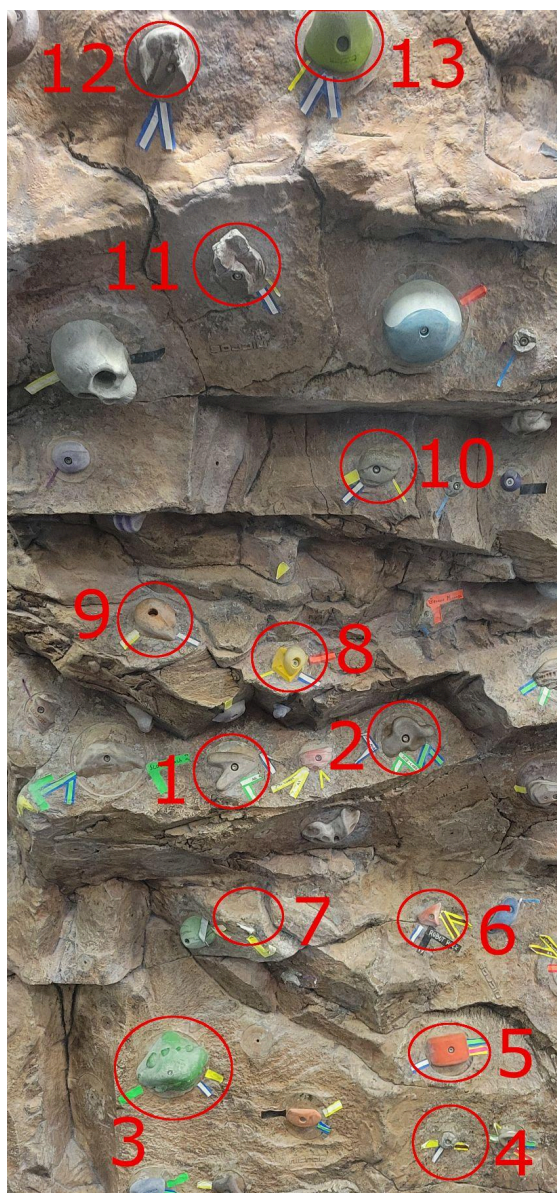


Isabel Konty

Route Setting Portfolio

My sets are organized below with the specific holds circled and numbered. I will also describe the flow of motion through the route or problem, detailing my intent with each move and hold. I recorded video of myself climbing some of these sets. I was unfortunately not able to collect video of every set, but hopefully my intent and setting styles are evident in the available videos. I have also set more bouldering problems, ranging from V0-V2, and more top rope routes, ranging from 5.5-5.11, which are not detailed as I failed to get pictures of them. The grades listed below are based on my personal experience climbing the routes and problems relative to other routes and problems. My rock wall doesn't use any numerical system and grades loosely by tape color. Therefore all of these grades are subjective estimates.

Captain Ahab - V0



I don't think that this problem needs a lengthy explanation. It's a straightforward, easy jug ladder up a steep overhang. You start with hands on **1** and **2** and feet on **3** and **4**. Hands alternate going up: **8**, **9**, **10**, **11**; ending on **12** and **13**. Holds **3-7** are used as feet when necessary and then any handholds depending on what the climber needs. This problem is meant to be the easiest possible introduction to the steep overhang present on this bouldering wall. You only need to focus on overcoming the physical requirements of the overhang, with holds that generously support you the entire way.

Scout Finch - V1



This problem is slightly more complicated. You start with your hands on **1** and **2** and your feet on **3** and **4**. **1** is a natural wall feature that is best when you shift your weight to the right. Pulling on **1**, you can move your left hand to **7**. **5** and **6** are higher feet to let you reach **8** with your right hand. Here, it's easiest to swap hands on **8**, moving your right foot to **2**, and then standing up to reach **9**. Because of the shape and path of this route, you are hanging from the handholds for every move. The moves to **7**, **8**, and **9** force you to make fairly large moves, at least for a new climber.

