

FOUNDED BY
JAN AND HERB CONN

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

Vol. 43 Number 3

June, 1989

SPRINGSTONE '89 SHOWCASES LOCAL CLIMBERS

The Springstone '89 sportclimbing competition was held May 20, 1989 near REI in College Park. The event was primarily sponsored by the Blue Ridge Section of the American Alpine Club and REI. The Mountaineering Section donated \$500 to the effort and supplied a substantial number of volunteers. Outdoor Provisionaries, Mountainsmith, Lowe, Misty Mountain, Metolius/Entreprise, and Rockville Fence also supplied materials and prizes for the event. From PATC/MS, Stuart Pregnall, Rich Cunningham, John Rayner, Ken Andrasko, Tim Hood, Michael Mergi, John Yanson, and Tom Russell assisted in various aspects of organizing, construction, belaying, and judging. Members who competed included: Jeanette Helfrich, Nori Eakin, Karen Pregnall, Madeleine Carter, Sue Hartley, Michael Mergi, Time Hood, Brian Rennex, André Krevere, and your faithful editor. Both of those lists are probably incomplete. A couple dozen club members turned out to watch the festivities. Many of the club's most talented climbers, particularly among the men, did not compete. Nonetheless, members came away with three prizes, with Madeleine Carter and Sue Hartley finishing second and fourth, respectively, in the women's recreational class, and your editor dropped his pen and pad long enough to snare a second place tie in the men's recreational division. Considering that this was the first public climbing competition in the

U.S. on an artificial wall, Springstone went remarkably smoothly. From the perspective of an outsider, at least, there seemed to be very few organizational problems. I suspect those intimately involved would tell a different story. In any case, John Bremer, Doug Cosby, Stuart Pregnall, Rich Cunningham, Larry Geib, and a few others deserve a great deal of credit for putting this together. Of the 106 participants in the qualifying rounds, seven recreational men and five recreational women flashed their 5.10d and 5.9 routes, respectively. John Bercaw flashed the elite men's final (5.12d (?)) and, quite frankly, no other finalist in any division even came close to flashing his or her route. The 5.11d, which served as the qualifying route for men's elite and as the final for both men's recreational and women's elite, stymied all attempts. Doug Cosby tried to "demonstrate" the route, and, after three falls, gave up. Although "Springstone" is a catchy name, the competition bore slight resemblance to traditional rock climbing. I do not consider that a bad thing. Falling on bolted plywood is not like taking a leader fall on a cliff. Even though the competition provided over 100 leader falls (and a few belayer mishaps), no one seemed remotely frightened by those prospects. With the exception of not anchoring the belayers, the event followed good safety guidelines. Another huge difference was caused by the rule that measured a competitors high point as the highest handhold touched. Many

competitors finished their attempts with desperate lunges to slap a hold. Given no chance of actually grabbing the hold, this practice would be completely alien to rock climbing. Those lunges, and the wingers they produced, added greatly to the event's entertainment value. Springstone '89 had a good spirit and only a few participants came away unhappy. It was not very much more competitive than an afternoon at the Aid Box. John Bremer's light-hearted announcements helped keep things in perspective. Hunt Prothro capped off the festivities by changing his Lycra in front of the crowd, and as people wandered off, they began to ask about Springstone '90.

Tom Isaacson

Final Results of Springstone '89:

Men's Elite:

- 1 - John Bercaw
- 2 (tie) - Phil Olinick, John Cronin
- 3 - Bob Horan

Women's Elite:

- 1 - Deb Orth
- 2 - Gwen Filter
- 3 (tie) - Nancy Prichard, Katy Lejeune

Men's Recreational:

- 1 (tie) - Sandy Fleming, Ken McLain
- 2 (tie) - Tom Isaacson, Darryl Hensley, Tom Cooper, Steve Jones, Bill Repetto

Springstone, cont'd.

Women's Recreational:

- 1 - Diane Connolly
- 2 - Madeleine Carter
- 3 - Hillary Hart
- 4 - Sue Hartley

**CBS BROADCASTS
SNOWBIRD '88**

On Sunday, April 2, 1989, CBS broadcast its coverage of last summer's Snowbird competition - the first U.S. televised coverage of a climbing competition. You can probably get a videotape of it from club members provided, of course, that you first obtain the "express written consent of CBS sports." CBS sports commentator James Brown (best known for his basketball coverage) and "Spider" Dan Goodwin provided the analysis and handled the interviews. I was very pleasantly surprised at the depth of the coverage. Three women and five men were shown doing at least part of the final route. Although there was no real coverage of the qualifying rounds, there also were no inane discussions of climbing gear or psychology. CBS gave the event an inevitable amount of sensationalism. Dan Goodwin was repeatedly shown taking a long staged fall off the roof, and Ron Kauk's fall in the qualifying round was well documented. The commentators threw in a fair amount of hyperbole with respect to skill (calling Edlinger "nearly invincible"), reputation (describing Kauk as a "legend"), youth (claiming Scott Franklin is nineteen years old - he hasn't been for several years now), and physique (asserting that a climber's hands are "as coarse as sandpaper"). CBS used some modern techniques to good advantage. The split screen replay of Tributou falling and Edlinger succeeding on a particular section was instructive. Interviews with, and shots of, other fallen competitors while Edlinger and Destivelle were climbing added a nice touch. Apart from a short interview with Scott Franklin, CBS did not dwell on

the climbers' poverty, nor did it try to depict climbers as particularly crazy. Calling Edlinger the "Dream Master" seemed amateurish, but the Lynn Hill interview was appropriately serious.

The audience reactions did much more than CBS to create a sense of drama and anticipation. This may be due, in part, to the fact that CBS could only show a few of the 15-20 minutes of any particular attempt. Nonetheless, the coverage gave a good feel for the way these climbers move and was a good (or bad, depending on your perspective) step toward the promotion of competitive climbing.

Tom Isaacson

**SOME IDEAS ON
TRAINING AND
BODY MOVEMENT
PART V**

Over the past year or so, I've described what it takes to perform general body conditioning for climbing, and I've talked at length about some specialized climbing techniques. (If you've missed those articles, scrounge around and get a copy.) I'd like now to talk about a subject that has received a bit of attention over the last few years: mental conditioning.

Mental conditioning is an inexact science at best. Nobody agrees on exactly what happens mentally to an athlete during sports performance, but everyone does agree that mental conditioning is an important part of overall training for any athlete. I'll give you the presumed benefit of my observations, and you can either laugh or try some of it out for yourself.

First, it is clear that climbing, especially leading, is a mentally demanding sport. For example, conquering fear is a constant battle for some climbers. Beta, defined as a verbal description of certain moves, is another example of how our brains become involved in climbing performance.

So if we're spending lots of time and effort honing our muscles,

what do we do to hone our heads? And why bother?

