



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

Vol 45 no. 2

June 1992

### MS DOES WELL IN CATHEDRAL CRANK

MS members swept several divisions and placed in others at the Cathedral Crank Climbing Competition held at St. Alban's School on April 5. Jana Gill and Dave Godwin won in the women's and men's recreational division respectively. Beth Logan and Jeanette Helfrich took third in the women's elite and recreational division respectively. Katherine Hitch, a regular at Crescent Rocks, placed second in the women's recreational division. Overall, the results were:

#### WOMEN'S ELITE:

Deb Slevin, First  
Diane Connolly, Second  
Beth Logan, Third

#### MEN'S ELITE:

Brian Kelleher, First  
Chris Kirkpatrick, Second  
Philip Olinick, Third

#### WOMEN'S RECREATIONAL:

Jana Gill, First  
Katherine Hitch, Second  
Jeanette Helfrich, Third

#### MEN'S RECREATIONAL:

David Godwin, First  
Douglas Myer, Second  
Mark Kichte, Third

### HEADQUARTERS NEWS

Renovations are beginning at the PATC headquarters in Vienna. The new conference room will hold 115 people, so we will be able to move out of the crowded mail room.

If you are unhappy with the MS meeting being held in Virginia (or even if you like it), please complete and mail in questionnaire in the past *Up-Rope* concerning location of MS monthly meetings. We need feedback and support on this big decision.

### STRETCHING 101 AND OTHER TIPS ON CLIMBING LIKE BETH

by Beth Logan

I have been asked to write about stretching. Someone apparently thinks if he reads about my stretching tricks he will be able to put his foot where his hand is and crank. The cranking doesn't seem to be the problem (actually, the requester of this article is known for cranking, or should I say, "is known to be a Gorilla"). It's the strange steps that require flexibility that cause problems for him and many other climbers. What follows are some tips on improving your flexibility. Future issues will describe actual stretching exercises.

Why me? What makes me an expert? Nothing, but I have coached gymnastics and discussed exercise and stretching with college sports trainers, aerobics instructors, and gymnastics coaches, and read a great deal on this subject. Also, to be on the safe side, I had an aerobics instructor and an exercise physiologist check this article.

There are some benefits of stretching other than being able to put your right foot on the hold near your left ear. Stretching breaks up the lactic acid build up reducing the soreness that often occurs the day after a hard cranking session. Also, stretching in between climbs reduces the time needed for the muscles to recover. This is very helpful for gym climbers or evenings at Great Falls where the ropes are set up and the sun is setting too fast. (Also, think of all the new things you can do in bed.)

The first and most important trick to stretching is to actually do it. Sure, simple concept, but most climbers don't stretch very often. They do some stretches at the base of a climb, but do not dedicate time to improving flexibility. Any time exercise is done, the muscles being used tighten. Continually exercising them without stretching causes them to become less flexible. Whether climbing, hiking, lifting weights, playing tennis or doing any exercise, especially things you don't normally do (like bowling), you should stretch

afterwards. You need only stretch the muscles that were used. They're easy to find since they're the least pliable and resist stretching.

**WARNINGS** Yes, there are ways to injure yourself while trying to improve your flexibility. Some stretching of all muscles is fine, but overstretching of muscles that aren't used should be avoided. Once the muscles are stretched, the ligaments begin to be stretched and they are not elastic enough to return to normal. If you feel a resistance in the muscle, it is okay to continue stretching.

Another problem occurs from pulling on joints and ligaments. For any stretch that requires pulling on a body part, use a major bone. For example, when sitting with the bottoms of your feet together (the butterfly), either push down on your thighs or pull your legs closer to you by holding your shins. Do NOT pull on your toes or feet. This can tear the ligaments in your ankles and feet.

The best way to stretch is to reach until you feel a little bit of discomfort (muscle resistance) and then hold it. At this position you should be on the border between comfort and muscle obstinacy. At first hold the stretch for 4 to 8 seconds. If you want to improve flexibility, hold the stretches for 20 seconds or do 2 reps at 10 seconds. No matter what, NO BOUNCING! Think of the muscle as a rubber band. If you pull a rubber band slowly and without interruption, it will expand without breaking. When released it will be larger than it originally was. If you pull and relax it over and over again, chances are good that it will break. After releasing the stretch, either relax or shake out the muscle.

