

FOUNDED BY
IAN AND HERB CONN

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

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BASE CAMP

CULVERWELL PAINTING PRESENTED TO PATC

At PATC's 60th Annual Dinner in October, former MS Chairmen Stuart Pregnall and Arnold Wexler, and former member John Meenehan, presented the club with a painting by Tom Culverwell. Other MS members present included Sam Moore, Don Hubbard, Jane Showacre, Ted and Kay Schad, Tom Marshall, Chuck Wettling and Karen Pregnall.

MS members will recall that we collected donations for the restoration and framing work on the painting. Under the watchful eye of John Meenehan, the painting has been restored to its original elegance. It depicts several of the MS members in caricature, en route to who knows where. The painting will be displayed in a prominent place at PATC HQ. Anyone who hasn't yet seen this masterpiece should make a trip downtown to view it.

We plan to have a presentation of both the painting and the two films that are presently being restored later in the year, or early next year. We'll keep you posted with developments.

GENDARME MISSING, MARKWELL SUSPECTED

In a startling mystery case in West Virginia, longtime MS member John Markwell has been arrested and detained in the case of the missing Gendarme.

The Gendarme disappeared Thursday, October 22, at approximately 3:27 P.M. Witness Tony Barnes said he saw "a huge cloud of dust and flying debris," when he heard an incredible noise while climbing nearby. West Virginia State Police and the FBI, who are jointly investigating the case, theorize that Markwell's Subaru Brat caused the dust and debris as he gunned his truck down the trail to escape detection. As to how he managed to get the 20-ton slab of quartzite onto the Brat, local law enforcement officer Web Hayes said, "We ain't too sure how he done it, but that Markwell's been a strange 'un ever since he moved into this valley."

The FBI has further theorized that Markwell planned to sell fragments of the Gendarme for use as climbing wall holds and souvenirs. FBI Director Sessions was quoted as saying, "We thought he might try to make T-shirts out of the pieces."

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Also being questioned in the case as an accomplice to the theft is Markwell's 10-year old son, Brock, who in a statement to the police claimed to have watched it fall from the school parking lot. As further evidence of his collusion, he stated that he looked at his watch to make sure of the time (3:27). As all climbers know, there isn't anyone near Markwell's shop in the afternoon except for customers trying to figure out which of the scrawled notes on the door is the latest "will return" notice. Markwell's statement that he was in the shop at the time and ran out to see what the commotion was has been questioned by the local authorities.

At the present time, the whereabouts of the missing monolith is unknown. The Potomac Highlands Conservancy has issued a reward notice, as has local climber Karen Pregnall, who still wants to climb it. Anybody having any information about the Gendarme should contact the Gendarme Relocation Fund, care of PATC.

If it is not returned by the spring climbing season, the National Forest Service has promised to reinstall a new one, fabricated from concrete. Otherwise, they wouldn't be able to sell all those post cards in stock at the Visitor's Center that show the Gendarme in place.

SLIDE SHOW NOVEMBER 2

Lynn Hill (sans Russ Raffa, who was unable to appear at the last minute) gave a slide show at the Red Cross Building on Monday, November 2. Approximately 140 persons attended which, at an admission of \$3 per, meant that the

MS spent relatively little for this function.

Lynn's slides covered her participation in European climbing competitions during the past two summers as well as the trend in climbing toward hang-dogging and other deviations from "traditional ethics." The slides themselves gave a good impression for the feel of a major European climbing competition. The show also included some good action slides. Unfortunately, the narration, which was read from a prepared text, added little to the presentation. More than the usual amount of technical snafus also broke up the flow of the talk. The prepared talk was also surprisingly short--about 40 minutes.

Lynn appeared much more relaxed and spontaneous during the question and answer session which covered a good range of topics. Lynn's devotion to climbing came through quite clearly in her descriptions of her training regimens and her future plans.

Lynn stayed around after the formal question and answer period to chat about all aspects of rock climbing. Unlike many other climbers who seemed preoccupied with upper body and finger training with the goal of cranking through hard moves, Lynn showed a very developed sense of the psychology and discipline of movements on rock as well as heightened awareness of body position while climbing. Those characteristics may stem from her background as a gymnast. In a few minutes Lynn talked more about the role of hips in climbing than I have heard in all my other climbing discussions combined. Lynn charitably provided the short person's beta for Foops, as well.

Lynn joined a few hangers-on for dinner at the American Cafe on Capitol Hill. She and Michael Mergi exchanged notes on geodesic domes, while Ken Andrasko discussed mutual Gunks acquaintances. She also settled a raging dispute by defining the climbing move known as "bonin' da piss," which refers to holds such as the first right handhold on Fingernail.

Although her slide show was somewhat lackluster, Lynn proved that in other settings she can be an enjoyable raconteur.

MEETING REPORT

NEW-NEW-NEW-NEW-NEW-NEW PIZZA AND BEER AT THE MONTHLY MEETINGS

In what the MS hopes will soon become a longtime tradition that draws climbers far and wide, pizza and beer will be served at the monthly meetings, starting at 7:30 P.M. A trial run was held at the December meeting, and all present were pleasantly surprised. (Except for Ed Cummings, but what can you expect when you show up at 9:30?) Wine and soft drinks will also be served. A nominal donation (\$3 most likely) will be solicited to cover the costs. We'll munch for a while, and then have the business portion of the meeting followed by entertainment. Let us hear your comments about this new format for the meetings (as well as your favorite pizza toppings and brand of beer).

AMERICAN ALPINE CLUB 85th ANNUAL MEETING LAS VEGAS

OK, so Vegas isn't the sort of place you'd expect the AAC to hold a meeting, but in reality...

Karen and I winged out a day early to catch the Red Rocks scene, which is REASON NO. 2 for holding the meeting in Vegas. Red Rocks is about 20 miles out of Vegas in the desert, composed mostly of an Aztec sandstone, incredibly colorful and beautiful, and sort of like climbing on Martian rock. It's weird stuff and takes a bit of getting used to. The Red Rocks Recreation Area is one of the prettiest places I've ever been. High desert flora, unbelievable vertical relief (Red Rocks has a dozen or so Grade V's), canyon after canyon of rock walls, colors from all over the palate, all are unusual surroundings for the East Coast rock climber.

We set off into Pine Creek Canyon (a truly lovely walk even if you don't climb) early Thursday morning, planning to try out a few of the recommended harder single pitch routes that lined the sunny side of the canyon. However, the stunning pyramid called Mescalito which dominated the head of the canyon drugged our senses and so we decided that a multi-pitch route sounded more fun. Always partial to good jokes, we chose a route named The Cat in the Hat, which ascended the immaculately formed southern skyline. Seven pitches in length, but rated only 5.6, it provided a delightful day off from hard climbing by giving us superb moves, pitch after pitch of fun, sustained scrambling, and amusing situations. Ask Karen about the traverse pitch! We

managed to climb and rap the route in five and a half hours, not bad for Karen's first Grade III.

