



bolfa

August 2011

Please send your submissions to
bolfa@climbingclubsouthaustralia.asn.au

Hi Everyone,

Well, it has been quite some time since the last BOLFA, I guess the message is: Keep the material rolling in. While this edition has been some time in the making, I think you will agree that the articles are rippers! Tonight is the CCSA AGM, held as usual at the Robin Hood Hotel from 7.30pm in the meeting room. I am also pleased to announce that we have secured the meeting room for all but one of our meetings next year at no cost and as solid bookings with no risk of being relegated. We're heading into the Spring / Summer Season, so if you haven't been already, lock yourself in to your preferred training venues and prepare for a summer of fun! While on the subject, welcome to the boys at BoulderZone I'm sure the benefits to the Adelaide climbing community will be fantastic and wish you all the best. Also, check out the refurbished 45 woody at Vertical Reality – at this rate of growth in training facilities, SA climbing standards are sure to improve. See the adverts at the end of the newsletter for details of discounts offered by both facilities.

CCSA MEETING DATES 2011/2012

December 2011 Social Xmas get-together in the Rotunda – 12th December

6 February 2012 – 1862 Bar

2 April 2012 - Function Room

4 June 2012 - Function Room

6 August - Function Room

8 October - Function Room

December 2012 – TBA closer to the date

Col Reece Edition BOLFA

Could the people who had footage / stories / pictures of Col Reece please contact either Celia (cealz@internode.on.net) or myself (ajkclay@internode.on.net) so we can put together a Memorial Edition? Also, If you were unable to contribute last year but would like to share something, whether it's a story, brief thought, photos or just something special to you, please contact us as well.

Cheers,
Adam



The Good Ole Days

by Gary Scott



Gary Scott on Eternal Damnation (23)

It was my parents, who retired to live in Adelaide, who brought me a copy of Nick Neagle's "The Adelaide Hills – A Rock Climbers Guide" when they came to visit me in Colorado in October, 1997. I wasn't really rock climbing much any more, but was still guiding trekking and mountaineering trips around the world every now and then. I really enjoyed going through the guidebook, it brought back some great memories, and it was fun to read what others think about you. I particularly enjoyed reading the Rock-climbing Ethics article by Tim Day and agree with him – climb clean and don't damage the rock for those that follow after you!

Those were the days eh? I had dropped out of Flinders University in around 1978 or so - realizing that all I really wanted to do was climb. I worked part time and climbed the rest, and even did the full-time climber deal while living on the dole for a while.

My climbing partners were numerous but I climbed the most with Colin Reece (may he be climbing amazing routes in the sky for eternity), Greg Moore, and even more so with Mark Barnett who really was very new to rock climbing. I climbed with them a lot because I enjoyed climbing with them the most and we seemed to push each other to the best out of ourselves. Climbing is really a lot like “dating”, it takes some time to really find a compatible partner, and one that you ultimately trust and enjoy hanging out with on the side of a cliff.

Most people worked so I would head up to Morialta or other local cliffs by myself and explore. I would set top-rope self-belay myself on bunch of established routes and try and climb till I was exhausted, then hit the gym at night, often doing hard gym workouts with Colin. Often we’d go to Araplies for the weekend or for a week if someone had time off, or the Grampians or somewhere else fun.

After getting in decent climbing shape I started looking for new routes, more so I wouldn’t get bored, and also because I found I pushed myself more when the difficulty of the route was unknown, and when no one else had done it before. I really wasn’t looking for fame or notoriety; it was far more for the fun and the adventure of the unknown. When I wrote my own climbing guide to the Hills –The Hills Updated – I didn’t even want to put my own name on the routes, well not the “easy” one’s anyway.

Some routes I top-roped then led with a climbing partner, but when I was climbing mid-week and couldn’t find a climbing partner I would use a self-belay to lead the route, which I am very glad I never had to really test, and other times I’d solo the route. I always felt in control and never really felt I was really out there risking it all. I went by feel and instinct and if it didn’t feel right I didn’t climb the route, or waited until I found a climbing partner. Some routes I really wanted to share the first ascent experience with a friend and so I’d wait do it with them.

