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

1718 N Street, N.W. Washington DC 20036

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JULY / AUGUST 1982

K2 by Patrick Meyers at the Arena Stage

With just its name, "K2" could probably draw many Washington area climbers. Good early reviews added to the enticement. It was worth it.

This is a small play, with just one act and two actors, but it addresses the large issues, and well. It asks, and answers, questions like, "Why are we here?" and "Where are we going?" in both local and universal senses. I know that sounds overly ambitious, but K2 manages it by being spare and leaving out the excess baggage. You are drawn into the plight and dilemma of the climber-actors and can recognize pieces of climber-friends in the dialog.

Sparseness is not extended to the set, however, it is a magnificent recreation of the icy world of a summit. It even sounds like ice at times. Spindrift, cold, avalanches and wind are believed, well "setting the stage" for the actors' roles.

There are many small, nit-picking things that could be critized -- especially things of the that's-not-way-I-would-do-it type. In retrospect, they are minor. Each of us likes to feel superior to the average man, that we have some special expertise. Re-examination of established habits is also a time for growth and the exercise of choice as we decide to go on or hold on.

Charlie Dorian

AN EVENING WITH K2 (dressed for the occasion)

The week before the scheduled AAC onslaught on K2, another contingent, mostly PATC-oriented, braved the elements to see the show. This group, at least partially, dressed for the occasion.

Yes, that is true. We went to the theatre dressed as climbers! We wore slings and ropes and biners and ice screws and, yes, we got in! We even heard murmurings of "Look, there's the cast." as we wandered through the lobby. We saw Stan Halpin and Meg Harding as they went to a different show -- and they can vouch for the veracity of this account.

The brave souls so attired were myself, Janet Young, Vivien Prunier and John Ferguson. Several other members of our party succumbed to the exposure and refused to do the critical moves and dressed in suitable "street" clothes. These individuals will not be identified (but included people with names like McKenna and Christopolous).

Our group was suitably rewarded when, after the show, the understudy for the two actors approached us. He told us that the actor doing the climbing was terribly shy and actually afraid of heights! Neither of the actors were climbers and both received lots of training, especially the one doing the work. For those of you who

(continued on page 2)

haven't seen K2, there actually are three climbing sequences, one of which is an honest to goodness lead. They were done very convincingly.

The set was mostly your standard urethane foam but the climbing surface was a special industrial grade of stuff. It had to be strong since the route is climbed about 25 times each week. It is refurbished regularly. The set was marvelous, and I won't even try to do it justice with words.

The show is excellent, all that a climber could ask for. I did, however, figure out a reasonable scenario whereby the climbers might safely retreat from their perch. Since the run is probably over now I will recap the situation. The climbers are on a ledge an estimated 300 feet up a wall. They have a 120-foot rope, 7 or so biners, 7 or so ice screws and 30 feet of webbing. One climber is able; the other has all sorts of injuries. Here goes:

1. Set three screws on the ledge. Good climber repels on double rope and at bottom of rope puts in four more

screws, hangs from one and gets off the rope; 2. Other climber removes two of three screws at ledge, raps on third (sacrificing 1 screw and 1 biner), ties in to second screw next to partner. They pull the rope down and rig it on other two screws; 3. Process is repeated except leader can only put in 2 screws and must wait for second to put in two more. Now they are 180 feet up; 4. Process is repeated a third time although the exact order of setting the screws must be altered. Now they are 120 feet up and still have four screws and biners left; 5. Now they can make a single rope repel down to the base of the wall; 6. The healthy climber can wrap his friend with everything they have and run down to Camp V for help. They survive!!

A long shot, admittedly, but still a feasible and technically sound alternative to death. Comments anyone?

Harold Goldstein



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 Patti Lemon, c/o MRC, Inc., 3413-1/2 M Street, N.W., Washington, D.C. 20007. 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.

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.

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Backcountry Skiing
Lito Tejada-Flores
Sierra Club Books (1981)

Mountain Skiing
Vic Bein
The Mountaineers (1982)

Two recent books attest to a growing recognition of the fun of off-the-trail skiing. Both deserve to be read, but perhaps by different audiences.

Vic Bein is full of enthusiasm for the sport, so much so that you begin to wonder who's he kidding when he describes techniques like a cross-over telemark turn (the rear ski's tip is behind the lead) or a "para-mark" (sequentially combining parallel and telemark turns). He has, however, touched all the bases in what amounts to an inside-the-park home run. Everything is there, from nordic equipment through wilderness ethics, but most topics are only briefly sketched.