I'll give you one example of a technique called "imaging." Last year, we were working on a new route at the New River. Rick Thompson, Eric Horst, and finally I got on the sharp end and tried to work out the winning sequence. The problem wasn't hard, just a "simple" 5.12a lunge to a sloper. After several tries I was able to hit the sloper but couldn't stabilize on it.

So I closed my eyes and mentally pictured the move: left and right hands on the edge, right foot high, sag, launch, stab the right hand, hit the sloper, and STICK. I imaged this sequence a couple of times, and then did the move. It worked; I stayed on the sloper and completed the route. By forming a mental image of staying on the sloper and mentally rehearsing that sequence's image, my body "learned" to stay there, and it did when I made the move.

Clinical studies show that some athletic feats can be "learned" by imaging as well as by physically rehearsing the moves. Sometimes imaging is used when actual practice could be dangerous. Divers and gymnasts are the best examples of athletes who use imaging extensively before they actually try a new routine. A few years ago, "inner skiing" and "inner tennis" were popular teaching methods for those sports: imaging was a key component of the training.

So what is imaging and how does it work? Who knows? The theory is that all physical movement depends on neural pathways to initiate and sustain the movement. Simply put, your brain decides to wiggle a finger, so it sends a message down the spinal column to the nerves in the forearm, which in turn tell the forearm muscles to contract, and the finger wiggles as a result. Mental imaging, scientists think, "primes" the neural pathways that are eventually invoked when you actually perform the activity you've imaged.

I find that if I simply form a mental picture of myself doing

something, and run it through my mind a couple of times, that seems to suffice. It doesn't work every time--obviously I'm not able to climb every route I get onto. But on occasion it's made the difference between getting to the top and lowering off. I also find that if my mental image is very specific and very simple, it works better.

I also use imaging when I'm in the gym. While I'm doing my pullups, for example, I'll wait until I start to get tired to the point that each additional rep is harder and harder to do. At that point I'll close my eyes, and while I'm pulling up, picture myself hanging on to a small hold with one hand, selecting and placing a piece of protection with the other, and then clipping the rope to the pro. What this does is to mentally reinforce the image of completing a positive action when I'm burning out physically. How often have you gotten into a situation leading when you're tired and trying to hang on and place pro? Get scared? Probably. But by having this positive mental image of placing and clipping the pro when you're tired stored in your mind, it will be much easier to accomplish next time. Sounds weird? Perhaps, but for some people it will work. With others, it won't. You won't know until you try.

What about controlling fear? A lot of sports entail risk and fear control. The standard solution is for the coach to yell "suck it up" and thrust the athlete right back into the situation. I doubt that this would work in climbing. When I'm faced with fear, I use another technique that is recommended by many mental trainers. I've found a simple phrase, a mantra that I repeat to myself whenever I feel like I'm losing my confidence. It's not the "Oh, help, I'm scared" type mantra, but more along the lines of "I'm scared but I can control my fear" type. Some people don't face the fear but just think of something pleasant, others think of a reward that they might have after the situation is over. The point is, fear is a mental response,

and you can control it. You'll just have to see what works for you.

Another important mental technique used to improve your physical performance is to put yourself into a positive frame of mind before you begin your activity. Some climbers just tie in, chalk up, and blast off. Others stand quietly apart for a quick moment, gathering and concentrating their energies. Guess who climbs better? And if you step off the ground assuring your belayer "I won't get up this," chances are, you won't. It's much better to say "I'm going to give this everything I've got." (It may still not be enough, but at least you'll have failed in the process rather than before you've even gotten to the crux!)

You can also place yourself in a positive frame of mind another way. Researchers are convinced that by going over a memory of achieving a goal, an athlete can place himself in a better position to achieve the goal at hand. In other words, don't just "think positively," but think about something specific that you've accomplished that was positive. It doesn't even have to be related to what you're doing at the time. I find that this technique doesn't work as well for me as imaging, so I use it less. But try it yourself--after all, my mind and yours aren't the same.

Of course, mental training is like physical training--you have to practice to make it work. So think about it a little bit, and decide on a goal for yourself. Then work toward that goal. Who knows? You might surprise yourself, and rid yourself of fear, or learn that imaging improves your standard. I'll let you know how some of my techniques I've practiced over the winter work out once I get back into hard climbing.

Stuart Pregnall

NEXT: Learning to push yourself!

NEW RIVER GORGE NEWS

Even though the past trip was snowed out, a few bits of news from

the New. First, Scott Franklin recently spent three weeks there, declaring it the best crag in America. This seems to be a growing consensus! Second, Sabot Mater, the 5.13c established last fall by Patrick Deliage, has now been repeated by Boulder climber Harrison Decker, Scott Franklin and Lynn Hill. Its quality was confirmed, but Franklin thought the route overrated and "only" 13b. Climbers should remember that the New also has lots of climbs in intermediate grades, and isn't the sole preserve of the hard man! Next, the New River Campground has upgraded its showers and wants climbers to know that we're welcome. Stop in and chat with the new manager Tommy Koontz. There is also a very nice pavilion up on the hill that would be perfect for a weekend slide show/barbecue rafting/climbing trip if anyone was interested in organizing such a plan.

Stuart Pregnall

LYCRA SALE

For those of you who missed it the first time around, the lycra bonanza is back. If you're interested in getting quality, wild looking lycra at a cheap (well, pretty cheap) price, call Stuart Pregnall (202-543-3988). These 5.12 togs will cost about \$25 per pair (less if we can get a large order in). They're one size fits all, no liners, and usually unique in terms of design. Call now: reserve your spring wardrobe early.

CRESCENT ROCKS

[Typist's note: This late-breaking story was recently discovered on an archaeological dig in my desk drawer, with apologies]

Dateline - March 12

A strong group headed to Crescent Rocks to enjoy the first good weekend of climbing in far too long. A combination of illness, injuries, lethargy, and poor weather had kept participation in recent trips to appallingly low levels. Today, however, even some of the club's most notorious "no shows" came along for the fun. Genesis made an

appearance while her owners were frolicking out West. She was reasonably well behaved and this transgression was forgiven.

As best I can remember, the attendees included: Hugh and Josh Brown, Joe Bagley, Kit Pollock, Ken Andrasko, Stuart Rosenthal, Julie Shannon, Selma Hanel, Doug Craun, Jeff Kramer, Brett ..., Don Holtzer, Diane Connolly, Madeleine Carter, Tom Kawecki, and your faithful editor. A good time was had by all, with several first successful attempts, including Doug Craun, who wants everyone to know he did Psoriasis (5.9) legit.

Tom Isaacson

Lynn Hill Accident

Lynn Hill recently suffered serious injuries in an accident at Buoux, France. Because of the volume of false rumors, UP ROPE wants to clarify the story. Lynn did not retrace her figure eight tie-in knot and fell sixty feet after reaching the toprope anchor. She suffered a broken foot and miscellaneous shoulder injuries. After a layoff of six to nine months, she is expected to make a full recovery. Lynn has become acquainted with many club members and we all certainly wish her well in her recovery, and, if she chooses, in the continuation of her climbing career.