Around that time I read Yvon Chouinard’s classic Chouinard catalogue cover to cover about the abuse to the granite cracks in Yosemite due to piton and bolt damage and I decided to adopt his clean climbing principles. I agreed with the philosophy that - “Every climb has it’s time which need not be today!” I loved that!

Some routes I did I was very proud of and others not so much, but I did them anyway. The thing I am most proud of was only putting in ONE bolt in over 200 first ascents. If I couldn’t climb it clean and pure then I wouldn’t climb it. The one and only bolt I placed in the Adelaide Hills was on Praying to the Aliens (19) at the Bluff, a steep slick slab which had absolutely no protection except for that bolt 80 feet up or so– try climbing that in EB’s (the original and first rubber soled climbing shoes).



Kym Carrigan, first ascent of Anxiety Direct (27)



Gary Scott, first ascent of Pizzazz (23)

Many of the routes I did were quite bold and strung out leads which would have resulted in ground falls if I came off. The biggest fall I ever took was on the first ascent of Pizzazz where I took a thirty footer pulling out a friend and breaking a wire until the bolt stopped me. Luckily for me the wall is steep and I didn't hit anything. And I am very glad things have been sorted out about the first ascent of Pizzazz; it was Kim who tried to lead it on a Sunday afternoon and backed off into the corner. I heard about him attempting it and went up the very next evening to try and lead it. That's when I took the fall so came back the next day and led it. Greg Moore belayed me and seconded the route and Dale Arnott (Colin's girlfriend at the time) took photos. It was one of the proudest I have ever felt after a climb as with the run out it really pushed me.

I wanted to raise myself to the standard of the rock I was climbing rather than selfishly using pins or bolts or aid to bring it down to my level. It made me a better climber and a better person and later I adopted this philosophy in the Himalaya only ever climbing without supplemental oxygen and often solo.

I loved the Adelaide Hills; there are so many great places to climb within an hours drive. It's probably unique in the world for that reason – having so many great different types of cliffs and climbing so close. I'll never forget screaming up to Morialta on the back of Greg Moore's Kawasaki 1100 or drifting around corners on dirt rods up to Raetjens Gap in Mark Barnett's hot car. We always had a great time.

I was climbing six days a week at my peak and had nothing better to do than to scour every inch from the top of Morialta Gorge to the bottom looking for stuff that wasn't in the guidebook and with the goal to free climb any routes with aid and to climb clean any routes with pitons. Some days I climbed well and others I didn't. I really don't think I was that good a rock climber, I just worked very hard at it, and climbed a lot, I was much better as a high altitude mountaineer.

As I got better the routes I did got harder and we were all pretty competitive back then. It was a unique period in time, think about it, a huge number of very good rock climbers living in Adelaide and a bunch of them climbing full time. Kim Carrigan was there and he really pushed the standards. Kim was a far better technical climber than me, and I may have been bolder on one or two days and that's it. Kim motivated me, and a heck of a lot of other climbers, and it was always fun to hear when he came back from Arapiles what the newest grade at the top end he had accomplished.

Those were great days. When we weren't climbing we were training for climbing and when we weren't training we were talking about it. I had a list of what new routes I wanted to do, or which routes I wanted to free or climb clean and I knocked them off one by one. I was very focused and probably quite the pain in the ass, luckily I've mellowed a lot since then.

It doesn't get much better than a long and hard day's climbing in the Adelaide hills on one of those beautiful spring or autumn days with a good group of friends, followed by a beer at some pub on the way home while we talked about the day and what we were going to do the next weekend. It was always fun, always exciting.

After a few years of full time climbing, and after getting impatient waiting for the "new" guidebook to be written, I decided to take the project on myself. I didn't want to do a complete guidebook, just an update to new routes since the last guidebook written in 1976 by Craig Hill, Graham Hill and Colin Reece. Writing a guidebook was a great experience but a lot of work. I did all the research, all the writing, drew the maps, typed it out on a typewriter (and I couldn't type back then), printed it, collated it and stapled the 200 copies together.

