



FOUNDED BY
JAN AND HERB CONN

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

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INSTRUCTORS NEEDED

Pete Grant sent in the following plea:

I need some help, folks. I made up a training schedule knowing that I wouldn't be able to conduct them all personally, having to recruit instructors for some of them. So far, the recruitment efforts have been less than successful. At the same time, the response to our training classes has been--shall we say--overwhelming. We need more people to volunteer their time to train the newcomers and to coach those wishing to advance in their skills.

Remember way back when you were just learning? Undoubtedly you received a bunch of assistance from volunteer climbers to help you get started. Now's your chance to pay back some of that time...

Here's a list of scheduled classes. If you can help, call me or place your name on one of the blanks and mail this sheet back to me.

<u>DATE</u>	<u>LOC</u>	<u>TYPE</u>	<u>LEADER</u>	<u>ASST(S)</u>
4/2-3	SEN	LEAD	P GRANT	J RAYNER J HELFRICH R CUNNINGHAM _____ _____ _____ _____ _____
4/17	GTFL	BAS	S ROSENTHAL	T RUSSELL _____ _____ _____ _____ _____
5/7-8	GNKS	LEAD	P GRANT	_____ _____ _____ _____ _____
5/14	CARD	BAS	R HARA	T RUSSELL _____ _____ _____ _____ _____

For the lead climbing trips I am simply looking for climbers who are willing to take SOME of their time to help out during a climbing trip on which they were going anyway. I will conduct the group portion of the training, but others are needed to lead or second the intermediate students. This can be either on a one-on-one basis or having the student as a third on the rope with your regular partner, if you prefer. My most critical need right now is for people willing to go to the Gunks on May 7-8 to help me with the lead training course. How about it?

Pete Grant

703-695-1996 (w)

REVISED TRAINING SCHEDULE

INTERMEDIATE (LEAD)

Apr	2/3	Seneca	**
May	7/8	Gunks	**
Jul	2/4	Gunks	
Jul	16/17	Seneca	
Sep	3/5	Gunks	
Oct	8/10	Gunks	

All basic courses still have openings.

* Instructors needed!

We are short of instructors for all of the lead courses. Duties consist of leading or seconding a student on climbs, offering advice where applicable. I will conduct the formal part of the training so that there will be time for instructors to go climb on their own during the training weekend.

Pete Grant

**TRAINING REPORT
CARDEROCK
MARCH 6, 1988**

A basic climbing course was conducted March 6 at Carderock, MD. Five students participated in a successful outing. In addition to the usual beginner's climbs, Trudy's Terror, Easy Layback, Triple A, The X, and The Diamond were all rigged. By the time you read this, another basic course will have been conducted, weather permitting, at Carderock on March 27.

**TRAINING COORDINATOR
NEEDS HELP**

Pete Grant has requested that people contact him who are willing to help out with the Training Schedule for this year. Pete especially needs help with the Lead Training classes. The next class is scheduled for May 7th/8th in the Gunks. Pete's phone numbers are 703-695-1996 (w) and 703-960-6033 (h).

**87 EVEREST NORTH FACE
SLIDE SHOW**

Liz Nichol will show slides of the 1987 American Everest North Face Expedition at PATC HQ at 7:30 PM, April 7th. A \$2 donation is suggested for the slide show. Liz, a native Washingtonian, is a former Carderock climber. See, we've been telling you the truth--climbing at Carderock can lead to bigger things!

PATC MEMBERSHIP NEWS

The PATC has retained its sponsorship requirement for membership. A By-law amendment to repeal the sponsorship failed by six percent. Anyone interested in joining the PATC itself may be sponsored by any of the MS officers who are PATC members, or usually anyone at PATC HQ will sign the sponsorship requirement. NOTE: You do not have to be a PATC member to join the Mountaineering Section, and the MS does not require sponsorship. We do encourage MS members to join PATC; if for no other reason, you then are included under its insurance policy if you are an official trip coordinator.