Mountain Skiing should be read as an introduction or a summertime reminder of how you should spend next winter's snow time. Like good gear, it's lightweight and well done.

On the other hand, Backcountry Skiing should not be read in one sitting. It's an out-of-the-park home run. It ambles along the base paths and stomps on each base in turn. You could bring it along next winter's trip and spend each weekend practicing a new chapter. If you become overwhelmed by the technical details, then just sit back and contemplate the Tejada-Flores poetry that introduces each chapter.

It's all here, too. Line drawings and photographs depict techniques. Historically interesting points are illustrated. And half the book is devoted to the "backcountry experience". There's even four pages on the head trip involved in suddenly realizing what being 15 miles from a road means, and how to cope with it. This will be a reference book for many years.

In summary, Mountain Skiing is a tasty antipasto which might be

stretched into a meal. Backcountry Skiing is a multi-course dinner, whose memory will endure.

Charlie Dorian

Mountaineering:
The Freedom of the Hills
Fourth Edition, 550 pages
Ed Peters, editor
The Mountaineers (1982)

The well-known and highly respected textbook on mountaineering has been updated and improved. The revisors left little of the material untouched. They included the newer equipment and techniques where appropriate and improved the detail in many illustrations. Several sections have been rewritten to present the material more logically and to include more information.

Specifically, the newer equipment discussed are items such as super-gaiters, dome tents, friends, pile, gore-tex, figure 8's, nut picks, and snags. The chapter on ice climbing was expanded to include the French techniques. The rock climbing chapters were rewritten completely. The new section, called Protection, focusses on clean climbing, while piton-craft is treated with aid techniques. An appendix on ratings of climbs has been added.

While the revisions add greatly to the completeness of the text, the Mountaineer's conservative approach is maintained. The ten-point climbing code, unchanged, is explained in more detail, emphasizing the publisher's intent to limit the dangers of mountaineering.

Although some of the classic photographs in the older editions will be missed, the new ones depict more recent inspirational scenes. However, those of you looking for the beef jerky recipe had better refer to an older edition. All in all, the new edition is a definite improvement over its predecessors. If you don't already have the text, this is the edition to buy.

Jeff Brown

SENECA: May 22-23, 1982

Joe Farness and I "poured" Charlie into the back seat and headed for Seneca later-than-usual Friday night. Even with a forecast of rain, Roy Gap Road was packed.

We met Ray Blum and Bruce of the FS on Saturday morning and proceeded to the trail with our tools. We had almost finished connecting the two parts we did last weekend when Brian Rennex and Bob Berger appeared to help. They continued with the effort for two hours after we original five quit.

Charlie and Joe took a dip in the water while I stretched out in my hammock. We topped off the evening with steak and salad, a quick trip to Yokums for coffee and pie, a visit to The Gendarme for the day's climbing stories, and dove into our tents as the rain started to fall.

