



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

1916 Sunderland Place N. W. Washington 6, D. C.

Vol. XIX No. 9

September 1964

COMING EVENTS

September 5, 6, 7	Seneca, West Virginia
September 13	Carderock, Maryland
September 19, 20	Old Rag Mt., Virginia
October 4	Carderock, Maryland

OPENING NIGHT OF THE PATC EXHIBITION AT THE SMITHSONIAN INSTITUTION

On Saturday, July 25, the Smithsonian Institution opened an exhibition of photographs and exhibits of activities of the Potomac Appalachian Trail Club, as described in the announcement sent to PATC members.

To celebrate the opening of the exhibit, a special program was presented in the auditorium of the Museum of Natural History. Mr. Grant Conway, president of the PATC, presided. He mentioned by name the many people who had labored so diligently for months to prepare the exhibits. Then he announced that the scheduled speaker of the evening, Senator Gaylord Nelson of Wisconsin, who has co-sponsored legislation helpful to the Appalachian Trail, had been called out of town on business a few days before. A substitute speaker had been procured; Mr. Stanley A. Murray, Chairman of the Appalachian Trail Conference, delivered the illustrated lecture.

Mr. Murray gave a fascinating account of the history of the Appalachian Trail. He outlined the problems associated with setting up the Trail and with maintaining it as a bit of wilderness against the encroachments of civilization and of land developers. This talk was illustrated with many beautiful color slides showing Nature's wonders--mountains, flowers, and streams--along the Trail from Maine to Georgia.

(cont'd on Page 2)

ADDED SCHEDULE

September 27

Sugarloaf, Md.
(Lower area i.e. the area down the hill from the refreshment stand near the unopened overlook).

Of the several exhibits in the foyer, the one of most immediate interest to the readers of UP ROPE was, of course, the one on Mountaineering. The first item to catch the eye was a couple of standing mannikins, a male and female, dressed for mountain climbing and complete even to crampons and ice axes. On the walls were displays of various types of carabiners, pitons, and associated hardware. Also, there were photographs showing familiar climbing spots and familiar faces (or, more often, posteriors!) of climbers stretched out for that next finger hold. One eye-catcher showed Kate Adams in mid-air, rappelling from an overhang somewhere in New Mexico.

Another alcove featured lightweight camping equipment: clothing, shoes, sleeping bags, "tube tents" made of plastic sheet, cooking equipment, and prepackaged dehydrated food.

Nearby was a complete layout for a four-day back-packing trip. Total weight of loaded pack plus sleeping bags: 25 pounds.

In one of these last mentioned exhibits one of the items was a suit of "string underwear". Hereabouts your reporter picked up a rumor that Harold Kramer has the distinction of being the only man to have his underwear exhibited by the Smithsonian Institution!

Still other alcoves featured the various publications of the PATC, the story of its maps, models and pictures of its cabins, tools used in maintaining its trails, and the making and placing of trail markers and signs.

Down at one end was a genuine copper kettle and coil for distilling the essence of mountain dew. The kettle seemed to be a bit bullet ridden. Was this the wanton act of revenooers, or was it the result of a scorched earth policy on the part of the hill folk?

In the central aisle was a realistic campsite. At one end was the camper in his sleeping bag inside of a Blanchard tent. This model is distinguished by an external supporting frame of aluminum tubing and shock cord. In spite of not being staked down, it is very stable and will withstand terrific gales. Near the tent was a fireplace; on it was a meal made from dehydrated food, all ready for cooking. At the far end was a miniature waterfall. According to reports, this required fresh batteries from time to time.

The first night audience looked rather small in the auditorium but made a comfortable crowd in the exhibition foyer. Among those who currently climb with the club, your reporter noted only the Adams family, Ed(itor) Goodman and Syvone, George Livingston and Helena, Joe Nolte, Karl Edler, Harold Kramer and his own boys. The rest of you still have time to see the exhibits and attend lectures on topics so closely related to your favorite sport--climbing, of course! -----Phil Eddy

Sugarloaf, Maryland 7/26/64

Hal Kramer	Ed Goodman	Joe Nolte	Penny Cromwell	Rhona Katz
Larry Lepley	Syvone Eason	Al Klov Dahl	Karl Edler	Bob Mole
George Livingston	Chris Buckingham	Phil & Bob Eddy	Barry Bielsker	Alice Lane
Helene Clarko	3 Adamses & Penny	Tal Bielefeldt	Zenia Katz	

