



The Log

Newsletter of the UNSW Outdoor Club
July 2005





Table of Contents	
Assault on Belougery Spire – part 1.....	1
Quick News.....	2
Snow, Rain, Heat or Cold - Get Outside!.....	2
Fast Facts.....	3
Assault on Belougery Spire – part 2.....	4
Climbing Stuff.....	5

15/Oct	SKYDIVING Leaders: Joshua Witheford
17/Oct	Club Meeting - Club Meeting Leaders: Justin Della Bosca
25/Nov	Earthcore music festival Leaders: Tristan Blakers
03/Nov	Six Foot Track Marathon Leaders: Duncan Macinnis

Quick News

- **More punctual newsletters:** if anyone is feeling more competent at getting newsletters out each month gimme a yell. Required skills: 1. cut. 2. paste. 3. squeezing blood (content) out of a stone (the club). Email anthony: neverforever@gmail.com
- **Content for next newsletter:** you heard me.
- **Upcoming trips:** (see the website for more details, and to post any new trips).

26/Aug	Oxfam trailwalker - Bushwalking Leaders: Nikki Bart
26/Aug	The Castle - Hiking Trip - Bushwalking Leaders: David Tompsett
26/Aug	FREE Indoor Climbing - The Ledge - The Ledge (every friday)
27/Aug	Intermediate day walk - Bushwalking Leaders: Joshua Witheford
27/Aug	Mount Biking Trip -beginner/ intermediate Leaders: Mahmood Efatmanesh
30/Aug	Lords of Dogtown-Tightwad Tuesday
01/Sep	Exceptional Antarctic Adventurers talk
02/Sep	Telefest 2005 - XC Skiing Leaders: Andrew Collins
13/Sep	Club Meeting - Club Meeting Leaders: Justin Della Bosca

Snow, Rain, Heat or Cold - Get Outside!

Elena Voropay

Pouring rain, cold wind and humid air make us stay inside as much as we can. Of course it feels good sitting in the warm house, watching your favorite show and enjoying a piece of warm apricot strudel topped with a dull of rich fluffy whipped cream. But don't despair simply because the summer is not here yet. Sometimes you just need to get yourself up and move out, regardless of the weather. Here are plenty of ways to enjoy outdoors in spite of the cooling temperatures. And who can resist great climbing, challenging Rogaining or energizing Bushwalking in the fresh crisp air when the sun lights up your heart and soul making it worth living! Don't let the weather ruin your day! There are many things you can do to make piece with weather, get up, get out and get going.

First of all, give your body some credit for maintaining normal body temperature to keep you alive regardless of the season. The body temperature ranges between 97°F and 100°F with an average of 98.6°F (37°C). The basis of the body temperature is the heat produced by the working cells of body. The greatest furnaces are your muscles and liver, each generating about 25



percent of the total body heat. The resting brain, the utmost student's asset, produces about 15 percent of the heat. Interestingly, the studying brain does not produce much more heat.

The body also constantly loses heat. 80 percent of the heat is lost through the skin and the rest is lost with sweat and breath and excreted with waste products. Several mechanisms help regulate heat loss. When the mercury drops, the blood vessels of the skin constrict keeping blood and heat in the deeper tissues. Sweat production is reduced and shivering is triggered. Shivering is caused by "cold" sensors and involves muscle contraction that produces heat. During maximal shivering, the body can increase the amount of heat it produces to as high as four to five times normal.

Most of the heat is lost through skin and it's the only one that can be regulated. There is no control over heat lost by the other routes. Common sense tells you to insulate the body against the cold by wearing clothing. Two important concepts here are layering and staying dry. Air is a poor conductor of heat and when layers of air are trapped in clothing and between the skin and clothing they act as effective insulators against excessive heat loss. That is why it is preferable to wear several layers of lightweight clothes than one heavy garment. When choosing winter clothing, look for ventilation layer next to the skin to wick moisture away; two insulation layers to transfer perspiration to the outer shell and trap warm air; and an outer protective shell made of breathable material allowing moisture to escape while shielding from wind and snow. Without the proper insulation around your body, you're putting yourself at risk for hypothermia, or too much heat loss.

