climbing Magazine disclaims any responsibility for the injuries or death of any person engaged in these activities. The information contained in Squamish Climbing Magazine should be used at your own risk and do not depend on the information in this magazine for determining personal safety or choosing to engage in any activities described in its contents. Squamish Climbing Magazine makes no warranties of any kind regarding the accuracy or reliability of the information contained in its contents. Read and use at your own risk.


WEBSITE: Scmagazine.ca

CONTACT: info@scmagazine.ca

MADE IN CANADA



Here: Dale Moore on *It's Not About You*, Fern Hill

Cover: Ken Anderson on *Crime of the Century* at The Smoke Bluffs  Thomas Burden

Contents.

| | | | | | |
|----|----------------------|----|------------|----|------------|
| 9 | foreword | 35 | sharp end | 43 | covershot |
| 10 | squamish news update | 36 | gordsworld | 44 | final word |
| 27 | perspective | 38 | focus | | |
| 29 | five on five | | | | |
| 30 | injuries | | | | |
| 31 | training | | | | |

11 | SPOTCHECK: HOPE BC

MARCO LEFEBVRE GIVES US A LOOK AT THE HISTORY AND DEVELOPMENT OF HOPE BC, GROUND ZERO OF FRASER VALLEY.

16 | SPOTLIGHT: JEREMY SMITH

GORD KONKIN INTERVIEWS LOCAL TALENT JEREMY SMITH. WHO WILL GET THE LAST WORD?

20 | DEVELOPMENT: SCRUB YOUR FACE

JEREMY FRIMER BRINGS US UP TO SPEED ON TRAD DEVELOPMENT AND WHAT IT TAKES TO STAY ON TOP OF THE GREEN MACHINE.

Features.

Unknown climber on *Jack's Baby*, Grand Wall Boulders





foreword.

Fall

By Tim Schaufele

Fall is, without a doubt, my favourite time in Squamish. Of course there are the obvious reasons; the crowds of the summer have finally gone home; the temperature has dropped back down to jackets and jeans; and the slopiest slopers have finally grown back their teeth. But for me, it is something more than just the obvious.

Perhaps I like fall because the climbing at this time of year is unpredictable. Take my morning routine for instance: wake up to get ready for work, check the weather before getting in the shower, check the weather after getting out of the shower, look outside to see if it is raining, call a friend. It is almost as if mother nature is playing a trick on you when you wake up to blue skies and not a puddle on the ground. It is like you and her share a secret, “The boulders are going to be awesome today!” she whispers.

Perhaps I like climbing in the fall because you have to work for it. Maybe that means driving up to Squamish after work between rain day one and rain day two or having a head torch in your backpack at all times or making two lunches every morning just in case the wind blows really hard in the afternoon. In fall, you do whatever it takes. Lets put it this way, if the fall was an animal, it would definitely be a cat. Fall doesn't just hand you its affection, you have to earn it.

All these things aside, I think I like fall the most because of these things: arriving at the parking lot and knowing who is in the boulders by their cars, warming up alone without a sound, finding your friends trying their hardest on a problem where they can do all the moves but are looking for that one last go, not being able to find a foothold because it is too dark. seeing you car in the parking lot all alone. It is these things that makes fall my favourite.

We have got a great issue with a load of new contributors. A special thanks to everyone who made this issue possible. I hope you enjoy!

A photograph of a woman with long dark hair, wearing a red and white striped tank top and a necklace, climbing a dark rock face. She is looking upwards with a focused expression. The background is dark and textured.

Squamish newsupdate

Squamish News Update is a column dedicated to reporting the ascents of those individuals who pushed themselves to complete a boulder problem or route that was difficult for them as well as recent development in the Squamish area. If you or someone who know completes a route or problem that gets you psyched, please send news to info@scmagazine.ca

Over the months of August and September, a lot of development took place in the Squamish area. Matt Lucas and Mike Chapman were hard at work establishing problems at the 'Point Five' area located at the .5 mile sign on the Mamquam Service Road, including first ascents of *The Eye*, *Mast*, and *Astroman* along with a few new sit starts that may prove to be quite difficult. Jack Fieldhouse regained his psych by opening up a number of new lines in Paradise, including *Train Spotting* and *Whistle Blower*, both highballs, and a few other problems including *Hobo's Lullaby*, *The Headless Horseman*, *Sleepy Hollow*, and *Ichabod Crane*. Joining Jack on a cool day in October, Tim Schaufele finally got the chance to put up a highball, aptly named *Bubble's Bobble*. Reagan Daly put up a new problem in the Grand Wall called *Operation* and Israel Cruces added *Peekaboo* to the Swank Stretch area. Three new problems were put up in *The Shelter*, located at the top of the *Roman Chimney's* on The Chief (worth the walk!). Finally, a new bouldering area was found before Murrin Park that is now home to a pair of hard lines.

In trad development, Jeremy Frimer cleaned up a number of lines on the *Gnesis Wall* in Murrin Park and added a variation to *Geneside*. He also put up two new lines, *Cain and Abel* and *Original*

Thin along with Jeff Thompson adding a new route called *Pseudo-Buddists*. Damien McCombs, Brock Wilson, and Jeremy Frimer also developed a new 5-pitch trad route on the left side of *Oleson Creek Wall* called *Wire Tap* (topo available in this issue).

In other news, Senja Palonen sent *Going to California* on the backside of the Chief. Yuji Hirayama was also in town, making an ascent of *Cobra Crack* two months after local boy Will Stanhope made his ascent of this magnificent crack. In sport climbing news, Sean McColl made the second ascent of *Dreamcatcher*, only to go back the next day and complete the climb two more times for video. Sean also made an ascent of *The Proposal*. Simon Parton made a rare ascent of *The Down System* and also sent *Black Magic* in the boulders. Ryan Olsen completed *Permanent Waves*. Stacey Weldon, Thomasina Pidgeon, and Tim Schaufele all made ascents of *Archives* in early August. It should also be mentioned that Vikki Weldon made an ascent of *Division Bell* just before the summer. In other news, Sarah Panofsky and Tony McLane sent *Zombie Roof*. Gary Foster sent *Save the Pushers* at Horne Lake. Peter Michaux made an ascent of *The Weasel* and *Pray for Mojo*. Sam Schwartz did *Worm World Low*. *Pool Project Low* was completed. Tim Catcher made an ascent of *Encore une Fois* and Israel Cruces completed *The Egg*. Congratulations to all those individuals who completed projects that were not listed here.

Again if you know of someone who has sent something that was hard for them, please email info@scmagazine.ca and we will be sure to print it in our next issue! Let's hope the fall brings some dry weather!

Hope BC

ground zero for the fraser valley

words by Marco Lefebvre


I remember walking into the forest back in 1998, oblivious to the moss covered boulders that surrounded me as I made my way to the base of the wall. Upon arriving, I looked up the face and immediately pondered whether I would ever be able to climb a wall this size. I was a green gym rat and the enormity of the face overwhelmed me to the point where I wondered if one pitch climbs would be a better option for now. I headed back to the car.

As I made my way back down the trail, I began to notice that some of the boulders had been scrubbed and showed barely visible chalk marks. I came upon one line that had a touch of chalk on both the starting and the finishing holds, but the sloping lip looked clean. The traverse looked impossible, but I was intrigued by this problem. I returned a month later and sent the problem after a few tries. Who would have known that this send would lead to serious boulder development in the

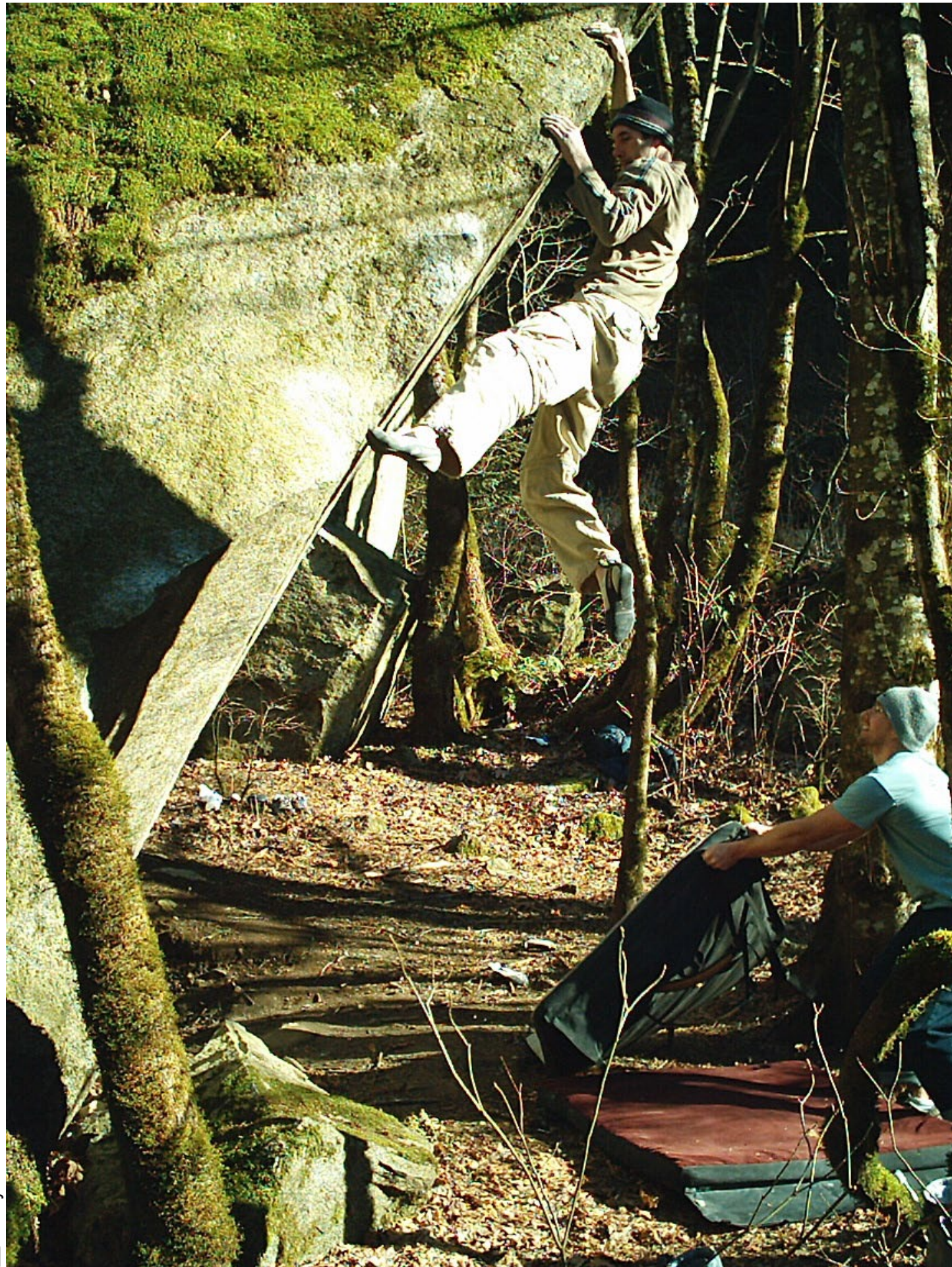
Fraser Valley? The problem was *Easy in an Easy Chair*.

A few months later, I received a call from the Valley strongman, Nate Woods. He told me he had seen some boulders within a tree line on his way east along Highway 1 near Hope, BC. Two days later, we were standing among some of the most impressive looking giants I had ever seen, with bizarre water erosion features begging to be chalked up. The area would later become known as *Old Hope*, ground zero for boulder development in the Fraser Valley.

We spent that season developing *Old Hope*, which runs parallel to Hwy 1 for about one km on the south side, 30 seconds past the Hunter Creek rest stop exit. We would later be joined by Quinn Chevalier and Leroy Froese at the *Gold Rush* area. This was our first experience at developing and we were like kids in a candy store. The Gold Rush section of Old Hope is a densely packed slide of



Rich Kupskay on Mezacorom
at Hunter Creek. Photo: Brent Mickelson



© Leroy Froese

Marco Lefebvre on *Ecocide* at Hunter Creek.

Spotcheck. large boulders with rough landings that has produced a few classics like *White Ninja*, *Rhino Fury*, *Battle of Five Armies*, the heart stopping *Knife Blade Arête* (don't fall on this one), and *Ra*. Nate also added three highball classics, *Life Reaper*, *Razorback*, and *Terminal Velocity* on the huge *Lightning Boulder*, at the base of the slide, and came back the following season to put up two mega-classics, *Leviathan* and *Blade of Lightning*, which would define Hope bouldering: High and hard.

The following season we found ourselves just down the road at *Hunter Creek*. We first began developing on the east side of the creek but after a few months we were non-verbally asked to leave with extreme prejudice. It was unfortunate we didn't know that we were on private land but we had already put up some amazing problems along the creek. We decided to try the west side of the Trevor Edwards on *Speedbump*.



© Marco Lefebvre



© Marco Lefebvre

Marc-Andre Leclerc on *Frantic Antics*.

creek which turned out to be a great decision. Not only was the forest littered with large boulders, but we received permission from the land owners to climb there. The area is located about one minute west on Laidlaw Rd. up the Lorenzetta FSR. There is parking at the bottom of the first hill which makes access quite easy. With boulders scattered throughout the forest all the way down to the creek, this area would soon become the jewel of the Valley with its tall boulders and high percentage of flat landings. That first year produced some classics like *Big Ideas*, *Bewilderbeast*, *Mezacorom*, *Middle Mind State*, and *The Nose*. There were also some non-locals that stopped by and left us with classics like Trent Hoover's *Sleight of Hand* and *Snake Charmer*, along with Tim Doyle's send of the *Goldfinger* project.

By this time, word had slowly trickled out of the huge bouldering potential in the Hope area. Development began to spread at a very

Spotcheck. fast pace within the next year, with climbers like Drew Brayshaw and company over at the massive *Lake of the Woods* slide, with its labyrinth of boulders on a beautiful lakeside setting, and the Burnaby crew up at *Silver Lake*, having established areas such as *The Lemurs*, *Shinobi Gardens*, with its great selection of moderates, *The Shire*, with the climbers campground next to a river, and the *Solar Caves*. Two scrubbing machines, Jeremy Postal and Jeremy Childs, also put *The Cobbles* on the map, with its pockets on huge boulders. During this period we also began development at the *Elbow Lake Boulders* below the big multi-pitch amphitheatre, and the Hwy 7 areas, which have not seen much development to date.

Unfortunately with no guide books and relying only on word of mouth, this small group of dedicated Valley climbers could not keep up with all the areas. Soon, trails were lost to undergrowth and problems succumbed to second growth moss. Only recently has there been a revival thanks in part to information on fvbouldering.com, other sites, and a new generation of climbers like Shawn Arnold and crew over at Hunter Creek, Trevor Edwards and crew, Tara Boudreau, Brock Tilling, who recently sent the classic *Nautilus* at *Old Hope*, young phoneme Marc-Andre Leclerc who is throwing down everything in his path, and a few of the old relics having revived their climbing lifestyles.

