

# UP ROPE!

NEWS OF THE WASHINGTON ROCK CLIMBERS

Vol. 1, No. 12.

April 18, 1945

## These Qualifying Climbs

A new list of qualifying climbs was voted in at the March 22 meeting and is now in effect. This list was published in the last issue of UP ROPE.

Many of the older climbs are unfamiliar to new members, while the long list of new climbs and new names is baffling to old timers who have not climbed regularly in recent months. We have heard many questions such as: "How about this 'Guffy's Grueling Grunt'? Where is it? Have I ever climbed it? And who in tarnation is Guffy?"

Beginning with this issue we are attempting to go through the list in order, giving the location, description, and brief history of each climb. We hope that at least one climb can be described in each succeeding issue.

The first climb is, of course, the well-known

## Bull Run Overhang (A-1)

The most prominent landmark on the cliffs of Bull Run Mountain is the huge block known as the Throne of Zeus. There is a smaller block immediately north of the throne, and north of this block is a 20-foot overhanging wall facing west. A large slab adheres to this wall, and the Bull Run Overhang climb ascends by means of the crack forming the right-hand edge of this slab.

The climber finds starting footholds on small ledges below the slab, from which he may reach his fingers into underholds on the bottom edge of the slab. He traverses right until holds for the feet disappear, but by using layback holds on the lower right corner of the slab he raises his feet up onto the face. The climb is a

layback following the crack until the good handholds on top of the slab are reached. A short struggle in precarious balance then brings the climber to the summit.

The angle of the overhang requires that a great deal of weight must be supported by the hands during the entire ascent. However, with a knowledge of the location of the holds and a familiarity with layback technique, the climb may be made quickly and with a minimum of effort.

The Overhang was pioneered about 1934 by Sterling Hendricks, Charlie Daniels, Jimmy Lamb, and John Southard. It has been climbed down as well as up, and has been ascended by Sterling without a rope. The climb first achieved international fame in 1937, when it was recommended as a "good climb" to George Marchal, a Belgian mountaineer. After George had hauled his 200 pounds bodily to the top by sheer strength of arms, he declared amid gasps that it was "more than good." A key foothold near the bottom became detached three or four years ago, but even this disaster has not decreased the quota of ascents which normally occur on each visit to the Bull Run rocks.

## Ups and Downs

April 8, 1945

Don Hubbard  
Jan Conn  
Herb Conn

Arnold Wexler  
Leonard Bolz  
Eleanor Tatge

At Carderock the group first investigated the Skookumchuck Extension which Herb and Don successfully completed. Don and Leonard worked on the Buckets of Blood Cave Chimney, later coming over to Herby's Horror where Jan and Herb were struggling. Herb climbed the Horror to prove he can do it even

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after all the footholds are broken off. Eleanor inflated the Sink Stopper and found the river current pretty stiff to buck. After lunch Don and Leonard set out downstream in the SS, headed for the Georgetown Feeder and Car Stop 25 where they would be picked up later. The rapids they passed through were right ferocious due to the swiftness of the waters of the Potomac, but with Don's technique of leaning in the boat at the right moment so that the front rides over the waves, the boatmen were only deluged once. Meanwhile the Conns investigated the cliffs farther downstream, climbing Sterlings Twin Cracks, which they decided were not identical twins. Arnold climbed up and down the Spider Walk, then made a reverse climb of the Big Stretch. The beautiful and busy day was a great satisfaction to all concerned, even those who couldn't resist spending part of it in a delightful state of recumbency.

Chris Scoredos and Helen Reasoner spent the day climbing in the vicinity of Socrates' Downfall, Great Falls, Virginia.

April 14 and 15, 1945

Don Hubbard	Chris Scoredos
Dolores Alley	Helen Reasoner
Betty Alley	Betty Kauffman
Billy Alley	Andy Kauffman
Jan Conn	Arnold Wexler
Herb Conn	Cliff Proctor
Eleanor Tatge	Emma Proctor
Marion Murray	Shirley Proctor
Louise Kelly	
Mary Neilan and friend	
Bob Huestis and 2 friends	

Climbing started Saturday afternoon when the Kauffmans and the Conns arrived at Carderock after a hike thru April showers. Sunshine soon dried the rocks, and the group conquered the one remaining section of the Wexler's Worst-Stretch-Skookumchuck-Chris-Wex-Don combined traverse which had not been climbed, namely the traverse of the Spider Walk face. Jan made female history by climbing Herby's Horror.