I remember feeling weird that I had done most of the new routes and as mentioned many were done – because they were there – and just to get them documented – so Mark Barnett and I came up with an "alter-ego" for me – called Frank Williams – and so I gave him the credit for many of these routes. We also came up with an alter ego for Mark – Cliff Freeman. We even came up with our climbing fraternity – the Free Wallers – it was all tongue in cheek and good fun. Mark was a huge source of encouragement for me back then and I'll never forget it and I believe I was for him.

I just came back to Adelaide a few weeks ago and met with some of the climbing club members and showed some slides it was great to see old friends like Mike Broadbent. Mark Barnett turned up and it was really great to see him. I had a chance to chat with Nick Neagle and Dr. Paul Baddenock and it was great to chat with them. I was bummed out to hear of my old friend Colin Reece's death – boy we had some adventures together.



For some reason I felt like I was stepping on toes printing my own guidebook, and that it was too egotistical, so I didn't tell anyone about it, except George Adams, who owned the only climbing store in town – Thor. I really looked up to and respected George and told him about the guide I'd written, and my intention to not put my name on it. I'll never forget George looking me in the eye and saying "put your name on it and be proud of it" – so I did. A few weeks later and many late nights later I carried a cardboard box of guidebooks to Thor and George took them on consignment – I can't even remember how much I asked for them, maybe \$10 each, but they sold out pretty quickly.

The guidebook took many people by surprise and no doubt ticked off some people who hoped to write one themselves, or at least climb some of the routes before I got to them. I just wanted to write a guidebook and get the new information out there.

One thing I want to say to you young bucks that have grown up with bolts. It seems that today – in our fast food – microwave – sport climbing world that it's all about the technical aspect of climbing now – and less about the aesthetics, the purity, the adventure and the whole experience of it all. And that's cool – whatever turns your crank I guess. Sure I love climbing a route protected by bolts, and often the more the merrier, but I'm not going to damage the rock, and hurt nature just so that I can climb a piece of rock (OK I did it once). So, please think about what you are doing to the generations of climbers that will follow you before you damage the rock permanently just so you can get your name in a guidebook.

To me it's all about feeling good about yourself at the end of the day and there are few things more disrespectful to me than someone coming along and retro bolting a route that was climbed first without bolts. Once it is led that's it fellas – leave it alone and find another route at your level or wait until you are good enough to lead it in the same style it was originally done. This is history man. Imagine painting over a famous painting because you wanted it to look different. Many climbs are works of art to the first ascensionist and you are changing history when you mess with a route.

So, please - don't be bolting my routes and changing them or forever just so you can lead it more safely – or top rope it dude – have some respect - please! Never forget - "Every climb has its time which need not be today!" Cheers and climb clean, I hope to see you in the hills!

Gary Scott
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Tech Tips

1. Know your gear - do whatever works for you. But just as tying in becomes second nature by sheer repetition so should racking your gear. This helps you to know where your pieces are at all times and gives you one less thing to think about when the ghost of Elvis takes possession of your leg. It also helps at the end of the day to keep track of your gear in the scramble for the post escalatory beverage.

2. Run before you can walk - or rather walk before you can run - most people recently new to the trad game will spend the GDP of a small African village equipping themselves with an arsenal of camming devices. I don't decry this by any means but there is a lot to be said for learning the limitations of any piece of gear and the false sense of security that our little lobed friends can instil (my biggest trad whipper I popped 2, albeit poorly placed, cams and had my untimely demise suspended by a #8 wire). Not to mention the fact that they are infinitely more economical, you get a lot of bang for your buck with sets of wires and hexes. Hexes were the precursor to the camming device and their asymmetrical design means that you get a wide variety of placement options for any given piece as well as a camming action in 2 orientations! Is there anything that doesn't respire more beautiful than a well placed hex?! (This could be rhetorical musing).

3. Variety is the spice of life - do yourself a favour and don't narrow yourself down to any one type of gear. Just like women (or men, or both) they come in all manner of shapes and sizes and all have their own unique beauty. Supplement your first 'set' with an assortment of other brands, offsets, doubles, brass in the size ranges you most use. Some cams have a wide range but are relatively wide and heavy, others are narrow and prone to walking, others again are great for shallow placements but super flexy. Know that there are often two ways to skin a cat (metaphorically of course) think about stacked wires, pieces in opposition, threads, slung chicken heads, tricams, run it out...

