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45

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

Vol 44 no.5

JUNE 1991

***** NEWS FLASH *****

Mountaineering Section Member Tim Hood was critically injured in a leader fall at Seneca Rocks on April 28, 1991. After a rescue organized by locals Tony Barnes and John Markwell, Tim was taken by helicopter to the regional trauma center at Memorial Hospital in Cumberland, MD, where he was listed in stable condition in a coma. He has since been moved to Fairfax Hospital, and his condition, as of press time, is unchanged.

Tim's family appreciates your many calls and letters. Further efforts by Mountaineering Section members will be greatly needed during the rehabilitative process. To find out what might be most helpful to the family, please call Dusty Wismath at 301/585-7610.

NOTES ON TRAINING AND BODY MOVEMENT

(CONTINUED)

by Stuart Pregnall

NOTE: This was written long before Tim Hood's accident. In light of that event, its warnings are ever more apropos.

PLEASE TAKE HEED!!!

As someone who by now has achieved "old fart" status in the MS (at least I should have been elevated to that status), I feel prepared to risk whatever popularity I might have acquired over the years and comment on some rather worrisome climbing practices I have seen and heard about recently.

This isn't intended to criticize either of the two MS members who experienced somewhat notable leader falls last year (yo, Michael and Jeffrey!); it's to prevent someone else from taking a serious and injurious fall.

Perhaps my last article on pushing leading standards was misconstrued. I had hoped it was perfectly clear that my primary emphasis was on safety. In other words, if you're going to push your leading standard and risk falling, try to do it safely.

How do you fall safely? You start by picking a route that has good protection. Then, you make sure

that you place it, and place it well. Finally, you make certain that your belayer is paying attention to you at all times. In talking with both the MS members who took wingers, it was clear that the first two caveats were neglected in the heat of enthusiasm. (Belaying was apparently well performed.)

It was interesting to note that the 1990 edition of Accidents in North American Mountaineering included a write-up by Cam Burns, a young and very, very good climber, concerning a sprained ankle he suffered as a result of catching it in a QD on a supposedly "safe" sport route. I have already written about the dangers of catching legs, ankles, etc., in the rope--primarily, you can topple over and suffer fatal brain damage. Cam was lucky. So-called "sport routes" just aren't as safe as people like to claim; there's still danger involved when you tie into the sharp end of the rope. Many things can still go wrong if you fall.

Another interesting "accident" noted in AINAM was suffered by Bill Sumner, "Mr. Safety" himself, who ripped several spring loaded camming devices (Friends and TCUs) out of a parallel-sided crack on an artificial climbing

wall (belayed by our Soviet friend Flyura). Bill's chagrined statement was that the things don't work like the magical devices we all think they are. So pay careful attention: just because you place pro doesn't mean it's good pro.

Many sport routes feature "stick clips" for the first bolt to protect the initial moves. Stick clipping avoids the possible visible intrusion resulting from the placing of a bolt near the ground by the FA party. If you're not sure if it's a stick clip, scope the first few moves in relation to the overall grade and location of the first bolt. If it looks like a nasty sequence or poor stance from which to get that first bolt, stick it! Another option, and one in use more and more frequently, is to rap the route and pre-place all the QDs. When you pull the ropes, try to keep that end from whipping out of the last QD! Another area of concern involves top roping. I've been seeing climbers at places like Great Falls getting casual about anchors, knots, harnesses and other basic elements of the system. It's a good idea to check not only your knots but other people's knots as well. (I always inspect mine twice.) Check their anchors, and ask them to check yours. There was a memorable anchor at One Lane/Two Lane not too long ago: a ratty looking piece of 9/16" tape was girth hitched around a tree, backed up by a piece of rope that looked like it might have been Whymper's. The climbing rope was fairly new, but the anchor was terrible. It didn't belong to an MS member, but MS members were using the system. Luckily, the party left and a decent rig was set up. This point was also brought home in AINAM in an account of an accident suffered

as the result of failure to inspect (and discover) a faulty anchor/belay system.

Finally, a reexamination of helmet use is worthwhile. Wearing a helmet, especially while leading, is a safety measure that every climber should take into account. There are areas where I wear a helmet religiously, and up until 1979 or so I wore one whenever I was leading, even in so-called safe places like the Gunks and Seneca. Some areas are notorious for loose rock: the Pas de Deux/Frog's Head area at the Gunks is one, and anything under Old Man's at Seneca is another. Wearing a helmet there could save your life.

It's so easy to get hurt climbing, but it's even easier to prevent it. If you're not certain you want to push on the route, back off. If you're not sure about something, ask. There are plenty of us old farts around who are more than happy to help!

MEMBERS' DOINGS - RECENT AND NOT-SO-RECENT

Liz Lee and Eric Wright will be climbing in Italy in May near Rome and, weather permitting, in the Dolomites... Rumor has it that Sue Hartley is moving back to D.C. from Boulder - why?

Ken Andrasko is off to Thailand and Indonesia to inspect deforestation areas and to climb rocks in southern Thailand. Ken and Julie Shannon are planning to get married September 28 in San Francisco... Paul Torrelli returned from a climbing trip to Mehra Peak in Nepal in October with a side trip to India...

Dr. Robert Gasser recently published an article in the New England Journal of Medicine on handling medical problems in Operation Desert Shield and Desert Storm; Bob and wife Sue had a daughter Mary last November... Big round of applause to Dr. Robert Fenichel, who conducted an eight-week course in his home this winter on mountaineering medicine for 10 lucky club members... New member Robert Molzon, visiting mathematician from the University of Kentucky, was climbing with Charlie Fowler in Ouray, Colorado, over Christmas...

Ken Klapatch is moving to Fort Wayne, Indiana, for one- or two-year job contract, and he'd like people to visit him there. Jeffrey Levy will be moving to Seattle in the fall to attend graduate school, but first he'll spend the month of July climbing on the West Coast, attempting Mt. St. Helens, Mt. Hood, Mt. Shasta and Mt. Whitney within a 14-day stretch.

Stuart, Karen and Duncan Pregnall have moved from Capitol Hill to their BIG new

house in Annandale. Stuart and Karen hosted a party in April for club members in honor of past Mountaineering Section Chairman Rich Cunningham and his new bride Judy Harper, who moved to Carbondale, near Aspen, in 1989... Speaking of new brides, Christina Barros and Jeff Kramer will be getting married here in Washington in August.

