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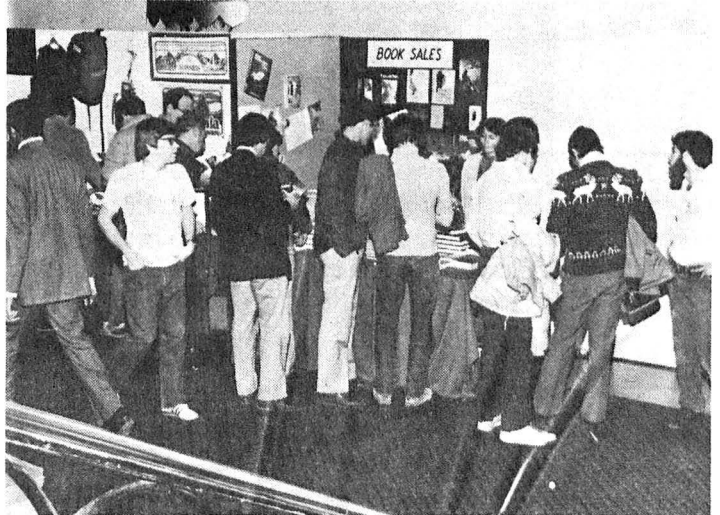
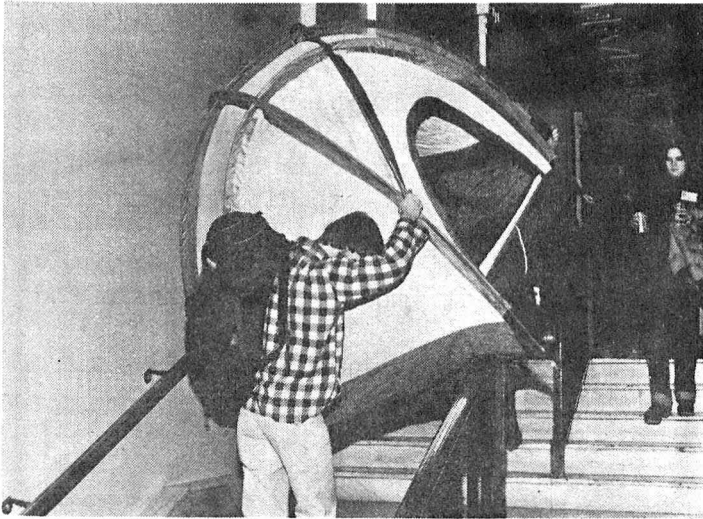
## NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

1718 N Street, N.W. Washington DC 20036

Volume 36, Number 1

January 1981

### CLIMBERS GATHER AT AAC ANNUAL MEETING



left to right bottom: Kathy Andberg, Tom Russell, Meg Kremer, John Pollack (Mountaineers Books) and Ned Gillett  
Photos by Mollie Issacs

ANNUAL MEETING (continued)



Galen Rowell - Photo by Mollie Issacs

The annual meeting of the American Alpine Club was a great success, for the sponsoring Blue Ridge Section and all local climbers as well. Success means Blue Ridge now has the resources and the incentive to sponsor future shows and events for the Washington area climbing community.

About 350 registrants attended the three-day program at the Shoreham the first weekend in December. The program started Friday night with a talk on mountain photography. Sallie Greenwood moderated the panel of Galen Rowell, mountain photographer, Bruce MacElfresh, National Geographic Magazine picture editor, and Ad Carter, editor, American Alpine Journal. Galen showed some "impossible" pictures and told us (briefly) how he took them. The panel's advice: develop empathy with your subject; learn to anticipate; and practice a lot.

