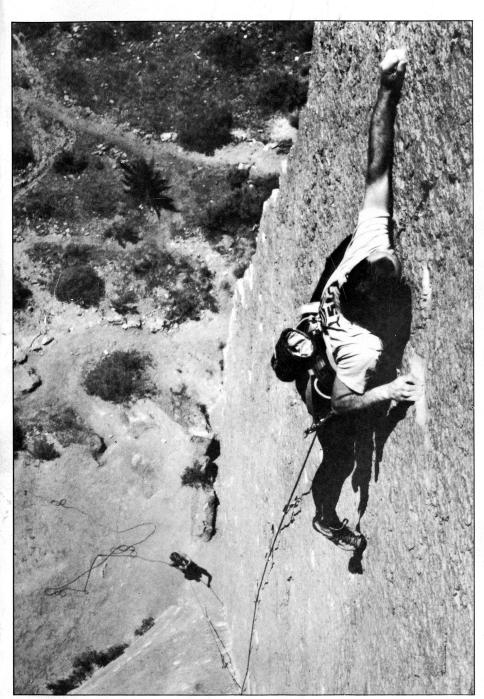
# METOLIUS







#### LIMITED WARRANTY

Metolius Mountain Products Inc. products are warranted to the original retail purchaser to be free from defects in materials and workmanship for a period of one year and will be replaced without charge, if after inspection by us no misuse or alteration is disclosed. Metolius Mountain Products Inc. makes no other warranty expressed or implied.

## WARNING

Technical rock climbing is potentially hazardous and dangerous. Any person using our gear in any manner is personally responsible for learning the proper techniques and good judgement necessary for its safe use. People using our products accept full and complete responsibility for any and all damages or injury of any kind, which may result from the use of any product purchased through this catalog. Have a nice day!

FRONT COVER: Alan Watts on the "French Connection" 5.13 b/8a, Smith Rock. Photo: Brooke Sandahl.

INSIDE FRONT COVER: Cragging in South France, Rich Turner on "Septieme Saut" 5.12c/7b+, Verdon Gorge. Photo: Sandahl.

We're proud to present our first Metolius catalog. Initially, we'd like to thank the people who made this catalog possible — our customers. Your patronage and opinions are extremely valuable to us, and we're pleased to have this opportunity to say so. We can best thank you for your support by continuing to do our best to offer new products, and new ideas that satisfy your climbing needs.

There seems to be a trend in this country towards a more European marketing approach. Many manufacturing and distributing firms are dressing their products in bright colors, and liberally sprinkling words like extreme and radical throughout their advertising copy. But remember, high-powered marketing does not insure that a firm recognizes and understands the changes in rock climbing today. Bright colors do not improve a products performance; jive copy will not make an old concept new.

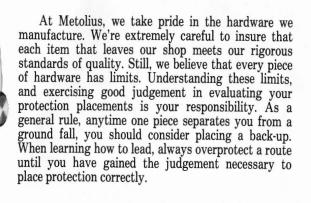
In our view, this distinguishes Metolius from many other companies in the climbing business. The people at Metolius are deeply and passionately involved in gymnastic free climbing. We are not afraid to deal with the new and rapidly changing attitudes towards the sport in this country. We like to think our track record bears this out. For the past three years, Metolius products have filled the needs that other manufacturers ignored. In other instances our products broke new ground, generating new attitudes and horizons.

At Metolius we strive to recognize, and quickly respond to the ever changing needs of the modern climber. Our first product, the Slider, serves as a fine example. People had experimented with an adjustable, opposing wedge nut for over a decade, yet no one stepped in to design this revolutionary item, until we introduced the Slider in 1983. Today several firms manufacture opposition wedges. In 1986, after recognizing the need for a small-sized, flexible stemmed camming device, we introduced the Metolius 3-Cam. Once again, many firms now manufacture a similar product.