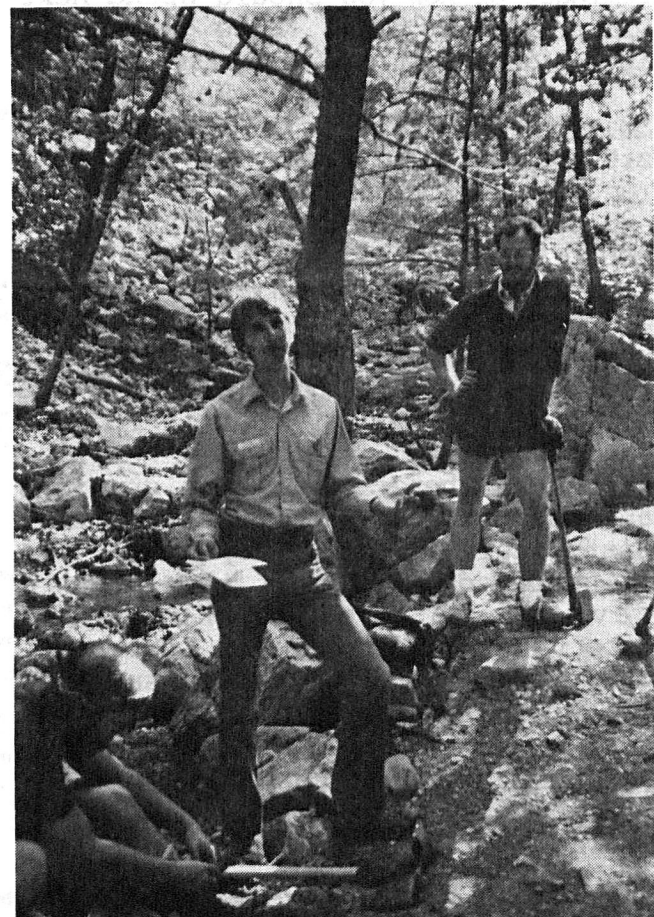
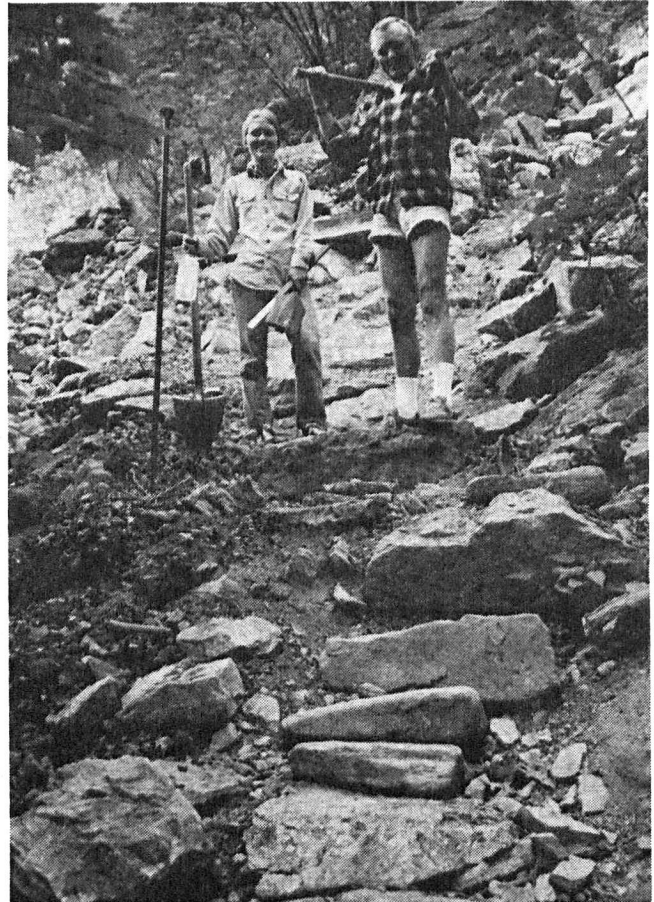
On Sunday morning, not caring to climb wet rock, Joe and I talked Charlie into working on the 4.12-part of the trail that needed smoothing off. Thanks to the work that Bob and Brian did on Saturday, we were able to put in three more water bars and complete the second switchback [where the new trail rejoins the old].

NOTE: The work trips will be scheduled throughout the summer as work is needed to be done. [Call Dave Atkinson or Martha Hale for more information.]

The area around the base of Old Man's is in terrible condition. This part of our work is rapidly moving up the priority list.

You can help out and put in some work merely by contacting Ray at the Visitors Center and finding out what needs to be done. All of your help and support is needed and appreciated.

Patti Lemon



Top: Joe and Patti on new steps.
Bottom: John Gregory, Ray Blum, and James Eakin getting started on May 15th.

MOTHER'S DAY: May 9, 1982

Well, even rock climbers have mothers (and some are mothers -- in all meanings of the word!), so the trip to Old Rag didn't quite get there.

But, we did get to Great Falls for a short -- although ambitious -- day. A newcomer, Kevin Houghton, was there to try out his new, bargain-priced [\$20!] EBs. My son, Nick, was roped into coming, too. Barbara Llewellyn, Pete Grant and his most excellent children (Janice, Karen and Helen) completed the crew.