Saturday's programs began with a talk on government-expedition relations by former Ambassador to Nepal L. Douglas Heck. He described the social, economic, and ecological impact that trekkers and

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UP ROPE

UP ROPE is the monthly newsletter of the Mountaineering Section (MS) of the Potomac Appalachian Trail Club (PATC) of Washington, D.C. Climbing articles, letters, and comments are welcome and should be addressed to Lin Murphy, 2314 N. Harrison Street, Arlington, Va. 22205. Deadline is the 20th of each month. Subscriptions for MS members are included in the dues. The annual subscription price for nonmembers is \$4. Current PATC members interested in receiving UP ROPE may obtain a subscription at no charge. MS members must belong to PATC. Applicants for membership and PATC members can join the MS by obtaining sponsorship from a current MS member. Send subscription and address changes to Mountaineering Section-Secretary, 1718 N Street, N.W., Washington, D.C. 20036.

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MOUNTAINEERING SECTION ACTIVITIES

The MS holds meetings at PATC headquarters (1718 N Street, N.W., Washington, D.C.) the second Wednesday of each month except August. There is a brief business session followed by 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 climber's calendar for scheduled trips.

Beginning and intermediate training are offered once a month. Anyone is welcome to participate in MS activities, although some restrictions may be placed on participation in club trips. The Sunday trips are usually to areas where there is a complete range of top rope climbs. However, we ask that you have some experience or training prior to the trip. The weekend trips are usually for lead climbers only, and you are expected to find your own climbing partner.

ANNUAL MEETING (continued)

mountaineers have on a traditional society like Nepal's and noted that our ideas of progress and wealth do not always benefit the people we visit.

After lunch Terris Moore showed wonderful old lantern slides of his successful 1932 expedition to China's Minya Konka. After a short break Jed Williamson presented a program on the AAC 1980 expedition to Minya Konka, now called Gongga Shan. Galen Rowell capped Saturday's China program with a post-banquet show of his ski ascent this summer of Muztag Ata. After 1932 China was closed to American climbers. This year's trips mark the reopening after 48 years.

On Sunday a series of informal workshops drew about 200 participants. The ice climbing session (more later) had an especially large crowd. Next, Ad Carter, Arlene Blum, Andy Harvard, and Don McIntyre talked in general terms about expedition planning: permits, food, team organization. Dr. George Merriam conducted the mountain medicine seminar, which included presentations on the 1981 Everest Medical Expedition and hypothermia. Alicia Sheperd chaired an ad hoc session where people could talk about anything

they wanted, which included AAC membership and Alaska climbing rules. Finally, Neil Arsenault and Ned Gillette led a discussion on ski mountaineering.

All the Sunday seminars were taped, and the transcripts may appear later in popular mountaineering magazines. Special correspondent Cruickshank scooped the Western Establishment press and submitted the following report on the ice climbing workshop.

During the three-day program, exhibitors like Chouinard, The North Face, and Lowe displayed their products,\* and mountaineering books were sold. Climber-authors Arlene Blum, Terris Moore, Andy Harvard, Rich Ridgeway, and Galen Rowell happily autographed their books and fanned the buying frenzy.

Andy Kauffman, Chairman of the Annual Meeting Committee, wants everyone to know that the AAC is extremely grateful for their support and participation.

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\*We will only note the unsporting theft of a Chouinard ice ax and the Marines' prototype Gortex jacket. Be suspicious of someone with long hair in an olive drab but snazzy parka.

ICE!

by Ian Cruickshank

Jeff Lowe, Neil Arsenault, and Henry Barber conducted the session. We missed the presence of Yvon Chouinard, who, along with Lowe, would have represented not only the two big names in American ice climbing, but also the supposed "traditional" versus innovative aspects of the sport.

After a gracious introduction by Neil, Jeff presented a slick and superbly photographed film of a climb of Bridalveil Falls in Colorado. The film really did portray "where it's at" and to some extent answered many of the nascent questions in the audience. When you see Jeff leading an overhang of two or three feet in the most relaxed and controlled fashion, somehow most of your questions are answered.