In 1987, in response to the absence of a safe bolt for free climbing, we developed and marketed some bolting alternatives. The same year we introduced the Simulator, and made easily available some of the wealth of training information from Europe. In 1988, we're pleased to introduce our Macrotiles, designed to make indoor climbing a viable training and instruction alternative. Finally, we are proud to be the sole U.S. distributor of Dolomite climbing shoes. Dolomite boots offer high performance at a fair price, a rare combination these days.

We hope you enjoy our first catalog. We would like to highlight a couple points of special interest. At long last, we introduce an up-to-date and accurate topo to the popular Dihedrals area at Smith Rock. We also would like to highlight a short, but very valuable piece regarding training for rock climbing.

Again, we'd like to thank you for using Metolius products. Feel free to write or call us anytime, and we'll be happy to answer your questions. From all of us at Metolius, we'd like to wish you a safe and productive season at the crags.



### THE METOLIUS 3-CAM:

When we introduced the second generation of Metolius 3-Cams, the nature of many routes changed forever. Reliable, easy-to-place protection suddenly became available on dozens of previously serious routes.

Early in this decade, most of the big challenges in free climbing involved thin cracks. Everyone saw the need for small-sized camming protection, and while the Jardine design worked well in most instances, his four cam model always fell short of being a truly versatile piece of protection. After working on prototypes for a couple of years, we settled on the three cam configuration in conjunction with a thin cable body. Having three cams greatly reduces the active camming zone - the distance between the two outside cams. This enables our 3-Cams to work in very shallow cracks that would never accept the thickness of four cams. This tremendous benefit, along with the flexible cable body, makes our 3-Cams remarkably versatile. They fit shallow slots, flares, pin scars, horizontals, and small pockets better than any other alternative. They also provide fast, reliable anchors in an amazing variety of situations.

# HARD

Our 3-Cams are the pride of our shop. We use the best materials available: 7075 aluminum cams, stainless steel cable and trigger wires, an alloy steel axle, and 56% silver solder in the solder connection. Accuracy, craftsmanship, and care are part of every step in building our 3-Cams. All of the important work we do in our shop by hand, to insure that all finished 3-Cams are worthy of the Metolius name.

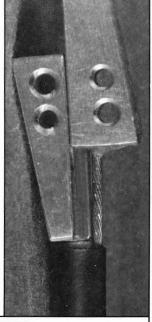
Size	Range (in.)	Min. axle bend (lbs.)	Min. axle break (lbs.)
#0	.4060''	1600	2400
#1	.5075"	2400	2700
#2	.5090''	2400	2700
#3	.75-1.12"	2400	2700
#4	.90-1.35''	2400	2700

### **METOLIUS SLIDERS:**

The Metolius Slider, introduced in 1983, was the first triggered, opposing wedge nut available anywhere. Since their introduction, many have imitated the design, but the Slider remains unsurpassed in predictable holding power in parallel cracks. Our #0 Slider still offers the only clean protection for very thin parallel cracks.

Our four years of production experience with the Slider, results in a level of craftsmanship and reliability that we are extremely proud of. We machine, solder, file, buff, and assemble each part of the Slider by hand, under rigid quality control. The culmination of our experience, pride, and concern, results in an exceptional piece of climbing protection.

Size	Range (in.)	Min. break (lbs.)
#0	.2535	1,200
#1 - #4	.3065	1,700



# WARE

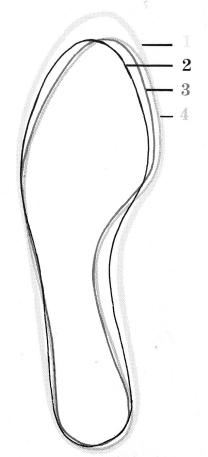
# DOLOMITE

#### **DOLOMITE ROCK SHOES:**

As Metolius continues to grow, we are constantly searching for new products on the leading edge of technology. Dolomite free climbing boots are just such a product. Celebrating their 90th anniversary as a footwear manufacturer, Dolomite has repeatedly proven themselves as an industry leader.

