



FOUNDED BY
JAN AND HERB CONN

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Page 1

The Winter Side of a Rock Climber

John Christian

I've lately become a little self-conscious about what I do on Sundays if it's not rock climbing with the Section. This is a partial explanation.

On a recent business trip in Seattle, some friends took me up to Stevens Pass in the Cascades for a day of Yo-Yo skiing (ride lift up, ski down, repeat endlessly). Stevens Pass is about 85 miles east of Seattle at 4,000 feet and one of several ski areas in the vicinity.

I thought the snow was great. There were no lift lines to speak of. My hosts, though, were apologetic. They thought the snow was so poor it was hardly worth skiing on. They complained about the crowds and the occasional near whiteout conditions. I couldn't see the Cascades except for the adjacent mountains and sometimes the slope immediately ahead of me disappeared in the whiteout. And it became sort of dampish as we skied down into the cloud sitting at the pass. Nowhere else have I seen rain shells being sold at a ski area. But, even so it was at least as good as the best Eastern skiing I've experienced.

Joe Nolte met me at Stevens Pass and we skied together. He lamented that despite all the mountains there were no places like Carderock, to go for a few hours of rock climbing. Rock climbing involved a long trip to the mountains. Joe asked about what was happening in the MS and about his climbing friends. He wants to remind them that the Noltes have a crash pad in Tacoma.

One evening in Seattle the clouds briefly parted and I saw the Olympic Mountains 50 miles to the west across Puget Sound. The panorama of peaks rivaled that of the Tetons although the highest, Mt. Olympus, is not quite 8,000 feet. Mt. Rainier and the other peaks in the Cascades were never visible because of raining the five days I was in Seattle.

The Recreational Equipment store was like a Christmas toyland. It wanders throughout an industrial building in an older part of town. In contrast, Eddie Bauer's was more like Sak's Fifth Avenue in mountain drag.

I went next to Calgary to join an Alpine Club of Canada friend, Else, for three days of cross-country skiing. Their mountains are also only 80 miles away. From Calgary they present a solid wall of snow-capped peaks along the white, western horizon. There's a feeling that it is all pretty wild yet.

At dinner one night in the log cabin home of an older climber Aileen Harmon, the conversation turned to the wild life in Banff. After the usual bear stories, the elk wandering through the streets this winter, the mountain sheep coming up to autos for food, and the coyotes heard howling outside the

village, the latest scandal was announced. The elk and deer have taken to the roads because they were floundering in the snow. Some unthinking people in cars have been chasing the elk and deer down the roads until the animals were exhausted.

The Canadian Rockies are even more impressive in the winter than the summer. It's still winter there. Although Banff has had 154 inches of snow they expect a few more storms. The road to Jasper is still closed because of the heavier snow fall in the "high country" north of Lake Louise. Avalanche danger was high so our cross-country skiing was somewhat limited. The first day Aileen led us over high, open country above the Sunshine ski area. This is about eight miles west of Banff at 6,000 feet elevation. The day was overcast and the lighting so flat so that we couldn't tell whether the snow slope ten feet ahead of us went up or down. Aileen plunged over a cornice and down about 15 feet where she thought there was a gentle down slope. It was even difficult to tell when we had stopped after a downhill run: without any nearby visual reference points we would often lose our balance and tumble over because we thought we were still moving.

The next day we went about three miles up Boom Creek near Vermilion Pass. It was a beautiful sunny day. Our trail led gently upward through firs and open parks. Immediately to our left was the north face of Boom Mountain, completely festooned with snow and ice. Behind us Storm Mountain was gathering its own dark clouds around it. There was a great quietness, occasionally punctuated by an avalanche. And there was that terrific elation of being away in the mountains.

On the third day we joined other friends in a group of eighteen going from Mt. Temple Ski Lodge to Skoki Lodge for the weekend. We skied with them for about six miles to Deception Pass at about 8,200 feet (about 1,500 feet of climbing). Passing beneath Ptarmigan Peak (10,070) and across the frozen Ptarmigan Lake we saw, of course, three ptarmigan.