There is a haunting similarity between Lynn Hill's accident and that of local climber Kathy Rebibo. It should serve as a reminder that even the most experienced climbers can become distracted and make very basic mistakes. Belayers must also take an active role in checking the climber's tie-in, etc. Take care of your buddy.

Book Reviews

DOLOMITES by Ron James 1988
Alpine Club, London \$22.50 368
pages Illustrated

This little pocket guide packs a lot of information into a small package. James, who has been climbing in the

Dolomites for years, has updated the previous editions of this handy guide and made it much more useful for modern climbers. In fact, it now comes in a durable soft cover so it can go places other than just your bookshelf.

Including a glossary (for those whose knowledge of Italian is limited), comprehensive gradings comparison table (although the Battimelli System is omitted), and photos, **Dolomites** does a thorough job of covering the climbing necessities. Anyone planning a visit to the Dolomites would be foolish not to spend the few dollars needed to add this book to their pack.

EXPLORING OREGON'S WILD AREAS by William Sullivan 1988
The Mountaineers Books, Seattle
\$12.95 272 pages Illustrated

For those who think that Oregon's only claim to fame is Smith Rocks, think again. Sullivan's guide to the "wild areas" shows that the state has much to offer the outdoor enthusiast.

Sullivan presents a brief overview to each area, then proceeds to make recommendations on what you should see while there. Equipment notes are given when needed, and there are sketch maps to help orient yourself. The book's large scale paperback format means that if you want to carry information with you, xeroxing the relevant pages would be better than lugging the entire book along.

Since 65 different areas are covered, Sullivan can't give a detailed description of each one. But with this book along, he'll guide you to the best parts of Oregon and leave you to discover the rest on your own.
CLIMBERS GUIDE TO THE OLYMPIC MOUNTAINS by Olympic Mountain Rescue 1988
The Mountaineers Books, Seattle \$12.95
260 pages Illustrated

The Olympic Peninsula is home to some pretty spectacular scenery, much of it alpine. The mountains

have a reputation for crumbly rock (mostly true) and bad weather (come on, these are the mountains, after all!). But this guide dispels the bad rap that the Olympics have gotten as a climbing area. The Olympic Mountain Rescue group has outlined a plethora of fine routes that will give solid mountaineering experiences to all but the most picky of climbers.

Perhaps because this guide was written by a rescue group, much attention is given to safety matters. There are excellent descriptions to access and descent routes, conditions to be anticipated, and preparation. A list of recommended climbs is also included for those whose stay is limited.

Since the summer is closing in on us fast, this guide should be an inspiration for many of the MS members who are planning to "go to the mountains" but who aren't sure where to go. The Olympics would surely be a good choice, and this is the guide to have if you go.

SNOWSHOEING by Gene Prater
(3rd Edition) 1988
The Mountaineers Books, Seattle \$9.95
175 pages Illustrated

A few years ago I made a winter trip up to the White Mountains to attempt a traverse of the Presidentials. In preparation for the trip I learned the art of snowshoeing, and used one of Prater's earlier editions to aide my technique. To make a long story short, I made it, my snowshoes helped, and I've been grateful to Prater's book ever since.

Now the third edition comes out, and at an interesting time in snowshoeing. Skis have for the most part overtaken snowshoes as the transport of choice over snow, but snowshoes have also undergone a technological revolution. They're lighter, more maneuverable, and in some areas the only means of getting across deep snow, because skis sink into the fluff.

Prater is "Mr. Snowshoe," and what he doesn't know isn't worth knowing. So if you think you might want to strap on a pair of these amazing snow vehicles, read up on them in this well written how to book. You won't regret it.

DATE	AREA OR EVENT	PERSON TO CONTACT	PHONE	PLACE
June 17	Great Falls VA	John Yanson	667-4334	GF
June 17-18*	Seneca Rocks	Tom Kawecki	237-7227	TBA
June 24	Great Falls VA	Jeff Kramer	820-8771	GF
June 25	Annapolis Rock	Tim Hood	830-3919	RR
July 1	Great Falls	Madeleine Carter	362-5036	GF
July 1-2,4**	Gunks Trip	Jeanette Helfrich	585-9119	TBA
July 5	Executive Committee	Jeanette Helfrich	585-9119	TBA
July 8-9**	Bellfonte Quarry, PA	Tom Isaacson	332-3710	TBA
July 12	Monthly Meeting	Jeanette Helfrich	585-9119	HQ
July 15	Boucher Rock	Doug Craum	533-1170	TBA
July 16	Basic Climbing Training	Pete Grant	960-6033	GF
July 16	Great Falls VA	Jeffrey Levy	461-0649	GF
July 22	Great Falls VA	Tom Kawecki	237-7227	GF
July 23	White Oak Canyon	Rich Cunningham	332-7931	TBA
July 29	Herzog Island	John Yanson	667-4334	CR
July 30	Bull Run BIG DEVICES STAIRS	Ken Andrasko	337-0498	AO TBA
August	No executive or monthly meeting			
August 5	Great Falls VA	Kit Pollok	824-0012	GF
August 6	Old Rag	Jeanette Helfrich	585-9119	TBA
August 12	Buzzards Roost/Eliz Furnace	John Yanson	667-4334	TBA
August 13	Basic Climbing Training	Pete Grant	960-6033	CR
August 13	The Cove	John Yanson	667-4334	TBA
August 19	Sugarloaf	Michael Mergi	683-2649	RR
August 20	Annapolis Rock	Ed Cummings	589-6261	RR
August 25-27**	Seneca Rocks, WV	Bill Smith	703-668-6928	TBA
	Rescheduled Worktrip for Nelson House and climbing at Nelson Rocks, Meet 7PM Friday, Roy Rogers, Leesberh, VA			
Sept 2,3,4*	New River Gorge	TBA		
Sept 6	Executive meeting	Jeanette Helfrich	585-9119	TBA
Sept 9				
Sept 10	Bull Run	Charlie Dorian	946-2373	AO
Sept 13	Monthly Meeting	Jeanette Helfrich	585-9119	HQ
Sept 30- October 1**	Greenland Gap WV, an annual event by the Pennsylvania Mountaineering Association			

*These trips are to lead climbing area. Please arrange for your own partners. The trip leaders can help with arranging rides and other logistics.

**Joint trip with the Pennsylvania Mountaineering Association (PMA) located in Harrisburg, Pa., coordinated through Mark Hilden (PATC/MS member) at 717-263-1640.