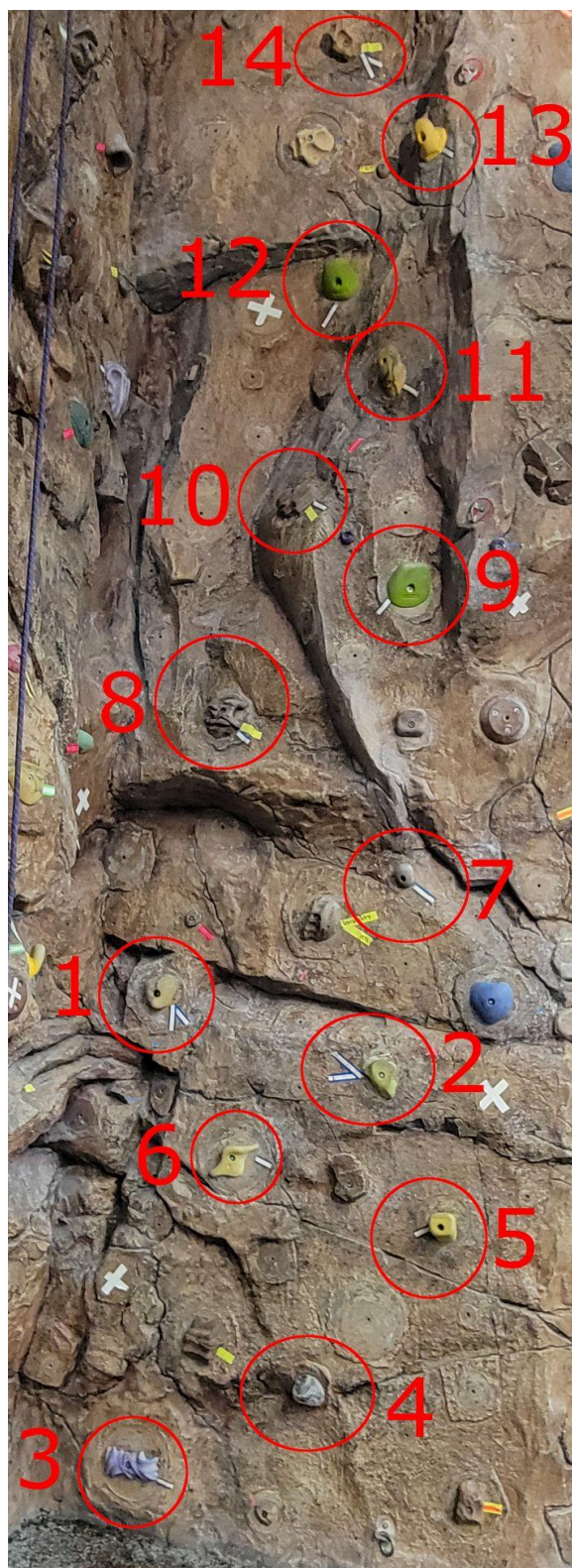
Huckleberry Finn - V3-V4



You start with both hands on **1**, which is a sidepull feature, and your right foot on **2**. My beta is to backflag on this start and move left hand to **5** or **6**, which are both small crimps. I have seen climbers attempt to swing their left foot onto **3** as their first move, but it almost never works well for them. After your left hand reaches **5**, you move your left foot out of the backflag and onto **3**. You shift your weight down onto **3** so you can move your right hand from **1** to **6**. Then, you can reach your right or left hand up to **7** without barndooring off the wall. Move your left foot up to **7** and then move dynamically to get your left hand on **8**, which is a gaston feature. Press hard on this feature to reach **9**, a crimp feature ledge and get your

right foot up to **5**. Now, dyno up from **5** to get a hand onto **10**, a three finger pocket. Leading with the left hand makes the finish easier, but I found leading with the right hand to feel more natural. Then you switch hands if needed and finish on **11**, using **7** if you need a higher foot. This is the most dynamic and strength intensive problem that I've set, while still requiring technical knowledge to avoid falling on its moves. The climbers at my rock wall struggled greatly with this combination.

Rarity - 5.5-VB



This route is incredibly simple and I don't see the need to explain it in depth. You start with your hands on **1** and **2** and your feet on **3** and **4**. The route is a jug ladder all the way to **14** with a hold for each move. The body positions are dead simple and no amount of climbing knowledge or technique is required to climb. I set this route to be the first stop for brand new climbers and it does that job beautifully. It's the easiest route on the wall and it's much shorter than the other top rope routes. New climbers like this route because they can become acclimated to the rope system and height while climbing something that doesn't stress their bodies. I graded it with both the V Scale and the Yosemite Decimal System because the route is short enough to be considered a taller boulder. Watch me climb this route [here](#).

