



FOUNDED BY
JAN AND HERB CONN

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

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FILM FESTIVAL ON MARCH 15

The Mountaineering Section has scheduled the Third Annual Washington Mountain Film Festival for Thursday, March 15, 1990, at the Cineplex Odeon Theater, 1927 Florida Avenue, Washington, D.C. at 6:30 p.m. The planning committee, chaired by Jeffrey Levy, plans to follow the same format as last year: three hours of the best rock climbing and mountaineering films we can find, with a wine and cheese reception at intermission. The film review and selection process has already started, and more details will follow in the next newsletter. There are lots of exciting European and American films out there to see. Jeffrey welcomes your comments, suggestions, and volunteer efforts for this year's festival - call him at 703-934-3889 work, 703-461-0649 home. He is very hard to reach at home, so call him at work. Also be sure to buy your tickets early this year so we can plan to buy the right amount of food and wine and to avoid heart attacks among the committee members.

EDITOR'S NOTE AT YEAR'S END

At this time of year, it is customary for writers, editors, and analysts to say something profound about the past year and its implications for the new year. That custom is doubly strong when the year also brings a decade to its close. I am spared this dubious task because there is nothing very profound to be said about climbing. The joy of this sport comes during the experience of climbing and the frequently

embellished retelling of climbing tales through voice and pictures. The well-worn phrase "because it's there" contains as much wisdom as most books on climbing.

In its most existential aspect, climbing has no intrinsic virtues or vices. It's all in what you do. Climbing can make or break friendships. It can lead you to distant lands or trap you in the gym. It can inspire you to acts of great imagination or leave you in endless repetitions of a wired sequence of moves along the banks of the Potomac.

Club activities are judged rather differently: the "joy of organizing" does not count for very much; results are everything. By that standard, 1989 was a good year. The Second Annual Film Festival was a popular success and even inspired a hearty group to organize a third festival on March 15, 1990. Club members played important roles in organizing and executing Springstone '89, a major step in the evolution of public climbing competitions in the U.S. The club helped train many new members in basic climbing skills and safety. We were less active in sponsoring major public slide shows, in part due to a mix-up with Paul Piana and also in the emergence of REI as a sponsor of big name shows. The Carderock guidebook is nearing completion and hopefully will be out by this time next year.

We also did some climbing. Club trips went to the usual places although participation on these trips seems to have declined a bit. Club members were active most everywhere, with Europe and the Western U.S. the most popular destinations. Club members seemed to be training harder and had many significant personal bests on the

rocks. Doug Craun's successful ascent of Psoriasis at Crescent Rocks may have been the highlight of 1989, but there were many other good efforts as well. Perhaps most important of all, we managed to spend a lot of time in the mountains and crags without getting hurt. True to its billing, Washington, D.C. proved to be a very transient place for some members. Stuart Rosenthal is now in Vancouver, Rick Forbes moved to Phoenix, Gary Prince left for Boston, Jacques Tamisier returned to Paris, and Sue Hartley became a full-time climber. Madeleine Carter should return from a several months' stay in Boston. Rich Cunningham, one of our most talented alpinists and rock climbers, as well as an energetic organizer of club activities, found love and moved to Aspen. No doubt other members will follow suit in 1990. Fortunately, we have enjoyed a steady stream of new members full of ideas and ambition.

A special tribute to Jeanette Helfrich is in order. As our Chairwoman in 1989, Jeanette brought a great deal of class to all aspects of the club's activities. Jeanette has made an extraordinary contribution of time and energy to the club for which we are very grateful.

Tom Isaacson

ADVENTURES IN THE TETONS

On August 19, five hearty club members headed west to spend a week in the Tetons. Actually, Rick Forbes met us there from Phoenix. Jeff Kramer, Doug Craun, Don Holtzer, and I met Rick and a friend of mine in Jackson, Wyoming, hoping to climb the Grand.

After two days of warmup hikes and exploring a nearby cliff, we loaded up our packs and set off from the Climber's ranch at 6600'. Our goal was the Lower Saddle at 11,600'. Supposedly, we were acclimated. The seven-mile trail begins in the trees, but soon breaks out into a series of switchbacks on a steep slope that provides a wonderful view of the valley to the East.

The last three miles of the trail climbs the last half of the altitude, but the views are spectacular. At one point the trail rounds a bend into Garnet Canyon, a sight I won't ever forget. The "trail" then climbs through some boulder fields before getting really steep, and ends at a headwall a few hundred feet down from the saddle. One thirty foot section is sufficiently vertical that a fixed rope exists as a support.

