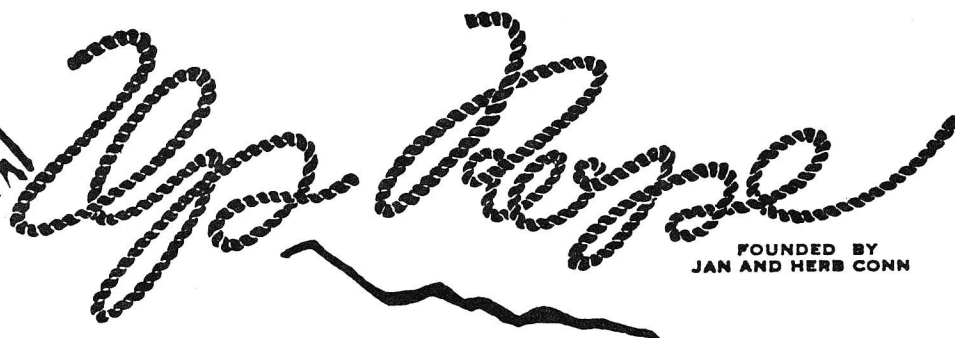


JUL 24 1979



FOUNDED BY
JAN AND HERB CONN

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

1718 N Street, N.W. Washington DC 20036

Volume 34, Number 7-8

July-August 1979

Hanging Around

Seneca Rocks - June 9, 10

It was a weekend to remember. (1) A massively attended party at Nelson House, creatively catered by Martha Hale: fondue, wine, strawberries, and ice cream.

(2) A deluge. Rain by midafternoon on both Saturday and Sunday. The Nelson Road became impassible for some. Thanks to Betsy Guthrie, who trucked down to give four of us a ride from the second gate to the party. Torrents of rain on Saturday night made the North Branch so high that the foot bridge to the rocks was approachable only through the woods bordering the cornfield.

(3) A 30-foot leader fall on the overhang pitch of West Pole. No serious injury, but a sobering and important lesson about leader recovery technique, helmets, and chest harness.

Rick Todd, Margaret Wettling, Ryan Pierson, Gary Roan and friend, Paul and Betsy Guthrie, John Teasdale, Greg Christopolus, James Eakin, Martha Hale, Herando Vera, Parker Hill, Ian Cruickshank, Bill De Lano, Lin Murphy, Kris Woyna and two friends, John Bremer, Doug Howard, Bill Hieronymous and partner

Meeting Report

June 13, 1979

Two weekend events were announced: a leader rescue course on Saturday at Carderock and Doug Howard's good-by party at James Eakin's on Sunday.

The MS has decided to offer the \$2,400 in the Templeton Cabin Fund to PATC for the Wolf Gap Cabin Fund.

The evening's entertainment was the Bergmanesque classic, De Duve. Next month's film will be "Sentinel-West Face."

Items For Sale

EBs --Straight From Komito

Until I had them prematurely resoled, these EBs were fairly comfortable. But the new soles have made them something less than a size 39 and, now, they're just too tight. \$35

Lin Murphy 533-8412

ASCENT Wind Parka

60/40, medium size,
red. \$30

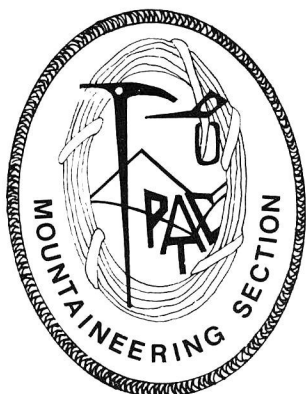
James Eakin 598-6047

FIRST AIDERS PRACTICE RESCUES

On Tuesday 19, the participants in Harold Driscoll's advanced first aid course met at Carderock to practice litter carrying and leader rescue. Doug Howard rescued Martha Hale--fallen leader simulata--several times. He tied her off, prussiked up to give first aid, and arranged her in a horizontal position for lowering onto a Stokes litter. Thanks, Doug, for sharing your expertise. Thanks, Martha, for your prone patience.

The first aid course is, finally, drawing to a close. It's met most Tuesdays and Thursdays for the past two months. We've practiced CPR, splinting, and bandaging and, in theory, know about emergency childbirth.

We got some curious stares from visitors to PATC headquarters as we regularly discovered victims upside down in twisted positions on the stairs. Hardly anyone in the class escaped being tied to a backboard and carried up and down the narrow stairways, and, one night, to the shock of passers by, out the door and around the building.

**UPROPE**

UPROPE 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 addressed to either Lin Murphy, 2314 North Harrison Street, Arlington, Virginia 22205 or Bill De Lano, 1012 Ellison Square, Falls Church, Virginia 22046. Deadline is the 25th of each month. Subscriptions for MS members are included in the dues. The annual subscription for nonmembers is \$4.00. Current PATC members interested in receiving UPROPE may obtain a subscription at no charge. MS membership is restricted to PATC members. New applicants and current members of PATC can join the MS by obtaining sponsorship of a current member of MS. Send subscription and address changes to Secretary, UPROPE, 1718 N Street, N.W., Washington, D.C. 20036.

