

CALIFORNIA CLIMBING: BEGINNING WITH THE BASICS



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Submitted in addition of the requirements for EXP 436: Expedition Theory and Planning
Extended Contingency Plan

“To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.”

- Henri Bergso

ABSTRACT

Over the last year I have discovered my passion for climbing. And although my first love is skiing, there was something about climbing that drew me in from the start. Maybe it was learning about some of the world's best climbers, and discovering the history of climbing; or maybe it was discovering the movement and passion for myself. But, to be honest, it was probably the culmination of this all. Due to the lack of snow conditions, I have changed my initial ski plan, to a climbing trip. My expedition will be starting in Southern California and ending in Yosemite Valley. I will not be climbing 5.14s or bouldering V12s on this trip, but this trip will allow me to break forward into that next level of climbing: pushing myself (for my level) on traditional gear, sport routes, and bouldering problems. This brief, extended contingency plan includes some history of climbing that goes back to the days of Warren Harding scaling the walls of Yosemite Valley using a "siege tactic". Because this is a new trip, I will also be including a new itinerary to be approved. The training that I planned to do for my original trip has continued to help me train for this trip, but included in this proposal is my climbing logbook to show that I have been climbing throughout the season.

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INTRODUCTION

“When the pursuit of natural harmony is a shared journey, great heights can be attained.” – Lynn Hill

Climbing was never MY sport. My father tried to get me into climbing when I was young, but I just didn't enjoy it. We would travel out to “The Harry Potter Crack” at King Phillips Spring wall, in Keene Valley, probably about once a season. I'd do a few laps on the top rope, and I would enjoy it, but it was never a passion for me. So as the years passed, the climbing gear that hung in the basement of our house disappeared. I didn't think much of it until this past year, when I started to discover climbing.

It started back in 2010, by learning how to set up top rope myself, in EXP 380, and then having a required number of climbing days that I needed logged to be able to travel to Joshua Tree, California. I started to fall in love with being outside, learning about the different techniques and rope management skills. Once I was out in the desert of Nevada and California, I was in love: the scenery, to rock, the culture. So after my trip was done, I returned home to ski season. But I started to have the “climbing itch”. In March of 2011, I traveled to The Red River Gorge. I was not a strong climber yet, but I was ready to start. After doing my first lead on a 5.7 named *C Sharp of B Flat*, I was terrified. Luckily I had a supportive partner, and continued to try a few more leads throughout the trip and climb. The rest of that winter was spent in the snow, and then I was off to Washington for the summer.

I couldn't quite tell you what changed in those months between climbing in the South and moving to Washington, but something did. I had met up with my partner in Washington and we were climbing at Mt. Erie. That morning we had done a multi-pitch and a few other climbs. He then put up really nice 5.7. He was getting the rope situated

for me to top rope it, and I looked up and said, "I want to lead it." He looked at me a little confused, considering months before he literally had to pick me off the wall. But there I was, tying into the sharp end of the rope. I felt free and confident, a little nervous, but I could control that. When I reached the anchors at the top, I felt like I had just broken through and become a "real climber".

Since then I have been climbing consistently for the last 9 months. Although there are still days I top rope, for whatever reason, I love being on the sharp end, and the idea of pushing myself to become a stronger, better climber is with me everyday.

