



FOUNDED BY  
JAN AND HERB CONN

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

1718 N Street, N.W. Washington DC 20036

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FEBRUARY 14, 1973

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### SPECIAL ANNOUNCEMENT:

#### MOUNTAINEERING SECTION ELECTIONS

WEDNESDAY, FEBRUARY 14, 1973 AT 8 PM.

Due to John Christian's withdrawal as a candidate for Chairman, and the absence of other nominees, the annual election of officers for the PATC Mountaineering Section was postponed at the January meeting.

Elections will be held at the regular meeting on February 14 at 8:00 pm.

Candidates are:

For Chairman - Neil Arsenault and Bill Pepper (elect one)  
For Vice Chairman - Jack Rucker and Phil Eddy (elect one)

Additional nominations from the floor are invited, but anyone so nominated should be a PATC member and present at the meeting.

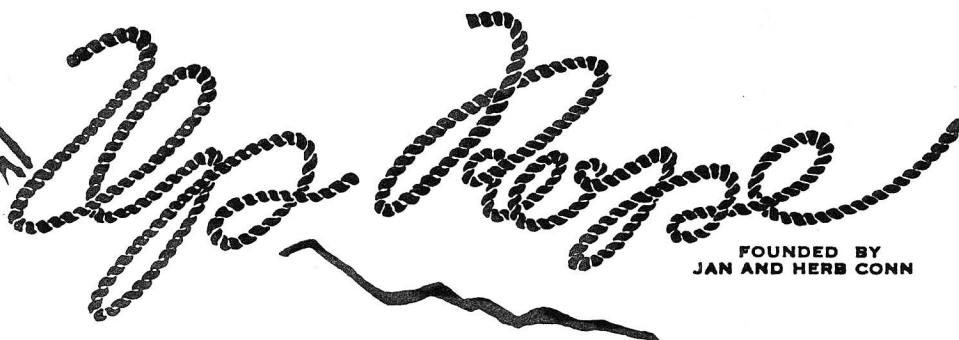
We strongly urge attendance of all Mountaineering Section members. Those who are not now PATC members will be able to vote at the February meeting by completing the enclosed application and submitting it to the PATC prior to the February 14 election.

Join and Vote!

Janet Gladfelter, Chairman  
Chuck Sproull  
MS Nominating Committee

WASHINGTON, D.C. 20036

JOE WAGNER  
4528 WINDOM PLACE ,N.W.  
WASH., DC 20016



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### At Base Camp

Besides climbing, the Mountaineering Section is involved in matters which concern future opportunities -- and problems -- for the mountaineer. To keep everyone informed we are reporting here pertinent items discussed and acted upon at regular MS meetings.

At the meeting on December 13, 1972 these important items were brought up and actions taken:

New members -- Janet Gladfelter and Tom Mervine were welcomed as new members.

Seneca newsletter -- John Christian announced the publication of a newsletter, and action letter, concerned with Seneca Rocks.

Training -- Pat Lane made a new request for volunteer instructors.

The meeting of January 10, 1973 had been scheduled to hold the annual elections but because of the absence of some nominees and the resignation of the nominating committee the voting was rescheduled for February 14. Janet Gladfelter was named to chair a new nominating committee.

Ice climbing coordinator -- Jon Larson was appointed coordinator of MS ice climbing activities. Members interested in ice climbing in this area or up north are urged to contact Jon at 273-8517.

Equipment safety -- Jim Nagy volunteered to work on problems of equipment safety with other members and was appointed to chair the equipment safety committee. (Contact at 262-0515).

Membership policy and requirements -- A motion to adopt a membership policy as outlined in UP ROPE Dec. 1972 opened an informative and lively exchange of views and ideas about MS membership. John Christian, Chairman, reiterated in this connection that MS as part of PATC is operating under a dual membership policy which at times had been largely ignored. His announcement that future membership applications would include membership in PATC and MS was supported by the membership. MS members who currently are not full PATC members were urged to make their applications to PATC.

John Bonine and Joe Jensen proposed various changes in MS membership procedures, incl. doing away with sponsorship, double dues and initiation fees. John Christian promised that these points would be studied and taken up with PATC officers.

To make the Mountaineering Section more attractive, effective and stronger while coping with the problems of a "growth" sport, the membership endorsed the following membership policy and backed up its officers to carry it out:

(1) MS will actively seek new members from among the active (and experienced) climbers in the area to join its organization and participate in MS activities and programs.