Here are some tips to keep your inner heat:

- Several layers of clothing will allow sweat to pass through, while at the same time keeping warmer dry air trapped close to the skin
- If you sweat a lot, avoid wearing the protective shell unless it is designed with substantial venting, such as zippers in the armpit area
- To stay dry, avoid heavy cotton and tightly woven materials that lock in water vapor
- Up to 50 percent of the heat lost when outdoors in the cold is from the head, so wear a hat to trap in your body heat
- Choose wool or fleece gloves and two layers of socks – moist or dry, wool will keep you warm
- Wear a scarf or mask over your mouth if necessary

Whether you belong to the sandy beach or to the snowy mountains, enjoy spending your days in the fresh air in spite of the unique challenges presented by exposure to the environment. With a little advanced planning, and a healthy dose of self discipline, there is no reason to be cold!

For more information on Health and Fitness visit www.AustralianFitness.com

Fast Facts

It's Getting Hot'n'Here

The temperature of your body varies with the time of day being lower in the morning and higher at the end of the day. This is due to the fact that food consumption and physical activity increase our body temperature. Upon awakening, your body has deprived water and glycogen stores resulting in poor blood circulation and heat production. As you eat and exercise throughout the day, heat production raises keeping the body in homeostasis.



The Log

Newsletter of the UNSW Outdoor Club
July 2005





Is Your Nose Red Yet?

Do your ears and nose get red when you step outside? No wonder. The blood vessels constrict to conserve blood and heat in the deeper tissues to prevent heat loss. However, when the temperature drops too low, blood vessels dilate, thereby allowing more blood to flow to the skin to prevent irreversible tissue damage. Dilated blood vessels and increased circulation to the surface of your nose and ears result in charming red appearance.

Light The Fire Within

The body produces sufficient heat to maintain core temperature under almost all conditions. But you can increase your body temperature by exercising. During physical activity, more than 75 percent of the energy produced by the working muscles is converted to heat, which elevates core temperature. The blood vessels dilate allowing more blood to flow to the skin. This activity transfers heat from the deeper tissues to the surface of the body. With exercise, the amount of heat produced by the muscles may increase by hundreds of times.

Staying Alive With Food

It's not uncommon for anyone to gain up to 10 pounds during winter. As a matter of fact, eating more food in winter is the body's natural response to find the means of generating heat, and increased caloric intake is one of them. Your body will also try to insulate itself from cold environment by increased tissue insulation, namely fat. Thanks to the superb efficiency of living organisms to adapt, the body will do everything possible to create an insulating layer of fat cells and hold on to it. Arctic animals are a good example of the nature's adaptation principle – nice thick layers of fat and fur keep them warm. *EV*

Climbing Stuff

Anthony Knittel

It's great how climbing has a pretty consistent progression of skills, each with its own set of challenges and enjoyable things you can do when you're climbing at that level. You can turn up at a gym, learn the basics and have fun hanging around on coloured plastic holds & playing with ropes. Slowly you can open yourself up to new climbs as you learn new tricks and develop your skills, and with a bit of help learn about going out climbing at sport crags or trad areas, or even big all day adventures in great settings like the grose.

I've generally had an interest in getting better at climbing so that I would be able to access bigger, better and more exposed climbs, or else just from the enjoyment you get from throwing yourself at something that takes a commitment of your full character to be able to do it. I think it's fun playing around on easier stuff in a gym or outdoors, but there is also so much reward in learning new skills and discovering all these other facets that make climbing such a diverse and engaging activity.

Sometimes it just takes a few clues to help open up the next steps to make climbing that much more interesting, so I've put together a few examples of tricks about climbing that might be helpful to open up a few possibilities for people with a bit of imagination.

Case study 1

Jack goes to the gym most weeks, he generally sticks to the easier climbs with the nice big holds, everything else is just too tiring or too hard to hold on to. He generally finds he can do most of the moves on the easier climbs, even if it takes a couple of goes, but the biggest problem is that his forearms wear out really quickly and it gets to hard



The Log

Newsletter of the UNSW Outdoor Club
July 2005

to hold on or pull up to the next hold. After about 3 to 5 climbs he's pretty toast & needs a good rest.

A couple of suggestions for someone like this:

1. Learn to use the rest of your body to climb and take the strain off your arms. It's a good time to learn technique because if you improve mainly by developing more endurance and strength you will still be held back by technique, when your arms wear out so quickly it forces you to learn styles that place minimum load on your arms.