If possible, a muscle should be stretched when it is not in use. For example, it is better to work on your legs when you're sitting down. If standing is necessary, then keep most of your body weight on the leg that is not being stretched. The muscle needs to relax to be properly stretched and it can't relax if it is working.

Another little trick to improving flexibility is to use resistance. Assistance may be required from your climbing partner. After the initial stretch with a 4 second hold, relax a little but don't lose the position. Have someone else (or yourself if possible) push against you in the direction of your stretch. At the same time resist them without letting them hurt you. After 4 seconds have them stop and begin stretching again. Using the butterfly stretch as an example, use your arms to push against your knees as you try to lift them - an isometric move - then stop pushing and continue to stretch.

There are two good times to stretch. The first is before climbing begins. Move a little to get the blood flowing, and then gently stretch the muscles that are likely to be used. This is for injury

prevention, not flexibility improvement. It is best to start with the small muscles, e.g. fingers and toes, then move up the arms and legs. Finish with the large muscles in the stomach and back since blood flows to the working muscle and it is desirable to start exercising with the blood flowing through the heart and body core. After climbing is the best time to improve flexibility. Since the muscles are tired, it is more difficult for them to resist. This is also the time you want to shower or eat and don't care about flexibility. So just stretch in the shower. I've even been spotted stretching in the Golden Corral parking lot at the New.

### CLIPPER CITY ROCK GYM

A humongous rock gym has opened in Baltimore. Many MS members—including Stuart Pregnall, Tom Isaacson, Beth Logan, Tom Halicki, Elizabeth Erskine, John Rayner and Jeanette Helfrich—have found challenge there this winter. The wall sports a limited number of routes now, but the owners have ambitious plans. Hours are 10 a.m. to 10 p.m. Monday through Friday; 8 a.m. to 10 p.m. on Saturday; and 8 a.m. to 4 p.m. on Sunday. The entry fee is \$8.00. The gym is located in the Clipper Mill Industrial Park, in the Hampden/Woodberry area of Baltimore City. **DIRECTIONS FROM DOWNTOWN BALTIMORE:** Take I-83 north and take the Falls Rd. exit north. Turn left onto Union Ave, which will turn into Clipper Miller Road at the bottom of the hill. After crossing over the tracks for the new Light Rail, veer right and then turn left into the Clipper Industrial Park. The address is 2017 Clipper Park Drive, telephone 410/467-9727. To get on the mailing list, write TALUS NOTES, P.O. Box 36651, Baltimore, MD 21286.

The Rockville climbing wall is open again, still under management of the city. Unfortunately, the MS no longer has free access. The wall is open to the public on Thursday nights. The charge is \$8.00 for three hours (\$5.00 for Rockville residents).

Another indoor wall is expected to open soon in Columbia, Maryland, as part of a large multi-purpose health center. For more information, call Dan Hague at 301/585-5243.

### TIM HOOD BENEFIT

Tim Hood's friends and co-workers at Atlantic Research Corporation held a benefit dance on May 1 to help cover the cost of his health care and rehabilitation treatment following the head injury he suffered in a fall at Seneca Rocks last summer.

The *Prince Williams Journal* reports that "Tim is currently confined to a wheelchair and faces both mental and physical challenges. Among

them are partial paralysis of his right side, limited memory, and inhibited speech. Tim's rehabilitation has been a significant financial challenge for his family... It's unlikely that Tim will ever fully recover and return to his job as a Program Manager at ARC and the high medical costs are projected to last for the rest of his life... his medical and disability insurance [is] ready to expire, he needs our help."

We were unable to notify all club members prior to the benefit. For those members who wish to make a contribution, the organizers are asking \$20 per person and \$30 per couple. Make checks payable to: Tim Hood Benefit and send them to Jackie McBride, 10309 Bear Creek Drive, Manassas, VA 22111.

### TRIUMPH WITHOUT TRAGEDY A Critique of "K2"

by Anne Baron

I enjoyed myself. Well, what do you expect? If there is a mountain in it, I'm going to like it.

Triumph? YESSSS, our guys, the good guys, make it to the top. And they come back with limbs, wits and friendship sufficiently intact.