The questions from the audience tended to take two forms: technique and equipment and "Where are we going?" There appeared to be a unanimity (at least among the number who asked questions) of opinion that the modern ice tools--new points and picks, crampons, screws and pitons and technique, have brought in a wave of new climbers who have not paid their dues by first learning the basics. For the most part the panel, while stressing that fundamentals were absolutely vital, took a philosophical attitude about the problem. As Neil said, "I was a beginner once, and maybe I'm still a turkey," but you got the impression that neither he nor the others had become elitist. "When Frankenstein

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ICE! (continued)

Cliffs are crowded, you can go a few minutes farther on and find Arethusa Falls practically vacant," Barber suggested. In response to a question about the glamorization of the sport represented by the film we had just seen, none felt any guilt about the "turkeys" who might be tempted to try hard ice without the proper apprenticeship. Both Jeff and Henry felt that a certain amount of publicity was inevitable if you are one of the leading climbers, and that as long as you came across as honest (not "pimping"), there's little that can be done about it.

A number of very useful points on technique and equipment were aired. I will summarize:

1. On hard ice the modern (Lowe) glide ring is the best arm support. The webbing loop also is good.
2. It takes experience and desire to be good. One should first become a competent rock climber because ice climbing requires just as much imagination and the same skills of balance and flexibility.
3. The quality of your protection is far more a function of the quality of the ice than the type of screws or pitons. Lowe carries a selection of his own (SNARGS) and Chouinard screws. The secret of placement is the proper initiation of the screw hole. Make it deep and narrow, so that you can place it and then hammer or screw it in with one hand. Hanging by the crook of your arm through the axe loop (so you can use both hands) can cut off blood flow and

is less desirable. If necessary, hang by a mare's tail from the axe. Henry Barber had the best comment here: Use your imagination. Vertical ice is rarely vertical. Flutes and bulges will often permit you to maintain balance while placing your protection. Use icicles and natural features and even (though I heard "oohs" in the audience) rock climbing chocks in the ice.

4. On the mental and physical approach to ice climbing: the best training is climbing. Strength is not so important as technique (have we heard that before from the pros?). Henry suggested climbing in nonperfect conditions--rain and poor ice as they do in Scotland--and advised that one should do easy ice with a minimum of equipment. Always help keep the odds reasonable. Whoever the poor guy is that everyone saw on Willey Slide front-pointing with two tools on 30° ice must have shriveled in his chair.

5. On teaching ice: Barber prefers group seminars, because of the interaction among the group, and emphasizes basic snow climbing techniques rather than steep ice. Lowe likes "communicating" and enjoys taking out one student, as long as the student has some rock climbing background.

I came away with one main impression. Use good equipment, but equipment is not where it's at. Maximize the experience, whether on easy or hard ice, waterfall or Peru, by being prepared and using tools appropriate to the challenge.

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## Meeting Report

December 10

Martha zipped expeditiously through the business-affairs part of the meeting. On behalf of the Blue Ridge Section, Sallie Greenwood thanked all local climbers for their support of the AAC annual meeting. Lin Murphy encouraged MS to make a contribution to the Shawangunks Legal Defense Fund. The issue will be taken up formally by the January executive committee meeting. She also gave meeting attendees a great deal on

AAC guidebooks and showed her Nepal slides and some from the November MS trip to North Carolina.

### The Great Deal Continues...

Special price on all AAC guidebooks: Interior Ranges of Canada; Rocky Mountains Canada; Tahquitz; Lumpy Ridge; Shawangunks. Also some autographed copies of Arlene Blum's Annapurna; Ridgeway's Last Step; Rowell's Many People Come. Lin.

## Coming Events

### HYPOXIA SYMPOSIUM

The Arctic Institute of North America is sponsoring its second symposium on hypoxia January 13-17 in Banff Alberta. The meeting's purpose is "to promote the further exchange of information between researchers and clinicians." Some topics would seem to require already knowing the subject, e.g., "embolic pulmonary edema" and "pathophysiology of hypoxia." Others, such as "man at altitude" and "cocktail hour" are, apparently, directed to those with regular mountaineering backgrounds. For more information write the Institute at the University of Calgary, 2500 University Drive N.W., Calgary, Alberta, Canada T2N1N4.