Spike - 5.7



You start with both hands on **1**, a juggy wall feature, and your feet on **2** and **3**. After establishing, you can reach **6** with your left hand, a hold that straddles the line between jug and crimp. Pulling on **6** lets you get your left foot to **4** so you can reach **7**, a nice jug, which lets you get your right foot to **5**. Your left hand moves to **8**, another nice jug, and your left foot comes up to **1**. Stand up to the left to reach **9**, a wide ledge. Match your hands on **9** and your feet on **1** so you're standing straight up. Move your left foot to **6** and stand up to reach **10**, another nice jug. Your right foot moves to **7** and you stand on that to reach **11**, another hold that straddles that line between crimp and jug. Your left foot moves to **8** and you can reach **12**, a deep pocket that can fit two fingers at most. Swap feet on **8** and get your left foot onto **9**. Heave yourself up and to the left to reach **13**, a rounded jug, and let your right foot come up beneath you to **10**, which lets you finish on **14**, a generous jug.

This route is meant to introduce climbers to body positions and techniques outside of their jug ladder comfort zone. None of the moves are particularly difficult and the holds are generous for the most part, but a few positions with hand or foot matches and some slight imbalance forces the climber to think creatively and commit to larger moves. Watch me climb this route [here](#).

Muad'dib - 5.8



This route is set in the corner of the rock wall and the shape and set of the route forces you to spread yourself between both sides of the corner, pulling your center of mass away from the wall while keeping you balanced. You start with your hands on **1**, an undercling, and **2**, a ledge that you press down on. Your right foot starts on **3** and your left comes up to **4**. Your left hand moves to **6**, a sidepull, and your right hand moves to **5**, a relatively small jug. Shift your weight to the right, pulling to the left with your left hand and pulling up with your right hand to bump your right foot to **2**. Move your hands to **8**, a fairly wide crimp, and **9**, a nice jug. Move your foot to **1** and lean into the corner to reach **10**, a sidepull that faces into the corner. Lean your weight out and move your left foot to **7**. Your right foot comes up to **5** and your hands move to **11**, a sidepull that faces into the corner, and **12**, a fairly nice ledge. Shift your weight out again so you can bump your right foot up to **9** and stand up to reach **14**, a fairly generous sloper. You have **13**, a large ledge, for your left hand so you can bump your feet up to

11 and 12, letting you reach 15, a pocket, and then pull to the left to reach 16, an identical pocket.

With your left foot on 12 you can reach 17, a finger jug. Bump your right foot to 14 and pull to the left to reach 18, a nice sidepull. Your right hand goes up to 19, a similar finger jug to 17, and you move your feet up to 15 and 16 to finish at 20, a generous jug.

This route works well as an introduction to other 5.8 routes and easier 5.9 routes. It forces climbers coming from the previous skill level to think more critically about their body positions and shift their weight in ways that might initially feel scary, but ultimately build a better understanding of body weight as part of climbing technique. This route was well-liked by everyone who climbed it.