Thursday night was spent at Caesar's Palace, Circus Circus, etc.

Friday was again beautiful, but we were beginning to feel the time zone changes and the effects of travel and play, so we decided to lower our sights a bit and concentrate on shorter routes. We bumbled off to easily accessible Willow Creek Canyon, passing a slew of people at Calico Hills. The climber population began to rise significantly at Red Rocks. We located what had looked on Thursday like a short, 80-100 foot crack climb called Ragged Edges. Of course, the scale is such that we found the 80 feet was really 164 feet... We met a couple of people from Salt Lake City on the route, decided to sit and watch for a while, and during our route preview were greeted by a Texan from Corpus Christi who talked a mile a minute and really wanted to do the route. So we combined forces, and bombed up the amazing jugs and crack that formed Ragged Edges (5.8). Imagine climbing on holds shaped like a couple of tacos stuck together--same shape, maybe double to triple thickness, same weird forms. Imagine also this immaculate hand/fist/offwidth crack (I used two 3 1/2 Friends and a 4!). Toss in a couple of real big huecos (solution pockets), and you've got the idea. What a great route. Karen wanted to climb it even though she was cold! Stern, the 40-ish Texan, acquitted himself very nicely on the route, and we walked off feeling virtuous for having ticked off another

classic.

Friday evening was spent working--the AAC cocktail party, buffet and slide show. We had front row seats, and were joined by John Harlin, AAC President Jim and Laura McCarthy (and Laura's mother), Russ Raffa and Lynn Hill. The slide show, provided by Nick Clinch and Rick Ridgeway, was on Antarctica and was absolutely superb. Incredible laughs and beautiful slides. The West Face of Mt. Tyree looks pretty interesting... We got some politicking done and went to sleep.

Saturday morning began early for the Access Committee, as we had a meeting in progress by 7:30! Access is the most pressing issue facing climbers today... (you've heard my spiel, so I'll spare you from reading it this time). We heard reports from all over the country, began to get some organization worked out among ourselves, and agreed to meet back in Vegas in March for the annual Ski Trade Show. We have a good core of people together, but need more help, especially in Colorado, the Mid-west, and a couple of other specific areas. The AAC Board has authorized some funding for us to operate during the next year, which will be a big help.

While we were meeting, the AAC Member's Meeting was taking place. Karen reports that annual dues will rise, membership needs to grow (applicants please see the Blue Ridge Secretary for forms--i.e., me), that Yvon Chouinard has become the main benefactor of the world's foremost annual climbing journal, that you can join him in this support by sending money to the Friends of the American Alpine

Journal fund, and various other committee reports were given. Next year's meeting, it was announced, will be held in Atlanta, GA. Ya'll join up and come on down, hear.

Following all that, Alison Osius gave a really good show on climbing at exchange meets in Australia and France. A quick lunch break was then followed by a lecture of great interest to most climbers--professional trainer Steve Ilg and orthopoedic surgeon Mark Robinson lectured on Training and Injuries. The information they passed on will be the subject of what I had originally intended to be a two part series on training for climbing and body movement, but which clearly will be a multi part series instead. Stay tuned in for more about the Ilg/Robinson lecture. Another short break prepared us for The Great Debate: Part II. What a bore. John Bachar and Johnny Woodward represented the "ground up" side and Alan Watts and Scott Franklin represented the other. It's clear, to me at least, that they're still talking about two different concepts of the same sport, and that further argument isn't going to change anyone's minds. Just stay tuned into the local ethics, and you'll be OK. By the way, young Scott has climbed To Be Or Not To Be (5.14a/b) at Smith Rocks, the first American and second ascent of the route. The real tragedy about the Great Debate was that the moderators, Jim McCarthy and Russ Raffa, didn't allow enough time for audience participation (again) and so we all sat through some dull moments. Also, the other participants, Michael Kennedy and George Bracksieck (editors of Climbing and Rock and Ice, respectively), had hoped

that the debate would finally get away from bolting and dogging and into some more important issues, such as access and conservation. At any rate, not much was resolved. At this point we broke for the evening, headed off to change into elegant clothing and ran back to take advantage of the open bar for which our \$75 had helped pay.

Once the crowd was well-chalked, we headed into dinner, where we were once again to have privileged seats, this time with AAC Vice President Andy Kauffman, who had reserved a table. Other dinner guests included former AAC Blue Ridge Section Chairman Dave Ward and his wife Pam, both of whom now live in sunny California, Bay area residents Bill and Dana Isherwood, AAC Director Ben Ferris from Boston, and Everester Gil Roberts and his wife Erica, also from California. Among the various annual award winners this year were Heilprin winner Jim McCarthy, Literary award winner Greg Childs, and the Underhill award went posthumously to Catherine Freer. Our friend Stern won a pack from the door prizes, but Karen didn't win anything this year. Following dinner we were treated to what was generally acknowledged to be one of the best slide shows anybody had ever seen, Glenn Porzak's Makalu Expedition. Incredible photography, sensitivity not only to the other expedition members but the surrounding peoples and country as well, and a clearly loving section devoted to Glenn's wife and children who trekked into Base Camp, all combined to make it a memorable show. Doug Scott's comment in Shishapangma about the importance of an expedition's success is in what takes place on the way to the

summit rather than actually getting there makes sense once you've seen Glenn's show. Later, climbers who had eaten too much overcooked prime rib were seen staggering off to bed, the casinos, or to the disco held after the dinner.

The next morning, we packed, ate a quick breakfast, and watched Galen Rowell's slide show based on his book Mountain Light, which for me was an amazing journey into the mind of one of America's premier outdoor photographers. Using a combination of before and after shots, he led us through his thought process from the first notion that an image might be there in the wilderness waiting to be captured on film to the actual final image. He gave out little bits and pieces of information that can be dug out of his book by close reading, but presented in person, with the screen helping him, I gained a fuller understanding of the work and luck it takes him to be so successful.

We finished the meeting by waiting around for the hotel van to take us back to the airport, and were entertained by watching Neil Cannon screech his Rabbit's tires around the parking lot en route to Red Rocks. Way to go, Neil.

Oh--REASON NO. 1 for having the meeting in Vegas--it's cheap.

FROM OTHER PEAKS

K2 THE HIGHEST MOUNTAIN?

Oh, boy, here we go. Seattle astronomer George Wallerstein may have found evidence that suggests K2 is higher than Everest, and that would also add a significant

number of peaks to that elite 8,000 meter list. UP ROPE readers who would like to know more about this controversy should look at Jon Krakauer's article in the October 1987 issue of Smithsonian magazine.

Basically, Wallerstein suggests that the baseline height used in the survey for the K2 region was in error by about 900 feet. This would make K2, allowing for some statistical leeway, a whopping 29,228 feet high. The accepted height for Everest is now 29,029 feet, based on the 1975 Chinese survey, or about 200 feet lower.