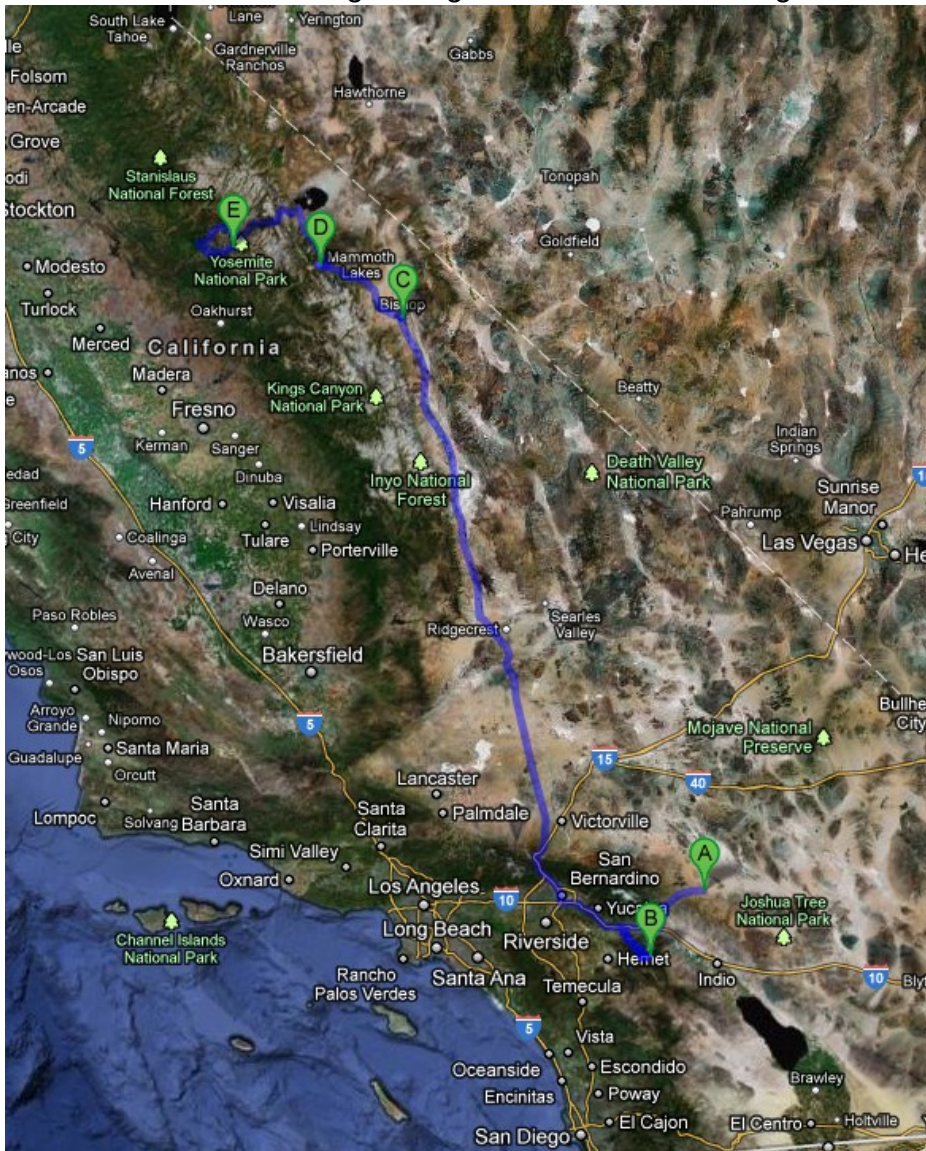
Although I have already traveled to Joshua Tree, California once, I am not spending too much time there, and the time that I have spent there was setting up top rope. It is an extremely extensive climbing area, and I plan to go lead routes I have never been on. Throughout my travels north I will get to trad climb, sport climb, and boulder. All of these climbing styles make up a climber in my eyes. The ultimate climbing area, the place that climbers test themselves, is Yosemite Valley. And although I am not traveling there to climb The Nose, I to want to climb in the valley and experience El Cap for all its beauty and history. Someday I will go on a trip, similar to this, and climb The Nose, which is my ultimate goal in climbing. This trip, this summer, well help me to move one step closer to this goal, by beginning with the basics.

ITINERARY

“As I hammered in the last bolt and staggered over the rim, it was not all clear to me who was the conqueror and who was the conquered. I do recall that El Cap seemed to be in much better condition than I was.” – Warren Harding

Having to plan a second itinerary and back up plan is never the ideal option. But in this case it was what had to happen. Instead of going skiing in California this spring, I will be climbing throughout California, starting in Southern California, slowly working my

way north.