****MEETING PLACES FOR CLIMBING TRIPS:**

TBA = To Be Announced

REI = Recreational Equipment Inc., 9801 Rhode Island Ave., College Park, MD. DIR: Exit I-495 at exit Rt. 1 south; immediate L. at light onto Edgemore; R. at 4-way stop on Rhode Island Ave.; L. into parking lot.

RR = Roy Rogers Restaurant, 465 N. Fredrick Rd, Gaithersburg, MD. DIR: Exit I-270 at exit Rt. 124 E. (Montgomery Village Ave.); R. on Rt. 355 S. (Fredrick Rd); L. at second light.

TC = Tysons Corner, Hardee's Restaurant and Central Fidelity Bank Parking Lot, 8111 Leesburg Pike, Vienna, VA. DIR: Exit I-495 at Rt. 7 W. (Tysons Corners); L. at second light.

AO = Appalachian Outfitters, 2930 Chain Bridge Rd., Oakton, VA. DIR: Exit I-66 at exit 16 (Rt. 123 N); L. just past fourth light (AO is on your left) into bank parking lot.

GF = Great Falls National Park, 9200 Old Dominion Dr., Great Falls, VA. DIR: Exit I-495 at exit 13 (Rt. 193/Great Falls); W. on Georgetown Pike about 4 miles; R. at light into park; hard R. past ranger's booth into lower parking lot, see notes on car windshield for specific climbing area.

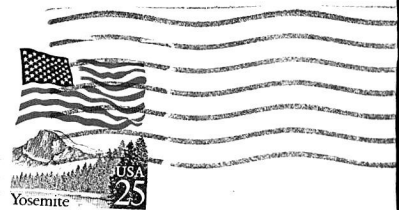
CD = Carderock Park, Potomac, MD. DIR: Exit I-495 at exit 41 (Carderock exit); W. on G-W parkway about 1/2 mile; exit R. at Carderock exit; L. across parkway; R. at stop sign to last (third) parking lot.

HQ = Headquarters of PATC/MS, 1718 N St., N.W., Washington, D.C. DIR: 1 block east of Conn. Ave. near DuPont Circle Metro stop (Red Line).





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Vol. 43 Number 4

September, 1989

HUECO TANKS TRIP

"Hueco!" the climber yells as she reaches a solution pocket in the rock with incredibly positive holds. One commonly hears this victory cry, similar to "Gunks Bucket" at Hueco Tanks State Park, in the desert about 30 miles dead east of El Paso, Texas.

"Hueco" means hollow or hole in Spanish and refers to the characteristic indentations in the rocks which some theorize were formed by wind-blown sand.

John Rayner and I spent 4 days at the end of April climbing at Hueco Tanks. The area is probably not larger than one square mile, comprised of thousands of boulders and slabs, some with faces as high as 350 feet. The guidebook states that the rock is syenite porphyry. Desert varnish has hardened the surface of the rock in some areas into plates, termed "iron rock" by the locals, which provide excellent climbing holds. These plates combined with the huecos create a climber's playground with almost NO loose rock.

The guide book lists climbs mostly in the higher ranges. Climbers starting in the 5.9 and 5.10 range would be happiest at Hueco Tanks. The walls range from a pleasant 70-80 degree angle layback, like the Gunks, to vertical, to wildly overhanging. The grades seemed somewhat inflated compared to Gunks grades. For example, "All the Nasties" at 5.10 seemed comparable to "Citylights" at the Gunks. No move on the climb seemed as difficult as the crux on

"Arrow" or the first moves on "Son of Easy O."

The difficulties were often not so much in the climbing as in the protecting. Because the State Park prohibited bolting for some time, bolts were placed surreptitiously only near the crux of a climb and nowhere else. On a 5.9 climb, this could mean some fairly run out sections of 5.7. Recently, however, the Park is allowing bolts to be replaced and added to existing climbs. Maybe that is why "All the Nasties" seemed approachable. It protected beautifully with brand-new bolts about every 15 feet. Although we had a guidebook, getting local knowledge about bolts and run-outs from other climbers was essential. Almost every climb we did was on aesthetically pleasing rock of sustained and continuous difficulty.

We enjoyed Uriah's Heap, 5.7; Indecent Exposure, 5.9 (a scary classic); Cream, 5.10; Crack Walk, 5.8; Tunnel Vision, 5.8; All the Nasties, 5.10, Busted, 5.9; Banana Patch 5.10; Death Dihedral, 5.8; King's Highway, 5.9. (We did pass up the awful looking off-width dihedral crack with smooth walls and no protection, the recommended "Tree Route," recommended for what?).

The guidebook *Indian Heights* (1985) by David Head, Mike Head, and James Crump is out of print.

Although it does not reflect the new protection situation, it was a valuable commodity for which we were offered \$35 (it used to retail for \$10).

Thanks to Tom Russell for lending us his copy. The authors plan to

publish a revised edition in time for next season.

Hueco Tanks is definitely a winter climbing area, probably October through March. By the end of April, we were already facing 90-100 degree days, albeit dry and breezy and in the fifties at night.

The Hueco Country Store several miles away provides local color. A low cluster of dilapidated buildings and a collection of yard cars, motley dogs and empty store shelves, it's the personification of the dusty town of Lonesome Dove we imagined. When we went in, a few guys sat out under the porch drinking beer, playing checkers and talking about their chickens. We found not much on the shelves but white bread hamburger buns and cans of chili peppers. However, itinerant climbers can pick up their mail there and the locals are friendly.

The area is also popular with hikers from everywhere including local youth groups, outing clubs, churches etc. People scramble around the rocks with abandon looking for caves, Indian paintings, names and dates carved 100 years ago. Hueco Tanks has long been an oasis in the desert providing water for wagon trains, cowboys, Indians, soldiers. The old Butterfield stage stop building is being renovated. A famous battle between Mexican soldiers and Indians was fought here in the caves back up one of the canyons until the Indians finally escaped through a previously-unknown hold out through the back of the rocks. The park conducts a worth-while nature tour through these natural features, pointing out

the wide range of flora and fauna flourishing in the park, including mesquite, yucca, mustard, sage, willow, hawks, lizards, gila monsters, snakes, etc.