All of this means that Wallerstein and others will have to go back and resurvey the mountain. Wallerstein's findings were based on incomplete data, and he is unwilling to hang his hat on the projections as yet. So who knows? Rheinhold may yet come out of retirement, and the Italians (first to climb K2) may enjoy a national celebration for having climbed the world's highest mountain first!

ACCIDENT REPORT

On Sunday October 25, 1987, longtime Mountaineering Section member Kathy Rebibo was seriously injured in a fall at the Cripple Crack area of Carderock. Kathy apparently failed to tie her harness properly into the rope.

Kathy is currently at Mt. Vernon Hospital at 2501 Parkers Lane, Alexandria, in Virginia and, as of 12/10/87, remains in a coma. Kathy has been showing slight signs of improvement and there is every reason to remain optimistic about her eventual recovery.

In addition to your prayers, you

can best help Kathy by visiting her and cheering her up. Although she is in a coma, she may hear you talking or reading to her. Visiting hours at Mt. Vernon are 12-2 and 5-8 weekdays and 12-8 weekends. The hospital information number is 664-8000.

Directions: From the D.C. Beltway, take Exit 1A (Route 1 South) towards Fort Belvoir. There will be a small side road on the right just after getting off the Beltway; bear right onto this. There will be an intersection with Fort Hunt Road coming up. Take this (turn left). Follow Fort Hunt Road approximately four miles to Sherwood Hall Lane (4th traffic light) and turn right. (As with route descriptions, there is a Variation to get to this point.) Follow Sherwood Hall Lane approximately one mile to Parkers Lane and turn left. Mt. Vernon Hospital should be 200 yards along on the right. (Variation 1. Take the George Washington Parkway south through Alexandria. Get off at Morningside Lane (about four miles past Alexandria) and follow it to Fort Hunt Road. This intersection at Fort Hunt Road is the transition of Morningside Lane to Sherwood Hall Lane. Therefore, go straight across Fort Hunt Road, and follow directions to the hospital from there.

There is visitor parking available. Kathy is in Wing 5A (5th floor) where she is in room 3. Check in at the Nurse's Station when you get there. There is a spiral notebook in the room for you to leave notes in.

REI GRANT ANNOUNCEMENT

REI has announced that it will accept grant applications from climbing instructors and schools for the purpose of securing liability insurance. This grant program is in response to the current difficulty that instructors have in securing adequate insurance to continue their operations. REI feels that safe climbing practices must be taught and that therefore continuation of climbing instruction is essential to the continued health of the sport.

Climbing instructors who are interested in applying to, or getting more information about the grant program, should contact the College Park Manager, Ms. Debi Whitted, at phone number 301-982-9681.

REI also announced that Jeff Lowe will be touring the country next Spring, showing slides of his latest climbing adventures. REI has asked the MS if it is interested in co-sponsoring his lecture tour in the Washington area. Watch this space!

NEXT MS MEETING: JANUARY 13TH, 1988

Business and discussion begins at usual time of 7:30 at PATC clubhouse on N Street, NW, D.C.

Entertainment: Slide show on Alaska:

1st ascent, W Face of Mt. Hubbard in St. Elias Range (15,000');
Attempted 1st ascent, N Face Mt Deborah in Alaska Range (7100' alpine face);
Climbs & solo trip in Brooks Range, and building the Pipeline in mid-70s, by Ken Andrasko. ex-climber.

FROM THE EDITOR'S CHIMNEY

INPUT REQUEST

Your editor kindly requests that you send whatever you have of interest to UP ROPE for possible inclusion in future issues. In particular, we need "Trip Reports," at least for those trips in which I do not participate. "Letters to the Editor" are always welcome.

I hope to publish a winter "Sun" issue, the focus of which will be upon members' summer vacation climbing experiences. Send whatever you can--humorous, fictional, drawings, new route reports, ideas, book reports, gear reviews, etc.--and you can see your name and exploits in print.

The present UP ROPE format may change, but if you have word processing...single space your text, right justify your margins, double space your headings (which should be in ALL CAPS) from text, double space between paragraphs, and make your column widths 3 1/4 inches (length does not matter). If material is sent to my home address, I can get to it much quicker than if it is sent to PATC.

Tom Isaacson, Editor

The following publications schedule has been put together as an attempt to get UP ROPE back on a regular routine. Beginning in January (this issue) we will put out UP ROPE every month (August excluded). UP ROPE's editorial content will be limited to simple information, such as MS announcements and the Climber's Calendar, every other month (starting with the February

issue). Alternate months, beginning with this issue, will be the usual comprehensive UP ROPE we all know and love to read.

In order to make sure that UP ROPE readers are able to get their copy into the Editor in time for publication, the schedule for the February issue is as follows:

UP ROPE copy to Tom Isaacson
by January 23
Word Processing complete by
January 27
UP ROPE paste-up complete by
January 28
UP ROPE sent to the copier
January 29
UP ROPE in the mail on
January 30

Likewise, the schedule for the March issue will be as follows:

UP ROPE copy to Tom Isaacson
by February 20
Word Processing complete by
February 24
UP ROPE paste-up complete by
February 25
UP ROPE sent to the copier
February 26
UP ROPE in the mail on
February 27

We will continue to publish the schedule in UP ROPE to make sure that readers know when to submit copy for publication. Remember: UP ROPE doesn't get put together overnight by elves (although the present Editor is sort of elvish). We need your help. Trip reports, articles on places of interest, book reviews, ideas, commentaries--as we say in the newsletter publishing business, "All the news that fits is printed!"

LETTERS TO THE EDITOR

The following letter has been edited for length:

"We do not believe (UP ROPE's) comments accurately relate the facts (surrounding the June 14, 1987 Aid Box accident and rescue).

"Park Rangers were notified of the accident at approximately 12:09 P.M. and arrived the scene at approximately 6 minutes later. One ranger was a certified Emergency Medical Technician, and the other Ranger was responsible for handling the logistics of the rescue.

"A climbing accident such as this requires the transportation of the patient to advanced medical care as soon as possible. But the patient cannot simply be "lifted" into a Stokes litter and carried out. In this case, the climber sustained multiple injuries to the head and limbs. More importantly, there was a suspicion of spinal injury. All of these injuries required proper attention before the patient could be moved safely.

"Fairfax Country Emergency Medical Technicians and Paramedics arrived on the scene less than 15 minutes after the Rangers arrived. The patient, stabilized on a Miller Board, was taken by watercraft to Sandy Landing, and then to a waiting U.S. Park Police helicopter that flew him to Fairfax Hospital. This method of evacuation was chosen to limit the unnecessary jostling and chance of causing further injury. The rescue, from the time the Rangers arrived until the patient was transported to the hospital, took 75 minutes to complete.

"Under the circumstances, this mission progressed at a proper pace and never compromised the health of the patient. The rescue involved National Park Rangers from Great Falls Park and the C&O Canal, Fairfax County Fire & Rescue workers, and officers of the United States Park Police.

