

## NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

1718 N St N W Washington, D. C. 20036

Vol. 35      No. 3      Mar. 1970      Page 1

### Editorial

#### THE APPALACHIAN TRAIL

Remember those words? Probably all of us have set foot upon the Trail at one point or another in our wanderings. Many of our climbing areas are on or near the Trail. Many of us are members of the Potomac Appalachian Trail Club as well as of the Mountaineering Section which, however unique, is only a part of the Club. Perhaps you are one of those whose first introduction to the out of doors came by way of the Appalachian Trail.

The Appalachian Trail is a tradition. Its some 2,000 miles represent the aura and allure of all trails everywhere. Its existence, on the crowded East Coast of our country is a minor miracle! At the present time, the Appalachian Trail Club is planning to preserve that miracle by raising money to purchase the Trail to be held in perpetuity for all walkers, hikers, and mountaineers everywhere.

In the past, the Potomac Appalachian Trail Club has always warmly and willingly backed up its somewhat independent offspring. Now is our chance to show our appreciation for that support and to reaffirm our unity of purpose.

The Mountaineering Section should demonstrate its solidarity with the parent organization by joining in this project both with Section funds and personal contributions. Any amount that you can spare will be greatly appreciated. Send a check to headquarters today, payable to the Land Acquisition Fund. Perhaps you may wish to purchase one foot of Trail for \$20.00. It may be one of the most rewarding real estate investments you will ever make.

#### MEETING CHANGE

The March meeting will be held on Wednesday, March 19 at 8:00 in PATC Headquarters rather than March 11.

### Belay Ledge

#### New arrival:

Jeffrey Alan Thompson to Frank and Grey Thompson  
Jan. 6, 1970.

#### Address changes and new UP ROPE subscribers:

Melvin D. Banks, Jr.      1533 W. Falkland Lane  
Silver Spring, Md. 20910

Fred W. Walton

Apt. 71-2C  
3362 Gleneagles Dr.  
Silver Spring, Md.

Leo Frank	1829 Riggs Place N.W. Washington, D.C. 20009
Dr. John P. Hackett	1625 Little Creek Rd. Norfolk, Va. 23518
Dan Clark	4530 Spruce St. Philadelphia, Pa.
Ben and Jill Shapiro	7545 Spring Lake Dr. Bethesda, Md. 20034

#### Carderock Party:

Second annual gathering of Mountaineering Section members -- past and present -- will be held at the Carderock Pavilion Saturday, June 6 from 4:00 pm until whenever.

#### Membership Nomination:

The following person has been nominated for membership in the PATC Mountaineering Section.

#### Name

#### Sponsors

Harold Myer

June Lehman  
Art Wilder

The nominee should be present at the next scheduled business meeting so that the application can be voted on.

