

Up Rope *

Volume XVII Number 9

September 1962

YOUR HOROSCOPE

Sept. 9

CARDEROCK, Md.

Sept. 16

ROCKS, Md.

Go east on US 29 to US 40. East on 40 to the Baltimore Beltway. North on the Beltway to Route US 1. North on US 1 to Bel Aire. Go 8 miles north from Bel Aire on Md. 24 and you have arrived!

After climbing, a delicious supper will be served at the Worrells. PLEASE let Ed or Blondie (Area code 301 RI 4-5114) know by Friday the 14th if you plan to enjoy their hospitality.

Sept. 23

GREAT FALLS, Md.

Sept. 29 - 30

OLD RAG MOUNTAIN Weekend trip

Oct. 7

CARDEROCK, Md.

** please address all complaints
to C.R.W. in the Philippines*



FLASHLIGHT LAMPS AND BATTERIES

A flashlight is one of the most useful pieces of equipment we can carry on a camping or caving trip. Frequently it is a disappointing one, failing when it is most needed. The sudden failure caused by the lamp burning out is obviously corrected by carrying a spare lamp. The slower failure due to exhaustion of the batteries can be forestalled for a time by a better understanding of the factors affecting the life of a dry cell.

Heat -- Up to 130° F the cell gains in efficiency and puts out more power. Above 130° the materials in the cell are damaged. Storage life is shortened by heat.

Cold -- Below the designed operating temperature of 70° F the cell output is reduced until at -10° there is no useful output. However the cell is not harmed by the cold and will recover its power when warmed slowly. Cold storage is good for batteries.

Rest -- Intermittent use gives the cell an opportunity to depolarize more effectively and can double the useful hours of cell life.

Dating -- Like eggs, dry cells are better when fresh. Dating on the cell only tells part of the story. The storage temperature is a major factor. Like eggs, keep them cool.

Cheating -- Changing to a lamp of lower voltage rating as the cell output voltage drops will extend the usefulness of the cell as much as 50%. Good trick.

Load -- An overloaded battery has a very short life. Lamps for flashlights are usually available in two amperage ratings. The lower rated lamps give good light for a longer period.

Heavy-duty or industrial rated cells have about 30% longer life than general purpose cells.

COMPARISON OF LAMP AND BATTERY COMBINATIONS

| GE lamp | amps. | candlepower (approx.) | hr. lamp life to burn out | battery combination | hr. battery life intermittent use |
|---------|-------|--------------------------|------------------------------|------------------------|--------------------------------------|
| PR 4 | .27 | .4 | 10 | 2 size C | 5-6 |
| PR 2 | .50 | .75 | 15 | 2 " D | 6-7 |
| PR 6 | .30 | .5 | 30 | 2 " D | 10-11 |
| PR 3 | .50 | 1.1 | 15 | 3 " D | 6-7 |
| PR 7 | .30 | .7 | 30 | 3 " D | 10-11 |

"PR" above indicates flanged-base lamp for fixed-focus reflectors.

(continued on next page)

Other lamp-battery combinations are:

Screw-type base lamps

| GE lamp | amps. | candlepower (approx.) | hr. lamp life to burn out | battery combination | hr. battery life intermittent use |
|---------|-------|--------------------------|------------------------------|------------------------|--------------------------------------|
| 233 | .27 | .4 | 10 | 2 size C | 5-6 |
| 263 | .35 | .5 | 45 | 2 " D | 10-11 |
| 263x | .30 | .5 | 30 | 2 " D | 10-11 |
| 245 | .50 | .75 | 15 | 2 " D | 6-7 |
| 14 | .30 | .5 | 15 | 2 " D | 10-11 |
| 365 | .50 | 1.1 | 15 | 3 " D | 6-7 |
| 13 | .30 | .7 | 15 | 3 " D | 10-11 |

Hand lantern and head lamps using lantern battery (4 size F cells)

| | | | | | |
|-------|-----|-----|-----|----------|-------|
| PR 13 | .50 | 1.5 | 15 | 4 size F | 7 |
| 27 | .30 | .9 | 30 | 4 " F | 17 |
| 425 | .50 | 1.5 | 15 | 4 " F | 7 |
| 502 | .15 | .45 | 100 | 4 " F | 45-55 |
| 4546* | .50 | 1.5 | 100 | 4 " F | 7 |

* a "sealed beam" lantern lamp

Bob Mole

(with help from GE Miniature Lamp Catalog and Burgess Battery Manual)

Harold Kramer, who enjoyed some interesting mountain climbing in Ecuador last winter, has received a letter from his friend Paul Williams of Quito.

