

FOUNDED BY
JAN AND HERB CONN

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

1718 N Street, N.W. Washington DC 20036

Volume 30 Number 12

December 1975

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At Base Camp

The Section received a letter from Charles S. Nelson on November 12. He states that he is in agreement with our plan to supply labor and materials to accomplish a list of improvements in return for 3 years of rent-free leasing of his house near Nelson Rocks.

Tom McCrumm, Greg Christopulos, Tim Moran, and Stan Halpin have volunteered to be the Managing Committee for the Nelson house.

"Expedition Planning" will be the topic of the second MS workshop, to be conducted by Tom McCrumm. Included will be slides from two expeditions to the Cordillera Blanca in Peru. Thursday, Jan. 22 at 7:30 pm, PATC Headquarters.

John Stannard, reporting on conservation, mentioned that the 1969 Seneca Rocks master plan was approved without public review and that the present plan is to implement the earlier one. John showed that their projected usage is greatly exaggerated and that only a small fraction of the expected visitors are going to Seneca. He

has prepared an outline of topics which should be reviewed by the MS before making a comprehensive statement, and would welcome help compiling the information.

Election of officers for 1976 will be held at the December 10 meeting. A slate of candidates was published in the November UP ROPE. Additional nominations may be made from the floor.

Training Briefs

The following requirements for students to attend MS training sessions were established by the Training Committee at their meeting on Nov. 19.

Beginning - Open to anyone wishing to learn the fundamentals of safe climbing

Secondary - Open to anyone who can demonstrate proficiency in beginning safety techniques and has attended 3 club trips

Multi-pitch Climbing - Open only to members, who must have completed secondary training or its equivalent

PATC MOUNTAINEERING SECTION

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UP ROPE is the monthly newsletter of the Mountaineering Section (MS) of the Potomac Appalachian Trail Club (PATC) of Washington, D.C. Editorial contributions, letters and comments are welcome, and should be sent to Editor, UP ROPE, 802 New Mark Esplanade, Rockville, Md. 20850. Deadline is the 20th of each month. Subscriptions for MS members are included in dues. Annual subscriptions for non-members are \$3.50. New applicants and current members of PATC may join the MS by requesting sponsorship by a member of the MS. Current PATC members interested only in receiving UP ROPE may subscribe at no additional charge. Send subscriptions and address changes to Circulation Manager, UP ROPE, 1718 N St., N.W., Washington, D.C. 20036

Chairman's Corner

"Time flies when you're having fun." Whatever the origin of the saying, it is appropriate. How did it get to be December already?

At the time of my "election" I remember thinking and wishing only to survive the year; no catastrophes, please. Just get through. I wrote something in UP ROPE about the Section coming of age. What I hadn't realized was how far Joe Jensen and his predecessors had brought the Section along. Indeed the Section has come of age and is doing very well, thank you.

Many projects that have been kicking around in committees, at Tooeys (that's Trav's predecessor), and at meetings for as long as I can remember have ceased being talked about but are now reality:

An on-going training program, a house at Nelson Rocks, membership in the Section as well as PATC of 167 (as of the last UP ROPE mailing), art work in hand for the bulletin board at Carderock, Section response to the Forest Service plan for Seneca and a continuing investigation of the National Recreation Area plan,

and an advance trip schedule. That's what has been realized this year without listing the continuum: UP ROPE, Mountaineering Medicine, well-attended trips and meetings, good programs, and the first published membership list since 1972.

And there have been some new ideas - the workshop concept, for one.

All of this is good news. But a lot of the same people are doing the work. The number is increasing though, and should be even greater next year.

There are still bugs to work out of what's happening. The training program needs refinement in that it needs to be standardized more and the Catch-22 for learning to be a leader needs to be worked out. The Catch-22? That's when we say trips are for only experienced leaders and seconds and schedule few opportunities for leader training. Another situation that will be resolving itself this year is managing the Nelson House. Will there ever be a second edition of the Seneca Guide?