## Hanging Around

Carderock  
Oct. 26, 1969

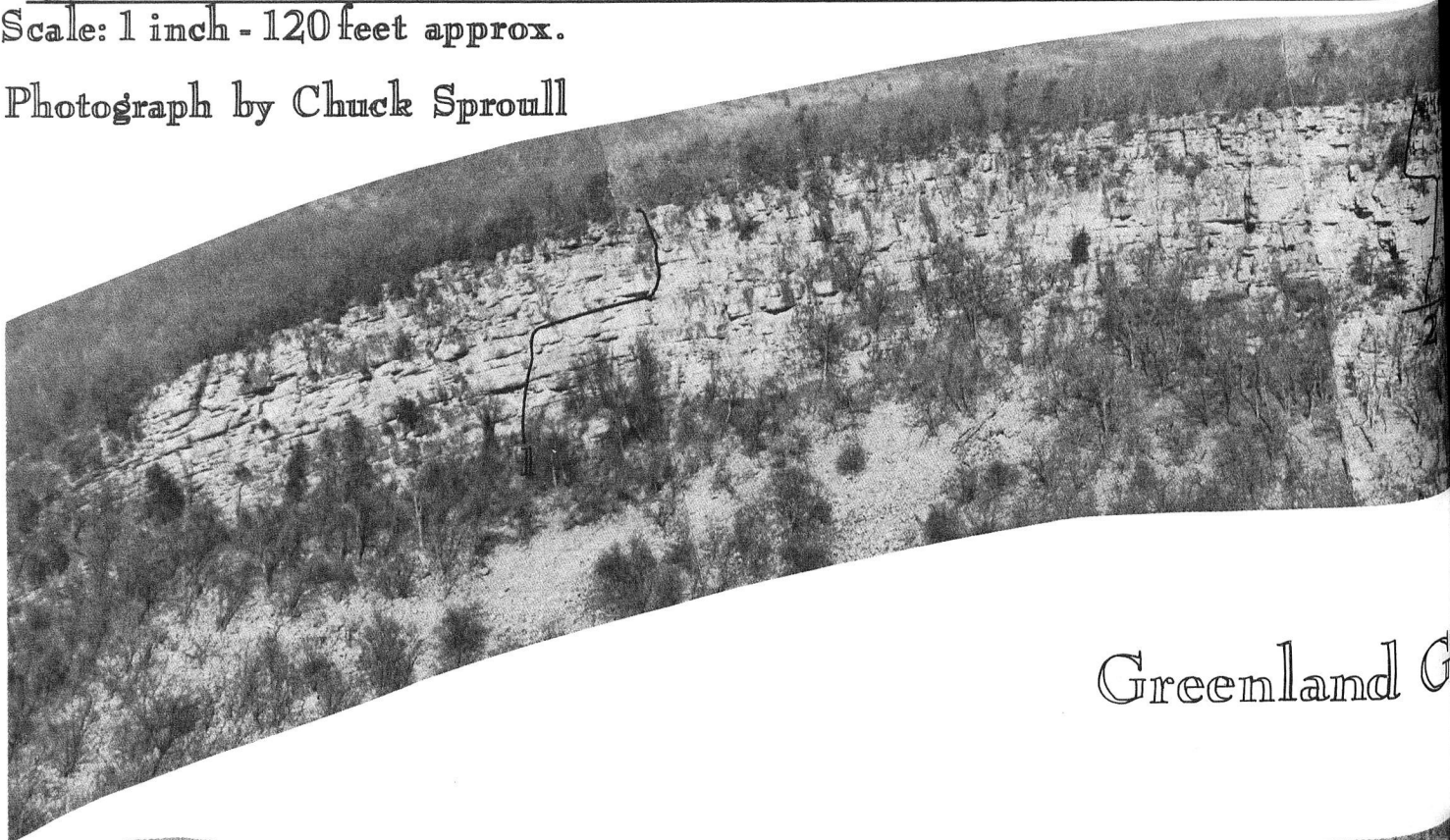
Chuck Wettling - Trip Leader  
Al and Sue Goldberg  
Marcelle Dominguez  
Bob, Kate and Penny Adams  
Harold Kramer  
Chuck Sproull  
Peter and Mike Warburton  
All the Milligans  
Mike Hill  
Bill Thomas  
Sue Kamerow  
Janice Sutkowski  
Janet Gladfelter  
Bob Mole  
Ed Goodman  
Carl Gibson and son  
Andre and Valentine de Schutter  
Lanny Hughey  
John Nolan, Jr.

Margaret Wettling  
Don Hubbard  
Lee Foster  
Dave and Joan Templeton  
Hal and Kay Blinn  
Sallie Jordan  
Alan Talbert  
Don Schaefer  
Nellie Widmayer  
George Kramer  
Steve Hill  
Steve Prendile  
June Lehman  
Stuart and Denis Udall  
Art Wilder  
Louise Holland  
Chips Janger  
Pat Kinny  
Richard Nolan