Michael Mergi is on his way to becoming a full-fledged Emergency Medical Technician... This past winter Mountaineering Section Chairman Dusty Wissmath taught skiing and bobsledding near D.C. at the Cherokee Ski Area off I-66... Jeff and Margaret Colianni were ski instructors at WISP (and have been for seven years)... Anne Baron, Carter Mackley, Laurence DeMilner, Bob Summers and other club members have been ice climbing this winter in the Lake Placid area near Keene, New York. This fall Anne Baron plans to climb Kwangde above Namche in the Kumbu region of Nepal after an approach through the Rowaling valley...

Thanks to Andy Kauffman for hosting visiting filmmaker and mountaineer Jean Claude Legros from Belgium for the film festival weekend... Tom Russell is spending this year in the office of the science advisor to the President in the Old Executive Office Building... Ed Cummings is taking care of the country as usual...

Tom Isaacson just returned from a 10-day trip to Rome and environs with, alas, no climbing.. John Berry, with the Washington Post, arranged for a feature in the Weekend section on the film festival... John Yanson and Dusty Wissmath took hundreds, maybe thousands, of phone calls resulting from the November

1990 Weekend cover feature on rock-climbing and conducted an emergency training session over the Thanksgiving weekend...

Paula Grant, new Mountaineering Section program chairperson, went to the AAC's film festival in New York on March 21, which was organized by Phil Ehrard in cooperation with our festival, to bring back many of the films for our show... Jeffrey Levy attended the Banff mountain film festival in November in preparation for heading our festival... Area climber Reed Falwell is recuperating from a bad ankle break at Seneca last November. Pete Grant has finally made his move to Florida.

And, of course, there are the usual rumors of romance, woe and intrigue among club members too hot to print....

PROGRAM

At the MS monthly meeting on JUNE 12, Bob Fenichel will give a slide show of Aconcagua, Argentina (about 7,000 meters). Aconcagua is the highest mountain in the world outside Asia. For many years, the mountain was famous for the corpse near the top, which no one had had the gumption to remove, and for the climbers' hut at about 6,400 meters, on whose walls a graffittist claimed the land altitude record for a consummated sex act. Do not anticipate pictures of these sights; by the time Bob got there, the body had been removed and the hut (no more than a shed, really) was so filled with trash that its walls were unreadable.

INDOOR GYM

By Charlie Dorian

The Rockville climbing wall is open again! After Bob Plumb's resignation from the Department of Recreation, temporary confusion forced its closure, but arrangements have been made to allow The Mountaineering Section to climb there through the Summer and on into the Fall. Organizations interested in the wall met at the offices of Bert Hall, Superintendent of Recreation, on April 25th. Represented were the Mountaineering Section, the Outdoor School, local high schools and youth and service organizations. We discussed the Department of Recreation and Parks' short- and long-term objectives and offered advice on and experiences in using the wall. We examined schedules, supervision, safety, security, maintenance ropes, harnesses, helmets, anchors and belay gear. The Department assured everyone of its continuing interest in use of the wall, stating that it would reopen the facility as soon as possible. Wall supervisors will probably be placed on the City payroll for liability reasons. (This requires fingerprinting and a police check for child abuse convictions. Department regulations!) So far we have made arrangements for PATC/MS members to climb there on May 16th, 21st and 30th. The schedule will resume after Labor Day. In the long-term, the City may ask a contractor or concessionaire to run the wall. Access for current user groups will continue nonetheless. Having a full-time wall supervisor is difficult and expensive for the city, but safety, maintenance and continuity are enhanced. We may be asked to provide volunteers for new con-

struction as a way of keeping down costs of improvement, so get out those piton hammers! The city wants to offer training, classes to the general public and open sessions. Suggestions for development are encouraged. The facility may be twice as large next year. Another meeting will be held in about a month. Please send ideas for improvements and policy changes to Charlie Dorian at 3106 Wheaton Ave, Wheaton, MD, 20902, or call him at 301/946-2373.

VERDON GORGE 1990

by Tom Isaacson

The next two-finger pocket on this smooth limestone face is at least six inches beyond my best static reach. That pocket is in-cut at the top, not the bottom, so I'll have to undercling it. Trying to jump up to an undercling pocket is nearly impossible, my fingers would slip out as my weight drops back down. Since I can't reach it from my current stance, the only remaining possibility is to abandon the two golf-ball-sized pockets my toes are crammed into and try to smear my feet higher up. I look down to find the best spots for smearing. Instead of seeing an inviting nubbin, my eyes fix on the river flowing by, 900 feet directly beneath me. The arete I'm on overhangs just below me, so it's a clear shot to the floor of the gorge. Somehow, dying after a long fall seems worse than dying after a short fall. Figuring out why does not ease my predicament. Focus. Smear right foot high. Smear left foot high. Clamp left hand hard into shallow pocket. Reach up and right. Damn! Dangling from the end of the

rope, I ignore the obvious. Frustration overcomes judgment. A drenching sweat in the mid-day sun begins to cloud my vision. Three more tries, three more failures. Dangling again from the rope, dogged persistence starts to yield in the face of reason. Exhaustion is a good antidote for excessive ambition. I quickly inventory my excuses. I spent yesterday riding in a tiny car from Milan to La Palud, France, and did not sleep well last night. I spent the previous night unsuccessfully trying to sleep on the flight from the United States to Milan. The night before that was largely devoted to trying to telephone TWA and Pan Am offices in Milan to let John Rayner know that my flight had been cancelled and I would be a day late. My body's clock was several time zones off kilter. This is the first climb of the trip and I've never climbed on this sort of rock before. A poor set of excuses, really. I'm not even injured. "O.K., you idiot, so why can't you climb some stupid 5.9? Did I really spend all those months preparing for Europe only to be humiliated on the first ten feet of a warm-up climb?" I could spend the rest of my life hanging from this rope trying to prove that I really can climb this route. Or, I could traverse left 10 feet and escape this 5.9 horror by going up a nice, easy-looking line of pockets. Discretion being the better part of many things, I choose the latter course and soon find myself back on the top of the cliff. A nice overhand just below the top helps rebuild my confidence a bit. Lock, reach, crank--my sort of climb. Nonetheless, my ego is bruised and my aspirations have fallen a few notches. Then, like a hidden bucket hold suddenly revealed by the heavens, our

