



FOUNDED BY
JAN AND HERB CONN

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

1718 N Street, N.W. Washington DC 20036

Volume 31 Number 7/8

July/August 1976

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At Base Camp

NELSON HOUSE NEWS

Rules and Procedures (Summary)

1. Members and guests only
No pets
No tenting
2. No use without reservations
3. First one to reserve is
designated caretaker
4. Sign the logbook
Pay your fees to the caretaker
(\$0.50 weekday evenings)
(\$1.00 weekend/holiday evenings)
5. No cooking except in kitchen
No fuel in the House
Clean up the kitchen immediately
after use
6. Respect the rights of others
Keep the House in good shape
Take your trash out
7. You must be aware of and abide
by all Rules and all Agreements
with the Landlord (see the full
text of the Rules and the
Agreement in the Logbook)

Directions

Go through Mouth of Seneca on U.S. 33 and State 28 (left fork of Y intersection). After 12 miles, 33 and 28 branch - 33 on to Franklin and 28 forks to the right toward Bartow. Go right on 28 for .6 of a mile. Turn left onto the Nelson Gap Road (green sign). Go through gate (closing it after you) and up road for about a mile to Y intersection. Take the right fork, go through gate (again closing it after you), and, weather permitting, drive about a mile up the road. The Nelson House is the first house that you will come to. Turn in right and park.

Driving up the last road is not recommended if it is the least bit damp as it is very slippery. Be sure to take water with you as we have yet to clear the spring adequately or have the water tested.

Reservations

Stan Halpin will take reservations for the Nelson House. Contact him at 340-2593 between 6 and 10 pm. If you get his answering service, leave your name, phone number, and the time you can be reached.

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

PATC, which will host the 1977 Appalachian Trail Conference, has asked the Mountaineering Section to take part, as a section, in the conference. In a letter inviting our participation, Paula Strain, chairman of the steering committee, suggested that we might prepare an exhibit of our activities, lead an excursion or day activity, or provide some evening entertainment related to the section's interests. Individual members may also offer their services to the various conference committees. The conference will be held at Shepherd College, Shepherds-town, W.Va., May 28-31, 1977, with day trips through June 3.

Reminder - No August meeting or training. Next regular meeting will be held Sept. 8 with training the following Sunday. Next UP ROPE deadline: Aug. 20.

Belay Ledge

A note from Rob Corruccini-
I'm right on the way from D.C. to Linville Gorge and other North Carolina climbing, and hope my old cronies will contact me if

they're headed that way or need another climber.

Rob Corruccini
3259 Rose-of-Sharon Rd.
Durham, N.C. 27705
(919) 383-4126

And one from Curt Mobley -

Please pass my address along to those who are coming my way:
1555 Broadway, #217, Boulder, Colorado 80302 (Varsity Townhouses). Work phone is at NCAR: (303) 494-5151 (page me). Have plenty of room, all welcome. Eldorado Canyon is 15 minutes away - really a heavy duty place.

A glance at The Last Lead, the publication of the Colorado Mountain Club's Technical Climbing Section (Denver Group) shows Maren Stewart as the newsletter editor. (Ed. - Is this a guaranteed advancement?)

New members:

Janet Ainsworth
Judith Green
Michael F. Parks
William D. Straub
Paul Torelli
Mary Susan Ueber
Ronald Yockim

The Summit Register

Editor, UP ROPE

It is a good sign when a climber evaluates his rescue capabilities before a climb, as George Loeb did in the April issue of UP ROPE. Some critics might call it a "preoccupation with safety." On the contrary, it allows you to concentrate more on climbing when you are actually on the rock.

The system shown in his figure 1 is, I feel, one of the better pulley systems. It gives a two-to-one boost, while imposing only one-half the load on the anchor. However, rope friction over the edge obviates most if not all of this advantage. In my experience, it takes three persons to lift a helpless fallen climber using this method. The other systems shown in mountaineering texts are not any better though, and they usually load the anchors more. The conclusion is that it will take several persons to raise a helpless fallen climber, making all of George Loeb's suggestions impractical.

What can be done? I think it's better to approach the problem in smaller, more easily solved stages, namely

1. The lead climber should wear a good waist loop and seat sling set-up which he can hang in indefinitely. There is no way a rescue can be effected quickly.
2. The light weight partner should take special precautions to insure being able to stop the fall. This means setting up the belay properly, using anchors to make up for lack of strength, and in some cases, resorting to mechanical belay devices.
3. If at all possible, the belayer should lower the fallen climber to a convenient spot.

