WEDNESDAY APRIL 1

1) KNOB JOB 5.10a solo 150'
2) UGLY DUCKLING 1ST 5.10a solo 75'
3) BOULDERING (10 problems / 5.11 range)

WORKOUT

ONE ARM: 1×3, 2.5 lb. ×1, 10 lb. ×-1
TWO ARM: reg: 75 lb. × 3 × 2 wide: 25 lb. × 7
HANG: small: 100 lb. × 10 sec × 3, 50 lb. × 30 sec × 1
FINGERTIP PULLUPS: 50 lb. × 3 × 2
LADDER: 1×1 BUTTERFLY PULLEY: 60 lb. × 10
LEVER PULLEY: 60 lb × 10
GOLIATH: 6 MIN / 4 × 1, 3:30 / 2 × 1
BENCH: 150 lb. × 10 MILITARY: 40 lb. × 15
ERECT ROW: 40 lb. × 15 DUMB FLY: UP: 5 lb. × 15
DOWN: 5 lb. × 15
STRETCH: 3 MIN

THURSDAY APRIL 2

1) C.S. CONCERTO 5.8 (-2ND) solo 300'

REST

FRIDAY RAIN

WARM UP GOLIATH: 1:15 / 1 × 3
1) KNOB WALL - BOULDERING AT BASE 15 min.
WORKOUT GOLIATH: 6:00 / 4 × 2
ONE ARM: JUMP: 1×2 LADDER: 13 lb. × 1 × 2, 1×1
TWO ARM: reg: 50 lb. × 5 × 2 wide: 50 lb. × 4 × 1
BUTTERFLY PULLEY: 60 lb. × 10 LEVER PULLEY: 60 lb. × 10
BENCH: 150 lb. × 10 MILITARY: 40 lb. × 15
ERECT ROW: 40 lb. × 15 DUMBFLY: UP: 10 lb. × 10
BENT: 10 lb. × 10
STRETCH: 2 min.
JOG: 18 min / 155 rpm.

SATURDAY (REST) APR 4

VENTURA

SUNDAY JOSHUA TREE ! APR 5

1) 5.9 layback tr (REST)

MONDAY NO RAINY DAY HERE ! APR 6

1) RIGHT SKI TRACK solo 5.10 d
2) LEFT SKI TRACK solo 5.11 a
3) HANG & SWING solo 5.10 d
4) LEAVE IT TO BEAVER solo 5.12 a
5) CLEAN AND JERK solo 5.10 b
6) BLOOD OF CHRIST tr 5.11 d
7) GUNSMOKE : 1 x 4 & ROPE LADDER : 1 x 3
8) ILLUSION DWELLERS solo 5.10 d
9) LATIN SWING solo 5.11 a
10) BE-BOP TANGO solo 5.11 a

WORKOUT LEE'S GYM

TWO ARM: 50 lb. x 5

BENCH: 135 lb. x 10, 155 lb. x 5

MILITARY: 65 lb. x 10 ERECT ROW: 65 lb. x 10

DUMBFLY: up: 10 lb. x 8 bent: 10 lb. x 8

3/4" HANG: 45 sec, 30 sec

TUESDAY REST APR 7

WEDNESDAY APR 8

1) AID PLACED 6 BOLTS 3/8" x 2 1/4"
2) RIGHT SKI TRACK 5.10 d solo
3) BEAVER tr 5.12 a 1 x 5 laps
4) GUNSMOKE 2 x 2, 1 x 2

TIRED

THURSDAY REST APR 9

FRIDAY APR 10

1) RIGHT SKI TRACK 5.10d
2) LEFT SKI TRACK 5.11a
3) WALK ON WATER ? 5.12b tr flash
4) ATTEMPT NEW ROUTE w/ bolts
5) BEAVER 3 times tr

SATURDAY REST APR 11

SUNDAY APR 12

1) CLEAN AND JERK 5.10c solo x 2
2) HANG AND SWING 5.10d solo
3) BEBOP TANGO 5.11a solo
4) LATIN SWING 5.11a solo
→ CLEAN NEW ROUTE 1 hr.
5) EEHASIN' THE CONCORD] 5.12b tr x 1
6) BEAVER 5.12a tr x 5
7) RIGHT SKI TRACK 5.10d solo
9) DANDELION 5.10b solo
10) BEARDED CABBAGE 5.10b solo
11) LEFT SKI TRACK 5.11a solo
12) GUNSMOKE 5.11 4 x 1, 1 x 6

