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JAN AND HERB CONN

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

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ACCESS FUND BOARD MEETINGS

Board of Directors

The Board of Directors for the Access Fund will meet in Washington over the weekend of April 3-5. During this time you will have several opportunities to meet with the Board and express your views on preservation of climbing areas.

The Board is planning to meet at the new PATC Headquarters. Other events include a fund-raising dinner, general get-together with local climbers, climbing and rollerblade street hockey.

The Pregnalls will be the local hosts for this event but could use some help! Since the Access Fund tries to keep overhead costs down, we are looking for beds or floor space for the participants, as well as some assistance with transportation. If you'd like to participate, please let the Pregnalls know!

Steering Committee

The Access Fund's Steering Committee met in Tucson for three-and-a-half days in January. Hosted by Michael and Nancy Jimmerson, the meeting considered a wide range of issues facing the Access Fund's activities.

A quick update on access issues

of local interest includes: The Access Fund, through Friends of Ragged Mountain, is pursuing the acquisition of Ragged Mountain in Connecticut; The Nature Conservancy, which bought Grandfather Mountain, has determined that the status of several endangered or threatened species can be sustained only by closing the mountain to all recreation, including climbing; South Carolina may open state parks to climbing; and the Access Fund is committed to assisting climbers in Pennsylvania in their efforts to reopen Bellefonte Quarry.

THE ACCESS FUND

by Stuart Pregnall

The Washington area is poorly represented in Access Fund (AF) membership. Part of this is because many of you already belong to the PATC-Mountaineering Section (MS), and in the past the MS has done a great job of maintaining good relations with the land managers in the areas we frequent. But it's time we woke up. Many of you saw the excellent slide show given by Paul Piana last fall. Paul graciously gave the Access Fund a quick plug at the beginning, but more importantly, think about what we accom-

plished to even permit the slides to be taken. Hueco Tanks--great climbing, but how many of you know that Texas closed Hueco a couple of years ago? The Access Fund got it reopened. Remember the notice that the Quonset hut at Hueco would be closed because of the problems with their septic system? A guaranteed loan from the Access Fund has kept that climbers' hangout open. The Mt. Rushmore area that Paul enthused over is partially closed, but we're working hard to get it reopened. Climbing in the Valley has had its problems, but it is the Access Fund that has met with the NPS on a regular basis to keep climbing as relatively unregulated as it is. The tremendous routes at Devil's Tower ("the best training ground we had for the Salathe", according to Paul Piana) were threatened by climbing closures this year, but quick action by the Access Fund clarified a misunderstanding about a Park Service directive, and climbers are free to climb there still. Locally, we're faced with the danger of losing free and unregulated climbing access at Great Falls, Carderock and the Shenandoah. There were rumblings in the past year at the Hermitage (PA) about closing

climbing there. Continued access to Caudey's Castle (WV) is tenuous due to the increased popularity of that area. Kaymoor at the New River (WV) became the scene of Park Service intervention last year. The same inevitably will become true of other "new" areas, such as Riverton, Franklin, Summerville, etc. (WV). Problems now exist at Crescent Rocks (VA), and Bellefont (PA) is closed. Who knows what the next few months will bring? I hate to sound so negative, but unfortunately, I see the problems growing faster than the solutions. Despite the MS's achievements in good relations with landowners and maintaining friendly access, it is clear that the majority of local climbers continue to be pretty disaffected by the MS and membership in it, so there needs to be another mechanism for focusing our efforts on keeping access to our climbing areas open. Besides, most of us climb outside the D.C. area on a regular basis--the Gunks, New England, the Tetons, the Winds, California, Colorado. These are all places where the Access Fund is visibly active.

My goal is to have at least 500 AF members locally by the end of the year. That may be ambitious, but quite frankly, we don't have much choice. Our budget for the past year was about \$86,000; this year it balloons to \$220,000. We raised over \$90,000 last year--so we have quite a lot of additional revenue to raise this year. These projections are based on the increased amount of work we are doing, and the increased cost of doing that work. It's beginning to pay off in some areas, but we still have a long way to go. The most important thing you can do is join--we need members. You're our biggest single source of dol-

lars, and you're also the biggest factor in getting our message across to the people we work with.

The AF has a huge list of projects--I have about \$20,000 worth in West Virginia alone, and that's just for trails and toilets! What would happen, for example, if the AF tried to buy Nelson Rocks, a perpetual easement to Caudey's Castle or a parking area at Crescent Rocks? The AF is involved in other activities, too. The National Park Service directed all its parks with climbing to develop climbing management plans. That review effort is going to be huge. The National Forest Service is in the drafting stages of issuing new climbing regulations in the Federal Register. Again, that review process will entail a major effort to ensure that the final regulations are appropriate and not impossibly restrictive. The Bureau of Land Management (BLM) is also working on similar regulations. The AF isn't promoting climbers-can-do-anything-they-want regulations, but regulations that have stages of implementation depending on the situation locally.

We're also in the process of providing, for the first time, real scientific data on the affects that climbers have on the environment. We've funded a raptor study to see how climbers interact with predatory birds. We're funding a very interesting endangered species study in Illinois. The results may lead to permanent closure of a popular climbing area, but we feel it is absolutely necessary to find out if climbers affect the species involved. If we do, then we don't climb on the cliffs, it's that simple. We're also working with the NFS in the hopes of sponsoring an ambitious doctoral study

in climber interaction in the alpine environment in the Rockies. Other studies are in the works--anyone out there know of an archaeologist specializing in Native Americans in New York? We may need an archaeological survey performed up there.

As a result of this enormous workload and its financial burden, the AF is asking any local climbing community we assist to participate financially in some way--either through fundraising benefits or direct donations to the AF. But membership is still the key.

I could go on and on about the Access Fund, but Up Ropes space is limited. You'll get a chance to meet and talk with the rest of the Access Fund at our next Board Meeting, which will be held here in Washington in April 1992. In the meantime, if you don't have a membership form, call me. You can also write:

The Access Fund, 1226 West 16th Street, San Pedro, CA 90731, or phone 213-831-2298. John Juraschek, our Executive Director, will be more than willing to help you.

SENECA ROCKS TRAILS PROJECT

by Stuart Pregnall

The access trails to Seneca have undergone vast improvements this winter due to John Gregory's efforts. Working with Forest Service staff, Gregory and several others have unearthed the original trail work performed over ten years ago under James Eakin's direction!