LOGISTICS FOR SURVIVING HUECO TANKS: After flying into the airport (on the east side of El Paso), rent a car, go to the huge supermarket diagonally southwest across the road from the airport at the intersection of Montana Rd. and Airway Rd. (full of southwestern specialties including 20 kinds of chiles). Stock up for camping, at least breakfast (there aren't any breakfast places within 10-15 miles). Drive about 35 miles straight east of El Paso on Route 62-180 to Hueco Tanks State Park. Camp at one of the 20 improved or unimproved sites at the park (provided thanks to pressure from climbers) which can be reserved in advance (recommended in high season). Cost - \$4-9 per night. Amenities include hot showers, flush, water faucets at every site, picnic tables, fire rings, parking, shelters for shade. The base road that runs around the cliffs near the climbs is also provided with water, restrooms, and picnic facilities. Have dinner at several of the good Mexican restaurants on the highway back to El Paso. Park your car near the bridge to Mexico and spend an evening in Juarez shopping and sightseeing (but eat your Mexican food in El Paso).
- Jeanette Helfrich

FALL BBQ AND PARTY

Tom Kawecki has graciously agreed to host a fall BBQ and party for MS members and their families and friends in his new house and yard. (Will he have the roof fixed by then??) The BBQ and party will start at 7:00 p.m. on Saturday, September 16, 1989 at 1238 Kearny St., N.W., Washington, D.C., a few blocks from the Catholic University/Brookland Metro. There'll be food, music, dancing, and discussions of epic climbs! To RSVP, (by September 13th, please), as well as get details on what food

and music (tapes or instruments?) to bring, and other ideas, call Doug Craun, Hospitality Chairman, at 323-5256 evenings.

GREENLAND GAP CHILI BASH

The Pennsylvania Mountaineering Association (PMA) has invited the MS to co-sponsor and attend their annual chili bash and climbing weekend at Greenland Gap, West Virginia, just north of Seneca. We'll climb at the Gap on Saturday and Sunday; bring helmets. Saturday night we'll be their guests for chili and should bring whatever other food we want. Sounds like a fun weekend. For more information, call Mark Hilden at 717-263-1640 or Jeanette Helfrich or John Yanson. Directions from Cumberland Md to Scherr: Take Rt. 220 south through Keyser, WV. South of Keyser, go through New Creek and pick up Rt. 50 for a short distance. Take Rt. 93 south to Scherr. Directions from Seneca to Scherr: Take Rt. 28 north to Petersburg. Pick up Rt. 42 and follow it north through Maysville to Scherr. Directions from Scherr to Greenland Gap: Turn east at the intersection of Rt. 42 and 93. There is a bar on one side of the road and a church on the other. **BE CAREFUL HERE!** This is not just a simple crossroads. You should immediately pass a general store on the right. Continue on this road past a limestone quarrying operation that straddles the road. After the road hooks to the left, turn right at the stone house and enter Greenland Gap. Follow the creek until you cross the bridge. Bivi sites can be found on either side of the road. Park in a small pull-off on the road.

VIEUX CAMPEUR GROUP PURCHASE

Please call Jeanette Helfrich or Anne Baron if you wish to buy some climbing equipment through the famous French company, Vieux Campeur, in Paris. They carry mostly French equipment along with

some other European brands. Shipping is extra, however, that cost is usually balanced out by the value added tax of 28% which is subtracted for foreign purchases. Examples of prices: Sportiva "Futura" climbing shoes are 529 French francs; P.E. Edlinger Dolomite "Magica" climbing shoes are 529 French francs. As of 8/16/89, there the exchange rate was 6.55 francs to a dollar.

SOME IDEAS ON TRAINING AND BODY MOVEMENT PART VI

In the last issue I promised to talk a little bit about learning to push yourself. Before you read too much further, please understand that what I am recommending here should be attempted **ONLY** after you seriously think about it. Climbing, safe as it can be, is still plenty dangerous. I'll be talking about falling and other such injury producing things, so **THINK ABOUT IT!**

REMEMBER: It is vitally important that you warm up your muscles before you climb hard routes. "Cold" muscles are injury-prone, they don't have as much flexibility, and they don't produce maximum power, either. Ten to fifteen minutes warmup is essential. Warming up includes stretching, easy bouldering, and starting out on an easy route or two. Stretch your arms, legs, shoulders, back, fingers and neck. **REMEMBER ALSO:** Falling is dangerous, especially if you don't pay attention to basic safety practices. Inspect your harness and knot (twice, I prefer!), check out your belay anchor and rope, and make sure you and your belayer know what you're doing! And **KEEP CHECKING** during the day.

One thing I learned once I started climbing harder was that I fell and failed more often. It got pretty frustrating some weekends. Before, Karen and I would go out and bash around on 5.6 and 5.7 and have a great time. A fabulous weekend would include a 5.8 or 5.9. All of a sudden, though, we were applying

turbo-muscles to double digit routes and first ascents. Although the rewards in terms of hard routes we climbed were many, fun fell by the wayside just as quickly as we fell on the routes we were trying to get up. As you pursue harder routes you, too, will be giving up some enjoyment as you fail more often. Since "failing" on a route frequently means "falling," let's talk about falling. Contrary to common sense and popular belief, it's OK to fall off, especially on top rope. I was encouraged this winter (the few times I got out) to see climbers attempting routes that were too hard for them. They were getting a good idea of what 5.11 was all about with minimal consequences. Before these climbers know it, they'll be doing those routes, for several reasons. One, they'll be learning the moves. Two, they'll be getting stronger physically. Three, their technique will improve. Four, they'll be gaining a positive attitude towards hard climbs. Let's deal with the latter point (POSITIVE ATTITUDE) first. If you think that all you can climb is 5.7, and thus all you try to climb is 5.7, then it logically follows that all you will climb is 5.7. So, especially on top ropes, you need to grab all the hard routes you can. Working backwards, the next point (TECHNIQUE) is critical to developing success on harder routes. Important Hint: Before starting out on a hard top rope that is probably too difficult for you to figure out on sight anyway, try to get as much beta beforehand as possible. That way you can concentrate on doing preconceived moves rather than trying to figure out the sequence while you're on the route. Don't be afraid to ask questions about foot and hand placements--holds on harder climbs are less obvious, and once you find them their use often requires precise placements and combinations. Watch and look at photos of other climbers; remember their body positions and balance points. Try to emulate their style and technique.

If you fall off, hang dog a bit. Rest on the rope before trying to jump right back on (but don't hang about all day long making your belayer hate you--that's a good way to assure that nobody will offer next time you need a belay!). After a few tries, lower to the ground and rest, then move on to a different route. Come back to the route later and try it again. In the meantime, think about what you tried to do and evaluate how well you did it. Ask your belayer for pointers--did you really use that foothold the right way? Watch other climbers--some have good footwork, some are very dexterous with hand jams, others use their balance well. If you work on your technique, it will have a big payoff in climbing harder routes successfully. OK, we're out of order still, but the next point (STRENGTH) is crucial. I've written extensively about gym training in previous issues of UP ROPE. The key here is to use the rock as a training device--warm up on easy stuff, push like nuts for a while, then warm down on easy routes. But make sure you get that workout in. This doesn't mean that you should neglect top-roping routes that you can do. If you're at Annapolis Rock, for example, and you want to get a good day's climbing in, don't spend the entire day dogging on Pine Tree Crack or Face. There are other climbs to do--make sure you get a few hundred feet of climbing in. That builds stamina by training your body's metabolism to produce energy throughout the day and by repeated firing of your muscles. It also adds a positive value to the day's efforts--romping up a few routes well within your limits can make a "bad" day great and keep your mental attitude positive. Finally, it is repetitive exercise that hones your body's ability to do those moves over and over again automatically--flowing up 5.5 rock is one of the most pleasurable experiences I know. The last point (LEARNING THE MOVES) is partly a matter of technique, partly a matter of repetition. After a lousy winter

during which I suffered a two month bout (and enforced layoff) with flu, I came back to Great Falls to discover that the only routes I could climb easily were the ones I had wired. It didn't matter if they were 5.9 or 5.12--if I had them wired, I could do them. On the other hand, if I hadn't had the route wired, I struggled (and failed if the route was any harder than 5.10). So learn the moves on hard routes--sooner or later you'll run across similar moves on other routes, and you'll remember what to do!