MONDAY APR 13

REST DAY - VENTURA

TUESDAY REST APR 14

DRIVE TO YOSEMITE FROM JOSH -
RIPPED 3rd TOE TOENAIL OFF TODAY -
YUCK! PAIN - NO BOOTS FOR MANY

WEDNESDAY REST APR 15

BLOWN TOENAIL
CONSTRUCTION ON "GOLIATH"

THURSDAY APR 16

1) KNOB WALL - MELTDOWN 5 attempts = failure (tr)
2) CROSSFIRE ↓power down

WORKOUT ONE ARM: jump: 1×1 ¾: 1×2
TWO ARM: reg 12": 80 lb × 2 × 5 wide 24": 50 lb. × 5 × 1
HANG: small: 75 lb. × 10 sec × 6
LADDER: 13 lb. × 1 BENCH: 150 lb. × 10, 160 lb. × 5
GOLIATH: 3:30/2 × 2, 1:30/1 × 2
BUTTERFLY PULLEY: 65 lb. × 10 LEVER PULLEY: 70 lb × 10
MILITARY PRESS: 40 lb. × 15 ERECT ROW: 40 lb. × 15
DUMB FLY: UP: 10 lb. × 10 bent: 10 lb. × 10
STRETCH: 2 MIN

FRIDAY APR 17

1) AFTER 7 → C.S. CONCERTO 5.8 solo

REST

BUILDING ON GOLIATH

SATURDAY APR 18

1) KNOB JOB 5.10a solo 150 ft.
2) CRACK A-GO-GO 5.11a solo 150 ft.
3) ORANGUTAN ARCH 5.11a lead 150 ft.
4) BOULDERING - B×2, A×12 ~ 150 ft.

WORKOUT ONE ARM: JUMP: 1×1 3/4: 1×1, 2½ LB × 1 × 2

TWO ARM: 18" reg: 75 LB × 4, 85 LB × 2 × 3 $i = \frac{l}{v} = \frac{810}{10} = 81$ LB

24" wide: 60 LB × 3 × 2 $i = \frac{l}{v} = \frac{360}{6} = 60$ LB

36" ultra: 4×2 $i = 0$ = bodyweight

LADDER: 15 LB × 1 × 2 HANG: small: 75 LB × 10 sec × 6 = 60 SEC

FINGERTIP TRAVERSE: small: ½ × 2

PULLEY: butterfly: 70 LB × 8 lever: 70 LB × 10

BENCH: 160 LB × 7 × 2 $i = \frac{l}{v} = \frac{2240}{14} = 160$ MILITARY: 50 LB × 20

ERECT ROW: 50 LB × 18 DUMBELL FLY: UP: 10 LB × 10

FINGERTIP PULLUPS: small: 5×2 BENT: 10 LB × 10

GOLIATH: 6:15/4 × 1 (252L), 6:15/5 × 1 (352L), 3 × 1 ~1:15 TOT TIME: 16:15

HEAVY BAG: 3-5 min power attacks - full body & boxing

STRETCH: 2 MIN.

toenail feeling better, not normal however, → can't wear boots - only NINJAs.

power coming back

NEW WORKOUT IDEAS: 1) CONCENTRATE ON POWER 2) HIGHER INTENSITY, LESS REPS, MORE VARIANCE BETWEEN EXERCISES 3) LIGHTNESS, SPEED, POWER.

SUNDAY REST APR 19

1) AFTER SEVEN (1ST) 5.8 solo
2) JUMP FOR JOY (1ST) 5.8 solo

MONDAY APR 20

1) NEW DIMENSIONS 5.11a solo
2) ANTICIPATION 5.11a solo
3) BOULDERING 3×B, 8×A

WORKOUT ONE ARM: jump: 1×1 ¾: 1×1
TWO ARM: 18" reg: 75 LB × 3 24" wide: 60 LB × 3
36" ultra: 5×1
LADDER: 1×1 GOLIATH: 1×5
HANG: small: 100 LB × 5 SEC × 6 med: 100 LB × 5 SEC × 6
TRAVERSE: small: 1×2
PULLEY: butterfly: 70 LB × 8 lever: 70 LB × 8
BENCH: 160 LB × 7 MILITARY: 50 LB × 15
ERECT ROW: 50 LB × 15
DUMBFLY: up: 10 LB × 10 bent: 10 LB × 10
FINGERTIP PULLUPS: small: 5×2
STRETCH: 2 MIN HEAVY BAG: 2 MIN POWER

LIGHT WORKOUT - still feel "powered-out" from SATURDAY'S workout.