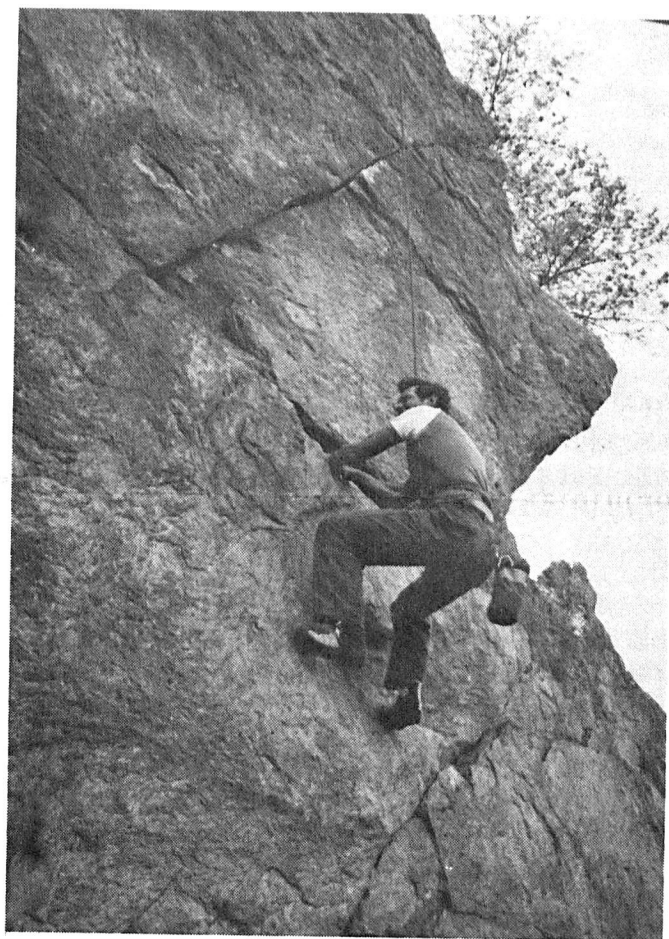
Not wanting to waste any time, Romeo's Ladder was rigged first. It proved to be a push over! Which was gratifying, since we were under the gaze of a rock class who spent at least an hour listening to a lecture while wearing helmets, etc.!

Next we tried to find the Aid Box and wound up at Arm Buster/Z Slash. Although he kept saying that he should go, Pete stayed and flew up A.B. I finally got it on my third try. Everybody else gave some very credible efforts, so maybe next time ...

The day was finished with some intimate inspections of the holds (or lack of some?) on Z Slash and One Lane Highway, around the corner. Next time, we will be serious about our attempts for sure.

As we said goodbye, Pete was heard to mutter, "Now, if only I can find a store open to buy a Mother's Day card..."

Charlie Dorian



LITTLE STONY MAN: May 23, 1982

The forecast called for rain -- all day -- so it was no surprise that on Sunday morning, with skies overcast and light drizzle falling, that calls from climbers wishing to cancel out started coming in. There were enough of us "diehards", however, to go ahead with the trip and risk the 90-minute drive to attempt the summit of Little Stony Man, rain or not!

Six of us met at A.O. and, three more showed up later on at the cliffs. There were only three ropes along, but since many of the climbs required two ropes tied together, we were able to have only two climbs active at any one time.

Photo: Pete Grant on Z Slash.

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'GUNKS — MEMORIAL DAY WEEKEND
May 29-31, 1982

In a touching testament to the overwhelming optimism of climbers, New Paltz was packed with Washington area climbers this holiday. Notice I specified New Paltz, because the cliffs were almost empty. It rained. And thunderstormed. And rained.

Saturday, some of us took a hike (to Awasting Lake and Rainbow Falls -- worth the hour each way), talked to the Park Rangers (one was opposed -- people with kids and trailbikes will there; one was for -- it'll save a tax dollar), and even snuck in a late climb (top roped that overhanging block near the steel bridge). Others really climbed (Classic in the rain!). And some stayed in town and played Donkey-Kong (\$20 in quarters!!). Dinner at Barnaby's provided an excuse to sample the Molson Ale and Dinkel Acker (dark) on tap, strawberry dacquiaries, Mexican coffee, etc. Too bloated for a Friendly's dessert, a congenial crowd gathered on the brick wall next to the Rock and Snow for continued conversation and beer, which led to the weekend's highlight: A mother, with two kids in tow, passed by, glanced once, and murmured, "Look at the derelicts!" Can it be true? Have we, the Derelicts, become the weeds in the garden of the Vulgarians, much as they did to the AAC?

Sunday was overcast, damp, but not actively raining, so some climbing was done -- not necessarily on extreme climbs, but definitely at a high level as the rock was wet and buckets were literally buckets, still full of water. It's a true adrenalin rush trying to pull the crux overhang while holding onto a puddle! At dinner that night (also at Barnaby's -- fatigue? inertia? the drinks?) everybody seemed satisfied, if not pleased, with the day.