By conducting studies on the structure of the foot, Dolomite broke new ground in designing their revolutionary last. What this means to the climber is a design which eliminates gaps in the fit of the boot, and reduces pressure on the toe, heel, and arch. This allows the climbers foot to fit the shoe better than any other boot on the market.

The construction materials of the boots are of the highest quality and include: leather reinforced cordura uppers, a moisture wicking Cambrelle lining, Texon insoles, and a microporous sticky rubber for both sole and rand. All Dolomite shoes come in European sizes 34 to 46, including half-sizes, to insure an excellent fit. We feel strongly that the Dolomite line of rock shoes offers exceptional performance, and value for the modern climber.



#### EVOLUTION OF SHAPE:

- 1. Former shape of Dolomite rock shoes.
- 2. New high-performance, multi-purpose, asymmetrical shape.

Example: Emotion

- 3. New high-performance, asymmetrical shape for narrow feet.
  - Example: Vedette
- 4. New high-performance, asymmetrical shape for average feet.
  Example: Magica, Ballet





Dolomite's premier model, the Magica excels on steep edges and pockets. The technical characteristics of the Magica are excellent, and offer precise edging control in the toe area. The cut away upper allows good freedom of movement, and the thin toe works brilliantly in cracks. This anatomically shaped boot fits an average width foot, and will not stretch. The sole utilizes the latest generation of sticky rubber on the front half, and a special lightweight rubber on the heel portion.

Colors: Fuchsia/Turquoise Weight: 15.2 ounces/pair

Designed especially for steep limestone, the Vedette's extremely narrow toe profile excels in pocketed walls. Ideal for those with very narrow feet, the Vedette edges well and will not stretch. Even with a full height upper, the overall weight remains remarkably low. The Vedette has the same sticky rubber sole as the Magica.

Color: Yellow

Weight: 13.9 ounces/pair

#### VEDETTE



#### **EMOTION**



A new friction shoe designed for multipurpose use, the Emotion performs equally well on faces, cracks, or slabs. This boot comes with a medium height upper, and a sticky rubber sole and rand. The asymmetrical last fits medium to wide feet, and will not stretch. Both a top performer and a tremendous value, the Emotion makes an excellent choice for the beginner or expert.