Gregory has also arranged to have a Climbers' Bulletin Board installed near the trail junction of the North Peak trail and the access trail up to the base of the South Peak. If anyone is

benevolent-minded, donations for furnishing this bulletin board can be made to the Access Fund (specify on your donation that it is to assist the Seneca Project). Donations can be sent to: The Access Fund, 1226 West 16th Street, San Pedro, CA 90731, or phone 213-831-2298. John Juraschek, our Executive Director, will be more than willing to help you.

Unfortunately, there is still a lot of work to be accomplished. John and I have agreed to schedule a major effort for the last weekend in March (the 28th and 29th) to try to finish this project. In addition to the trail work that remains, Gregory has laid out new Stokes litter lowering stations from the base of the South Peak that will greatly facilitate future rescues. These new lowering stations will need to be established and marked, and lowering paths cleared. Gregory estimates that there is enough work to keep over 100 people busy for the weekend. The Forest Service will make tools available and assist in the management of the project. The Forest Service also has magnanimously agreed to open the campground for climbers that weekend! Donations will be needed for materials for this work as well, so please consider opening your wallets!! Obviously, this is an important project. We can make a big difference on the plus side at Seneca, both in terms of environmental impact and climber/ranger relations. By demonstrating our dedication toward preserving the climbing environment, with the added benefit of making our uphill and downhill trips a little easier via an improved trail, we can assure continued access to Seneca Rocks.

If you have questions about this

project, please contact either John Gregory or me.

1992 CLIMBERS RENDEZVOUS IN BOULDER

Plan your fall climbing vacation around the 1992 Climbers Rendezvous, sponsored by the Access Fund. Actually, it's the AF's annual meeting, but that sounded too boring, so it's called a Climbers Rendezvous.

Scheduled for the weekend of September 19-20, the Rendezvous will encompass many climbing activities. The 1991 Rendezvous featured a semi-serious but mostly fun climbing competition on a small wall, a gear auction (lots of great booty at good prices), great food and refreshments, partying into the wee hours and a number of climbing luminaries. The 1991 version cost \$20 per person--pretty cheap, compared to some other meetings!

If you're going to make the 2,000-mile trip to Boulder, you might as well take a week's vacation (at least) and sample some of the local climbing pleasures. Boulder is less than an hour from Rocky Mountain National Park, if mountain summits are in your plans, and for pure rock climbing pleasures, Boulder can't be beat--Eldorado and Boulder Canyons are right there, Shelf Road and Penitente are just a few hours away, and the South Platte also beckons. Classic routes of all grades abound. Many MS members have been to Boulder and can give you beta on where to stay and what to climb.

Don't miss this fantastic opportunity to sample some of America's best rock and mountain climbing. Use the AF Rendezvous as an excuse and go climbing, or use climbing as an excuse and go to the AF Rendezvous. Or

maybe you just want to see where Mork and Mindy lived. In any event, it will be the climbing scene of the year, so don't miss it. Details will be available through the magazines. If you're an AF member already, you'll be receiving an announcement during the summer. (If you're not an AF member, JOIN!) But plan now!

BELLEFONTE CLOSED

by Stuart Pregnall
Bellefonte Quarry has been closed to climbing. The Pennsylvania State Police are rumored to be giving \$100 trespassing tickets to violators. Although details are still sketchy, the closure apparently stems from the owner's concerns over liability, as well as a desire to turn the quarry into a profit-making venture again. There have reportedly been a few accidents at the quarry this past year, not all of them climbing-related. Also, the owner has been accepting landfill in his quarry from several new developments in the rapidly growing State College area.

The Access Fund is looking for a volunteer from the Bellefonte/State College area to tackle this issue. The Fund is prepared to work out solutions to the closure, but case studies have indicated that the best possible means of reopening Bellefonte is to have someone from the local climbing community take the lead. The Fund will help allay liability concerns, set up management options, organize and set up a non profit corporation (as in Friends of Joshua Tree, Friends of City of Rocks, Friends of Ragged Mountain), help purchase the area (as in Unaweep Canyon, Ragged Mountain) and even manage it if necessary. However, we cannot do this without your help.

If you know of anyone who would be interested in working on reopening Bellefont Quarry, please contact me at The Access Fund, 9110 Meadow Rue Lane, Annandale, VA 22003, 703/503-5852.

CRESCENT ROCKS PARKING PROBLEMS

by Stuart Pregnall

This summer, residents along Route 601 were threatening to bring in the county sheriff to ticket cars that park along the road or on private property near Crescent Rocks.

According to Chris Brunton, the PATC Trail Overseer for the Crescent Rocks area, there were several forest fires there this past year, causing much alarm to residents, especially those in the new development just past the microwave tower entrance. In addition, the area seemed to have become one of the big party areas for local teenagers. Illegal parking on private property, especially in the cleared area across Route 601 from the microwave tower entrance, created tension among local residents.

Chris has agreed to work with The Access Fund to mitigate these concerns, at least as far as PATC hikers and climbers are concerned. We will distribute a flier to residents explaining who we are (i.e., responsible PATC hikers and climbers) and asking that the residents attend a meeting to discuss their concerns. It is hoped that a PATC member who lives along Route 601 will host the meeting.

In the meantime, do not park on the private property across from the microwave tower entrance. I understand that the microwave tower entrance and its right-of-way are under National Park Service jurisdiction, and thus far

this winter, we have been able to continue parking there. Don't block the entrance itself or create a problem for traffic along Route 601! We can minimize the number of cars there by making a better commitment to car pooling. Leave a note in your windshield identifying yourself as a PATC member (or get one of the PATC window decals for your car). Make an effort to carry a trash bag and help keep the area clean. If you encounter local residents, explain that you are a PATC member and are trying to be a good neighbor. Ask them to contact Chris or me if they have any questions (or problems). If a confrontation should arise, please resist adding to a potentially bad situation and just leave, and let Chris or me know about it.

If any Mountaineering Section members would like to help maintain our access to Crescent Rocks, please contact me: The Access Fund, 9110 Meadow Rue Lane, Annandale, VA 22003, 703/503-5852.

UP ROPE WRITERS' GUIDELINES

All Mountaineering Section members are encouraged to contribute articles to Up Rope. Following is a list of guidelines that will help you--and the editor--to prepare a quality club newsletter on a timely basis.

1. This is the computer age. Please submit all articles on disk, unless absolutely impossible (the editor likes to edit, not type). Files should be formatted in WordPerfect (any version), and may be stored on either size disk. (The editor prefers, however, to receive articles on 5 1/4 double-sided, double-density disks, as this is the only type readable on her home computer.) Include a print-out of

your article with your disk.