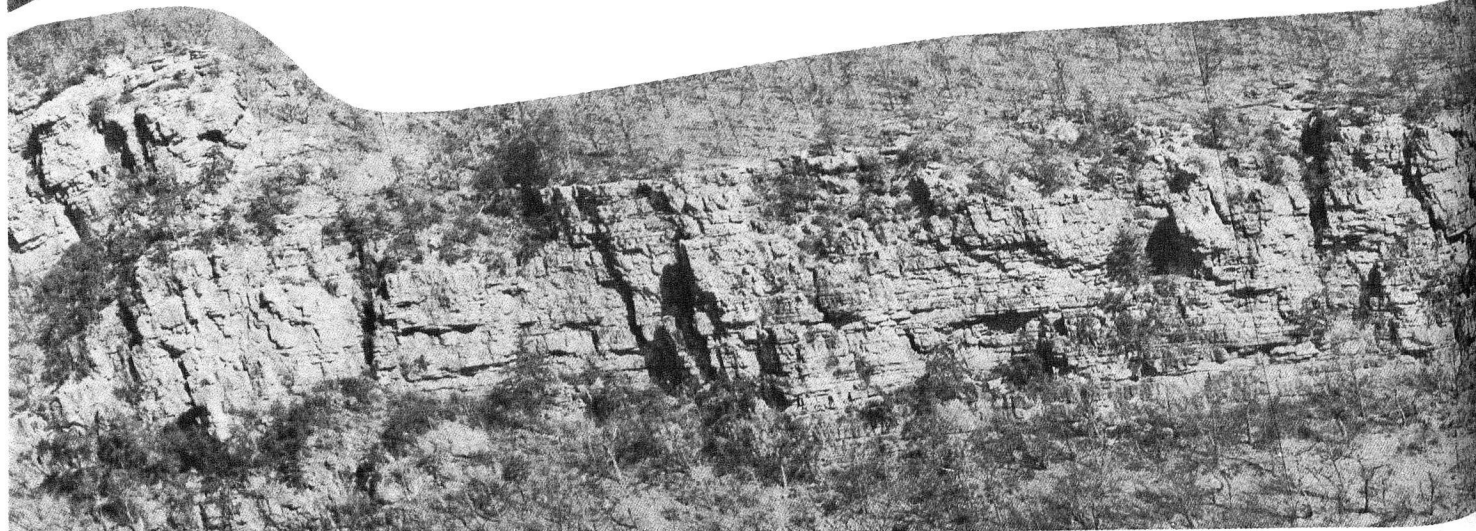
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Scale: 1 inch - 120 feet approx.