Safe climbing!

STUART PREGNALL

HELPFUL HINTS

While attempting, and failing, to do a bolted face climb at Seneca I learned a useful way to rappel off a bolt without leaving gear behind: Pass one end of a sling through the bolt hanger until half the sling is through the bolt and the two ends hang loosely on either side. Pass the rope through both ends of the sling but not through the bolt hanger. Pull enough rope through so you can rappel to the ground, taking care not to burn the sling. Tie a second rope to the knotted end of the sling. Rappel down the first rope, and pull it through the sling. Finally, pull the other rope so the sling passes through the hanger and falls to the ground.

A few precautions: First, only do this with a bombproof bolt. Second, make sure the sling will pass cleanly through the hanger; if the sling gets caught, you'll have one rope hanging and you wouldn't want to prusik back up that rope. You should, therefore, be sure you tie the retrieval line to the knotted or sewn end of the runner. Finally, this procedure requires considerable attention to detail and is a bit scary. If you're in doubt you're probably better off lowering or rappelling off a biner.

Tom Isaacson

ROCK STATE PARK

Responding to some grumbling from a couple of members, we went a little further afield to Rock State Park in Maryland. The drive is very reasonable and direct: I-95 N, just past Baltimore, and North on Rt. 24. It's about 1/4 hours from REI.

The rocks are very scenic, "similar in structure to Seneca Rocks, in that the formation consists of a large fin of rock protruding from a hillside, and another separate peak that can only be climbed using technical rockclimbing."

Climbing East of the beltway were Tom Isaacson, Ken Andrasko, Michael Mergi, Jeanette Helfrich, John Rayner, myself, and a friend from Pittsburgh, as well as a couple of local climbers.

With the help of Brad Cohen's guidebook, we were able to get our bearings. Unfortunately, Brad was unable to join us due to the new challenges of fatherhood...belated congratulations to Brad and Nitsan. Jeanette got underway first, leading the North side of the pinnacle and setting up top ropes. The rest set up the South wall. Thee climb are close to half a rope length.

The group worked on a variety of climbs with successes for everyone except on the most difficult routes. Climb included: Vertical, Bill Dean's Route, Breakaway, Mike's Finger Bucket, Breakfast of Champions, and Creakin' Eyelids.

A couple of suggestions for those venturing to Rock State Park: Bring a rack and some ingenuity for setting anchors. We Washingtonians are spoiled by Great Falls' trees. Also, the upper parking lot is very convenient, but on the weekends it costs \$3.00 per vehicle. The cliffs are a short walk from the lower lot. It's a crag well worth the drive, with plenty more climbs to try next time, both leading and top roping.

John Yanson

JULY 4th AT THE GUNKS

Heaven at the Gunks is four sunny and cool days plus lighter crowds than usual on the July 4th weekend. The good old familiar scene seemed

the same -- the camping, parking, swimming holes, usual characters, and great climbs (except for being able to climb at Skytop). Is it my imagination or is there a lot more top-roping and less leading and more hotel-staying and less camping at the Gunks now? A reflection of the new sport climbing and European ethics? Certain climbers such as yours truly were having trouble giving up European customs such as honking on the pro and resting on it especially on the crux on "Apoplexy," for example. Over dinner, we heard some interesting tales of early PATC/MS doings and learned that a number of other Washington climbers at the Gunks this weekend originally learned to climb with PATC/MS. Club members at the Gunks included Jacques Tamisier, Didier Chaminade, John Rayner and Jeanette Helfrich. Other climbers from the D.C. area included Parker Hill, Larry Geib, Gary Roan, Bill Hieronymous, Tony Rickert (accompanied by Alice Covington and Julia), Bob Marshall, John Brenner, Wendy Wilkins, and Rod Hanson.

Jeanette Helfrich

BELLEFONTE QUARRY, PENNSYLVANIA

John Yanson, Michael Mergi, Stuart and Karen Pregnall, John Rayner and the author headed up to Bellefonte Quarry for the weekend of July 8-9. Most agreed that "El Crackitan" 5.9 and "Coleman is a Faggot," 5.10, are two of the most enjoyable crack and face climbs around. "Left Hand Eliminate," a 5.7 layback crack in a corner is enjoyable to second, but leading it requires lots of big pro the same size. The author leap-frogged a #3 Camalot several times and slung some chockstones in the crack. Some of the group also tried some of the bolted thin face routes on Leopard Wall in the lower quarry. The landfill in the lower quarry has been re-arranged so that now one can almost belay on Leopard's Wall from the car.

Being near State College, the large quarry pond in the upper quarry attracts lots of young people swimming, drinking, and partying. The favorite sports seem to be jumping off the 30' cliffs on the south side of the pond or boulders on the north side and throwing beer bottles across the pond to smash them on the opposite wall with loud sounds of explosion. Since we presumed the glass sinks completely to the bottom which is deep (we heard there's a jeep down there), we swam and so did everyone else. Moreover, on the south side of the cliffs above the water, there's a route consisting of small rocks glued-on to the smooth cliff. One can descend this route (5.4?) down to the water where a 60' diagonal crack begins which gradually traverses upwards from the water to the top of the cliff. The crack is rated 5.8 presumably with shoes. Barefoot, who knows? The climb can be done either as a hand or a foot traverse. Rayner and I climbed it in old climbing shoes as a foot traverse. We didn't fall (I really didn't want to find out where the jeep sank).

Next day, we explored Double Secret Quarry. Weeds and poison ivy flourished everywhere in the hot sun.

The compressor fans from the mines below roared unnaturally in the isolation. We picked our way to the bottom of the rock to try Butterflies, 5.9-, three happy-faces, 90' PG protection rating (hah!). We soon spotted the three promised bolts. The first was 30' off the ground. As is common in Bellefonte, these bolts didn't have hangers. Reportedly the person putting them in didn't have enough money for hangers and took them with him after he put in a climb. To use hangarless bolts, the guidebook explains that one pries back the washer, hangs a wired stopper on the bolt behind the washer with the stopper pulled back and then snugs up the stopper. This worked fine on the first bolt. On the second, the washer only came part way out and the stopper wasn't securely set. Horror of horrors, the next washer wouldn't loosen at all,

and typical of Bellefonte, there was nowhere else to put pro. The leader was uncharacteristically silent (this was even too serious for that typical Rayner cursing heard while top-roping). Eventually, we got the hell out of there. Someone either played a dirty trick and didn't want anybody climbing there by tightening up the bolts or the bolts had rusted or locked up due to non-use. In the future, we'll stick to the lower and upper main quarries.

