

FOUNDED BY
JAN AND HERB CONN

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

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At Base Camp

Yosemite Master Plan - The next step in the Yosemite planning scheme, that of having the public select park design and use alternatives, has been completed. The MS executive committee spent an evening deciding what type of park it would recommend to the Park Service. Since it took a couple of hours to decide the major issues, Curt Mobley offered to complete the questionnaire. (Some six hundred options were offered.) The key issues decided were:

- Ban private vehicles from the park and expand the shuttle system
- Move park offices, warehouses, and maintenance equipment to outside the park except where they are necessary for on-site running of park facilities. Move the park headquarters to El Portal.
- Maintain the status quo on accommodations and camping, with no further building or expansion of hotels within the park.

MS Committees - The current active committees and their chairmen are:

Training - Joe Ney
Climbing and Expeditions - Joe Wagner
Program - Barbara Llewellyn
Conservation - John Stannard

Nelson House Renovations - Chuck Sproull
Nelson House Management - Greg Christopulos
Ice Climbing Coordinator - Jon Larson

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Home: 354-2168
Greg Christopulos, Work: 964-5168
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Charles Tuten, 5461 Sheffield Court,
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Expeditions

No plans for next fall? American Youth Hostels is sponsoring a 25-day trek through Nepal from Kathmandu to the Mt. Everest base camp, leaving Philadelphia on November 1. Rough steep trails but no technical climbing involved, magnificent scenery, warm days and cool nights...so reads the announcement flyer. Joe Wagner (966-6379) has a copy if you'd like details.

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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

Belay Ledge

Excerpted from a letter to Sallie Greenwood from Ronnie and Rolly Fenz.

...We didn't do much climbing this summer - out of condition I guess! - but instead rode the rapids of the Colorado all thru the Grand Canyon from Lee's Ferry to Lake Meade. In row boats or dories. Eighteen days "down under" and lots of time for day long hikes up to waterfalls, Indian cliff dwellings (rotten rock but interesting), unexplored or seldom used animal trails high up on the sides of rocky places.

It was interesting to us that although we took old mountaineering boots to wear, the best footgear was the Army Jungle boot of high top canvas with vibram soles. Often one had to walk up and through small rushing streams to reach rocky areas and wet canvas seemed to provide better protection than nothing but tennis shoes (who wants to soak their Fabiano boots everyday!) and the vibram bottoms held very well for sharp travertine cliffs and sides of tall waterfalls.

Didn't carry ropes so were rather cautious as no help available in case of emergency. I was 8 days from help when stung by a scorpion and right arm paralyzed to the shoulder.

Being a (half-tough) little lady, I hung in there for the rest of the trip. Paralysis gradually receded to nerve endings in hand and fingers where it remained until now. Tip of only one finger still numb - but getting better.

We did survive a flash flood and tremendous rock slide in the black of night. One moment all standing around the fire trying to stay warm in the rain, the next instant water swirling around our knees and a tremendous roar. From past experience in the high mountains it sounded like an avalanche so Rolly and I made a chain of people and ran for higher ground. Then went back several times to rescue floating equipment, clothes, etc. The boat men were busy trying to hang on to the dories, our only means of transport out.

The next a.m. we found the campfire site and surrounding area for 40 yards covered with 12 ft. of rock - just below Lava Falls. We usually camp "high" so our things were shared around. Found floating equipment for miles down river the next day.

It was a great trip and certainly different than crevasse rescue techniques in the Bugaboos the summer before...

* * * * *

Talk of expeditions and "getting in shape" prompts this reprint from the February 1973 UP ROPE.

...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. Hurdlers - 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.
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 weighted pack on your back. An even better way to do it is by

(Cont'd on page 4)

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.

Greg Christopoulos is interested in organizing a trip to the Gunks for ski touring and possible ice climbing over Washington's Birthday, Feb. 14-16. If you'd like to go, contact Greg at (H) 293-3272 or (W) 964-5168.

FOR SALE: RR's, size 6, barely worn.
\$30. Call Chris Tribur, 751-6649.

Hanging Around

Annapolis Rocks, Md. - Nov. 23

Sallie Greenwood,	Joe Ney
Trip Leader	Chet MacPherson
Bob and Vivian	Pete Schoettle
Goldberg	Stan Reeves
Alan Fischler	Neil Arsenault
Tom Perry	Jonathan Scott
Janet Ainsworth	Curt Mobley
Stevie Smith	John Bremer
John Fetvedt	Tim Moran
Jody Ansell	Stan Halpin
Phil Eddy	Larry DeMilner
Chuck and Margaret	Tom Meagher
Wettling	

This was a great turn out for such a cold day. It was the kind of day that sweaty palms were unknown unless from extreme effort or absolute petrification. Your hands stuck to the rock a la hands on ice tray. The only problem after that was judicious unsticking so that upward momentum could continue.

There were some folks who stood around with hands in pockets, but most everyone tried something.

Quite a few people hung around on various levels of Paint's Roof and some even made the climb. Needless to say there was quite a cheering section urging stalwarts on.

Easier climbs were also rigged. Easy, of course, is relative when it's cold. I'm not sure what there was about the day, but there were two climbs rigged that were perfect for those whose arms are eight feet long, trunk is about two feet, and legs about a foot long! A couple of overhangs which were definitely awkward for those of us not blessed with the above body configuration.

After an appropriate time for climbing, lunching, trash collection the great discussion began on where to go to eat. Finally, we decided to go to Roy's - after all there was a Redskin game on and the Sunday Sudsers would still be transfixed in front of the tube. Great tactics on the part of the Section - Roy's a success - no waiting. Something the Climbing Committee might take into consideration in future scheduling sessions.