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MOUNTAINEERING SECTION ACTIVITIES

The MS holds monthly meetings at PATC Headquarters (1718 N Street, N.W., Washington, D.C. 20036) to conduct a brief business session and present a slide show, film, or other form of entertainment. Sunday trips to nearby climbing areas and/or weekend trips to more distant areas are sponsored every weekend. Check the schedule on the back page for details on planned trips. Beginning and intermediate training is offered once a month. Anyone is welcome to participate in MS activities, although some restrictions are placed on participation in club trips. The Sunday trips are usually to areas where there is a complete range of top-rope climbs, from easy to difficult. However, we ask that you have some instruction or experience prior to the trip. The weekend trips are usually for lead-climbers only and you are expected to find your own climbing partner. For more information on trips, call James Eakin, 598-6042, Chairman of the Trips Committee, or call the designated trip leader. For information on training, call Rick Todd, 431-2236.

LEADER RECOVERY ON WEST POLESeneca Rocks - June 9

After our usual Saturday morning festering, Ian Cruickshank, Margaret Wettling, and I arrived at the bottom of West Pole. Margaret led to the Pine Tree, and I went up to just below the overhangs, somewhat off route. I managed to set up a mankey belay on nuts. Ian was right: it sure was not the best belay ledge, half-standing, half-hanging, and nothing fixed to the rock but your imagination.

I brought Ian up, and he suggested that he lead through the overhangs, and that we then bring Margaret up as there wasn't much room on the ledge.

The rock under the first overhang was still wet, but Ian was as smooth as ever and stood up over the first overhang and clipped into the pin under the second overhang. He used a long sling to avoid rope drag over the lip. He went up one time to look around, and on the second attempt, was over the overhang and about to stand up when his left hand came off.

In what seemed like slow motion Ian came floating down toward the belay stance. Ten, twenty, maybe thirty feet. As he went past the lower overhang the rope started to tighten and I was lifted off the belay. At this point he was at least 10 to 15 feet out from the rock and started a smooth arc toward the rock. As his downward motion stopped, he was turned on his side, striking the rock with his head, back, and right knee. The force of the fall sent his helmet crashing 250 feet to the ground below.

What happened next were perhaps some of the worse moments a climber can experience. Ian was suspended upside down four feet out from the rock and unconscious.

The next two to five minutes seemed like a lifetime for me, and, for all I know, they might have been a lifetime for Ian. First to the several climbers who had witnessed the fall a quick series of calls: "Yes, the belay was OK. No, we were not OK. Stand by to help."

As quickly as possible the climbing rope was tied off and prussiks attached so that I could go to Ian's aid and determine the extent of injury.

It was during these few minutes that I watched all out climbing equipment fall off his shoulders. First went the sling rack - all the way to the ledge 90 feet below. The remaining equipment caught on a chicken head by a wired stopper 15 feet below us.

I has just started to leave the belay and go to Ian on prussiks when he regained consciousness. Now he was able to get upright and move over to the belay. (The fall had brought him directly level with the belay ledge.)

The conversation during that long time: "Ian, you're all right - the belay is solid.... You just had a fall. I want you to move over to me slowly." The next several questions all went unanswered: "Do you hurt anywhere? Where are you? What are you doing? What climb is this? What day is it? What month?"

Because Ian was obviously suffering from a concussion and was disoriented, I decided he would have to be lowered. But I wasn't sure we had enough rope to reach the ledge where Margaret stood, tied in, watching 40-60 feet of rope stretched above us through the protection. So we tied him off to the belay and cut the rope, after repeated unsuccessful attempts to untie the jammed knot at his harness. Ian was then lowered to the bottom of the climb, where further medical follow-up was carried out.

(continued on page 4)

(West Pole continued)

Analysis

A long sling had been placed under the overhang with no protection in the lip itself. This lowered the effective point of the protection to about one foot above the lower overhang. A chest harness might have prevented the leader from turning over.

If the leader had not regained consciousness, or if the belayer had panicked, what should the others have done to help? Someone would have had to go for an ambulance and litter. Others should have continued their climbs, which led to a belay point directly above the overhang. Then, three ropes would

have been lowered: one for rapell and two for belays. (Reaching the belay stance on rapell might have been hard because the rope hangs quite free at that point.)

During this time, the belayer would have been working at getting the injured leader into a position suitable for lowering. One person would have rapelled down to us for assistance.- two, if the belayer had panicked. The climber and belayer would have then either been lowered or rapelled, while on belay, to the ledge below.

Doug Howard

Expeditions

Wind River Climbers

Stan Halpin reports that from eight to fourteen people will be climbing over the three-week long Wind River trip. They'll be out there from July 20 to August 10.

Denali Traverse

Sallie Greenwood has just returned from a traverse of Mt. McKinley. She made the trip as part of her work on a forthcoming National Geographic book. She has some good copy: a fall in a crevasse, a raven attack on the expedition's food cache, and two evacuations.

Women Climbers' Tetons Camp

The American Women's Himalayan Expeditions' climbing meet is scheduled for August 12-18 in the Tetons. Men and non-USA people can come too. Registration fee is \$7. Write Meriby Sweet, Fountain Valley School, Colorado Springs, Co 80911.