2. Articles should be double-spaced, with paragraphs indented, leaving one space between sentences. Please type your name under the title and "30" at the end of the article.

3. The editor's job is to correct spelling, punctuation and other such human errors. She will also edit for the sake of clarity, where necessary. So don't worry about submitting a less-than-Nobel-Prize-worthy story. But don't be lazy, either.

4. If you have a story idea but don't know how to approach it or need to be convinced that it's worth doing, please call the editor for moral support.

5. An attempt is being made to publish an issue of Up Rope every other month. To help make this possible, please get your submissions to the editor by the 1st of January, March, May, July, September and November. Until further notice, mail submissions, or direct inquiries, to the editor: Liz Lee, 4604 Windsor Lane, Bethesda, MD 20814, 301/951-0840 (H), or 202/951-0840 (W).

TIM HOOD UPDATE

Tim and Patty Hood have a new baby boy, Taylor Scott, born January 15. With freckles (really!) and blue eyes, Taylor looks a lot like his Dad. Lauren, 2, is rapidly adjusting to life with a little brother. Tim, who was seriously injured in a fall at Seneca Rocks last April, moved in December from Mt. Vernon Hospital to Learning Services, an innovative rehabilitation center in Manassas for people with brain injuries. He enjoys visitors, but Patty suggests you call the center first at 703/335-9771 to check his schedule. Or, drop him a card: Tim Hood Learning Services, 9524 Fairview Avenue, Manassas, VA 22110.

A ROCK CLIMBING LEXICON

by Tom Isaacson

In order to assist beginners in their immersion into rock climbing, I have compiled this list of basic rock climbing terms.

Speaking in this jargon may not impress people but familiarity with it is essential to understanding some climbers.

I have not attempted to cover matters such as ice climbing, aid climbing or mountaineering. Perhaps others will be inspired to define the key terms of those pursuits. I also have omitted some terms which are self-explanatory such as ledge, overhang, chalk bag, etc. as well as the brand names of equipment. These caveats aside, I hope that you find the following informative. In the event that I have missed an important wrinkle or nuance in some word or phrase, I welcome any clarifications. Stuart Pregnall kindly assisted in the preparation of this piece.

ANCHOR (n) The protection which hopefully secures the belayer.

ARETE (n) A ridge or fin that points away from the cliff.

ARM BAR (n) A technique in which the climber jams an arm into a wide crack and uses the opposing force of the elbow/shoulder and hand to gain leverage.

BARNDOR (v) To swing sideways while laybacking.

BATMAN (v) To pull yourself up by pulling down on the portion of the rope that runs from the belayer to your anchor or highest piece.

BE-NIGHTED (adj) What happens when you fail to complete a climb before dark. A prolific source of discomfort and good stories.

BETA (n) The sequence of moves used on a climb. This may be

recorded or communicated in several, usually conflicting, forms including written, graphic, spoken and mental. The wrong sequence is known as bad beta.

BINER (n) Short for carabiner.

BOBBING THE SCENE (v) Obscure reference to climbing after dark.

BODY NAZI (n) A conditioning fanatic.

BODY WEIGHT (adj) Any protection that will only hold your stationary weight; don't breathe deeply. (n) A condition body Nazis attempt to minimize.

BOMB-BAY CHIMNEY (n) A bottomless chimney reminiscent of Dr. Strangelove. Opposite of a bottoming chimney.

BOMBER (adj) Ostensibly refers to any very solid handhold or protection. In practice refers to anything that will survive the next few minutes.

BOOTY (n) Possessions that have been left unattended. One climber's booty is another climber's larceny.

BOOTY COUP (n) The process of getting booty.

BOULDER (v) To climb without a rope just off the ground.

Popular among the antisocial.

BOULDER (n) The climbing center of Colorado. Popular among the antisocial.

BRILLIANT (adj)(British) Any climb that is better than terrible.

BUBBA (n) A townie, especially Southern. [For whom Bubba City is named.]

BUCKET (n,adj) An excellent handhold.

BULGE (n) A characteristic of the rock, not the climber.

BURN (n)(1) One attempt (usually out of many attempts) on a hard lead. (2) A pump.

BURN (v) To do a climb that someone else -- with whom you are competitive -- can't do. "I burned him on that route."

BUTT BAG (n) A device that

you will wish you had bought a lot sooner.

BUTTERFLY JAM (n) A crack technique that involves placing the pads of your fingers on one side of the crack and the pad of your thumb on the other side.

CAKE (adj) An easy move or climb; may seem impossible to a beginner. Syn: trade route. Opposite of testpiece.

CHICKEN HEAD (n) A handhold that may be grabbed like a pistol or a doorknob.

CHIMNEY (n) A crack wide enough to fit your body into. A popular form of torture.

CHIP (v) Don't you dare.

CHOP (v) What happens to people who chip.

CLEAN (adj) A route that is climbed without a hammer.

Generally used in reference to long routes.

CLEAN (v) To remove the protection, usually while following.

CLIMBED OUT (adj) A crag having no potential for new routes. A declaration that a crag is climbed out usually is soon followed by new route activity there.

CLIP (v) To hook the rope through a piece of gear. Failure is known as "blowing the clip."

CLIP-UP (n) A route protected entirely by fixed pro.

COLD-SHUT ANCHOR (n) A sport climbing device consisting of metal rods bolted into the rock and bent into an eye shape, but not welded shut.

COMP (n) Short for competition.

CRAB (n) Short for carabiner, used by people too lazy or cool to use the bisyllabic "biner".

CRAG (n) A short cliff.

CRAG-RAT (n) Visit Carderock and you'll know.

CRANK (v) To pull hard. A frequent, and unhelpful, suggestion from the belayer and other on-lookers. Used in the expression "crank like a disease."