Hauling myself and my pack up that rope was an experience overshadowed only by coming down the rope the next day. The worst part was getting to the top and seeing that another 300-400 feet of vertical gain remained before we could collapse.

We all made it to the saddle about 6:30, tired but satisfied. As far as I was concerned, I had passed a major obstacle. Some of us felt the altitude, and almost all of us had headaches, but we were treated to a beautiful sunset, and the last rays illuminated the Exum Ridge, our route for the next day.

Unfortunately, the weather demons saw fit to send us forecasts of a "Major Winter Storm" coming late the next day. We decided it would be prudent to get up at 4:00 and go up and back to the ranch before dark the next day. Don wasn't up to the effort, and I felt I didn't have the energy to go up and out in one day...alas, I'll just have to try again.

We all got up as planned, although none of us slept well. Don and I went as far as the Black Dyke at 12,000'. He went back to bed and I played with the omnipresent marmots. Route finding on the Grand is difficult at best, and our intrepid group were novices. There is a critical turn high on the face to reach the ridge, and

no one saw it in the dark. The climbers did reach the upper saddle, above 13,000'. From there it's an easy climb to the top in good

conditions, but the last few hundred feet were covered in ice from an earlier storm. Life is full of hard choices, and in this case, discretion was the better part of climbing. The summit group returned to camp about 1:00, and we prepared for the long hike out.

The weather closed in behind us on the way down, and continued to hassle us the next day. We were trying to climb Symmetry Spire, but after scrambling 1500' up a boulder field, the skies opened, and the rain was COLD. We split up on the way down. Rick and Doug were treated to the sight of a bull moose, and Rick was treated to evidence of his passage.

Our last day we split up, and my friend and I went for a relaxing hike while everyone else went to climb Baxter Pinnacle. Our hike was great; Andrew and I hadn't spent much time alone. The other group, naturally, got hailed off the rock.

The trip was a very enjoyable week in the Tetons. We overcame some adversity, such as cramming six guys and six guys' gear into a Toyota Corolla hatchback, which normally seats four. I'll be back, so I'll get up the Grand eventually. If you want to go, though, go at the end of July or the first week in August. We found out the climber's ranch (5\$/night for plywood bunk beds and hot showers) closes in mid-September, mostly because the season is over. It's a spectacular place, and one I'm glad I've experienced.

Jeffrey Levy

SOME IDEAS ON TRAINING AND BODY MOVEMENT PART VI (CONT.)

OK, now suppose you've been top-roping some harder routes and you want to head up to the Gunks or out to Seneca or down to the New. Those hard climbs beckon. You want to lead your first 5.10, or 5.11, or whatever. You'll first need to warm up on something within your comfortable limits. Then, you should have selected a route that has two major requirements: excellent protection and "retreatability." You need the excellent protection because you're going to fall (maybe) and you

need the "retreatability" in case you do fall and have to get off the climb. Let's talk about pro for a minute. Most of us know something about the adage "protect early and often." (If you don't, ASK.) What most of us forget (or have never learned) is that jamming some nuts in a crack doesn't guarantee that we're "protected." After climbing for nearly twenty years, I think I have learned how to tell which protection I am willing to trust and which protection I don't like. Please note that I say "willing to trust," because even supposedly bombproof pro can fail if enough things go wrong. When Karen and I climb, we seek to achieve bomber placements that are easy to place and easy to clean, and constantly critique each other's placements. I'll also give you a case in point. Two years ago, I climbed a route in Maine (5.11) on which I fell. My pro held. One year ago, I fell at the exact same place. My pro pulled. I used the exact same pieces in the exact same placements!

Very few protection pieces are as good as you think. Rope movement wiggles nuts in and out of cracks, wobbles camming devices around until they're useless, and fidgets with carabiners and slings until they're hopelessly tangled. When someone falls and the gear pulls out, it isn't the gear that fails, it's the placement. So when you're leading and placing protection, just remember that stuffing pro into a crack doesn't mean that it will work if it has to. Practice pro placements whenever you can (bring some gear along next time you go top-roping, for example). If you are uncertain about a placement, back it up. Read some of the books available on placing gear. Learn to mistrust and be critical of your placements.

Many of us are lackadaisical about fixed pro as well. Most of the old pitons at Seneca and the Gunks are worthless, as are most of the old bolts. Even some of the replacement pitons have pulled under hand pressure. Unfortunately, the people who most often clip this useless rust are the novice climbers who might need it the most. Don't trust fixed gear!! Place your own pro, then if you must clip that tantalizing but probably worthless peg, do so. If the only available pro is that useless rust,

then clip and climb carefully! (The majority of the new 3/8" bolts at the New River are exceptions, but even there, some bad placements exist, especially some of the piton placements.)