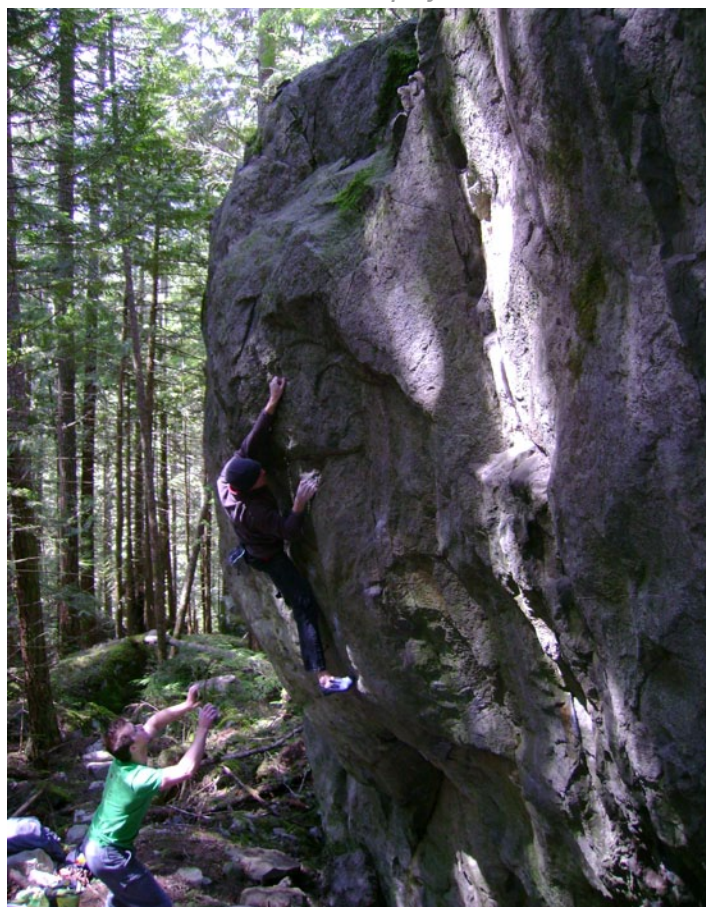
Two new secret areas have seen development lately, where one could be the largest in the Valley, while we waited patiently for eight years for permission to climb at the other. With rumours of other areas being developed, and a guide book with an early 2010 release, the future of bouldering in the Valley looks bright. Let's hope the trend continues.

Marco Lefebvre has been bouldering for 11 years. He lives in Agassiz, BC.



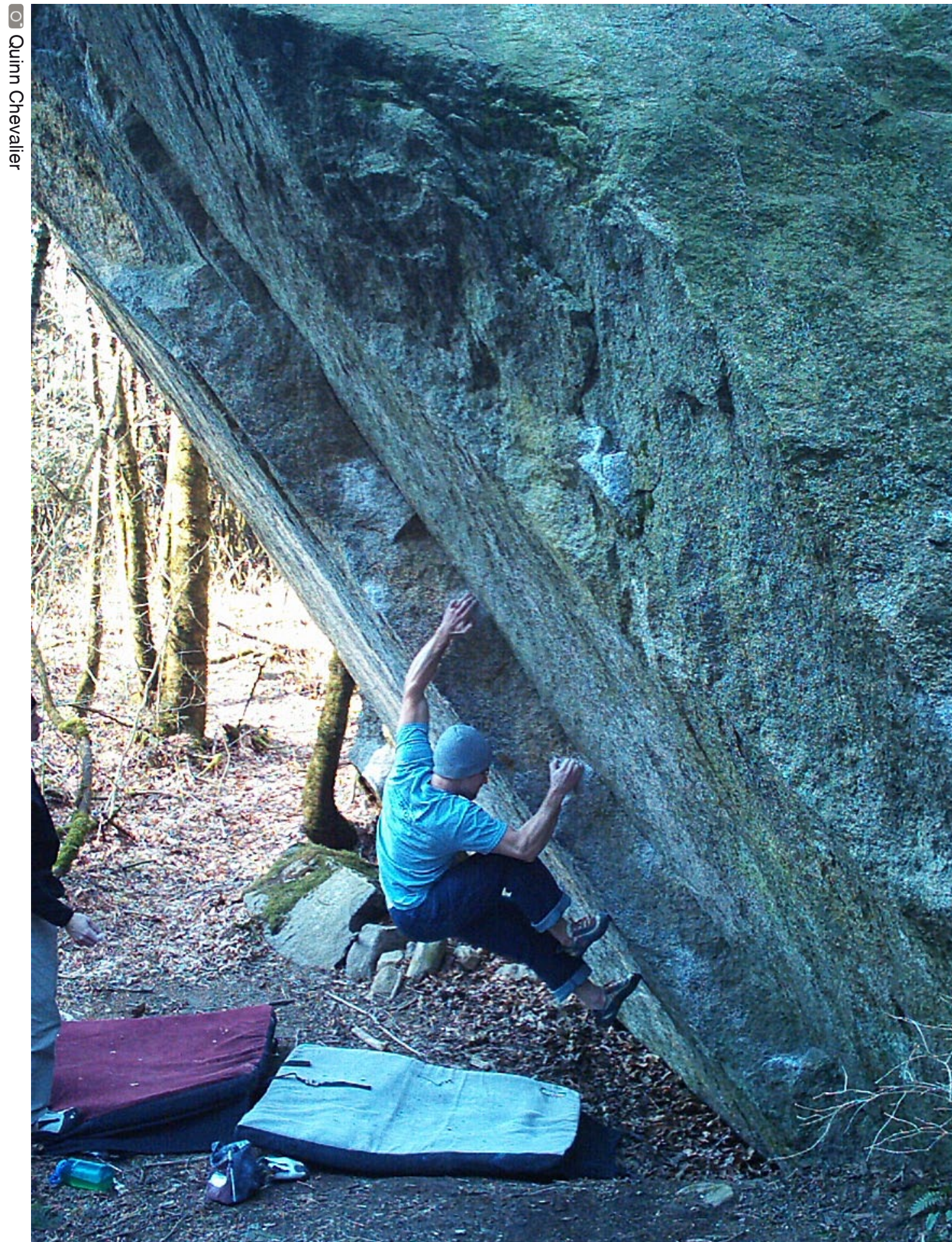
Marco Lefebvre

Nate Woods on *Shopping For Blood*.



Marco Lefebvre

Simon Villeneuve on *The Sphinx* at Lemurs.



Quinn Chevalier

Nate Woods on *Goldfinger* at Hunter Creek.

Spotcheck. Hope Beta

Hunter Creek

The Hunter Creek boulders are most likely the largest area in Hope with the highest concentration of problems. To get to Hunter Creek, take the Hunter Creek exit from Highway 1 (exit 160). Turn right onto Laidlaw Rd. and drive until you see a dirt road that heads left (Lorenzetta FSR). Drive to the top of the first hill until you see a pull out. The boulders are located on the left side of the road where you will see a small trail. When you enter the boulders, you will see a huge boulder: This is the Goldfinger boulder. Most of the bouldering at Hunter Creek can be located by taking the trail to your right. This trail winds its way down (15-20 minutes) to a barbed wire fence. Beyond the barbed wire fence is private property and it is not recommended you go there.

The Cobbles

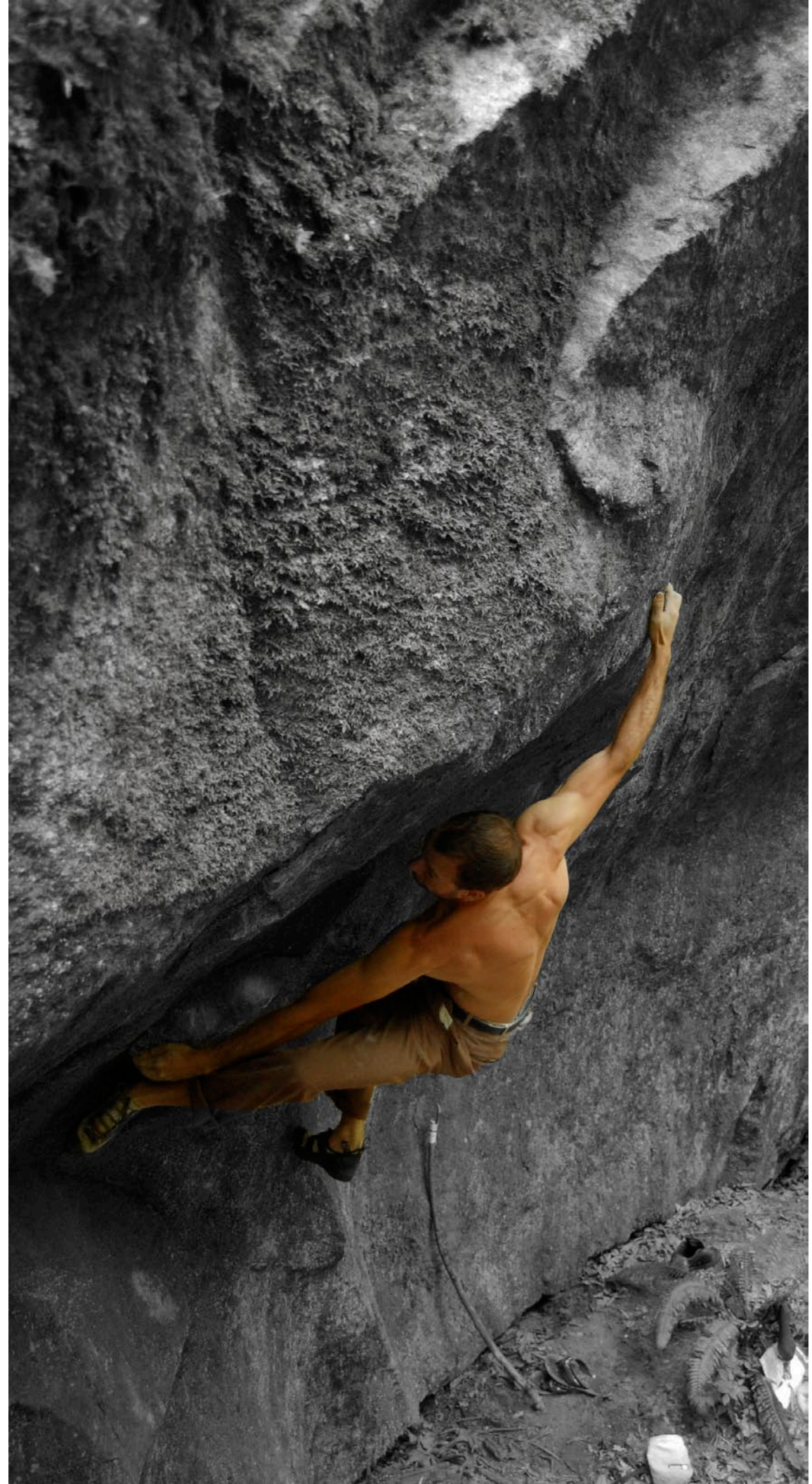
The Cobbles are most likely the steepest bouldering in the Fraser Valley. Follow Highway 1 east until you reach exit 168. Take a right onto Flood-Hope Rd. Make a right onto Owl Rd and park in the parking lot opposite the red-roofed building. A gravel road left of the motel will take you to the first area. Note: The boulders next to the motel are off limits. Alternatively, go past Owl Rd. for 200 m until you reach a cement barrier. Park here and follow the road until you see a garbage pile on your right. Take the trail on your left to reach the boulders.

Old Hope

The Old Hope boulders were the first boulders to be developed in the Fraser Valley and are home to some classic lines. The Old Hope boulders are located on the south side of the highway (the right side when coming from Vancouver) approximately 1 km from the Hunter Creek exit. There are three ways to enter the boulders. The first is to park on the highway and enter the forest directly (illegal). The second way is to park at the Hunter Creek rest stop and hike into the boulders (20 minutes). Finally, some people drive up the pipeline clearing (this way requires a 4x4 vehicle. Access all areas by following the trail that runs along the tree line.

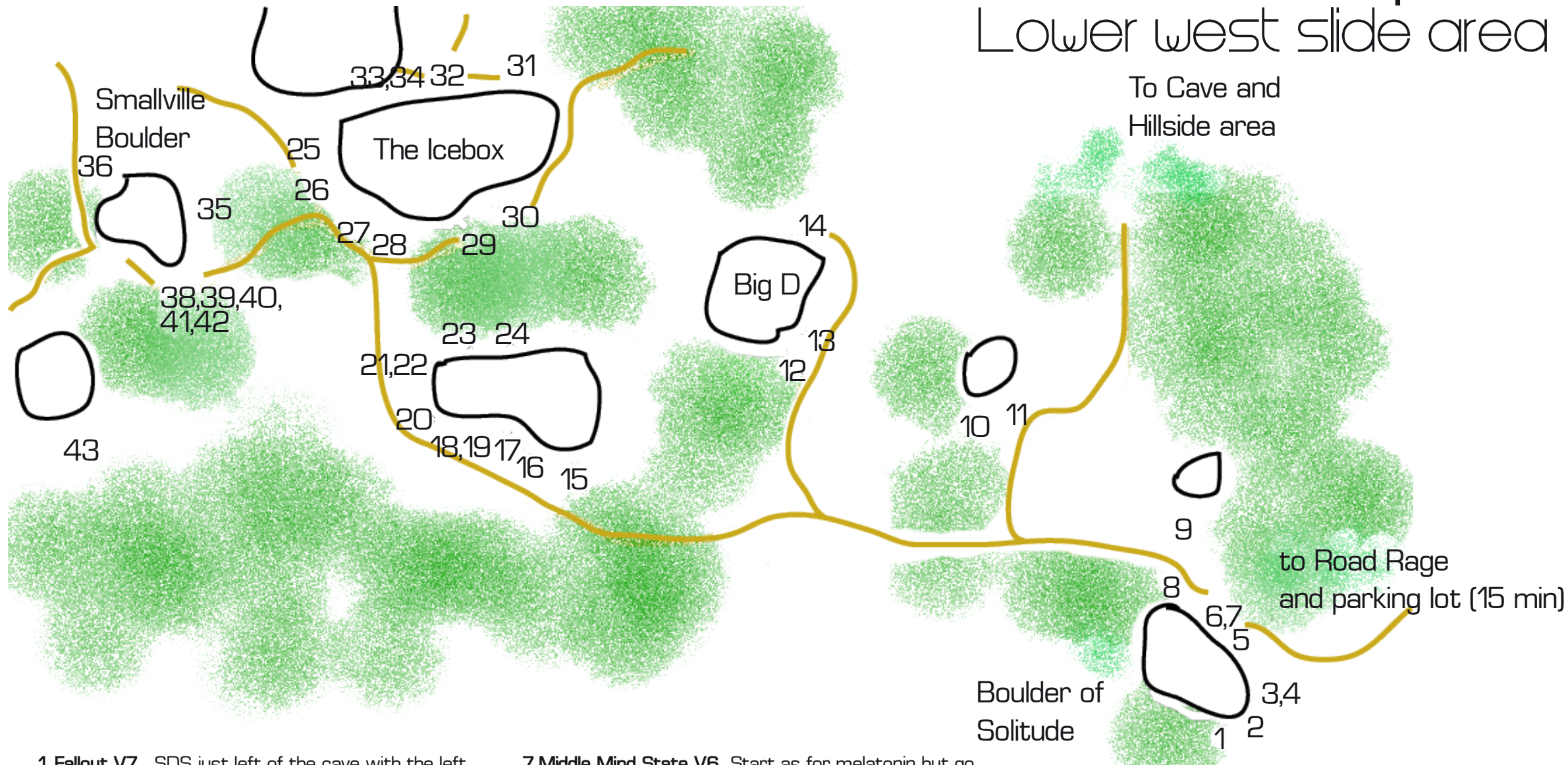
Lemurs and Shenobi Gardens

Follow Highway 1 east until you reach exit 168. Turn right onto Flood-Hope Rd. and then take another right (large dirt road) onto Silver Creek Rd. Follow Silver Creek road (this will turn into Silver Skagit Rd.) until you reach a fork in the road. Take the left fork and continue down the road until you reach a LARGE pullout on your left (usually has a garbage bin). On the left side of the pullout there is a faint trail that leads into the forest. Follow this trail up until you reach your first few boulders. As you continue to follow the obvious trail, you will come across a number of big boulders. To get to the Shenobi Gardens, follow directions as for Lemurs. When you get to the fork on Silver Creek Rd take a right over the bridge. Park in the campground parking lot and take a trail on the right side of the road that leads to the lake. With a little exploration you will find Shenobi Gardens and a number of other little areas that are well worth the walk.