A: Joshua Tree

1 ½ Hour Drive

B: Tahquitz & Suicide Rock

5 ½ Hour Drive

C: Bishop/Owens River Gorge

50 min. Drive

D: Mammoth/Area 13

2-Hour Drive

E: Yosemite Valley

Day 1: Joshua Tree

- a. 5 climbs – TBD – grades 5.5 -> 5.9

Day 2: Joshua Tree

- a. 3-4 climbs – TBD – grades 5.5 -> 5.9

Drive to Tahquitz: 1 ½ hour

Day 3: Tahquitz & Suicide Rock

- a. Angle's Fright 5.5: Trad 4 pitches
- b. Coffin Nail 5.7+: Trad 2 pitches

Day 4: Tahquitz & Suicide Rock

- a. Left Ski Track 5.6: Trad 3 pitches
- b. Fingertrip 5.7: Trad 4 pitches

Day 5: Drive to Bishop/ Owens: 5 ½ Hours

- a. Boulder at Bishop for the afternoon

Day 6: Owens River Gorge

- a. Sport Climbing - TBD 6+ Climbs
- b. Lower Gorge
 - i. In this area: 48 sport routes (5.5 – 12d)
 - ii. 26 trad routes (5.4 – 11d)

Day 7: Owens River Gorge

- a. Sport Climbing – TBD 6+ Climbs
- b. Central Gorge
 - i. In this area: 166 sport routes (5.6 – 13b)
 - ii. 51 trad routes (5.6 – 12a)

Day 8: Drive to Area 13, Mammoth Lake Region: 40 minutes

- a. Sport Climb – TBD
- b. 6+ Sport routes
- c. Areas include: Center, Left Side, Far Right Side, Right Side, & Right Tier

Day 9: Drive 2 hours to Yosemite

- a. Explore & get in a couple 1-2 pitch climbs
- b. Possibilities include:
 - i. Pine Line 5.7: Trad 1 pitch
 - ii. La Cosita, Left: Trad 1 pitch
 - iii. Delectable Pinnacle, Right: Trad 2 pitches

Day 10: Yosemite Climbing

- a. Swan Slab Gulley, 5.6, 310'.
- b. Claude's Delight, 5.7: Trad 2 pitches
- c. Other Yosemite Possibilities:
 - i. Snake Dike, 5.7, 8 pitches, 2000' feet
 - ii. Munginella, 5.6, 3 pitches

CLIMBING LOG

"I've tried many sports, but climbing is the best. The beauty of this sport is that no matter how good you get, you can always find a way to challenge yourself." – Randy Leavitt

My logbook starts in 2011 after my trip to California/Nevada with the class (EXP 381) and continues until February 2012. I am going to be continually climbing until I leave for my trip in May, but am submitting a logbook up until the present. Although I have not always been a fan of keeping logbooks, after looking at my climbing logbook, I have noticed helpful it can be. The logbook, especially for climbing, allows me to get a sense of my progress over time.

I have noticed there are a few climbs missing their names, and there are a few climbs that it looks like I didn't put into my logbook. In addition to my logbook, which only covers outside climbing, I also have been climbing at multiple climbing gyms over the past year.

DATE	AREA	CRAG	ROUTE	RATIN G	LEVEL
2011					
March, 13	Red River Gorge, KY Roadside		C Sharp or B Flat	5.7	Lead
March, 14	Red River Gorge, KY Roadside		Ledger Line AWOL	5.7 5.10b	Lead Top Rope
March, 16	Red River Gorge, KY; Military Wall Military Wall - Left Flank		Stay Left	5.10b	Top Rope
	Muir Valley		Mr. Bungle Getting Lucky in Kentucky	5.8 5.10b	Lead Top Rope
	Muir Valley; The Great Wall		Tall Cool One Glory and Consequence	5.9 5.7	Top Rope Lead
March, 18	Looking Glass Rock,		The Nose	5.8: P4	Second