I keep mentioning falling, so perhaps I should talk about the good ways to fall and some definitely bad ways to fall.

When you fall, you want to protect your head, which in most cases means avoiding flipping upside down or sideways. Most serious climbing injuries are head injuries. If you won't wear a helmet, learn how to protect your head to the extent possible. The two most common causes of flipping upside down or sideways are 1) catching a foot in the rope or on the rock and 2) popping off unexpectedly in an awkward position. You can avoid the former problem usually; the second is a matter of reflexes.

As you know, you're supposed to keep track of your feet while you're climbing. NEVER, EVER PLACE YOUR FOOT OR LEG BETWEEN THE ROPE AND THE ROCK.

Step over the rope, nudge it aside, whip it out of the way, but avoid getting that foot entangled. If you fall, you'll not only get rope burns, you'll likely flip. Catching your foot on the rock as you fall can also tip you over. Always keep in the back of your mind the topography of the rock below you. If you fall, spread your legs slightly, bend your knees and flex your ankles slightly to act as shock absorbers. Keep your arms extended to fend off the rock. Using that body position, if you bang into something, the impact hopefully won't flip you.

As far as popping off in an awkward position, all I can say is that I always try to be aware of my body position and have a mental contingency in case I fall, especially on hard moves. I think, OK, if I pop here, I need to twist that way to keep my feet facing the rock. Is there a ledge or something else I might hit? If so, I try to keep in mind the need to avoid hitting it if I fall. Even a short fall can break an ankle if you hit something on the way down, so be prepared to avoid it!

I also think about where my protection is and which way I'll swing if I weight the pro. If you're climbing a vertical crack or straight

up a face, you'll fall in a straight line until you weight your pro, then swing over below it. If you're off to the side above your pro, you'll have a bigger swing. But suppose your pro is placed in a corner and you're making moves three feet out on the face. If you fall and weight that pro, you'll slam back into the corner. Likewise, when you're climbing an overhang, placing pro out towards the lip of an overhang means that a fall will likely leave you dangling in space. Pro placed back under the overhang will slam you into the wall below if you fall. Be prepared to end up where your protection will land you!

"Retreatability" is a quality you should look for in a route on which you plan to push yourself. Make sure that you can get off the route if you can't get up it! Sometimes that's going to mean leaving gear; just remember: gear is very, very cheap compared to hospital bills. At some crags, you may have the option of retreating, going to the top of the crag, then rapping down your route to retrieve your gear. Whatever you do, if you decide to retreat, DO IT SAFELY! OK, let's sum up these ideas. In terms of preparation, you need to remember a few things. First, to push yourself requires remembering to WARM UP your muscles. You also have to remember that you'll fall more often--FALLING IS DANGEROUS!--so do it carefully.

Your mental approach is important; accept that you'll fail more often. In terms of practice, TOP-ROPING harder routes gives you four benefits: learning hard moves, getting stronger, developing advanced technique, and improving your positive attitude towards climbing harder. Finally, application of all these ideas towards LEADING: warm up carefully, pay very careful attention to your protection (since you're far more likely to need it!), be prepared to fall, and be prepared to retreat if necessary.

One last thing to remember. There's no reason in the world that you have to "push" yourself. Climbing is supposed to be FUN. If you're having a good time climbing 5.7, then by all means climb 5.7. The important thing is to enjoy the actual climbing, not the numbers arbitrarily associated with it.

Stuart Pregel

UPROPE GETS NEW WORD PROCESSOR

As the year comes to a close, so does my time as Up Rope's word processor. I am happy to announce that Elizabeth Lee has agreed to take over my duties, beginning with the decade's first issue. I wish you all a happy and healthy new year, and I'll see you at the film festival in March!

Jeffrey Levy

P.S. Enjoy this poem
The sunlight breaks across the barren rock,
quartz crystals glisten in the morning rays.
Forever upwards do the climbers flock,
and my own challenge greets me fact to face.
The route I've chosen certainly will try
denying me the ultimate success,
although beneath the blue and cloudless sky,
I'll put my skills and knowledge to the test.
The cracks and ledges reach straight up the climb;
They loom at me and strive to back me down.
It may require a fair amount of time,
but I will surely someday reach the crown.

NOMINATING COMMITTEE

Yes, it's that time of year again. The Nominating Committee is soliciting your suggestions for members to nominate to be officers in 1990. Election of officers will be held at the annual meeting on Wednesday, January 10, 1990. If you want to suggest someone, please call the members of the Nominating Committee: Tom Isaacson, 332-3710 home, 383-6558 office; Jeff Kramer 525-7000, rm. 195 home, 319-0186 office; or Jeanette Helfrich, 585-9119 home, 586-5267 office.