The last part of the climb up to Deceptions Pass had everyone strung out like a scene from the Gold Rush laboriously climbing on hard, wind-packed snow. The few of us that had x-c skis (and the proper wax) were able to move much easier up even this steep slope than those using converted downhill skis and using skins. From Deception Pass we watched them go down the other side for a two mile run to Skoki Lodge and then we headed back. X-c skis don't offer much in the way of control going downhill, especially on that steep, hard snow. The only real control is the ability to fall when things look like they are getting too rough. Further down where the grade was more gentle we were able to ski with some proficiency. We missed the last bus from the lodge to the parking area and so had three miles more to ski, to make a total of 15 miles that day.

Cross country skiing is a beautiful way of getting far from the maddening crowd.

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What others think about us.

Joe Wagner

To those of us Section members who are envious at times of the status, achievements and certain glamor of other groups, such as the American Alpine Club, Sierra Club or the BMC, it is gratifying to find that others know and appreciate our own achievements. Even if the praise came in 1959.

But Gaston Rebuffat, a noted guide in Chamonix and one of the great French mountaineers, found it befitting to mention the PATC MS contribution to dynamic belay training in his latest book "On ice and snow and rock" (Oxford University Press, New York, Dec., 1971). He is quoting Dr. Avcin of the Club Alpin Suisse who in 1959 reported extensively about the MS training school at Carderock or nearby using "Oscar," the old training standby.

While this comment is not supposed to include a review of the very stimulating and well-illustrated book, it is certainly recommended for novice as well as expert. Rebuffat understands that there is more to mountaineering than climbing, technique and hardware and his thoughts about the psychology of the alpinist are most appropriate.

Hanging Around

Big Devil's Stairs, Skyline Drive, Va.
January 9

Dave Templeton - Trip Leader
John and Adam Anderson
Mike Hill
Myra Maslowsky
Chuck Sproull

Jon Larson
Pete Gardiner
Remert Laan
Richard Parrish

To begin with, the trip leader, at the December business meeting, said Little Devil's when he meant Big Devil's. Every one should have realized that, shouldn't they? Since I do not even know the rock climbing spots in Little Devil's, let alone the ice climbing ones, if any, there was a last minute frenzy of letting as many people as possible know of the change.

As was evident by Sunday morn, the probabilities of there being climbable ice anywhere in the area were pretty small. I picked Remert up at River Road and the Beltway and we pulled in at the bottom of the trail behind Sproull's new Volvo.

Sproull, Gardiner, Hill, and Maslowsky were met at the main falls in the canyon. The Andersons and Parrish came close in behind us. Larson arrived as we were preparing to leave.

Some ice straws and icicles were around. Rock climbing was the order of the day. Hill and Sproull were working on the overhangs, I rigged Big Devil's Beginner's Climb, but it was soon taken down after it was discovered that it has a fresh crop of loose rock. An interesting looking vertical next to Beginner's was rigged and Parrish, Anderson and Laan proceeded to climb it. Maslowsky and I roped up and I led up some grade 4's.

Sprinkling rain started soon after climbing commenced and soon threatened to become a downpour. We pulled everything down after an hour or so of climbing and took off for Warrenton and the A&B Restaurant.

White Oak Canyon, Skyline Drive, Va.
February 6

Dave Templeton - Trip Leader
John Conley
Johanna Guccione
Remert Laan
Bill Pepper

Doug Chandler
Lee Foster
Anne Huguenard
Jon Larson
Mike Warburton & friends

An auspicious day for ice and snow climbing. All except Jon Larson met at the Hot Shoppe at Wisconsin and East West Highway in Maryland. From there we drove to Washington, Va. where we consulted the Park Service. It was not an auspicious day for driving on Skyline Drive so we decided to go up the White Oak Canyon Trail instead of down. On to Syria and the lower reaches of the trail.