Annapurna Base Camp Trek

Folkways International Trekking, Inc. is offering a base camp trek, "developed in cooperation with" the American Annapurna I Expedition 1979. The land cost is \$1350, subject to change without notice. The brochure encourages, "Although this trek is strenuous and crosses at altitudes higher than most hikers have experienced, this should not unduly concern you." Write Folkways at 3212 S.E. 58th, Portland Or 97206

MS Members Attempt Yeropaja

Three MS members, Don McIntyre, Leo Slaggie, and John Serroci, will leave the end of July for Peru's Cordillera Huayhuash. The goal of the five-person party is Yeropaja, Peru's second highest peak, at 21,759 feet. See Summit, April-May 1979, for a story on the Cordillera Huayhuash.

Chairman's Corner

People concerned with public-policy or social-decision making issues have identified something referred to as the "dilemma of the commons." The name refers to the village commons, which were a frequent feature of English villages; the land was available to all for their use. The dilemma arises when an individual must decide whether to graze his sheep on the commons or to take them to his own remote pasture. Using the commons will save his own pasture for later, but will lessen the value of the commons for others. But from the point of view of the individual, why should he concern himself with the others? Someone will graze the land, why shouldn't he be the one? With everyone working from the same decision rules, the commons is soon overgrazed and worthless to all. Substitute the car for sheep, and you have gas lines as people struggle to get their piece of the action before it is all gone. This summer I will do as much climbing as I can, grazing my car on the common oil barrel while I have the chance. Next summer I expect my climbing habits will have to change. As you heard me say at one of the meetings three years ago, I predict a drastic reduction in spur of the moment climbing weekends, hopefully offset to some extent by an increase in one and two week trips. Which brings up again the question of an MS cabin near Seneca or the Gunks. Tenting or sleeping by the car is OK for a few days, but for extended periods, a cabin has many advantages. The Nelson House may not be the long-term solution because of its distance from Seneca. Any volunteers to resume the land search? Enjoy your summer, you may not get another. There are a lot of hungry sheep out there, and most of their owners are doing little to restrain their grazing.

GREAT FALLS LEADER'S CLINIC - JUNE 16

The group met Saturday morning at the Great Falls register. Doug Howard signed us in as the "PATC MS Leader's Clinic." We trucked off to Juliet's Balcony. As people began to unpack their gear, it became clear that many had followed Doug's suggestion -- Great Falls had probably never seen such full climbing racks.

Doug, Ian Cruickshank, and Rick Todd explained what we were trying to do, and Doug and Ian demonstrated a leader recovery. Several more ropes were set up, and we split into groups to practice. The seriousness of the exercise was driven home to many of us amidst the joking by Ian and Doug regarding their West Pole incident.

The practice session focussed on how to tie off a fallen leader. The leader would simulate a fall and -- quickly -- tie into a fixed rope for protection, just in case the trainees made a mistake and dropped him. The belayer then used prussiks to tie off the rope, before untying from the anchor in order to render aid. An additional prussik was needed for the belayer to get back into the anchor.

The participants in both the Saturday clinic and the Tuesday first aid session were impressed with how important these techniques are. We think additional practice is necessary and that informal sessions should be held later. Call Rick Todd or Lin Murphy if you'd like to participate.

Publications

The Boldest Dream- The Story of Twelve Who climbed Everest by Rick Ridgeway

This is not the technical climber's guide to Mount Everest or the "how to" for expedition planning. It is, however, an excellent portrayal of the people who made this particular ascent.

It will be found stimulating by both climber and nonclimber alike. Ridgeway does a good job of unfolding the unlikely possibility of the climbers ever being successful right up to the last breathless moments when Chris Chandler and Bob Cormack were overtaken by darkness on the world's highest mountain.

reviewed by Doug Howard

Climber's Calendar

JULY 1

PICNIC 1:00 PM at Izaak Walton League Park
700 Muddy Branch Road
Gaithersburg, MD

7,8	GUNKS	Stan Halpin	340-2593
8	SUGARLOAF	John Bremer	654-3677
11	MS Meeting; 8pm PATC Hd	"Sentinel: West Face"	
15	VASO ISLAND	Ryan Pierson	
21-22	GREENLAND GAP		
22	WOLF ROCK, MD	Greg Christopolus	293-3272
AUG 5	BULL RUN	Bill De Lano	532-0650
11,12	SENECA ROCKS	Parker Hill	
12	GREAT FALLS, MD		
19	WEAVERTON CLIFF	Martha Hale	
26	WILDCAT POINT	Lin Murphy	533-8412
SEPT 1-3	GUNKS	Lin Murphy	"
2	GREAT FALLS, VA		
9	ANNAPOLIS ROCKS	Paul and Betsy Guthrie	
	MS Meeting; 8pm PATC Hd	"Free Climb: The Northwest Face of Half Dome"	
16	OLD RAG	James Eakin	598-6047
23	MS CAVING TRIP	Rick Todd	431-2236
30	HERMITAGE	Ian Cruickshank	484-5108

Up Rope

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July-August 1979