"We would like to recognize the efforts of MS members during the incident: Mark and David O'Connor, who reported the accident and gave an accurate location of the climbers: John Christian, who assisted in the on-site investigation: and other unidentified individuals who assisted at the accident scene.

"We feel that you do a disservice to both your readers and the well trained personnel involved by reporting erroneous accounts of these incidents."

Sincerely,
Steve Pittleman
Supervisory Park Ranger
Great Falls Park, Va.

INFORMATION REQUEST

The following was received from Chris Lea:

"I am a Park Ranger at Harpers Ferry National Historic Park, recently transferred to the area (from Great Falls, Maryland). As a climber of about 16 years experience, I will be orienting other staff members to climbing search and rescue skills and developing a cliff rescue program.

"I would like to get some information on the climbing routes at Harpers Ferry. Apparently,

all former knowledge of them at this Park has gone with staff turnover. If you could provide us with or refer us to someone who knows information on climbing routes, including descriptions, names of routes, levels of difficulty, first ascents or other history, for Maryland Heights, Loudoun Heights, Shenandoah Cliffs, Short Hill Mountain, or other rocks in the Harpers Ferry area, it would be most helpful to us. The information would be used for rescue purposes, staff knowledge, and visiting climber information. Thank you."

Anyone interested in replying should contact:

Chris Lea
Park Ranger
Harpers Ferry National
Historic Park
P.O. Box 65
Harpers Ferry, WV 25425

GEAR BOX

Chouinard basic ice ax \$20;
Alpine hammer(wood handle)\$15;
insulated ski overpants(med)\$10;
Down booties(med)\$10; Wild things
"Rak Sak"(1400 cu.in.) pack with
special factory-added padded
waist belt (like new)\$40;
John Christian, H&O 986-1243

T-SHIRTS FOR SALE--ONLY \$5!

Mountaineering Section T-shirts with our Section logo are available in yellow or light blue, small sizes only, for \$5. MS shoulder patches (they also can be sewn to cover snags in your lycra!) are also available for \$1. Call Jeanette Helfrich, 585-9119 (h) or 586-4382 (w).

HANGING AROUND

ILCHESTER ROCK,
ELLCOTT CITY, MD SEPTEMBER 19

An intrepid and undaunted group met at REI in the mist Saturday morning for a journey to one of Maryland's (if not the world's--ed.) smaller crags. Ilchester, though tiny, sports quite a few hardish (and vicious) top rope problems, and several moderate "desperates" that can be enjoyed by climbing neophytes. As such, it presents a pleasant alternative to some of the more frequented climbing areas. (For a contrasting view of the area, see the UP ROPE editor's comments in the last issue!)

Among the hardy souls who braved the incipient rain were Jeff Kramer (who gets great credit for the "bolder boulder" start maneuver), Doug Craun (who is learning that climbing is a sport taken one step at a time), Josh Kans (who is improving, and patiently waited for the trip leader to emerge from REI), John Zackirson (who earned the Croix de Witt for the weekend for doggedly returning to Blue Rose), John Yanson (who will very soon be rocketing through the 9's and 10's), Michael Mergi (who continues to improve his performance on tough routes), Stuart Rosenthal (ever notice how it always rains when he's around? Must be the Cascade stigma) and recently returned trip leader Stuart Pregnall (who found the rocks much more quickly this time).

-da Former Chair

SUGARLOAF, MD, SEPTEMBER 20

We were supposed to go to Old Rag, but due to the weather forecast, nobody seemed to be enthu-

siastic about that. As it turned out, Ed "Pathfinder" Cummings and I surveyed the physiological effects of altitude on wet climbers by summiting Sugarloaf in the rain, demonstrated that old climbers can learn new tricks by discovering a potential new climbing area, and tested the fortitude and patience of what constitutes the canine mind by exploring parts of Sugarloaf that in all probability have never before seen, nor never yet again will see, the eyes of humankind. As a result of these various adventures we hiked quite a distance, saw some interesting new country, and proved that old mountaineers don't die, they just take longer to get back to the car.

BULL RUN, OCTOBER 4

A huge pile of people showed up at AO Sunday morning, all except, that is, for the trip leader, Mr. Ed. As a result, the shining white quartzite took quite a battering on this sunny day. Due to the large number of newcomers on the trip, most of the standard climbs were rigged and a good time was had by all. If memory serves correctly (and at this late hour, memory is faulty at best), among the throng along on this trip were Doug Craun, Jeff Kramer, Gary Beil, Rich Cunningham, Bob Renner, Michael Mergi, Ken Andrasko, Stuart Rosenthal, Stuart Pregnall, Julie Gowgil, Anne Baron, John Zackirson, Skip? Skeeter? (John's friend), Tom Kawecki, John Rayner, Jeanette Helfrich, and Joe and Mike Ney. At long last the beautiful crescent shaped corner next to Charlie's Crack was rigged, and the opening moves worked out with hopes of eventual success. However, Stuart's hopes of another

Bull Run first were dashed when it was reported by a third party that Bob Burgher has ventured the opinion that someone else has already done the corner. RATS. On a less self inflating note, a good time was had by all, as lots of good climbing was done.

It should probably be recorded here that one party did become separated from the convoy, and ended up circling the enticing white cliffs, driving the back valley roads for hours before finally parking and bushwhacking up from Thoroughfare Gap. For the lack of communication, the erstwhile trip leader apologizes.

GUNKS, COLUMBUS DAY

The traditional flight North was taken by many, and many were rained upon! At least some had the good sense to hang around an extra day, as Monday was reported to be excellent.

Again, memory fades rapidly with the passing weeks, but I believe that Ed Cummings enjoyed one of his better Gunks trips, leading such classics as Yellow Ridge, Hound of the Baskervilles, and Fat Stick, all 5.7 (actually, 5.7+), while climbing with famous downhill ski amateur Ian Cruikshank. Stuart Rosenthal and James Eakin also had a good day at the Near Trapps, and I think that Jeanette and John were over there as well for part of the day. Karen and I struggled on routes in the Trapps, about the only noteworthy event being Karen's lead of Snooky's Return (5.8). I seem to recall down-climbing the first pitch of Columbia (5.9) in full retreat from wasps crawling everywhere, including down my neck (no stings). Jeanette led Something Interes-

ting (5.8) as well.

Sunday it rained. Almost everyone went home.

Monday, John and Jeanette, replete (or was it guilty?) from the elegant champagne brunch at the Northern Lights during the rain Saturday, climbed MF (5.9) and something else I can't remember. I can guarantee from personal experience that MF is a stiff outing, and quite an accomplishment! Good job.