Spotcheck. Hunter Creek Topo

Lower west slide area



1. **Fallout V7** SDS just left of the cave with the left hand on a good side pull and the right on a thin edge in the cave. Follow the sloping arête.
2. **Project** SDS in cave with the right on the obvious jug and the left on a thin edge just below the lip.
3. **Unnamed V9** FA Jordan Wright after pinch broke. SDS with left on the jug and right on a pinch. Feels just like The Egg in Squamish, but you throw with the left.
4. **Wormwood V8** Start as for #3 but head up right on very thin edges.
5. **Stand Alone V2** Start matched on a good flake and head up right.
6. **Melatonin V7** SDS from a left sloping diagonal rail. Head up left on great edges.

7. **Middle Mind State V6** Start as for melatonin but go straight up to a shallow pocket.
8. **Big Ideas V9** SDS from two edges below the rounded arête.
9. **Unnamed V0** SDS from a good hold.
10. **Nate's Arete V2** Start low on the arête.
11. **Marco's SDS V3** Right on a this edge, Left on the arête.
12. **More Deliverance V2/3** SDS from the left side of the scoop.
13. **Deliverance V2** Traverse the lip from the right side of the scoop. Fun.
14. **Unnamed V8?** Lay back start from thin edges.

15. **Burrow V4** Work your way onto the shelf from good holds on the roof of the low cave, and exit up the slab.
16. **Captain Scarlett V4?** Move up to a good edge from two thin edges on the arête, and throw for the jug.
17. **Unnamed V5** Start on some thin edges and go up and right to jug.
18. **Sleight of Hand V5** Move through the wave using edges and a rail. Classic.
19. **Sleight of Hand Low V6** Compressed SDS from where the face cuts under.
20. **Project** SDS with left hand on an edge and the right on a thin flake. Go up left towards the shelf.

21. **The Squeeze V4** Start with both hands matched on the left sloping shelf.
22. **The Squeeze Ext. V5** Traverse up into the finish of Sleight of Hand.
23. **Unnamed V1** Climb the blocky holds.
24. **Project** Go up to a sloping top out using right facing edges.
25. **Bewilderbeast V5** Start slightly right on edges and head up into the scoop.
26. **The Darkest Road V8** Go up and slightly left through the bulge. Great problem.
27. **Saint Marco V8** Climb up onto the steep slab from an iron cross position and exit through the scoop.
28. **Project** Traverse up the right side arête and finish as for Saint Marco.
29. **Unnamed V?** Climb the tall face.
30. **Unnamed V?** Climb the tall face.
31. **Mezacorun V8** Work your way on to the diagonal left slanting rail for the blocky start. One of the best at Hunter.
32. **Mr. Majestic V6** Start on edges just above the low diagonal rail. Work your way left along the thin flake to gain the good slanting rail.
33. **Kinetic V6** Slap your way up the prow.
34. **Kinetic SDS** Start from some bad holds.
35. **Unnamed V3** Left hand in the seam, right on a small side pull.
36. **Inbreeder V5** Climb out of the scoop from some thin edges.
37. **Smallville Traverse V2** Traverse the arching lip and mantle at the peak.
38. **The Nose V4** From a SDS cup the nose with the right and use a small edge for the left. Throw for the lip and finish directly over the peak.
39. **The Nose Variation V4/5** Same start, but left low on a positive edge.
40. **The Nose Right Exit V6** Finish up the sloping right lip.
41. **The Hulk V10?** Left hand low on the positive edge, reach the right out to a very thin 3 finger edge. Throw for the lip and finish with the right exit. Sick!
42. **The Hulk Left V9?** Finish as for The Nose

WARNING: Some of the problems described in this guide may be a little green. Bring your brushes people!

Spotlight.

JeremySmith



SMITH WALKING THE LINE.
PHOTO: MIKE CHAPMAN

Point Blank Q+A



PORTRAIT SHOT.

Interview by Gord Konkin

Jeremy Smith has been making a name for himself for years in the Canadian climbing scene. Originally from Kitchener, Ontario, Jeremy has lived in Squamish for the past 9 years. He is what I would call a “Take Me as I Am” personality. He never shies away from giving his two cents and when he speaks, people listen. Climbing with Jeremy is like chasing an orang-utan doped out on amphetamines. Born out of a serious gym climbing career, Jeremy has a tendency to literally run up routes with his dynamic, gymnastic climbing style. Here it is, point blank with Jeremy Smith.

First off, is it true you and your girlfriend (Tiffany) rescued Scoutie from a really bad man while living in Squamish?

Scout is a great dog who didn't deserve to live in a warehouse. I had been taking him for walks and out climbing when I could because I felt bad for him and he's such a nice guy. We decided to give him a good retirement (he's 12) so one day I just didn't bring him back. Anyone who's met me climbing will attest to how nice he is (most of the time).

The story goes that you used to be an avid compe-

tion climber, tell me about your experience with climbing competitions?

When I was in high school and living in Ontario, there were some long winters and big gaps between trips to decent climbing areas. The competition scene was a way to have some purpose in climbing. For about 5 years, I went to any competition I could, from small local events to nationals and to a couple Jr. World cups. I think I have competed in somewhere around 50 in my career. On the international scene, I was firmly planted in mediocrity, but I had good luck in Canada. I really enjoyed it for awhile, got to meet tons of people, learn new styles, and be challenged. It was really fun. When I was about 18, I got burnt out by all the people taking it too seriously and the pressure I felt to succeed. I realised that comparing oneself to another was meaningless and moved on to route setting. This way I still enjoyed all the good things about comps, and I got to be creative using the techniques I learned. Then I moved to Squamish.

So then what is your opinion on climbers getting sponsorship?

That's a loaded question. Getting free shit (or paid) to use a product seems great but the problem is the promotion. Some people come out looking like whores while others can pull it off with dignity and are great ambas-



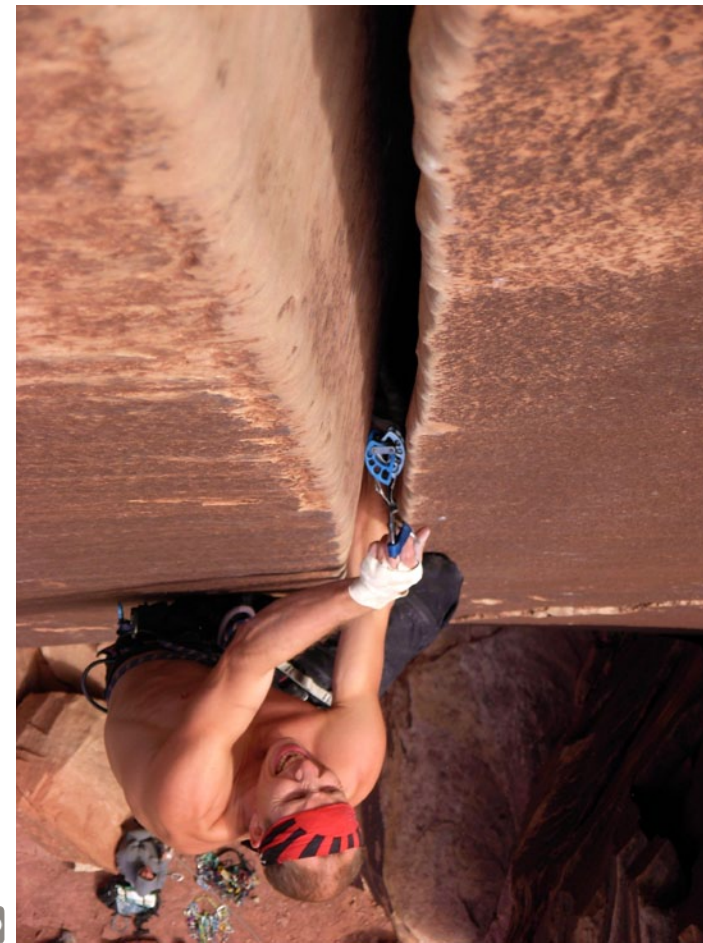
Mike Chapman



JEREMY GETTING HIS CRACK ON IN INDIAN CREEK.



Gord Konkin



Gord Konkin

sadors for the companies that they represent. It has a lot to do with the media, except for this publication of course, most of the shit in magazines that is supposedly content, comes from press releases from companies. Sure, the climber did something cool, but it sometimes seems like its just part of the advertising program for the companies. I respect the quiet guy who sends his projects and doesn't bother telling anyone much more than the guys in every magazine who seem to be screaming, "Look at me!"

Spotlight.

So Jer, do you have any sponsors?

No (laughs).

You are now a Director of the Squamish Access Society (SAS). Tell me what you guys are up to?

Lots, until I joined the ranks. I had no idea about all the things going on behind the scenes. SAS is constantly working with the Parks, the District, Land Managers and developers to protect access to climbing terrain in Squamish. Things like how much money we bring to the local economy, what the growing demographics are, and how we can absorb the 5-7 0/0 of new climbers every year. All this information is available as a download from the SAS site and I highly recommend giving it a read. Most recently, SAS has been asked by BC Parks to appoint a steering committee of prominent climbers to advise on resource management in the Stawamus Chief Park.

And what is the biggest threat to climbing in Squamish?

Other than the forthcoming zombie apocalypse, it's the climbers. Short-sighted, self-interested, crack-bolting, chipping, tree chopping, illegal camping, squeeze-jobbing climbers.

Do you feel the need to be prepared to fight zombies?

Absolutely! In a weird way, I kind of look forward to it.

What will be your weapon of choice?

Probably a small axe. I like it because it doesn't require bullets. And it's personal.

Rumour has it you and Andrew Boyd freed a long-standing project of his on the Tantalus Wall, any info?

The route is called *The Great White North*. Boyd worked on it with several partners on and off for around 7 years before I got involved. He cleaned, equipped, and FA'ed most of the pitches. I got involved about three years ago. It's all less than vertical and technical... a nightmare. Five pitches of the most ridiculous, low percentage moves you could imagine. Not a summer climb. I've spent

Spotlight.

more time on the *Good Boy Scoutie* pitch

(5th) than I have on any other pitch, ever. Three years off and on, maybe 50 tries.

What's the most memorable climb/boulder problem that you've ever done?

There's been lots. My first trad lead in the Adirondacks was special to me. Also, the time I ran out of draws on the second half of a sport route in Siurana (Spain) but continued to the top with only one biner left for the anchor, then proceeded to slip on sandy rock, barn door, and barely avoided certain ground fall. *Straight Outta Squampton* was fun, carrying 8 pads up the hill in 4 trips, then convincing Curtis (Suave) and Frenchie (Nathaniel) to hike up and give me a spot. One of the best was hearing that Jordan (Wright) was going to try a project that a bunch of us were working, closing the store early (Climb On), RUNNING to the boulders straight to the project, doing it third go, Jordan sent next burn.

You are a vegetarian and it has always amazed me that only eating veggies and tofu can fuel such a big-framed, high energy guy. How do you do it?

It's just about eating good quality food, meat or not. Although, I think I'd be stronger with all those growth hormones.....

Does this make you a hippie?

If I'm a hippie, then you're a gentleman.

Ouch Jer! Tell me how the Grand Wall Bouldering Cooperative came about?

It's no secret that Squamish can be difficult for climbing in the winter. Last summer T-Bag (Tyson Braun) and I were talking about how we couldn't spend another winter training on small garage walls. For several years, I lived in the industrial park where I had a huge bouldering cave that served as an unofficial gym, and when I moved out, there wasn't a good-sized place to climb indoors in town. Climb On had shut down their bouldering cave, The Edge is an hour away and expensive, and



Gord Konkin

JER HARD AT WORK.

I wasn't cool enough to get invited to some of the more elaborate home walls in Squamish. We (the Co-op), in the space of two months, found a space, figured out how much money it would take, pitched it to the community, pre-sold memberships, built the gym, and opened the doors. The rest is history.

You always seem so in control. Do you pressure yourself to climb well?

Part of what I like about climbing is the control. I like that only the only variable is me. I always want to climb well, even on easy solo days at the Bluffs. When I climb like shit or feel weak, I – as I'm sure everybody does – get frustrated. Usually, I take it as a sign that I need to rest and I'm bad at resting.

I have got to be honest, Jer. We have climbed a bunch



Thomas Burden

SMITH ON SNAKE BITE.

together and I don't ever remember you looking scared while climbing. Do you harness the fear, or are you just never scared?

I guess that I harness it enough that you can't see it on my face. I get scared, maybe even terrified occasionally and usually with good reason. When I'm climbing hard above shitty gear or on a highball with a bad landing, I can still usually keep moving. Sometimes I block the fear completely, sometimes I'm not scared even when I should be, and sometimes I'm begging a god I don't believe in to get me through. Usually, it's somewhere in the middle.