Chris, who didn't realize other climbers would be about, brought Helen to Carderock, where she too made history by leading Arthur's Traverse, and barefoot at that.

Sunday, too, turned out to be a red letter day for the ladies,

and the men were heard to mutter ominous threats about founding a Society for the Prevention of Women Rock Climbers. Don suggested that women climbers should be handicapped with 10 or 20-pound packs. High points of the day's climbing were the ascent of Leonard's Lunacy by Dolores, and the conquest of the Suction Cup Corner by Jan and Helen after all male contenders had fallen by the wayside.

Despite a steady drizzle which fell during most of the day, the Carderock area was crowded with climbers and onlookers, and a large proportion of the tougher climbs were assaulted. Altho no one ventured to Herzog Island as had been planned, scheduled trips again proved their worth.

Our chairman has been noticeably missing from the group of late, supposedly due to an injured back--which, however, hasn't prevented his making frequent climbing trips with Helen. Since meeting Helen Sunday we understand better the reason for his absence. She seems like a swell girl and is fast becoming a super-duper rock climber.

Paul and Jo Bradt, Estella Culverwell, and Bill and Ruth Mersch spent the day climbing in the Bradts' bedroom. For those who are not familiar with this newest rock climbing area, it is reported that the ceiling of the room bristles with unconquered traverses and un-hung-onto handholds.

#### Wanted

By your Chairman Chris and Ex-chairman Don: Red-blooded males (or any other color blooded males) to climb rocks. Experience not necessary. No age limit. Any kind of men accepted, just so last Sunday's feminine triumph doesn't recur!

Women need not apply.

#### Next Sunday

Chris will lead the Youth Hostellers on a rock climbing trip next Sunday, April 22. The group will gather at Cabin John at 9:30 A.M. Climbing will probably be at Carderock. All climbers are welcome.

#### News

Tom Culverwell has left for overseas duty. He will be glad to





"Daddy's Practising for  
the Jam Box!"

hear from his old pals. His address is:

T/Sgt. Tom S. Culverwell, 3319892<sup>1</sup>  
APO 14284  
c/o Postmaster  
New York, N.Y.

Arthur Lembeck arrived in town on the 6th of this month for a brief period of duty at the Naval Hospital. He met some of his friends at the Bradt's home on April 10. His library of mountaineering books and periodicals is now located at the Bradts', 6626 First Street, NW. Some new books have now been added to the collection. All would-be readers are invited to borrow the books.

The Clarks have returned from a 2-week vacation in West Virginia. They report finding some new caves and some cold weather.

From Dick Leonard, India-Burma: Regarding "a fascinating article by Don Jacobs on climbing in the southern Sierra. I'm glad he had the chance to see something of that country. I do hope he has the opportunity to get up Mt. Whitney by the East Face, or to the Palisade

Glacier and its 14,000-ft. peaks. Maj. Weldon Heald who was with Bill House and Ad Carter at OQMD is quite an authority on the Southern Sierra. He could soon tell whether the peaks in question were unclimbed or not.

"The most interesting item in his letter was his reference to the necessity for careful training and practice in climbing down. He is absolutely stund on that point. For many years now the Sierra Club has never counted a local climb as having been officially completed until it has been climbed both up and down. That was why I was so anxious to climb Herby's Horror down, but, as I now remember it, I was not skillful enough. Without much practice, climbing down usually causes much more difficulty to most than to climb up the same pitch. The Sierra Club has found, however, that with practice climb is more than 80% as difficult down as up. Gravity is a great help on the way down, providing one has learned to control it a bit. When one gets on the great 3,000-5,000 ft. high-angle rock faces of Yosemite, roping down, regardless of the fun involved, will not usually take one all the way to the bottom. Hence, a sound knowledge of climbing down is vitally important in any real mountaineering. Regards to all."