

MOUNTAINEERING SECTION

CLIMBERS' CALENDAR

DATE	AREA OR EVENT	PERSON TO CONTACT	PHONE	PLACE
July 28	Old Rag, VA	Jeff Kramer	532-3247	TBA
July 29	Caudey's Castle, WV	John Yanson Jeanette Helfrich	667-4334 585-9119	TBA
Note: No Executive Committee or General meeting in August!				
August 4-5*	Seneca Rocks/Nelson House	<i>see other side for details!</i>		
August 11	Great Falls, VA	Dusty Wissmath	585-7610	GF
August 12	Carderock, MD	Jeff Kramer	532-3247	CD
August 18	Rescue/Safety Training Hermitage, PA	Dusty Wissmath Ken Andrasko	585-7610	
For some time, members have expressed an interest and a need for basic rescue and safety training. The idea is to keep this one-day session modest, covering those situations faced by a majority of club members: top roping and lead climbing relatively short cliffs, not big walls and mountaineering. This is not a first aid course. First aid warrants more time and complexity than could be covered in one day. This course will be hands-on training involving all participants who wish to expand their knowledge of climbing, especially as it pertains to rescues and safety. We will rely on the expertise of Dusty Wissmath and Ken Andrasko, who have volunteered as instructors. They are looking for input from members for topics. Please give them a call with ideas and to enable them to gauge interest. Instruction will be on Saturday, with those wishing to climb on Sunday staying at the cabin.				
August 19	Great Falls, VA	Jeffrey Levy	527-8331	GF
Aug. 25-26*	Hermitage, PA	Jeanette Helfrich	585-9119	TBA
Sept. 1-3*	The Gunks, NY	Jeffrey Levy	527-8331	TBA
Sept. 5	Executive Committee	John Yanson	667-4334	TBA
Sept. 12	Monthly Meeting	John Yanson	667-4334	HQ

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

NOTE: 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; Jeffrey Levy, 527-8331; Ron Sitrin, 890-5243; or Dusty Wissmath, 585-7610.

**MEETING PLACES FOR CLIMBING TRIPS:

TBA = To Be Announced

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).

It's out! Carderock: Past and Present, A climber's Guide, has been published. It's available from PATC for \$7.00 (\$5.60 for PATC members), or check with your favorite climbing store. Our thanks to Selma Hanel and the many contributors who worked so hard to make the guide possible.

It's a dude! Duncan Pregnall is his name, and his lineage boasts strong climbers, Karen and Stuart Pregnall. You've probably already spotted him at Great Falls; can leading 5.12 at the New River be far off? Can baby booties with Stealth rubber be bronzed? Congratulations to the proud parents, and we're happy to see all three doing so well.

SUMMER PICNIC & BBQ AT
NELSON HOUSE NEAR SENECA W.VA.

Join the club on August 4-5, 1990 for a weekend near Seneca Rocks, West Virginia. We plan to climb at Nelson Rocks and enjoy a summer picnic and BBQ on Saturday night at the Nelson house. For the uninitiated, the Nelson family has for many years let MS use their old farmhouse as a cabin while climbing in the area in return for keeping up the house. The house is about 12 miles south of Seneca (20 min.) up in a picturesque West Virginia hollow. It has a large living room, kitchen, fireplace and 2 bedrooms upstairs. There's also an outhouse and several other farm buildings. Poking around the farm turns up fragments of a past time -- old plows, wagon axles, horse collars, overgrown fruit trees and vegetable gardens.

Nelson Rocks slice up through the earth about 1 1/2 miles back down the road towards the Rt. 28, ripe for cleaning and first ascents. The road runs through a gap in the rocks similar to Roy Gap Road at Seneca.

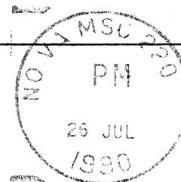
We hope you'll join us and bring your climbing gear and plenty of food and drink for the weekend. Most of us will probably drive up on Friday evening. For more information, or if you can come early on Friday afternoon and swing the scythe through the grass and weeds and sweep out the cabin, call Ken Andrasko at 337-0498 or Jeanette Helfrich at 585-9119 (home) or 586-5267 (office).

Mountaineering Section
Potomac Appalachian Trail Club,
1718 N Street, N.W. ♦ Washington, D.C. 20036

LOGISTICS: To bring: food to BBQ and for weekend (grill and charcoal provided), drinks, ice chests, stoves, water (there's no water at the house), lanterns, cleaning supplies and gardening tools (for the house and the rocks), camping equipment including pad and sleeping bag (tent pitching isn't recommended unless necessary), and furniture and household items to donate. We would like to furnish Nelson house as a country cabin.

DIRECTIONS TO NELSON HOUSE: From Seneca Rocks, take Rt. 28 south through Riverton. About 1-2 miles past Riverton, Rt. 28 turns right just after you cross a river. (Don't take Rt. 33 left to Franklin). Follow Rt. 28 to the right about another 1/2 mile. Turn left on what looks like a farm road with a gate. Pull in, open the gate, drive through and be SURE to close the gate or the cows will get out. The farm road is easy to miss. If you get as far as Circleville, turn around and try again. Go up the dirt road (in generally good condition) through the gap in Nelson rocks. Go past the little white school house on your right to where the road splits with a gate across each road. Take the road with the gate on your right (be sure to close the gate). Follow the road 1 1/2 miles. The Nelson house is the white house on your right. The road sometimes is deeply rutted and you might want to leave your car down the road a piece.

7/11/90 JH



Helfrich
Jale Drive
Spring MD 20910