Religion; friend or foe?

Not really interested in spirituality. I believe that I only have one life.

Jer, you've been a DJ (The Rat Houdini) for many years now. How do other DJ's treat you when you go?

Before I moved out here I was really into the music scene, DJing, starting to produce tunes, particularly drum and bass. Within a couple of years on the west coast, I had pretty much given up my goals in music. The problem is that the types of music that I like don't fly here. Dark, heavy, aggressive, chest-rupturing, scary tunes generally. Out here, it's all breaks and house and other easy to swallow types of music. I'm not dissing the west coast scene, it just doesn't click with me, and the shit I play doesn't click with most people here. I still DJ and produce a little, but it's hard to stay motivated when anytime I play what I like, the dance floor clears.

What routes/problems are you psyched on these days?

It's crazy. There are so many. For bouldering, *The Broom* is on the top of the list. That's the tall thing on the back side of the Singularity boulder. Also, there's that project by *Fun Factory*, steep, powerful, big moves. *World of Hurt* needs a direct start and a second ascent. There's so many problems that I'd like to do, but I generally can't stay focused long enough on anything to send. For routes, Boyd and I are hoping to finish off a project in the Dihedrals which has lots of cool and hard pitches. I put about 5 burns on *Cobra Crack* this spring getting some good linkage until I broke my pinkie on it. Shitty balls.

Finally, what are your plans for the future?

This year I decided to upgrade my skills. I started with a 120 hour wilderness first aid course. This month I'm getting tested for my ACMG assistant rock guide ticket, and I'm also testing this year for my SPRAT rope access ticket. I'm heading to Yosemite in October to try and free El Cap, then it's bouldering time. Long term, I'd love to do more travelling. Back to Spain, Ceuse, Verdun, back to Hueco (It's been 11 years!), maybe deep water soloing somewhere. I hope to be climbing as long as Becky (Fred Becky), so I've got lots of time.

Gord Konkin still parties like it is 1999. He is also from Manitoba. You put it together!



Development.

We are a small but growing breed. You will know us by our bleeding knuckles, by our harness chafe, and by the dirt in our eyes, up our nose, and down our pants. We call in sick to work so that we can continue our ecocidal rampage against the Big Green Machine. If you lay awake at night envisioning a splitter crack under a vertical, mossy forest, you are one of us. We are the Squamish crack scrubbers.

Over the past few years, I caught the cleaning bug. My first project was Optimus Prime (10c), on the left side of the cliff formerly known as the Squaw. While the route is far from classicland, it taught me a few lessons. I hope that my more recent work has evidenced improvement. Perhaps my finest hour was retroing Right Wing (10d+). In the last year, I cleaned up the Upper Black Dyke (10b) and Turnip (5.8) at the Grand Wall Base, slammed a decent rap anchor on the Acrophobes, and revamped Genesis crag at Murrin Park (where someone chopped one of my bolts). This summer, my friend Damien McCombs invited me into his project. Go check out our new invention, Wire Tap, a 5-pitch 5.9ish affair with a base crag full fun cracks, located on the left side of Oleson Creek Wall.

During those long hours of scrubbing, the mind has a tendency to wander away from the sea of moss and the sting of the harness. Over such times,

**scrub your face
and clean your crack**

words by
jeremy frimer

Photo: The author smearing mud around on the Upper Black Dyke.



Andrew Wylie

Frimer and Jay Burbee ready to install a proper anchor on the lower Acrophobe tower (Angel's Crest).

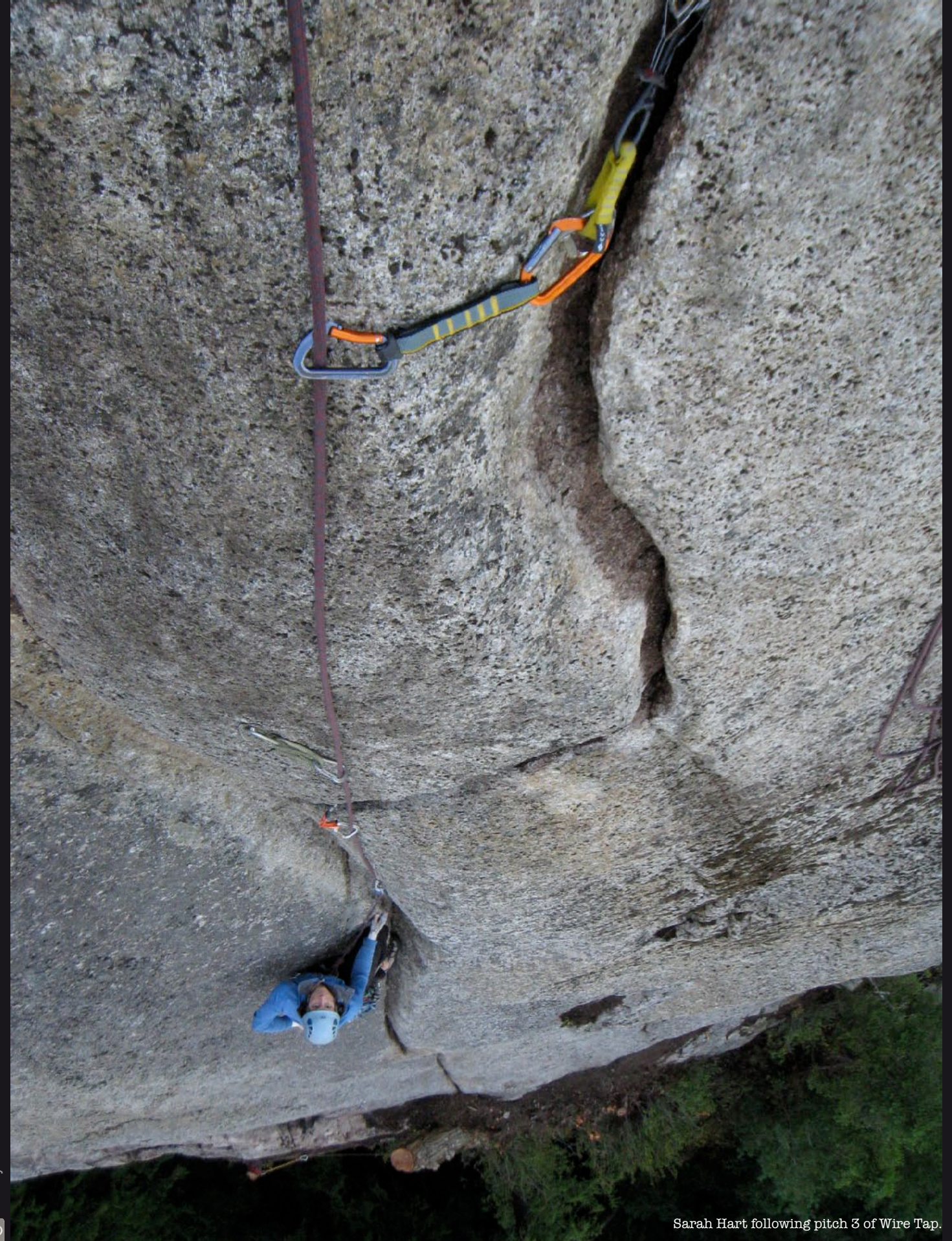
development

I've pondered much, and arrived (for the time being) at a perspective on the future of Squamish climbing.

The numbers of climbers in Squamish is increasing, doubling every decade according to the Squamish Climbing Strategy Report. Meanwhile, vegetation is encroaching, eating away at abandoned climbs. I'm 32. When I was 3, Genesis crag had no trees at its base (see the McLane guide, p.101). Last month, I climbed three 80-footers to prune back branches that were growing into the wall. Even Angel's Crest is getting a little scruffy here and there. Climbs that are left to the Big Green Machine for a few years overgrow. Add together increasing traffic and advancing greenery and you get polarization. Climbs will be

either "in" or "out", with few climbs in between. If this trend were to continue and the number of climbs remain the same, routes will become more crowded and knife threats on Angels Crest will become an everyday affair (this actually happened). A switchblade and brass knuckles will become part of the standard Squamish rack. Demand for quality climbs is on the rise. To continue with this economics perspective, we, the route developers, are the suppliers.

Route developers seem to share a desire that their routes get climbed. Seeing chalk in a crack that I excavated gets my psych on. Hearing about someone's battle with the Filibuster pitch Right Wing makes it all worthwhile. And seeing the same all overgrown, filled in with dirt, well... it just breaks my bleeding heart. We, the suppliers, spiff



Jeremy Frimer

Sarah Hart following pitch 3 of Wire Tap.



Enni Bertling tackling "What's Left", the steep final pitch of Right Wing

© Jeremy Frimer

up climbs; the consumer (the climber) keeps them that way. But consumers are discriminating folk—they pick and choose their routes to climb. As a result, we the suppliers are faced with a challenge: to scrub a line that will get a critical mass of traffic, and thus stay on the “in” side of “out”.

What qualities make a route get a critical mass of traffic? Allow me to offer up five suggestions. My aim here is not to discourage route cleaners or suggest that folks shouldn't go scrub whatever they feel like scrubbing. But if the scrubber's aim is for their route to stay “in”, then I endeavour to encourage some critical thought and discussion on the topic. Of course there will be exceptions to every rule; but each rule, I

suggest, has a general trend **development** behind it.

1. Quality of the line. This is a bit of a no-brainer but I flunked the test on Optimus Prime. If you can step back and see the line from afar, linking long, natural, aesthetic features like corners, arêtes, and face cracks, you've got a start. Look for good rock, avoiding structural weaknesses (unlike Europa and the Upper Black Dyke; oops!). However unrepresentative it may be of the overall climb, the experience at the base is important. Create a comfortable staging area (use downed trees to fashion terraces). And when up-close, look for enjoyable moves in fine, exposed positions. I particularly enjoy

Enni Bertling does battle with the Filibuster on Right Wing.



© Jeremy Frimer



Katy Holm following P2 of the Upper Black Dyke in high exposure.

development

climbs that have decent-sized holds but still present a stiff challenge. An added benefit is to have the climb visible from a major car park or trail. Andrew Boyd's work on Liquid Gold gets a thumbs-up here. Look for a line that feels good.

2. Greenless. Trees on climbs drop dirt and needles on what's below. Think critically about the dirt and trees that lay above. Where will their droppings go? Powaqgatsi is in deep trouble in this regard.

3. Moderate grade. (Here's where I'm going to take some flak.) On any given day, there are more people in Squamish looking for a 5.9 or a 5.10 than there are looking for a 5.12. Consider Warriors of the Wasteland. Matt Maddaloni told me that it hasn't received a second ascent and is growing over. If its crux were 10b, rather than 12b, what's the chance of that happening? Of course, neo-classic 5.12s like Brothers in Arms and Men Holding Hands get plenty of action. But it's a gamble at the higher grades; less so in the moderates.

4. Ample protection. (Now, I'm really in for it.) Yes, many climbers enjoy an airy thrill now and then. But most of us, most of the time, seem to be after one of those staple, 'meat and potato' climbs that give us a vertical fix and a piece of gear when we want it. This may reflect the growing trend that most climbers have five paid rest days a week (that

is, a job) and are just after a good time come the weekend. Regardless, well-protected climbs seem to be busier than run-out ones. When in doubt, slam in a bolt. This is especially important on the odd foul move or pitch on a long route. Make them as forgettable as possible by giving them ample protection. This was my intention on the second pitch of Right Wing. If you climbed the route and don't recall much, then good. Leave the scary run-outs to climbs that will stay clean without much traffic.

5. Cracks, not slabs. As far as I'm concerned, Squamish doesn't need any more 5.10+ bolted smeary slab routes.

Katy Holm leading off the Belly-good with Kelly Franz belaying.



development

Don't be lazy. If your line comes upon a bushy crack, clean the crack. Don't bolt up the slab. Follow the line of weakness. Arêtes and featured face are ok. But the staple is the crack.

All this debate aside, let's not lose track of the bigger picture. Squamish rules! Unlike many other climbing areas I've visited, the locals take unusual pride in and show true stewardship over the land. The quality of the stone is matched by the devotion by the community that cares for it.

Cleaning is done year-round. But for the big ticket routes, where falling debris could affect other routes or hikers, winter is prime time. Autumn rains are beginning to fall. Keep an eye on Crescent Ramp (envision a 5.10d crack route all the way up Tantalus Wall). You might just see me up there. Better yet, pull on your rubber ducky rain pants, grab a snorkel, tighten your helmet and join me!

Jeremy Frimer is currently completing his PhD at UBC, working with a rather lenient professor.



© Jacqui Hudson

The author jumaring through a waterfall on the Upper Black Dyke.

Development

EXTRA

Godman Creek

Jonas Gagnon

Blurring the Lines
By Jonas Gagnon

The sun was already riding a little high as we cruised down Kingsway on our way to Godman Creek, a new bouldering area in West Vancouver. It was probably my fault for sleeping in too long, but Trent (Hoover) had obviously enjoyed spending the morning with his kids, too. We packed up Trent's Honda Civic with our bags, bouldering mats, and his dog Lupin.

Its mornings like these that inspired Trent to begin looking for bouldering closer to home. "Because I have kids now, I just don't have the time to go to Squamish all the time anymore," said Trent.

A quick pit stop at Gene, a hipster-filled coffee shop at the corner of Hastings and Kingsway, provided us with all the caffeinated fuel we needed, and we were back in the car.

When Trent first moved here nine years ago, he bouldered extensively in Squamish, opening such classic problems such as *Mantra* and *One Zen*. However, he feels that some of his most important contributions to Squamish bouldering were lines that he cleaned but wasn't able to make the first ascent. For Trent, the process of finding new problems seems to be almost as rewarding as climbing.

The weather was beautiful, the sun was shining and clouds were nowhere to be seen. It wasn't more than five minutes into the trip that Lupin started barking like an over-excited child. She was clearly eager to head out to the boulders but when Trent told me she would probably whine the whole way, I knew it was going to be a long twenty-minute drive.

Several years ago, Trent became curious about the potential for bouldering in Vancouver's north shore mountains. Poring over topographic maps and aerial photographs, he started to hike into areas that looked promising. He first walked through the

boulders surrounding Godman Creek in 2003, but it wasn't until this spring that he had the time to return to the area and start opening problems.

Luckily, traffic was light as we crossed the Lion's Gate Bridge, headed through North Vancouver, and turned onto the Trans-Canada Highway. A couple minutes later we pulled off the highway onto the Cypress Bowl Road, parked, and let out the over-excited dog. Stuffing our bags into the bouldering mats, we headed off to the boulders.

The walk into the boulders followed a paved access road, and after five minutes, Lupin jumped over Godman Creek and ran into the forest at the Roadside Area. Following a makeshift bridge, we found Lupin excitedly greeting Bill Thompson, who was busy scrubbing a new traverse around a small boulder. Bill, an instructor at UBC and avid Vancouver climber, has been actively developing problems at the area with Trent.