It's been a good year, I think. Thank you.

Sallie Greenwood

Workshop Series

The topic of the Mountaineering Section workshop on Nov. 6, "Protection systems and their management", was sufficiently titillating to lure 30 climbers out of their Thursday evening obscurity to hear Neil Arsenault expound on the subject. Neil emphasized the establishment of a safe belay. A safe belay requires at least two anchors (bomb-proof) which are ideally placed behind and at the same level or above the center of gravity of the belayer. The belay should be "aimed" in the direction of the anticipated fall; this direction will change when the second climbs up to the belayer and then continues to lead the next pitch. The belay should be "hung" so that if the belayer is pulled out of his stance by the climber's fall, he doesn't find himself hanging upside down over the edge of the belay ledge. Neil then proceeded to demonstrate how climbing equipment - rope, carabiners, and runners - could be used to achieve a safe belay.

Next, Neil discussed the theory and practice of the use of runners to reduce rope drag and to secure nut placements (i.e. avoid the popping out of the protection from the bottom up). The virtues of flat webbing and perlon runners were demonstrated for situations where tubular webbing doesn't work.

Neil then explained that nut placement is characterized by both strength and security. Strength is achieved by using the biggest nut you can, in lieu of trees, natural chock stones, horns, or fixed pitons. Security is attained when the protection stays in place. The density of placement of protection appears to be related to the climber's courage, the availability of protection, and the potential for developing rope drag. Finally, nut placement can be optimized only when the climber knows

how to use his assorted equipment and can find it easily on his rack.

Towards the end of the evening, Neil showed slides of nut placement which illustrated the ideal, which the workshop tried to achieve, and the real, which is done in desperation or ignorance. Thanks to Neil and the other climbers who participated, protection systems will hopefully be constructed more thoughtfully.

Vivian Goldberg

Belay Ledge

New climber: Jeanne Britt signed up with the Wagners on November 5.

New Members - The following applicants were recently elected to membership:

Sandra F. Bayne
Gary L. Floyd
Daniel Gordon
Dianna B. Roberts

Ice climbing trip to Mount Washington sometime around New Years. Details negotiable. Contact Curt Mobley, 864-0428.

Membership list correction:

Greg Christopoulos 293-3272 (home)

FOR SALE - Edelrid perlon ropes, 150 ft. x 11 mm. Assorted colors. \$63. Call Tom McCrumm, 525-6272

FOR SALE - 3 Chouinard tubular chocks, \$1.50 each. SMC wedge, \$.50. Call John Fetvedt, 869-5617

FOUND - Navy blue down jacket and 20-30 feet of Bluewater II with 2 steel carabiners, at Carderock on Sunday, Nov. 16. Call Greg Christopoulos, 293-3272 (home) or 964-2888 (work).