The overcast and mist brought a refreshing coolness, contrasting with the usual summer "reflector oven" effect on climbing rocks. Loud roars of pique thundered over

(Con'd on Page 3)

the trees as Chris Buckingham peeled off the "you-guys-are-pulling-my-leg" variation of the Butterfly route. The smooth face near the beginner's crack stopped many climbers twelve inches above the ground. By mid-afternoon, the trail past the rocks was lined with the usual audience of picnickers. Ed Goodman bowed and then performed by hurling himself into space from the point of the _____ Overhang. Bob Mole pestered Alice into doing a "barefoot and petticoat" climb such as more of our women should do. After the climb, the by-now raucous group shouted silly answers to Bobby Adam's silly word game. -----LARRY LEPLEY

Caudy's Castle, West Virginia - August 7, 9, 1964

Directions for reaching Caudy's Castle, as given in the preceding issue (August 1964) of UP ROPE, need to be amended slightly; the left turnoff from Route 522, 15 miles north of Winchester, is now marked Route 127 instead of the former designation 698; also, the sign on W. Va. Route 45 which marks the left turnoff through the woods to Caudy's Castle is on the right side of the road just before a culvert.

The first arrivals on the scene, about 10 p.m. Friday, were trip leader Ed Goodman with Syvone Eason and passengers Robert and Phil Eddy. We set up camp with the aid of auto headlights and a Coleman lantern, trying to avoid the shattered beer bottles which littered the parking and camping area. Then, at Ed's suggestion, we all tramped up the hundred yards of rocky trail to the Rocks. For some time we sat there enjoying the silent beauty of the night.

Later, before we could fall asleep, we heard a car grinding and straining its way up the long hill; soon Joe's Juggernaut wheezed into camp bearing pilot Joe Nolte and navigator (?) Robin Faith. They had taken a wrong turn and reconnoitered an unfamiliar section of W. Virginia.

Saturday morning, after a leisurely start, Ed, Joe, Phil and Robert spent some time climbing in the Twin Chimneys and on the face between them. Ed calls the latter climb "Suddenly" because, as he and Joe both found out, the climber ascends almost halfway without much trouble but then the holds give out and "Suddenly" he finds himself swinging on the rope. Both fellows later made this climb successfully.

About this time Harold Kramer showed up with his two boys. He put in little or no climbing, spending most of the time tramping the river bank looking for a deep spot where the boys could swim. Unfortunately, they missed the deep area where the road comes down to the Cacapon in front of the old house, and soon departed for a swimming hole near Winchester.

In the afternoon the same four explored the sheer river face of the Castle and finally found a place in the southern third where a good lead climb was possible. Ed led with Joe second, Robert third, and Phil as caboose. It was a nice climb, in 3 or 4 stages, with no really difficult spots. Scenery on the way up included some fossils of primitive cone-shaped shells and a spot where the sandstone cake had a frosting of small quartz crystals. A leisurely dip in the river topped off a perfect afternoon.

After dark on Saturday some visitors arrived in camp--Art and Betty Evans of the Pittsburgh Climbers. He is president of that group and editor of their paper, the "Social Climber". (Subsequent probing developed that Art is associated with Carnegie Institute of Technology as manager of their computation center and expects soon to get his Ph.D there in computer languages. This is a new field, a deep study of the

(Con't on Page 4)

structure of languages, made necessary by two recent developments: (1) the use of computers to translate one natural language into another and, (2) the development of artificial languages for communicating complex problems from humans to computers). They were congenial company for the rest of the trip and, as Robin observed, the presence of a married couple did lend a touch of respectability to our group.

Still later Saturday evening Chris Buckingham arrived in camp.

The bright Sunday sun found no eager climbers on the rocks--just a bunch of sac-rats. It was almost 11 a.m. when we had finally eaten, cleaned up and made ready to climb. In the meantime Larry Lepley had arrived. The first stop was the Indian's nose. This would be an easy climb if the Indian's jaw were there; but, it is not so one has to lean out, grab hold, swing out, kick, chimney, and grab to get a start. Ed, Joe, Larry and Art performed this feat. Then a practice climb was set up for Betty, Syvone and Robin about where the Indian's right ear should be.