4. Know your crag - rock type is a pretty major factor in the style of an area. You don't need to be a geologist (but it can help) to appreciate the intricacies of terroir in an area however this can play a big part in your pointy end decision making. Areas with 'splitter' cracks will often swallow all your gear of a given size, spitting you out, whimpering, as you rattle your mis-sized gear in placements with pitiful conviction. Thankfully there are ways around this too, with a couple of pieces of appropriate size you can walk your protection up with you, perhaps finding a well placed outlier

So some might (do) suggest that I am a bit OCD when it comes to my climbing gear (or any gear associated with impassioned pass times) but I'd like to impart why I think this is a good idea.

in the process to give some redundancy. Tight volcanic or metamorphic features can sometimes be dominated by flaring placements requiring careful consideration particularly if you often point and shoot with camming devices. Flakes can often be susceptible to 'expanding', taking your gear with it (cams can walk or wires can fall out) or in the worst case the force generated by loading (particularly with cams, that have a very high force multiplying effect) can send a shower of unfriendly fire down on your belayer.

5. Wear a helmet - these are such a great and overlooked piece of kit. Sure you can look like a dork (if you have seen me in mine...) but the more you climb, the more likely you are to be saved an uncomfortable aerial assault. They come in a variety of colours, styles and materials and in some instances are even designed to protect against fall related head injuries. Just a couple of decades ago wearing a seat-belt was made compulsory, people complained that they were uncomfortable etc but the fact is they save lives and prevent injuries. The choice is yours, mine get in the way on some climbs but who really loves flares and chimneys anyway (I fell up Wizard of Ice recently if that gives you a clue).

6. Be patient - take time to learn the intricacies of how your gear works in all manner of placements. In many respects the best place for this is on second, taking a moment to assess how a piece might have been placed will both help you get it out and put them in when on the lead end. This skill can lead some to descend into a mysterious alter ego - the revered/feared/scorned booty hunter! (What, my rack has been bolstered with all manner of pieces).

7. Communicate - crow to your partner when you place a bomber piece, let your lead know when their gear was suspect or even when they have not protected the second on some heinous skatey traverse (I suspect that seconds around the world struggle to contain their exasperation when faced with such situations). There is no better way to learn than with active reinforcement.

Anyway there are a few tips, ask questions, watch people and spend a bit of time at the base of a new cliff hunting around for gear and gear placements.

Regards
Tim Smith

Cleaning your Drinking Tube

You have bought a brand new water pouch and it has a lovely clear plastic tube which displays the clean water you like to drink. Six months down the track however, it is a different story, and the tube seems to be a breeding-ground for all manner of undescribed mould species.

Well, rather than throw the tube away, why not clean it?

I have used the following recipe many times to clean my own drinking tube, which has outlasted the bottle!

For this operation, you will need:

1. A dirty drinking tube
2. a length of 2mm nylon cord, about 30cm longer than the length of the tube. Make sure that this is reasonably soft & pliable – the sort found in climbing stores is ideal.
3. Some washing-up detergent
4. Very hot water – this is only needed if you need to soften the tube to remove it.
5. An understanding friend (optional).

Firstly, remove the fitting from both ends of the tube. Immerse the ends in hot water to soften the tube if the ends won't come off easily.

Feed the cord down through the tube. If you are having problems getting it all the way through, then find an open space where you don't mind some water being sprayed, feed as much of the cord into the tube as you can, then swing the tube around your head, being careful to hold the cord at the other end!

When you have the cord out the other end, tie 3-5 overhand knots in it, spaced at roughly 1cm. The more knots, the better the cleaning action, but the harder it will be to pull the knots through.

Wet the cord, place a couple of drops of detergent on the knot nearest the tube, then pull the other end so that the first knot sits just inside the end of the tube. You may need to dip the end of the tube in the hot water for 10 seconds to soften it up first. If this doesn't work, and the knot will not enter the tube, then your cord may be too large in diameter. If the knot slides in easily, then you may have to tie double overhand knots in the cord.