The lowest falls was prettily bedecked with ice but not enough for climbing. We decided to go on up to the upper falls, reasoning that ice would be thicker and more plentiful at the higher altitude. Anne, who is recovering from a recent illness, found the switchbacks to be too wearisome so she and Johanna returned to their car. Snow proceeded to fall as we continued on up the canyon. This, with the panoramic views through the bare trees and the icy stalagmites hugging the rocks made the hike enjoyable.

A decently thick ice sheet was found to one side of the upper falls which afforded climbs of various grades. Mike, John Conley and I led at a point of lowest gradient and brought the others up. Various climbs were then hung at other points. An almost vertical face provided practice for those with 12-point crampons. Lee, Mike, Remert, John Conley and Jon Larson attempted this with Mike and John Conley being successful. The others made it up to the crux, which was about 15 or 20 feet up. Pretty good for first-timers. The rest of us, in 10-point crampons, tackled an easier slope with a variable gradient. I found by cutting handholds I could make it up most of the way but had to cut space for at least one crampon point to get all the way up. Doug and Bill succeeded in doing this one, also. Again, first-timers.

We grudgingly picked up our marbles at 4:15 and made it to the cars as the last lingering rays of the setting sun tried to make their way through the rain falling in the valley. A brew at the A&B in Warrenton enabled us to make it the rest of the way home.

I hope no one was chasing around that part of Virginia trying to find us. The Warburton's microbus suffered battery trouble in Warrenton but we left word for them at the Esso station in Washington, Va. Jon Larson had no idea where

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 for PATC Mountaineering Section members and \$2.50 per year for non-members. The additional dollar may be credited towards membership dues. New subscriptions and address changes should be sent to Business Manager, UP ROPE, etc.

we were. Finding the Drive closed, he assumed we would go up from the bottom, and, after a drive to Luray for a map, managed to get to us as we started to climb.

Soggy Sock Awards to Mike Warburton, Bill Pepper, Jon Larson, and (\$%#*) me. Jon gets two awards for having achieved the amazing feat of landing in the stream with both feet. That's a feet-feet fete, huh!

Mt. Washington, N.H.
March 3-6

Don Schaefer, Sallie Greenwood, and I (Mike Hill) arrived at Pinkham Notch about 11:00 a.m. Friday after driving all night in heat, rain, sleet, and finally snow. The slog up to the Harvard Hut was slow under 60-70 (estimated) pound loads. Don carried two bottles of wine! (Editor's note: which wasn't enough.) We were joined at sunset by June Lehman and Bob Norris.

Saturday was the perfect day with clear skies, no wind, and 5° at 7 a.m. Sallie, Don, and I reached the summit (where it was 40° above) in three hours by the South Gully while June and Bob went up North and hiked around the Great Gulf rim.

Sunday brought 20° weather and snow. Bob led the four of us up the first ice pitch of Yale Gully, but our slow pace and late start forced us to walk off and go up Central Gully (in six inches of powder snow, this was a little hairy for some of us).

Lyndon Brown, the Harvard Hut keeper, did a partial traverse of the Presidential Range on Saturday and some climbers from Harvard did Pinnacle and Odell's on Sunday.

There was only one accident the whole weekend. A couple, without crampons or ice axes, tried to glissade the summit cone's crusty snow, got out of control, and were much bloodied but not seriously hurt.

Eagle Rock, W.Va.
March 11-12, 1972

Chuck Sproull - Trip Leader
Jay Ozment

Betty Boeker
Bill Thomas

The trip leader finally appeared at the Smoke Hole Recreational Area at 10:30 Saturday morning, a half an hour late and unabashed, as usual. The other highly spirited mountaineers were waiting patiently along the roadside. After exchanging the customary greetings, we commenced to gaze across the swollen South Fork River at the enticing crag - Eagle Rock.

"There must be a dozen good routes up that sunny face."

(long silence)

"Yeah, I see several decent-looking flake systems one could climb."

(longer silence plus jealous glances at the fishermen wading across the river)

"River looks pretty deep."

"Yeah, sure does."

"That's a real nice looking crag, though."

(still longer silence)

"Hey, what about those tall cliffs we saw just south of here on Route 33?"