TUESDAY REST APR 21

WEDNESDAY ½ day work - T.V. - A.M. APR 22

1) BOULDERING (10×A)

WORKOUT ONE ARM: jump: 1×1
LADDER: 1×1
GOLIATH: 1×4

CONSTRUCTION CONTINUES ON GOLIATH

light workout

THURSDAY REST APR 23

APR 24

FRIDAY

1) NEW DIMENSIONS 5.11a solo 250 ft.
2) CATCHY & CORNER 5.11a solo 300 ft.
3) BOULDERING (11 * A) VARIOUS

WORKOUT ONE ARM: jump: 1×1 ¾: 1×2, 2.5 LB × 1 × 2, 5 LB × 1

TWO ARM: 18" reg: 75 LB × 4, 90 LB × 2 × 2, 100 LB × 1 × 4 $\lambda = \frac{g}{v} = \frac{1060}{12} = 88.33$

24" wide: 75 LB × 2 × 3 36" ultra: 10 LB × 5

LADDER: 15 LB × 1, 3 LB × 1 GOLIATH: 8:00/6 × 1, 1 × 3

FINGERTIP TRAVERSE: small: 1 × 2

HANG: small: 75 LB × 12 SEC × 5 = 60 SEC med: 50, 40, 30 SEC = 2:00

PULLEY: butterfly: 70 LB × 10 lever: 70 LB × 10

BENCH: 160 LB × 6 × 2 MILITARY: 50 LB × 15

ERECT ROW: 50 LB × 15 DUMBFLY: up: 10 LB × 10 bent: 10 LB × 10

STRETCH: 2 MIN THOROUGH WORKOUT . . .

APR 25

SATURDAY REST

1) RANGER ROCK - SPEED ROUTE 5.6

APR 26

SUNDAY

1) BOULDERING (5 * A)
2) SHAFT OF THE PENETRATOR 5.11c TR 1ST TRY
3) CHANGOS CABRONES 5.12b TR 1ST TRY
4) MELTDOWN "RIGHT" 5.12b TR 3RD TRY
5) MELTDOWN "LEFT" 5.12a TR 1ST TRY

WORKOUT

GOLIATH: 11:00/7 × 1, 1 × 2

CRACK: 1 × 2

FREE FORM "HANG" WORKOUT
- WITH COUNTERWEIGHTS
- "MOVES" ON ENTREPRISE BOARD

light workout - compensational

MONDAY REST

APR 27

TUESDAY APR 28

1) BOULDERING 10 A PROBS

WORKOUT ONE ARM: JUMP: 1×1, 7½ LB × 2 3/4: 1, 2½ LB × 1, 5 LB × 2

TWO ARM: 18": 75 LB × 4, 90 LB × 2, 100 LB × 1 × 6 $i = \frac{l}{v} = \frac{1080}{12} = 90$

24": 75 LB × 2 × 3 36": 15 LB × 3 × 3

LADDER: 15 LB × 1 × 2 HANG: small: 100 LB × 8 SEC × 8 64 SEC

GOLIATH: 6:00/4, 1 × 3 ≅ 10 MIN. TOT. med: 75 LB × 15 SEC × 4 60 SEC

PULLEY: butterfly: 70 LB × 10 lever: 70 LB × 10

BENCH: 160 LB × 7, 165 LB × 5 MILITARY: 50 LB × 15

ERECT ROW: 50 LB × 15 DUMBELL FLY: up: 10 LB × 10

bent: 10 LB × 10

STRETCH: 2 MIN.

WEDNESDAY APR 29

THURSDAY (semi - raining) APR 30

1) KNOB JOB 5.10a (solo - 200 ft.)