German guidebook rejuvenates my spirits. I was on the wrong route! Sure enough, there it is, "Salta Minchia" (6C), in nice bold print. There's no shame in failing on 6C; that's solid 5.11. A passing Brit tells us that it's a sand-bag, and is really 7A (5.11+). Nearly succeeding on a 7A is a world apart from failing on a 5C (5.9). The sun turns from hot to soothing, the tremendous depth of the Verdon Gorge turns from deadly to scenic, and the passing Germans, French and Brits turn from alien to exotic. As the fog of despair lifts, I begin to see the charm of this place. Sweeping limestone cliffs, 900 feet high, stretch for miles. Lines of big new bolts shine up and down every route. (Local youths are employed to maintain the bolts.) The hike from the parking lot to the start of many of the best routes is less than 30 seconds, and a five-minute walk will get you to hundreds of climbs. The tourists (who huddle against a hand rail at the cliff's edge) will applaud a stylish effort, such as my enthusiastic mantle to top out on "Delirium Tres Mince". The reportedly beligerent goats are keeping a safe distance. The weather was basically perfect. The rock is very solid with no apparent rockfall problem. I consider the ready availability of fairly cheap French food to be a plus, although some might disagree. (A vegetarian might starve here.) All things considered, the Verdon Gorge is one of the two best climbing areas I've ever visited. Even the thieves from Marseille (en Francais on dit "les voleurs") did not bother us. During our week in the Verdon Gorge, John and I struggled frequently with route finding. Even the names painted atop some climbs did not completely

solve this puzzle. Finding routes from the top of the cliff is significantly different from finding them from the base. The featureless character of many Verdon climbs compounds this problem. Of course, being on the wrong route is a lot less serious in an area like Verdon, where the routes are well-bolted.

One of our off-route adventures lead to a personal high point. While attempting to lead "Six Fois Zette" (6A), I instead lead "Love Me". The lead was a legitimate on-sight flash, no beta, no stick-clip, no hang-dog, no bolt-or sling-grabbing, no Stealth mitts, nothing. "Love Me" is rated either 6B+ or 6C, depending on how you read the ambiguous topo. A British couple had earlier warned us that it was even hard for its grade, which is one reason we were trying to do a different route. The difference in the grades, to me at least, is not purely academic. Any climb rated 6C is usually considered the equivalent of U.S. 5.11, while a 6B+ is something like 5.10+/5.11-. Since I failed on all of my previous and subsequent attempts at 5.11, I admit to caring about this particular distinction. The recent rapid deterioration in my climbing skills may leave "Love Me" as my only possible claim to a legitimate 5.11 lead. I prefer to give the climb the higher rating but John does not read the topo that way. He is entitled to his views. I will not characterize John's efforts in following this route except to say that they confirm my claim that "Love Me" is pretty damn hard. John and I traded leads and top-ropes on a long list of relatively non-descript face climbs, generally in the 5.10 range.

Verdon has a few crack climbs and the occasional overhand, but pocketed faces predominate. We

swung leads on "The Demented Arab", which I described as appropriate for the times. In setting a new world record for out-of-it-ness, a nearby Brit claimed not to know what I was referring to.

We also did one of the obligatory classic multi-pitch routes, "Eperon Sublime". After five long, hard-to-find raps through a nasty gully called "Douce Sublimation", this route heads up a nice inside corner for about eight pitches. Most of the pitches are in the 5.9 neighborhood. There is a spectacular hand traverse (5.10B) around a very airy arete near the top. I thrashed miserably in my attempts to free-climb the crux pitch above that (5.11), but John came very close to following it cleanly.

A few bits of misinformation about French rock climbing should be corrected. First, the cliffs are not full of 5.13 French climbers. We were doing climbs that are at least as hard as those being done by most climbers at Verdon. We never saw anyone even attempt the really hard routes. Second, the French practice of painting route names on the rock is neither as prevalent or as odious as I had been lead to believe. The vast majority of routes are not painted and we wished there had been more signs. The route names are placed in small letters and are located fairly discretely. The paint also seems to wash off quite quickly.

Finally, we did not find the French especially rude. In fact, we found relatively few French climbers of any disposition; the British and the Germans far outnumbered them. We never ran into any other American climbers in our two weeks there.

I will not dwell on the already well-publicized fact that the

routes at Verdon begin with a rappel from the top. Obviously this makes it rather important to be able to climb back up to the top.

Since top-roping is widely accepted there, you should not worry too much about this. (The hand rails provide good top-rope anchors.)

The only real drawback is the anxiety of lowering from the top of a 900-foot cliff at the start of each day's climbing routine. There is, however, something intensely satisfying about standing next to a tourist who is trying to summon the courage just to look over the hand rail, and then just stepping over it and plunging down a rappel rope out of sight. If your nerves collapse from the constant exposure, a quick trip to the Riviera, a couple of hours away, should give your spirits a lift.

If you prefer to spend your climbing vacations suffering in the mountains or getting bored on the same old crags near Washington, D.C., this advice is not for you. If, however, you have some time and money to spend in search of the best rock climbs around, give some thought to a visit to the Verdon Gorge. You don't need to lead 5.10 or speak French to enjoy a trip there, although those skills certainly help.

CATHEDRAL CRANK ON APRIL 6

About 50 climbers entered the Cathedral Crank climbing competition on April 6 that was sponsored by the Voyageur Outdoor Education Program at St. Albans School in Washington, D.C.

Organized in a participatory style, contestants had to choose and attempt four out of seven climbs, including at least one traverse. The climbs were graded 5.9, 5.10, 5.10+, 5.11, and 5.12. The traverses were 5.9 and 5.11.

The contest, held in the school's activity center, was casual but well-run, a credit to Syl Mathis, director of the Voyageur program. Dusty Wissmath was MC of the event. Local climber Rod Hanson designed most of the routes. The 5.11 included a large Gunks-type roof that choked off many a climber. Entrants in the contest included Mountaineering Section members John Yanson and Doug Dupuis. Doug won 8th overall and second in the 18 and under group. Brian Kelleher won first overall and first in the 18 and under group. Other results are not available. Other area entrants included Jack Beattie, Larry Geib, Steve Zeig, Bonnie Classen, Matt Lavender, Steve Jones and Jim Woodruff. A far cry from a snow-slog in Nepal, climbing competitions sure are fun. Too bad REI couldn't find a way to bring SPRINGSTONE back this year.