(very short silence)

At noon we arrived at Judy Gap, 10 miles south of Seneca Rocks, ate and drank our lunch and prepared to cross the 2-inch deep, 3-foot wide stream to the northern set of rocks as partial compensation for not crossing the South Fork River.

As Bill hiked up the talus slope along the west side of the rocks, we climbed the skyline of the long, fin-shaped outcrop 10 feet above him. To our right the slightly overhanging east face dropped 100 to 200 feet below. About 100 yards east of us there was another vertical outcrop of rock with pinnacles that looked like they would topple in the slightest breeze. We could see someone's rappel slings on top of one of the pinnacles. Our climb was fairly easy, the only roped climbing was at the bottom. At the summit we all tested the large block that moved, then went back down and drove up to Seneca for dinner and camping.

Next morning we went back to North Fork Mountain at Route 33, a couple of miles east of Judy Gap. Here we hiked up the ridge and climbed on a 50-foot high band of rock that resembled an overhanging wall of unmortared bricks. Nevertheless, it turned out to be a very pleasant morning.

High above us there were two long banks of standing wave clouds, one over North Fork Mountain and one over Spruce Mountain five miles west. Spruce Knob sat on top of the otherwise featureless ridge like the often referred to "bump on a log." Because of the clear air, the angle of the sun between the clouds and the 3,000 feet of vertical relief of the terrain west of us, Spruce Mountain seemed like an illuminated panorama picture hanging on the wall just across the room.

The drive back home was dull and uninteresting in comparison to the hiking that weekend. My apologies to anyone who showed up when we weren't at Eagle Rock, and my thanks to those who did.

BELAY LEDGE

Membership applications:

The nominees should be present at the next meeting:

Nominees	Sponsors
John Hartman	Chuck Sproull
	Peter Gardiner

Neil Arsenault	John Christian
	Dave Templeton

Richard Parrish	Chuck Sproull
	Dave Templeton

Jack Rucker	June Lehman
Jack Rucker, Jr.	Don Schaefer
Larry Rucker	

Lee Foster	Don Schaefer
	Dave Templeton

HOW to apply for Mountaineering Section membership:

Obtain an application from PATC Headquarters or from a Section officer. Fill the form in and have your sponsors sign it. Mail the completed form to PATC Headquarters with a check (PATC members \$1.00; \$2.00 for non-PATC members). You could also include \$1.50 for a member's subscription to UP ROPE.

The nominee for membership's name plus the names of the sponsors are published in UP ROPE. The meeting following the appearance of the nominee's name in UP ROPE the application is voted on.

Mountain Rescue Program

Joe Jensen

The rapidly growing interest in rock climbing in the Washington area increases the probability of occasional accidents at our larger climbing areas, requiring rescue operations similar to those in more mountainous regions. Furthermore, as our club becomes more active as a "mountaineering club" it becomes more probable that some of our members, while participating in an expedition will find themselves involved in a rescue operation. These considerations have led the Mountaineering Section of the PATC to implement a progressive training program in rescue techniques. The full development of this program will require several experienced persons who could occasionally serve as leaders in local rescue operations, and who would be qualified to train others in rescue techniques. Because our club apparently lacks sufficient numbers of members with enough experience to serve in these capacities, our immediate goal must be to develop such leaders. Accordingly, using the chapter on "Alpine Rescue" from the Mountaineer's Mountaineering: The Freedom of the Hills as a guide, we have begun to hold practice sessions at Carderock on Saturday afternoons.

All members of the Mountaineering Section are encouraged to participate and help in the sessions, especially those with previous experience in rescue techniques and operations. In the two sessions we have held so far, it has been obvious that attaining a degree of competence to carry out any rescue techniques smoothly, with minimal complications, will require a

CLIMBER'S CALENDAR

<u>Date</u>	<u>Place</u>	<u>Leader</u>
April 12	Meeting, PATC Headquarters 8:00 p.m.	
April 15-16	Kline Gap	Sallie Greenwood (683-5091)
April 23	Echo Cliffs	John Christian (229-2792)
April 29-30	Shawangunks	Tom McCrumm (525-6272)
May 6-7	Seneca Rocks (Training)	Dave Templeton (933-2174)
May 10	Meeting, PATC Headquarters, 8:00 p.m.	
May 14	Old Rag	Betty Becker (587-2770)

If more information is needed by people interested in going on the Sections's trips, call the Trip Leader. People interested in going on Training Trips should contact Dave Templeton.