The Roadside is one of the smaller sub-areas that make up Godman Creek, and consists of two small stand-alone boulders and several bluffs uphill. We warmed up on *Placid Falls* (V0), a fun problem on the end of a long sculpted wall. *Placid Falls* is typical of many of the problems at Godman Creek, and features cracks, positive edges on a vertical wall, and a sloping top out. The bouldering at Godman Creek is often more reminiscent of the roped routes at Squamish rather than the bouldering, a fact that may strongly appeal to many climbers. We then moved down to Bill's newly scrubbed traverse *Cube Root* (V2), which Trent onsighted and dubbed a fun addition to the area.

Packing up, we ran into Ronald Gagne, who had spent the morning scrubbing new problems in the Third Tier Area. Ronald, an astronomy student at UBC, is responsible for many of the problems at Godman Creek. We

followed Ronald back up to The Tiers to see the problems he had finished cleaning. **development.**

Crossing the road into the dark forest beyond, the extent of the bouldering at Godman Creek became more apparent. Trent and Ronald stopped to warm up on an easy highball. Ronald quickly climbed *Twice Shy* (V2), a problem with a committing move to a shallow pocket on a slab high above the ground. Trent and Ronald then set to work on one of the many projects at the area, a tall blunt arete which

Trent Hoover on *Moby Dick* (V2)



Jonas Gagnon



boulders in the lower mainland, including pockets, weird fins, and horizontal and vertical cracks that range in size from seams to wide hand cracks. Because there are so many high-quality problems in the lower grades, and because of its proximity to Vancouver, Godman Creek will prove to be popular with new climbers who find themselves frustrated with the bouldering in Squamish.

Once finished on the project, we continued on through the beautiful forest up to *Moby Dick*, a wide flaring crack up the side of a bulging white wall of granite. Although only V1, this 25-foot tall, monster of a problem, is destined to be a classic. The flaring nature of the crack makes jamming difficult but lie-backing a pleasure, while easier face holds above make the top out less stressful than it would otherwise be. In the failing light, we spent time climbing several fun lines including the pocketed *Depth Charge* (V0) and the pleasantly knobbed *Captain Crunch* (V1).

During our day of bouldering, there were several sub-areas we didn't have time to visit. Godman Creek is home to over 100 problems, with several difficult projects still awaiting ascents. Trent estimates Godman Creek will eventually be home to as many as 400 boulder problems and several routes.

The short road home was a boon after climbing all day. We bypassed heavy traffic on the Lions Gate Bridge by taking the Second Narrows Bridge, then stopped off at Safeway to buy a cheesecake for a birthday party that night. As I shopped for dessert, my throbbing fingertips reaffirmed my discovery - that for climbers living in Vancouver, quality bouldering is closer than we think.

Jonas Gagnon is a free-lance writer and avid cyclist living in Vancouver.

Ronald Gagne on *Twice Shy* (V2)

will force the eventual first ascensionist to do an almost body-length move between two holds. They quickly tired of repeatedly taking the long fall onto the bouldering mats, and we moved on to check out some of the new problems that Ronald had recently cleaned on the Third Tier.

Most of the climbing in The Tiers is found on cliffs that, while somewhat short for routes, are unusually tall for boulder problems, Trent explains. "The climbing here blurs the lines between bouldering and route climbing. Lots of the problems are in the 15 to 20 foot range." Often, the problems incorporate features that are not commonly found on



perspective.

Sex and The Gritty

By Rhea Thompson

My boyfriend is seeing another woman. I happened upon evidence; little red toothbrushes, scratches on his body, and even video on the internet of the two of them locked in passion. I am rightfully threatened by this other woman, despite the fact that she is hard, cold, and could never fit into my best jeans. Sometimes she's greasy, sometimes she makes him bleed, and often when he returns from a tryst with her he is frustrated and exhausted. So what can she do that I can't? Why does he so often prefer her frigid inaccessible body to my own soft, warm, and, might I add, enthusiastic embrace?

Weekend after weekend, I found myself rejected, as my boyfriend passed long afternoons in her company. He would spend more time readying himself for her than most sixteen-year-old girls spend getting ready for a high school dance. Hands washed, check. Nails clipped, check. Comfortable yet suggestive clothing, check. Fueled by the perfect blend of protein and carbs (who are we kidding, slash carbs), check.

I even did what any woman who feels her powers waning might do: proposed a threesome. And for a brief while, we did enjoy each other's company. I patted, brushed, and caressed her smooth flanks while my boyfriend watched and encouraged me, happy that his two favourite ladies were finally getting along. I did feel the allure of her steely grey countenance, but ultimately

I could not derive the same pleasure from our 'menage a trois', and found myself playing the voyeur more often than the leading lady.

One night in bed, thinking that he might have spared me a few measly kilowatts of energy, I turned to my boyfriend and tried to take his hand in mine. No one who has inadvertently touched a snake in the dark has ever recoiled faster than did my beloved, "Agh! I just put on Antihydral!" (for those of you scratching your heads, Antihydral is a powerful skin-drying cream that many of my bouldering friends have resorted to using. It is applied before bed, left on the fingertips overnight, and washed off in the morning. It is nothing anyone wants remotely close to his or her genitals.) She had made it into our bed at last. Shunned and shamed, I turned my back on them both. Sometimes a girl just has to take matters into her own hands.

Of course, it is always when a woman has given up completely that she is the most alluring, and once I discovered this, my rival's charm made itself known to me. I would beat her at her own game, a game that I had overlooked for too long. Nothing plays hard to get quite like a 30-foot tower of granite with a double-digit grade, but I had plenty of time to learn, and my best jeans too.

Rhea Thompson is a proud new mother with a beautiful voice. She lives in Squamish.



perspective.

◉ Mikey Schaefer

Getting Tradical

By James Lucas

In exchange for a number 3 camalot and the price of gas, my Washington friend had agreed to drop me off in the Squamish campground, introduce me to Agnes (the beautiful bagger at Save-on), and show me a cave where I could stay for the summer. Yosemite had been hot and the idea of a new trad area appealed to me so I escaped the heat and headed to B.C. I was a Yosemite hardman, looking to crush the granite test-pieces of Squamish. The first week of my trip, I free-soloed the moderate routes of the Apron and the North Gully. The featured granite felt better than the glacier polish of Yosemite and provided me with confidence.

Pipeline was first free-soloed in the late seventies by some guy with huge testicles and oversized boots. Although, I had none of the aforementioned equipment, I quickly had kilometers of Canadian granite under my belt and a strong desire to impress Agnes with more than just my handsome boy-model looks. I could be a Squamish tough guy too.

“This is how you climb offwidths,” I stood in the Chief parking lot flapping my arms like a chicken trying to recruit one of the many boulderers into my trad mission. “It’s like V0.”

The crowd of pad people quickly dispersed, muttering about their need to start the Tim Doyle training program. An oversized Australian teenager had stopped to tie his shoe.

“Von! You’re coming with me.” I slapped him on the back, and threw my rope over his shoulder before he had

a chance to protest. “You can boulder later. Here carry the rack and water too.”

After two hundred feet of climbing on the Squaw, we arrived at the base of the pipe. The finger and hand crack that we had climbed, suddenly turned into a ten inch over-hanging monster for what looked like a kilometer. Halfway up and just before the steepest section, an old bolt stuck out next to the crack.

“I don’t think we have the gear for it,” Von said.

“Sure we do,” I pointed to the bolt. “That’s all I need. I can use my ability as my protection.”

I shimmied up the crack, pointing my left elbow skyward, and burying my leg in its maw. With the 5.10+ crux nearly dispatched, I felt confident. A long sling dangled from the bolt six meters below me. I couldn’t wait to tell Agnes about what a Canadian Hardman I had become. I imagined sauntering up to her at Save-on, tossing the grocery bags out of her hand, and declaring, “I’m the next Sonnie Trotter- Love me!” She would swoon. And that’s when I fell.

The rope slowly arrested my forty-foot fall. I checked myself for wounds. My leg had stayed in the crack and the muscle of my hamstring had been pulled. A stream of blood flowed down my gobied elbow and dropped onto the slab below my head. I felt my face, worried that my dashing good looks had somehow been mangled in the fall. Luckily, there had been no such tragedy; I could still be a GQ cover model. Obviously, my ego was still firmly intact.

“Forget Yosemite,” I thought as I righted myself, and fixed my hair. “This place is tradical.”

James Lucas is a Yosemite bum living the dream.

five on five.

Michelle Yalowega

ON ANY GOOD CLIMBING DAY IN THE FOREST, YOU CAN FIND MICHELLE SCOURING OVER THE SQUAMISH BOULDERING GUIDEBOOK, PLANNING HER ROUTE OF THE DAY TO HIT AS MANY PROBLEMS AS SHE CAN. MICHELLE IS AS MOTIVATED AS THEY COME, TRYING EVERYTHING THAT SHE CAN GET HER HANDS ON. HERE IT IS: FIVE ON FIVE WITH MICHELLE YALOWEGA

Five problems you want to do?

I want to do them all!

Five places you want to go?

1. Spain
2. Ghana
3. Hueco
4. New Zealand
5. Font

Five things you do when you are not climbing?

1. Work at one of my three jobs.
2. Drink coffee
3. Snowboard
4. Sleep. I sleep A LOT.
5. Watch girly movies.

Five favourite albums of all time?

1. Trompe le Monde (Pixies)
2. Nevermind (Nirvana)
3. Lonesome Crowded West (Modest Mouse)
4. Slanted and Enchanted (Pavement)
5. Mellon Collie and the Infinite Sadness (Smashing Pumpkins)

Five favourite movies?

1. Amelie
2. Say Anything (Llyod Dobler is the perfect man!)
3. Run Lola, Run
4. Il Mostro
5. Mitt Liv Som Hund (My Life as a Dog)

Gerry Chow



Five things you wouldn't want to lose in a fire?

I can't think of anything valuable enough to me that I would be upset over losing it. Ten years of treeplanting, with all my worldly possessions fitting in my car, has really pared down my stuff.

Five things you are scared of?

1. Heights
2. Lightning
3. Sharks
4. Hummers
5. Dogs who wear clothes and the people that own them

Five things that get you psyched?

1. Fall weather forecast for never ending sunshine.
2. Crimpy problems
3. Strong girl climbers
4. Candy
5. Other vegans

Five last words?

See you in the forest.

Injuries. TREATING WITH IMS

with Dr. Jacqui Hudson.

“For four years, my shoulder hurt. When I lifted my arm to chest-height with my thumb pointing up, I felt a sharp pain in my shoulder. Lifting my arm with my thumb pointing down didn’t hurt; so climbing involved lifting the arm thumbs down, then making a quick flip of the wrist before sticking the fingers into the mangle. But this too became annoying. So, I caved and saw my physiotherapist. A month of physiotherapy seemed to do the trick but the pain returned the next year. I went again with the same result. Then my friend Jacqui offered to do acupuncture on me—to “stick it to the man”, so to speak. A big baby, I was quietly afraid of the little needles and the big hurt they would cause. My fear was unfounded. And three years later, my shoulder is still pain free.”

-Jeremy Frimer

Inter-muscular Stimulation (IMS) is an effective treatment for some (namely, neuropathic) kinds of chronic pain, and is grounded in western medical science. Having an MD or Physio degree is a prerequisite for taking the IMS course.

Neuropathic (i.e. nerve) pain occurs when nerves malfunction following a trauma such as over-use. These malfunctioning nerves become hyper-sensitive and cause muscle tightness and shortening, changes in blood flow, and turn normal sensory input into pain.

Chronic pain is often neurological as opposed to structural. IMS makes use of acupuncture needles to penetrate deep within muscle tissue and specifically targets injured muscles that have become shortened from an unhealthy nervous system. Penetration of a normal muscle is painless; however, a shortened, supersensitive muscle will ‘grasp’ the needle in what can be described as a cramping sensation. The result is threefold:

1. A stretch receptor in the muscle is stimulated, producing a reflex relaxation and lengthening of the muscle;
2. The needle also causes a small injury that draws blood to the area, initiating the natural healing process;
3. The treatment creates an electrical potential in the muscle to make the nerve function normally again.

Supersensitive areas can be desensitized, and the persistent pull of shortened muscles can be released. IMS, in effect, treats the underlying neuropathic condition that causes the pain. When used in the hands of an experienced practitioner, IMS has a remarkable success rate at decreasing dysfunction associated with many chronic conditions such as bursitis/tendonitis and injuries in the forearm, lower back, shoulder, knee, and elbow.

Be warned that a session of IMS can leave you with the feeling of having been run over by a bus—but what a nice bus it was! You frequently feel bruised and battered after, and are advised to take a few days off from activity to recover. But with recovery, the effects can be magic. For more information, visit www.istop.org/membersbritishcolumbia.html for a list of associated practitioners in BC, or ask your physiotherapist or GP.

Jacqui performing IMS on a flaked out Jay Burbee in Patagonia.



Training.

BUILDING CORE STRENGTH WITH THE RINGS with Jeremy Blumel.

Several years ago during one particularly dark, wet, unending Vancouver winter I had reached the end of my rope, so to speak, concerning my motivation for indoor climbing. Pulling on plastic was beating me down, burning my skin, yanking on my shoulders, and causing me to forget why I was doing it all in the first place, for climbing on stone. Grabbing at straws in the dark, I enrolled in a drop-in introductory gymnastics class held at the University of British Columbia's gymnastics gymnasium. The style of movement, the muscles involved, and the history that climbing shared with gymnastics (John Gill...) all equated to a logical step in the right direction.

After going to a few of the classes, it seemed I might have reacted a bit hastily when, at the age of 8, I told my mum that I didn't want to do gymnastics because it was only for girls. If I'd only begun this activity years earlier I would be literally squeezing rock juice concentrate from the stones I touched now. After a few weeks, one piece of equipment in particular held my attention: The Rings. I'd never wrestled with an apparatus that exploited my weaknesses so well. Never had failing at such simple movements felt so good!

Below is a basic list of exercises that focus on core, back, shoulders and biceps. Each of these exercises can be modified through body positioning for introductory to advanced difficulty levels. I'm not a physiotherapist, have basically no human kinetics background and am, in no way, an expert at the rings. Asking questions, doing some basic research and not pushing exercises too hard are obvious important points. In gymnastics, the idea of prior strength building before tackling more advanced skills is a crucial concept. Building up a base in each exercise before moving on is a good idea for avoiding injury. The few times have I pushed it a bit too hard, not warmed up enough, or overestimated my strength, I have injured myself on the rings so start off slowly. Warming up before and stretching after are good rules to train by when using the rings consistently.