(2) MS welcomes especially young people who are genuinely interested in mountaineering and will help them enjoy our activities through such training and climbing programs as are necessary and practical.

No action was taken on the role of guests and their participation in club activities.

### ...BUT NEVER SKIP THREE DAYS

Some thoughts on physical conditioning for mountaineers  
By Tom A. McCrumm

IN ANTICIPATION of the climbing expedition to Peru this summer, I had made some investigations into general physical conditioning primarily for mountaineering as well as for rock and technical ice climbing. A close friend of mine, a physical education major, is now teaching, training and coaching for a private school in Connecticut. In addition he is a serious backpacker and sometimes climber. We got together recently and worked out a conditioning program for climbers, concentrating on the development of those parts of the physiological system which are most used in different phases of climbing. Here is the program with explanations:

#### Part I - Warmup Exercises

1. 30 Jumping Jacks - work up to as many as you can do in 30 seconds.
2. Pullups - work up to 10, then as many as you can do in 30".
3. 20 Pushups - then work up to as many as you can do in 30".
4. 20 Situps - work up to 30, then as many as you can do in 40 seconds.
5. Hurdles - 10 a leg, both positions.
6. Bridging - front and back, 30 seconds per side.
7. 30 Neck Snaps.
8. Leg Raises - start with 6 each, open, close, flutter, cross, work up to 1 minute total time.
9. Groin Stretching - sides, front and back, 10 each.
10. Squat thrusts - work up to 15 with 6 count, pushup position.
11. Squat jumps - start with 10, work up to 30. (Cont'd. p. 2)

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

### OFFICERS

#### CHAIRMAN

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(229-2792)

#### VICE CHAIRMAN

June Lehman  
(522-0105)

#### SECRETARY

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#### TREASURER

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#### EDITOR

Joe Wagner  
(966-6379)

#### BUSINESS MANAGER

Chuck Sproull  
(894-4463)

... BUT NEVER SKIP THREE DAYS (Cont'd. from page 1)

12. Toe Raisers - start out with 10 a foot, work up to 30 a foot using some weight, more without a weight.
13. Chinups - work up to 10, then as many as you can do in 30".

#### Part II - Mile Run

Run in boots or good running shoes. Start out with a 10-minute mile and work down to a 7-minute mile. Then increase distance to 2 miles at 10 minutes/mile working to 2 miles at 7 minutes/mi.

#### Part III - Bike Riding

This is excellent conditioning if you have a bicycle - a ten-speed bike is best. Start with 5 miles, work up to as much as you can do. Use highest gears possible.

#### Part IV - Sprints

40 yards - start with 3, work up to 8. This can also be done as half-mile bicycle sprints.

#### Part V - Stair Climbing

Start out with 3 minutes, work up to 10 minutes. Do as many flights as possible in the time range. First week no load, then increase load in a pack in increments so that the last few weeks of conditioning will be with a pack load of about 10 pounds over what you expect to be carrying while climbing.

#### Part VI - Hand Squeezer

Important primarily for increased grip in rock climbing. An inexpensive item available at any sporting goods store. Start with 3 sets of 10 repetitions, work up to 3 sets of 25; with each hand.

#### Explanation of Exercises

The thirteen warmup exercises are designed to condition and stretch to full range of use, every major muscle in your body. They should be done every day prior to doing parts II, III, IV or V. Parts II through IV can be divided, doing any two parts every day, balancing out so that all parts are done an equal amount of times. The hand squeezer is extra for increased grip for rock climbing.

Jumping Jacks: general exercise and loosening up, circulation.  
Pullups: good for hands, wrists, arms but mainly back, shoulders.  
Pushups: good for stomach, chest and arms.  
Situps: good for stomach, diaphragm muscles, stretches back muscles.  
Hurdlers: stretch muscles of upper legs to give them full range of use.  
Bridging: good for shoulder and neck muscles. Very important for conditioning prior to carrying a heavy pack load.  
Neck Snaps: Also condition neck muscles for load carrying.  
Leg Raisers: Condition legs and stomach.  
Groin Stretches: Condition muscles rarely used. Can be useful in awkward rock climbing moves and in recovering from a slip to the side on snow or scree.  
Squat Thrusts: Good for coordination, circulation and general conditioning.  
Squat Jumps: Good for upper and lower legs, foot muscles, knees, and for building power to make quick moves.

Toe Raisers: Strengthen calf and foot muscles. Very important for technical ice climbing and useful for general rock climbing, particularly face climbing.  
Chinups: Good for upper arm(bicep) power, also shoulders.