CONGRATULATIONS TO DON BEYER

Congratulations to MS member Don Beyer, who was recently elected

Lieutenant Governor of the Commonwealth of Virginia. Imagine - rock climbers at the highest levels of government!

CLUB TRIPS TO NEW HAMPSHIRE AND THE TETONS

Expedition Committee Chairman Tim Hood is organizing a club trip to ice climb and mountaineer near North Conway, New Hampshire on February 17-21. He is also planning a trip to the Tetons in late July or early August. Call Tim if you're interested at 703-830-3919 home; 703-642-6362 office.

HELP WANTED FOR CARDEROCK GUIDEBOOK

Selma Hanel needs a few hours of help to finish the Carderock guidebook. This project has been underway for a long time and it would be a considerable service to Selma and the club if someone gave her a hand. She needs someone familiar with Wordperfect 5.0 formatting and a good printer with the Times Roman font. If you can help, give Selma a call at (703) 276-0899.

CLIMBING WALL COMMITTEE FORMED

An ad hoc committee has been formed to look into the possibilities of begging, borrowing, or building a climbing wall for training. The committee has met several times and has designed a survey to assess the interest in the climbing community of such a project which they are planning to distribute. The committee is chaired by Tom Haliki, 703-370-7026 home, 202-457-0710 office. Other members are Liz Lee, Mark Nelson from REI, Andrea, and Frank Wissmath.

BOOK REVIEWS

CROSS COUNTRY SKIING by Ned Gillette and John Dostal (3rd Edition) 1988 The Mountaineers Books, Seattle, \$10.95 240 pages Illustrated

To wax or not to wax, how do you skate, what's the difference between telemarketing and telemarking? Answers to these and many more questions are found in the third edition of *Cross Country Skiing*.

Good sequential photos and a clear text help make this one of the more useful instruction books on skiing. I especially enjoy the bits of humor interspersed throughout--it makes for a more human learning experience.

The best thing about this text though is the wide range of experience called upon. Everyone has their own means of getting around on skis, and Gillette and Dostal are quick to point out that beyond the basics there is a lot of room for improvisation. Cross country skiing is supposed to be fun, and they make it so.

It's a bit too late for people to ski this year (in fact, did anyone get out skiing?), but pickup a copy of *Cross Country Skiing* and read it some time this fall. That way you'll be ready for that freak November snowfall, or maybe somebody will even plan a good winter trip this year.

ROCKS AROUND THE WORLD By Stefan Glowacz and Uli Weismeier 1988 The Sierra Club Books, San Francisco \$24.95 Hardcover 144 pages Illustrated

You've probably seen it, but should you fork out 25 bucks and get it? Probably.

About a third of the photos in the book are from American areas, the balance range throughout the rest of the world. So you can count on seeing at least some of the routes included in this dramatic book. Compiled over a two year odyssey, they represent some of the nicest climbing pics printed to date, and the format is certainly stunning. My main complaint is that some of the photos are out of context. That is, they don't relate to the area in which they're taken. After looking at a photo essay on Red Rocks, as in this collection, the viewer would never be prepared for the incredible visual impact that is truly Red Rocks. OK, so Glowacz put up a 5.13 there, but Red Rocks is still one of the most

stunning areas I've ever been and you don't get any of that impression in *Rocks Around the World*.

You also won't learn too much about the rumored "Glowacz Training Secrets" in this book. One of these days someone will translate his earlier work in which he details his supposedly fabulous training program. Until then, you'll just have to make do with Peak Performance USA.

To summarize, for 25 bucks you'll get nice photos, some inspiration, and a great conversation piece..."Oh, gee, is this what you do?" Er, sure.

MOUNTAINEERING SECTION

presents a slide show by

GREG COLLINS

MOUNTAINEERING AND ROCK CLIMBING IN THE KARAKORAM MOUNTAINS OF PAKISTAN

Thursday, January 4, 1990 at 8:00
p.m. at the Mountaineering
Section, Potomac Appalachian
Trail Club headquarters at 1718 N
Street, N.W., 3rd Floor,
Washington, D.C.

Many of you may remember Greg Collins who grew up in the D.C. area and was the *wunderkind* of rock climbing here several years ago. Greg is currently an instructor for the National Outdoor Leadership School in Lander Wyoming. He is asking for a donation for the show and is selling T-shirts to raise money for the "1990 American K2 Expedition."