CRATER (v) To fall to the ground from a significant height.
 CRIMP (v) To crank your fingertips on a small hold. Syn: bone.
 CRIMPER (n) A small thin hold. Syn: piss.
 CRUISE (v) To climb quickly and easily.
 CRUXY (adj) A climb whose difficulties are concentrated in a single move or sequence, i.e., the "crux". Opposite of continuous.
 DEATH ROUTE (n) A hard climb with very poor protection.
 DEBASE (v) A collective term for assorted techniques used in sieging a route.
 DECK (v) To fall to the ground; has nothing to do with boughs of holly.
 DECK (n) The ground or a large ledge. Generally used in the prepositional phrase, "off the deck".
 DEJA VU (n) To flash a climb which you have previously done but forgot the beta.
 DESPERATE (adj) Almost a death route.
 DEVELOP (v) The process of putting new routes on a cliff. Especially used to describe the placement of sport routes on obscure crags.
 DIALED (adj) See "wired".
 DICEY (adj) Any climb you can't cruise.
 DIME EDGE (n) A hold that is the width of a dime (about a half-inch).
 DIRECTIONAL (n) Protection that will hold a pull both up and down.
 DOG (v) Short for hangdog.
 DRILL (v) (1) To place a bolt. (2) To climb quickly and purposefully. Syn: fire, blast.
 DYNO (v) Short for dynamic, to jump for a handhold. Syn: lunge, launch. Opposite of static.
 EDGE (v) To climb on the side(s) of your shoes.
 ELIMINATE (v) To declare a hold

or holds, especially good ones, off-route to make the climb harder. An unfortunate product of idle time or bored climbers who spend too much time at one crag. Syn: Contrived.
 EPIC (v) To take too long to complete a route.
 ETHICS (n) A system of forcing people to climb to your satisfaction.
 EURO DOG (n) A really good climber.
 FINGERS (adj) A crack about two-thirds of an inch wide.
 FIST (adj) A crack about two to four inches wide.
 FIXED (adj) Gear meant to be left in place, not booty. Also, an unfortunate circumstance resulting from a second's failure to clean gear. Syn: resident.
 FLAG (v) To swing one leg behind the other for balance. Stylish and occasionally useful.
 FLAKE (v) To uncoil a rope.
 FLAPPER (n) A large rip in a fingertip, painful but not disabling.
 FLARE (n) A crack or chimney that is wider on the outside.
 FLASH (v) To lead a climb on your first try, with no falls or cheating.
 FOLLOW (v) To take the easy way up.
 FREE CLIMB (v) To climb without grabbing gear or weighting the rope.
 FREE SOLO (v) To climb a route without a rope or common sense.
 FRICTION (n) A type of hold-less, low-angle route which is easy on the arms but hard on the nerves.
 GEAR (n) Protection
 GNARLY (adj) Generic adjective, generally pejorative. Not as nasty as "heinous". Syn: jingus.
 GOBI (n) A finger cut due to crack climbing.
 GOES (v) Any route that can be free climbed. "Does this go?"

"Yes, it goes at 12a."
 GOLDEN RETRIEVER (n)(1) a blond female belay slave (2) a noisy interference to peaceful climbing.
 GORILLA (v) To climb with power, and no grace. Syn: Climb like a man.
 GREASE (v) To slime off of a hold.
 GROUND (v) To crater.
 GUNKS (adj) Something having the characteristics of the Shawangunks. A "gunks" bucket is a common use of the term.
 HANDS (adj) A crack just wide enough to slot a hand into.
 HANDS-DOWN REST (n) An awesome foothold, leg lock or similar contortion.
 HANG DOG (v) An efficient form of energy conservation.
 HANGING BELAY (n) What will lead you to buy a butt bag.
 HARDMAN (n) A serious climber, sometimes considered pejorative with a connotation of stupidity or narrow-mindedness. Generally taken as a compliment.
 HEEL HOOK (v) To use a heel as a third hand, essential beta on many routes.
 HEIGHT DEPENDENT (adj) Short people use this term to rationalize their failure on routes that are skill dependent.
 HIP BELAY (n) An oxymoron.
 HONED (adj) Lean and mean.
 HONER (n) A honed hardman; sometimes implies that someone is trying too hard.
 HUECO (adj) A pocket anywhere from golfball size to bathtub size.
 INCIPIENT (adj) Climbers use this term in a random, meaningless fashion, in an apparent attempt to sound wise.
 INSIDE CORNER (n) Look in a room, you'll see at least four of them. On rock, these tend to be wet and well protected.
 JAM (v) To lock part of your

body into a crack. Common forms include the finger jam, hand jam and foot jam.

JUG (n) A bucket.

JUG (v) To climb a rope with mechanical ascenders.

JUG BASH (v) To cruise a route that is loaded with buckets.

KNACKER (v)(British) To injure or damage. "Knackered" means exhausted.

KNEE LOCK (n) Generally used underneath an overhang, tough on lycra.

LACE (v) To place a lot of protection.

LAY BACK (v) Watch a monkey climb a pole at the zoo.

LEAD (v) To climb in search of fear and fame.

LEFT (adj) Right.

LETTERBOX (n) The New River Guide uses this term to describe what most people call a "mail-slot", i.e., a narrow horizontal slot.

LIP (n) The outer edge of an overhang. If you can't place any pro there, you're in trouble.

LOCK OFF (v) To suspend most of your weight on one arm while reaching with the other.

LOCKER (adj) An excellent jam.

MANKEY (adj) An all-purpose description of any protection, climb, climber, or hold you don't like.

MANTLE (v) Try getting out of a swimming pool.

MARGINAL (adj) See Mankey.

MATCH(v) To place your hands side-by-side on a hold.

MONO DOIGT (n) (French) A one-finger hold; bad for tendons.

NATURAL PRO (n) Rocks or trees that can be looped with a sling.

NUBBIN (n) A very small protrusion on the rock. Syn: tweezer.

NUTS (n) Metal pieces -- usually on a wire -- used for protecting a crack. Syn: chocks, stoppers, wires.

OFF BELAY (int) The happiest

pronouncement.

OFF FINGERS (adj) A crack in-between fingers and hands.

Tends to be very hard.

OFF HANDS (adj) A crack in-between hands and fist. Tends to

be very unpleasant.

OFF ROUTE (adj) You'll know it when you're there, ask Doug Craun.

OFF WIDTH (adj) Any crack that is too big to fist-jam and too small to chimney easily.

ON SIGHT (adj) To flash with no beta, a highly commendable achievement. Syn: A vue

(French).

OUTSIDE CORNER (n) Go outside your house, you'll see a few. Syn: arete. These tend to be dry and poorly protected.

PEBBLE (n) A sharp nubbin.

PEEL (v) To fall.

PIN (n) Are you really too lazy to say "piton"? Syn: peg (British).

PIN SCAR (n) Holds created from repeated pounding of pitons

into a crack.

PINKPOINT (v) To lead a free climb with the protection, especially quick draws, already in place. Most serious climbers consider this the minimally acceptable style to claim you've led a route.