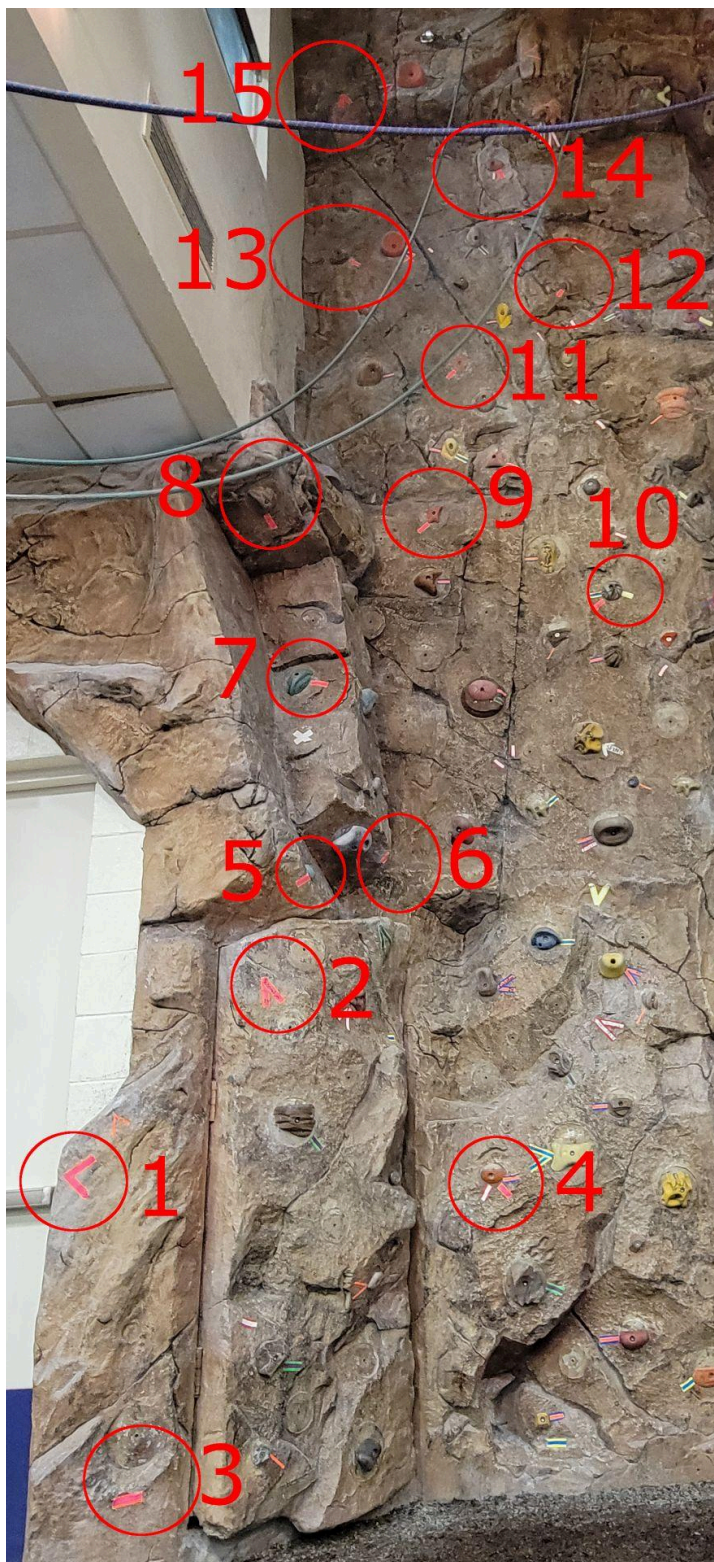
Applejack - 5.9



You start with both hands underclinging on **1**, a wide ledge that you can't use to hang, and your feet on **2** and **3**. Reach your left hand up to **4**, a nice crimp ledge, and match your right foot onto **1** with your right hand. Roll over onto this foot and squat up to reach **5**, a crimp. Move your left hand to **6**, a nice jug, and get a high foot on **4**. Push up a bit to reach **7**, a small crimp, and get your right foot under you on **5**. Move your left hand to **8**, a sidepull jug, and lean your weight to the right while standing up on your right foot to reach **10**, a small jug, with your right hand. With your left foot on **6** you can reach **11**, a jug that's shallower and closer to the wall than you might think. You have **8** and **9** for your feet while you move your right hand to **12**, a feature crack just around the corner which is a juggy sidepull. Get your right foot on **10** and stand up while pulling out on **12** to reach **13**, a flat hold bolted into the ceiling which gives you a ledge large enough to grasp it with one hand and hang.

This route has some big reaches and big moves. It's the hardest route of its grade at my rock wall and it helps climbers transition to a harder grade that demands more of them at every move. Watch me climb this route [here](#).

Scootaloo - 5.10



You start with your left hand on **1**, a feature sidepull that slopes out a bit, and **2**, a feature crimp. Your right foot starts on **3** and your left foot flags. Bump your right hand up to **5**, a tiny chip crimp, and swap your feet so your right foot can move to **4**. Get both hands over to **6**, a wide feature sidepull, and heave yourself to the right so you can squat up from the right foot. Now that you're standing in the corner, carefully move your left foot onto **2** and your left hand onto **7**. Match hands on **7** such that your left hand can freely move and pull yourself up and to the left. Get your right foot onto **5** and your left hand into **8**, an undercling jug. Lean back on this undercling while smearing your left foot to reach **9**, a crimp. Move your left foot to **7** and swing your right foot into a high drop knee on **10**. This move looks impossible when you're in the position, but with a little bit of faith and the right body

position you can make this foot move. Slowly stand up in this position and you have a nice rest spot to rechalk.