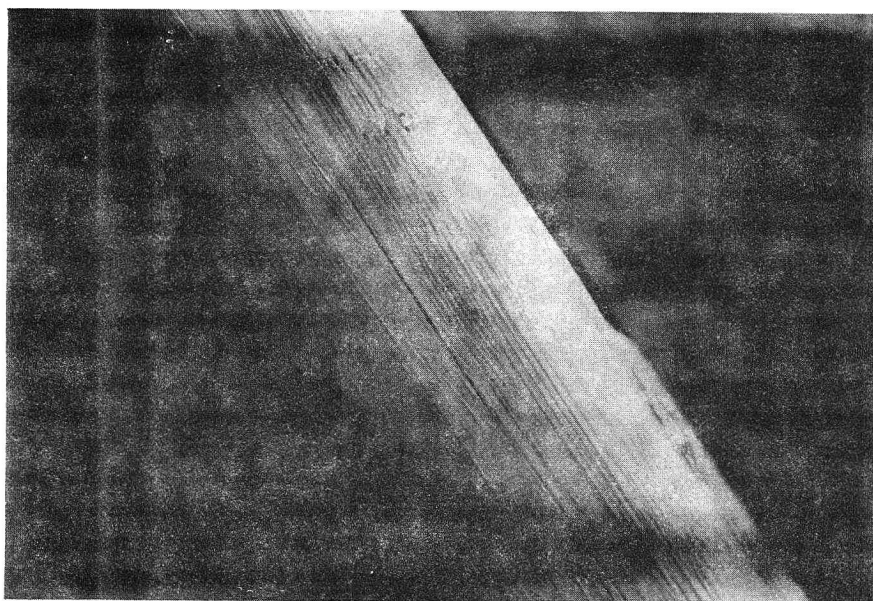
Equipment Notes

by Jim Nagy

ICE AXES

With ice climbing just about on us---- if you have or are buying an ice axe with a laminated handle, check carefully for delamination. That dark line could be a split and not just a dark streak in the wood. The delamination pictured here in a newly purchased Chouinard/Frost axe was found when the prescribed treatment

of linseed oil and turpentine mixture applied to one side of the axe was unbelievably seen to be running into a crack. Turning the axe over revealed the mixture seeping through to the other side. The axe was ordered and shipped directly from the distributor, and was cheerfully and quickly replaced when the defect was brought to their attention.



THE "DUCK"

On my climbing trip in the Swiss Alps this summer I was introduced to a new and unique rappelling and belaying device nicknamed the "Duck". Its uniqueness is described in the instructions (translated here courtesy of Bob and Helga Kelly) and was shown in my slide show at the October meeting. I may have some to sell if anyone is interested or I can give an address where they can be bought in Switzerland.

A Descending Ring

"The descending rope ring, Dr. Hopf Model, does not have the many previously known disadvantages of descending rope rings and methods. It consists of three large connecting rings which, despite their size, weigh only 190 grams since they are made of an aluminum alloy. In tests the rope-breaking load was 1500 kilograms. The free fall of 80 kilograms from 15 meters was made with double thick

"party" rope of 11 millimeters. It suffered no deformation or fraying.

"The advantages of the descending rope ring are:

1. All ropes can be used, from the plain 6 mm to the double thick "party" rope.
2. The capability of using knot connected ropes. The dimensions and radius of the rings will pass a "spirenstich" in the thick "party" rope without any trouble.
3. During descent you can stop any time without difficulty and also affix yourself. It leaves your arms and hands free, especially if you secure yourself again with a chest loop on the carabiner. It gives you freedom to get to your knapsack for camera, ropes, etc.
4. The loosening and connecting of the rope with the descending rope ring is easy. Finger or rope injuries are impossible because there are no sharp edges, screws, or movable parts on the equipment.
5. The descending rope ring can be used on other occasions. If hanging by the small ring, it can serve as a brake for letting down

injured persons or climbing equipment at equal rope runs. The ring also serves for affixing both rope parts. This will enable you to secure with one rope part and descend with the other.

Application:

- Fig. 1: It is the fastest and most comfortable. The connecting and loosening of the rope can be done without disengaging the descending rope ring from the seat-loop. As soon as the rope is weighed down, there is no possibility of disconnection from the rings.
- Fig. 2: A disconnection of the rope is also impossible without weighing down. A little more difficult to handle, for the ring has to be disconnected from the seat-loop to thread in the rope.
- Fig. 3: Like Fig. 2, but the free-running rope is slung over the opposite shoulder; rope saving and good brake results. Disadvantages: unsuitable for affixing yourself because the torso is restricted from the rope slung over the opposite shoulder.
- Fig. 4: Braking and stopping. (Only those applying Figs. 1 & 2) Rope is brought around the side ring.
- Figs. 5 & 6: Affixing. Building of a rope loop, which is pulled through the large ring and then pulled over the side ring. To loosen, the steps are taken in reverse."