With these preliminary warm-ups over, the whole party swarmed to the top of the Castle. The usual climbs were rigged on the southern portion of the west face and most of the party rappelled down the cliff to begin the assault. For the next several hours there were usually several climbs in progress at once. Here are the climbs (from left to right on the face) together with the names of those who made them: (We hope no credits have been omitted) Left Chimney: Syvone, Betty, Robin, Joe, Robert, Phil; "Suddenly": Chris, Joe(twice), Ed, Larry; Right Chimney: (none on Sunday); Wee Geordie: Chris, Ed, Joe; Relapse: Art (part way), Chris, Ed (down), Joe, Larry, Robin (part way), Phil; Rat-Fink:(corner): Chris.

There were a couple of amusing incidents. Art's prolonged rest in the niche halfway up Relapse began to draw taunts from the spectator's gallery below. When he explained that he was just taking a two-minute break, Chris dug out his emergency whistle and with several shrill blasts made clear that he considered the break to be over. Reluctantly, Art bestirred himself and climbed several more feet before losing his hold.

Syvone's ascent of the Left Chimney brought to mind a circus scene with a balky lioness halting after every step of her act to growl a protest. But, trainer, Ed Goodman, had the situation (as well as the belay end of the rope) well in hand. (I won't let you down, Honey.) The lioness could not bluff her way out of the act and, eventually, reached the top.

Climbing was over by mid-afternoon. Some had to leave then and all were hungry. While some of us were munching our cold sandwiches, Chef Goodman filled the air with the tantalizing aroma of juicy steaks. By 5 p.m. everyone had departed taking away memories of a very pleasant weekend. ---PHIL EDDY

extra! Extra!! E-X-T-R-A!!!

July 10, 1964

Dr. Arthur George Maki, Jr., J. Richard Crompton and Donald Hubbard are safely back from the wilds of the Monashee Mountains in the Mud River region southwest of Mt. Hallam, in British Columbia, Canada, as told by Donald Hubbard in an exclusive interview with the editor of UP ROPE.

It was a hard fight, but we won! After nine days of trying we even arrived at the exit rendezvous point at the east end of Mud Lake on July 6, 1964, four hours ahead of schedule. However, for some reason the U. S. Government got the idea our party

(Con't on Page 5)

was missing, wiped-out, KAPUTT after July 26; and, was concerned as to why the United Kingdom was not making an all out effort to locate the bodies. In the meantime we had scaled eight previously unclimbed peaks, been struck by lightening (If you are ever looking for a real sensation just arrange to have lightening bouncing off the hood of your rain jacket in a furious hail storm. There seem to be two possibilities viz. 1. You will remember it! or 2. You will never forget it!! We were lucky enough to qualify for the latter category.), spent a night out in the rain, snow and chill (not recommended), and had been accosted by a curious friendly mountain goat that came within less than five steps of us as I lay and Dick sat on the moraine near high camp. He certainly would have come closer, but Art who did not know what was happening came up behind and diverted the goat's attention. Apparently, he intended to make physical contact in a gentle sort of way. Certainly, he knew we were alive, because I was looking at him eye to eye, admiring his keen, polished, ebony black horns and his clean, gleaming white coat.

Our return to civilization was a BIG EVENT (for us). The authorities were able to keep the Press off our necks until we could get our breath. The hotel held the dining room open after hours to serve us huge platter steaks. Blue River is proud to have the country entered and partially explored at last, and a hunting party is planned for the fall to duplicate our performance. Maki classified one of the peaks we did as: THE MOST REWARDING CLIMB HE HAD EVER MADE! Dick is glad to get back to his wife and babies; and, I am glad that they are GLAD! So you see: EVERYBODY'S HAPPY.

Another account of our trip into the Logan Mountains of The Northwest Territories the summer before has appeared in MOUNTAIN CRAFT, the official publication of the Mountaineering Association of London. It is the second article on that trip to appear in British Circles. This one entitled BEYOND THE YUKON, by Mike Banks, M.B.E., Major Royal MARINES. It sounded like the party had climbed Mount Everest twice. That was indeed a fine pioneering trip, and there have been several lectures given on it. But, by comparison it was "peanuts" along side of this summer's effort.

We by no means exhausted the major peaks in the region this summer. There were higher peaks on all sides including MT. HALLAM, than the ones we climbed. We intended to try three of them on the way out, but were frustrated by continuous storms surging up STORMY VALLEY, sweeping across FROZEN LAKE in FURY PASS. What a spot! Maybe it is always in storm. For seven days we watched the storms sweep through FURY PASS, without getting more than fleeting glimpses of our objectives.