Dr. Charles Houston will chair the "man at altitude" session. He has recently published Going High, The Story of Man and Altitude, 200 nontechnical pages about the history of man's exploration of the air and "(how we function) under the dangerous stress of oxygen lack."

Order copies(\$10) from Dr. Houston, Arctic Institute High Altitude Physiology Study, 77 Ledge Road, Burlington, VT 05401.

### CHINA: TREKS, TOURS, & CLIMB

Mountain Travel has scheduled nine different trips to China for 1981. Call them for a complete list and details, (415) 527-8100. Their trips include treks to Mt. Everest, Mt. Anyemaqen, --also an expedition--Mt. Bogda, Mts. Kongur and Muztag Ata, and Minya Konka. There are also tours to Tibet and around China.

### SUPER SKI SCHEDULE

The Alpine Club of Canada has scheduled a winter-spring season full of ski-touring and mountaineering camps.

McGillivray Pass: February 14-21

Azure Pass: March 7-14

Little Yoho: March 7-14

Fairy Meadows: March 28-April 4

Lake Louise and others: Mr 28-April 4

Mt. Assiniboine: April 19-26

The Club also announced that its general mountaineering camp will be at Fairy Meadows July 25-August 15. ACC, Box 1026, Banff, Al TOL OCO

### THE CHEMICAL CLIMBER

Few remember the hey-days of the sixties, but during those times a brave few embarked on voyages of inner discovery. As a result, the Drug Enforcement Agency severely restricted the use of certain chemicals, which, the literature suggests, could prove a boon to the climbing community.

A case in point has come to my attention recently. An aid, not to the leader, but to the second! (Thus, you see, I am not going to rehash a topic already obscured by too much smoke....)

A shrub, iboga, Tabernanthe iboga, Baill., Apocynaceae, is the source for ibogaine, an indole alkaloid. Although it is categorized as an antidepressant, the observa-

tion is made that, "Iboga extracts are said to be used by African natives while stalking game, to enable them to remain motionless for as long as two days while retaining mental alertness."\*

What an appealing combination! The belayer need no longer fight off boredom, nor the leader worry that his cautious progress is generating inattention. No more squirming, shifting hands, or day dreaming. How ideal! And for ice climbing too! Alas, its use, "may produce serious psychological disturbances,"\* so this thought may be just a pipe dream.

Anon.

\*Merck Index, 9th ed.

THOSE QUALIFYING CLIMBS

You had to have climbed two climbs of Group A (For one climb of Group A, two or more climbs of Group B could be substituted.) during the year to be eligible to vote for Club officers. This was back in the late thirties and fourties, before the group known as the Washington Rock Climbers became the Mountaineering Section of the Potomac Appalachian Trail Club. The purpose of this rule limiting franchise was to insure that only active climbers controlled the Club.

From old UP ROPEs one learns that the list of Qualifying Climbs changed from time to time. The war and gas rationing caused climbers to focus their skills and energies on the Potomac Gorge. New routes were discovered, and the list grew. Below is the list that appeared in the April 4, 1945 UP ROPE. Enthusiastic and concerned Club members scattered around the world received UP ROPE and wondered where, what were these new climbs. To satisfy the curiosity of members abroad and to create a record, UP ROPE published descriptions of the Qualifying Climbs. This coming year, for memory's sake and for rediscovery, we'll do that too.