Color: Fuchsia

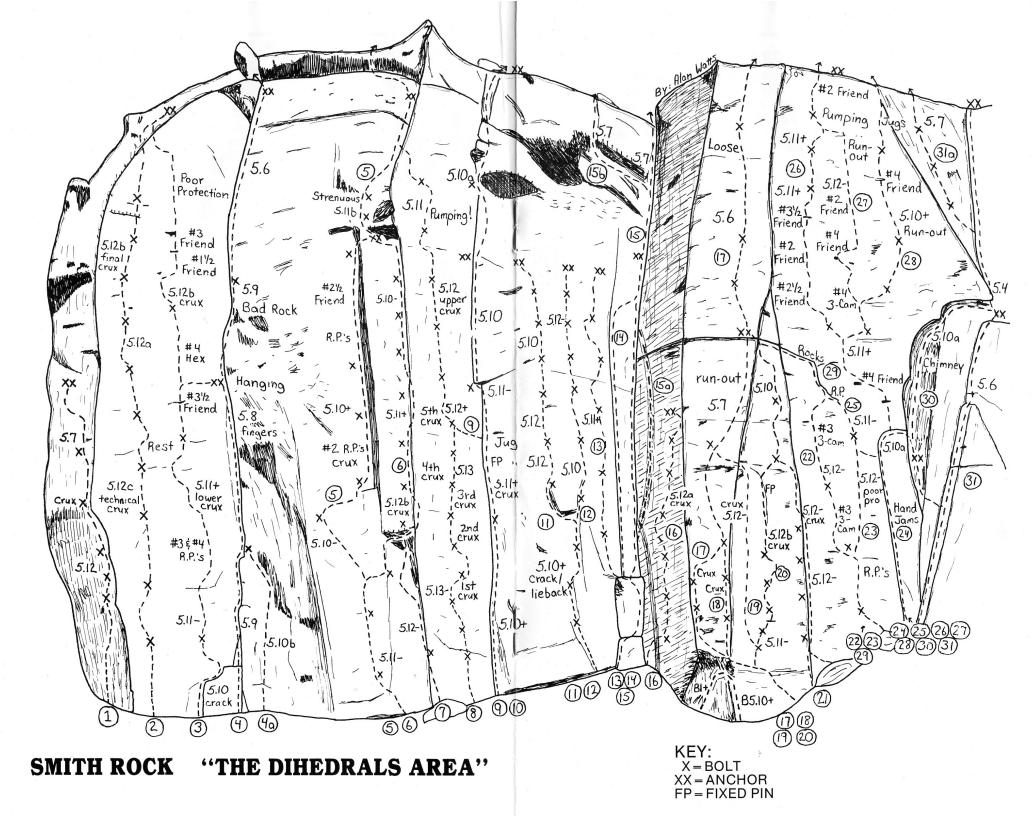
Weight: 15.2 ounces/pair

The Ballet represents a new concept in free climbing footwear. A lightweight boot/slipper combination, the Ballet works extremely well for bouldering, indoor walls, and certain modern desperates. The laceable front gives an excellent fit and offers great precision and sensitivity. A unique heel construction locks the foot solidly in place. Simply put, the Ballet provides good serious fun!

Color: Fuchsia/Yellow Weight: 12.3 ounces/pair

#### BALLET





#### THE DIHEDRALS:

	THE DIREDKALS.				
1.	Chain Reaction	5.12c	Classic, overhanging arete.		
	Darkness at Noon	5.13a	Technical, sustained face.		
	Heinous Cling	5.12c	Technical, sustained face. Gently overhanging face. For entire		
٥.	route bring many #3 and #4 R.F.	's. #3 Friend.	#3½ Friend, several medium to large rocks		
	The lower half of the route is ve	ry popular, and	l is easily top-roped from the Moonshine		
	anchor. The upper half is run-ou	it & seldom led	is casing top roped it one incompanie		
4.	Moonshine Dihedral	5.9	Finger/hand crack with stemming.		
4.	An area classic. Bring nuts to 2				
10	Start Variation	5 10h	Face climb with no protection available		
4a. 5.	Moondance	5.10b 5.11h	Face climb with no protection available. Technical face with stemming. Two		
υ.	pitches. Bring R.P.'s #2 through	0.110 h #5 & #91% Fri	and		
C	Last Waltz	5 19b/c	Face/arete climb.		
6.	Last Waltz Last Waltz Direct	5.120/6	Face/arete climb. Face climb. Serious! Technical, and extremely sustained		
	To Polt or Not to Po	5.14a 5.14a/b	Tochnical and autromaly sustained		
8.	To Bolt or Not to Be	0.14a/0	Technical, and extremely sustained		
0	face. America's hardest free clin		Technical, sustained face. Leaves		
9.	French Connection	5.13b	olt or Not to Do		
10	Sunshine at the buckets, and fin		Din goors and stamming An area		
10.	Sunshine Dihedral	5.11d	Pin scars and stemming. An area		
1.1		irough #5, sina	ıll Rocks, small 3-Cams. Two pitches. Technical face/arete		
11.		5.12C/U			
12.	Take a Powder	5.12a	Popular face with good protection.		
	Almost Nothing	5.12a	Run-out, frightening face nubbins.		
	Lester Tots	5.12a 5.10c 5.7	Mediocre crack. Bring nuts to 134".		
15.	Upper Ceiling	5.7	Loose chimney. Bring nuts to $3\frac{1}{2}$ .		
	Start Variation	5.8	Unpleasant, awkward wide crack.		
	Finish Variation	5.7	Bypasses upper squeeze chimney.		
	Latin Lover	5.12a	Popular, technical knobs.		
17.	Tator Tots	5.10a	Nubbin face. Well protected at crux		
10	m::1D -1/		out on 5.7 knobs higher. Two pitches.		
18.	Trivial Pursuit	5.10d	Short, technical face/arete.		
19.	Kilowatts	5.12a	Technical face. Top-rope problem		
00	leaving Watts Tots above first	5 19h	Classic face. Boulder crux.		
20.	Watts Tots	5.12b	Classic race. Doubler crux.		
21.	Latest Rage	0.120 5.10b	Classic steep arete. Steep face. Bring #3 & #4 R.P.'s,		
22.	Firing Line	0.140 odium Doolee te	nveteet finel eveels		
23.	two #3 3-Cams, and small to me Low Profile	5.12b/c	Unrepeated steep face. Run-out!		
40.	Joins Karot Tots at first bolt. I				
24.	Karate Crack	5 100	Classic hand crack Nuts to 3"		
		5.10a 5.11h	Classic hand crack. Nuts to 3". Face climb leaving Karate below		
25.	Karot Tots hand traverse. Bring R.P.'s #4	8.5 and modiu	m Rocks		
26.		5.12a	Pumping face. Takes off from above		
40.	Power Dive	0.14a 19°0 1 #91/5 1 #	3, 1 #3½, and 1 #4 Friend for above Karate.		
97	Crace Crack. Dring 1 #172, 2 #	5 1 9 0	Dumping foce Pring 1 #4 2 Com		
27.	Crossfire 2 #2 Friends, 1 #4 Rock, 2 #4 F	0.14a miondo Dun ou	Pumping face. Bring 1 #4 3-Cam,		
0.0		5.11d	Run-out face. Bring 2 #4 Friends.		
28.	Slow Burn	and the second of			
29.	Karate Face	5.12b/c	Endurance face. Combines Firing		
20	Line and Power Dive in one lon		Chimney hand great Climb shimner		
30.	Peapod Cave	5.10a	Chimney/hand crack. Climb chimney		
91	above Karate Crack anchor. Br		Creak/face alimb Extremely narrales		
31.	Cinnamon Slab	5.6	Crack/face climb. Extremely popular.		
51d.	Cinnamon Toast	5.7	Loose nubbin face.		