Paul was born in Ecuador, has an Ecuadorian wife, and a young daughter. He is the national distributor for Philips radios. He is an enthusiastic member of his local mountaineering club "Nuevos Horizontes", and has a wonderful personality.

A part of Paul's letter is reproduced here, as it gives an insight into activities of another distant but similar club.

" Mountain climbing activities have been down and under the weather. For the past two months the weather has been downright ornery. Only the last few days have had sunny mornings, and we have been anxiously waiting for a clear day to get a view of the mountains. Without exception all are under a very heavy but fluffy coat of snow, which makes climbing impossible until the snow becomes a bit more compact. Regardless of the fact that the weather has been lousy, a few of us hardheaded individuals decided that we were not to be bothered by small details and planned a one-day climb to Cotopaxi. We left Quito at 2 AM Sunday, May 19, and all went well up to a certain bridge that had been washed out by a flooded river. Regardless of this little detail, We continued undaunted with my

(more on page four)

new Jeep station wagon we plunged into the darkness of the night and the river. About half way through the car started to merrily float downstream without a sign of consideration for us and our plans. Fortunately we hit bottom again and labored our way to the opposite shore. From here we continued a muddy and washed-out road to Limpiopungo and thence up the paramo towards Cotopaxi. When we reached 4,500 meters in the car and could no longer continue, we stopped, extended a finger out of the window, and rapidly brought it back half frozen with the terrific winds. We tried starting out some ten times when the wind died down, and each time we were forced back to the shelter of the station wagon. Finally with one last powerful gale of some 90 miles per hour our determination ended, and after a nice comfortable snooze in a warm shelter, a good breakfast, etc., we went out and started an art gallery of beautiful nudes of snow. Anyway it was a delightful occupation and after playing around in the snow, tobogganing on our behinds and horsing around, we turned our backs on the smiling mountain. Now that the weather seems to be clearing, we may try it another time in a couple of weeks or so. I will let you know of our progress in this new try."

Another letter dated August 9 contained the following interesting account:

"By the way, remember all of our troubles on Cotopaxi the first time? Well, on July 1 we achieved our goal. We left Quito at 3 AM and arrived with the jeep to an altitude of 4,550 meters at 6 AM. From there we continued for a couple of hours in very good weather to almost the altitude of Yanasacha, where we put on crampons and took off a bit of the cold weather clothing because it was quite warm and sunny. This way we continued at a very good pace and finally at 2 PM we reached the summit. The day was exceptionally good, and the mountain very generous. We spent an hour on the summit looking into the crater (an awesome sight) and then returned to the Jeep at six in the afternoon. This was the first time that a mountain of more than 6,000 meters (6,005 to be exact) has fallen in a one-day assault without the establishment of a camp. I published an article in El Comercio, and if you would like to read it I will try to send you a copy with some photographs.

For this coming weekend we are again planning on a climb but this time due to windy and cloudy weather we will try only a small one, Cotacachi, of merely 4,800 meters, but slightly difficult in the technical sense due to a couple of steep rock walls. The rest of the Agrupacion (club) is going to make a massive camp on the shores of Lake San Pablo and really have a good time. Will let you know on both accounts how we all came out."

Bienvenido A Quito, compiled by the American Embassy, states as follows:

Cotopaxi, 19,498 feet. Located southeast of Quito. Highest active volcano in the world. Last erupted in 1914. Visible from Quito. Snow-capped.

Cotacachi, 16,204 feet. Located near Otavalo. Visible from Quito. No record of modern activity. Snow-capped on occasions.

-- H. K.

DANCING AT DRY FORK

A good number of climbers have joined in a local diversionary activity when at Seneca. Many of us have enjoyed the Saturday night dances at Harman during the summer season, even though we didn't know quite what was going on. Thanks to the interest of Mary (of Mary's Place), we now have the calls for some of the figures. They may give us a clue as to what we were supposed to be doing.

The part of the dance that varies from one to the other follows a standard opening: All join hands and circle left. Then promenade right in couples. Left hand to your corner, meet your partner with your right, and grand right-and-left all the way around the circle until you meet your own and swing. Then couples pair off and face each other and:

"Around this couple with the lady in the lead. Gent cross over and take the lead. Lady go through the old barn door* and circle four."

or "Around this couple and take a peek*. Back to the center and swing when you meet. Around this couple and peek once more. Back to the center and swing all four."

or "Dive the oyster, then the clam. Then the sardine--take a whole can!"

or "Birdie in the cage and three hands around. Birdie hops out and the old crow in. Hawk got the chicken and gone again."

or "The right-hand lady and the right hand around. The left-hand lady and the left hand around. The right-hand lady and the right hand around. The left-hand lady then promenade around."

or "Four hands across and circle to the right. Circle back. Ladies bow; gents know how. You all got sugar in your coffee now."

