
rope walking system

Posted by ziontree - 04/16/2007 07:05am

Used the rope walking system again on Sunday. Had some problems

The chest ascender sits up around my face when I am resting- maybe because I dont have a proper chest harness and am using a webbing loop. Any suggestions on a good chest harness?

I not a big fan of having so many(three) toothed ascenders on my rope. Anyone successfully replaced the pantin with a rope grab device eg microcender?

some positives- it did save alot of energy for the later climb, is fast and feels fairly smooth.

Is it worth the fine tuning or should I continue with simplicity of New tribes sit stand set up?

cheers

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Posted by SRT-Tech - 04/20/2007 12:31am

<http://www.cmi-gear.com/catalog/harnesses/chest.asp>

that is the chest harness i use, with a delta link and very short webbing sling to the waist harness. works wonder for ropewalking with a chest roller plate.

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Posted by Tom Dunlap - 04/23/2007 12:29am

Take the time to dial in the fit of your system. A ropewalker or frogwalker will use less energy if they're tuned compared to sit stand systems.

Get the chest ascender connected as low as possible on your harness.

Don't be that concerned about toothed ascenders picing your rope. As long as you're going up the rope they will not pic. If you try to take them off without unloading the cam first you will pic the rope.

If you wanted to eliminate a toothed ascender you could try putting a microcender instead of the chest ascender. The Pantin works too well to think about replacing it.

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