Just about anyone interested in striving towards their limits in gymnastic free climbing, can benefit from specific strength training. To be one of the very best climbers, training obviously can be of utmost importance. Appropriate training can, however, be equally as valuable to climbers at any level. With small amounts of time and dedication, all who train can climb at a higher standard, and more fully enjoy their time on the rock.

Metolius training products are designed using the experience gained by years of climbing, along with an understanding of the latest training techniques. Our tools utilize the newest information to help safely, and efficiently build the strengths most important for all

levels of climbing.

#### **METOLIUS TRAINING PRODUCTS:**

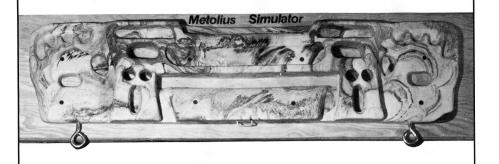
The Metolius line of hangboards are comprehensive tools for the development of finger and upper body strength. Each system consists of the hangboard, adjustable bungie cord for assistance, and some valuable suggestions on how to train correctly.

We mold each hangboard in our shop out of polyester resin. Several types of commonly encountered climbing holds (e.g. edges, pockets, slopes) are cast into these boards. In designing and laying out the holds, we intended to simulate realistic hand and finger attitudes on the rock. We use other criteria, however, other than climbing realism. We also designed the holds and layout with an eye towards the most efficient, and injury-free training situation.

By standing in the adjustable elastic loops while hanging from the board, you can work at less than body weight. This enables climbers of all abilities to train on our hangboards. Furthermore, the elastic also allows someone with finger injuries to rehabilitate, and enables the more advanced climber to experiment with another dimension in their training program. The training suggestion booklet that comes with our hangboards contains a great deal of useful, and up to this point, very hard to obtain information on training for contact strength.

Metolius hangboards are easily mounted. All the necessary hardware comes with every board, along with instructions. Mounting the hangboards over a doorway usually works best. Our hangboards shouldn't be mounted directly on a wall, as in order to use them effectively there must be some free space behind the plane of the board.