GREAT FALLS, OCTOBER 17

It was a dark and stormy day. We gathered at the Cranko Crack area, and rigged pretty much everything there. A good turnout guaranteed lots of fun for all. Gary Beil, Rich Cunningham, Tom Kaweck, Jeff Kramer, Ken Andrasko, Catherine Marquette, Meike Hrndrdrnd (sorry, I can't pronounce it yet, much less spell it!), Aaron Harvey (and friend), Ronny Sitnin, Michael Mergi, Stuart Pregnall, George Lambe, and Kathy Rebibo all showed up. Ascents of the Nose (5.6), Cornice (5.7) and another route whose name I've forgotten were made by the newcomers, all of whom are climbing very well. The two Cranko cracks (5.10) received ascents, as did Tiparillo (5.11+). Several variations on other routes were made, especially a valiant effort by Mr. Beil to mantle the Cornice roof. In typical fashion, the little bags of sand rustled gently, to wit the following conversation at the crux of Tiparillo:

"Gary, do I go for the bucket dynamically or statically?" I whimpered.

"Oh, statically, of course," as

if there weren't any question.

I lunged.

Despite protests of climbing poorly, both Catherine and Meike showed great facility with the rock. George, whose first day of climbing this was, not only did all the easy routes, but also managed the 5.9 face at the top of Darius' Green (in sneaks!). He's a prime candidate for Larry Geib's kneecap list. Aaron and friend also seemed quite at home in the vertical world, and at last report had gone out and invested sums of money in new gear. It is fair to say that everyone left Great Falls satisfied and tired.

NEW RIVER GORGE OCTOBER 24 & 25

Once again the gang drove down to the New, searching for the answer to the great question--why not?

Saturday fogged into existence, but the slow sunburn eventually burned both fog and skin; we were treated to a too warm day. The Central Endless was the destination, entered via a one rope rappel off a strategically located hemlock (thank you, whoever grew that tree right there!). Hint-for those rappelling off the tree, either lower your pack or use a chest harness with prusik loop. It's a free rappel, and a pack will topple you over backwards the whole way down. The chest harness and prusik loop will prevent a) toppling over backwards and b) provide safety backup in case the extra weight of the pack speeds your descent beyond control!

Everyone was there. We stumbled past young Adam on Celibate Mal-

lard (5.10c), Herr Burgher on The Undeserved (5.10b), Jonathan Houck and friend on a 5.7 corner, and John, Jeanette and Michael on Fantasy (5.8). Accepting John's recommendation to look at Black and Tan (5.10a), we found it to our liking and romped up the corner, reveling in the delicate moves and good pro. After that, we did a little route swapping (what morals, these MS members! Shame!) and cruised the excellent hand crack that makes Fantasy a three star outing. I looked at the 5.10 direct finish, as had John, but neither of us was convinced that the loose looking rock and man eating spiders (we are talking three inch arachnids, B movie extras here!) deserved the two star grade in the book, so we opted for the rap off the conveniently placed belay slings. Meanwhile, Jeff Brown, Skeeter and Mumblety-peg showed up from Charleston, having stopped in along the way at Bubba to ogle the scene, and they played around on Doce Doe, at 5.9 and between B&T and Fantasy. In other words, the MS had the Central Endless sewn up. Karen and I wandered off to check out Roy's Lament (his problem? he didn't work out--whew, a pumper!), a 5.9 next to the priestly duck walk. We rapped as John and Jeanette worked out on the fun moves, and grabbed our packs to look for the Jacob's Ladder climb out. At 5.0, it's miserable--loose, steep, awkward, grubby, all the trimmings for a real epicure's death route. Haul your packs; it makes a lot more sense.

Dinner was at Gino's in Fayetteville, where we found Michael, Jonathan and friend, relaxing after a good day, and Rich and Madeleine, who had driven out later than the rest of us and spent the day at Beauty. Rich

led Burning Calves (5.10b), Mushroom (5.10a) and most of Super Crack (5.9++++). He mumbled something into his pepperoni about leaving a sling and carabiner on a flake to retreat with and hoping to return Sunday to retrieve it, so we all thought that would be a fun epic to watch. We retired to sleeping bags after completing the New's latest bouldering rage, mantling the Fayetteville parking meters and standing on top.

Sunday at Beauty was a day of mixed success. Jeanette led John up Mononuclear Knows It (5.8) while Stuart and Karen were enjoying Happy Hands (5.9) and Rich and Madeleine were setting a top rope up on Super Crack. Rich found his sling, his carabiner, and also a Friend, a few nuts, several carabiners, and an Air Voyager he'd left but forgotten about. Bet he's happy he got there first before some scavenging gear freak nabbed all that booty. Stuart then used up half his rope's life expectancy hang dogging Right Son of Thunder (5.11c), finally solving the crux moves but whimpering off into the void once more, too tired to complete the "arm pumping traverse." Most sincere apologies are offered to my patient wife, who withstood much abuse from the climber who complained about rope management. (She got me back, though--she gave me lots of slack for one particularly memorable ride.) Rich and Madeleine also climbed Mononuclear, and John and Jeanette worked on Mushroom. We all straggled back to D.C., tired but vowing to return soon.

NEW RIVER GORGE
OCTOBER 30-NOVEMBER 1

Karen and Stuart headed down for a weekend at the New again, and it was a pretty good thing we did.

We managed to be lazy the first day, climbing Mayfly in "full" conditions (5.9), Jaws (5.9), dogging High Times (5.10c) and top roping Let the Wind Blow, Karen's first 5.12a. We also watched Doug Reed from North Carolina solo Marionette (5.11c) as a warmup.

The next morning we stomped up the Bubba Trail where we met Rick Thompson, Bob Rentka, and the current New star Eric Horst, who was working on The Diamond Life, 5.12d/5.13a. As we all cheered and offered suggestions and took slides, Eric worked out the moves, finally making it in one push with a couple of falls. Since Aussie Kim Carrigan has recently downgraded John Bercaw's Cave Route at Seneca from 5.13 to 5.12c (according to John Markwell), The Diamond Life stands as West Virginia's hardest route (at least until someone else comes along and decides that it, too, is easier than presently graded!). We all dogged around on it, with mixed success, Rick making it with a couple of falls, Bob accomplishing the same, and me managing it with falls and a wee pull on the rope over one move. Karen, fresh from her 5.12 success the previous day, managed the first 5.12 crux but fried out faced with the 5.13 moves. We then moved over to a potential new route next to Raging Tiger, but not before I tried Raptilian (5.10c). Unhappy with a fifteen foot fall potential onto a poorly placed peg (the carabiner's gate would surely have broken), I

backed off. We all dogged on the new route, but nobody could climb higher than the same point, although we all got there using different moves. An expletive of sorts issued forth after a futile lunge at the next hold has pre-named the route Jesus Wept, and the moves so far are 5.12.

We all meandered down the trail, headed for more pizza (this time at Pizza Hut in Oak Hill, where they serve beer). Karen and I headed back home the next day, full of visions and new knowledge of what we can do once we set our minds to it.