PITCH (n) The distance between anchors.

POCKET (n) A concave handhold.

POPEYE (n) A pumped forearm.

POSEUR (n) (French) A climber who is photographed on a route he/she can't do.

POWER (v) See gorilla.

PRO (n) Short for protection, a very key term. Syn: runner (British).

PROJECT (n) An unclimbed route that is claimed by someone, usually with a red sling, who is working on the first ascent. Stealing someone's pro-

ject may land you in hot water.

PRUSSIK (v) To climb a rope by means of two smaller loops of rope.

PSYCHOLOGICAL (adj)

Protection that is only in the mind of the leader.

PUD POINT (v) The climbing equivalent of piling on.

PUMPED (adj) When your mind makes a promise that your body can't fill. A desirable condition while training, a hazardous condition while leading. Syn: gassed, fried, cooked, blasted, blown, flamed.

PUT UP (v) To create a new route, especially a sport route.

New routes are not found or created, they are "put up."

QUICK DRAW (n) Two carabiners connected by a short sling. Known as a "QD".

RAP (v) Short for rappel.

RAP BOLT (v) To place bolts on rappel.

RE-TABLE (v) Ken Andrasko says this is synonymous with mantle. (Another furniture metaphor) This phrase may have become antiquated, use with caution, except among gymnasts.

REDPOINT (v) To lead a free climb in one push placing all non-fixed protection, including quick draws, as you go.

RETREAT GEAR (n) Protection left behind to lower off a climb. Whether all retreat gear constitutes booty is a matter of some debate.

RETRO BOLT (v) To place bolts on a route after the first ascent. Often misused in place of rap bolt.

RIDE (v) To be lowered on a top rope.

RIGHT (adj) Left.

ROCK JOCK (n) You get the idea.

ROCK POLICE (n) Envious curs yapping at the heels of greatness. See: ethics.

ROOF (n) A big overhang.

RUNNING BETA (n) Being told the beta as you climb, frequently from several conflicting sources.

RUN-OUT (adj) A climb with inadequate protection, considered a positive quality by some people

SANDBAG (n) A climb that is harder than its rating.

SCREAMER (n) A long leader fall. Syn: whipper, winger.

SCUM (v) To place a foot on an uncertain hold.

SEAM (n) A very thin crack, will take small pro, but no fingers.

SECOND (n,v) See: follow.

SEEK (n) Short for sequence. A sport climber will siege a route to wire the seek. Got it?

SEQUENTIAL (adj) A climb whose difficult section must be done in a particular -- and probably inobvious -- way.

SEWING MACHINE (n) What your legs may do on a scary climb.

SHAKE (v) To de-pump your arms.

SIEGE (v) Repeatedly hang-dogging a route. Syn: work the route.

SIMUL-CLIMB (v) When the leader and second climb simultaneously. Syn: Fourth classing.

SLAB (n) A low angle face.

SLIME (v) To grease.

SLIP (n) A mellow fall.

SLOPER (n) A rounded hold.

SLOT (v) to place fingers in a crack.

SMEAR (v) To climb on the balls of your feet.

SOLO (v) To climb alone, with or without a rope.

SPINNER (n) A bolt with a loose hanger.

SPIT OUT (v) To lose your hand grip in a crack.

SPORT CLIMB (n) A hard clip up.

SQUEEZE CHIMNEY (n) A very narrow chimney.

STACKS (n) Placing fingers,

hands, fists, feet or knees together to fill a crack; a largely theoretical concept.

STEM (v) To place your feet on opposing sides of a chimney or inside corner.

STICK CLIP (v) To clip protection, especially from the ground, with the aid of a reach-enhancer.

SWING (v) To alternate leads on a multipitch route.

TALUS FOOD (n) Someone who has cratered.

TENSION (int) A sudden request to be held on the rope with no slack. Syn: hold, block.

THIN (adj) A section of rock having few or very small holds.

THIN FINGERS (adj) A crack for the chosen.

THRASH (v) Opposite of cruise. Syn: flail.

THREAD (n)(European) A sling used for protection.

THRUTCH (v) To climb awkwardly, especially in off-widths.

THUMB BAR (n) A technique for climbing off-fingers cracks by jamming the knuckle and pad of your thumbs against opposite sides of the crack.

TOP-ROPE (n) Visit Great Falls.

TRAD (n) Someone who opposes rap-bolting.

UNDERCLING (v) To grab a hold, palm-up.

WINGE (v) To become partially unglued while leading.

WIRED (adj) A climb that you can now cruise due to prior rehearsal.

WOBBLE (v) To become totally unglued while leading.

WRINKLE (n) A bad hand hold that must be pinched.

YARD (v) To faceclimb straight up, especially with difficulty.

YO-YO (v) To retreat to the ground without pulling your rope after a leader fall. Syn: slingshot.

ZIPPER (v) To pull out protection during a leader fall.

CALLING ALL VOLUNTEERS

Many of you are coming up with exciting ideas for new club activities and outings, so we need more members to volunteer to help out with not only these suggestions but also with our long-standing programs and activities. Please consider giving us a hand. The committees listed below that currently have no chair are in most need of volunteers, but even those that are chaired can use extra help.

TRAINING & SAFETY: Dusty Wissmath

CLIMBING & EXPEDITIONS:

Tom Halicki

PROGRAMS &

ENTERTAINMENT: Open

HOSPITALITY: Open

PUBLICITY: Kate Hughes

(Advisor), Brian Vincent, Gary Skinners

UPROPE: Tom Isaacson, Liz Lee, Herb Olson, Beth Logan

MEMBERSHIP: Peter Hsi

NELSON HOUSE: Tom Halicki

FILM FESTIVAL: Open

ROCKVILLE CLIMBING WALL: Charlie Dorian

If you are interested in learning more about these committees or other volunteer activities, please contact one of our new officers:

Dusty Wissmath, Chairperson: 301/585-7610 (H); 703/379-9400 (W)

Paula Grant, Vice Chairperson: 703/204-4575 (H)

Brian Vincent, Treasurer: 301/588-1358 (H); 202/547-9009, ext. 3232 (W)

Peter Hsi, Secretary: 703/620-4741 (H)

MEETING LOCATION

When PATC moved its headquarters to Vienna last September, the Mountaineering Section went along. While some members find the new location convenient and appreciate the availability of parking at the new site, others may prefer a more central location or one closer to a Metro station.