#### Description of Individual Exercises

1. Jumping Jacks: Start in a standing position with hands at sides, then jump to a position with arms extended over head and feet apart, return to starting position. Repeat quickly.
2. Pullups: Hang freely from bar(or door frame) with arms fully extended and pull up until chin is over bar, lower body to full hang. Repeat. Palms of hands must be facing away from body.
3. Pushups: Lie on floor keeping back straight. Push up with arms, lower body down until chest touches floor. Repeat.
4. Situps: Lie on floor with knees well bent, heels almost to buttocks(about a foot away). Lock hands behind head, sit up to touch knees with elbows. Repeat.
5. Hurdlers: Sit with right leg straight out in front and left leg bent out to side with knee bent and foot tucked into buttocks. Touch nose to right knee keeping right leg straight, toe pointed up. After repeating that position, lie back keeping legs in same position and touch left bent knee to floor. Repeat. Then repeat with other leg.
6. Bridging: Better do it on a foam pad unless you have a hard head. Back bridge: Lie on floor on back, arch body completely upward keeping only feet and top of head on floor. Roll head side to side to stretch neck muscles. Push back with feet which should be spread for balance. Front bridge is similar, only arch body up while facing down to floor, between top of head and toes. Roll head to exercise neck and shoulder muscles.
7. Neck Snaps: Lie on back on floor, raise head up as high as possible while keeping shoulders flat on floor. Throw head back hard and quickly stopping it just before it hits the floor. A foam pad is handy for this also -- or maybe a hardhat!
8. Leg Raises: Lie on back, hands at sides. Keeping legs straight, raise them 6-8 inches off the floor and spread or cross.
9. Groin Stretching: Side position: Standing with legs spread, keep right knee straight and bend to left, bending over to left leg and knee, while stretching muscle on upper inside of right leg and groin area. Repeat in opposite direction for left groin stretch. Front position: Stand up with legs well spread, knees locked straight, bend down at waist touching elbows to floor. Repeat. Back position: Stand up, legs straight, knees locked, hands on hips, bend over backward. Repeat.
10. Squat Thrusts: Start in standing position(1); squat down(2); place hands on floor, throw legs straight back so you are in an "up" position(3); do one pushup(4); return legs forward to squat position(5); stand up to standing position(6). Repeat quickly.
11. Squat Jumps: Start standing erect with hands behind head. Kneel down on right leg, with right knee touching floor and left leg bent out in front; jump(spring) back up and kneel down on left knee, spring back up etc. Repeat quickly.
12. Toe Raisers: Standing up with one hand on back of chair or countertop for balance only raise up to tip of toes on one foot, extending foot to fullest height. Repeat with other foot. It is better done with about 25 lb. weight in one hand or a

*Up Rope*

UP ROPE is the monthly newsletter of the Mountaineering Section of the Potomac Appalachian Trail Club (PATC) of Washington DC and is distributed free to PATC MS members. Editorial contributions, trip reports, letters and comments are welcome and should be directed to Editor, UP ROPE, PATC, 1718 N St. NW, Washington DC 20036. Annual subscription (9 issues) for non-members is \$3.00. Send subscriptions and address changes to Business Manager, UP ROPE, c/o PATC.

...BUT NEVER SKIP THREE DAYS (Cont'd. from page 2)

weighted pack on your back. An even better way to do it is by placing the front third of foot on a 1.5-inch-high block of wood, with heels lower on floor -- then do the exercise. This conditions the full range of the calf muscle. It is best done with weights.

**13. Chinups:** This is done the same as the pullup except that the palm of the hand is facing the body.

**Mile Run:** Running over 2 or 3 miles is not much better conditioning but running that distance at a faster pace is the goal. This develops the cardiovascular system and is extremely important to overall mountain endurance.

**Bike Riding:** This is similar to running but a lot more fun and not as boring. Good for long wind endurance.

**Sprints:** Excellent for developing a capacity for a "burst" of energy. Good for increasing lung capacity.

**Stair Climbing:** Perhaps the most important exercise to the mountaineer. Never use elevators at home, work etc. Climbing stairs is most similar to humping up trails in the mountains. Develops rhythm and develops legs and shoulders for uphill load carrying.

It is best to start out doing each exercise a bit to see what your level is, then work up from there. Some will naturally be easier than others. Working out every day for eight weeks prior to going to the mountains is excellent and is desired for perfect conditioning. Six weeks are certainly sufficient enough but do at least four weeks of conditioning if you want any advantage from the workout. It takes a while for the body to get into a physical conditioning program and to react smoothly. Skipping one day in the program is no problem, two days are all right if absolutely necessary, but never skip three days.