**CLIMBING PARTNER WANTED
YOSEMITE, CANYONLANDS**

Anne Baron knows of a French climber visiting for one month in September. Jean Devaud, mid 20's, speaks some English, is looking for climbing partners and contacts for routes in Yosemite (Salathe Wall and some short routes), and Castleton and Moses Towers in the Canyonlands area. He's a Verdon climber, 5.10-ish, and has done aid before. People interested in teaming up with Jean, or who might know of people Jean could contact for his plans, please call Anne at 202-223-4001 (w).

LYNN HILL SLIDE SHOW

By now you're probably tired of hearing about Lynn Hill slide shows. However, she's going to be back in the area for a series of slide shows sponsored by Chouinard Equipment. Lynn will be starting at the New River with a slide show on April 19 in nearby Beckley (down Rte 19) at the Holiday Inn at 8 PM. The New River Visitor's Center will have

information. The next show will be in D.C. Friday April 22 at the University of Maryland's Architecture Building in Room 204 at 7 PM. The next show will be Saturday evening April 23 at the Seneca Rocks Visitor's Center. REI has details on all of these shows.

JEFF LOWE PRESENTATION

Jeff Lowe flew in for an evening's lecture on Inner Climbs. The lecture, sponsored by REI and held at the University of Maryland, was a modest success in terms of turnout.

Jeff's presentation was a combination of a film and slides. The film, shot primarily in the Ruth Gorge Alaska, depicted a new route attempt on the Moose's Tooth. Ostensibly a means to develop the theme of mental preparation and adventure, the film lacked tension, mostly because the weather was so atrocious that little climbing was done. One can't discuss the mental aspects of climbing in a realistic manner while sitting in a dingy tent. The film did have some interesting observations to make about the relationship between Jeff Lowe's attitude towards risk in the mountains ("If I die I'd be really mad at myself because that would mean that I'd made a mistake") and his younger climbing partner Mark Wilford's attitude towards risk ("I expect that one day I'll push my limits so hard that I'll end up dying.")

The slides were mainly of rock and ice routes that Lowe had done, shown in a chronological order from his early days in the Tetons to his recent Himalayan exploits.

Following the show Lowe answered questions for about an hour. He once again proved to be a humorous, sensitive and well rounded individual, with many more interests than simple climbing.

MOHONK PRESERVE NEWS

Many of us received little notices concerning some recent developments at the Gunks. First, the Preserve has completely banned the use of bolts, pitons, and condemned the practice of altering the rock (i.e., chipping holds) or "procedures that alter...the surrounding land". The Preserve further recommends the use of colored chalk and slings that match the natural color of the rock. As the rock changes colors from white to orange to pink to grey, these requests may leave climbers in a bit of a quandary; how many chalk bags can we carry up a route?

The Preserve also reported on some recent developments with respect to climbing at Skytop. As you know, climbing routes left of the Crevice is forbidden on Fridays, Saturdays and Sundays from Memorial Day through Columbus Day. The Mountain House has also requested that climbers at Skytop refrain from using the Crevice as a descent route. They suggest rappelling or using the Skytop Path (which goes down over towards the routes in the Half Assid and Zig Zag Man area). The management has further requested that climbers keep their shirts on (!!!) and refrain from using "abusive language even when they fall."

Other "good" news from the Gunks is that the AMC has apparently been refused a renewal on their camping lease at the old cabin site. This area has traditionally been used as an overnight camping area by D.C. area climbers. We also understand that the Preserve will block off the road in to the parking area, forcing climbers to park their vehicles on the highway. How long the State Police will allow this to happen remains to be seen. The future of camping in the Gunks is a key issue and should be addressed by MS members at the Climbers Meeting April 16th.

SOME IDEAS ON TRAINING AND BODY MOVEMENT, PART III

OK, in the last issue I confused everybody about body movement and foot technique. This time I'm going to pass along some warnings from Dr. Mark Robinson, an orthopedic surgeon, and Steve Ilg, a trainer. They presented a two part lecture at the American Alpine Club's Annual Meeting in December, and rather than give a complete rerun of their talk I'll just hit on the highlights.

They have both seen an increasing number of climbing related injuries--Steve sees training problems, and Mark sees both training and climbing injuries. The biggest problem facing them is trying to educate climbers about what is OK to do and what isn't.