Fig. 1

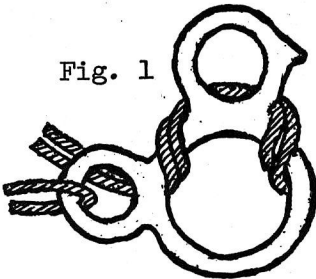


Fig. 2

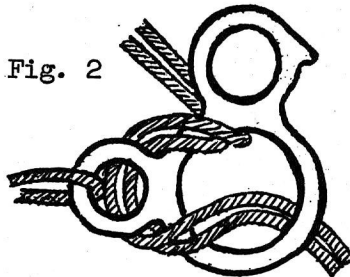


Fig. 3

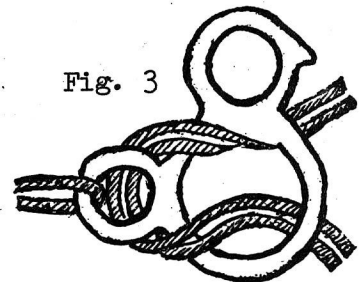


Fig. 4

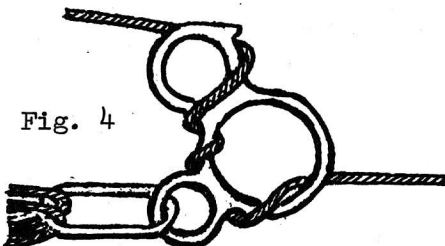


Fig. 5

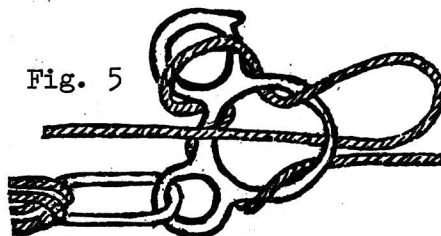
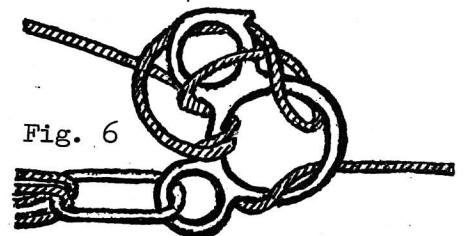


Fig. 6



The Summit Register

Dear Editor,

We have a 3-bedroom cabin near Dillon which we will rent at very low rates for short periods of time to club members. It is within 1-1/2 hrs. (70 miles) of Denver and 10 miles from Keystone, A-Basin, Copper Mountain, and Breckinridge, and 30 miles from Vail. Also great hiking country nearby. Cabin is furnished, has propane and fireplace heating, phone, electricity, and water. Anyone interested may write (7363 W. 26th Place, Denver, Colo. 80215) or phone (303-238-2148).

William A. Kemper

Dear Sirs:

Am looking for a partner for Rocky Mt. Nat'l Park climbing in Jan. Leaving Dec. 26-27. Lead climbing experience has been 5.7 in Seneca Rocks, W.Va., Stone Mt., N.C., and the Adirondacks. Please respond by Dec. 1 so I may make plans. I have a serviceable vehicle, and a month's time.

W. B. Dacier
RD 3
Northland Est.
Watertown, N.Y. 13601

Maren Stewart writes that she is alive and well in Denver, and house-sitting for her aunt and uncle at 4480 Allison Street, Wheat Ridge, Colo. 80033, phone 303-421-3650.

This business is feast or famine. The overwhelming amount of material submitted this month would have resulted in a 14-page issue, and overshoot the budget. So to those of you who don't see your contribution printed this month, look for it in January. - Stevie Smith

Hanging Around

Wolf Rock, Md. - Sept. 21

Since it rained on the way to Thurmont, four of us who came from downtown Washington--John Bonine, Ann Gault, Rob Corruccini, and myself--stopped for breakfast in Thurmont. (I do not recommend that other groups try this since the town does not seem to have any good places to eat.) Our strategy was that other people would have climbs rigged and that the rocks would dry while we had a leisurely meal. We finally arrived at the parking lot for the Wolf Rock trail at about noon where we were greeted by Ranger Stenil of the National Park Service. The Ranger had been waiting for me in the parking lot since 10:00 when the other trip members had arrived.