- Climb with straight arms. Instead of climbing like you're on a ladder with your legs straight and arms bent, let your body sit lower so your arms are straight and legs bent.
- It may be also helpful to turn your body to the side or stick a leg out instead of keeping a straight up and down position. When moving up to a hold it is often easier to move your body in an arc so you are still close to the wall but keeping straight arms. Opposing the force on your arms with force on your legs can give quite stable and comfortable positions.

2. Learn to trust yourself and use minimal effort on the holds. You can think of them as egg shells that you have to hold really softly.

3. Climb statically. That means avoid bouncing or lunging for holds, but find a way of moving so you are in control throughout the entire movement. Dynamic climbing is very useful too but it's probably better training to focus on static climbing at this point.

Case study 2

Sabrina climbs pretty often, she's learnt a few techniques to be able to climb the easier routes with minimal effort and has a good go at some of

the harder routes. Endurance is still the biggest issue with many climbs, even though she's able to do most of the moves it's often a question of being able to push through to the top before all the strength has drained away.

Suggestions:

1. Learn to make use of rests. Often there is a decent hold where you can position your body so you can drop one hand and keep minimal strain on the other hand and on your abdominals. You can get a lot of recovery from some fairly average holds as long as you can drop your body weight basically straight off the hold (but keeping weight on your feet) and keep yourself on with the slightest use of one hand (preferably held with a relaxed open hand) and minimum tension in your body. It can also help to cycle between several reasonably comfortable positions so you get a bit of recovery in each. This is an essential skill for trad climbing. You can also learn to try a few moves and retreat to a good rest to recover and re-think the moves, although that is more generally applied to longer climbs than short technical climbs in a gym.

2. Rehearse moves. If there's a bit of a climb that you have trouble with keep trying that section over and over until you work out a way of doing the moves with minimal effort. Once you have worked out a sequence for each take a rest and try and string them together.

3. Some other techniques to try-

- Place your feet and body in positions that make the holds easiest on your hands. Often it is better to disregard the obvious foot holds and choose poorer ones in a better position. Smearing a foot on the blank wall can be very effective to maintain balance.



- Choose the technical option over the strenuous one. Even though its possibly a bit more awkward its better training and will likely take less strength to do, and make use of a variety of muscles instead of just your big stupid ones you're so tempted to haul with.
- Breathe! Make sure you're taking good breaths and be vocal about the climb- often a good yell can make a big difference in making a difficult move, and it shows commitment!

Case Study 3

Joe goes out climbing around sydney and in the mountains every now and then, generally preferring to stick to grades he's comfortable with and occasionally jumping on something a bit harder when he's feeling particularly confident. He prefers trying harder climbs on top-rope because when he climbs outside his comfort zone on lead it can be quite intimidating and he doesn't climb his best. He knows he is able to do these harder climbs, or at least do the moves piece by piece, but considers doing the climb in one shot on lead something he could see himself doing one day when all the conditions were right and he was feeling at his best, not something he would aim towards each time he was at the crag. In general he tends to lead up a climb to get the rope up where necessary and follow up on top rope given the choice.

There's no point suggesting one persons approach to climbing is any better than another's, but if Joe

(or someone in a similar position) wanted to enjoy the ticking off climbs in good style there are a few approaches that can be helpful.

- Probably a good place to start is to reconsider which climbs you want to target, its tempting to think of the hardest climb you could imagine yourself being able to do and have that in your mind as what you would consider a 'project', whereas there is a lot of reward working on climbs that may be many grades below what you consider your limit. Instead of struggling up something harder on top rope or with lots of rests all the time, find something that is a challenge for you to do in one go and work on it.
- Get used to being on lead. A good habit is to avoid top-roping altogether and let everyone do each climb on lead the whole day. You can also build up the courage to jump on your hardest climbs ground-up, even if it is a struggle to make it up bolt to bolt first go. If you get used to being on lead and taking falls you'll become much more comfortable with it and be able to climb a lot better. Having a clearer head also lets you assess risks a lot more effectively and make better, safer decisions. Once you get used to it a clean fall on a solid bolt with a soft catch from the belayer is nothing to be afraid of. And you'll have such better stories to tell that cute girl(/guy) at the gym too!

AK