Currently we offer two types of hangboards — the Simulator, and the Pure Force. Both of these boards come mounted on a piece of wood to make installation easy. We also offer a bracket kit which enables you to mount your board directly onto a wall.



# **METOLIUS SIMULATOR:**

The Simulator, our deluxe hangboard, offers the largest selection of holds, and the most elaborate bungie system. The larger size of the Simulator allows easier usage of the holds for hangs and pull-ups. By far our most popular board, the Simulator makes an excellent choice for both the beginner and the veteran.

Size: 10 1/8 in. wide by 36 in. long

Weight: 16 lbs.



### **METOLIUS PURE FORCE:**

We redesigned the **Simulator** to offer our newest hangboard — the **Pure Force**. In designing the **Pure Force**, we chose to offer some different types of holds in a board that would cost less. Though smaller, the **Pure Force** works extremely well. We find that some climbers prefer the hold configuration on the **Pure Force**, and many choose to train with both boards.

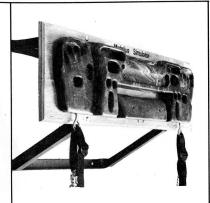
Size: 10 1/8 in. wide by 24 in. long

Weight: 13 lbs.

#### MOUNTING BRACKET KIT:

The Metolius Mounting Bracket Kit enables you to mount your Metolius hangboard from most walls or ceilings. All the hardware for installing the brackets, as well as detailed instructions for use, is included. The bracket kit will work with any Metolius hangboard.

Bracket Weight: 6 lbs.



# **METOLIUS MACROTILES:**

Metolius Macrotiles are a logical extension of our focus on climbing specific training. They represent an effort to develop an artificial climbing surface which provides more pleasing asthetics, and realism than an individual modular hold system.

Macrotiles are hexagonally shaped, and are 18 inches point to point, thru the center. Each tile covers about 1 1/2 square feet. The materials and construction methods used in the production of Macrotiles are intended to balance the texture and durability necessary for a good climbing surface.

At present we have over 50 different tile shapes, many of which were designed with the beginner in mind, with large positive features. Macrotiles, when mounted edge to edge to cover the entire wall surface, allow the most enjoyable and realistic climbing of any of the artificial surfaces available.

#### **METOLIUS MODULARS:**

A Modular hold system is the least expensive approach to an indoor climbing wall. Metolius modulars are circular in shape with a 6-inch diameter. A single anchor point allows the attitude to be easily changed. The anchor bolt is a 3/8" Allen head bolt, so you can really crank it tight to insure that the hold won't spin.

There are 30 different modular hand hold shapes and six basic foot hold shapes.

#### TRAINING INFORMATION:

In this section of our catalog, we'd like to introduce two ideas which you might elect to incorporate into your training scheme. We have limited space, so if you want to better understand the ideas behind these concepts you'll have to do some research on your own. We strongly encourage you do exactly that. These are only ideas and concepts, not solutions and answers. As always, the responsibility of how you train rests only on your shoulders.

# TEN MINUTE SEQUENCE:

First we would like to introduce a new training program, to go along with the others mentioned in the booklet accompanying our hangboards. This sequence consists of a task, or tasks done each minute for a total of 10 minutes. You rest during the time remaining after the completion of each activity, until the start of the next 60 second cycle. Here are two examples of this ten minute workout:

<b>m</b> :	EASY:	HARD:
Time:	Task:	Task:
1st min. 2nd min.	3 pulls, 1.8 cm. edge. 10 sec. hang, big slope; 2 pulls, 1.8 cm. edge.	6 pulls, big slope. 20 sec. hang, 1.8 cm. edge; 3 pulls, jugs.
3rd min.	15 sec. hang, 1.5 cm. edge; 2 pulls, three- finger-pockets.	20 sec. hang, 1.5 cm. edge; 3 pulls, three- finger-pockets.
4th min.	15 sec. hang, jugs; 3 pulls, 1.8 cm. edge.	25 sec. hang big slope; 5 pulls, 2.5 cm. edge.
5th min.	20 sec. hang, big slope; 3 pulls, three finger pockets.	25 sec. hang, 2.5 cm. edge; 3 pulls, 1.8 cm. edge.
6th min.	10 sec. hang, 1.8 cm. edge; 2 pulls, 1.5 cm. edge.	30 sec. hang big slope; 5 pulls, 1.5 cm. edge.
7th min.	10 sec. hang, jugs; 4 pulls, big slope.	20 sec. hang, 2.5 cm. edge; 3 pulls, three-finger-pocket.
8th min.	5 pulls, 1.8 cm. edge.	20 sec. hang, 1.8 cm. edge, 3 pulls, three- finger-pockets.
9th min.	3 pulls jugs.	15 sec. hang, pinch; 3 pulls, jugs.
10th min.	Maximum hang, big slope.	Maximum hang, big slope.

We've been using these sequences for quite awhile now with excellent results. Depending on how you put them together, the ten minute sequences can provide a good combination of endurance and power work. This makes it one of the best overall workouts we've ever seen. Certainly, the real beauty of this sequence is that you can be so specific. If you are working on a route that starts out with a section of pulls on big edges, followed by some pinches and pockets, finishing on hard to hold slopers. you can construct a 10 minute sequence that simulates that very route.

This 10 minute format requires a 15 minute rest before you begin, to insure a

quality effort. We generally use the sequence to finish a training session.

#### CYCLIC PERIODIZATION:

We would next like to introduce cyclic periodization, as a method for planning a year of training. As an overview strategy, cyclic periodization allows you to be at your peak when you want to be. Properly done, chances of injury and mental burnout are minimized. Also, the amount of time you spend stuck at conditioning and strength plateaus tends to decrease.

Our version of cyclic periodization consists of five major cycles which are sequentially organized to cover an entire climbing/training year. The five major

cycles are as follows:

Conditioning Cycle:

During this cycle you should train at 60 to 70% of your maximum effort (if you can hang fully rested for one minute, then 65% intensity would be hanging 40 seconds). The volume of work should be moderate, with long hang times and many repetitions. Spend one to two days a week in the gym during this cycle. Do not push yourself to absolute failure.

This period serves as a warm-up, and active rest cycle. As a warmup, the conditioning phase prepares the body for the intense training to come. As an active rest phase, it assures that no major deconditioning occurs, while providing a mental and physical break from strenuous workouts.

Load Cycle:

During this cycle you should train at 70 to 80% of your maximum effort. The volume of work should be moderate to high, with long hang times and many

repetitions. Three to five days per week should be spent in the gym.

The load cycle builds endurance, connective tissue, and some muscle strength, as well as providing specific movement. During this phase, work in microcycles of a hard day, easy day, and moderate day. Then, repeat the microcycle with more weight and/or longer hang times. During the last part of the load cycle you will actually be weaker than in the middle of the cycle, due to the high volume. In this endurance oriented phase, you should only occasionally be pushing yourself to your absolute failure point. Strenuous climbing days may occasionally be substituted for time in the gym.

Recovery Cycle:

During the recovery cycle you should train lightly at 50 to 60% of your maximum effort. The volume of work should be low, with short hang times, and few repetitions. Spend no more than one to two easy days a week in the gym during this phase.

The recovery phase prepares your body for the upcoming intense peak cycle.

During this phase, allow your body to rest!

Peak Cycle:

During the peak you should train at 80 to 100% of your maximum effort. The volume of work should be low, with high resistance, low hang times, and few repetitions. Two to three days a week should be spent in the gym during this phase.

The peak cycle produces maximum strength and power (muscle hypertrophy). As in the load cycle, work in a hard/easy/moderate microcycle. In this phase you should usually be pushing yourself to your maximum. Many climbers will need to hang weights from their waist to keep the hang times short. Unlike the load cycle, climbing days cannot substitute for gym days during this phase.