## Group A

The Bull Run Overhang  
Sterling's Corner, Bull Run  
Charlie's Crack, Bull Run  
The Butterfinger Climb, Sugarloaf  
The Little Handhold that Isn't There,  
Cleft Island  
Donalds' Ducks Traverse, Echo Cliffs-  
as a lead  
Socrates' Downfall, Echo Cliffs-  
from the bottom

Bird's Nest Climb, Great Falls-  
as a lead  
Triangle-and-Coffin Climb, Cupids Bower  
The East Face, Camp Lewis  
Chairman's Chimney, Herzog Island  
The Fingertip Balance Climb, Herzog Is.  
The Face Traverse, Herzog Is., followed  
by the ascent of Jan's Semi-  
chimney, all as a lead  
Arthur's Crossover, Carderock  
Sterling's Crack, Carderock  
Spider Walk, Carderock  
Leonard's Lunacy, Carderock  
Herbie's Horror, Carderock  
The Gargoyle Bridge and Angel Roost  
Climb, Schoolhouse Cave  
Climb from Gunsight Notch to South  
Peak, Seneca

## Group B

Sterling's Quartz Slab, Bull Run  
Two Inches More, Bull Run  
Traverse of Southeast Corner and Ascent  
of South Face of Peak Gambs, Bull  
Run  
The Chimney Climb, Stony Man  
The Beginner's Climb, Old Rag  
Charlie's Lead, Harper's Ferry  
Cockscomb Overhang Climb, Seneca  
Socrates' Downfall- starting from the  
top  
Climb to the Woods, Echo Cliffs  
Big Toe Traverse, Echo Cliffs-as a lead  
Bird's Nest Climb- not as a lead  
Vertical Crack facing Juliet's Balcony,  
Great Falls  
Chris' Crack and Stocking Crack, Great  
Falls  
Inside Corner of Flatiron Rock, Great  
Falls

**Conservation Report**

Last month the AAC board of directors passed a resolution supporting Park Service rules to abate noise from the Jackson Hole Airport, which lies in Grand Teton National Park. The proposed regulations adopt FAA aircraft noise limitations, stage three, which would bar the use of certain plane types, notably the 737. Enforcement of the limitations may be a long way off: Wyoming senators oppose the regulations, and the incoming administration may freeze regulatory activity. The AAC board also passed a resolution opposing the unrestricted use of snowmobiles in mountain areas.

**Equipment Notes**

I realize that foam pads are not glamour equipment. Nor are they uniquely climbers' gear, since most regular people know right off what they are and how to use them. But my new Pak Foam pad is so comfortable it deserves a note. It is composed of two laminated layers (soft, cushy foam for comfort and closed-cell foam for warmth) and covered with water-proof-for-the-bottom and breathable, unslippery-for-the-top fabrics in contrasting colors, which helps tell which side is up.

Lin Murphy

## Hanging Around

### GREENLAND GAP, W VA - December 13, 14

Saturday was rather good weather, not too cold, not too windy, considering it was mid-December and that we were climbing on an exposed face nearly 800 feet above the stream that flows through the Gap. After breakfast and the talus slope, we wandered along the base to pick routes, concentrating on the yellow buttness. James claims there's still some loose rock down where he and Ian were climbing. A surprise: from the constant crashes that came from their direction we thought they had knocked it all off.