Let's begin with the words of caution offered by Steve Ilg. As a trainer, he is concerned with body development. Steve practices a cumulative stress theory in his training development, i.e., you add weight and reps over time so that each

workout is cumulatively harder (and more beneficial) than the last. The biggest problem with this practice is that the stress builds up faster than the body can compensate for and recover from, and the result is injury. The other big problem is that poor body mechanics while weight lifting causes stress in places not meant to take it, and that, too causes injuries.

Stated in simpler terms, any climber training for better performance should listen to his body at all times. Pain comes in two forms, fatigue and injury. The border between fatigue pain and injury pain is sometimes a fine one, especially during a workout. I figure that it's safe to use the rope retirement theory when working out and judging pain--if I question the kind of pain I have, then it's injury pain until proven otherwise and I stop what I'm doing. If two days later the pain turns out to be just fatigue pain, then I'm back at it but still paying close attention to what I'm doing. A fatigued muscle is much more likely to be injured than a non-fatigued muscle.

Mark Robinson had some specific comments about certain types of training. First, anyone who knows what "negatives" are should be aware of the fact that they produce much more stress on muscles than "positives." At the same time, their total value in building strength is still dubious. So be careful doing negatives.

Second, Robinson had a lot to say about finger exercises. The recent issue of Rock and Ice indicates that Robinson says finger exercises are no-nos. He did say that. But he also said that he feels that way because

most climbers don't know when to quit--i.e., we over stress the fingers and don't give them adequate recuperation time before heading back out for another workout. Finger boards and climbing walls are the two biggest culprits in finger joint injury these days, and they are culprits because they're easily overused. If you do work out on a finger board or a wall, then make sure that you work out every other day and absolutely no more often. Otherwise, you'll not only trash your finger joints for the season, you'll probably trash them for good. Robinson showed some pretty gruesome slides of damaged cartilage and pointed out that it doesn't regenerate itself. At the moment nobody is replacing cartilage with some miracle material--damage it and it's gone for good.

In a similar vein, Robinson had something to say about the type of finger holds people are used to using, the so-called "cling" grip. The acute angle of the finger joints caused by the cling grip causes incredible force to be placed on the finger joints, with resulting long term damage. He recommended using more of a passive grip on certain holds, and especially when training. The finger muscles will strengthen, and you'll enjoy longer use of the digits. (I'll be happy to demonstrate the difference to anyone who's interested.)

Robinson also had little pity for people who crank lots of pullups and don't do other exercises. The extreme surgery that Jim Surette had was caused by his lack of pectoral muscles. Jim did lots of pullups, but no pushups or flys. The result was that his shoulder muscles literally dislocated his shoulder

joints over time. The moral of the story is that any body building program has to be a well balanced program.

There were some other words spoken about various body poisons which had to do with diet, drugs and alcohol, but they're pretty obvious so I won't waste space here.

That was about the bulk of the two lectures. Much of what Steve Ilg said can be found in his book The Outdoor Athlete (reviewed in UP ROPE elsewhere), and Mark Robinson's lecture just doesn't come across the same without the slides.

Anyone with questions, just give us a call. As we said when we began this little series, what's worked with us may not work with you, but judging from the number of people we hear about working out these days, it seems everyone is getting on the fitness bandwagon in one way or another.

TRIP REPORTS

GREAT FALLS

SATURDAY MARCH 15, 1988

Karen and I wandered over to Great Falls because the weather was supposed to be nice, and it was great. We rigged Entropy, Ergometer, and Oyster, and while we were climbing other PATC MS members Alan Halbrook and Tom Hallicki arrived with former member Dick Lautis. Eventually even the venerable Mel Banks showed up!

We warmed up on Entropy, Karen getting it on her first try (one fall). Ergometer proved to be a tougher challenge, but once again the Canuck hung tough and made the crux. I eventually dogged Oyster. but wasn't amused by the dripping slime in the undercling. Next time, a flash is in order!

Alan, Tom and Dick followed suit, with mixed success, and they added a rope to Lunging Ledges, a popular route with two variations harder than its 5.9 grading. I couldn't pull the overhang direct, so that remains for another day. Mel showed up and was thoroughly disgusted with his apparently flawless performance on Entropy. Beats me--hope I can climb that "badly in another few years!

