



FOUNDED BY
JAN AND HERB CONN

NEWS OF THE P.A.T.C. MOUNTAINEERING COMMITTEE

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November 1963

COMING EVENTS

November 3 Carderock, Maryland

10-11 Caudy's Castle

Directions to Caudy's Castle:

Go west on US 50 to Winchester

North from Winchester on US 522 for 15 miles

Turn left on Va 695

Go west for 6 miles to Bloomery--the two houses
(Before you get to Bloomery, Va 695 changes to
W. Va. 45)

Continue west for 5 miles to sign on left that
says Caudy's Castle

Turn left on dirt road--go $1\frac{1}{2}$ miles to parking lot.

17 Harpers Ferry, Va., Md., West Va.

24 Great Falls, Md.

Sunday trips start from Howard Johnson's at Wisconsin and Western Avenues, N.W., at 8:30 a.m. (Come early if you want breakfast.) New climbers are welcome. Bring lunch and canteen. Sneakers are suitable for climbing. Latecomers look for note behind drainpipe at Western Ave. side of building.

NOTE: On November 20th at 7:30 p.m. Mr. W. Kirsten will talk and show pictures of Switzerland before the Swiss Club of Washington. The PATC Mountaineering Committee has been invited to attend. This probably will be at the Swiss Embassy, 2900 Cathedral Ave., NW. See Ed Worrell for confirmation of this.

MOUNTAINEERING AND VITAMINS

The following question and answer have been reprinted from The Journal of the American Medical Association (by permission) and are self-explanatory.

Q: In a recent article in a mountaineering magazine, it is stated that water-soluble vitamins improve coordination, speed, strength, endurance, and recovery rate. Are such claims medically sound?

MD, Washington

A: I am not aware of evidence that any of the vitamins, water or fat soluble, improve coordination, etc., except in definite vitamin deficiencies. The article in the mountaineering magazine referred to (Summit, p 8, April, 1963) presents no sound data based on well-controlled studies. The following editor's note at the end of the article is of interest: "Formula 'A' high level vitamin formula for mountaineers is available from Gerry, Box 910, Boulder, Colorado."

Mountaineering is vigorous exercise. It requires physical and mental dexterity and high caloric intake. Plenty of vitamins (and minerals) to help metabolize the food will be obtained from the well-balanced diet that mountaineers consume before, during, and after their vigorous sport.

Frederick J. Stare, MD
Boston

Dear Sirs:

As you are no doubt aware, a brand of humor known as Tom Swifties has been sweeping the country. I believe that it is time for rock and mountain climbers to corner part of this market. For the uninitiated, Tom Swifties were inspired from the outlandish use of adverbs in the old Tom Swift stories. A Tom Swiftie can be considered viable only if the adverb used is one commonly in use. No coined words are allowed.

The following are offered as examples:

1. Please remove your ice axe from my back, said Tom pointedly.
2. You have only 5 feet of slack, said Tom unreservedly.
3. This is a horrible friction pitch, said Tom smoothly.
4. My rappel patch is too thin, said Tom hotly.
5. Our Primus stove has run out of fuel, said Tom spiritlessly.
6. This hold is too small, said Tom offhandedly.
7. This crack disappears, said Tom faultlessly.
8. Here is a good belay point, said Tom alledgedly.
9. I've reached the summit, said Tom rigidly.
10. Try to free the rope, said Tom flippantly.
11. Give me some slack, said Tom tautly.

I am sure that your readers can think up many more good examples.

Very truly yours,

Peter R. Keller

UPS AND DOWNS

Cupid's Bower, September 15, 1963

Bob Bosari
Richard Carter
Bill Faulhaber
Rex Herron
Brook Jennings
Al Klovdsahl
Harold Kramer
Mary Vincett

Bob Mole
Sam Scheinberg
Dan Scheinberg
Diane Trombley
Ed Worrell
Bob Adams
Kate Adams
Bobby Adams

Chris Buckingham
Ruth Dix
Tony Hary
Gary Keenig
George Livingstone
Wil Thrasher
Jon Olsen
Bob Woolley

At Cupid's Bower the climbs have now advanced to the post-post-Ph. D. At least five climbers went up this last one, including Bobby Adams, who has developed into a real "tiger" on the rocks. Many came within one step of finishing the Ph.D. only to come off in a rather excited condition. After a while when you heard someone fuming you knew that the luckless one had fumbled his last move on the Ph.D. The Master's candidates, to the accompaniment of volunteered advice, climbed in a variety of manners from the grunt and groan chimney style through the layback to the apparently effortless balance technique. The Master's climb is really a very fine practice climb considering the various techniques that can be employed. Meanwhile the new climbers were quietly going up the Bachelor's one after another without any fuss at all. As a finale, those who had exhausted everything else made an excursion around the corner and worked on an extremely difficult overhang.

Rain, which had been threatening, came down hard shortly after this and Bob Mole invited everyone to his apartment where he entertained us with folk dancing while Bill Faulhaber went out to buy pizzas for everyone.

Great Falls, October 1, 1963

The question before the house is whether climbers in one city are any different from climbers in another. As a climber, of sorts, who just moved from Pittsburgh to Washington, I feel that I am in an excellent position to study this problem. What follows is a preliminary presentation and discussion of data collected on my first Washington trip.

ITEM--The Washington climbers meet at a Howard Johnson on the west end of town. This is somewhat akin to the Howard Johnson near White Rocks at which the Pittsburgh Climbers sometimes meet, but is, on the other hand, more expensive than the college cafeteria at which the Carnegie Tech climbers meet. The reasons for meeting are much the same, however. In all places they talk about mushrooms, cars, the funny papers, and the fact that they never seem to get away until 9:30 o'clock.

ITEM--By lucky chance of geography, the Washington rocks are closer to town than the Pittsburgh rocks. There are also more of them. Nonetheless, the same average number of climbs per se are made. As in Pittsburgh, there are old familiar climbs on which to boost one's ego, but also as in Pittsburgh there are people who spoil it all by putting up new climbs.

ITEM-- In both places, lying on flat rocks and kibitzing are really the main sports. A favorite game is to declare a hold to be off limits just as the climber has committed himself to using it. The Washington climbs seem to be harder than the average Pittsburgh climb, but that may just be because I got to define some of what's off limits in Pittsburgh.

ITEM--Washington climbers like to show slides and, although they might not admit it, like to see them as well. So it is in Pittsburgh also. On this day we spent the evening viewing Hal's slides from his South American travels.

John Schelleng

Note: Credit for the Cupid's Bower article goes to Mary Vincett.

Signed,

Negligent typist
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Dear Editor:

Last February Larry Buck had a close call when he fell while climbing, and I, as his belayer, very nearly didn't stop his fall. I felt quite bad about it, and naturally, so did Larry. We were reassured, though, by the club officials, who promised that some good would come of it, probably a regular belayer check-out program. (See Up Rope, April, 1963) Nothing did come of it, though, and two weeks ago we had another near accident.

Last April, in Up Rope, Chuck Wettling wrote that we had used up our quota of good luck. If it was true then, it is much truer now. The Club's reputation and its members' lives now depend on little more than good luck. We need to train and check out every belayer.

Bill Faulhaber

New Subscribers

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Phone: 965-1637 (home); DU 3-8391 (office)

Joseph Weber 7 West Melrose, Chevy Chase, Md. 20015

Subscription: Send only \$1.00 to Hardy Hargreaves at the PATC Clubhouse, 1916 Sunderland Place, NW, Washington 36, D.C. This will bring you Up Rope for a whole year.