GEAR NOTES

by Stuart and Karen Pregnall

If you haven't already sorted through your gear for the warmer weather upon us now, read on. It's the perfect time to do a little maintenance work, list the things you need to replace, and drool over the things you'd like to add to your burgeoning rack!

Maintenance

All carabiners need cleaning. Like most lazy climbers, I use a few good squirts of WD-40. It isn't recommended by carabiner manufacturers because it attracts dirt, but it's quick and it works, especially if you're going to stow your carabiners in a clean place and not leave them lying in a basement corner gathering dust. This is also a good time to visually inspect the carabiners to make sure they're still intact and that there aren't any visible problems. Make sure that the gate action is still smooth after you've cleaned each carabiner: sticky gates may indicate a bent carabiner, in which case you should use it to hang stuff in your basement and not off your rack! Check all your slings. If they're more than a couple of years old, get new ones. Sewn slings need to have their stitching examined. Chuck out any that have excessively worn stitching, or that look like the stitching has compressed the webbing extensively. (Look, this stuff is a lot cheaper than hospital bills.) All of your cord-slung stoppers need to have their slings checked. Again, if the nylon is more than two years old, replace it! Wired stoppers need to be replaced if the swaging looks like it has shifted or broken, or if the cables look like they have broken strands. Brass nuts are especially susceptible to this

problem--seconds tend to yank them out of their placements, severely bending (or breaking) the wires near the head.

Camming units need to be cleaned (WD-40 again for us quickie artists).

Trigger repair kits are available for both Friends and Camalots. Metolius will service your TCU's if you send them off, but call first. Slings need to be replaced if they're more than two years old. Wild Things, Ragged Mountain Equipment, J Rat, Misty Mountain and others will sew slings on your units--much more efficient than knotted slings, and you can have 9/16" Spectra sewn on, which is stronger than the units! If you use Kevlar tie-off cords on your Friends, look at them carefully. John Bouchard found that repeated bending back and forth over an edge (which the cords do as they pass through the mid-shaft hole) significantly weakens the Kevlar.

Ropes should be carefully inspected. Look for kinks that won't loosen up, thin spots, tears in the sheath and other visual problems. If you find any of these, toss the rope. We retire our lead ropes every year to use as top ropes, and then after a year's use as top ropes, they get tossed. Yeah, that's pretty conservative, but we figure, better safe than sorry. Besides, we tend to get a lot more usage out of our lead ropes than most MS members, especially when you consider the amount of air time we log! Ropes subjected to average climber usage should generally see a useful life expectancy of two years as lead ropes and two more as top ropes. If you're not sure how safe your ropes are, CHUCK 'EM. (This goes for anchor ropes, too.) Tom Isaacson recently (and responsibly) com-

plained about some pathetic and dangerous ropes still in use.

Don't climb on them!

Ropes do like to be washed from time to time. Cool water and plenty of rinsing work best. To dry them, hang the ropes in big loops until they are dry all the way through.

Harnesses also need to be inspected. Stitched points must be inspected carefully for wear or blown attachments. If you have the type of harness that has do-it-yourself gear loops (as in the Black Diamond Bod Harness, for example), make sure that the loops are still knotted properly--you probably won't laugh if you're on lead and have to ask your partner to toss all your gear back up since it fell off a busted gear loop.

Shoes can be resoled and serve double their useful life expectancy. Tricks of the Trade, near Great Falls, is rumored to do a pretty good job locally. If you send your shoes out of town for resoling, make sure the resoler know that the shoes are coming, and get an idea of how long they'll need to do the resoling job before you send your only pair of shoes off.

Gear

For those of you who are interested in starting (or expanding) your technical climbing rack, ask around to see what other people are using these days. A basic technical rack for a "modern" climber should include: one set of brass nuts (except the really tiny ones), one set of stoppers (except the really thin tiny ones and the really big ones you have to thread on perlon), Friends # 1, 1', 2, 2', 3 and 3', and TCU's # 0, 1 and 2. This rack will get you through most routes in the 5.0-5.10 range at the Gunks and Seneca (and almost anywhere,

for that matter). For most 5.0-5.10 routes, you'll also need eight to 10 QDs and two or three longer slings.

After much experimentation, we have decided that for general climbing we need to carry HB Offsets, HB Anchors, RP's (all brass, and we don't usually carry the really small ones unless we know we'll need them), Black Diamond stoppers 4-13 on wire, Friends 1-4 (including half sizes), TCUs 0-4 (including double 0s, 1 and 2), and Camalots 1, 2 and 3. With that load, we can protect almost anything! Most of that stuff stays in the pack (especially the big camming units!), but depending on the routes we do, it's useful to have it handy. We also carry about 15 QDs and two or three longer slings (9/16"), and six to nine free carabiners to support all the other gear. All our QDs have Black Diamond Bent Gate Quicksilvers on them; they greatly facilitate clipping ropes in without sacrificing performance (or safety, as long as we remember which way we're clipping the ropes). Throw in a large capacity locking carabiner (we like the DMM Quick-Lock Pear-shaped carabiners) and belay/rappel device (Stuart is partial to Tubers; Karen hates them and opts for a Figure 8), and another locker for tying into belays, and you've got a real mess of stuff. Over the years, we have refined our gear racking into a pretty efficient system. Say we're at the Gunks and want to do a route like Jackie (5.5). We'll take the wired stoppers, the Friends up to a #3, one set of TCUs, 8 QDs, and two long slings. We'll take the same basic rack for Classic (5.7), which is right next door. If we go down to do a route like Limelight (5.7), we'll toss in the #3 1/2 and #4 Friends because the guide tells us the route has a

large crack. If we do Son of Easy O (5.8), we can tell from the bottom that the route seems to have lots of little horizontals on the first pitch, so maybe we'll double up on our TCUs. As it turns out, you don't necessarily need them, but they make life seem a lot more casual.