These are only a few, and obviously the words alone hardly give directions as to just what to do. But they may help. This part of the figure is followed by swinging with the other's partner, then your own. Ladies then give right hands to each other, left to the opposite man. He turns them around, and they join with their own partners again to go on and dance with a new couple in the circle.

After this has gone on a while, everybody swings his own, goes around his corner and meets his partner with a grand right-and-left. When he meets his partner again, they swing a bit and meander off the floor.

The step used to swing, incidentally, is rather curious. It resembles our "buzz step", the usual step used in a square-dance swing, yet it is deceptively different--different enough to make it quite hard to figure out and do. Its main features are that it is done flat-footed, half-time, and you lead with the left (outside) foot. The best thing to do is to watch the local people and copy them!

Next time we go to Seneca, come join the dance. In winter they hold one in an old skating rink in the Canaan Valley. Watching is also good sport.

*The name of the dance.

A. L.

TRIP REPORTS

July 29 OLD RAG Bill Allnutt Betty Johnson Joe Nolte
 Ron Bell Karl Edler

When Bill and Joe arrived at their proposed camping spot near the spring after a pleasant walk up from Nethers, they were profanely disappointed to find that said spring was dry. After a dry dinner and even dryer breakfast the next morning, they met Ron by the spring. Ron, Betty, and Karl had come up from Syria the night before. Standing by the spring with empty water bottles, Ron came out with a classic: "You know, I halfway expected this spring to be dry!"

Bill went down to the spring at the lower shelter and filled up all the available water containers while the group on top picked blueberries.

After he got back, Bill and Joe did the Hollywood climb, followed by Ron and Karl. Then Joe and Karl did the Beginner's Climb and Bill and Ron came up right after them.

Sunday didn't amount to much, since it started to rain just after everybody got up. Bill and Joe left for town, while Ron, Karl, and Betty went hiking and met Art and Win Lembeck on the trail.

Joe Nolte

July 29 PROSPECT ROCK, Va.

Sunday found only six stay-at-homes in the breakfast corner. Art and Win Lembeck defied the threatening rain and drove off toward Old Rag, where the climbers were supposed to be. The remaining four talked themselves over to Don Hubbard's hospitality, where a grand boot-exchange was performed. The weather still looked bad, but when Don heard Chuck and Alice conspiring to go back to the Clubhouse, leaving first-timer Bill Leo to his own devices, he stepped in to provide much-needed LEADERSHIP. He led us straight on over to Prospect Rock, on the Virginia side of the Potomac between Chain Bridge and Great Falls.

Chuck was first to claw up a friction-free "friction pitch" on the outcropping just below the main rocks. Various standard maneuvers were then executed on Prospect Rock --and what a fine prospect it has! Chuck worked out a tricky variation of the long lead climb, using an upper belay, fortunately.

Mid-afternoon was interrupted by the news that we were trespassing. The people were very nice about it and told us who to contact to see if permission to climb could be obtained. As the area, though neglected of late, is very pleasant, we hope that this will be followed up.

Bob Mole and Alan Talbert joined us at Harrigans--no, Don didn't come!--and the day was concluded amidst the foam.

A. Lane

Aug. 11-12 SENECA, West Virginia

Ed Worrell, Joe Nolte, and Bob Marvos spent an enjoyable weekend climbing at Seneca Rock. They spent Saturday going up Tony's Nightmare, with Ed leading the way. The climb had an interesting chimney that Joe Nolte found a little tight for moving around in as he was trying to belay Ed up the next pitch. Finishing the climb in five hours, they ate at the lunch ledge, where they met John Oosterwyk, his wife, and Larry Fowler. After resting a while they then continued on up to the summit by way of the Breakneck route up the Coxcomb. They reached the top in time to see a beautiful sunset. Afterwards they rappelled down part of the Old Man's Route and made it the rest of the way back to camp in the dark. After a delicious dinner of steak and roasted corn they settled down for a good night's sleep.