20 MIN JOG

WORKOUT CIRCUIT TRAINING INCLUDING THE FOLLOWING EXERCISES: (reps × sets)

GOLIATH: 1 × 5

LADDER: 1 × 3 HANG: small: 30 SEC med: 60 SEC × 2

PULLEY: butterfly: 70 LB × 5 × 2 lever: 70 LB × 5 × 2

BENCH: 150 LB × 10 × 2 MILITARY: 50 LB × 15

ERECT ROW: 50 LB × 15 DUMBELL FLY: up: 10 LB × 10

EP HANG: one arm / pinky: 1 × 2 bent: 10 LB × 10

wide grip pullups: 5 × 2

FINGERTIP PULLUPS: med: 5 × 1

FRIDAY REST MAY 1

SATURDAY REST MAY 2

THURSDAY MAY 7

1) BOULDERING - DEADMAN SUMMIT : JUNE LAKE JUNCTION, SWISS CHEESE, DEADMAN 2, DEADMAN 1

WORKOUT ONE ARM: jump: 1×2, 10 LB×1, 15 LB×1
clean! → ¾: 1×1, 5 LB×1×2, 6¼ LB×1×2, 7½ LB×1
TWO ARM: 18": 90 LB×3, 100 LB×1×3, 105 LB×1×2 $i = \frac{s}{v} = \frac{780}{8} = 97.4$
24": 50 LB×5, 60 LB×3, 70 LB×2 36": 10 LB×5×2
LADDER: 20 LB×1, 13 LB×1 CRACK: 1×2
HANG: small: 80 LB×15 SEC×4 med: 100 LB×12 SEC×5
EP: L23 R23: 13 LB×20 SEC×3
L12 R12: 13 LB×15 SEC×2
GOLIATH: 6:00/5×1, 2×2
PULLEY: butterfly: 75 LB×10 lever: 75 LB×10
BENCH: 160 LB×8, 170 LB×5 MILITARY: 60 LB×12
ERECT ROW: 60 LB×12 DUMBELL FLY: up: 10 LB×10
bent: 10 LB×10
STRETCH & Leg Ex.:

Good power! Improvement in one arm & two arm pullups. Felt better bouldering also.

FRIDAY REST DAY MAY 8

SATURDAY MAY 9

1) BOULDERING - J.L. JUNCTION, DEADMAN 1, TRIFLE TOWER, FAULT LINE

good forearm pump on TRIFLE TOWER (TR×5)

SUNDAY REST DAY MAY 10

MONDAY MAY 11

A.M. WORKOUT warm up: 18 min. jog

GOLIATH: no downclimbing: 1 × 12
LADDER: 1×1, 13 LB × 1 HANG: med: 1:10, 1:00
TWO ARM: 18": 100 LB × 1 × 3 BENCH: 170 LB × 5
FINGERTIP PULLUPS: med: 5×3
PULLEY: butterfly: 75 LB × 8 lever: 75 LB × 10
DUMBELL FLY: up: 10 LB × 10 bent: 10 LB × 10

1) UGLY DUCKLING (1ST) 5.10a solo

P.M. WORKOUT GOLIATH: 1 × 10
HANG: med: 1:00 × 3
TWO ARM: 18": 100 LB × 1 × 3 MILITARY: 60 LB × 10

*working on T.V. commercial - no climbing time.

TUESDAY REST DAY MAY 12

* " "

*" "WEDNESDAY MAY 13

MARS BAR COMMERCIAL - WORK 8AM - 7PM
1) 20 min BOULDERING - TURTLE BACK DOME
WORKOUT HANG: med: 1:00 × 3
LADDER: 13 LB × 1 TWO ARM: 18": 100 LB × 1 × 5
GOLIATH: 1 × 10

* THURSDAY REST MAY 14

1) 10 min BOULDERING

* FRIDAY REST MAY 15

SATURDAY MAY 16

1) BOULDERING - BUTTERMILK AM
2) BOULDERING - DEADMAN, TRIFLE TOWER x 5

SUNDAY MAY 17

DRIVE : MAMMOTH TO BEND, OREGON

MONDAY SMITH ROCKS MAY 18

1) HEINOUS CLING (1ST) ON SITE FLASH 5.12a
2) WATT'S TOTTS fail

TUESDAY REST DAY MAY 19

HIKING

WEDNESDAY MAY 20

1) BOY PROPHET 5.12b ON SITE FLASH
2) HEADLESS HORSEMAN ON SITE FLASH 5.11a
3) HEINOUS CLING 5.12a 1ST TR

THURSDAY REST MAY 21

HIKING

FRIDAY MAY 22

1) LION'S CHAIR TR 5.11b
2) POWER DIVE 5.12a/b ON SITE FLASH
3) HEINOUS CLING 5.12a TR
4) BOY PROPHET 5.12a TR
5) POWER DIVE 5.12a TR