At the New, our standard rack for "traditional" routes includes brass and Black Diamond wires, double TCUs, Friends #1-3, and Camalots #1 & 2. The doubled camming devices permit us to lace up the crack systems and horizontals that the New has in such abundance. Further, you can usually tell from the ground exactly what you'll need (and not need), making life easier when deciding which gear to carry. If we're on a "sport route", however, we'll just look in the guidebook and rack up with the requisite number of QDs plus two (one in case we drop one, and the other just because we're weenies), and divide them equally on either side of our harness racking loops. We also carry a doubled-over long sling with two carabiners for equalizing the anchor when we reach it, and pre-fix our locking carabiner to our harness tie-in loops for quick access at the anchor.

One additional piece of gear is always on our harnesses in multi pitch areas and easily available in sport areas, and that's a prusik loop. They are light, easy to coil into a compact bundle, but most importantly, they are indispensable safety equipment. I wish more climbers carried them and knew how to use them!

Gear is fun, but it's also confusing. If you have questions, ASK.

GUNKS UPDATE

by Jeanette Helfrich

The Board of Directors of the Mohonk Preserve has revised its policy on rock climbing at the Gunks to become more positive towards climbers than the original one approved in December 1989.

It recognizes the contributions of climbers to the work of the Preserve and confirms its intention to continue allowing climbing as a valid use of Preserve lands.

In addition, the policy states: The Preserve will take account of the concerns of climbers and neighboring landowners and will make available to landowners everywhere the knowledge gained in many years' experience of recreational management. In particular, the Preserve will share this experience whenever called upon by land managers for advice in establishing climbing policies and guidelines in other areas."

The Mountaineering Section has obtained a copy of the policy to share with the club and has written the Preserve to applaud its commitment to climbing. Further, the Section encouraged the Mohonk Mountain House (a separate organization from the Mohonk Preserve) to change its rules concerning climbing at Skytop, which is closed on weekends, stating that many of us would like to climb routes such as "Sound and Fury". We never have a chance to because we generally only climb at the Gunks on summer weekends, especially three-day weekends, because of the six-to-seven hour drive from Washington, D.C. We argued that as a practical matter, the policy favors local climbers who are the only people generally able to climb at Skytop

during the week.

To receive a copy of the Mohonk Preserve newsletter, you may become a member or buy a \$45 button granting access for a year from the Mohonk Preserve, Inc., 1000 Mountain Rest Road, Mohonk Lake, New Paltz, NY 12561-9434.

NEW HAMPSHIRE ICE CLIMBING

By Tim Hood

Every winter we alpinists dream of climbing frozen waterfalls and sheer ribbons of ice in less than ideal conditions. Unfortunately, the nearest location that offers consistent ice climbing during the winter months lies hours away, north of New England. This did not stop 15 of us from making our second annual trek north to enjoy this frozen wonderland. We took advantage of the long President's Day weekend to get away from our responsibilities at home and work and have a great time.

Using the Merrill Farm Resort in North Conway, New Hampshire, as our base, we packed in full days of climbing on Saturday and Sunday, and a few people were able to climb on Friday and Monday. Even though this was one of the busiest weekends of the year, we did not have to spend too much time waiting for climbs to become available. Most of the climbing took place at Frankenstein Cliff, since it offers an abundance of good climbs with short easy approaches.

A partial list of the Frankenstein routes climbed includes Dracula (NEI 4+), Chia Direct (NEI 4+), Hard Rane (NEI 4), Standard Route (NEI 3+), Pegasus (NEI 3-4) and Smear (NEI 3-4).

Elephant's Head Gully (NEI 3) in Crawford Notch was climbed on Friday by Carter Mackley, Michelle Mecham and Paul Torelli, while on Monday John Rayner, Jeanette Helfrich, Michelle and Carter got in one last climb before driving home by ascending Goofer's Direct (NEI 3+) on Cathedral Ledge.

Two areas where we also tried to climb but couldn't because of unfavorable conditions were Black Pudding Gully (incomplete ice) and Mt. Washington (avalanche hazard). Our sound judgement to not attempt Mt. Washington was re-enforced the following weekend when an experienced ice climber was swept to his death in an avalanche above Huntington Ravine. The summit may be low compared to many peaks in other mountain ranges, but the potential dangers are no less real. We all must remember that safety must be our number one concern, and whether we are climbing ice or top-roping at Great Falls, an extra moment taken to evaluate the weather conditions or check your anchor should not be considered an inconvenience but rather a potential lifesaver.

The group of ice climbers included Michelle, Carter, John, Jeanette, Paul, Gordon Swenson, Jeff Colianni, Dave Coffey, Greg Christopulos, Chris Hess, Subhash Lele, Peter Hislop, Robert Molzon and Robert's friend Dominique. Patty and Lauren Hood also joined us but did some serious shopping rather than serious climbing.

CLIMBING IN THE NEWS

MS member John Berry is in an enviable position; he manages to climb and write home about it--in the newspaper. Many of us catch his excellent articles in the Washington Post on the intricacies of private and federal finance. But John also manages to write occasional climbing articles. He's always on the lookout for good routes and therefore other outlets for his writing talents. The best part, though, is that he remembers his Washington roots while doing it. The Boulder (CO) Camera, for example, published in September 1990 a short article that gave due credit to the fine climbing to be found in Colorado, but it mentioned Great Falls, too! I found it amusing that the Mather Gorge was mentioned in the same breath as Boulder Canyon...

Another newspaper article mentioning climbing was found by Paula Grant in the New York Times in July 1990. The Arts section of July 31 highlighted the innovative French dance duo Laura de Nercy and Bruno Dizien, who have created a dance piece titled "Le Creux Poplite". The dance is performed on a climbing wall made to resemble the tiled floor of a bathroom (!).

Oddly enough, neither dancer was a climber until given the chance to perform at an arts festival in Paris. Daring to reject conventional settings, the pair determined that their milieu would be a bridge pillar. Knowing nothing about climbing, they learned, and the result is a combination of dance and sport climbing.

The French dancers, known as "Roc in Lichen", haven't yet appeared on the sport climbing

scene per se, but wasn't that Misha at REI last week?

**MOUNTAINEERING:
GETTING STARTED**

by Tim Hood

Many people have asked my advice on the best way to get started in mountaineering. There is no simple answer, and my experience is probably different from everyone else's. When I was bit by the mountaineering bug, I was lucky to be living in Seattle, with one of the best alpine playgrounds within an hour's drive from home. Furthermore, the Seattle area had a lot of people with sound mountaineering skills and a willingness to teach those skills. Therefore, I was able to obtain my fundamental skills in an informal manner.