If anyone is interested in getting copy of the new maps to Bubba, etc., check with Stuart.

HERMITAGE CABIN
NOVEMBER 14 & 15

A happy crew stumbled (well, one stumbler was unhappy) to the cabin late one Friday 13th night. Tom Russell, Karen, Meike, Rich Cunningham and I arrived laden with goodies and ready for good climbing the next day. Jason didn't show.

Although the Hermitage isn't known for its warm weather, we did pretty well for November on Saturday. We all climbed some good stuff (except for Tom, who is still recovering from runner's tendonitis--dangerous sport, that running is). Gordon Swenson showed up during the afternoon as well. The arete left of Yellow Pages was climbed (5.12-). YP Direct was done (5.11+), YP itself (5.8) was climbed (Meike making it look easy), Rappel Crack and the face to the right were romped (Karen's favorite kind of climb), the Leap was leapt, and it was time for a din-

ner shopping run, or, for Rich just a run ("oh, a short one, only 6 or 7 miles," and Tom agreed that it was short indeed--these marathoners, I tell you). Dinner was planned for fewer than showed up (food bloodhound nose of the week goes to Stuart Rosenthal, who arrived just as dinner was being served!), as we had Erik Swenson and friend Mark, who were at a PSIA course at Ski Round Top, Michael Mergi and Matt Lavington (a newcomer from Colorado) to feed as well. Luckily, generous portions were eaten and there were leftovers, which were much appreciated the next day by Genesis and Edgar!

Sunday arrived, and with it another pretty day. We roped everything, and climbed it, too. The moves on the unclimbed overhanging face right of the corner left of Yellow Pages (got that?) were worked out by Stuart (at 5.12+), Rich followed, and the next time back it should get a red point. Ed Cummings (it really was him, really, I saw his driver's license), Paul Torelli and Jeff Kramer showed up, and by the time the rapellers arrived there wasn't much free rock. Stuart Rosenthal, powered by the gourmet curry eaten the night before, demonstrated Bob Beamon-like talent on the Leap, Paul powered up the face to the right, the Rappel Crack and its faces were climbed by many, as was YP, and the infamous Ten Pin (5.9+/10-) was climbed. Spiderman saw a new directissima worked out by Rich (5.12) and the Nose Direct was climbed by Stuart (5.11+). Michael Mergi, Stuart R., and Matt Lavington all worked on these renowned pumpers, too. I know that Jeff was active, as well as Gordon, but I can't remember what they climbed. We all cleaned out the cabin thoroughly before lea-

ving, sawed and split wood (can Michael wield a wedge, or what?), and wandered back to town after a really fun weekend.

Post script--this was the first time that Karen and I have spent the weekend at the cabin. We heartily recommend the weekend as a truly fun time. Good company, good food, good times (don't we get amusing when we're all together?), and good accommodations. The next time we get the cabin for the weekend, you really should try to come down--it's really convenient, and lots of fun.

CAMP LEWIS, NOVEMBER 21

Oh, it was coooold when the sun hid behind the clouds. However, a few of us enjoyed the relatively sheltered climbing found at Camp Lewis. Guide book author Selma towed us down the drag path to see if the guide's directions made sense (they do) and then proceeded to demand that we climb everything and rate it as a follow-up to a trip earlier this year. Schafer's Aching Back, the Last Great Problem at Camp Lewis, fell to determined assaults by the Rock Escalation firm of Stuart & Stuart, Inc., one working out the bottom crux and the other the top. Put together, it represents a vicious twenty five feet of 5.11/5.11+ climbing. We also climbed other favorites whose names I can't remember. Julie Gowgil managed to get in a few routes before the sun disappeared for good (as did she in all the spare clothing that could be mustered). Stuart R's friend Bill from Kentucky must have thought we were all nuts, but he too joined in the fun. Rich showed up after searching for Camp Lewis all the way down to Georgetown, and

managed to climb the hardest 5.9 in the river gorge. Selma didn't just orchestrate the proceedings, as she too donned Fires (and wouldn't a fire have been nice!) to demonstrate good footwork doesn't lose its touch. The only one unaffected by the cold (she's just plain affected!) was Genesis, who trotted all the way home with a frozen coat. (Air temperature downtown when I returned was 20 degrees.) Camp Lewis is a good winter area, and though limited in scope, has enough climbing to keep a group busy on a cold day. It stays in the sun (when it's out) and is reasonably sheltered from the wind. It also has a great view of Boucher Rock across the river.

CRESCENT ROCKS, NOVEMBER 22

Now here's a paradox--the best time to climb at Crescent Rocks is when it's cold enough to keep the snakes at home. Of course, once it gets that cold, a lot of climbers stay at home, too, so it almost never gets crowded at Crescent Rocks. What all those cold blooded climbers forget is that Crescent Rocks sits in a nice little bowl, and collects the sunshine very nicely thank you. It warmed up just fine Sunday (it was a bit parky in the morning, but nobody is really awake then anyway, are they?).

Tom Russell, Ed Cummings, Rich Cunningham, Meike, Don Holtzer, Julie Gowgil, Dave Greene, Jeff Kramer, Stuart Rosenthal and I set up the usual bits and pieces. Everyone had a good time. Highlights include ascents of Psoriasis by Meike, Jeff, Ed, Julie, Don and Dave (as well as the Scoop and the left hand variation of 3D), Stuart (P, that's me) managed to grunt through Gary Beil's horrendous

overhang problem just to the right of Three Mantles and a Stem, and Rich finally worked out a very smooth finish to Green Duchess, a long time MS nemesis. Everyone left tired and ready to return again.

GREAT FALLS, THANKSGIVING DAY

Amazing grace, Dr. Witt showed up for a climbing trip! Meike, Jeff K., Tom R., Ed, and myself climbed in the Aid Box until turkey beckoned. Meike continued to impress the locals by climbing most of Diagonal, as did Jeff. Tom managed to start his training program again by pushing his injured foot up Splinters. The Wench and the Winch Pro Rock Wrestling Team dogged Lost Arrow, and Ed managed it in a style unsatisfactory to one with such high standards, but redeemed himself by doing a very nice job on Diagonal (he used his, dare I whisper it, feet). Jeff learned some new footwork techniques and used them to great benefit--keep it up. And I finally figured out the last move to Monkeyfingers (it's all in the feet; big surprise). We all whetted our appetites for dinner with some good exercise, then drifted off from the gorge to gorge ourselves.

TRAINING

SOME IDEAS ON TRAINING AND BODY MOVEMENT

Over the past year, Karen and I have been working out at the local Nautilus club, and we thought that we'd offer some comments on what we've been doing and the training's effect on our climbing. I also thought that it would be useful to try and verbalize some of my ideas on body movement while climbing. Remember, these are training programs and ideas that have worked for us; they may not work for you, too. However, I think that the basis for what follows is pretty sound, and you might want to begin to think along similar lines if you wish to improve your climbing performance. This issue of UP ROPE will discuss weight training; the next issue body movement.