After some warm salutations and greetings between the Ranger and myself, along with my General Counsel, John Bonine, we gradually got down to some cordial and diplomatic discussions on several items.

--The Ranger commented that although I had not shown up at 10:00, he had let the others go ahead anyway. I immediately took exception to this, pointing out that I had called and made reservations as the Park Service had requested and that I had checked into the visitor center when entering the park. I added that it should not matter whether I was there or not since the group had reservations. The Ranger then agreed that my punctual presence or lack of it was not an absolute necessity for others to enter the climbing area.

--Another item was the Ranger's request for the name and address of a PATC/MS contact in order to have a regular means of informing the club of changes in park policy. Bonine and I told him to write to the president of the MS at PATC headquarters. In order to encourage a two-way flow of communication, I informed him

that we would add the park headquarters to the UP ROPE distribution.

--On the subject of reservations, Ranger Stenil informed us that in the future groups wishing to climb must submit a written request and that the group would then receive a written confirmation from the Park Service. Even under careful cross examination by my General Counsel/Interrogator, John Bonine, the Ranger managed to avoid giving us what we considered a reasonable explanation for the red tape. Ranger Stenil pointed out that other groups using other park facilities were required to request a use permit. He also added that since other climbing groups used Wolf Rock, the Service wished to avoid over crowding and congestion. Bonine made two good points. First, he had never seen another group at Wolf Rock; second, had the Service consulted the users to see if they felt a reservation system was necessary. Stenil replied that other groups had not been polled and that we had simply been fortunate in not encountering other groups. We agreed to do what was required and stated that in the future the MS would submit written requests for group trips. However let me add two points. First, climbers from Washington ought to have more spontaneous trips by individuals to Wolf Rock to see how often these other groups show up and to assert our right, as individuals, to use the Park. Second, we should discourage the Park Service from ever transferring the Superintendent of the Catoctin Mountain Park to any of the parks in the Potomac Gorge since these parks seem to run very smoothly without undue red tape. I believe none of us wants a reservation system in the D.C. area.

--The last major item was Chimney Rock. Stenil reported that people wanting to climb in the park were channeled toward Wolf Rock. He had heard that a nature study had been conducted at Chimney Rock and that this might be the reason why climbing was discouraged there. He said he would find out the reasons and inform the MS.

After this brief discussion, we left the Ranger at the parking lot and joined the group at the Rock. They included Rich Raymond, Monty Bower, Joe Ney, Larry DeMilner, Edward Cooper, Bob and Vivian Goldberg, John Bird, Melinda Bird, John Bremer, Charles Tuten, Jody Ansell, Chris and Candace Tieber, Stan and Jeanie Halpin, and Barbara Llewellyn.

In the afternoon three of us checked out Chimney Rock to see what the climbing might be like. We found nothing which looked interesting; however, later in the month some people told me that the rocks further down in the valley at Chimney Rock had climbing potential. I intend to check this out on my next trip.

The usual climbs were rigged, including the Wolf and Chilly Corner, as well as a new one which Joe Ney put up. In the evening at Roy's Place, deciding what to name this climb led to a heated debate. Joe Ney wanted to name it "Tungsten" while others opted for "Ney's Nuts." When Joe had started his ascent of this new climb, someone in the crowd yelled "Ney's nuts," meaning "Ney is nuts," since the climb looked too difficult for him to complete. Because some people might misinterpret the name of the climb, it was agreed to name it "Tungsten."