No tragedy. Some die, yes. But they're the ones we wouldn't lend a 'biner to if their lives depended on it. The Japanese guy, well, I suppose there was a reason for his having no identity whatsoever. He becomes someone just in time to drop dead. Let's face it, if it were a French movie, or real life (this is redundant), our guys would not make it down alive. Better yet, the nicer of the two, H., would be thoroughly incapacitated, forcing the other guy, Taylor (funny but not particularly nice-- he doesn't get my 'biner either), to go back down alone and face the music. Which, of course, would make the movie much more satisfying from an intellectual (there, I said it) point of view. But I don't have to feed and exercise the little gray cells all the time.

Besides, there are many little games to be played during the movie without running the risk of losing track of the, uh, plot. One is to identify the location. That King Swing on El Cap is spectacular. I always get a kick out of it. The exit, via a small roof—where we meet THE millionaire climber/mountaineer, and get a malodorous whiff of climbers' attitoooood—and onto the snow line is something else; no somewhere else, literally. Now that it's in Alaska, I may actually think about doing it. That's also where we find out that our two guys are the smart ones. They simply plunk their tent on the little shelf, light the lantern and go to bed (did you guess that little haul bag could haul so much stuff?). Easy. Quick. No digging in. And out of the way of the avalanche path. No digging out.

Identify the labels: there are plenty of them.

I'd like to know how J.B. of Wild Things fame managed to get his label on our two guys, the stars of the show no less. Better than Yvon did. If there's a Patagucci anywhere during the movie, I missed it. There is a brief glimpse of a beautiful North Face jacket, but it disappears quickly with its owner into the avalanche at the beginning. Goes to show you.

Identify the stories. The burning of the money: the Whittaker K2 expedition. Being lowered down with broken legs: Doug Scott. Climbing a tall building and diving head first through a window into a party: Christophe. The telephone call up on the wall: faithful MS film festival attendees, you remember! Identify the millionaire: (he's from Texas, hint, hint). There is more. And more. This could be the next trivia game.

Identify the "no way, Jose" scenes. Our two guys running up the last bit before the summit as if their derrieres are on fire. Turbo man Batard would have been left in the powder. The star-trekky adrenaline shots, straight into the jugular. Pschitt. There H., that will warm you up. And H. pops back up. The next-door-quality radio communications. Bumping into the frozen stiff and creaky Dallas. The millionaire's wife, Mrs. Clayborne. At Camp IV, hubby may be dying but she's cleaner, slicker—not a hair out of place—and louder than ever. Have you ever tried shouting at 20,000 feet? I wonder whether her millionaire hubby plucked her from the ranks of the Dallas Cowboys Cheerleaders... Me, three days into the trail, sans millionaire, and I look like a billion mucks. "What's this," meekly asks the small-voiced feminist in me. Only one woman there? And look at her, she doesn't even sweat. Funny how one can develop an immediate antipathy. But then, I cannot stand those Vidal-you-don't-lookgood commercials either. (Aha, another label).

The cinematography gets my vote. Some images are etched into my memory. The scenery is gorgeous, better than an Evian ad. "Free K2", you did a hell of a good job, there is not a piece of sh.. on that mountain. The Balti porters—where did you get them from?—are wonderful and so real you can smell them. The climbing/mountaineering scenes are GOOD. The FALL is IT.

The *Washington Post* panned "K2". What do they know. They called it a cocky mountain high. I'd rather call it Rocky's Mountain High. Christopher Reeves flying over New York, it's not. But think of all the possible sequels: Taylor and H. on Shishapangma. Taylor and H. on Makalu. Taylor and H. on Kwangde. Or H2...

Give the movie a chance. Go see it if you haven't already.



## BOREAL COMES TO WASHINGTON

Those of you who have cursed the poor stock and selection of Boreal shoes in the Washington area or waited endlessly for mail order have been given a reprieve. *On Sight Shoes*, based in Silver Spring, is now offering three Boreal models—the Ace, Laser and Ninja. *On Sight* is the creation of local climbers Dan and Dede Hague and will stock the most complete size selection of Boreal shoes in the Mid-Atlantic area. “We’re offering precise sizing, immediate availability and competitive prices for Washington climbers,” says Dan. Contact *On Sight Shoes* at 301/585-5243.