## Belay Ledge

### MEMBERSHIP APPLICATION

The nominee should be present at the next meeting:

<u>Nominee</u>	<u>Sponsors</u>
Richard L. Stokes	Chuck Sproull John Christian

### EQUIPMENT REPAIR

F. J. Dahlhaus of Vienna reports that he found a reliable repairshop for camping equipment, such as sleeping bag zippers: Boyd's, 5723 Lee Highway, Arlington VA; tel.: 538-4039.

### PITON DONATIONS

If you have spare pitons which can be used for permanent placement in endangered climbing areas, please donate them to: John Christian for Seneca Rocks; John Stannard for Yosemite.

### GREAT FALLS MD EMERGENCY CONTACTS

Glen Echo Fire Department, tel.: 424-3111.  
Suburban Hospital: Take Beltway east to Old Georgetown Road, then south 1.3 miles to Hospital.

John Anderson reports that the Great Falls MD ranger station will give valuable advance information about the water level of the Potomac and its channels which critically affects climbing in that area. Call Ranger Station (Tavern) 299-3613.

## Publications and Maps

SENECA ROCKS LETTER, edited and published by fellow MS member John Christian, made its debut this year. Filled with solid information about the state of climbing at the West Virginian Seneca Rocks, its problems and relationship with U.S. Forest Service plans for the area, this newsletter and action program will be of vital importance to the climbers and friends of SR. The letter will be supported with contributions from individual subscribers and climbing and conservation groups interested in Seneca Rocks. If you would like to get your copy regularly write to Seneca Rocks Letter, Ms. Judith D. Putnam, Route 2, Box 42B, Cabins WV 26855 (\$1 or \$2).

## Training Briefs

RAPPELLING, one of the most photogenic activities of mountaineering, accounts for a large percentage of the fatalities, although it is basically a simple procedure. Since rappels are ordinarily employed on steep and exposed terrain with its inherent dangers, mistakes may be tragic.

Fortunately there are a number of concrete steps one can take to minimize accidents in rappelling. First and foremost, one should gain proficiency in climbing down as this is a vital part of overall climbing ability. Of course there will be times when it is both necessary and convenient to rappel and here, with some forethought, one can make rappelling relatively safe.

Anchors are an important factor in rappels and failure of the anchor is all too common. Look for substantial anchor points; a large tree or rock projection are ideal. Even if the anchor looks bombproof, check it. If a rock projection is used, insure that the rope or sling cannot slip off. Often there will be no natural anchors, so chocks or pitons will have to be used. Whenever possible, use two pitons or chocks. If any doubt exists, double up on anchors and test before committing yourself. Set up a belay and bounce on the anchors.

Once the anchors have been set up, attach slings that are tied in such a way that there is equal loading on all anchor points. This will prevent excessive loading on one anchor if one anchor or sling fails. It is important to use enough rope to insure a loosely-hanging sling(s) to reduce the loading, i.e. an enclosed angle between the ropes of 90 degrees or less at the loading point is desirable.

Often on the mountain, all ropes available are used for the rappel so it is not feasible to belay each person down. In this case, irrespective of what method of descent is used, it is desirable to safeguard the rappeller while on the rope. Here one can use a short prussik knot on the rope and attached to the body harness in such a manner that when extended, the climber can still reach the prussik knot. The prussik is slid down the rope loosely with the guiding hand. This is a safeguard from falling rock, uncontrolled descent and flipping upside down. Furthermore if the end of the rope is knotted, one cannot rappel off the rope and it is convenient if it is difficult to place an anchor for the next rappel. The use of only the knotted rope ends is not sufficient, for in an uncontrolled descent the anchor may be severely strained or destroyed. Before detaching from the rope, anchor yourself and subsequent members of the party.

The first person should knock down any obvious rocks that could be dangerous in further rappels or on retrieving the rope. Be sure that no one is below. Furthermore the first man must test the retrievability of the rope.

Other steps that the climber can take to prevent accidents are proficiency in several rappel methods, in particular the Dülfer or bod rap (basic body rappel Ed.). Avoid jerky stops and swinging rappels that put unnecessary strain on the anchors. Use similar ropes for the rappel - due to differential loading of dissimilar ropes one rope will be loaded more and more until the force is equalized by shifting around the rappel point. With a number of people using the same rappel, it is possible to cut through or seriously weaken the sling. Use either a metal ring or ropes of equal elongation for the rappel.