Greg Christopoulos

Little Stony Man, Va. - Sept. 27-28

A reasonably early start allowed the hard core climbers to stake out territory at the Big Meadows campground, sample the Wild Mountain Cherry Sundaes at the lodge, and still arrive at the rocks by early afternoon. There seemed to be about the right proportion of leaders and seconds, and everyone got in a couple of climbs before dark. Well, before complete darkness anyway. How could a route that looked so simple from

the trail have taken me two and a half hours? Oh well, at least my second had ample time for chatting with others as he awaited some sign that I had not gone into hibernation for the winter in some cozy jamcrack.

We had dinner by flashlight and retired expecting a peaceful night under clear skies. No way! The official NPS campground bear was able to maintain an almost continuous racket of crashing garbage cans and splintering ice chests. The bear even managed to step on Jody Ansell while he sniffed her for goodies, but no damage was done. Indeed, our campsite was probably the only one to record a net gain during the night. It seems that the bear left us with a large pile of, shall we say, intestinally processed bear food.

Sunday was another beautiful day. More leads in the 5.2-5.4 range were done, and a difficult top rope climb was rigged. To the best of my knowledge, everyone got their money's worth and went home contented.

Climbers who showed up at one time or another during the weekend were Bob and Vivian Goldberg, Rob Corruccini, Stan and Jeanie Halpin, Charlie Tuten, John Bemis, John Bremer, Jody Ansell, Dan Jackson, Janet Ainsworth, Larry DeMilner, John Bonine, Lois Shipway, Melinda and John Bird, Joe Wagner, Ray, Meg, and John Kremer, Mitch Burken, Jim Iforgotyournlastnamesorry, and

Curt Mobley

Annapolis Rocks, Md. - October 5

Early Sunday morning, eleven of us headed for Annapolis Rocks, Md. Our troubles began when the leader's car overheated. Luckily ten car experts were willing to contribute their technical expertise and provide the

leader with ten different reasons why her car overheated. And then on the road again, only to discover why we had been told "don't get off at Middletown". After making several U-turns, we found the parking area and proceeded to hike the two miles (?) to the rocks. Challenging climbing interspersed with lewd conversations made for a very enjoyable afternoon on the rocks.

Since none of us knew the names of the various routes we rigged up, we took the liberty of naming a couple of them ourselves. The most interesting name came about after a few of the female gender had new jamming experiences (while upside down, no less), hence the new name of one route, the Jug Jam.

Joe Ney's second attempt at the ceiling that has probably become a pet obsession by this point, was unsuccessful because "his arm gave out." But he seemed to have lost control immediately after one of the single and unattached females in the group expressed her admiration of his body.

One couple in the group was quite anxious to get back so they could go bowling. But after much affectionate communication between the two, we questioned the pronunciation of this indoor activity.

Our trip up was long, but the trip back was longer. We got waylaid by a neon beer sign. Having discussed the merits and demerits of all known restaurants, we made our way to Roy's Place where we started drinking and eating a bit more seriously. Participants were: Donna Clark, Robert and Vivian Goldberg, Leslie Houghton, Ed Lawson, Roger Ley, Joe Ney, Rich Raymond, Bob Regan, Chuck Shellhorn, Linda White; and for a short while, we were joined by Bruce and Jane Holly.

Donna Clark

Bull Run, Va. - Nov. 2

Laurie Anderson	Ray Kremer
Lannie Cannon	Tony Madden
Edward Cooper	Tom Meagher
Ian Cruickshank	Lynn Murphy
Larry DeMilner	Tom Perry
James Eakin	Rich Raymond
Doug Emery	Steve Rotkin
Ann Gault	Stevie Smith
Vivian Goldberg	Frank Springfellow
Sallie Greenwood	Joe Wagner
Stan Halpin	Chuck Wettling
Harold Kramer	Margaret Wettling

We thought we had lost one car load when they whizzed past Antioch Road but Vivian Goldberg knew best and parked her car at the big yellow house along Route 628 past Thoroughfare Gap. They made it to the rocks first, while the rest of us approached along the more gentle, though longer, route from Hopewell Gap.