Monday, it was raining when we got up, raining when we had finished breakfast, raining as we drove south, raining while we crossed from Delaware

into Pennsylvania, raining in Wilkes-Barre, but not in Washington.

Would I do it again? You bet, and so would Patti Lemon, Paul Torelli, Martha Hale, Barbara Llewellyn, James Eakin, Pete Grant and Helen, Janice and Karen, Bill Heronymous, Art Powell, Patricia Archangeli, Parker Hill, Joe Farness and Maxine, John Bremmer, Alex Karczewski (pronounced Car-chev'-ski), Brian Rennex, Lori Brush, Dick Lautis, Howard Doyle and Pat, Mike Whitman, Mike "Darth" Bader, John Stannard, and other spirits, known and unknown.

Charlie Dorian

Little Stony Man
(continued from page 5)

The cliffs had several overhangs, and in spite of the numerous holds, proved to be more difficult than was apparent from the ground. Some lead climbing was also attempted as the rocks were high enough to be suitable for that sort of thing.

Overall, the day turned out to be excellent. There was no rain, and the cliffs remained dry throughout the day, although at times fog rolled in and brought in some moisture with it. We managed to see hazy sunshine and feel the sun's rays warm our bodies (and souls).

Before we knew it, it was 6:00 p.m., and we decided to call it a day. After stopping by for pizza and beer in Warrenton, I finally arrived home at 9:45 p.m., making this my longest Sunday climbing trip in a long time.

Participants were: Dave Dantzler, Helen Grant, Janice Grant, Pete Grant, Barbara Llewellyn, Paul Torelli, and three non-climbers.

Pete Grant

LAWS OF PROTECTION

Have you ever been on a climb when nothing goes right? Kind of starts out as a bad feeling that gradually increases the higher you go. Until suddenly, your in the middle of the crux and everything is going wrong. Where you are and what you're doing comes crashing in on you as you're frantically trying to extract yourself from the mess you've found yourself in.

It was during just such an awakening that I began to discover the Laws of Protection.

1. The amount of protection is inversely proportional to fear.
2. The probability that the first nut selected will be the wrong size increases with anxiety and vice versa.
3. The probability that the needed nut will be mired in the most inaccessible place on the rack increases with need.
4. When considering protection -- need, anxiety, and fear have a high (near perfect) positive correlation.
5. The uniqueness of the placement is directly proportional to the realization that the nut has already been used.
6. The age of the fixed piton is directly proportional to the intensity of the search for a good nut placement.
7. The realization and occurrence of the Laws of Protection are directly proportional to the degree of anxiety.

Eakin's Observations on Protection

1. Carry a large rack so you can protect often.
2. Protect often when you lead so your second carries the rack.
3. Over-the-head pro looks pretty.
4. When 40 feet up, pro 30 feet below looks grim.
5. Placing a #0 RP on a free climb is a religious experience.
6. Good friends are great!
7. Chalk up when contemplating the Laws of Protection.

James Eakin

CARDEROCK CONSERVATION PROJECT UPDATE

WHO ARE WE?

As many of you are already aware, the Carderock Conservation Committee is composed of members of the American Alpine Club, the Potomac Appalachian Trail Club, and "unaffiliated" climbers, hikers and users of the Carderock area. We are working with the National Park Service to halt the erosion to the area brought about by rainfall, river flow, and heavy use by all of us who love this natural playground.

WHAT WE HAVE DONE

A temporary rock walkway has been constructed by Mike Chaney to allow access over the swampy area between the parking lot and the top of the rocks. John Christian will construct a permanent walkway composed of wood donated by a Baltimore lumber company. As soon as John has word of a definite delivery date for that lumber he will contact those who have expressed interest in helping with the construction.

Trails have been delineated with railroad ties obtained by the Park Service (Rangers Mike Brown and Louis Wesselhoft) and carried to the site by John Bercar and his students from the University of Maryland.

Planting of willows (shrubs, not trees) obtained from the U.S. Soil Conservation Service in Beltsville, Maryland was done by John Teasdale. They have been placed along the bank upstream and downstream of the Cripple's area and their usefulness in stabilizing the bank will be reported to the Soil Conservation people. Lin Murphy and Sallie Greenwood have also

set some plants in the area to the left of the walkdown. The purpose of this planting is to reduce the loss of soil by rainfall.

A retaining wall of railroad ties has been constructed in the Cripple's area and at the bank near Fishing Rock by Mike Chaney, John Stannard, and others who gave up climbing time for this project.