		NC				
April, 30	POKE-O			Puppies on Edge Group Therapy Hang 'Em High Son of a Mother	5.6 5.9 5.11d 5.10b	Top Rope Top Rope Top Rope Top Rope
June, 5	Mt. Erie	Main Wall Group Snag Buttress		Zig-Zag Unknown Crack'N The Code	5.7: P3 5.10a 5.7	Second Top Rope Lead
July, 2	Exit 38 (Washington)	Overhaul Gritscore		Party Girl Chain Gain So Funny I Forgot to Laugh So Funny I Forgot to Rope Up Pete's Possum Palace 99 Grit Chica Rapidea	5.7 5.8 5.5 5.7 5.7 5.9 5.10a	Lead Top Rope Lead Lead Lead Lead Lead
July, 2	Exit 38 (Washington)	Overhaul Gritscore		Party Girl Chain Gain So Funny I Forgot to Laugh So Funny I Forgot to Rope Up Pete's Possum Palace 99 Grit Chica Rapidea	5.7 5.8 5.5 5.7 5.7 5.9 5.10a	Lead Top Rope Lead Lead Lead Lead Lead
July, 8	Exit 38 (Washington)	Substation We Did Rock		Lovey-Dovey Homo Erectus Rug Monkey Glom Don Sobriety Blockhead	5.10a 5.6 5.7 5.8 5.9 5.9	Lead Lead Lead Lead Lead Lead
July, 9	Exit 38 (Washington)	Substation Write-Off Never mind - Right		Glom Don Glob Job Hurly-Burly My There's Pink in My Burger Strip Clip	5.8 5.7 5.9 5.6 5.9	Lead Lead Lead Lead Lead Lead
July, 11	Frenchman Coulee	The Feathers King Pins- Air Guitar Area		Don Coyote Arterial Bypass Clip'em or Skip'em	5.8 5.8 5.8	Lead Lead Lead
July, 20	Exit 38	Far Side - Eastern Block		Impartial Eclipse Kiss of the Crowbar	5.8 5.7	Lead Lead
July, 29	Exit 38	Far Side - Lost Boys		I Wanna Go Home The Plank (1st Pitch)	5.9: P2 5.9	Second Lead
July, 30	Exit 28	We Did Rock - Left Hall Creek Rock - Middle		Black Caboose Absolutely Nothing Open Project Occan's Razor	5.9 5.9 5.10+ 5.9	Lead Lead Lead Lead

August, 4	Mt. Erie	Pigeon Stool Wall	Route 66	5.6	Lead
			Eliminator	5.7	Second
			Dumbo Arête	5.9	Lead
August, 11	Exit 38/ Mt. Washington	Amazonia-Right Club Paradiso	Sodflesh	5.9	Lead
			Lush	5.8	Lead
August, 28	Big Cottonwood Canyon	Challenge Buttress West	Hollow Man	5.9	Lead
		Challenge Buttress East	Wrecking Ball Birth Simulator	5.11a 5.6	Project Lead
September , 18	Little Cottonwood Canyon	The Gate Buttress- Schoolroom Rappel Area	Schoolroom Direct Variation	P2: 5.7R	Lead
September , 29	Big Cottonwood Canyon	Salt Lake Slips	Italian Arête	5.6	Lead
			Roll the Bones	5.6	Lead
			Thieving Magpie	5.7	Lead
October, 9	POKE-O	Poke-O Slab	Catharsis	5.5: P4	Lead
October, 11	POKE-O	The Luther Wall	The Snake	5.4	Lead
			Puppies On Edge	5.6	Lead
October, 29	Maple Canyon	The Schoolroom		5.8	Lead
			(Just bolted)	5.8	Lead
			(Next to the one Adam lead)	5.9	Lead
October, 30	Maple Canyon			5.8	Lead
				5.9	Lead
				5.9	Lead
				5.9	Lead - pumped 70ft
November, 3	Big Cottonwood Canyon	Salt lake Slip	Roll the Bones	5.6	Lead
			Thieving Magpie	5.7	Lead
December, 25	Little Cottonwood Canyon	Hells Gate	Los Crudos	5.8	Lead
			Anti Dote	5.10a	Lead
			Pocket City	5.10-	Lead
			Pocket Pumper	5.10a	Lead
2012					
January, 5	Hells Gate	Main Wall	Minor Threat	5.9	Lead
			Los Crudo's	5.8	Lead
January, 13	Red Rocks, NV	Calico Basin - Red Springs	Caliban	5.8+	Top Rope
			Baseboy Direct	5.11a	Tope Rope
January, 14	Red Rocks, NV	Calico Hills - Magic Bus	Neone Sunset	5.8	Lead
			Technicolor Sunrise	5.8	Lead
			Electric Kool-Aid	5.9+	Lead