4. The belayer should be prepared to free himself after stopping the fall. This means keeping a Prusik loop (or Jumar), slings, and carabiners handy, and having an established procedure for tying off the rope to the fallen climber. A knife is also a handy item, since it may be necessary to cut away your own seat sling, or later, the fallen climber's pack, hardware sling, etc.

5. After getting free of the rope and securely tying it off, the belayer must get down to the helpless fallen climber. Since it's impossible to rappel on a taut rope, the belayer must prepare to down-climb, using a Prusik, Gibbs, or Jumar for protection.

6. The belayer must now free the fallen climber of strangulating impediments such as packs and hardware and rotate him to a sitting position, rigging a chest sling to hold him there if necessary.

7. The belayer should now perform critical first aid if possible, with emphasis on keeping shock and hypothermia controlled.

8. At this point, the nature of the terrain and extent of injuries become controlling factors. Aside from a simple pendulum, it is very unlikely that the belayer can do anything unless the fallen climber recovers enough to help.

It is impossible to anticipate all of the complicating factors which could arise. A good supply of biners, slings and Prusiks should be carried by the belayer, since these are the tools he'll need to improvise a solution when a problem arises.

Cheers,

Ray Smutek, Editor
OFF BELAY

THE WILLIAM T. PLUMMET THUMB BRAKE RAPPEL

In keeping with the current trend toward streamlining technique and using simple gear adaptable to a variety of situations, the inventor offers this modification of the brake bar rappel. See Figure 1.

Note the following advantages.

1. The absolute minimum of extra hardware is needed (one carabiner). Not only is the cumbersome brake bar eliminated, but also the extra carabiners and slings normally required to attach the friction device to the body. This is made possible because the thumb itself is already a part of the body (i.e. the thumb bone connected to the hand bone, connected to the wrist bone, connected to the arm bone, etc., etc.).
2. The method is simplicity itself, with essentially no time lost in rigging up or rigging down.
3. The method is capable of allowing a very rapid descent, saving much time in getting to the bottom.

CAUTION: Proper orientation of thumb against rappel line is of utmost importance. Keeping the fingers pointed away from the body insures that the rope will always be working against the natural bending direction of the first thumb joint (see Fig. 1). Pointing the fingers toward the body will almost certainly result in flex-

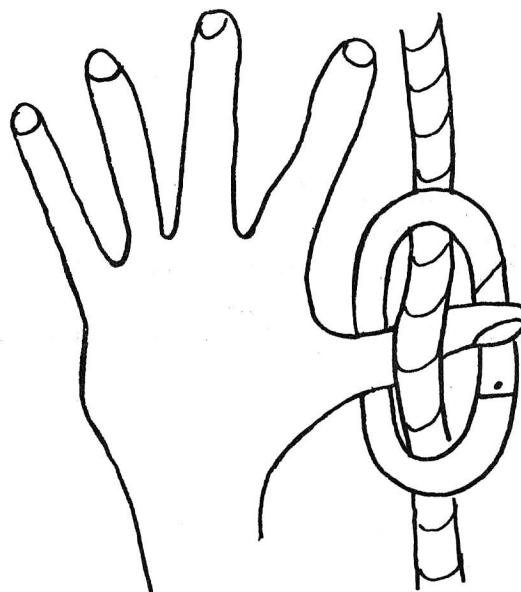


Figure 1.

ing at the joint with consequent loss of the rappel.

Novices at this technique may at first attempt too rapid a descent, with consequent uncomfortable build up of heat at the thumb. This can be alleviated in practice situations by placing a band aid around the thumb before rappelling, until sufficient experience is gained to dispense with the band aid.

(Ed. - The problems three Mugelnoos climbers had with fixed ropes led to their search of a fellow member's caving literature and this article from the Baltimore Grotto News.)

ANTI-FOGGING CHEMICAL

The following formula for an anti-fogging chemical comes by way of the Wasatch Mountain Club Bulletin and the Idaho Alpine Club Bulletin. It was developed by NASA for the Apollo program.

Parts by Volume:

- 35 dish washing detergent (thin, not creamy)
- 5 de-ionized (distilled) water
- 4 Silicone oil such as Dow Corning Silicone Water Repellent for leather

Hanging Around

Little Stony Man, Va. - May 23

For the most part it was an excellent day - warm, sunny and windless. Many firsts were achieved - new climbers got their first taste of height and exposure, at least compared to Carderock, top rope habitues seconded lead climbs, and seconds did some leading - and one intrepid leader put up a route his second couldn't follow.