LIGHTWEIGHT EQUIPMENT FOR CAMPING AND HIKING

Talk given by Karl Edler on August 12, 1964

This was the last of the series of talks which accompanied the PATC exhibition in the Museum of Natural History of the Smithsonian Institution.

Karl Edler, PATC Equipment Chairman, gave a very interesting talk on camping and hiking equipment, emphasizing recent developments which make for lighter weight. In most cases he displayed actual samples of the equipment he was discussing. He took up, in turn, clothing, boots, packs, tents, sleeping bags, food, stoves, and fuels.

In his discussion of clothing, he emphasized that "wind chill can kill!" Even a mild breeze can produce a cooling effect equivalent to a much lower temperature in

(cont'd on Page 6)

still air. For protection, the outer layer of clothing should be fairly windproof. Beneath this, several layers of sweaters or thermal underwear can be worn.

Boots should have lug soles for traction, as few seams as possible to reduce chance of leaks, should have padded tops for comfort and should lace as far down toward the toe as possible to facilitate putting them on over extra socks. For waterproofing them, Mr. Edler recommended three applications of a special silicone solution followed by a wax-base water repellent. Grease or oil-based water repellents are to be avoided since they soften the leather and tend to rot the thread.

When it comes to packing a heavy load, the speaker recommended a pack frame with special tie lugs on the posts to which the tent, sleeping bag and pack and be lashed. He preferred this arrangement to having everything in a big bag since each item is in plain sight.

Desirable features for tents include outside support to give more room inside, spring loaded poles, finished seams and sewn-in floor to reduce leakage, and zippered door and screen. Cotton fabric is best for water repellency; in case this is not a necessary feature then nylon may be preferred for its greater strength. Nylon, however, cannot be made waterproof as well as cotton can.

Sleeping bags come in a variety of shapes and constructions. Recommended features are: mummy shape to reduce wasted size, down filling for warmth, lightweight and fluffability, differential cut so inner lining does not bunch up, overlapping tube type construction and either no zipper or else a baffle inside the zipper to reduce leakage of warm air. The thickness of insulation required depends upon the outside temperature as well as the tolerance of the sleeper. An empirical rule is $1\frac{1}{2}$ inches of insulation for 40° F colder. In addition to the sleeping bag, an air mattress or piece of foam padding is desirable to provide insulation from the ground as well as added comfort. Drycleaning is not recommended for sleeping bags since it removes oil from the down, rendering it less fluffy. Soapy water and a brush are preferred.

Foods carried by a mountain climber must provide him with about 4500 calories per day (3000 for women). At sea level, fats are most important, but at higher altitudes carbohydrates become more important. Many types of suitable foods are available in supermarkets; others must be obtained from suppliers of camping goods. Examples of suitable foods are supermarket items such as minute rice, soup mixes; concentrated foods such as cheese and hard sausage; freeze-dried eggs, meat, fruit, cream cheese; dried foods such as chile, Spanish rice, and applesauce; canned foods such as bacon, ham and fruit.

The last topic covered by Mr. Edler was stoves and fuels. He listed the main types for each and remarked that, according to tests conducted a few years ago, kerosene gave the greatest efficiency (heat output per unit weight). However, it is hardest to light. Alcohol and related solid chemicals were poorest in efficiency. Among stoves, the Alpine Cooker got special mention; it has a wind screen and works like a double boiler to cook two things at once.

At the close of the talk there were a number of questions from the floor. One of these asked where equipment described in the lecture could be obtained. Mr. Edler answered forthrightly with the names of Surplus Sales, Atlas Sporting Goods and Remingtons, all in the Washington, D. C. area, H & H Surplus in Baltimore, Camp & Trail in New York City, Gerry and Holubar in Boulder, Colorado, Ski Hut in San Francisco and Co-Op in Seattle.

Following the conclusion of the talk a fair portion of the audience went up to the stage to examine at close range the many items described earlier and to sample a new food item: dried cherries.