			Blond Dwarf	5.9	Top Rope
January, 16	Red Rocks, NV	Calico Hills - Black Corridor	Fool's Gold	5.10b	Lead
			Black Gold	5.10b	Top Rope
			Texas Tea	5.10d	Top Rope
			757 2x4	5.7	Lead
			Crude Behavior	5.9+	Top Rope
January, 28	St.George, UT	Turtle Wall	Voodoo Economics	5.8	Lead
			Endangered Species	5.10d	Top Rope
			Turtle Soup	5.10b	Top Rope - didn't complete
		Chuckawalla Wall	Tortuga	5.12a	Top Rope
January, 29	St.George, UT	Chuchawalla Wall	The Garden of Eden	5.10d	Top Rope
			Sands of Blood	5.9	Lead
			Dirtbag	5.10a	Top Rope
			Popular Deman	5.10c	Top Rope
			Tombstone Bullets	5.10c/d	Top Rope
February, 5	LCC: The Gate Buttress-	Schoolroom Rappel Area	Schoolroom Direct Variation	P3: 5.7R	Lead/Second
February, 25	St.George, UT	Snow Canyon: Island In the Sky: Sand Dunes Area	What's New Pussycat	5.10a: P2	Second/Lead
			Gratitude	5.10c:P4	Second/Lead

RISK MANAGEMENT PLAN: CLIMBING SPECIFIC

“As I hammered in the last bolt and staggered over the rim, it was not all clear to me who was the conqueror and who was the conquered. I do recall that El Cap seemed to be in much better condition than I was.” – Warren Harding

In my formal proposal of my ski expedition to the Sierra I did an extensive risk management plan that included, travel, weather, gear, and medical issues. A fair amount of these risks are still present when camping, traveling, and climbing. This risk management plan is in addition to those, and is specific towards problems that could arise that are specific to rock climbing. This rock climbing risk management plan represents my way of thinking towards climbing: being safe at all costs, and never being to stuck in my own head to say its time to head down. In my mind if I'm feeling unsafe, for whatever reason, have it be on a 5.5 or a 5.11, I will back off and take the necessary steps to making sure that I get back down safely.

Hazard	Likelihood of Occurring	Risk Prior to Control (High, Medium, Low)	Controls	Risk with Controls (High, Medium, Low)
Knot in Rope	Possible	Medium	<ol style="list-style-type: none"> 1. Always Flake rope 2. Always check for knots before pulling rope 3. Always coil at belay station 	Low
Severed or frayed rope	Possible	Medium	<ol style="list-style-type: none"> 1. Always check rope before, after, and during climb 2. Use proper gear placements to reduce rope drag 3. Do not leave rope out in sun or other weather 	Low
Injury due to fall	Possible	High	<ol style="list-style-type: none"> 1. Always look at topo/guide before climb 2. Proper Gear Placement 3. Always communicate with partner and other party's on route 	Low
Rock Fall	Possible	Medium	<ol style="list-style-type: none"> 1. Always wear helmet 2. Know of possible loose rock 3. Communicate with 	Low

partner if does occur

Run-out between protection	Possible	Medium	<ol style="list-style-type: none">1. Place gear when possible and necessary2. Climb within ability3. Don't take unnecessary risks	Low
Worn Fixed Anchor	Possible	Medium	<ol style="list-style-type: none">1. Carry extra webbing	Low
Caught after dark	Possible	Medium	<ol style="list-style-type: none">1. Always plan for extra time needed on route2. Wake up early and start early3. Carry headlamp	Low
Rappelling off the end of rope	Possible	High	<ol style="list-style-type: none">1. Know the length of route and rappels2. Tie knots in the end of the rope3. Carry second rope is necessary	Low
Can't find belay station	Likely	Medium	<ol style="list-style-type: none">1. Always know topos/guides2. Carry with you if necessary3. Bring extra gear to set up rap station if necessary <p>Carry headlamp</p>	Low