Pull-ups: Pull-ups are an obvious ring exercise and there are several variations that can cover a wide variety of difficulty. Two-handed pulls can be done with arms gripping the rings palms facing in (easier), and palms facing forwards (more difficult). With the free moving nature of the rings comes the ability to rotate your hands and arms, making ring pull-ups less prone to bothering your elbows. Ring pull-ups can also be locked off in a higher position than a typical fingerboard mounted to the top of a door frame. To increase difficulty, you can offset one ring from the other, placing one ring at head height and one somewhere around shoulder height. With the rings offset, one can work on assisted one arm pull-ups as well as one arm lowers. To decrease difficulty for easier movement, rest your feet on a chair, ball, or on another person, taking weight off your arms. (Not Shown)

Muscle-ups: This is a gymnastic skill used to get the gymnast from a hanging position below the rings to supported position above the rings, with the gymnast holding their core and body tight, perpendicular to the floor. There is a technique to this movement and the first change is to flip your grip from the regular palms underneath style to a "false grip", where the palm is wrapped overtop of the ring, almost resting the ring itself near the wrist with the fingers curling around and gripping the ring. To start a muscle-up, begin a pull up, but with enough momentum to transfer through the top of the lock off to the beginning of a dip position, finishing by pushing upwards until supported above the rings, arms tight at your sides. Kicking your legs forwards when starting the pull up will help generate enough momentum to bring you quickly into the start of the dip position. As you get stronger, you can complete this skill with less kick and less momentum while focusing on slower and smoother. With so much force on your elbows and shoulders, take caution when beginning this one. Lower the rings and start at the top, lowering all the way through the movement, from the top down.



Sean McColl demonstrating a full muscle-up.

Archer-pulls: The archer-pull is a pull-up variation for working on one arm strength. The climber begins by hanging straight-armed below the rings. Simultaneously, one arm pulls up while the other stays rigid until the climber is locked off high on the pulling arm and the rigid arm is straight out to the side. It is important to complete this action simultaneously for full burl effect. To decrease difficulty, separate the actions of each arm, first pulling up with one arm and then straightening the other arm out to the side.



Shannon Foresman archer-pull.

Dips: All supporting positions on the rings require extra effort because the rings constantly move. As the end position of the support is reached, the rings require more and more stabilization from your core and shoulders. For dips, lower the rings until you can start in a supported position, squeeze the rings tightly with the hands, keeping them as close to stationary as possible. Lower yourself until arms are at 90 degrees and push back up to the straight, supported position. To decrease difficulty, rest your legs on any object to take weight off the upper body.



Dip.



Elbows back and locked.



Regular push-up position.

Push Ups: Push-ups are another supported position where holding the rings as still as possible is the goal. Lower the rings until just off the floor. In the supported push-up position, lower the body down to the floor and then back up, keeping your lower back round and pushed out away from the floor. Regular push-up position with the hands shoulder width apart and elbows pointing outwards is the usual position, while keeping the elbows back and locked to your sides to use more of your triceps. These can be made more difficult by raising the feet and easier by raising the rings or resting on your knees instead of the toes. As soon as your lower back begins to lose its round shape and cave inward, stop the exercise.



The author skinning the cat.

Skin The Cat: This skill is best done with the rings at shoulder height and a spotter present. Essentially, holding the rings, you flip upside down until hanging upside down in a tucked ball from the rings. First unfurl frontwards, letting your legs extend and touch the ground, then pull them in and rotate backwards past your starting position, rotating backward, until you can extend your legs. The backward limit of the skill will depend on your shoulder flexibility and while 'skin the cat' provides a good stretch, it's also a good way to over stretch them. Repeat, unfurling at the ends of the skill. If you need more of a challenge, keep more of your body extended while you rotate through the front to back range. This skill is a good first step on the road to front and back levers.

L-Sit and V-Sit: L-sits and V-sits are simple holding positions that work your core and can be combined with several of the exercises above. L-sits are when you hang or support yourself on the rings and raise your legs until parallel with the floor. Hold this position, slowly drop your legs, and repeat. To reduce the leverage of the L-sit, bend one or both legs, making the L-Sit easier to hold. The V-Sit is a more extreme version of the L-sit, where instead of holding your legs parallel to the floor, you raise them up high with your knees as close to your face as possible. If you can hold your legs up high and hold them in that position, then you're a real champion. Keeping your legs straight will be the most difficult way to do this exercise. This exercise is very tiring on your lower back out, so doing these at the end of a ring work out might not be the best idea.



L-sit position.



V-sit position.



Shoulder Extensions: There are three types of extensions done with the rings close to the floor, similar to the push up position. The first extension is the forward shoulder extension. Starting supported on your knees with your knees slightly behind the rings and your hands on the rings and extend forward with your back round and core tight until your face is close to the ground and then pull back up to the starting position again. These can be very hard on shoulders so care should be taken to not push too hard. Make sure to keep your back round while doing the extension and keep a good shoulder posture so that your scapulas stay pinned to your rib cage and the shoulder joint is back and down rather than up near your ears. To increase difficulty for each position, slide your knees back away from the rings so that more of your torso's full weight is coming onto the rings or extend from your toes for maximum burfication. The second extension is the lateral shoulder extension. Start in the same position as above but as you move forward and down, spread your arms wide in a cross like manner. Once your face comes close to the floor, push back up to the starting position. Like the forward shoulder extension, keeping the back round, core tight, and shoulders in a good postural position is key to avoiding injury. The third extension is the circular shoulder extension. Here, you combine the first two extensions into one circular motion with both hands rotating outwards and then inwards. To increase difficulty, lower your position above the ground and increase the diameter of each circular motion.



Forward shoulder extension.

Lateral shoulder extension.

Levers: Front levers consist of holding your body face up, parallel to the ground while back levers are holding your body parallel to the ground but face down. They not only require large amounts of core tension, but also a large amount of shoulder and lat strength. With levers, your whole body extended is the most difficult position. To make them easier, simply bringing one leg, or both legs in by bending them at the knees or hips. To start, flip upside down on the rings so that your feet point straight up in the air. Squeeze the rings tightly to engage your shoulders, round your back, and keep your core tightly engaged. Lower down into front or back levers, pulling out of them back to the upside down vertical position. As your lower back tires you'll notice that it begins to flex inwards, breaking that round starting position. Stop when this begins to happen.



Front lever.

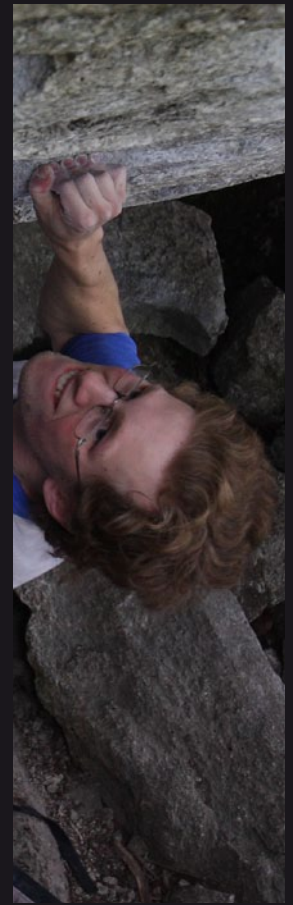


Back lever.

Working as a rock guide for many years, Jeremy Blumel is now getting ready for the easy life as a teacher. He lives in Squamish, BC.

Sharpend.

TIM CATCHER



One of four Tim's in the forest, Tim Catcher can hold his own. Originally from Powell River, BC, Tim began climbing seven years ago before moving to Vancouver, BC. Known for sending before anyone has a chance to even put their shoes on, Tim has recently repeated a number of difficult lines in the forest including his most recent send, Encore une Fois. Here it is, the sharp end with Tim Catcher.

Tim on *Defenders of the Faith*.
Photo: Gerry Chow

I started climbing...

when I realized it was the most interesting thing to do growing up in Powell River.

Right now, I am working...

on staying warm and not going stir crazy spending a week in Yellowknife visiting family. It's tough hanging out in -10 de-

gree and snowy weather when you just know there are prime conditions in Squamish.

When I was a kid...

we had the best recess snacks. Gushers, Soda-licious, Dunkaroos...the list goes on. Those were the days!

My favourite thing to do outside of climbing is...

read Matt Lucas' blog.

My scariest moment was..

The Wind Below with only 2 small pads.

If I was a superhero...

I would have the ability to construct fully functioning Delicas out of everyday materials. Then it would be Delicas and road trips for everyone!

If I had to go on a road trip...

I would definitely take a car, considering my last road trip was a car-less Joe's Valley experience.

In ten years...

I will be teaching elementary school and going on climbing trips every winter and summer break.

If I was being attacked by werewolves I would...

Wake up!



gord'sworld.

This column undoubtedly belongs to none other than Gord Konkin. Some say he has got opinions, I say he is just good looking. In no way do the ideas expressed in this column reflect the views of Squamish Climbing Magazine. Whether you love 'em or hate 'em, he is going to make you think!

Many, many, years ago in one of God's more artistic moods, he chose to create Earth. After two days of making sure the lighting and contrast were correct, he said "Let the water on the earth come together in one place, and let the dry land rise up." This leads me to believe that it was on the third day that rock was created. The bible doesn't go more into detail about God's most impressive creation (rock, not humans) which is a bit frustrating for me as I'm still trying to understand why he spent so much time moulding, and obviously fussing over French and Spanish limestone while giving us Canadians the chossiest collage of limestone in the world (see: The Canadian Rockies). God is obviously omnipotent, and being that he is all-knowing, must have realised at some point on the third day that he kind of screwed the future of great limestone climbing in Canada, and made up for his earlier lack lustre performance by giving us jaw-dropping, bomber granite and one of the best (although it is doubtful whether it's the second biggest as the Squamish Chamber of Commerce says it is) and most accessible monoliths on this fine planet of ours. So, here I am some six billion and change years later pondering the obvious question that comes with granite: Did he foresee

the Bolt Wars?

I like bolts. They make me feel safe. For me, clipping a bolt can loosely be compared to having a really great bowel movement after your morning coffee. There is a sense of satisfaction of a job well done, and you can move on to the next task without any worry about being caught with your pants down so to speak. On the other hand, traditional climbing can be like having a bad case of haemorrhoids. When you're ten feet above your green alien and your legs start shaking like a paint mixer because you know you're going to test that little piece of metal made by some ADHD dude in Nantucket who caught his girlfriend cheating the night before, it can be a little traumatizing. Imagine walking up to the counter at your local Shoppers Drug Mart and asking the pharmacist (Murphy's Law states he/she will be extremely attractive) for something to stop your ass from hurting. Very uncomfortable. And this friends is why traditional climbing is so fulfilling.

The last thirty years has seen many black eyes caused by climbers fighting among themselves over the placement of bolts all over North America. Local Squamish legend Jimmie James (a.k.a. Scar) has chopped more of Robin Barley's bolts in the Smoke Bluffs than most lumberjack's chop trees. I like to refer to him as the Wayne Gretzky of Squamish bolt chopping. He is/was the self-appointed overseer of the purist approach to Squamish climbing. I'm not saying I agree with his vigilante approach, but it did help to curb the cults forming at the

gordsworld. bottom of the cliffs in the Smoke Bluffs, sacrificing little animals and trying to decipher “the message of the bolts” (slight exaggeration). There is an area twice the size of the Smoke Bluffs on the other side of the river with practically zero development, far more animals, and a plethora of plum lines but because it is less convenient to get there, we continue to bolt zero-quality, glorified “slabs” and place bolts where adequate traditional protection is available.

This spring I went and tried to climb a route at Comic Rocks called Vargas Girl. One top-rope burn and I instantly fell in love with not only the line, but also the climbing. Vargas Girl (which I didn't know at the time) has seen much controversy, as one of its old aid pin was once removed and replaced with a bolt (as well as a few other bolts, basically making it a sport climb). Not long after this happened, the bolts were chopped and the route was left without the key aid pin protecting the crux. I spent the day learning the moves on top rope before trying to lead it (using natural gear) the following weekend and I ended up falling above the crux. Other than ruining a pair of pants (me shitting myself) the fall was pretty satisfying. Since then, I heard that the person who added all the bolts to Vargas Girl had the permission of Keith Reid to bolt the whole route, while the bolt chopper (his first time ever chopping someone else's bolts who obviously wanted to see it restored to its former) took a lot of flak. Who's right? I don't know but Vargas girl is amazing the way it is and I'm glad I got to climb it in similar style to Keith Reid's original vision.

Squamish is still in a sort of golden age, where there is lots of untapped development potential and great granite still to be found every year for those who wish to explore. Old aid routes are seeing their fixed pins replaced with shiny bolts and, in some of these cases, gear is readily available, albeit a little spooky. More climbers visit Squamish each year and it seems as though the ethics are getting blurrier than they've ever been. It wasn't so long ago that it was acceptable to glue holds or to chip routes, but most climbers “saw the light” and spoke out against it. I'm not saying we need to stop bolting obvious sport crags, but I am saying we need to stop bolting needlessly.

Disclaimer: The author apologises sincerely for being correct. The author also realises there are many differing opinions, but would like to point out that all those opinions that differ from his are probably wrong unless you discuss it with him and change his mind.

Are you a Member?



**Climbers
Access
SOCIETY OF BC**

www.access-society.ca

Topo. wiretap

Oleson Creek Wall

developed in 2009 by Damien McCombs, Brock Wilson, & Jeremy Frimer

Gear: standard rack to 3"; single 70m rope recommended

Approach: 10 minutes.

Walk up the backside trail to the long set of stairs. Mid-way up the stairs, turn right to cross Olesen Creek on the bridge to Shannon Falls. About 30m past the bridge, turn off the Shannon Falls trail and walk steeply uphill on a rough trail, past flagging tape, for a few minutes to the base of the crag.

Multipitch Climb

Wire Tap: 5p, 5.10a (all stations are fixed)

Pitch 1: 5.10a, 35m

Start just left of a large boulder. Climb the most prominent crack system on the face, using secondary cracks on the left when the crack pinches down (5.8). Finish in an appealing splitter (10a). To keep the grade at 5.8, step right before the crux and use the chains on *Rumble in the Jungle*.

Pitch 2: 5.7, 15m

Move up and right to a shallow corner, which leads to a ledge. Walk right on the ledge to a memorable belay seat.

Pitch 3: 5.10a, 20m

Jam up a splendid handcrack, which becomes more technical and delicate with height.

Pitch 4: 5.8, 20m

Climb a short corner then highly featured dyke before stepping out left onto an exposed, well-featured face.