Photograph by Chuck Sproull



Greenland Gap



### P.A.T.C. MOUNTAINEERING SECTION

#### OFFICERS

##### CHAIRMAN

Tom McCrumm  
527-6272

##### VICE CHAIRMAN

Don Schaefer  
521-5326

##### SECRETARY

Linnea Stewart  
593-8097

##### TREASURER

Art Wilder  
439-9043

#### UP ROPE STAFF

##### CO-EDITORS

Bill Deutermann  
363-0757

Sallie Greenwood  
683-5091

##### BUSINESS MANAGER

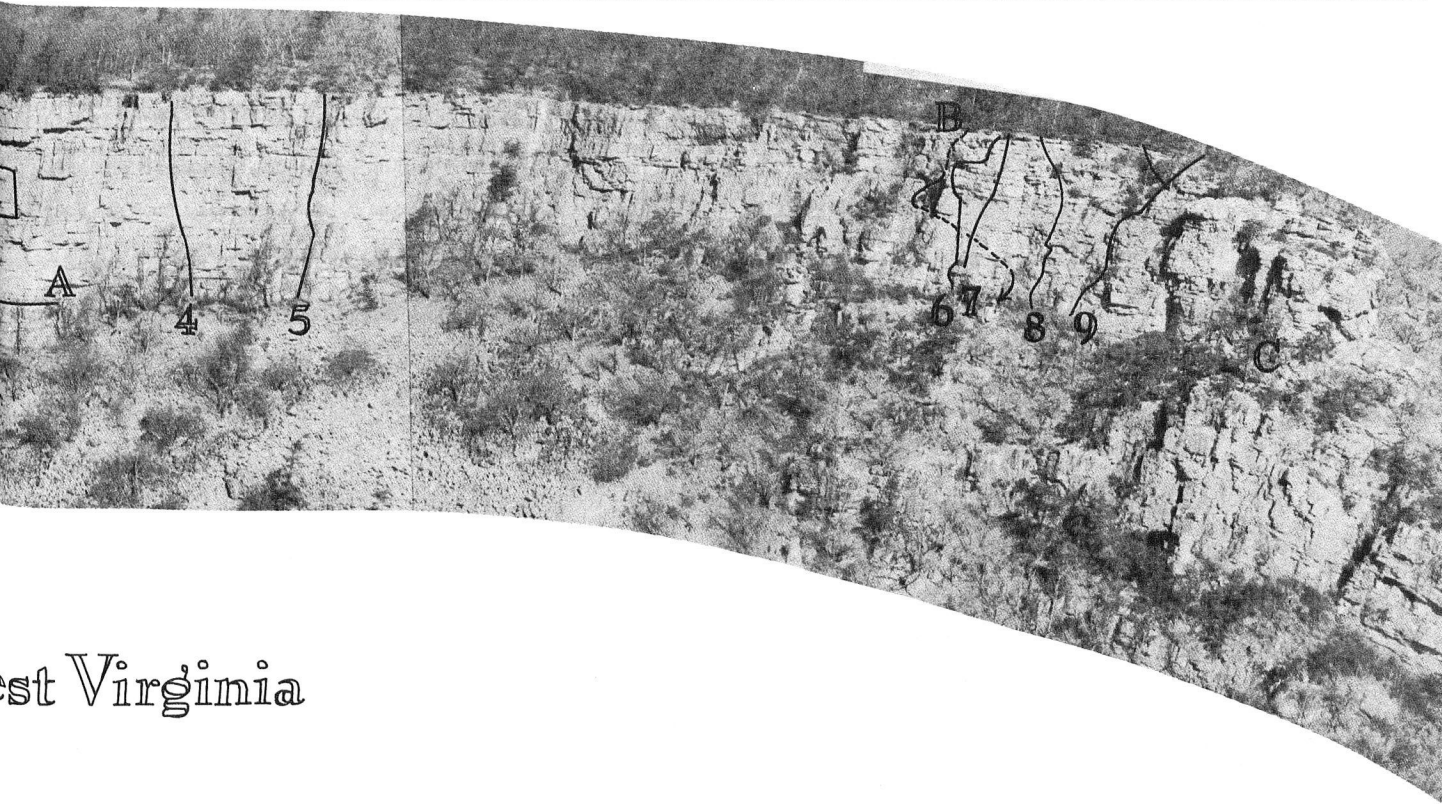
Art Wilder  
439-9043

#### Greenland Gap: Features and Routes

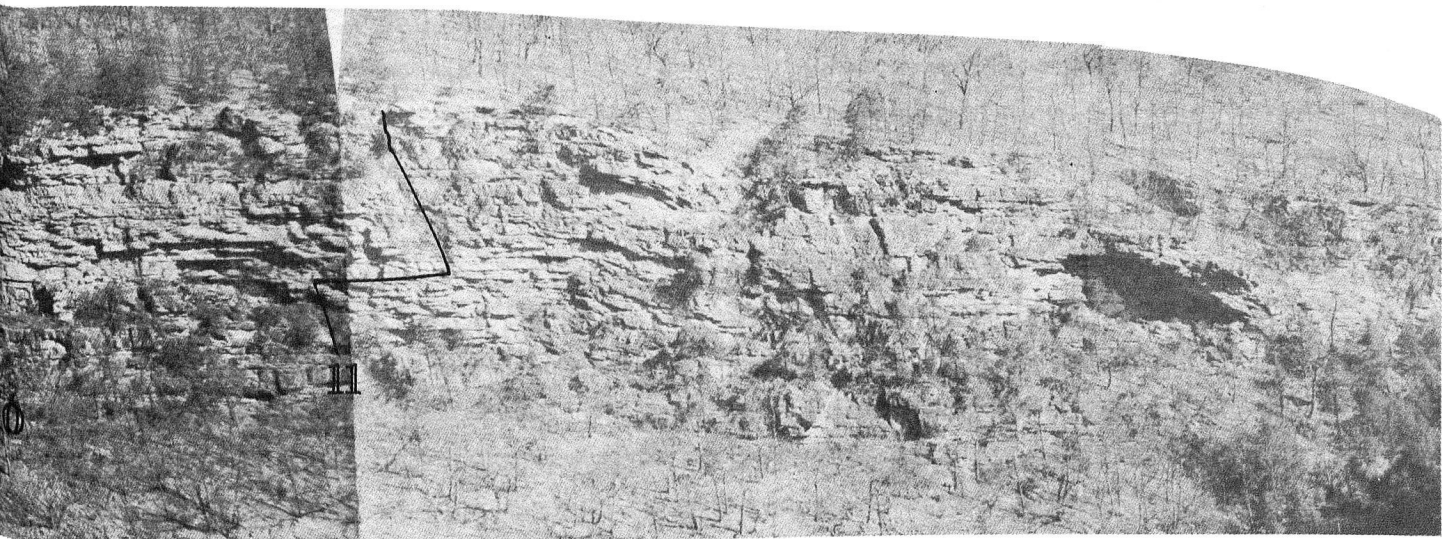
Only a few of the completed routes have been listed here. More have been done but the area is basically untouched. A more detailed guide is being prepared.

*Up Rope*

UP ROPE is the Newsletter of the PATC Mountaineering Section, founded by Jan and Herb Conn in 1944. Publication is on the last Wednesday of each calendar month at PATC Headquarters. Deadline for submitted material is the next to last Wednesday of the month preceding an issue. Material for inclusion, comments or questions on editorial policy should be directed to EDITOR, UP ROPE, c/o PATC, 1718 N Street, N.W. Washington, D.C. 20036. Subscription rates are \$1.50 per year. New subscriptions and changes of address should be directed to Business Manager, UP ROPE, etc.



West Virginia