WHAT WE HOPE TO DO

Work still remains to be done with delineating the trails. Ties must be set in upstream of the Elsie's area, and anchored with stakes or rebar. We also want to put ties around the trail leading from the parking lot to the rocks.

The waterbars have to be sealed with plastic. Mike Chaney has already done a great deal of this work, in part by himself, and sometimes with other individuals.

Clean fill dirt which can support grass and shrub growth should be placed around the roots already exposed by erosion.

We have talked a great deal about the construction of a jetty, gabion, or rip-rap type of structure. The purpose of this structure would be to halt erosion by the river, and perhaps, allow the river to begin depositing silt along the bank. This work is still in the research stage.

Additional planting also needs to be done to assist the natural reclamation of the land by vegetation, a process greatly helped by all the rain we've had lately!

WHAT YOU CAN DO

Please stay on the trails delineated by the railroad ties. This

should halt, or at least slow down erosion resulting from inadequate ground cover.

We hope to get a work trip together before the end of this month to work on some of the things above. If I already have your name, I will give you a call. If I don't call you, and you want to help, call me!

Our group is long on people ready to get out and "do" something, but rather short on people to do the ground work for the "doing". This is what seems to take the longest. People are needed to find expert assistance in the construction of some of the more technically sophisticated structures. I mean, gabion, rip-rap, or a jetty. If you're interested in helping to get project going, give me a call.

Thank you to everyone who has already contributed to the effort to help Carderock. If you have any ideas, or wish to find out the status of the project, give me a call. If I don't have the answers, I can help to put you in touch with someone who does.

Janet Young, 966-9091
Project Coordinator

FIRST AID COURSES

If you are interested in taking a first aid course, contact Martha Hale (762-4769) or Harold Driscoll (966-9091). If you are interested in taking a mountaineering medicine course, contact Martha. Both of these courses will be described in a future publication of the Potomac Appalachian.

MINNEWASKA UPDATE

The Appalachian Mountain Club reports in its July/August Appalachia that they lost the first round in their lawsuit against the Palisades Interstate Park Commission to protect the conservation easement. According to the report, the judge ruled that "owning conservation easements is not the same as outright ownership and, therefore, is not subject to the same rights and restrictions." The AMC and the Sierra Club will appeal the decision.

They also noted as encouraging that members from the New York, Connecticut and Delaware Chapters of the AMC contributed over \$11,000 in support of the legal battle. Your individual support is also welcomed.

Jeff Brown

DENALI EXPEDITION RETURNS

The five members of the PATC Denali Expedition have all returned from Mt. McKinley safe, four of them, albeit, a week late. Jeff Brown, Ian Cruickshank, Ed Cummings and Ricky Todd endured two storms at 17,200 feet on the West Buttress Route while waiting for an opportunity to go for the summit.

Tom Russell, after making a carry to 16,200 feet, was forced to retreat due to a severe cough. The remaining four reached highpoints above Denali Pass (18,200 feet) but decided to turn back because of deteriorating weather and equipment problems. They were further delayed while waiting to be flown out from Kahiltna Base Camp due to more bad weather.

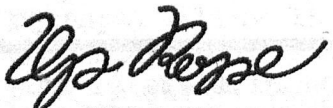
Patti Lemon



CLIMBER'S CALENDAR

| DATE | PLACE | COORDINATOR/INFORMATION |
|---------|-------------------------------|-------------------------|
| 7/3-5 | Gunks* | Parker Hill 273-5117 |
| 7/11 | Annapolis Rocks, MD | Martha Hale 762-4769 |
| 7/17-18 | Greenland Gap, WV * | Charlie Dorian 362-7523 |
| 7/25 | Cow Hoof Rocks, VA | |
| 8/1 | Big Devil's Stairs, VA | Pete Grant 960-6033 |
| 8/7-8 | Sinks of Gandy & Seneca, WV * | Charlie Dorian 362-7523 |
| 8/14 | Rock State Park, MD | Bill Stem 577-1071 |
| 8/22 | Crescent Rocks, MD | |
| 8/29 | Bull Run, VA | |
| 9/4-6 | Gunks * | |
| 9/12 | Old Rag, VA | Pete Grant 960-6033 |

* For trip information, call the leader or Charlie Dorian (362-7523). Day trips are to top rope climbing areas. Weekend trips (designated by *) are to lead climbing areas -- please arrange for your own climbing partner.


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