Pitch 5: 5.9, 25m

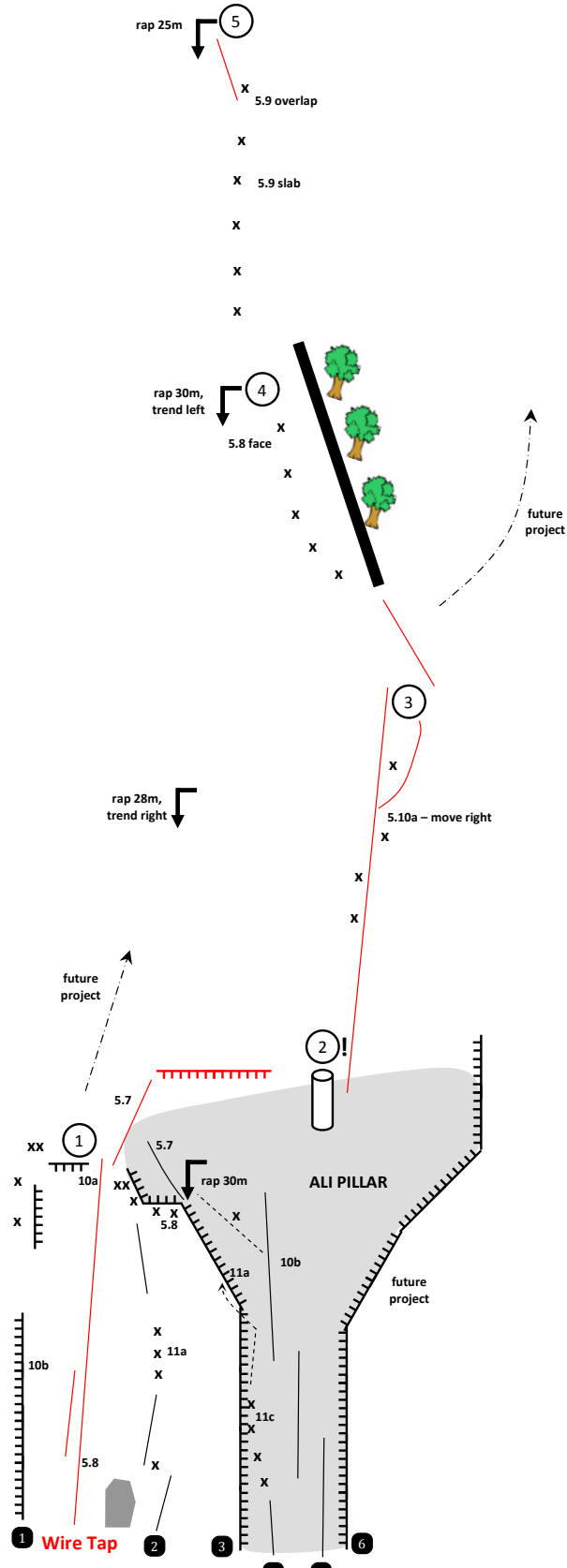
Pad up a slabby, bolt-protected arête to an overlap. Pull onto the final slab and climb a short crack to the top of Olesen Creek Wall.

Descent: Four rappels with a single 70m rope (a 60m rope just makes it).

Base Crag

All routes can be linked into *Wire Tap*. From L to R...

- Hearsay.** 5.10b, 35m. A right-facing corner followed by a short left-facing corner. rack to 3". FA Jeremy Frimer & Damien McCombs
- Eavesdrop.** 5.11a. 30m. Start just right of the boulder at the base. Climb discontinuous cracks to a thin, technical face. FA Damien McCombs & Alex Forest; FFA Tony McLane & Ian Bennett
- Rumble in the Jungle.** 5.8, 30m. Follows the arching, blocky, corner on the left side of Ali Pillar. The dark chimney near the top has 3 bolts for protection and is easier than it looks. rack to 2". FA Jeremy Frimer & Damien McCombs. *Sting like a Bee* variation: below the chimney, move right along a finger rail to join route 4 for its exciting, overhanging, fingery finish (11a).
- Float like a Butterfly, Sting like a Bee.** 5.11c, 35m. Float up the arête making up the left side of the pillar past 4 bolts (11c) before stepping left, and sting the overhanging finger crack rail (11a). rack: 2 x tiny (gray TCU/black alien) to 1" FA Kelly Franz, Katy Holm.
- Thriller on the Pillar.** 5.10b, 35m. Climb finger to hard sized cracks on the face of Ali Pillar, making several crack switches left. A few face moves left lead to the chains. rack to 3". FA Jeremy Frimer & Damien McCombs.
- (future project).** 50m. The right side of Ali Pillar

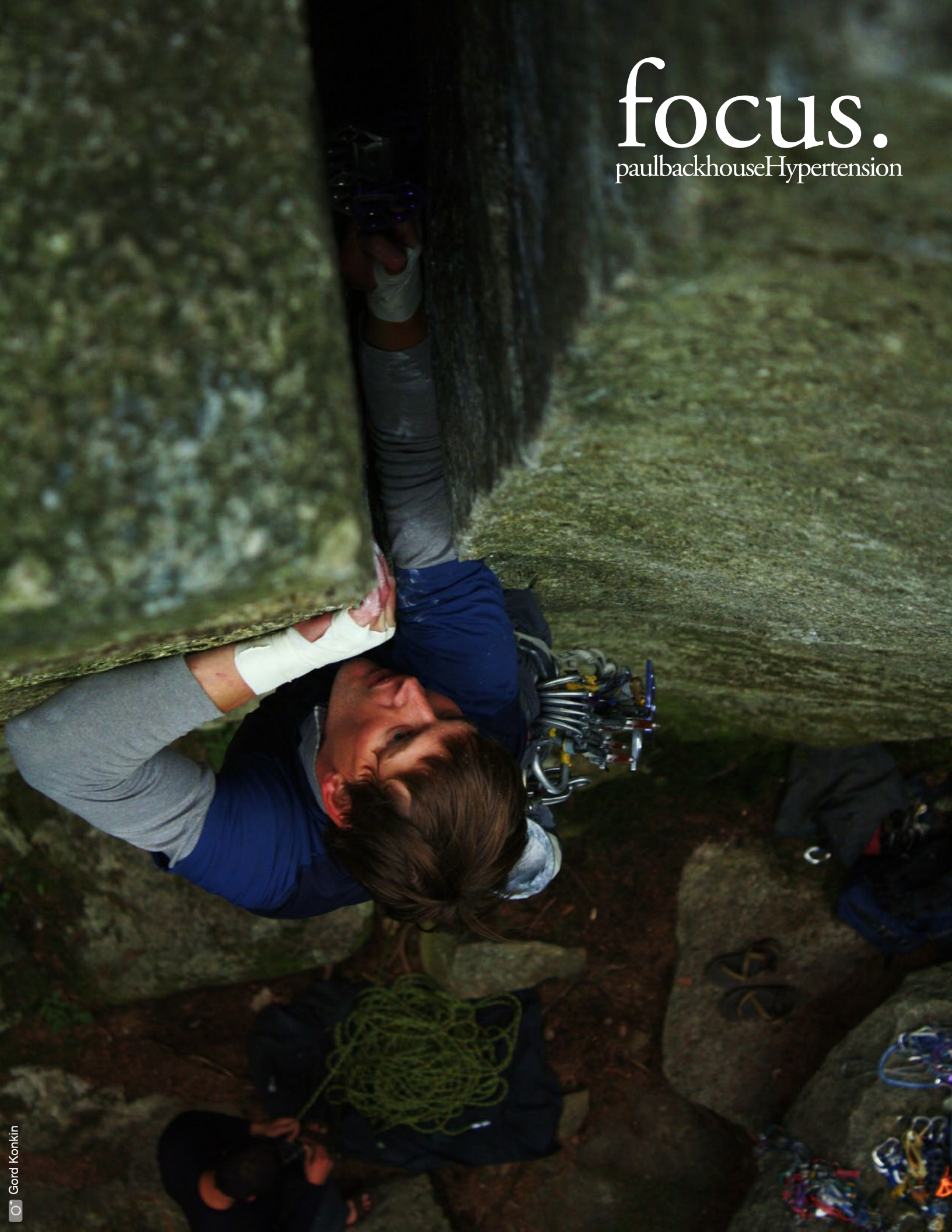


focus. kestralhansonCrescentCrack
Photo Selection



focus.

paulbackhouseHypertension



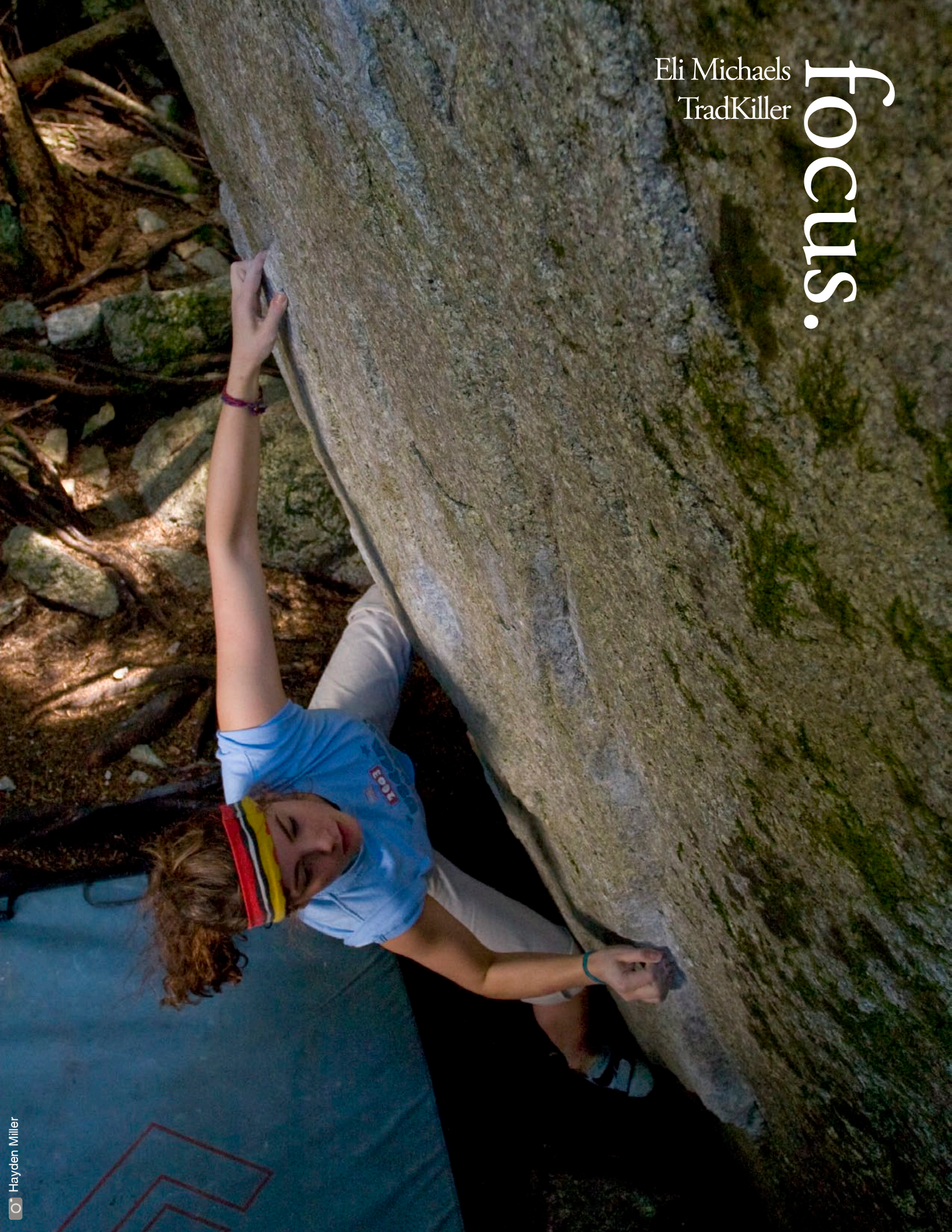


focus.

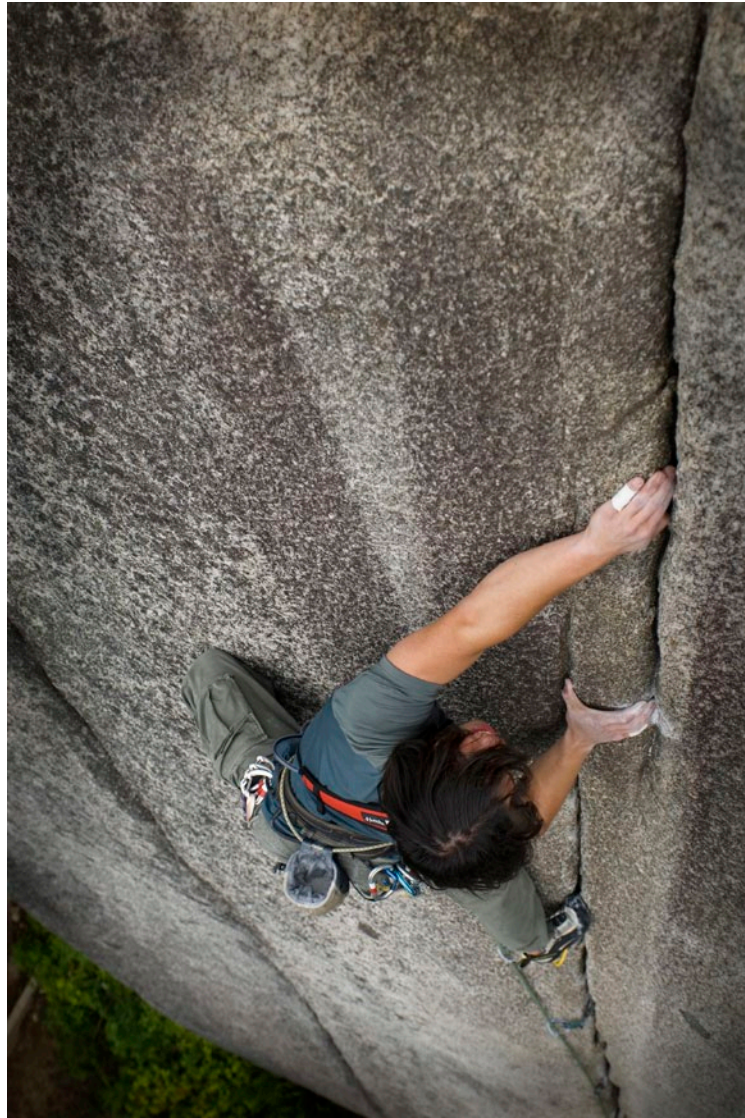
karysutherlandMasterofmyownDomain

Eli Michaels
TradKiller

focus.



Thomas Burden



Covershot.

by Thomas Burden

It was a regular dreary summer morning. It had rained hard during night and the foliage on The Spit was weighed down with the morning dew. Conrad Haegert and Ken Anderson planned on climbing The Grand Wall that day, so I found myself at The Shady Tree the night before searching for some one to climb with the next day. All I found was way too much beer.