Don't trust the competence of the previous party. If you find rappel anchors in place always test the anchors even if they were only placed the day before.

There are many ways to get the chop in rappelling so double up and double check. Check the knots in the slings and your harness as well as those joining the rappel ropes together. Double up on anchors and slings and use a prussik knot on the rappel. Remember a few extra cents for another piton or few feet of cling rope is a poor trade off on your life!

ACC Climbing Standards Committee

### VACANCIES

For one or two writers and reporters who will cover some monthly MS meetings and programs and keep UP ROPE informed on membership activities. Contact Joe Wagner for details (966-6379).

*Up Rope*

## Climber's Calendar

## Expeditions

Date	Place	Leader
February 25	*Old Rag VA (ice/snow climbing)	Jon Larson H: 273-8317
February 25	**Cross-Country Skiing	John Christian B: 382-7825
February 25	Sugar Loaf MD (rock climbing)	Joe Wagner B/H: 966-6379
March 4	**Cross-Country Skiing	John Christian B: 382-7825
March 4	#Carderock (rock climbing)	Bill Thomas H: 536-7948
March 11	Purple Horse (rock climbing)	John Birch H: 533-3668
March 14	Meeting PATC Hq, 8 pm	
March 18	Blue Rock (exploring and rock climbing)	Neil Arsenault H: 681-6187
March 25	Bull Run Mountain (rock climbing)	Art Wilder H: 577-0657
April 11	Meeting PATC Hq, 8 pm	

\* Ice climbing for beginners and advanced climbers. Since this activity depends greatly on the weather the trip leader may make last-minute changes in location. Basic equipment includes crampons and ice ax.

\*\* Location depends on snow and weather conditions.

### ATTENTION MEMBERS AND GUESTS!

Unless an outdoor activity is marked # you must sign up with the trip leader at least by Wednesday evening before the scheduled climb or trip. You will then receive information about directions, necessary equipment, meeting time and place. If you contact the trip leader it will allow him to make advance arrangements for transportation if necessary and you will be quickly notified if there is a change in location or if the scheduled activity is postponed or canceled.

### ROCK CLIMBING TRAINING

Training committee chairman Joe Jensen, home tel.: (301) 768-3431. Washington area residents call Pat Lane, home telephone 522-1241.

### Ski Mountaineering/Touring Camp

The Alpine Club of Canada (ACC) will hold its annual ski mountaineering and touring (x-c skiing) camp, March 24-April 1, at the ACC Wates-Gibson Memorial Hut at Outpost Lake in the Tonquin Valley, Alberta. The hut is located some 15 miles southwest of Jasper AB at 6,200 feet elevation. Fees are \$115 for non-members, excl. transportation to and from Jasper. Contact Pat Boswell, Club Manager, AAC, POB 1026, Banff TOL OCO, Canada. (UP ROPE Editor has some information about this camp.)

### Ice Climbing, Chapel Hill NY Area

Tom McCrumm is planning to ice climb in the Chapel Hill area early in March 1973 for about one week. Anyone interested in joining him, please call 525-6272.

### Mount St. Elias Expedition

A group is making plans for an expedition to Mount St. Elias in July 1973. The cost, very roughly will be about \$500. (UP ROPE Editor will provide name and address of contact.)

### ATTENTION TRIP LEADERS

Your main responsibility is to see that participating climbers use safe techniques and equipment to avoid serious accidents. You are expected to be familiar with the area where climbing activities are planned, to make appropriate contact if practical with Park/Forest Service Rangers or private owners responsible for the climbing area and to prepare a mental plan should an emergency make rescue and evacuation necessary. (Obtain information on the location of the closest telephone; name, location, telephone of local ambulance service/rescue squad, hospital, physician and police department; name, location and phone number of the official or private owner responsible for the climbing area.)

Share this information with your group. If a leader is unable to accompany the assigned trip he must appoint a substitute leader. Pick up the section first aid kit from club headquarters before the scheduled trip and make sure it will be handy if needed. Find out if any of your fellow participants have special mountain rescue and medical skills.

Trip leaders should encourage other members (by contacts during previous weeks) to attend and participate in the scheduled activities. You can help make the trip enjoyable and rewarding by greeting and introducing new members and guests to other members and answer questions.

Prepare a list of all participants and an account of the trip activities, either personally or from a volunteer, and forward the trip report promptly to the UP ROPE Editor.

*Up Rope*

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