Kline Gap, W. Va.

Follow U.S. 50 through Winchester to 42 at New Creek, W.Va. (60 miles past Winchester). Stay on Rte. 42 through Maysville to Maysville Road. Follow Maysville Road (Rtes. 42 and 5) 3.8 miles to T intersection. Turn right at intersection and go about a mile; bear left at fork in road (past quarry). Across bridge and park. Walk through the barnyard, following overgrown road that parallels the stream on the stream's right.

Echo Cliffs, Va.

Call John. It's in the Great Falls, Va. vicinity.

Shawangunks, N.Y.

Look at a recent road map. Examine the route from Washington to Harrisburg, Pa. Take I-81 to Allentown (not I-78N). Pick up I-80 at the Stroudsburg-Bloomsbury exit. Drive 46 miles to 209 North. Take Exit 52 to Milford (about an hour after you get on 80). Pick up I-84 going east to Exit 5. Turn left onto 208 N to New Paltz. After 14 miles turn left onto 44-55. Continue on that past the Brauhaus T intersection (7 miles), through the hairpin curves, up hill and to the Trapp Road. Turn right and go about one mile, crossing two bridges, to the poorly-marked Coxing Camp (right after second bridge -- right in direction, not immediacy).

Seneca Rocks, W. Va.

(Beginners planning to go on this trip should contact Dave Templeton.) Take I-66 to Gainesville. At Gainesville pick up U.S. 55 and follow it to Moorefield, W.Va. Turn left on U.S. 220 to Petersburg. In Petersburg pick up W.Va. 4 and 28 (right turn). Go 22 miles to Mouth of Seneca. After crossing bridge over North Fork turn left onto dirt road. Go $\frac{1}{4}$ mile to parking lot by river. Cross bridge to rocks.

Old Rag, Va.

Through Gainesville, Va. and pick up U.S. 211 west to Sperryville. Turn left on U.S. 522 south for one mile. Then right on Va. 231 south about 8 miles. Right on state road 670 to Nethers. Enter parking lot about two miles past Nethers. The long way up is up the fire road straight ahead and the short but steep way is up the blue-blazed trail to the left.

April Fools:

Tired climber to companion: "What's a Peruvian horse laugh?"

Tired climber's wary companion: "?"

Tired climber to wary companion: "A llama ha."

Wary companion to tired climber: "...."

Jensen, concluded

great deal of practice. An observer's comment was, "I hope that I'll never need you to rescue me." Think about our situation; if tomorrow we were called upon to recover an injured climber from a ledge at Seneca.

In addition to the practice sessions, round-table discussions are planned using the booklet Mountain Search and Rescue Operations from the Division of Ranger Activities of Grand Teton National Park. Topics will also include progress being made at the practice sessions, rescue equipment needed by the club, first aid, and a periodic review of Dr. Phil Cardon's course in Mountaineering Medicine. Participants at the practice sessions will be informed of the time and place of these meetings.

It is hoped that through the practice sessions and meetings, within a reasonable amount of time, we will have enough experienced people to develop a competent rescue organization within the club. This rescue organization would then be responsible (a) for the development of a rescue plan to be activated in situations requiring a mountain rescue operation, (b) the acquisition and maintenance of required equipment, (c) the establishment of a formal training program in mountain rescue operations for PATC members, Forest Service personnel, etc. In this manner, it is hoped that the Mountaineering Section of the PATC will both become capable of fulfilling its responsibilities for mountain rescue, and prepare its members to react competently should they find themselves in a circumstance involving a rescue.

Up Rope

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