Later, we ran into Kyle Horst who said that he doesn't climb in the friction quarries anymore (Double Secret, Compressor, and Silent Quarries) and generally carries a wrench for working on bolts. It never occurred to us that we might want to carry a crescent wrench on our rack! Kyle said he will soon be publishing a new guidebook to Bellefonte which promises the results of his historical research on previous climbing in the quarry. Yes, he's Eric's brother (whom we know from New River Gorge fame and his personalized climbing workouts which many of us are following). Kyle and his wife who was also climbing there live in the DC area.

The group enjoyed a nice dinner in Bellefonte at the Governor's Table, a little pricey for a climbing weekend but excellent. Bellefonte certainly has more mansions, monuments, parks, good restaurants per square inch than most small towns and makes for an enjoyable climbing weekend if you can stand the climbing in a trashed-out quarry. We camped off a little side-road in the quarry.

Jeanette Helfrich

BOUCHER ROCK

On Saturday, July 15th, a hardy group of climbers took the poison ivy trail to Boucher Rock. The rock is hidden about 200 yards upriver from the American Legion (Cabin John) bridge on the Va. side.

The trail to the rocks begins in a concrete gully beside I-495, proceeding down to the base of the bridge. From there you swing north, about 20 yards from the river. After

fifty feet we (I) lost the trail and began bushwhacking through. The trail picked up again 30 feet from the rocks.

Under the direction of Tom Isaacson, six climbs were rigged. All the climbs are about 40 feet high. The first three were near a lichen-covered ramp. One climb, a very difficult short route, was adjacent to the ramp. In the corner between the ramp and the short wall was another climb that appeared fairly easy. I found the ramp itself difficult, all friction with thin hands and feet. New comer Chris (?) and Jeff Kramer persevered and made it. I didn't.

Next upstream is a nice little corner to practice your stemming on. Jeff and Jeffrey Levy stemmed on up. I struggled and Stuart Pregnall waltzed to the top. Coming out of the corner is the start for the next climb, which seemed to be the most interesting of the lot. It begins on a high angle block which leads to an outside corner topped by a horn. After the horn you move onto a filthy face. The holds here are large and flat; the problem was that they were covered by a fine baseball mound dust. Karen Pregnall, Stuart, and Tom were the only ones to top out on this one. The last climb has a difficult start with an unreachable slanting hold 8 feet up. My boy Isaacson reached it. The rest of the climb looked easier, but I wouldn't know - ask Tom.

The climbs at Boucher are of good variety and height. The problem is the prize winning poison ivy everywhere and the sometimes awkward setups. There is also a lot of brush and scrub covering the steep trail to the top. You only get the poison ivy in the summer, but that's when the area is useful. It is a great escape from the heat. The sun didn't come around until mid-afternoon.

Also on the trip were David Bailey, John Yanson, Barbara Kern, and Hugh and Josh Brown. Oh, one more thing-John Yanson forced me to lead this trip.

Doug Craun

WHITE OAK CANYON

On August 6, club members spent a most enjoyable day climbing in White Oak Canyon near the third waterfalls. The climbs were interesting and delicate, long (80 feet), rather hard, blocky, and somewhat overhanging. Since not much climbing is done here, there was some loose rock and lots of lichen. Next time we'll bring some gardening equipment. Some dihedrals and cracks approximate longer alpine routes for which this is a good training area. Best of all, we beat the Washington heat by swimming in the pool at the base of the falls before, during, and after climbing. The pleasantly shaded climbing area is just below the third (highest) falls on the northeast side of the creek. The marked rocky viewpoint for the falls is the top of many of the climbs. To get there, we entered the Shenandoah National Park at the Thornton Gap entrance (\$5 per car). We drove south from the ranger's booth about 11 miles and parked on the left in a small lot just past the Skyland Center. We hiked into the canyon from the top, a 2.3 mile hike which took us 45 minutes in and 50 minutes out. On the way home, several of us enjoyed a crab feast at a restaurant recommended by John Christian several years ago, Blue Ridge Seafood Restaurant, at Rt. 29 and 211, 2 1/2 miles west of I-66 (15704 Lee Highway, Gainesville, VA). It's couple miles east of the old hangout, the Town and Country Restaurant. Our group included Clair Witt (yes, she still climbs), Michael Mergi, Paul Torrelli, John Rayner, and yours truly.

Jeanette Helfrich

FILM FESTIVAL YIELDS PROFIT

Following is a financial accounting of the Second Annual Film Festival as of July 20, 1989 as compiled by Jeff Kramer, Treasurer. Some expenses incurred by committee members have not yet been reimbursed and are not included below.

Expenses:

Theater Rental	\$900.00
Advertis. in movie column	\$60.00
Film rental & transport,	\$911.75
including phone calls & letters	
Poster printing	\$112.00
Projectors & sound	
equipment rental	\$515.00
Food and wine	\$376.68
Misc. (telephone,	
postage, mailings, etc)	\$283.45
T-Shirts	\$605.80
TOTAL EXPENSES	
	\$3,764.68
Revenues:	
Ticket Sales (\$10 ea)	\$4,454.00
T-Shirt Sales	\$786.00
TOTAL REVENUES	
	\$5,240.00
NET PROFIT TO DATE	
	\$1,475.32

EXPEDITION CORNER

As promised by Jeanette Helfrich, I am trying to breathe life back into the Expedition Committee. The primary purpose of the Committee is to encourage and provide opportunities for our members to expand their climbing experiences beyond the weekend climbing calendar, which, by necessity, concentrates on Mid-Atlantic climbing. The Expedition Committee is not, and cannot be, a guide service. For those interested in such services, many reputable outfits can be found advertising in the major climbing magazines. What we hope to provide is a forum where interested climbers can meet others with similar ambitions and goals, obtain information about other climbing areas, and help in organizing expeditions.

These expeditions could range from Devil's Tower to a serious climb in the Himalayas. Expeditions can be of any nature; alpine mountaineering, rockclimbing, or ice climbing, depending on the interest.

Remember, this is your committee. Several ideas have already surfaced and are being worked on, including an ice climbing trip to New Hampshire this winter, as well as a trip to the Tetons next summer. More on these next time.

Finally, as a service to the membership, we are trying to compile a list of club members who have experience or knowledge about non-local climbing. For example, if someone has climbed in the Bugaboos, we would like to include his or her name as someone other members could contact for information about routes, transportation, logistics, weather, guidebooks, etc. on the Bugaboos. If your climbing has taken you elsewhere, please give me a call at (703) 830-3919 and let me know.