Now pour some of the hot water into the other end of the tube while holding it vertical. You only need an inch of water at the bottom. This water will help clean the tube.

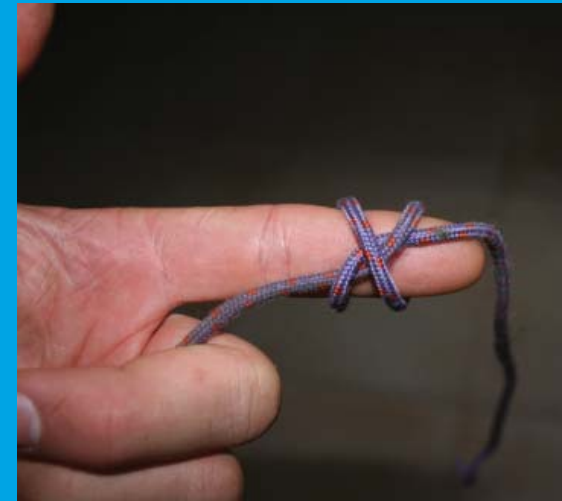
This is where your friend comes in. One of you needs to grab the cord at the unknotted end, and pull, while the other holds on to the tube around the knots, moving their hands as the knots move up the tubes. Again, putting the tube in the hot water for a while might help this process. You might also tie the unknotted end onto a broomstick to make it easier to hold. If you don't have a friend, then you can tie the free end onto something sturdy. Be patient! As long as you maintain pressure, the knots will work their way through the tube, cleaning as they go. These tubes are strong, so don't worry about breaking them.

As the knots reach the other end, reduce pressure, and warn the friend to be aware of the gunk accumulating at the end of the first knot, lest they wear it!

When the cord has been pulled out of the tube, rinse the tube by running warm water through it for 20 seconds or so. The end fittings might need attending too; just wash these in warm soapy water and rinse.

Reattach the cleaned tube to the fittings, with no fear of catching some horrible disease!

The cord can be re-used many times, but I recommend you undo the knots and rinse & dry the cord after each re-use.



Regards
Garth Wimbush

SNAPSHOTS



Pine Crack (19), Moonarie



Nick Neagle, Brolga (17), Mt Arapiles



Tim Smith, Hypertension (24), Moonarie



Evelyn Krull on Anzac Highway Amble (24), Norton Summit.



Kristy Hansen on Pussy, Norton Summit.



Smitten the Movie

Please visit Boulderzone's Event on Facebook for details.