We living in the Washington, D.C., area are not as fortunate in that the nearest alpine mountains lie halfway across the continent. This, however, should not stop anyone from getting involved in this wonderful sport. One of the most important skills to be learned in mountaineering is safety and how to determine the dangers in a particular situation before it is too late. This requires instruction from an experienced climber. Unless you know someone who will take you to the mountains and teach the necessary skills, I recommend considering a professional climbing school or guide service. I have not had first-hand experience with any of the schools listed below, but they have come recommended to me from friends

who have taken their courses. This is only a partial list, and I refer anyone seriously interested

in mountaineering to check the advertisements in magazines such as Climbing and Rock and Ice.

American Alpine Institute
1212 24th Street
Bellingham, WA 99225
206/671-1505

National Outdoor
Leadership School
P.O. Box AA
Lander, WY 82520

Pacific Crest Outward
Bound
0110 Bancroft Street
Portland, OR 97201

Exum Guide Service
P.O. Box 56
Moose, WY 83012

Rainier Mountaineering, Inc.
535 Dock Street, Suite 209
Tacoma, WA 98402

FILM FESTIVAL REVIEW

by Jeanette Helfrich

The Mountaineering Section sponsored the Fourth Annual Washington Mountain Film Festival on March 24, 1991, at Lisner Auditorium at The George Washington University. This year, the Mountaineering Section enlarged the festival to two sessions, scheduled it for a weekend day and moved it to 1,500-seat Lisner, a prominent Washington location. For the first time, the festival featured the American premiere of a film and introduced a jury to judge the films. Although the festival's expansion contributed to the stature and enjoyability of the festival, disappointing ticket sales did not cover similarly expanded expenses.

FILMS

At its American premiere at the festival, *Free K2*, (1990 European Coalition), directed by Alex Ojetti and Luz Protze, captured the Grand Prize. This fine film was introduced by expedition member Jean Claude Legros, who traveled to the festival from Belgium. The film documented the 1990 clean-up expedition of K2, sponsored by Mountain Wilderness, a European environmental association based in Italy whose aim is to defend the mountain environment.

Expedition members from Italy, France, Belgium, Pakistan and Germany scoured the mountain up to 7,000 meters and removed over three tons of trash including 30,000 cans and 10 kilometers of rope.

The expedition left recycling machinery in place for the local villagers to operate. While the efforts of the group were innovative and successful, the quality of the film was uneven.

The footage on Hunza life in the Baltoro region, although interesting (dried apricots are a major food group), would have been more appropriate as the subject of another film. Based partially on the film's exposure in the festival, several American and European organizations are vying for rights to the film.

The audience selected *Moj Maly Everest (My Little Everest)* (1989 Poland), directed by Miroslaw Dembinski, to receive the People's Choice award. This political film follows a rockclimber while he scales a cliff made up of his daily travails. He climbs

from solution pockets to tablecloths to churches to urinals in a satire on contemporary Polish society. The upheavals occurring in 1989 clearly made this unique film possible.

Other rockclimbing and mountaineering films, including two cartoons, constituted the bulk of the festival's offerings.

Piker's Peak, (1957 USA) (Warner Brothers), directed by Fritz Freleng, was a wonderful way to start the festival, complete with cut ropes, falling rocks, avalanches and high jinx on the Smatterhorn. Weak by comparison, *Going Up*, (1990 Canada), directed by Kirk Johns, told an amusing tale of a climber and a bear.

Filmmaker, Mountaineering Section member and Washington native Madeleine Carter demonstrated how an unconventional, talking-heads style can successfully illuminate the soul of mountaineering. *Mountaineering Men* (1982 USA), directed by Madeleine Carter, featured Bradford Washburn, Robert Yates and Terris Moore recounting their most compelling adventures in the mountains. Present to intro-

duce her film at the festival, Madeleine initiated and was director of the first Washington Mountain Film Festival in 1988 along with Ken Andrasko.

Madeleine is a now producer and director for Monitor Television in Boston.

Slick, high-budget climbing films continue to roll out of France's "Channel 2" television, which last year brought us Catherine Destivelle and Isabelle Patissier (we missed them this year, along with Lynn Hill and other women climbers). *Passion Extreme* (1989 France), directed by Georges Auzolat and Barnard Maurice, shows Patrick Edlinger, one of the world's top rockclimbers and flexible as a cat, climbing to rock music, the film flashing from black and white to color. In the companion film, *Histoire d'une Passion*, the viewer is taken behind the scenes to see tons of obscenely expensive camera equipment lowered onto specially built platforms in the 1,500 foot deep Gorge du Verdon in southern France. With a hair drier, Patrick blow-dries holds in advance and puffs them (and surely his nose too) with chalk. But how can the USA complain of French Hollywood? Besides, who can do the splits like Patrick?

In contrast to Patrick's intensity, *Le Comeback de Baquet* (1988 France), directed by Nicolas Philibert, presented witty historical footage of the legendary rock climber Gaston Rebuffat with his climbing partner Maurice Baquet, famous French comedian and concert cellist. In honor of Rebuffat, Baquet returns to Chamonix to repeat their 1956 first ascent of the Aiguille du Midi, this time with Christophe Profit. The film has won many prizes at other festivals but suffered here from bad

sound at the beginning of the film and subsequent ignorance of the historical perspective.

The most noteworthy and unusual film of the festival was *Grimpeur Etoile* (1990 France), directed by Laurent Chevallier, which showed modern and jazz dance routines on a vertical wall. Although the film lacked organization and coherency, the possibilities it presents of blending climbing and dancing both on film and on the rock stimulates the imagination.

The film *On the Rocks* (1984 USA), directed by Kathryn Johnston and Iain Stobie, was previously shown several years ago at a monthly Club meeting. While not a great film, it seemed particularly fresh and enjoyable on the big screen. It illustrates the history of modern American sport climbing ranging from John Gill's use of chalk and gymnastic techniques in 1955, through Warren Harding's era to Tony Yaniro and Randy Leavitt's amazing feats, culminating in Tony's lead of the Paisano Overhang.