SATURDAY REST MAY 23

HIKING

SUNDAY MAY 24

1) LICENSE TO BOLT 5.11a ON SITE FLASH
2) LATEST RAGE 5.12b failed
3) HEINOUS CLING TR 5.12a
4) POWER DIVE TR 5.12a

MONDAY REST MAY 25

MARI LEAVES, MOFFATT ARRIVES

TUESDAY MAY 26

1) HEINOUS CLING 5.12a TR
2) BOULDERING - BEND COLLEGE

WORKOUT ONE ARM: 1 x 3 TWO ARM: 50 LB x 5 x 1

BENCH: warm up reps → 195 LB x 1 !

STRETCHING: 15 min SUPRASPINITUS ?

RIGHT SHOULDER TWEAK... INFRASPINITUS ?

WEDNESDAY REST MAY 27

DRIVE: BEND TO FORESTA

THURSDAY MAY 28

1) BOULDERING: TUOLUMNE

NO WORKOUT - SHOULDER

FRIDAY MAY 29

REST & ICE

SHOULDER

SATURDAY MAY 30

1) BOULDERING - DEADMAN'S 1 & 2
2) BULLDOG 5.11d 1ST ASCENT 35 ft

ICE SHOULDER

FRIDAY JUNE 5

1) REG ROUTE FAIRVIEW 5.9 solo
2) N.W. LEMBERT 5.10a solo
3) BOULDERING - KNOBS 1 hr.

WORKOUT ONE ARM: jump: 1×1 3/4: 1×1, 5 LB×1, 6¼ LB×1
TWO ARM: 18": 75 LB×5, 100 LB×1 10 LB×1 LEFT ×1 RT.
24": 50 LB×5 36": 10 LB×3
LADDER: 20 LB×1 GOLIATH: 3 min/3 ×1
HANG: small: 75 LB×10 SEC×6
med: 75 LB×20 SEC×3, 1:00×1
EP: L1R1L2: 30 SEC×1 L2L3R2L3: 30 SEC×1
big crimp: 1:00×1
ICE SHOULDER

SATURDAY REST JUNE 6

SNOWBOARDING - TIOGA LAKE
ICE SHOULDER

SUNDAY JUNE 7

1) ATTEMPT ROUTE RT. OF ELEC. AFRICA
2) BOULDERING - TRIFLE TOWER TR ×5
ICE SHOULDER

MONDAY REST JUNE 8

1) DAFF DOME - CONDOR 5.8
RAIN
ICE R.SHOULDER

TUESDAY JUNE 9

1) BACHAR'S REVENGE 5.10a solo
2) MEMO'S FROM LLOYD 5.10d solo
3) SHITHOOKS 5.10a solo
4) BOULDERING - KNOBS

WORKOUT ONE ARM: 3/4: 1×1, 5 LB×1, 6¼ LB×1, 7½ LB×1
TWO ARM: 18": 85 LB×3, 100 LB×2, 110 LB×1×2
24": 75 LB×3 36": 5×1 LADDER: 20 LB×1
HANG: small: 80 LB×10 SEC×9 med: 1 min, 80 LB×15 SEC×2
EP: L1R1L2: 30 SEC×1 L2L3R2L3: 30 SEC×1
GOLIATH: 6:00/5×1 ICE R.SHOULDER