The building in Vienna is currently undergoing renovations, which will give us a larger meeting room. However, based on your response to this questionnaire, we may look for another place to meet. If you have an opinion on this subject, please remove and complete this form and return it to this address as soon as possible:

PATC--Mountaineering Section
111 Park Street, S.E.
Vienna, VA 22180

1. Is it harder for you to attend meetings in Vienna than it was at the old location in D.C.?

Yes _____ No _____

2. If "yes", why?

Too far from Metro _____

Too far to drive _____

Other (describe) _____

3. If transportation were provided between Metro and Headquarters, would you be more likely to attend meetings in Vienna?

Yes _____ No _____

4. If we had to pay a fee for the use of alternative facilities, would you still prefer an alternative meeting site?

Yes _____ No _____

5. Many meeting facilities do not allow alcohol to be served. How important is it for us to be able to serve beer at meetings?

Very important _____

Important _____

Not important _____

6. If we move to another location, where would you like it to be?

Downtown D.C. _____

Virginia _____

Maryland _____

7. What is the most important transportation consideration for you?

Metro Access _____

Parking _____

Other (describe) _____

8. Other comments or suggestions:

DON'T WASTE YOUR TIME

by Tom Isaacson

I somewhat hesitantly admit that I subscribe to, and read, many climbing-related magazines. Although those magazines frequently carry articles on exercise and health, which I carefully review in the hope of gaining that critical nugget of knowledge, I often find myself being skeptical of the author's expertise. I have long believed that many athletes make bad coaches and even worse trainers. I assume this also applies to climbers who, unlike most athletes, do not even have a background in physical education. Separating good information from random conjecture is not so easy.

In search of possibly more reliable

advice, I decided to read a medical school textbook entitled Exercise Physiology (by Drs. McArdle, Katch & Katch).

Although the book is filled with details on body chemistry which are of little use or interest to me, I did come across many specific bits of information that I found quite helpful. Predictably, some of that information contradicted what I have read elsewhere.

Although you should not take this as the gospel truth, I hope some of the book's conclusions will prove illuminating.

1) It takes 3,500 calories to exercise to burn off one pound of fat. I found this incredibly depressing, since I rarely exceed 300 calories on the bikes, stair machines and rowing machines that ostensibly count calories. To put this awful news in perspective, running a marathon will burn off less than one pound of fat (of course, you may lose lots of water).

2) The average person will burn off approximately 120 calories per mile, regardless of how fast he is moving. In other words, the efficiency of walking and running is fairly constant over a wide range of speeds. The only significant exception is that walking faster than 5 mph is inefficient (you should be jogging at that speed) and consumes more calories per mile.

3) One hundred calories of fat is not more fattening than 100 calories of protein or carbohydrates. (I had read elsewhere that the opposite is true.)

4) Combining strength training with aerobics gives you less strength than doing strength training alone. I am not sure why this is true, but I assume that while doing serious aerobics your body begins to metabolize your muscles, or it may have to do with a slow-twitch, fast-twitch

muscle effect. (Of course, there are other benefits of aerobics that may more than compensate for the loss in strength and flexibility.) I went to a medical library and read one of the original studies cited in the textbook. That study found that combining cycling with a series of exercises for the quadriceps yielded less quad-power than a program devoted solely to quad-power. I wonder whether the same result would have occurred if the strength exercise involved upper body muscles not used in the aerobic activity.

5) Aerobic exercise burns off fat in certain parts of your body regardless of the type of exercise you are doing. A study found that professional tennis players have equal amounts of fat in each arm. This means that running or doing push-ups will burn just as much fat off your waist as will doing sit-ups.

6) Carrying a pound of weight on your feet consumes as much energy (while running or walking) as six pounds on your back. Get rid of those big hiking boots!

7) Training five times per week gives you no more aerobic benefit than training twice per week. Furthermore, the sequence of training days and resting days is not important. Once you are in good aerobic shape, the key to staying in shape is the intensity of your work-outs, even if they are shorter or less frequent.

8) A pound of muscle generates the same force, regardless of your gender. However, a male will generally have 30 percent more upper body strength than a female of the same size. Those differences are smaller where both the female and male exercise regularly. In other words, exercise narrows the strength gap between genders.

9) Isometric training produces

more gains in static power than does ordinary weight training. It seems to me that pure lock-off power is largely static and that rock climbers should consider doing some isometric exercises. Unfortunately, you must work the full range of elbow angles in order to gain strength across the full range of motion through isometric exercise. (That is, isometric exercise is highly specific to the position of your arm during the exercise.)

10) Strength gains come primarily from the positive phase of the exercise and most muscle soreness comes from the negative phase. (That is why your legs hurt more from going downhill than uphill.) This suggests that negative exercise, such as lowering yourself slowly from a pull-up bar, is a bad idea. If you're not sure which is the positive phase, the best I can say is that the positive phase is the hard part when you should exhale and move the weight up and the negative phase involves letting the weight back down.

11) Caffeine apparently does not increase your maximum power, but it further your endurance. Caffeine is best consumed 60 minutes before exercise. Because some of the endurance benefits of caffeine result from its enhanced metabolism of fat, people with a diet high in carbohydrates derive much less benefit from caffeine. I read elsewhere that serious caffeine users get little or no ergonomic benefit from caffeine.

12) Consuming sodium bicarbonate may reduce the build-up of lactic acid during an aerobic exercise, leaving you less "pumped". It may also give you serious gastrointestinal problems.

13) Carbo-loading is of little benefit when exercising less than one hour. Carbo-loading also

adds a lot of water weight (2.7 grams of water stored per gram of muscle glycogen). Note that the Power Bar packaging carries a recommendation to drink eight to 16 ounces of water with each 2.25 ounce bar of carbohydrates. So, don't carbo-load unless you are going on a long climb.

I hope some of this information is useful. Remember, I'm not a doctor and I don't know very much about this stuff. The above information suggests, to me at least, that rock climbers should probably avoid much of the exercise advice offered by runners, triathletes, etc. I ignore their advice for the simple reason that I usually find serious aerobic exercise rather unpleasant. Happy pumping!

OUTSIDE MAGAZINE AWARDS MS MEMBER

Mountaineering Section member John Ackerly and the International Campaign for Tibet (ICT) were recently named by Outside magazine as recipients of its "Outsider of the Year" award. Ackerly helped found the ICT following his 1987 expedition to Tibet, where he was arrested in Lhasa during the crackdown by the communist Chinese government. China has illegally occupied Tibet since 1949.