The remaining films were interesting if less noteworthy. In a delightful film, *Little Karim* (1988 France), directed by Laurent Chevallier, Abdul Karim recounts his climb of Gasherbrum II as a high-altitude porter to become the first Pakistani to reach the summit. *Capitan Crochet* (Captain Hook) (1989 France), directed by Robert Nicod, showed two French climbers humorously demonstrating free and aid climbing in Joshua Tree, Canyonlands, and Yosemite. *Facing the Extreme* (1988 USA), directed by Eric Cohen, focused on the subculture of the Joshua Tree climbing community, including a shoe resoler who demonstrates the perseverance needed to achieve both climbing

and offbeat life goals. *La Maison Bourgenew* (1990 France), directed by Claude Andrieux, is a rather pretentious film in which an exhausted mountaineer mourns the fall of his partner from a broken ice axe, then rappels into a surrealistic living room where the residents ignore him at first, then invite him to untie and join them for dinner.

The two-session format allowed the festival to expand the subject matter to include extreme skiing, parapenting and sky diving films, which were nearly the best of the day. *Le Skieur du Vide* (Skier of the Void) (1990 France), directed by Alain Tixier, was artistically and technically fine, showing Pierre Tardivel skiing some of the steepest couloirs in the Alps. In *Cap Sud* (1989 France), directed by Guy Mauchamp, a French pilot few from the Jura mountains over the Alps to the Mediterranean Sea in a hanglider and parapente where onboard cameras yielded spectacular shots. A more mediocre film, *Ups and Downs* (1990 Australia), directed by Julian Mather and Lee Faulkner, showed a climber teaching a sky diver to climb while the climber learned to jump.

Although some thought the festival too long, as a hard-core climber I greatly appreciated the opportunity to see so many rock climbing and mountaineering films that simply are not available unless one travels to Banff, Telluride or Europe. The television offerings on the subject are too few and obscurely scheduled.

Because there are so many excellent films available, the festival maintained a high quality of films throughout. Again, French films predominated due to the large market and resulting francs pouring into adventure films for

French television. Perhaps the paucity of American films should be remedied by some financial support or prizes for American filmmakers.

The festival exhibited a good balance of films between rock climbing and mountaineering and among geographical locations in the USA, Europe and the Himalaya. The line-up might have been improved with one or two classic, historical mountaineering films, of which there are many, including Gerhard Baur's film on the Eiger, Canadian Suzanne Cook's 1989 prize-winning film on the 1953 Everest expedition, David Breshear's Mallory and Irvine saga, or British Jim Curran's film of the tragic story of the 1986 attempts on K2. The films on extreme skiing and parapenting were a welcome change, the expansion of which might draw a larger audience. Although most American stars on the international climbing circuit are women, no women climbers appeared in any of the films except Carol Black's brief appearance in *On the Rocks*.

How about a grant to make a good film on Lynn Hill, one of the USA's top climbing stars. Unfortunately, as in past years, the festival experienced some technical problems with the sound system and films, even though professional projectionists were hired with their own 16 mm Xenon arc projectors (one film was wound backwards and another arrived with the sound and video separated). Maybe perfection is too much to ask for when dealing with 16 films of different formats and sound levels.

For the first time, the films were judged by a jury, an improvement over the audience "applause meter." The distin-

guished panel was composed of Andrew Kauffman, one of two Americans to make the first ascent of Hidden Peak in the Karakoram in 1958-- the only American first ascent of an 8,000+ meter peak; John Bredar, producer of the Explorer television series for National Geographic; and Shana Tarter, geology graduate student and climbing teacher at Cornell who filled in for local lawyer and mountaineer Randy Starrett. Between the afternoon and evening session, a pleasant (and uncrowded) reception provided respite from the lengthy showings.

Held in Lisner's spacious lower lobby, the reception was long on alcohol and again short on food which was obvious from the stomachs growling by the end of the evening. Our visitor from Belgium, Jean Claude Legros, was available to chat with the audience, largely composed of area climbers and friends. T-shirts were sold, but the few remaining from last year's colorful batch sold out long before this year's white ones. Program booklets replaced mimeographed sheets this year, although the program notes could have been more informative. Surely the Mountaineering Section itself deserved more than one sentence in the program when one of the purposes of the festival is to build membership.

This year also saw an improvement in the quality of the awards from paper certificates to engraved plaques.

During the reception, The Access Fund (now independent from the American Alpine Club) held a benefit auction which raised over \$2,000 for the Fund.

VOLUNTEER ORGANIZERS

The volunteer efforts put into the festival this year were extraordinary. In particular, all of the festival organizers recognize that the festival could not have happened without one person-- Anne Baron. Her translations were uniformly superb.

Several members who have seen some of the same films in Banff and New York know first-hand that Anne's translations are superior to those done at other festivals. This illustrates the meticulousness Anne employs in recording sound tracks, preparing professional scripts and rehearsing in advance, as well as her grasp of climbing and its quirky slang. Anne also provided invaluable logistical help in telephoning and corresponding with the many French filmmakers and distributors as well as arranging for previews of the French standard C-Cam videotapes at the French embassy. In addition, her office generously provided evening meeting places, refreshments and equipment.

Jeffrey Levy, who directed the whole crew, was a font of energy, always ready to check every detail. The dedicated film selection committee was composed of Paula Grant, Michelle Mecham and Matt Morley. John Yanson provided crucial judgment in all phases of the festival, working on flyers, artwork, T-shirts and programs. Jeff Colianni headed the publicity committee, which consisted of Don Williams, Elizabeth Lee, Kate ughes and Jeanette Helfrich. The committee arranged newspaper, magazine and radio coverage as well as distribution of flyers and mailings to 1,600 area climbers. The reception was organized by Pete Hsi, Denise Cohen and Jeanette Helfrich. T-shirts were designed by Michael Mergi and

John Yanson. Jeff Kramer organized the jury. Ron Sitrin oversaw the finances and ticket sales. Also on the staff were Christina Barros, Claire Ganz, Barbara Kern, Ken Klapatch, Tom Marshall and Eric Wright. The Access Fund auction was organized by Stuart Pregnall and Dusty Wissmath, who did an impressive job of getting donations from major manufacturers in the climbing and outdoor equipment world.