Greg will show slides of a summer spent in the Karakorum in 1987. The photographs were taken during the First American ascent of Gasherbrum II (8035 m), a spectacular new route on Lukpilla Brakk and an attempt on Latok II. They include fantastic alpine scenery, action climbing, maps, and local color accompanied by music and live narration. Let's give him a good audience.

IMPORTANT NOTE: Please call before the show to make sure it will definitely be held. Call members of the Mountaineering Section, Potomac Appalachian Trail Club Executive Committee or John Yanson, 667-4334; Jeanette Helfrich, 585-9119; Jeff Kramer, 525-7200 ext. 195; or Jeffrey Levy, 461-0649.



THE NELSON HOUSE

O.K. everybody let's finish this project, the outside looks great. Thanks go to Bill Smith, Nori Gessler, Paul Torelli, John Rayner, Jeanette Helfrich, and Michael Mergi. What is needed now is a little inside work, so come use the house. The more this place is used, we have a better chance of saving it.

photos by Michael Mergi



CLIMBERS' CALENDAR

Revised 12/19/89

DATE	AREA OR EVENT	PERSON TO CONTACT	PHONE	PLACE**
Dec. 24	Sugarloaf(Devil's Kitchen)	Jeff Kramer	820-8771	RR
Dec. 31	Crescent Rocks, Va.	Tom Isaacson	332-3710	TC
Jan. 3	Executive Committee	Jeanette Helfrich	585-9119	TBA
Jan. 4	SPECIAL SLIDE SHOW	Jeanette Helfrich	585-9119	HQ
	Greg Collins (NOLS Instructor from Wyoming & D.C. Native) 1st American Ascent of Gasherbrum II; new route on Lukpilla Brakk; and an attempt on Latok II; 8:00 p.m.; PLEASE CALL AN MS OFFICER TO VERIFY THAT THE SHOW WILL DEFINITELY BE HELD			
Jan. 7	Crescent Rocks, Va.	Jeffrey Levy	461-0649	TC
Jan. 10	Annual Meeting & Elections	Jeanette Helfrich	585-9119	HQ
	Stuart and Karen Pregnall, Slide show on "How the West was Hang-dogged" featuring Smith Rocks, Eldorado, Yosemite, etc.			
Jan. 13-15*	Rieglesville, Pa. Ice	Carter Mackley	892-4153	TBA
Jan. 21	Crescent Rocks, Va.	Doug Craun	323-5256	TC
Jan. 27-28*	Rieglesville, Pa. Ice	Carter Mackley	892-4153	TBA
Feb. 3-4*	Lock Haven, Pa. Ice	Jeanette Helfrich	585-9119	TBA
Feb. 7	Executive Committee			
Feb. 10-11*	Rieglesville, Pa. Ice	Jeanette Helfrich	585-9119	TBA
Feb. 11	Crescent Rocks, Va.	Jeff Kramer	820-8771	TC
Feb. 14	Monthly Meeting			
	Tom Russell and Ed Cummings - Climbing the Matterhorn and other climbs in the Alps			
Feb. 17-21	Ice Climbing, N.Conway NH	Tim Hood	830-3919	TBA
Feb. 26	Sugarloaf MD	John Yanson	667-4334	RR
March 4	Crescent Rocks Va	Jeff Kramer	525-7200 EXT.195	TC
March 7	Executive Committee			TBA
March 11	Camp Lewis/Carderock Md.	John Yanson	667-4334	CD
March 14	Monthly Meeting			
	Claire Ganz - Climbing Mt. Baker and Mt. Rainier			
March 15	THIRD ANNUAL WASHINGTON	Jeffrey Levy	461-0649	
	MOUNTAIN FILM FESTIVAL, Cineplex Odeon Embassy Theater 1927 Florida Avenue, N.W., (off DuPont Circle) 6:30 p.m. Three hours of award-winning rock climbing and mountaineering films from Banff, Telluride, Diablerets. Tickets: \$10 in advance or at the door.			
March 18	Crescent Rocks Va	Tom Isaacson	332-3710	TC
March 24	Bulges (Great Falls MD)	Tom Kawecki	832-5006	TBA
March 25	Bull Run Va	John Yanson	667-4334	AO

CLIMBERS' CALENDAR (continued)

Please call the trip leaders in mid-week to make arrangements and contingency plans. In the absence of published trip leaders, call John Yanson, 667-4334; Jeanette Helfrich, 585-9119; Jeff Kramer, 820-8771; or Jeffrey Levy, 461-0649.

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

**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 Edgemoor; 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, U-turn into parking lot behind restaurant.

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 into bank lot.

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 shopping center, go to far left into bank parking lot closest to AO store.

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

