

# INSTALLING TREADWALL HANDHOLDS

## Putting on holds:

Use a 5/16" Allen wrench to bolt the holds onto the Treadwall.  
Never force a bolt into the threaded hole.

Start the bolt carefully to make sure it is entering the threaded insert properly.  
Do not force the bolt. If you encounter a lot of resistance, the bolt is probably cross-threaded and it will not thread in properly. Take it out and start over.

If you force a cross-threaded bolt into the insert, the threads will be damaged. If this happens, you will need to re-thread the insert using a 3/8 x 16 tap - an inexpensive tool that is available at any hardware store. Use a vice-grip plier or adjustable wrench to carefully thread the tap into the hole and restore the thread.

## Hold Placement:

Generally, it is good to have the holds evenly spread around the Treadwall surface. If there are big gaps, take additional holds or holds from places where there are clusters and fill in the blank spots.

Each hold has an orientation (or maybe two or three) with a positive grip. Most of the time this positive side is near the top of the hold when it is bolted on. Don't just have all the holds straight up, however. Having holds at different angles makes the climbing much more interesting.

In particular, it is a good idea to have holds at the sides of the wall with the positive side facing out so that the climber can grip the hold and lean in towards the other side of the wall. Also, it is a good idea to have one or two very positive holds mounted upside down near the middle of the wall. This provides an "undercling" hold. Underclings allow you to reach way up to holds that would normally be impossible to get to.

It's easy to change around the holds to refresh the routes. You don't have to change them all – just move around a few and everything will be different. One good idea is to change routes and clean holds at the same time. Take off the 10 dirtiest holds, clean them in a dishwasher, and put them back on in different places. If you do this every month, the holds will keep clean, and the routes will stay interesting.