The ICT has worked since 1988 to protect Tibetans' human, political and civil rights as well as their culture and environment. Lobbying by the ICT has resulted in increased public awareness of the Tibetan situation and in Congress's recent official acknowledgment of Tibet as an illegally occupied nation whose legitimate government is in exile. The ICT maintains a small staff in Washington. It is supported pri-

marily through memberships, contributions and the help of volunteers. For information on joining the ICT or volunteering your help, contact John, or Monica Garry at the ICT's headquarters: 202/628-4123.

The Capital Area Friends of Tibet (CAFT) is a volunteer organization which sponsors special events and projects to support the work of the ICT and promote the Tibetan culture. For more information about CAFT, contact Kate Hughes: 703/379-4790.

TO THE EDITOR:

The following blurb was published in the October 28, 1991, Washington Post: "National Park Service workers rappelled 700 feet down El Capitan in California's Yellowstone National Park to rescue stuck climbers Simon Peck, 27, and David Negerle, 32, who spent a cold, rainy night on the face of the landmark but were unhurt." The important point in this article is not the rescue, but what is contained between the lines. As I interpret this, the article is the first published confirmation that the National Park Service has started to implement its controversial, yet relatively unknown, plan to move not only natural features to other parks, but whole parks to other states. This is an attempt to increase park attendance by "bringing the parks to the people" (the Park Service refers to this as the "Park Tours"). The above article refers to the recent move of Yellowstone to the area of California formerly occupied by Yosemite, which is now located in North-west Wyoming. Climbers should be aware that as of the end of December 1991, they can no longer climb both El Cap and

the Tetons in a trip to only one area. The Tetons have since been moved to Acadia National Park on Mount Desert Island, and Yosemite is being relocated to the Grand Canyon (which is replacing Mammoth Cave). There's not enough room here to give the full list of the Park Tours. However, for those interested in climbing El Cap, it will be in Shenandoah Park in the Spring of 1994. By August of that year it will be moved to Cape Hatteras National Seashore. From there it will go to the Everglades and finally to the Virgin Islands National Underwater Park. Because of budget constraints, the Park Service will not be able to return many of the National Parks and natural formations to their original location. They plan to store many of these in warehouses, but as a special concession to the climbing community they will allow qualified members of climbing organizations to top-rope El Cap. They anticipate that this will be one of the larger indoor climbing walls. Joe Ney
Editors Note: Better hang on to your PATC/MS membership.

GOOD GEAR

Planning an expedition? Wilderness Experience expedition jacket; like new \$215
Camp 7 down sleeping bag; excel. cond.; orig to -25° \$175
Grivel 55 CM ice axe; exc cond.; extra pick and tools \$ 95
Berghaus Goretex insulated gaiters; like new; men's large \$ 75
Berghaus rebuilt std. gaiters; with liner; men's large \$ 35
Koflach Alveolite liners; men's large; very good cond. \$ 70
Chouinard old style ice screws

with ratchet; 6 screws \$ 40
SVEA 123 R stove and mini pump \$ 45
Whillans Harness; men's medium; very good cond. \$ 15
SMC deadmen - 2@ \$ 12.50
SMC pickets - 2@ \$ 7.50
Enterprise Mastergrip Training Board; new, in box \$ 70
Please contact me if you are planning a trip. I am more than willing to negotiate on price. Call Rich Cunningham at 303-963-2419 and leave a message. Or write to:
89 Meadowwood Drive,
Apt. B-4,
Carbondale, CO 81623.

JOSHUA TREE - DECEMBER 1991

by Gail Goodman
Needle-sharp crystals lock my new climbing shoes in place. I straighten my legs, center my weight right over my feet, and using hands mostly for balance, quickly make my way up a slight slope on W.A.C., my first climb at California's Joshua Tree National Monument. A new comprehension is dawning: this is so different from the straight, vertical, slippery mica schist and quartz of Great Falls, Virginia. This is friction climbing, and I think I'm in love!
The angle of the rock gives me a feeling of security and confidence. My feet seem to stick to the crystals and become part of the rock. I experiment with balance, shifting my weight right over my foot, keeping my heels down, and getting lots of rubber on the holds. I shift my weight forward and pay with a short fall caught by my belayer. So much for style! But I'm learning. I do the climb again, with no falls, and admire the view from the top of a giant boulder jumble

at Echo Cove. My guide/coach and top-rope belayer, Mark Bowling of Wilderness Connection, informs me I've done a 5.8! Not bad for a near-beginner, and it was such an interesting, different sort of climb.

We go on to The Sound of One Shoe Slapping, which I flash! This climb also has some straight vertical spots as well as sloping friction. I discover that it's best to rely mostly on feet on the strict vertical spots instead of muscling up, because those crystals that allow such great foot locks are shredding my fingertips. Mark tells me the numbers only after I finish each climb--this one's another 5.8. My third 5.8 ever, and the first 5.8 flash. I grin, starting to relax and enjoy the perfect day: 72 degrees, intense blue sky, no humidity, the air so clear and clean. December heaven. I'd started my trip on business in L.A., and figured as long as my company had the air fare covered, I might as well go check out J.T. I found a guide service in the back of Climbing magazine, made the arrangements, and drove the three-hour trip to the park. My first stop upon arrival was at Nomad Ventures to get climbing shoes. I was delighted to find a wide choice of quality shoes in my smaller size, having scoured Northern Virginia and L.A. with little success. I then drove out to Joshua Tree to look around.

Strange, marvelous sights make me feel like I've just beamed down. I'd pictured lots of sand and a few cartoon-style cactus, with cliffs somehow thrown in. But many of the Joshua Trees are really shaped like trees, and there is a forest of them, evenly spaced from competing for moisture, and a profusion of life: more trees; delicately shaded

pink, purple, green and blue cactus of amazing shape and variety; and small animals and reptiles (I heard rumors of snakes but thankfully saw only small, shy lizards).

And the rock! At first I just noticed piles of rubble, but further into the park are solid structures of rock, sand castles with beautiful long distinct cracks, steep and gentle slight slopes, horrendous overhangs, chimneys, broad vertical faces-- just a tremendous variety of climbs. I realize I can do new climbs every day for the next ten years, and never repeat.

Darkness comes quickly in the desert, and with it the cold. But I barely notice because the moon is casting a crisp shadow and the desert is glowing, powerful but quiet and tranquil.