Move your left hand to **11**, a crimp, and pull up and to the right to reach **12**, a slopey sidepull. Get your left hand to **13**, a crimpy sidepull, while moving your left foot to **10**. Stand up in this position and quickly snap your right hand to **14**, a hold somewhere between a crimp and a jug. You need to catch yourself on this hold as you start falling as soon as you let go of **12**. Get your right foot up to **11** and match your left foot onto **13** so you can move your left hand to **15**, a small crimp that faces to the left. Shift your weight to the right and carefully match on **15**, finishing the route.

This route pushed the boundaries of what I could set with the limitations of my rock wall. The body positions and moves are far stranger than most routes on the wall and as such they feel incredibly satisfying compared to everything else available. The high right foot move in particular was lauded by climbers who prefer technically challenging climbs. The second half of the route went through several iterations, as my height allowed me to break the beta for most of the sequences I set. I had to fight against the natural shape and distance of wall features to set a sequence that was forced for me and everyone else. Watch me climb this route [here](#).

Princess Celestia - 5.10

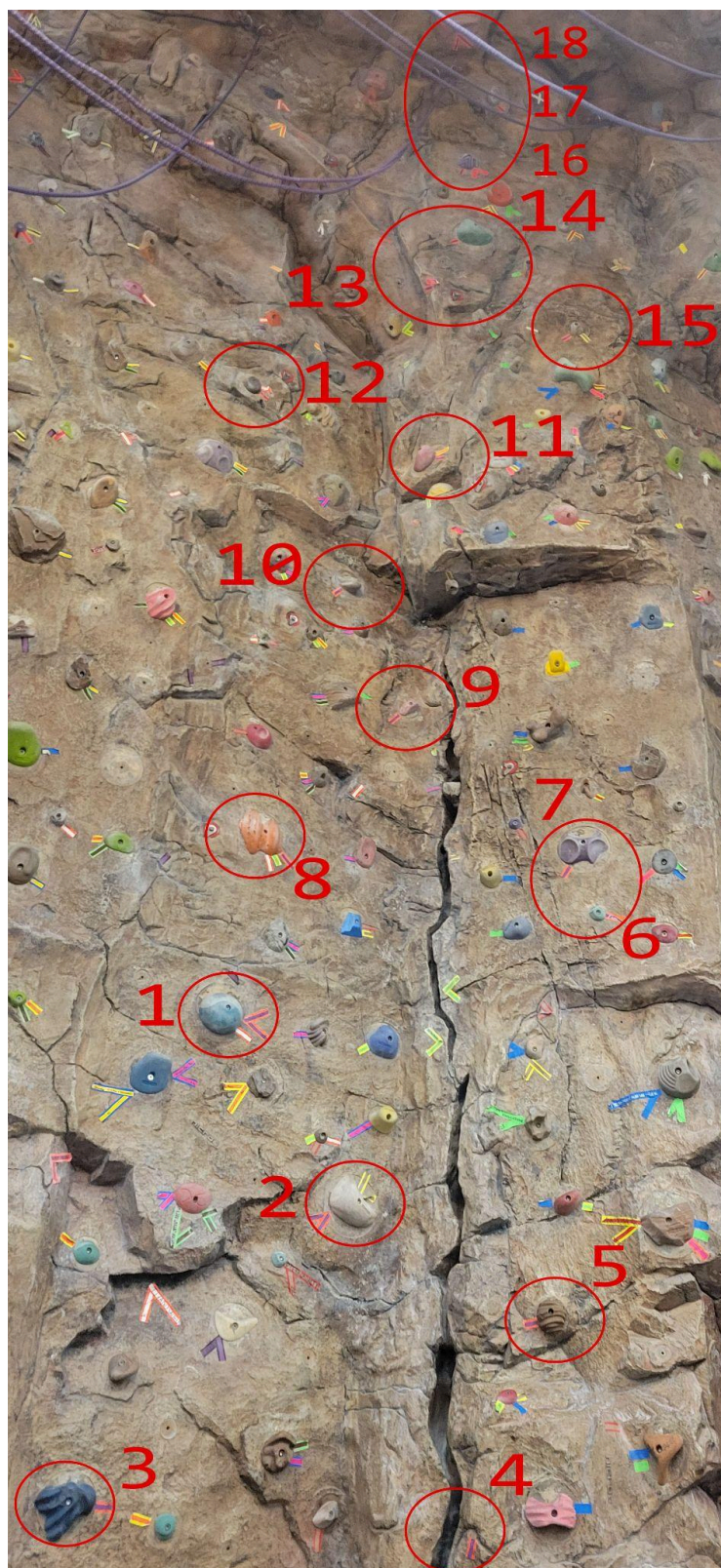


You start with both hands on **1**, a long feature crimp undercling, and your feet on **2** and **3**. You need to use the undercling to keep your weight as close to the wall as possible so you can move your left hand to **6**, a feature crimp. Stand up on the left foot to reach **7**, a crimpy feature sidepull. Lean to the left on this sidepull to grab **8**, another crimpy sidepull, and move your feet up to **4**. Flag your left foot for balance while you move your right hand to **9**, a slopey feature ledge, before moving your left foot up to **5**. Stand up on this foot using **9** and potentially **11**, a juggy sidepull, for stabilization so you can reach **10** with your left hand. **10** is a small crimp that can fit four fingers at most. When going up to it, it's easiest to reach with your left hand, which requires you hand swap using two fingers from each hand. Once your right hand is securely on **10**, move your left hand down to **11** and get your right foot to **8**, which lets you match your left foot on **11**. Pull to the side and stand up to reach **12**, a vertical pinch. Get your right foot onto **10** and maneuver your hands such that your left hand is on **13**, a crimp angled towards **14**. Pull up and to the right to reach **14**, a juggy gaston feature, with your right

hand. Bring your left foot up to 12 and lean over it to reach 15, an oddly shaped hold that defies any natural place to grasp it. With 12 and 13 for your feet you can pull up and to the left to finish on 16, a wide feature ledge.

This route is one of the harder routes of its difficulty, especially through the first half of the route. Small, inconveniently placed holds make some positions require specific body positions and balancing techniques. I have seen strong climbers try to force their way through these positions and fall repeatedly while they tried to piece together the sequence. Watch me climb this route [here](#).

Anselmo - 5.10+