The next morning they again got an early start (11 AM). This time they hiked up to the lunch ledge and tackled Conn's West, while John Oosterwyk and Larry attempted Thais close by. John and Larry took a hasty exit from Thais by way of the escape route. Both parties, however, made it to the top, and after this bit of climbing, decided it was too warm for climbing anyway. To the two groups split up and went their separate ways.

That afternoon saw Ed, Joe, and Bobb enjoying the swimming hole at the foot of the rocks before going home, when Ed mentioned a small cave right near by. In they went for a "short twenty-minute trip". Two and a half hours later they came out, after wandering around in a series of passages and pits that wasn't supposed to be there. Joe Nolte fell prey to an old cave trick when he was persuaded to check out an exceedingly tight passage that, unknown to him, promptly doubled back on him.

Once out of the cave, they took another quick dip in the water and then hurried back to Washington so they could get Bob back to Fort Belvoir just in time for KP with the U. S. Army on Monday morning.

Bob Marvos

Saturday, Aug. 18 PEACE CORPS TRAINING SESSION

On three or four occasions during the past summer the Mountaineering Committee as a whole or its members individually have, upon request, conducted training sessions in rock climbing for various contingents of the Peace Corps. The largest undertaking to date occurred on Sat., Aug. 18, when 15 members of the Mountaineering Committee, under the supervision of Chairman Ed Worrell, gathered at Carderock, Md., to instruct 75 members of the Peace Corps.

Most of the climbers arrived early, and since the Peace Corps was not due until after lunch, the morning was spent climbing, discussing plans, and making preparations. Final plans called for the utilization of five beginners' climbs (Chris-Wex-Don Corner, Beginner's Crack, Carderock Nose, Barnacle Face, Herbie's Chimney), four intermediate climbs (Ronnie's Leap, Easy Layback, Nubble Face, and Jan's Face), one difficult climb (Sterling's Crack), two 50-ft. rappels on Jan's Face, and two single-line Tirolese traverses across the C & O canal.

Shortly after lunch an advance guard of eight Peace Corps men, led by Dr. Herman Tyrance of the Howard University Physical Education Department, filed in carrying ten new manila ropes. These Peace Corps ropes were used wherever possible to supplement or replace the climbers' nylon ropes. Behind Dr. Tyrance's group came Rasa Gustaitis and Jim McNamara (reporter and photographer respectively) of the Washington Post. (See Washington Post, Sun., Aug. .9, Section B, page 1, for photos and story.)

Preparations were completed a little while later when Tom Johnson, Howard University Physical Education Department, Mrs. Allen also from Howard, and Lucy Ames of the Peace Corps front office arrived and led the rest of the Peace Corps group into the lunch area for a short introductory talk by Chairman Worrell. Ed's talk covered basic fundamentals and included an "on-the-rocks" demonstration by Ed and an assistant. Following this introduction the Peace Corps group divided into smaller units and the instruction began.

Although some delays were encountered at the beginning, once the program was fully underway it moved smoothly and as rapidly as can be expected with so large a group. Most of the young men and women of the Corps found the beginners' climbs sufficiently challenging and some even went on to try the intermediate climbs. As far as is known, the rope on Sterling's Crack was untouched during the afternoon.

The most interesting feature of the training session turned out to be the Tirolean traverses. Some of the techniques which the Corpsmen resorted to in their attempts to traverse the canal provided a bit of amusement to those watching from the towpath. In addition, a segment of nylon rope had been used when one of the Manila ropes proved too short to span the canal and the repeated stretching of the nylon rope was responsible for several of the Corpsmen getting wet in the canal. (The canal is less than four feet deep in this spot.)

By the time the Peace Corps was ready to leave, each member had the opportunity to ascend at least one climb and to rappel at least once. Many attempted the more advanced climbs and the majority was able to make the aerial traverse across the canal and back. Quite a few also received an introduction to belaying.

In spite of the fact that many members of the Mountaineering Committee were not in town because of summer trips and expeditions, an adequate number of climbers were on hand to help. Judging from the comments heard about the pretty young Peace Corps girls, the chairman should not have too much trouble enlisting aid for any future sessions with the Peace Corps.

Those climbers who aided on Saturday were:

| | | |
|------------------|----------------|--------------|
| Ed Worrell | Paul Gerhard | Joe Nolte |
| B londie Worrell | B ob Gerhard | Merv Oleson |
| Hal Kramer | Mike Nicholson | Harold Swift |
| Art Andraitis | Bob Marvos | Rod Glascock |
| Alice Lane | Joe Faint | Al Klov Dahl |

Note: On Saturday Mike Nicholson made a first ascent of the impossible route up the corner to the left of Leonard's Lunacy.