When you put in a route please write it up on the forms stashed in a coffee can under the cairn at the top of the cliffs (the Cave).

Geologic features

- A. Seat Ledge (traversing yellow buttress)
- B. Cave (descent route - cairn on top)
- C. Fault area

Routes

- 1. Schaefer's Shattered Schnoz
- 2. Feces
- 3. Frosting
- 4. Gold Finger
- 5. Engine 143
- 6. Licked Lisa
- 7. Pipe Job
- 8. Eyebrow
- 9. Peter's Walk
- 10. Scoop
- 11. A.N. (censored by editor)

Carderock, Oct. 26, concluded  
Bob Robinson  
Fan Ash  
Linnea Stewart

Merv Olsen  
Rod Glascock  
And others

The weatherman provided a perfect autumn day for renewing old acquaintances with people and with rocks.

It was a pleasure to see so many of our old friends, and it was encouraging to note the number of new faces that have joined the Mountaineering Section in two years. Five of these were making their first appearance with the club — Marcelle Dominguez, Lee Foster, Louise Holland, and John and Richard Nolan.

We tried our favorite climbs and found the handholds farther apart and the footholds smaller and smoother.

At dusk we all repaired, in the time-honored fashioned, to Touhey's, where Chuck found to his dismay that he could not negotiate the traditional retable over the porch railing. However, this disappointment was soon forgotten amid the merry-making within as a very pleasant day drew to a close.