Off Cycle:

During the off cycle you should spend no time in the gym whatsoever. Your body will now be peaked to climb very hard.

Now comes the tricky part — combining these cycles with your climbing time. You must be sure to spend enough time on the rock during your training, to insure that you'll be climbing well when your peak arrives. Ideally this should occur just as the weather begins to improve.

The following table shows what gym and climbing time might look like, using cyclic periodization, to plan a year of training at our home area — Smith Rock. We

will start at the end of the usual climbing season in early November.

Date:	Cycle:	Climbing Time:
11/1 to 11/15	Conditioning	1 to 2 days per week
11/16 to 2/1	Load	1 to 2 days per week
2/2 to 2/15	Recovery	1 to 2 days per week
2/16 to 3/15	Peak	1 to 2 days per week
3/16 to 4/1	Peak	4 to 5 days per week
4/2 to 6/1	Off	4 to 6 days per week
6/2 to 6/30	Condition	1 to 3 days per week
7/1 to 7/31	Load	1 to 3 days per week
8/1 to 8/15	Recovery	1 to 3 days per week
8/16 to 9/15	Peak	2 to 4 days per week
9/16 to 10/31	Off	4 to 6 days per week

These are only general guidelines. The specific variables are up to you. For example, how much contact strength work do you want to do in the load cycle? How will you alter your late peak cycle training to accommodate serious redpoint attempts? How much climbing do you want to do over the entire year? This adapting of cyclic periodization to fit your own needs, results in a training schedule you'll be much happier with.

# METOLIUS GRAPHIC TEES:

Our Graphic Tees are brigher, more athletic, and definitely more hardcore than our At the Beach Tees. We offer two different styles of shirts, with our free climbing graphic silk-screened on. Sure to be a hit wherever you go, our Graphic Tees are 100% cotton, and come in bright blue. red, vellow, and black. They are available in long sleeve, and tanktops.



SIZES: S, M, L, XL

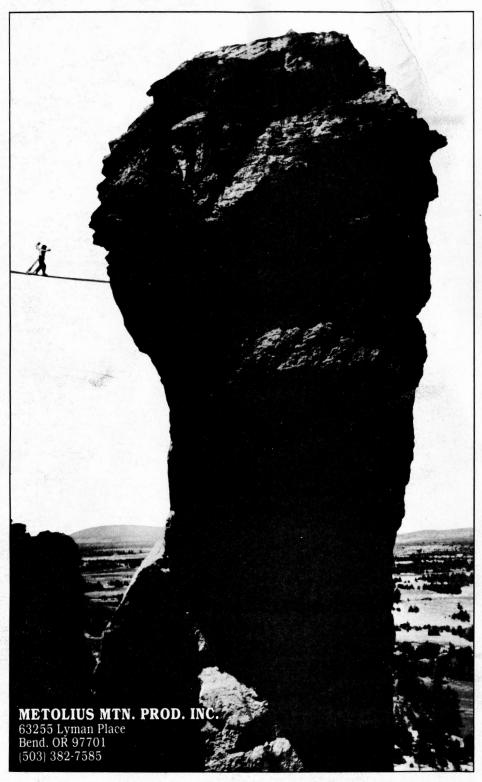
#### METOLIUS AT THE BEACH TEE:

We knew we had a good thing with our At the Beach Tees at last years Las Vegas sports show. This guy with a giant cigar, and a N.Y.C. accent came by our stand and wanted to make a deal for 5,000 shirts a month! The two women who hand paint these shirts were a little freaked out, to say the least. Because At The Beach decided to forego the corporate empire route, the Metolius At The Beach Tee remains distinctly unique!

Our abstract designs of free forms and geometrics are all different, and are hand painted on white, 100% cotton shirts in a variety of pastel colors. No two At the Beach Tees are alike. We silk-screen a small Metolius on the left front of each shirt.

SIZES: S, M, L, XL

Product Photography: Tom Feldman and Michael Kennedy.



Jeff Ellington wired on the Monkey. Photo: Brooke Sandahl