Despite the brightness of the moon, I can make out the Milky Way clearly--a hazy sweep of stars punctuated with brilliance. After a restless night, I start my climbing day shivering in 39 degrees. The desert is frosted with the moisture from an overnight rain. My guide starts me out bouldering to the left of W.A.C., on a traverse just inches from the ground that starts out with about a half-inch of ledge that narrows and then disappears to a few widely spaced nubbins. Several crumbling finger cracks trick my sense of balance, forcing my concentration. I repeat the traverse several times before I complete it without falling, my concentration completely locked in, with the reward of success when I maintain that lock for the entire eight feet or so of traverse. The air and I now warmed up, I go on to climb W.A.C. and The Sound, then to Echo Rock for Double Dip, a 5.6 with a big flake that I do a little lay-backing on (after fighting the temptation

to climb inside the less-exposed crack behind the flake). Then it's on to Sticther Quits, a hard 5.7 that gives me some trouble at the first bolt. There's a handhold to the upper left that I can't quite reach, and difficult footwork that has me slipping and then hanging for long minutes, looking for something to stand on, with an easy climb to the top as my reward after I finally get by the crux.

On to Interseption Rock for footwork practice on the lower 5.6 portion of Billabong, trying several variations and practicing different moves (stemming the start on a little pillar, palming/mantling portions farther up), and finishing the day's climbing on Upper Right Ski Track, an easy 5.4 with wide cracks, steps, big buckets and pinch holds, the rock a mix of interesting pebble and sand textures and colors--a fun, easy climb to end the day with.

At the top of Interseption Rock is a great desert view, and a strange series of deep circular depressions, now pooled with water from the recent rain--so odd to see so much water at the top of a big rock in a desert.

We rap off and then hike around the nearby Nature Trail to admire the cactus and look at all of the great different climbs in the area around Hidden Valley. I envy the campers here who can stay for days, and reluctantly start my long trip back home.

PATC-MS CALENDAR OF EVENTS

Here is a tentative schedule of climbing activities up until Memorial Day. For more up-to-date information, please call the "Climbing Hotline" at (703) 242-3501.

TRIP LEADERS: please review the open dates below. If you can sign up for any of them, please call Paula Grant at (703) 204-4575 as soon as possible. ALL MEMBERS: If you know of climbing activities that might interest other members and would like them listed in the calendar, please call Paula at the number above.

DATE	DESTINATION	CONTACT	PHONE	MEET
2/27	Rockville Climbing Wall 7-10 p.m.	Charlie Dorian	(301) 946-2373	Rockville Wall
2/29		OPEN		
3/1	Great Falls Clean-up Drive 9:30 a.m.	Stuart Pregnall	(703) 503-5852	G.F. parking lot
3/4	Executive Committee Meeting	Dusty Wissmath Kate Hughes	(301) 585-7610 (703) 379-4790	(Contact Kate)
3/7		OPEN		
3/8		OPEN		
3/11	Monthly Meeting Program: Jeanette Helfrich (Wind Rivers)	Dusty Wissmath	(301) 585-7610	PATC HQ
3/14		OPEN		
3/15	Crescent Rocks	Jeff Kramer	(703) 931-4895	(Contact Jeff)
3/21	Carderock	Stuart Hammett	(301) 627-3874	(Contact Stuart)
3/22		OPEN		
3/28-29	Seneca Rocks Clean-up Drive	Stuart Pregnall	(703) 503-5852	(Contact Stuart)
4/1	Executive Committee Meeting	Dusty Wissmath Liz Lee	(301) 585-7610 (301) 951-0840	(Contact Liz)
4/4-5	Access Fund Board Meeting	Stuart Pregnall	(703) 503-5852	PATC HQ
4/4	Cathedral Crank Indoor Climbing Competition	Voyageur Program/ St. Albans	(202) 527-6468	St. Albans, Washington, D.C.
4/5	Carderock	Jeff Kramer	(703) 931-4895	Card. Parking Lot
4/6-9	Access Fund Board New River Gorge	Stuart Pregnall	(703) 503-5852	
4/8	Monthly Meeting Program: Anne Barron (Nepal)	Dusty Wissmath	(301) 585-7610	PATC HQ
4/11		OPEN		
4/12		OPEN		

CALENDAR —2

DATE	DESTINATION	CONTACT	PHONE	MEET
4/18-19	Nelson House Cleanup & Refurbishing Drive	Tom Halicki	(703) 370-7026	
4/25		OPEN		
4/26		OPEN		
5/6	Executive Committee Meeting	Dusty Wissmath Jeanette Helfrich	(301) 585-7610 (301) 585-9119	(Contact Jeanette)
5/9		OPEN		
5/10		OPEN		
5/13	Monthly Meeting Program: John Barry (El Cap)	Dusty Wissmath	(301) 585-7610	PATC HQ
5/16	Annapolis Rocks	Stuart Hammet	(301) 627-3874	(Contact Stuart)
5/17	Old Rag (Top Rope & Lead)	Jeanette Helfrich	(301) 585-9119	AO at 8 a.m.
5/23-25		OPEN [MEMORIAL DAY WEEKEND]		
PLANNING AHEAD? NOTE THIS:				
9/18-20	Access Fund Climbers Rendezvous in Boulder, Colo.	Stuart Pregnall	(703) 503-5852	

For information about listed trips, please call the trip leader several days before the scheduled date. For general information, call Paula Grant at (703) 204-4575.

Everyone is welcome to attend Executive Committee meetings. For more information, please call Dusty Wissmath at (301) 585-7610.

FOR INFORMATION ABOUT OTHER CLUB ACTIVITIES, CALL:

General Club Information	Dusty Wissmath Paula Grant Peter Hsi	(301) 585-7610 (703) 204-4575 (703) 591-2540
Up Rope	Liz Lee	(301) 483-1100
PATC Staff Director	Michael Petty	(703) 242-0693
Climbing Calendar Hotline		(703) 242-3501

DIRECTIONS TO HEADQUARTERS IN VIENNA: Take I-66 west from I-495, exit at Nutley Street North, go one mile north, turn right (east) on Maple Avenue (Rt. 123), go about one mile, turn right on Park St., S.E. (Southern States Supply is on the corner of Maple and Park), and PATC Headquarters (111 Park St., S.E.) is immediately on your left. OR, take the Orange Line to the Vienna Metro station and bus 2X or 2C.

CLIMB ON: SAFELY, HAPPILY!!



118 Park Street, S.E.
Vienna, VA 22180

Joe H. Wagner
4528 Windom Place, NW
Washington DC 20016