WEDNESDAY REST JUNE 10

R.S. ICE

THURSDAY JUNE 11

1) BOULDERING WARM UP - KNOBS
2) WORK ON ROUTE RT. OF B.Y.
3) TOP ROPE TRIFLE TOWER - DEADMAN SUMMIT

R.S. ICE

FRIDAY JUNE 12

1) GREAT CIRCLE 5.10a solo
2) CHOP FRENCH BOLTS - DAFF

R.S. ICE

SATURDAY JUNE 13

REST - DRIVE YOSEMITE → VENTURA

R.S. ICE

SUNDAY GIBRALTOR ROCK JUNE 14

1) COLD SPRINGS CRACK 5.11 FLASH

R.S. ICE

MONDAY JUNE 15

FLY TO MADRID

R.S. ICE LAX → MIAMI → MADRID

TUESDAY JUNE 16

R.S. ICE

WEDNESDAY WORK ON LAST JUNE 17

R.S. ICE VILLENA

THURSDAY DRIVE TO PEDRIZA JUNE 18

1) BOULDERING 5.12 roof problem

R.S. ICE

FRIDAY REST JUNE 19

MUSEO DEL PRADO, GUERNICA

R.S. ICE DRIVE TO CUENCA

SATURDAY CUENCA JUNE 20

D BOULDERING 2HRS - CIUDAD ENCANTADA

R.S. ICE DRIVE TO ALICANTE 3½ HRS

SUNDAY REST JUNE 21

JESÚS' BEACH HOUSE

R.S. ICE

MONDAY LA MINA JUNE 22

1) BOULDERING: HOMBRE DE ACERO, ...

WORKOUT ONE ARM: ¾: 1×5

TWO ARM: reg: 20Kg×3, 40Kg×2×2, 46Kg×1

wide: 10Kg×5, 20Kg×2×2

HANG: small: 20Kg×30sec×2, 10Kg×30sec×2

45sec×2

thin bar: LIZRIZ: 30sec×1 L23R23: 30sec×1

bar hang 3rd knuckle: 1min/2min×2

SHOULDER EXERCISES: REHAB STRETCH 2MIN

R.S. ICE

TUESDAY REST JUNE 23

WARM UP ROUTE - LA MINA

R.S. ICE

WEDNESDAY JUNE 24

1) BOULDERING - LA MINA

WORKOUT HANG BOARD BOREAL: 1×4 TRAVERSE

15mm: 45sec×2

FINGERTIP PULLUPS: 10×2

R.S. ICE

THURSDAY JULY 2

1) RAWL DRIVE 5.9 solo
2) DIKE ROUTE 5.9 solo
3) BOULDERING, LAKE, KNOBS, GUNKS

WORKOUT ONE ARM: jump: 1x1 3/4: 1x1
TWO ARM: 18": 50 LB x 5
24": 25 LB x 5 36": 5 x 1
LADDER: 1x1
HANG: med: 30 SEC/MIN x 6
GOLIATH 3 MIN/3 x 1 STRETCHING: 5 MIN

R.S. ICE LAG

FRIDAY REST JULY 3

1) TRUCK N' DRIVE 5.10a solo
2) RAWL DRIVE 5.9 solo
3) COCONUTS 5.9 solo

R.S. ICE LAG

SATURDAY JULY 4

1) BACHAR'S REVENGE 5.9 solo
2) JUNE LAKE JUNCTION - BOULDERING WARM UP
3) NEW ROUTE - STUMPS 5.11 b 35 ft.
4) TRIFLE TOWER: 3x1, 1x1

R.S. ICE LAG

SUNDAY JULY 5

REST DAY
PHOTOGRAPHY: DAVE & BOOTS
TUOLUMNE

LAG

R.S. ICE

FRIDAY — JULY 10

1) WARM UP GUNKS
2) WARM UP KNOBS
3) ATTEMPT NEW ROUTE : REDPOINT TO 3RD, PLACE 4TH
4) BOULDERING : DEADMAN 1
5) TRIFLE TOWER : 5×1

SLIGHT STRETCHING OF L. SHOULDER JOINT IN IRON CROSS POSITION — NO PAIN AT MOMENT OF TRAUMA, NOR LATER BUT STIFFENING & SWELLING AT TRIFLE TOWER & LATER AT NIGHT

R.S. & L.S. ICE

INITIAL LAYOFF L.S.

SATURDAY — REST — JULY 11

1) CUCAMONGA 5.9 SOLO

L.S. STIFF & PAINFUL NO WORKOUT/CLIMB

L.S. & R.S. ICE

ICE L.S.

SUNDAY — REST — JULY 12

1) EL CONDOR 5.8 SOLO

L.S. R.S. ICE

ICE L.S.

MONDAY — REST — JULY 13

R.S. ICE

ICE L.S.

TUESDAY — REST — JULY 14

1) DIKE ROUTE 5.9 SOLO
2) CUCAMONGA 5.9 SOLO

R.S. ICE

ICE L.S.

WEDNESDAY — JULY 15

1) GREAT PUMPKIN 5.8 SOLO
2) DIKE ROUTE 5.9 SOLO

R.S. ICE

ICE L.S.