WEIGHT TRAINING

The basic purposes of weight training are twofold: to increase strength and to increase stamina. (You won't lose weight--see below.) Nautilus training, properly followed, will help accomplish both goals. Your Nautilus club will have trained professionals available to help you set your workout goals--follow their advice, at least most of the time. Try to explain what you are training for, i.e., climbing, and ask them to develop a workout program for you.

One thing you should keep in mind--it's very easy to injure yourself when training. Start out VERY SLOWLY, increase your weights VERY SLOWLY, and don't push yourself until your body gets used to the stress of weight lifting. Muscles develop and

strengthen a lot faster than ligaments and tendons. It's very easy for your muscles to pull your tendons apart if you push too soon. Karen's had tendonitis already, which is a sign of pushing too hard too soon. It will take your tendons 6-12 months to strengthen enough to really push them, and after that, you'll still have to be careful.

Nautilus isn't free weights, which are very muscle specific, it's more like lifting weights that exercise the full motion range of a muscle group. As such, it's an ideal way to get started in weight training, because when climbing we rarely isolate a muscle group to do any one move--it's the whole body working in conjunction to accomplish the move.

We keep a chart on all of our training activities. The chart helps us mark progress and set workout goals for ourselves. Besides, it's hard to remember where you are in your program--did you lift 85 pounds last time, or was it 80? Keeping a chart makes it easy to stay on track.

We begin each workout session with a warmup, usually some aerobic work on a bike, generally 15-20 minutes worth. The main reason you do this is to get the blood flowing through your muscles before you hit the weights. I also find that the extra aerobic benefit is helpful. I try to hit my cardiovascular 80% working range for 5-8 minutes before a workout. If I push aerobics more, then my workout suffers. Stretching before and after bike work is also a good idea, and it's mandatory before your weight work.

After warmup, we hit the weights.

What we're looking for is 10-12 repetitions with each machine, using a nice, smooth motion, with the last few repetitions being really hard to accomplish. We breath out when we're pushing/pulling the weights, in when we're letting them down. Mechanics (i.e., how you position your body and muscle group you're working) are very important; your instructor will show you the proper way to do each exercise, and listen to him, because poor mechanics can also lead to injury.

Nautilus has lots of leg machines that begin the normal routine. I don't do any of them, but Karen does. When your muscles develop, you're going to gain weight; I've gained five or six pounds this year. Muscle weighs more than fat, and when you add muscle tissue to your legs, you're just adding weight that doesn't help you when climbing (it's the same as putting bricks in your socks). If you have weak legs, by all means strengthen them, but remember that once you can do a one leg standup, your legs are probably strong enough. (Crouch down on one leg and stand up.) Karen has recently dropped her leg weights significantly; she wants to keep her legs "toned," but doesn't want to gain any more weight there. My legs seem to be strong enough, so I don't do the leg machines.

We then move on to the upper body machines. We both pay close attention to mechanics to avoid the dread tendonitis, and we also want to make sure that we're getting the most out of our effort. We start with lats, go to pecs, then front chest, shoulders and back chest, biceps and finally triceps. At the end, situp, lower back, and oblique machines round out the Nautilus portion of

our workout. I've levelled off my abs and lower back weights--I don't need to increase strength there, so I'm just keeping it a comfortable pump level.

After a quick water break, we move on to stage two. As every club has different equipment, we've varied our routine to suit what machines are available to us.

We used to do pullups on a chinning bar, but now we have a pull-down bar that accomplishes the same thing plus we can vary the weight. I do three sets of reverse pulldowns (behind the back) and three in front, and Karen does two. I'm working on stamina, Karen strength. Because most people's backs are stronger than their chests, you'll be able to pull more weight in the reverse mode. You'll work lats, back, chest, biceps and triceps--all those good climbing muscles. We then work on a tricep pulldown machine. Now those triceps are important muscles--they're the ones that help you do pullups and lock off on holds. We work them pretty hard. We do three more sets of triceps pulldowns. At this point our arms are pretty beat, but we still haven't exercised the most important muscle group of all, the fingers.

To pump those digits, we've been using a small dumb bell clasped on the end by the fingers of both hands. We rest our hands on our knees to prevent excess wrist motion (remember--isolate the muscle you're exercising). Using even motions, we do little finger pullups--20 repetitions, using two different weights about ten pounds apart, starting with the lower weight and alternating with the heavier weight. Do these with easy, smooth movements, as

you don't want to jerk your fingers (that's right, you're catching on, because you don't want to injure them). Rest in between sets, and stretch the fingers. I'm doing 25 and 35 pounds, Karen 20 and 30, but we started with much lower weights to get our fingers used to the exercise. I'll pump 5 or 6 sets, Karen 3 or 4. Starting out with finger exercises, you really want to go slowly--they are most people's weakest muscle group, and they're really delicate, the tendons especially. After you're done, make sure all your weights are put back where you've gotten them from. A few minutes taken at this point for a warmdown is a good idea--more stretching, mostly. Head home and relax.

We work out every other day, since your muscles take about 40 hours to recuperate between sessions. I'd really like to work out Tuesdays and Thursdays, and then climb on the weekend, but Karen prefers working out Monday, Wednesday and Friday. As a result, my Monday workouts are pretty wimpy. You'll figure out what your body will do and adjust your routine accordingly. On your "days off," you can do aerobic training, which is good for removing any excess body poundage you might be carrying around in the form of fat, and it also helps you keep up with Rich Cunningham when he's out pounding the trails. Most top climbers who train use a mix of weight and aerobic training.

So how has this affected our climbing? Well, I'm climbing better than I ever have, and Karen's performance, especially on power moves, has improved significantly this season. During one particular move on a hard route, Karen rhetorically asked "What did I

ever do before I could lock off?"

My only answer was "5.7." She now is sort of comfortable leading overhangs, and has even learned the pleasures of jamming, a technique that does require some muscles. She's also climbed her first 5.12 this season. I've found that I can control my body's movement more efficiently, especially on steep rock, and that my stamina has improved, too. What used to be uncontrolled lunges are now smooth "pops," and I can power some moves that previously were unrealistic for me.

Weight training isn't the only answer to better climbing. Body movement--positioning, shifts, balance, momentum and sequence--all play a significant role as well. We'll discuss these ideas in more detail in the next issue. In the mean time, winter is upon us, so start shopping around for a good health club, join up, and pump some iron!

BOOK REVIEWS

Words for the Wild edited by Ann Ronald Sierra Club Books 1987 \$10.95 Paperback

Collected in this pocket sized book are selections from some of America's best outdoors writers. Editor Ronald has provided the trail-weary reader with eloquence on a wide variety of subjects.

In addition to the familiar Muir, Abbey, McPhee, Leopold, and Thoreau, Ronald provides bits from seldom read Mary Austin, Emerson, Burroughs and others. It's a great introduction to some new writers.