I went into this route intending to use only slopers as the holds. I did need to use a couple non-slopers, but most of the handholds are slopers. Because of the lack of grip on slopers, they're easiest to grab when you keep your weight beneath the hold and hang on the hold, creating the most friction possible. With this in mind, I specifically designed these moves to force you to bring your weight above the slopers, creating difficult and downright scary situations. You need to trust yourself and trust that you won't slip.

You start with left hand on **1**, right hand on **2**, left foot on **3**, and right foot on **4**. The first move is to bump your right foot up to **5**. You pull yourself to the right and push down on **1**, bringing your weight up and right to reach **7**. After reaching **7**, you move your left hand to **8**, a horrible sloper with small vertical ridges that supply the only purchase. Your left foot moves naturally to **2**,

and your right foot needs to meet the left foot on **2**, allowing the left foot to move up to **1**. Now, you push against one of the vertical ridges on **8** and the top of **7**, bringing your weight above both slopers in a way that makes you feel like you're teetering on the edge of slipping, all so you can move your right foot to **6**. Using **9**, a tiny sloper that needs to be pinched, you move your right foot up to **7** so you can reach **10**, an overturned jug whose angles offer little to no purchase. Bumping the left foot up to **8**, you can reach **11**, a jug turned on its side so that you need to grab it like a sloper. Bump the right foot up to **9** and you can reach **12**, a wonderful mix of a crimp and sloper. Move the left foot up to **10** and stand up, a dyno that will leave you falling into **13**, a fairly nice feature that you can easily use to swap hands. Right foot on **11** lets you reach **14** with your right hand, which is exactly the same as **2**. Pull up on this sloper to reach **16**, a strangely shaped hold that's hard to define. Swap feet and move your right foot to **15**, allowing you to reach up to **17**, a generous jug. This is where it gets REALLY hard. The final move is particularly difficult for tall climbers such as myself. Pull up on **17** to get your left foot onto **14**, a position that squishes you into the ceiling. Then, move both hands onto **18** to finish. **18** is a sloper that's attached to the ceiling such that it slopes *away* from the wall, forcing you to press as hard as you can into its slope, creating tension with the left foot on **14** in a brutal compress.

The first half of this route has an excellent flow that rewards practice with its tricky holds. Climbing these awkward positions with no anxiety about slipping generates a tranquil climbing experience that is tough to match. The second half is more strength dependent, forcing the climber through some awkward positions and ending on a strength dependent move that will leave weaker climbers with sore shoulders. Every move in this route was intended to curate a complex sloper experience, introducing you to the holds in the optimal position to use them, and then forcing you to move above them and trust your own ability in a way that is thoroughly scary and deeply rewarding. As such, this route was divisive amongst climbers, with some of them loving its focus on technique and body positioning and others resenting its fear factor.