With the weather spoiling the plot, we meandered our way into the bluffs. We first warmed up on Penny Lane. After leading last, I quickly rapped down to retrieve my gear and then scooted back up the line with my camera bag in tow. The early afternoon light was perfectly defused on Crime of the Century by a big soft box in the sky. Everything had dried out and conditions were perfect. Ken started his way up the climb and did the crux

by pinching the crack and crossing over. Ken has always been well endowed in the ways of pinch strength (he made it seem quite reasonable). Ken's movement allowed me to really exaggerate the motion of the shot.

The shot was taken on my Nikon D200 at 28mm, which elongated the view, and an aperture of $f4$, which kept the majority of Ken in focus while fading away the background. A bit of a wider angled lens would have been more ideal, but at the time I did not have one of my own. Maybe I'll head back there sometime, despite The Smoke Bluffs always being so busy, even on those poor weather days.

Thomas Burden lives in Surrey, BC. He is the founder of TeaCozy Design and Photography.



finalword.

I would like to say a special thanks to Marco Lefebvre, Jeremy Frimer, and Gord Konkin for their contributions to the second issue of Squamish Climbing Magazine. Without the dedication of these individuals, the second issue would not be possible. I would also like to thank a number of other contributors including Mike Chapman, Peter Winter, Rhea Thompson, James Lucas, Jeremy Blumel, and Jacqui Hudson, Thomas Burden, Gary Foster, Matt Lucas, and Hayden Miller. Finally, big thanks to Gary Foster who has helped us out a lot on the technical side of our web site.

As the group of contributors grows with each issue, I become more enthusiastic about the future of Squamish Climbing Magazine. Articles for the third issue are already in progress and my hope is that with every issue the magazine gets better and better. All those who have worked hard to get this magazine out do it on their own time so if you enjoyed their words or their photos, please let them know. It always gets us psyched up when people enjoy what we are putting out there. We are also hoping to have a 'Letters to the Editor' section for the next issue, so send your reactions to the magazine to tim@scmagazine.ca

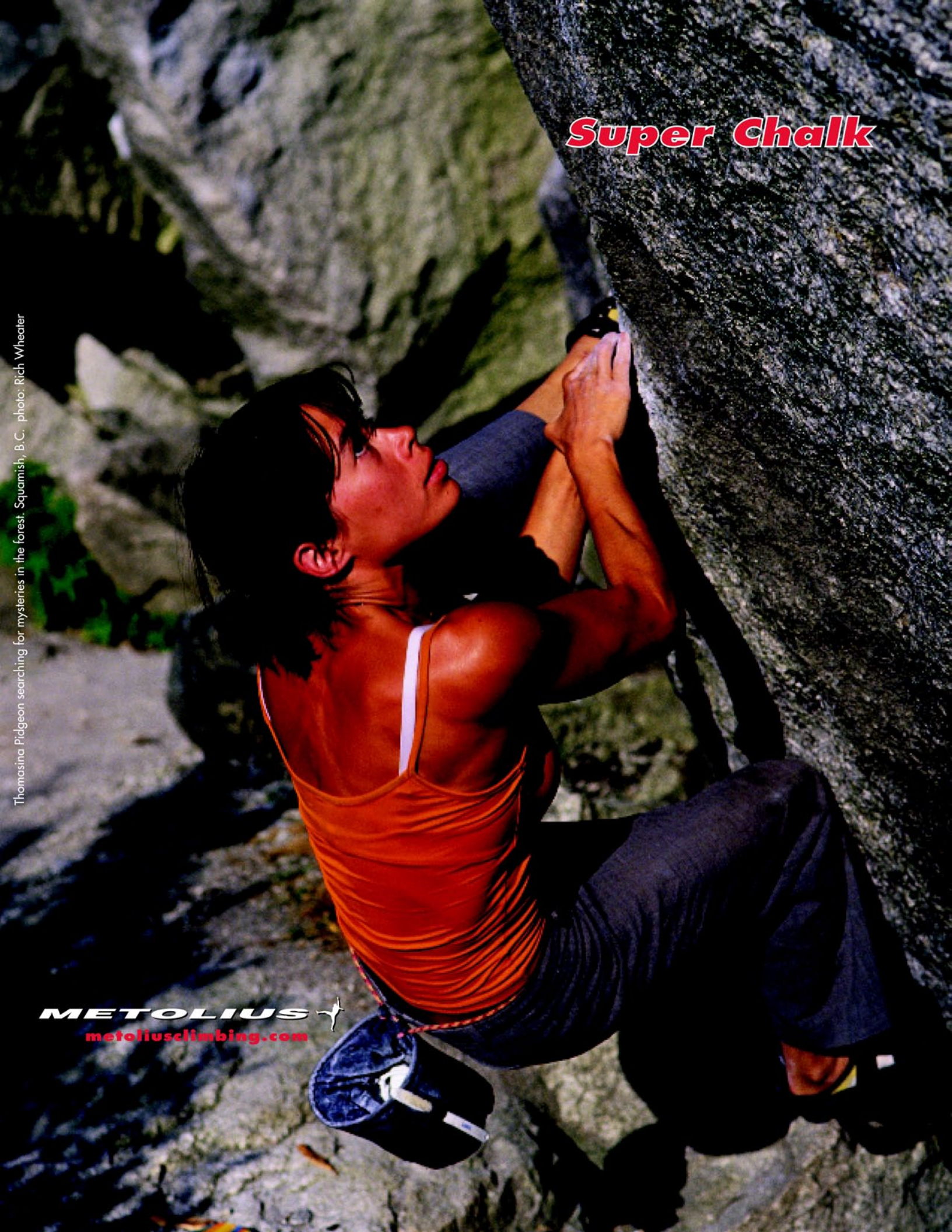
Once again, if you or someone you know would like to contribute to Squamish Climbing Magazine, we are always open to all ideas. Whether an idea for an article or a photo of your friends, send it in and we will do our best to put it out there. Thank you for your support

Tim Schaufele
Editor

Super Chalk

Thomasina Pidgeon searching for mysteries in the forest. Squamish, B.C. photo: Rich Wheeler

METOLIUS 
metoliusclimbing.com



sequence
climbing

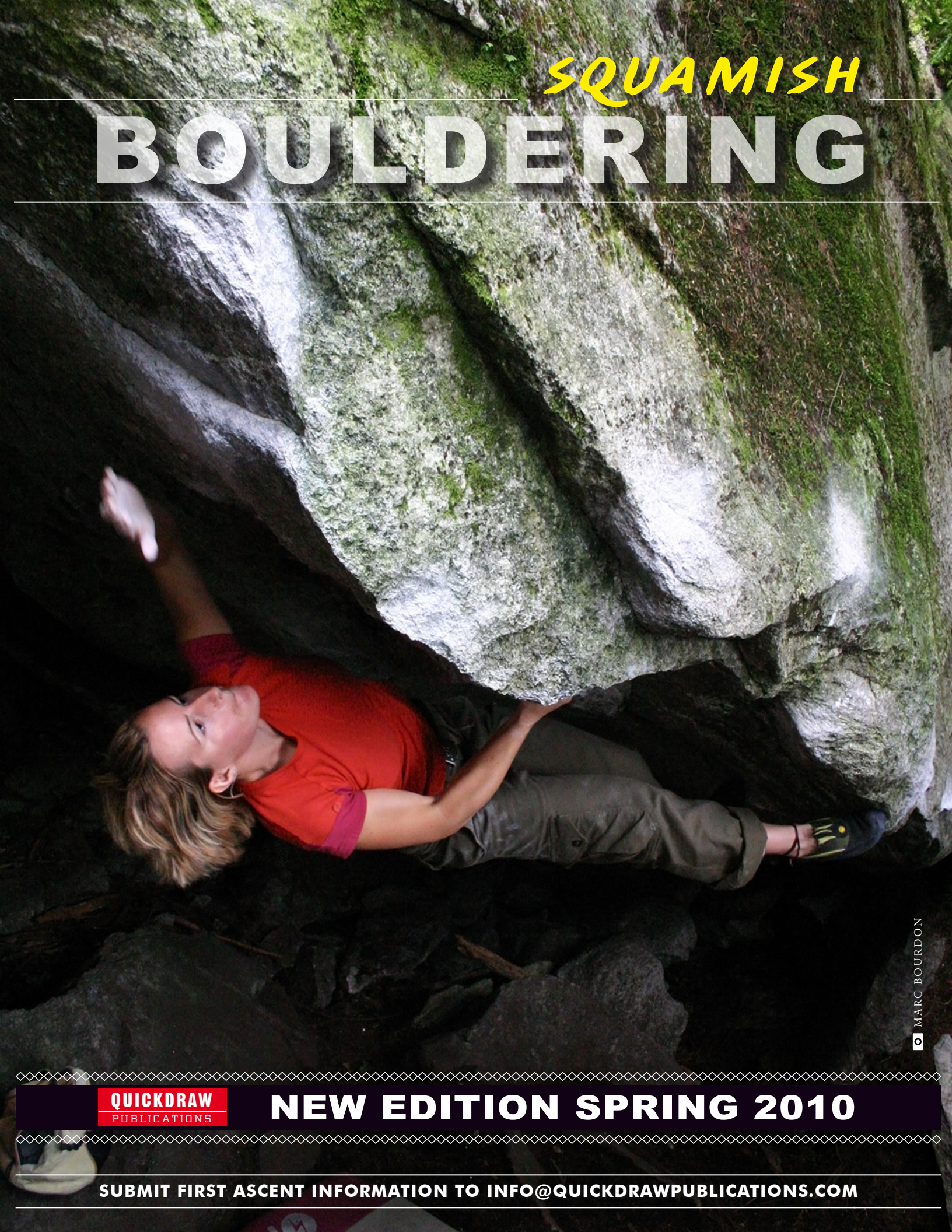
Train in style!

Rings available in assorted loud colors
online at www.sequenceclimbing.com

and at



*also available in black

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 vertically, with her right arm extended upwards and her left hand on the rock. The rock is covered in green moss and has a dark crevice. The background is a dense forest with green foliage.

SQUAMISH
BOULDERING

o MARC BOURDON

QUICKDRAW
PUBLICATIONS

NEW EDITION SPRING 2010

SUBMIT FIRST ASCENT INFORMATION TO INFO@QUICKDRAWPUBLICATIONS.COM

The Nature Trust of BC Beyond Birds, Bats and Frogs! Squamish Estuary

The Nature Trust of BC recently acquired 5.3 hectares of the Squamish Estuary because of the rich ecological value and potential threat from urbanization. This property acts as a natural buffer between the downtown core of Squamish and the main estuarine environment protecting many species of mammals, birds, fish, amphibians, insects, and plants.



For more information:
www.naturetrust.bc.ca
1-866-288-7878



Henderson's checker-mallow (virginai Skilton)



Surf Scoter (Fred Llewellyn)

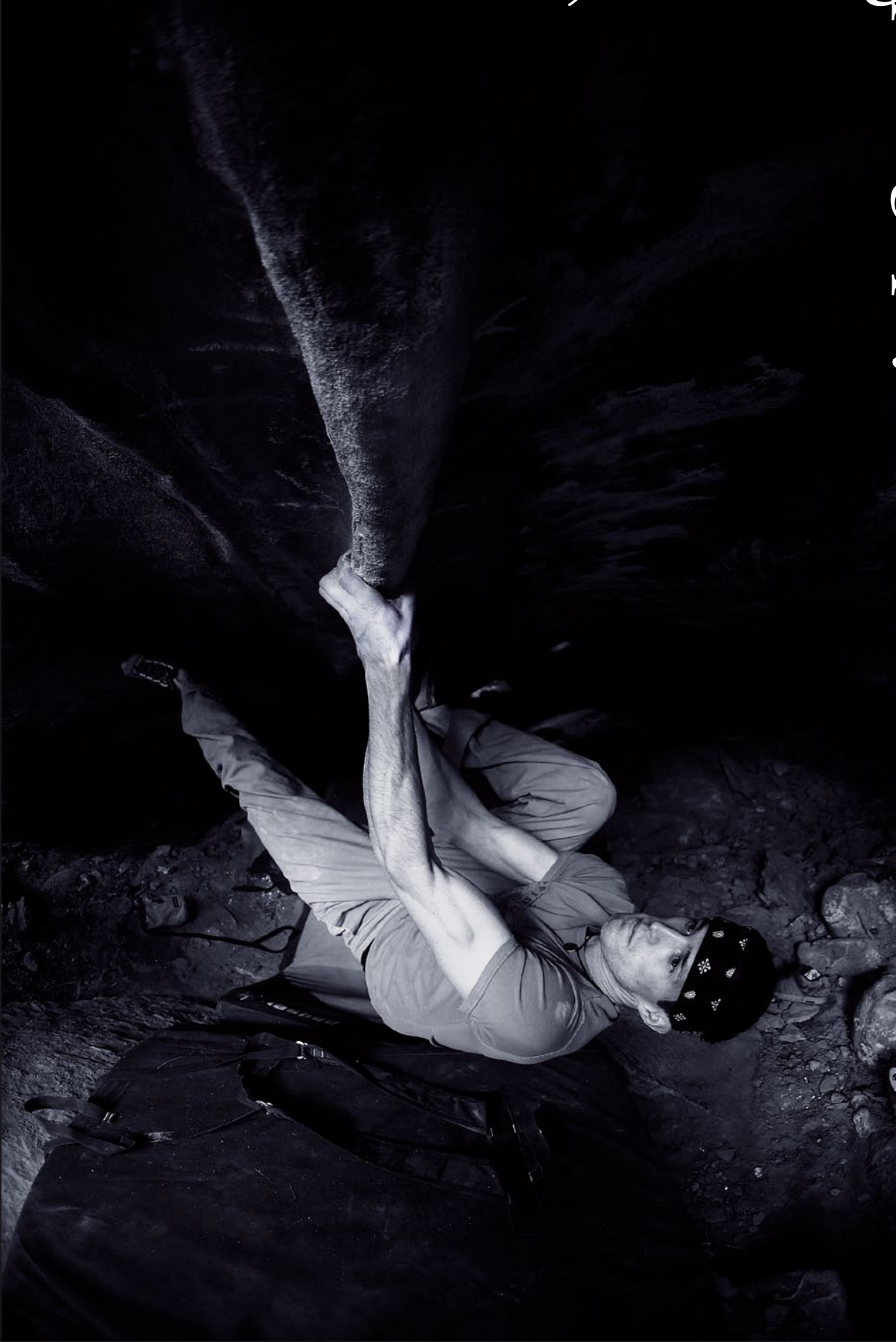


Eulachon: Traditional fish important to Coast Salish People.

squamishclimbing
Magazine

nextissue.

jordanwright.
photography.



© Jeremy Frimer



katyholm.



© Mike Chapman

paradise.



scmagazine.ca
comingsoon.