But late in the afternoon Janet Ainsworth, a fellow PATC'er though not on the club trip, took a leader fall. She was caught by her belayer before grounding, but sustained an ankle injury, sundry cuts and scrapes, and a deep gash in her thigh which, it was speculated, might have been caused by the seat harness worn over a short pair of shorts - which gives pause for some considerable thought. We all participated in one way or another in rescue operations and waited until the Park Service people with the stretcher and the ambulance arrived, and saw her safely on her way to Luray hospital.

With a quick stop for food and liquid refreshment in Warrenton, it was after midnight by the time we all got home.

Participants in the "official" PATC-MS trip were Charlie Tuten, Stan Halpin, Laurie Anderson, Mandy Mitchell, Eileen Scholar, Bill Fite, Curt Mobley, Bob Enagonio, Jon Larson, John Bremer, Jon Scott, James Eakin, Skip Henderson, Joe McDermott, John Boron, Margaret Wettling. Sundry other PATC'ers were also in evidence - splinter groups, eh?

Sunday strollers seemed to find a certain climber highly photogenic - have you considered charging a fee, Stan?

Margaret Wettling

Shawangunks, N.Y. - May 29-31

Stan Halpin	Joe Ney
Margaret Wettling	Stevie Smith
Mark Gunther	Mike Hill
Greg Christopoulos	Bob Connor
Edward Geleke	James Eakin
Diane Burkhardt	Bob Green
John Bonine	Ray and Meg Kremer
Sallie Greenwood	Jon Larson
Ian Cruickshank	

The tuneful wail of the bagpipes was missing and no one glided upward to the lilt of a recorder, both of which were heard while climbing on a previous trip. But, despite the lack of music to appease the gods, the rain didn't appear until Saturday night and the weather had pretty well cleared by noon Sunday. Thanks to Curt Mobley's forecasting workshop the week before, amateur meteorologists were in abundance and had the opportunity to speculate on the presence of a warm front.

Brad Schneider, a friend of Margaret's from Colorado and now administrator of the Mohonk Trust, joined some of the group for dinner at the Brauhaus Saturday night. We made the usual rounds of watering holes and ice cream parlors, and those who missed dinner at the Mama Brava missed the Sicilian cheese pie with everything on it. Highly recommended, it fed four hungry climbers for \$7.40 plus beer.

Sunday evening found a few intrepid climbers tripping their way up and around one of the large rocks on the carriage road in semi-darkness, then bouldering a wicked layback by flashlight. A weary group gathered around a candle to discuss the rhythmic lighting of fireflies and debate where such research would lead, chaired, of course, by John Bonine. The trio whose tents nested together in the middle of the campground trail were unconvinced it need be a trail while the remaining campers repeatedly tripped over guywires and threaded between stakes, if only to persuade themselves it was the trail. An unspectacular, pleasant weekend.

Stevie Smith

Climber's Calendar

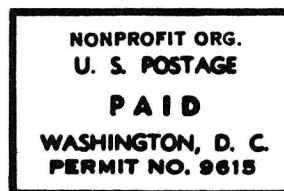
July 17-18	Hermitage Cabin Worktrip	Bob Humphrey (229-4083)
** July 25	Training By appointment only	Joe Ney (Home: 354-2168) (Work: 354-2600 ext. 341)
*** July 31-Aug. 1	Seneca Rocks, W.Va.	#
Aug. 1	Sugarloaf, Md.	#
Aug. 8	Camp Lewis, Md.	#
* Aug. 14-15	Shawangunks, N.Y.	#
Aug. 15	Great Falls, Va.	#
*** Aug. 21-22	Seneca Rocks, W.Va.	#
+ Aug. 22	Little Stony Man, Va.	#
Aug. 29	Bull Run, Va.	#
* Sept. 4-6	Shawangunks, N.Y.	#
Sept. 5	Purple Horse/Spitzbergen, Md.	#
Sept. 8	MS Meeting 8 pm PATC Headquarters	Program to be announced
** Sept. 12	Training By appointment only	Joe Ney (Home: 354-2168) (Work: 354-2600 ext. 341)

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- * Lead climbers and experienced seconds only. You should arrange for climbing partners before arriving at destination.
 - ** All training is by appointment. Contact trip leader no later than the preceding Wednesday.
 - *** Combination work and climbing trip. Climbing is for leaders and experienced seconds. No experience necessary for working at Nelson House.
 - + Suggest bringing lead gear and hard hats. Experienced leaders and seconds encouraged.
 - # Your help to lead this trip would be appreciated. Call Joe Wagner (966-6379) or Barbara Llewellyn (871-6197).

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

JOHN SHIPLEY ENSEN
12508 N CHARLES ST
BALTIMORE MD 21218

MS UR



DATED MATTER