A number of routes were rigged to provide suitable sport for all standards. Charlie's Crack took its normal toll, also rendering many arms unfit to surmount the Overhang or Snickersnee. Congratulations to Ian Cruickshank who went straight up at his first attempt.

Tony Madden, Frank Springfellow and Harold Kramer spent most of the day pioneering a direct bush-whacking route from the PATC Laurel Cabin to the rocks. They didn't quite have the courage of their convictions, however. Instead of reversing their compass directions, they accepted a ride back to their car!

Thanks to Lynn Murphy for giving a ride to the early leavers and to James Eakin for cutting away the brambles at the base of the more popular climbs.

The day was well summed up by Lannie Cannon, on her first rockclimbing trip ever, who staggered up, knees sagging, arms hanging limply, and a broad grin on her face, saying "That was fun!"

Seems hard hats are also now necessary at Bull Run - not so much because of the rock, which is pretty solid, but for hurtling beer bottles. Joe Wagner got a close call from one. A gang of youths loaded with beer arrived mid-afternoon. They didn't offer to share any liquid refreshment - just left us the empties to take down.

We did a big clean-up job and carted out several bulging garbage bags. But by Monday morning the area would probably look as bad again. Apart from the aforementioned party, several people were seen arriving with a six-pack under one arm and a sleeping bag under the other - all the essentials for an overnight camp.

Maybe the Club should schedule regular climbing/clean-up trips to this otherwise very attractive area - possibly in conjunction with an overnight sojourn at Laurel Cabin?

The day ended at the Pizza Hut in Vienna where the hard core drinkers were rewarded with a pitcher "on the house" donated by a friendly waitress.

Margaret Wettling

Training at Carderock - Oct. 19

The following students completed training, instructed by Joe Ney, Greg Christopoulos, Stan Halpin, and James Eakin.

Beginning

Joe Hayes
Susan Hayes
Nina Zimmermann
Kathleen Eurris
Josephine Scofield

Intermediate

Craig Stine
Charles Tuten
Rich Raymond
Bob Goldberg
Vivian Goldberg
Ann Gault

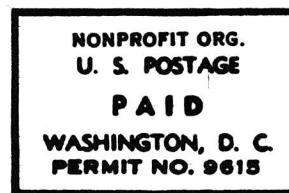
Climber's Calendar

Dec. 10	MS Meeting 8 pm PATC Headquarters	Election of officers "Mt. McKinley" - slides by Tom Meagher
** Dec. 14	Training By appointment only	Joe Ney (Home: 751-8891) (Work: 354-2600 ext. 341)
Dec. 21	Bull Run, Va.	Barbara Llewellyn (871-6197)
Dec. 28	Sugarloaf Mtn., Md.	Mark Gunther (356-7163)
* Jan. 2-4 Jan. 4	Seneca Rocks, W.Va. Cupid's Bower, Md.	Greg Christopulos (293-3272) #
Jan. 11	Wolf Rock/Chimney Rock, Md.	- Vivian Goldberg (869-1935)
Jan. 14	MS Meeting 8 pm PATC Headquarters	Program to be announced
*** Jan. 18	Training: Multi-pitch Climbing By appointment only	Joe Ney (Home: 751-8891) (Work: 354-2600 ext. 341) Greg Christopulos (293-3272)
Jan. 22	MS Workshop 7:30 pm PATC Headquarters	"Expedition Planning" - Tom McCrumm
Jan. 24-25	Old Rag, Va.	Joe Wagner (966-6379)
Feb. 9-14	Mt. Washington, N.H. Ice/snow climbing	Joe Wagner (966-6379) John Fetvedt (869-5617)

* Lead climbers and experienced seconds only. You should arrange for climbing partners before arriving at destination.		
** All training is by appointment only. Contact trip leader no later than the preceding Wednesday.		
*** Contact trip leader no later than Jan. 9. Limited to members who have completed intermediate/secondary training.		
# Your help to lead this trip will be appreciated. Call Joe Wagner (966-6379).		

Up Rope

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



DATED MATTER