Pinkie Pie - 5.11



This route was the first 5.11 that I finished setting, after an unfortunate incident at my rock wall forced me to abandon a previous 5.11 project. However, I tried to preserve the spirit of uncomfortable positions and powerful moves with this route, in a style that my friend described as “three hard distinct sections.”

The first section is the longest and the least awkward. You start with your hands on **1**, a small chip, and **2**, a crimp feature. Your right foot starts on **3**, a tiny feature that demands good climbing shoes, and your left foot can either flag or come up to **4**, a large overturned jug that forces your hips away from the wall. The first move is to bump your right hand to **6**, a diminutive sloper that is best gripped along the right side. Lean away from **6** and stand up on **4** to reach **7** with your left hand, a crimp just wide enough for both hands that angles up and to the right, and get your right foot up to **5**, a toe chip. At this point, my beta is to match hands on **7** and lean down to the left so I can swap feet on **5** and cross my right leg over my left to get my right foot on **6**. I pull up and right on **7** and drop my left foot as I roll over my right. As I move into the corner, I stick my right hand out to catch my weight on **8**, a flat part of the wall marked for smearing. At this point, you mantle on **8** while

pulling up with your fingers on **7** to reach **9**, an undercling “jug” that slopes out perfectly so you have

to pinch the lip of it to get any friction. Pull up on **9** to get your feet onto **7** and **8**. Here you can lean into the corner and comfortably rechalk.

The second section is cramped and powerful. Move your right hand onto **10**, a tiny crimp shaped like a little ball that you need to grasp on all sides with all fingers, and your left hand to **11**, a slopey crimp that forces you to drop your weight down and to the left. Get your right foot up to **9**, the top of which is steep and slick, and your left foot onto **12**, a small jug that you need to dig your toe into and turn your knee into the wall. You're cramped tight in the position and now you need to uncoil straight up to **13**, a crimp that comfortably holds one hand.

The third section is characterized by the awkward and uncomfortable finish that requires you to trust completely in your grip strength. Reach your right hand up to **14**, a small pinch that can only fit three fingers on the large side. Move your feet to **10** and **11** and use **15**, a tiny crimp sidepull, if you need help with balance. With your feet on **10** and **11**, your legs are folded awkwardly under the overhang and don't provide much stability when you reach for the finish. **16**, the finish hold, is a slopey thing on a slight overhang in a position where the climber is already struggling to keep their weight close to the wall. You need to pinch this hold *hard* with your left hand so you can match your right hand and stay stable enough to finish.

Each of these three sections presents their own strength and technique challenges that forces climbers to both position perfectly and recognize when they need to just use their strength. The first section is dependent on good beta and body positioning, with some strong moves to finish. The last two sections require you to make the best of a bad situation and maximize the value you can get out of each hold. Watch me climb this route [here](#).

Twilight Sparkle - 5.11+



You start low with your right hand on **1**, a small crimp, and **2**, a feature rail that slopes outwards. You are basically sitting on your right foot which is on **3** while your left foot flags. Pistol squat on the right foot while leaning your weight against **2** to reach **4**, an undercling pinch that is also a two finger pocket. While pinching **4**, cross your left leg through your right to **1**, which you can't see from the position and you need to trust that you've found it. Move your left hand onto **4** with your right hand, but the hold doesn't really have any space to grab it so you need to crimp the smooth outside of the hold right where it meets the wall to get any purchase. Cling to **4** while you unwind your right foot and get it up to **5**, which is about level with your hips. Roll your weight onto **5** until you can reach **6** with your right hand, a sidepull crimp that only fits two

fingers. Carefully twist your left hand until you have your thumb in the pocket and your fingers are facing away from you. Pulling on your right hand and pushing on your left hand, move your weight entirely over **5** and squat up until you can reach **7**, a crimp. This is your best opportunity to rechalk.