PLANNING

A review of the festival wouldn't be complete without a look at planning and logistics, especially from one who has formerly directed the event. Starting with the first festival, we dreamed of the big time. This year we got it, but at a price. For the more than 400 people who attended the festival, it was a great success. For the Mountaineering Section, the expanded format and location was a gamble that held its own artistically but was only slightly less than a financial disaster. We seem to have a steady market of about 400 people, which is not enough to fill Lisner.

Maybe it was the scheduling for Sunday; maybe it was the bluster, stormy weekend. Maybe we changed too many variables at once--moving the date to a weekend, expanding to two sessions of films and moving to a very large (and very expensive) theater.

The club tried to do it this year with the same number of volunteers as in previous years, the same amount of advance planning as before, a somewhat expanded publicity effort, and about triple the money. Either the market is not there, or a much larger and more expensive publicity effort is needed, includin-

paid advertising and media events. That level of effort become nearly impossible without paid staff or an institutional or commercial sponsor. As the festival staff is well aware, this year's event pushed the limits of volunteerism.

In retrospect, the decision to expand was made without sufficient consideration and too late in the planning process. By the time the Mountaineering Section realized the extent of what it had gotten into, it was too late to jump off the train. Clearly, the Mountaineering Section knows now that it is never too early to investigate potential sites (including the Department of Interior or Agriculture auditoriums or other institutional sites). We should also try to obtain sponsors for next year such as a college or university, cultural institution or business. We need to set a solid budget well in advance that realistically assesses the market and keeps expenses in line with that market.

Nonetheless, the accomplishments and success of the festival should not be clouded by our financial loss. The festival gained greater exposure and stature than before and was able to promote important causes such as the mountain environmental issues highlighted in Free K2 and by The Access Fund. In addition, the festival may well have been the catalyst for Mountain Wilderness to obtain significant contracts to show Free K2.

This year, the Mountaineering Section was willing to take the risk that a larger festival would pay off, and fortunately had the finances to absorb the loss. This year's expansion was a learning experience which now calls for careful planning for next year's festival. The festival should

continue to treat the area's community of climbers and outdoor enthusiasts to many wonderful films in the future.

FILM FESTIVAL FINANCIAL REPORT

by Ron Sitrin, Treasurer

EXPENSES:

Auditorium rental \$3,028
 Film rentals \$300
 Film Delivery \$342
 Video conversions \$63
 Reception food & drink \$1,224
 Projection labor & management \$1,274
 T-Shirts \$939
 Trophies \$63
 Publicity flyer \$419
 Program printing \$473
 Telephone \$252
 Postage \$132
 Banff festival trip \$818

TOTAL EXPENSES \$9,527

INCOME:

Ticket Sales \$3,847
 T-shirt sales \$673
 TOTAL INCOME \$4,520

NET LOSS (\$5,008)
 (all numbers rounded)

TOYS FOR SALE

Gore-Tex jackets, state-of-the-art designs. Both pass Extreme Wet Weather test. Brand new, selling for below wholesale! Fashionable... Functional... Colorful...

Marmot Powder Tech. Pit zips, waist drawcord, powder skirt, removable hood. Fits Women's Medium or Men's Small. Purple and black. \$154.

Phoenix Diamond. Mesh lining, drawcord at waist and hem, wire-brim hood. Men's Large (on the snug side). Royal blue, with fuschia and jade highlights. \$120.

Call Eric Wright or Liz Lee at 301/951-0840. Misc. \$200

MOUNTAINEERING SECTION

Potomac Appalachian Trail Club,
1718 N Street N.W.» Washington, D.C. 20036

CLIMBERS' CALENDER

Date	Area or event	Person to contact	Phone	Place
June 5	Executive Comm.	Dusty Wissmath	M-585-7610	
June 8-9*	Seneca	Matt Morley	V-533-7221	TBA
June 8	Great Falls	Ron Sitrin	D-244-3197	GF
June 9	White Oak Canyon	Michael Mergi	V-682-2649	AO
June 12	Monthly Meeting	Dusty Wissmath	M-585-7610	HQ
	Bob Fenichel - Aconcaqua			
June 15	Great Falls	John Yanson	D-667-4334	GF
June 16	Bull Run	Charlie Dorian	M-946-2373	AO*
June 22	Rock State Park	Eric Wright	M-951-0840	TBA
June 22-23*	Seneca	Doug Crann	V-323-5256	TBA
June 29	Great Falls	Don Holtzer	M-656-4076	GF
July 3	Executive Comm.	Dusty Wissmath		
July 6	Graet Falls	Carter Mackley	V-892-4253	GF
July 6-7*	New River	Doug Crann	V-323-5256	TBA
July 10	Monthly Meeting	Dusty Wissmath	M-585-7610	HQ
July 13	Great Falls	Don Holtzer	M-656-4076	GF
July 14*	Candey's Castle	Doug Dupuie	M-330-2311	TBA
July 20	Great Falls	Ron Sitrin	D-244-3197	GF
July 21	Bull Run	Jeff Kramer	V-532-3247	AO
July 27	Great Falls	Dusty Wissmath	M-585-7610	GF
Aug 3	Old Rag	Dusty Wissmath	M-585-7610	AO
Aug 3-4*	Seneca	Matt Morley	V-533-7221	TBA
Aug 10	Sugarloaf	Don Holtzer	M-656-4076	RR
Aug 11	Hermitage	John Yanson	D-667-4334	TBA
Aug 17	Graet Falls	Jeff Kramer	V-532-3247	GF
Aug 18	Annapolis Rocks	Jeanette Helfrich	M-589-9119	RR
Aug 24	Great Falls	Dusty Wissmath	M-585-7610	GF
Aug 25	Chimney Rocks	John Yanson	D-667-4334	TBA
Aug31-Sept 2*	New River	Doug Dupuie	M-330-2311	TBA

Area Codes : M- 301, V- 703, D- 202

* **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 trip leaders in mid-week to make arrangements and contingency plans. In the absence of published trip leaders, call Jeff Kramer, 703- 532-3247 or Dusty Wissmath, 301-585-7610.

****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. 123 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 the forth light (AO is on the left) into the 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 right 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/MDS, 1718 N Street, N.W. , Washington, D.C. **DIR:** 1 block east on Conn. Ave. near DuPont Circle Metro Stop (Red Line).



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