A. S. K.

Aug. 19 BULL RUN MOUNTAIN

Carefully choosing a remote spot where they would not be observed, ten climbers crept off into the woods of central Virginia for maneuvers. Hopeful turkey vultures circled constantly over the spot, as though aware that an unusual purpose spurred our efforts. This was no idle Sunday outing but an experiment intended to disclose the limits of human capacity and endurance. As is true of Project Mercury and similar perilous ventures, there were no women among the lithonauts: Ed Worrell, Al Klov Dahl, Joe Nolte, Joe Faint, Jack Wilson, Bill Donahue, Pete Remsen, Bill Wheeler, Bernard de Buy, and myself. Al led the way erringly to the Snickersnee launch pad. Unhappily, after a long interval spent anxiously watching the weather (something to do with cloud cover), Joe Nolte damaged the facilities by tearing loose a large chunk with a few crucial technical properties. He made up for this gaffe with a most valuable new test for lithonaut reaction time: a piton dropped smartly over the edge upon the climber and ground crew. He has retrieved the hardware and promises to try this exciting new experiment upon others in the future.

By then a tentative selection of four men to make the final attempt had been made. The second test took place at the Two Inches More (Two More Inches?) pad and the impression was swiftly confirmed. The writer, among others, mistook this for a static test whose purpose was to lift the bulk of the facility with the shoulders, but Worrell, Nolte, Klov Dahl, and Faint fired the second stage successfully and achieved flight. The final team selected, we approached the Swan Dive site. The tracking team lay on their backs as a sling shot mode (classified in part but relying in the main upon cutting the power in the midst of an overhanging layback on a jam crack and swinging out at suborbital velocity) was attempted by Faint, Nolte, and Klov Dahl. Secrecy shrouded the attempt but the word would have gone forth the world over had the team succeeded. The main problem seems to be inadequately strong boosters, keyed to the small payload most lithonauts carry between their ears. Only on such difficult missions does the need for almost superhuman strength arise. I wish to note the one interesting attempt by Donahue to duplicate weightlessness en rappel, but defer recommending it for further use as it seemed hazardous. The results of our experiments clearly showed that the human body was not designed for such ventures. Last words were those of Wernher von Worrell, who was heard to remark, "Next time we'll come back and try the * * * (top secret, deleted) thing with monkeys."