Sallie Greenwood

Bull Run, Va. - Dec. 21

The snow that had begun as flurries before we left the AO parking lot and thickened on the drive and hike up to Bull Run left a fair accumulation on the ground before finally quitting. This and the usual stiff Bull Run breeze put enough of a damper on the

spirits of many, if not most people, so that although Charlie's Crack and Snickersnee were rigged they weren't even attempted, much less completed by everyone. (To the best of my knowledge, no one finished Charlie's. If I'm wrong I offer my abject apologies, and promise a retraction in a future Up Rope.) One or two other climbs were set up, but apparently the majority of the group was only hanging around, largely "unmotivated," as one member put it (doing "warm" type things like picking up trash, jogging, etc.) waiting for the magic words "pizza" and "beer." No sooner were the words spoken than we were unriggered, packed up and off down the trail with several bags of trash. It took the Pizza Hut only two or three hours to finally get our order straight (well, sort of) and get everyone who didn't give up and leave, served.

Participating were: Janet Ainsworth, John and Neil Arsenault (plus two friends), Rob Corruccini, Doug Emery, Ed Goodman and friends, Jim Griffiths, Mark Gunther, Stan Halpin, Hal Kramer, Tony Madden, Curt Mobley, Tim Moran, Ben Sands, Joanne Smith, Stevie Smith, Charles Tuten, Chuck and Margaret Wettling, and Barbara Llewellyn (trip leader).

Barbara Llewellyn

ICE CLIMBING

White Oak Canyon, Va. - Dec. 21

Jon Larson, John Fetvedt, and Ian Cruickshank met at A.O. and carpooled to Shenandoah National Park. When we arrived at the park we discovered that the rangers would not let us on the Skyline Drive because we did not have snowtires. However, being the dedicated ice climbers that we are, we drove to the bottom of the canyon and hiked up to the top falls.

The ice was thin but climbable and we had a good day of climbing combined with outstanding views of the canyon during the hike up.

John Fetvedt

Castle Fin, Pa. - Jan. 10

Jon Larson, John Fetvedt, Ray Kremer, Ian Cruickshank, Mike Hill, and Margaret Wettling met in Rockville and drove to Castle Fin, Pa. The ice and the weather were both great and we had an outstanding day of climbing.

John Fetvedt

White Oak Canyon, Va. - Jan. 11

French Technique at White Oak Canyon

French technique? Isn't that what we used to do in the back seats of cars? Yes, but it is also a method of ascending and descending ice slopes. To practice this technique and others, a party of seven met at Appalachian Outfitters at 8 am on Sunday, January 11th for a day of ice climbing at White Oak Canyon in Shenandoah National Park. Trip organizer was Jon Larson. Following a quick breakfast stop at the McDonalds in Warrenton, a two hour drive, and a 1.5 mile hike, we arrived at the climbing area and promptly set up five top-roped ice climbs. The routes were of various degrees of difficulty and allowed the climbers to practice the various methods in vogue: front-pointing, use of the ice axe, ice hammer, and, of course, French Technique. A few of the more skillful people were able to climb nearly vertical walls without the use of either ice axe or hammer, relying solely upon their crampons and their sense of balance.

The temperature was measured to be 37°F in the early afternoon, which meant that we didn't have to wear our warmest clothing, but did mean that most of the ice climbs were very wet. This, in turn, left most of us at least slightly damp at the end of the day. We managed to reach our cars just in time to view a pretty sunset from Skyline Drive. Since we deserved a break that day, we bypassed McDonalds and ate dinner at a conventional restaurant. Also present were Ian Cruickshank, Allen Fischler, Mike Hill, Curt Mobley, Margaret Wettling, and

Bob Goldberg

Climber's Calendar

Feb. 11	MS Meeting 8 pm PATC Headquarters	Arnold Wexler - Slides of Nepal
Feb. 15	Sugarloaf, Md.	Margaret Wettling (736-2447)
** Feb. 22	Training By appointment only	Joe Ney (Home: 354-2168) (Work: 354-2600 ext. 341)
Feb. 29	Camp Lewis, Md.	Barbara Llewellyn (871-6197)
*** Mar. 7	Harper's Ferry, W.Va.	John Fetvedt (869-5617)
Mar. 10	MS Meeting 8 pm PATC Headquarters	Program to be announced
** Mar. 14	Training By appointment only	Joe Ney (Home: 354-2168) (Work: 354-2600 ext. 341)
* Mar. 20-21	Seneca/Nelson Rocks, W.Va.	Curt Mobley (864-0428)
Mar. 21	Corkscrew, Va.	#
Mar. 28	Bull Run, Va.	#
* Apr. 3-4	Shawangunks, N.Y.	Ray Kremer (656-0132)
Apr. 4	Leader's choice	#
Apr. 11	Annapolis Rocks, Md.	Barbara Llewellyn (871-6197)
Apr. 14	MS Meeting 8 pm PATC Headquarters	Program to be announced

* Lead climbers and experienced seconds only. You should arrange for climbing partners before arriving at destination.

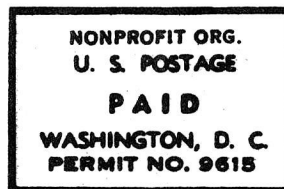
** All training is by appointment only. Contact trip leader no later than the preceding Wednesday.

*** Bring lead gear, hard hat. Leaders and experienced seconds encouraged to come.

Your help to lead this trip will be appreciated. Call Joe Wagner, 966-6379.

Up Rope

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DATED MATTER