Although the price may seem

steep, this little book will reward the reader by offering longlasting pleasure.

Island in the Sky by Paul Schulery The Mountaineers Books 1987 \$10.95 Paperback Photos

MS members familiar with Rainier (and many of us are) will be fascinated by the comprehensive early history of the mountain that Schulery has accumulated. Schulery's work begins where Dee Molenaar's ends.

Grown out of a research project on native elk in the park, Schulery clearly has a love of detail and provides snippets of interesting information that the reader can appreciate. His prose is lively throughout, making what might be a drudge a joy. He brings to life many of the old explorer's personality's and exploits. My major complaint about the book is that it leaves us sort of in the middle--the ending is so abrupt, I kept looking to see if a chapter had been left off my copy. However, the material that precedes the ending is superb.

Having read The Challenge of Rainier before climbing the mountain, I now want to go back for another ascent with Schulery's text fresh in my memory. I highly recommend anyone with Rainier on his/her list to read Island in the Sky.

Idaho Rock by Randall Green The Mountaineers Books 1987 \$8.95 Paperback Photos and Topos

Although Idaho isn't in our backyards, Green's recent guide makes us wish it were so. Idaho has a wealth of rock, and the Mountaineers have made it more available to us by publishing Green's work.

There are some interesting areas included here--the most so, perhaps, being Granite Point, whose routes are reached via boat! I appreciated the combination of photos and topos: visiting climbers need all the help we can get. Green introduces each area with a brief history which gives one a description of what can be expected there, and he also mentions items of special interest, such as difficulties in access, retreat, etc. We often forget here on the East Coast that some climbing areas are many miles from the nearest road (why bother, we would say!) and that provision need be made for these access conditions. Green addresses these matters briefly for the uninitiated. Green also includes a comprehensive index of routes, types of routes, etc., that makes it easy to pick out the classic 5.11 off width.

Now that we're getting more mobile, I'd suggest getting a copy of this guide if you intend to be in the Idaho area any time soon. It will make your trip all the more pleasant.

OVERDUE BOOKS

Does anyone know the whereabouts of several books overdue from the PATC Library? We'd like to get them back in (you can even drop them by in the evening anonymously--the Librarian has a basket on top of the filing cabinet on the second floor).

In addition, whoever has the bound copies of UP ROPE, would you please call Stuart Pregnall, as getting these issues back into the Library are a top priority. Thanks!

1st Annual Washington Mountain Film Festival

Tentative Date: Thursday Feb. 18th 1988
Biograph Theater
M Street, Georgetown

Ever wonder how French rock star Catherine Destiville moves on steep rock? Or what soloing Cerro Torre in Patagonia or the Eiger looks like? Or climbing the Nose on El Cap in Yosemite in the classic era of the late 1960s?

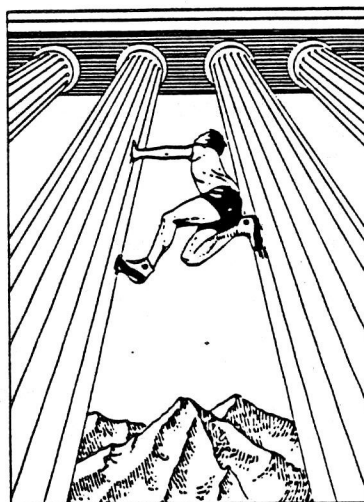
PATC-MS and the new REI store in College Park are cooperating to bring about six of the best mountain films to Washington--both hot new European films that have won festivals there, and classic American films like "El Capitan." Details should be finalized by mid-January for the 1-night celluloid and social event. Tickets will be available in advance from PATC and REI, and at the door, for \$10. Seats are limited.

Save the date, and spread the word (to kayakers, too--a French rad film is coming!). Come to the January 13th MS meeting or look for a subsequent mailing for details. -Ken Andrasko 337-0498h
Madeleine Carter 362-5036h

Nomination of Officers

The following people have been bribed to accept the nominations as stated. Nominating coup de tat is Tom Russel and Ed Commings

Chair	Rich Cunningham
Vice Chair	Jeanette Helfrich
Secretary	Jeff Kramer
Treasurer	Gary Prince
Entertainment	Madeleine Carter



CLIMBER'S CALENDAR

For program information, call PATC tape (202/638-5306) during daytime; for trips call the leader or Tom Russell (301/869-8058). Day trips to toprope or short multipitch climbs require no partner. Weekend trips (identified with an asterisk*) are to lead climbing areas. Please arrange for your own climbing partner(s) in advance.

DATE	LOCATION	LEADER
JAN. 9	CARDEROCK ICE PENN.	E
JAN. 10	GREAT FALLS	
JAN. 13	MEETING	
JAN. 16	CARDEROCK SKI SECTION TRIP	B
JAN. 17	GREAT FALLS	
JAN. 23	GREAT FALLS SKI SECTION TRIP/ICE PENN. DEL.	G
JAN. 24	SUGARLOAF	
JAN. 30	GREAT FALLS SENECA ROCKS/ICE ELKINS	B
JAN. 31	ANNAPOLIS ROCK	A
FEB. 3	EXEC. MTG.	
FEB. 6	GREAT FALLS SKI SECTION TRIP/ICE PENN.DEL.	F
FEB. 7	CHIMNEY ROCK	

(Cont'd)

CLIMBER'S CALENDAR (Cont'd)

FEB. 10	MEETING	
FEB. 13	GREAT FALLS	SKI SECTION WV/ICE NORTH
FEB. 14	SUGARLOAF	
FEB. 15		
FEB. 18	THE FILM FESTIVAL	
FEB. 20	GREAT FALLS	
FEB. 21	CRESCENT ROCK	
FEB. 27	GREAT FALLS	
FEB. 28	BULL RUN	
MAR. 2	EXEC. MTG.	
MAR. 5	CAUDEY CASTLE	
MAR. 6	WHITE OAK CANYON	
MAR. 9	MEETING	
MAR. 12	GREAT FALLS	SPRING SKI TRIP
MAR. 13	BULL RUN	
MAR. 19	BIG DEVIL STAIR	
MAR. 20	OLD RAG	
MAR. 26	GREAT FALLS	
MAR. 27	CRESCENT ROCKS	

B

EASY TO FOLLOW

ED CUMMINGS
RICH CUNNINGHAM
SELMA HANEL
TOM ISSACSON
JEANNETTE HELFRICH
STUART ROSENTHAL
TOM RUSSELL

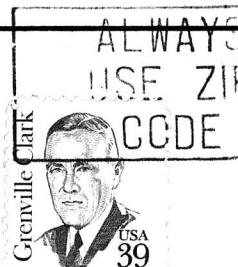
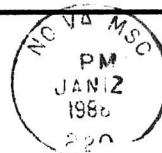
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D 202-332-3710
E 202-585-9119
F 703-527-5247
G 301-869-8058

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