Saturday, August 6 • 6:00pm - 8:30pm

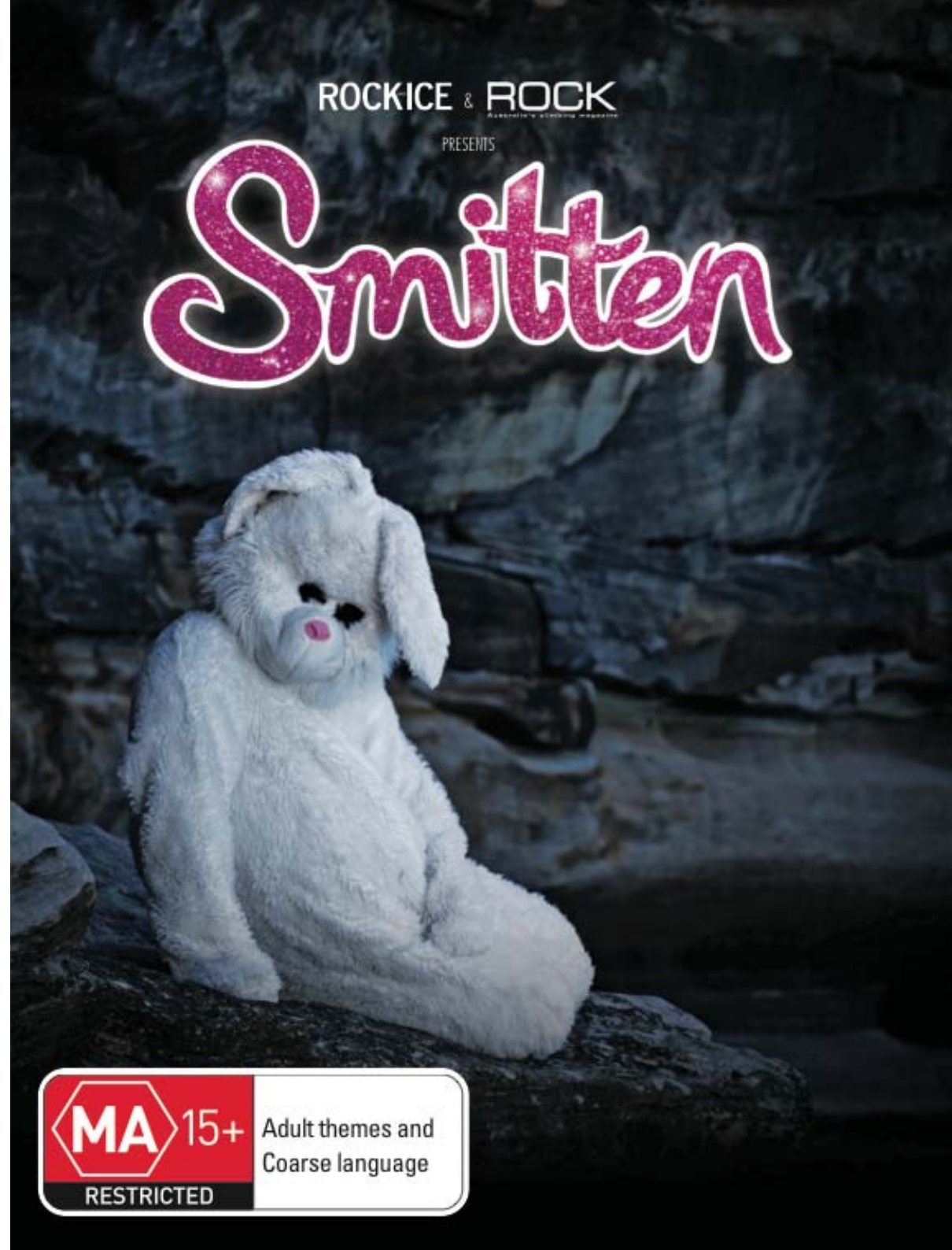
**Boulderzone
10 Ware Street
Thebarton**

Boulderzone and Smitten are super excited to be hosting the
Adelaide Premiere Party!

Come along, we have lucky (chance) door prizes, watch the entire movie
& have a white knuckle action packed evening! It will be an awesome
crowd with incredible music!

Free for CCSA Members or \$10 entry on the door for non members.

DVD's are available for purchase on the night.





We offer CCSA Club members 10% off all purchases upon presentation of membership card.



We offer CCSA Club members 20% off all purchases upon presentation of membership card.



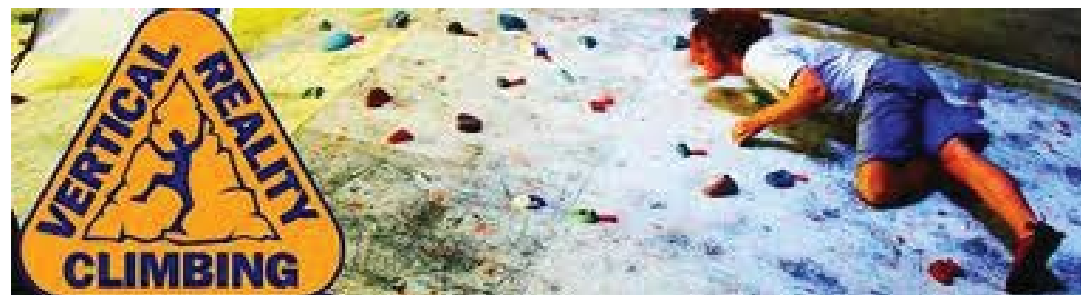
**Scout
Outdoor
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We offer CCSA Club members 20% off all purchases upon presentation of membership card.



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We offer CCSA Club members discounted bouldering for \$12 upon presentation of membership card.



We offer CCSA Club members discounted climbing for \$12 on Monday nights upon presentation of membership card.