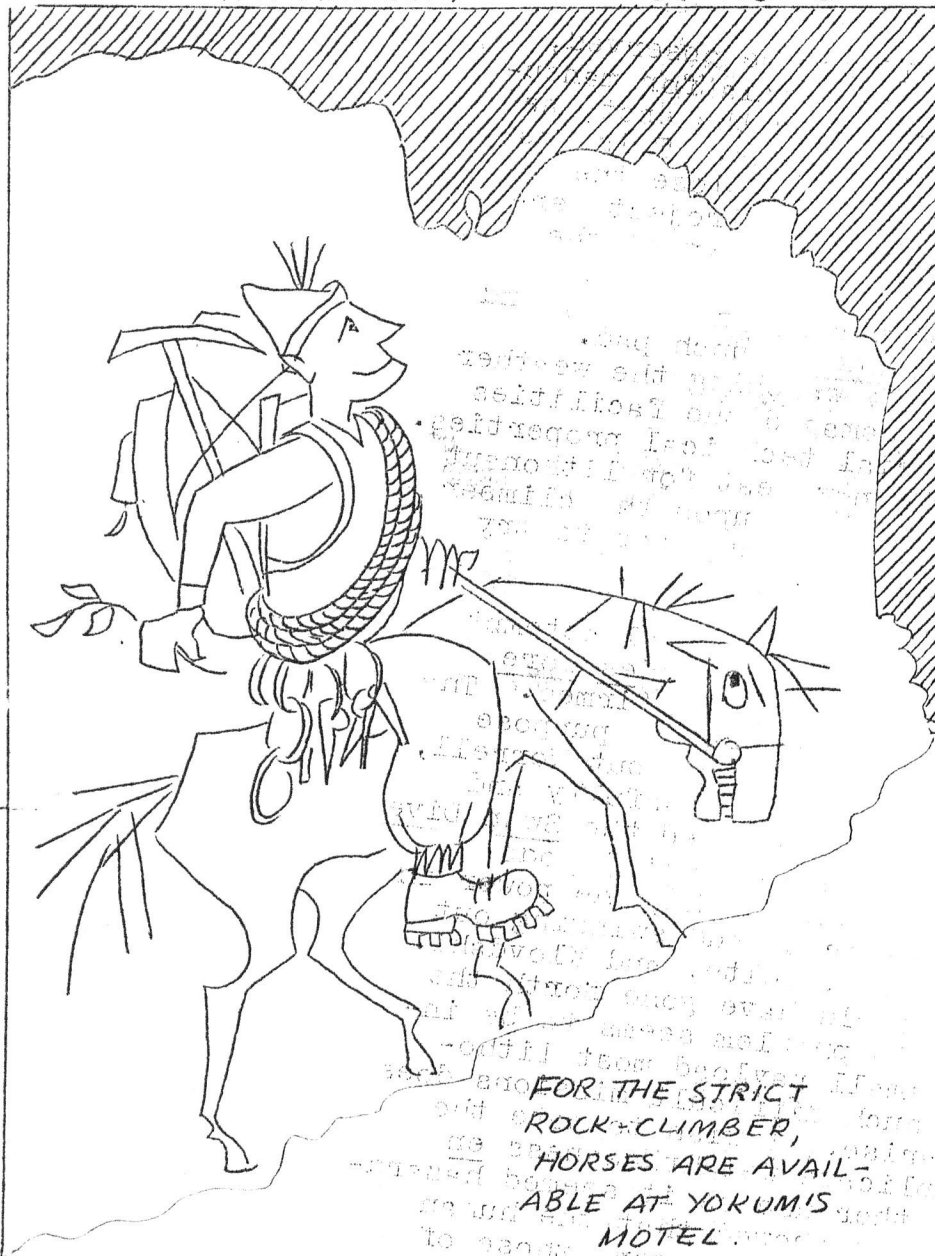
Phil Ritterbush

Aug. 26 THURMONT

| | | |
|---------------|---------------|----------------|
| Al Klov Dahl | Joe Nolte | Harold Swift |
| Mike Gregg | Rick King | Pete Remsin |
| Lucy Ames | Merv Oleson | Bob Marvos |
| Rod Glascock | Henry Beasley | Danny Garrison |
| Harold Kramer | | |

A bright pleasant morning greeted those of our group who were not fortunate enough to be away climbing in the Tetons and other points west. Considering it was vacation time, I was pleasantly surprised to find a group already waiting when I arrived at Howard Johnson's. Our arrival at destination was only slightly delayed by a broken radiator hose on one vehicle, and we enjoyed near-perfect weather. A creditable performance was put on by the less experienced climbers, and all of the regular climbs were made by someone in the group.

Hal Kramer



FOR THE STRICT
ROCK-CLIMBER,
HORSES ARE AVAIL-
ABLE AT YOKUM'S
MOTEL

THROUGH THE MAIL

Polly Kromer writes that she is leaving Haiti this month (August) and that she may be reassigned to Malaya. She hasn't decided whether or not to go. She will be in the States in the meantime, and we're hoping to see her here in Washington. Polly's recent activities in Haiti have included snorkeling, exploring bat caves, and riding her own horse. She recalls Washington nostalgically, however--here all the bugs are chocolate-covered!

John Christian reminds us that there were pictures of the Peace Corps' rock-climbing antics in the Washington Post on Sunday, Aug. 19. HE ALSO POINTS OUT that the Tirolean traverse across the canal featured an unscheduled OPEN CARABINER. Using two carabiners with gates on opposite sides will eliminate the possibility of this danger.

New subscription:

Lucy Ames -- 4214 Seminary Road, Alexandria, Va. 931-0790

Changes-of-address:

Dr. Samson Goldin -- 49 Foljambe Ave., Chesterfield, Derbyshire, England

Lois Holtgren -- Natural Science Bldg. Zoology Dept., University of Michigan, Ann Arbor, Michigan

Margaret Kromer -- 9150 Lyndale Ave. So., Minneapolis 20, Minnesota

Lt. Arthur C. Lembeck -- MSC, USN, 8804 Lowell Place, Bethesda 14, Md.

Sam and Sarah Stulberg -- 5201 Chandler, Bethesda 14, Md. OL 6-9134

Credit for this issue goes to our ENTHUSIASTIC CONTRIBUTORS. Minor drudgery associated with printing and distribution was cheerfully performed by A. Lane, C. Wettling, R. Marvos, A. Klov Dahl, **JOE NOLTE**, and H. Hargreaves, Esq. Hardy is the only one of us with a reputation for probity, so send in your dollar (for 12 monthly issues!) to HIM. Address on page.1.

LAST PAGE
(at last)