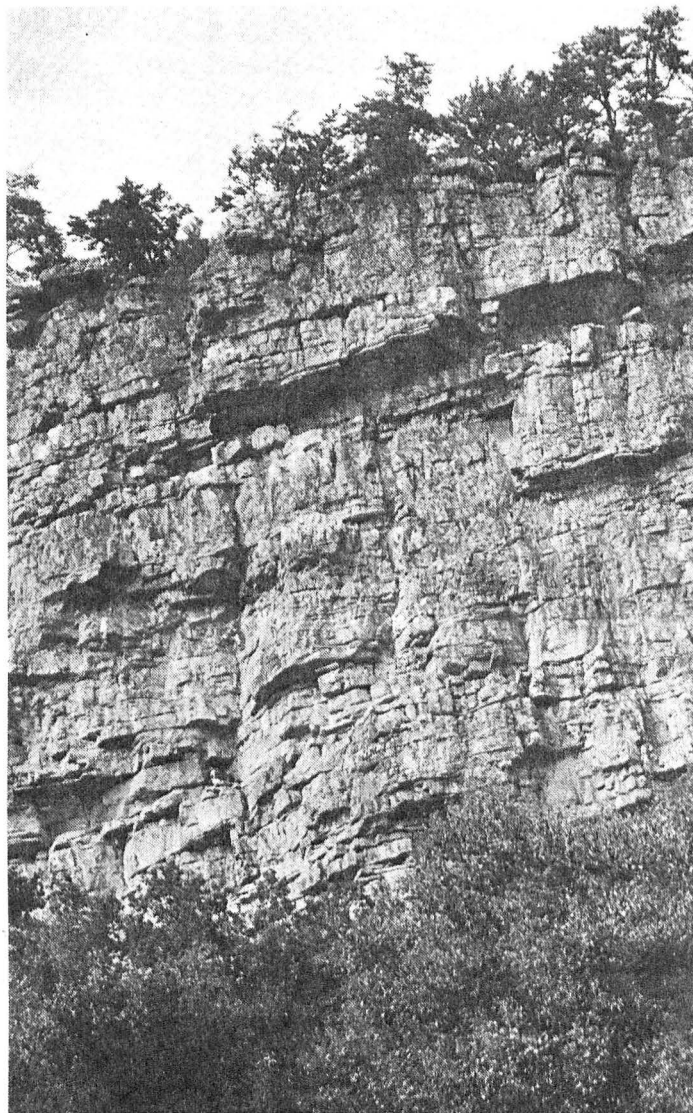
Sunday morning was sunny and bright and 30° with a 40-mile wind. We decided to go home, exploring for new rocks on the way. The road to Caudey's Castle is locked shut with a bright new padlock. About the only rock we found was the Bloomery Gap iron furnace, which is an official historic site with a fence part way around. We swarmed over to it and began traversing along its base while Johnny worked on a heel-lock move on the south end. James stopped our caravan once more to gaze wistfully at some severely downsloping quarry cuts behind a grocery store just outside Berkeley Springs.

Leaving the worst for last, it is our duty to report on Friday night's dinner in Winchester. The "Special" at Duff's Rebel is an insult to southern cooking. Saturday morning a humble place (down the road and over the hill from the Gap) called "Restrant" had better food.

Surviving both climb and cuisine are Bob Berger, Jeff Brown, John Bremer, Johnny Battimelli, Ian Cruickshank, James Eakin, Larry Geib, Sallie Greenwood, and Lin Murphy.

### CARDEROCK - December 14

Martha reports, "The day was quite pretty, but nothing in particular happened." Don Barnett, Paul Perelli, Ron Greenberg and friend, Tim Fox, and Martha Hale



Greenland Gap -Photo by Charlie Dorian



## Climber's Calendar

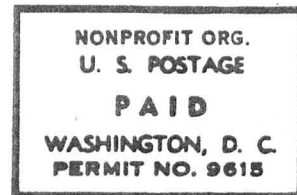
January 4	Sugarloaf	Stan Halpin(546-0916)
11	Cupids Bower	Greg Cristopolus(535-4061)
14	MS meeting-8pm PATC Hd	John Bremer's Colorado slides
18, 19	Seneca Rocks	
25	Great Falls, MD	
February 1	Cupids Bower	
8	Crescent Rocks	
15	Camp Lewis	
14, 15, 16	Seneca Rocks	
22	Old Rag	
March 1	Bull Run or Sugarloaf	
8	Annapolis Rocks	
15	Great Falls, MD	
21, 22	Shawangunks	
22	Echo Rock or Cow's Hoof	

NOTE: All January and February climbs are subject to change to ice climbing or to cross-country skiing. For information on trips call the leader or James Eakin(598-6047). For ice climbing trips arranged on an impromptu basis call Stan Halpin, Don McIntyre (536-6122), or James Eakin.

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