We also saw Kathy Mowbry and Glen Schumaker in the area. We ended up wandering off in late afternoon to search for a lobster or two to celebrate Karen's first two 5.11's of the season.

STOVER STATE PARK, PA
MARCH 13, 1988

Karen and I happened to be just down the Delaware River from Stover State Park this particular weekend, as we had gone away for her birthday. We took along a few top rope odds and ends, thinking that it would probably be too cold to lead anything.

Boy, we were wrong. It was gorgeous and sunny and warm. We ended up top roping a few of the classics, including Neanderthal, Shit Face and Stopper Ceiling. The first route is a lovely overhang problem and features the use of one of the more outrageous heel hook moves I've done. Karen impressed the locals by climbing it twice, and even made one fan out of a short Frenchwoman who had been struggling with the route. We then managed to climb the various routes on the Shit Face, so named because of the quality of its holds. Following that, we moved into line for Stopper Ceiling, one of Stover's test pieces. Karen made a valiant try, but ended up popping off at the crux. The overhang is

such that once off, you basically have to come back to the ground to get back on (kind of like Faint's Roof at Annapolis Rock, only shorter and harder). Again, the locals were highly impressed. We got the impression that the present climbing scene is rather stagnant. I yanked and cranked through the moves, finding them enjoyable and similar to 3D Direct at Crescent Rock, but not as hard. It was only as we were leaving that we discovered that Stover's hardest route has had only one ascent, and it even looks doable. Well, I doubt we'll get back before the Fall, but when we go, I know what will get rigged!

Stover is about 4 hours or so from D.C. (about the same as for Rieglesville) and is in the same general area. The rock is a lovely red shale, and its quality is mediocre to poor. Leading can thus be challenging. However, it does make an interesting venue once in a while, and it is definitely a nice place to go. I recommend the early season--less Poison Ivy--and anyone who would like to get there or climb let me know and I'll xerox the guide book, which is also available from the climbing shop in nearby Doylestown, PA.

CLIMBERS CALENDAR

Apr 6	Executive Meeting	Rich Cunningham	202-332-7931
Apr 7	Slide Show:Liz Nichol on the North Face of Mt. Everest		
	7:30 PM PATC HQ \$2 Donation suggested		
Apr 9	Ilchester	Stuart Pregnall	202-543-3988
Apr 10	Annapolis Rock	Ed Cummings	301-589-6261
Apr 13	Monthly Meeting	PATC HQ 7:30	
Apr 16	Great Falls	Jeanette Helfrich	301-585-9119
Apr 17	Old Rag	Stuart Rosenthal	703-527-5247
Apr 17	Climbing Instruction	Pete Grant	703-960-6033
Apr 16/17	Gunks or New River**	Stuart Pregnall	202-543-3988
Apr 22	Lynn Hill Lecture UMD Architecure Bldg, 7PM		
	Call REI for details		301-982-9681
Apr 23	Boucher Rock	Selma Hanel	703-243-0430
Apr 24	Bull Run	Tom Isaacson	202-332-3710
Apr 23/24	New River**	Stuart Pregnall	202-543-3988
Apr 30	Great Falls	Stuart Pregnall	202-543-3988
May 1	Annapolis Rocks	Ed Cummings	301-589-6261
May 4	Executive Meeting	Rich Cunningham	202-332-7931
May 7	Boucher Rock	Tom Kawecki	703-237-7227
May 8	Hermitage	Tom Russell	301-869-8058
May 7/8	Lead Instruction/Gunks	Pete Grant	703-960-6033
May 11	Monthly Meeting	PATC HQ 7:30	
May 14	Great Falls	Tom Isaacson	202-332-3710
May 15	Old Rag	Rich Cunningham	202-332-7931

Looking ahead...Memorial Day Weekend-Gunks & New River Trips

PLEASE NOTE: Call trip coordinators mid-week to make arrangements and contingency plans. In the absence of published trip leaders, call Rich Cunningham or Stuart Pregnall. Trips noted ** are to lead climbing areas. Please arrange for your own partners; the trip coordinator can help with arranging rides and other logistics.



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