-----PHIL EDDY

Carderock Maryland - 2 August 1964

Bob and Bobby Adams
Bob Mole
Harold Kramer
Barry Bielsker
Zenita Katz
Andy Kaufman
Larry Lepley
Ed Goodman
Sylvone Eason
George Rawlings
Chris Buckingham
Peter Tourin
George Livingstone
Helena Clarke
Phil and Robert Eddy
Nuel Pazdral
Nancy (who had beautiful long brown hair
and a last name I can't remember)

Chuck Phillips
Penny Cromwell
Larry and Sallie Griffin
Joe Nolte
Robin Faith
Ed Cole
Danny Foss
Merve Olsen
Al Klov Dahl
Karl, Barb Edler & family and
Gretchen
Paul Holman
Joyce Fessub
Mike Bowler
Tom Blevis
Ginger Green
Al and Crystal Barber

Since I have managed to put off the writing of this article until the details of the trip are almost forgotten. I hope that any errors will not be taken too seriously by those whose efforts I have misquoted. The day started out with Al Klov Dahl, Ed Cole, Chris and I discussing the possibilities of either floating a VW across the canal or hauling a 40 foot log about 100 yards to make a bridge. Since some people had gotten tickets for parking in the lot near the rocks the day before, some were hesitant to drive in. After much discussion of things like possible Park Service reactions to a new bridge, etc., the idea was scrapped. When the Howard Johnson group arrived on the rocks, Larry and Sallie were already there, working on "Spiderwalk" and I also recall that Ed Goodman, Bob Adams, and myself plus many other people were unable to follow Al Klov Dahl and Harold Kramer up over the fearsome overhang near the Oscar winch. I recall Larry and Sallie talking about setting up "Sterling's Twin Crack" and Bob talking about "Herbie's Horror" and my making a mental note that I wanted to try both of these, but with the heat of the day, work to be done on Oscar, and a dogged desire (unfulfilled by the way) to get up "Cripples Delight" and/or "The Butterfly", I was pretty well worn out. Other climbs I recall being rigged were "Beginners Crack", "Ronnie's Leap", "Swayback Layback", "Jan's Face", "AAA", "Leonard's Lunacy", and a traverse starting at "Leonard's Lunacy", and heading downstream. I would like to give credit to those people who gave up large portions of their day to help out with Oscar, but alas, I don't remember who they are. In any case, I think that I can safely relay the thanks of all those who are leaders, or who aspire to be seconds. The day was followed by supper at Touhey's and an old belaying film and equipment display at the Clubhouse.

Barry Bielsker

CORRECTIONSNEW SUBSCRIBERS

Morgan, Gerry H.
170 Rollingsstone Avenue
Apartment 15
West Sayville, N. Y. 11782

Williams, Stuart
c/o University of Colorado
Willard Hall
Boulder, Colorado

Cromwell, Penny
American Embassy, APO 503
San Francisco, California

American Youth Hostels
Potomac Area Council
1507 M Street, N. W. Room 210
Washington 5, D. C.

Curtis, Robert G.
11203 Whisperwood Lane
Rockville, Maryland 20852

Art Evans, Editor
The Social Climber
5223 Beeler Street
Pittsburgh, Pennsylvania 15217

Johnson, Arthur B.
201 South Ashdale Street
West Covina, California 91790

Cohen, Margery J.
4514 Dorset Avenue
Chevy Chase, 15, Maryland

U.N.C. Caving Climbing Club
Box 1073
Chapel Hill, North Carolina

Hair, Ray
4464 Navarre Road, S. W.
Canton, Ohio 44706

de Shutter, A.
3330 Garfield Street, N. W.
Washington 8, D. C.

Talbott, Mrs. Jean M.
252 Congressional Lane #203
Rockville, Maryland

NOTE: The PATC Mountaineering Section meets every Sunday at the Howard Johnson's at Wisconsin and Western between 8:00 and 8:30 am. Newcomers are welcome. Bring rain gear, sneakers, or other climbing shoes, lunch and canteen. Late arrivals should check the note behind the SE drain to be sure of the destination.

Send \$1 to Hardy Hargreaves at 1916 Sunderland Place, N. W., Washington, D. C., for one years subscription (12 issues) of that climber's glorious newspaper, UP ROPE.

---EDITOR

BULLETIN * REMINGTON HAS MOVED AGAIN

Moose Remington announces the moving of his camping and sporting goods store from Bethesda to the Wheaton area. The new address is 11230 Georgia Ave., just south of University Boulevard. Telephone: 933-3737. He now has a Gerry franchise and plans to stock a fairly complete line of lightweight camping equipment and climbing hardware.

CREDITS:

Editor - Ed Goodman

Business Manager - Hardy Hargreaves

This issues staff:

Phil Eddy

Joe Nolte

Peter Tourin

Bob Eddy

Al Klov Dahl

Ray Hair (in town for a brief stay)

Typists: Syvone Eason, Helena Clarke