Maneuver your left hand onto **7** and move your right hand to **8**, a feature sidepull that only takes a couple fingers. Move your left foot up about as high as it will go onto **6** and then pistol squat up until you can reach **9** with your left hand, a small sloper that only fits your fingertips. Get your right hand onto **10**, a large sloper that is so steep along the top that the best way to grab it is to crimp a small ridge along the top left side that barely fits your fingertips. Get your left foot to **7** and switch your left hand to an undercling on **9**, which is slightly better than the top of the hold. Using **9** to keep you close to the wall and pulling your body weight upward with the high foot on **7** and the right hand on **10**, you move dynamically up to **11** with your right hand, a crimp wide enough for both hands. Match your left foot to your left hand on **9** and get both hands on **11**. Heave yourself upwards until you can get your right foot to **10** and your right hand to **12**, a crimp sidepull undercling. Pull your weight to the right and get your left foot up to **13**, a large jug that lets you dig your toe in and turn your knee into the wall. The finishing hold, **14**, is a left-facing sidepull feature that is slopey and slick. You get your left hand on it first, lean your weight to the right, turn your hips as close to the wall as possible, and grip for dear life as you move your right hand to the hold and stabilize.

This route has a lot of moves that require balance/flagging mixed with powerful squats and tricky, technical holds. The pistol squat move is definitely a theme and it's almost always followed by a small crimp that you need to use to catch your weight. You can't do most of these moves dynamically because the holds are too small. You need to be controlled and consistent with every movement. In the following video, I had a limited amount of time to record that day so I spliced two pieces of footage together after an unfortunate fall in the middle of the route. Watch it [here](#).

Nightmare Moon - 5.12-



This is the hardest route I've ever set. Almost every single hold is tiny or slopey and the body positions must be perfect to get the most out of each hold. I was unfortunately unable to record a video of me climbing this route, but trust that I struggled with it greatly. I was projecting this route as I was setting it, more so than any other route in this portfolio.

You start with your left hand on **1**, a small hold that you need to crimp with two or three fingers along the left side, and your right hand on **2**, a small slopey crimp. You sit on your right foot which is on **3** and your left foot flags. Stand up slowly on your right foot until you can reach either **4**, a slopey feature sidepull, or **5**, a tiny feature crimp that fits maybe a quarter of your fingertips. If you reach **4** first then you lean your weight to the right and get your left foot up onto **1**. If you reach **5** first then you match your left foot on the top of **1** while your left hand crimps the side. Then, grab the other hold and pull yourself up to get your right foot on **2**. Move your weight far enough to the right to rely entirely on **4** and bump your right hand up to **7**, a wide, steep sloper that slopes away from your center of mass. Move your left hand to **8**, a tiny feature crimp that is about the same size as **5**, and your left foot to **6**, a steep smear. Let your right foot dangle and pull up with these three holds until you can pop your left hand to **9**, a small slopey crimp that fits about three fingers. Get your right toe onto **5** and your right hand onto **10**, a fairly wide flat hold that can accommodate all your fingers. Now is the best time to rechalk.

You need to get your right foot onto 7. My beta is getting my left foot onto the lower part of the hold first which moves my hips further away from the wall and makes it easier for me to get my right foot on top of the hold, then I move my left foot to 8 and stand up while using the handholds to keep myself close to the wall. The right hand on 10 is essential to not falling so you move your left hand first to 11, a tiny two finger feature pocket that only allows your fingertips. You get your left foot to 9 so your hips are securely against the wall and then you move your right hand to 12, a crimp that is flat for your middle two fingers and slopes away for the other fingers. Then, you stand up on the left foot until your left hand can come up and over to 13, a crimp that can fit all of your fingers. Get your right foot to 10 and stand up a bit more to get your right hand to 14, a fairly juggy feature. Get a high foot, I prefer right, on 12 and stand straight up into the ceiling to catch 15 with your left hand, a small fingertip crimp that faces towards the wall. Shoulder press on this hold while you swing your right foot into a heel hook on 14 so you can lean your weight out and grasp 15 more securely with both hands.

One of the most difficult factors in this climb is doing it without aid. Because of the position of a wall to the right of the climb, it's easy to lean against this wall, which isn't part of the rock climbing wall, and press your weight against it to make the climb just a little bit easier. Choosing to not do this forces you to think more creatively about your body positions as the path of least resistance isn't really available to you. This makes several moves through the middle more difficult; paired with the overall technically challenging holds and a powerful finish, this route is not only the hardest I've set, but the hardest that I've sent.

Outdoor Sets

I occasionally set new routes outdoors and I have my own area in Central Park in New York City that I discovered and did first ascents for all of the routes. I have potential spots in Southern IN and Louisville, KY for some routes. All of this has been or will be posted on my Mountain Project account here: <https://www.mountainproject.com/user/201806944/isabellie-konty/contributions>