Tim Hood,
Chairman,
Expedition Committee

OUTDOOR PROVISIONARIES MOVES!!!

The guys at OP have moved! But don't panic, they haven't moved far. In fact, they're just across the common. The new store is much larger, and OP plans to fill the extra space with a small bouldering wall (for trying on shoes), an expanded clothing range, and lots more quality climbing and rescue gear. The other space filler OP has is in the form of longtime area climber Bob Burger, now an employee! Drop by and check out the new store next time you're in the Great Falls area.

GEAR FOR SALE

MSR Whisperlite stove, nesting pots, teflon frying pan & misc. cooking gear; odds 'n' ends of climbing gear; Lowe expedition pack. All in great shape and cheap. Call Stuart, 202-543-3988.

1 Pair Foot Fangs, Never Used!, \$80;
1 Pair Koflach Extreme Ice Climbing Boots, Size 7, Never Used!, \$150.
Call Sue Hartley at 703-934-3553.

BOOK REVIEWS

THE PRICE OF ADVENTURE By Hamish MacInnes 1987 The Mountaineers Books, Seattle \$15.95 Hardcover 192 pages Illustrated

If you're into the downside of climbing, then this is the book for you. Lots of mountain rescue tales, with enough catastrophes to put you off climbing for at least a week. MacInnes has been collecting rescue stories for years. From his vast knowledge, he has brought some of the more dramatic rescue stories of the past few years together in this collection. Joe Simpson's epics are included (Touching the Void), as are Hugh Herr and Jeff Batzer's. Although each story is brief, it gives a sense of the pain and trauma experienced during one of these accidents.

I would have enjoyed this book a bit more if more attention had been given to analyzing each accident. It's one thing to recount the story; it's another to do so in a way that makes it a teaching experience. All in all, though, it's a good book, one that you might want to read when you're feeling a bit frisky. Nothing like a little reality to dampen one's enthusiasm.

CLIMBERS' CALENDAR

Revised 8/24/89

DATE	AREA OR EVENT	PERSON TO CONTACT	PHONE	PLACE
Sept. 9	Great Falls, VA	Tom Kawecki	832-5006	GF
Sept. 9-10	Hermitage, Pa.	Ken Andrasko	337-0498	RR
Sept. 13	Monthly Meeting Michael Mergi & Eric Wasli, Climbing in Rockies near Denver	Jeanette Helfrich	585-9119	HQ
Sept. 16	Great Falls, Va.	Michael Mergi	683-2649	GF
Sept. 16	Basic Climbing Training	Pete Grant	960-6033	GF
Sept. 16	BBQ and Party 1238 Kearny St., NE, House of Tom Kawecki Wash. DC, 7:00 p.m. - CU/Brookland Metro Stop - Friends and families invited! Bring food to share!	Doug Craun	323-5256	
			832-5006	
Sept. 17	Sugarloaf, Md.	Tom Russell	869-8058	RR
Sept. 23-24*	Bellefonte Quarry	John Yanson	667-4334	TBA
Sept. 23-24	PATC Massanutten Weekend	Olivia Pickett	434-7503	HQ
Sept. 23	Great Falls, VA	Kit Pollok	824-0012	GF
Sept. 24	Bull Run, Va	Charlie Dorian	946-2373	AO
Sept. 30 -	Greenland Gap, W.Va	Mark Hilden	717-263-1640	TBA
Oct. 1	Annual event of Pennsylvania Mountaineering Association (just north of Seneca Rocks)			
Sept. 30 -	Seneca Rocks, West Va.	Jeanette Helfrich	585-9119	TBA
Oct. 1	Finish painting trim on Nelson House (otherwise, done!)			
Oct. 4	Executive Meeting	Jeanette Helfrich	585-9119	TBA
Oct. 7-9*	Gunks, New Paltz, NY	Jeanette Helfrich	585-9119	TBA
Oct. 7-9	Lead Climbing Training	Pete Grant	960-6033	TBA
Oct. 11	Monthly Meeting Tony Rickert, Climbing the "Zodiac" on El Capitan, Yosemite	Jeanette Helfrich	585-9119	HQ
Oct. 15	Great Falls, Va.	Jeff Kramer	820-8771	GF
Oct. 15	Basic Climbing Training	Pete Grant	960-6033	CD
Oct. 15	Demise of Gendarme Party Seneca Rocks; Sat. evening BBQ - Free hot dogs	John Markwell	304-567-2600	Store
Oct. 16	Annapolis Rocks, Md.	Ed Cummings	589-6261	RR
Oct. 21	Great Falls, Va.	Jeffrey Levy	461-0649	GF
Oct. 22	Old Rag, Va.	Rich Cunningham	332-7931	AO
Oct. 28	Great Falls, Va.	Doug Craun	323-5256	GF
Oct. 29	Rock State Park, Md.	John Yanson	667-4334	REI

****MEETING PLACES FOR CLIMBING TRIPS:****TBA = To Be Announced**

REI = Recreational Equipment Inc., 9801 Rhode Island Ave., College Park, MD. DIR: Exit I-495 at exit Rt. 1 south; immediate L. at light onto Edgemoore; R. at 4-way stop on Rhode Island Ave.; L. into parking lot.

RR = Roy Rogers Restaurant, 465 N. Fredrick Rd, Gaithersburg, MD. DIR: Exit I-270 at exit Rt. 124 E. (Montgomery Village Ave.); R. on Rt. 355 S. (Fredrick Rd); L. at second light.

TC = Tysons Corner, Hardee's Restaurant and Central Fidelity Bank Parking Lot, 8111 Leesburg Pike, Vienna, VA. DIR: Exit I-495 at Rt. 7 W. (Tysons Corners); L. at second light.

AO = Appalachian Outfitters, 2930 Chain Bridge Rd., Oakton, VA. DIR: Exit I-66 at exit 16 (Rt. 123 N); L. just past fourth light (AO is on your left) into bank parking lot.

GF = Great Falls National Park, 9200 Old Dominion Dr., Great Falls, VA. DIR: Exit I-495 at exit 13 (Rt. 193/Great Falls); W. on Georgetown Pike about 4 miles; R. at light into park; hard R. past ranger's booth into lower parking lot, see notes on car windshield for specific climbing area.

CD = Carderock Park, Potomac, MD. DIR: Exit I-495 at exit 41 (Carderock exit); W. on G-W parkway about 1/2 mile; exit R. at Carderock exit; L. across parkway; R. at stop sign to last (third) parking lot.

HQ = Headquarters of PATC/MS, 1718 N St., N.W., Washington, D.C. DIR: 1 block east of Conn. Ave. near DuPont Circle Metro stop (Red Line).



Up Rope
1718 N Street, N.W.,
Washington, D.C. 20036