# CLIMBER'S CALENDAR

Mar. 15	Wolf Rock	Sallie Jordan (KE8-4719)
Mar. 19	Meeting, PATC Headquarters, 8:00 pm	
Mar. 22	Rock State Park	Chuck Sproull (894-4463)
Mar. 28-29	Greenland Gap	Erika Schaefer (521-5326)
Apr. 4-5	Shawangunks	Sallie Greenwood (683-5091)
Apr. 8	Meeting, PATC Headquarters, 8:00 pm	Slide show by Glenn Cannon
Apr. 11-12	Seneca Rock	Roger Birch (527-6272)

Trip Leaders are reminded of their responsibility to arrange for a report and, if a leader is unable to make his assigned trip, to appoint a substitute leader.

## Wolf Rock, Md.

From the Washington Beltway take I-70 S north to Frederick and U.S. 15 north to Thurmont. Follow the signs to Catocin Mountain State Park. Turn right at the Visitors Center and park at the first turnoff on the right. Hike 1.7 miles following the signs.

## Rocks State Park, Md.

From the Beltway go north on the Baltimore-Washington Parkway, either west (long but free) or east (60¢ fee for the Harbor Tunnel) on the Baltimore Beltway. North on U.S. 1 or U.S. 40, north (left) on Md. Rte. 24 through Forest Hill and on to a notch in the rocks. Park 100 yards past the rocks.

## Greenland Gap, W. Va.

From Washington drive west on U.S. 50 to New Creek, W. Va. (60 miles west of Winchester). Continue three miles past New Creek and follow W. Va. Rte. 93 south for 15 miles to Scheer. Watch for a dirt road and a bridge over the creek just to the left of Rte. 93. Turn left on dirt road and drive one mile east to the Gap. Park at turn out and scramble up talus slope on left.

## Shawangunks, N.Y.

From the Beltway take the Baltimore-Washington Parkway (or U.S. 1 or U.S. 29 in heavy traffic) to the Baltimore Park-

way. West on I-83 and north to the Pennsylvania Turnpike before Harrisburg. East on the Turnpike to Pa. 283 north (15¢ toll). East on U.S. 22 and I-78 to Pa. 512 north. Get on Pa. 115 n north to Wind Gap and onto U.S. 209. Follow U.S. 209 past Ellenville, N.Y. and turn right onto N.Y. 55 and U.S. 44 east. Go approximately 8 miles and turn left onto Trapps Road and camp in one mile at the Coxing Camp. The rocks are 2 miles up N.Y. 55.

On the return trip follow U.S. 22 directly to I-83 (don't use Pa. 283 and the Turnpike). Also, be sure to use the by pass section of U.S. 209 around Stroudsburg.

## Seneca Rock, W. Va.

From the Beltway take I-66 to Gainesville and bear right onto Va. 55 to Moorefield, W. Va. Turn left onto U.S. 220 to Petersburg and right onto W. Va. 4 and 28. Mouth of Seneca is 22 miles from Petersburg on W. Va. 4 and 28.

# Climbing Chef

## BETSY SCHAEFER'S SOURDOUGH

### Basic starter:

1 cake yeast	2 cups warm water
2 cups flour	1 tablespoon sugar

Combine ingredients and place in a glass or pottery container. Cover with a cloth and let stand at room temperature for 48 hours, stirring it down several times. Save one cup of this mixture as your starter, and you may use the remainder in the recipe below. To replenish your starter, add 2 cups water and 2 cups flour to the 1 cup of starter. Let it stand at room temperature for at least 6 hours or better overnight, SAVE ONE CUP FOR YOUR STARTER, and use the remainder as the basic batter for the recipe.

## SOURDOUGH PANCAKES AND WAFFLES

### To the basic batter add and blend in:

1 egg	2 tablespoons cooking oil
$\frac{1}{4}$ cup instant or evaporated milk	

### Mix in a small dry bowl:

1 teaspoon salt	1 teaspoon soda
2 tablespoons sugar	

Sprinkle the dry mixture over the batter and fold in gently. This will cause a foaming action. Let rest five minutes and then drop by tablespoonful on a hot griddle. Makes 25-30 dollar size pancakes serving 3-4 people.

For waffles, add 2 tablespoons more oil.

*Up Rope*

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