## MOUNTAINEERING—THE ULTIMATE DIET

A brief article in the “Science Notebook” section of the *Washington Post* reports that climbers on Mount Everest burn an average of 5,148 calories a day, the “energetic equivalent” of running a marathon each day.

The article states that an average runner burns between 3,200 and 3,400 calories during a marathon. Of the 10 climbers studied by researchers at the Agriculture Department’s Beltsville Human Nutrition Research Center, four burned between 6,000 and 8,000 calories a day. Five others who stayed on at the 17,500-foot-high base camp to work burned an average of 3,286 calories a day. By contrast, an average woman leading an ordinary life at sea level burns about 2,000 calories a day and the average man 2,700.

Some of the extra calories burned, the article reports, were to “maintain body temperature in the below-zero weather. But most were to do the work, which was especially strenuous in the low-oxygen environment. Just the active gasping for air—working the breathing muscles hard—accounted for much of the exertion.”

“The mountaineers”, it continues, “ate only about half as many calories as they burned and lost from 10.4% to 13% of their body weights.”

## MS MEMBER NEWS

by Jeanette Helfrich

A stupendous “thank you” to Paula Grant, who recently resigned as Vice Chairperson. She did a fantastic job and will remain as Program Chairperson.

Donn Williams is the MS’s new Vice Chairperson! Donn is a manager at Scientific Technology, Inc. in Gaithersburg. He and his wife and children just moved into a new house in Middletown, Maryland, near Frederick. He’ll be handling the Climbers’ Calendar and trips.

In December, Tom Isaacson became a partner

in Howrey & Simon, a large downtown law firm. Tom specializes in antitrust litigation and is a former clerk for the Chief Justice of the Maine Supreme Court. Congratulations to one of our prolific *Up-Rope* editors!

Madeleine Carter and Alec Graham were married in a Buddhist ceremony at her parents’ house in Washington, D.C., on News Year’s Eve. Madeleine was the producer of “Opinion Page” on the Monitor Television Network, and is currently working on a pilot project for public television. Alec is an expert in fine arts restoration. They honeymooned in Zermatt, Switzerland, and live in Boston.

Tom Kawecki and Sue Bennett are getting married in June. Sue is doing her residency in cardiology at the University of Maryland Medical Center in Baltimore. They are planning to buy a house in Catonsville, Maryland, south of Baltimore. Robert Molzon ice-climbed near Ouray, Colorado, over the holidays with Charlie Fowler (didn’t he do this last year too?). His leave from the University of Kentucky Mathematics Department has been extended another year while he serves at the National Science Foundation.

Don McIntyre moved back to Washington from Sandia, New Mexico, still with the Dept. of Energy. Don and his wife, Linda, have bought a house in Oakton, Virginia, and invite MS members over for the next holiday party or summer picnic. Don has just completed a successful expedition to Cho Oyu, an 8,000+ meter peak in Nepal. His trip was featured on the front page of the *Washington Post*’s “Style” section on Sunday, April 26, 1992.

Thanks to Stuart and Karen Pregnall for entertaining MS members in their spacious Annandale house for the 1991 Christmas holiday party. Doug DuPuie and Jeanette Helfrich presented the annual gag gift awards for the “Whale of a Tale,” “Best Fashion Statement,” “Hot-dog Climber of the Year,” “Best Climber out of Retirement,” “Best Climber into Retirement,” “First Ascents,” “Best Sport Climber,” “the Jeffrey Levy Jello Award for Best Covered Dish at an Executive Committee Meeting” and other appropriate awards.

Karen and Stuart also hosted Access Fund steering committee meetings on April 4-6. Several of us were fortunate enough to meet some illustrious climbers and Access Fund activists attending from around the country, including Armando Menocal, Randy Vogel, Rick Accomazzo, Al Rubin, Laura Potter and Michael Jimmerson. Unfortunately, Stuart had to hustle meeting space at the last minute after PATC withdrew its invitation to hold the meetings at the new PATC headquarters.

Jeff and Margaret Collianni are moving to Bonn, Germany, where Margaret has a two-year



appointment with the State Department. They are renting out their house in Bethesda.

Tom Russell and Myra Garcia are getting married on June 6 at Normandie Farms in Potomac. Tom is a physicist and manager at the National Bureau of Standards in Gaithersburg and was MS chairman in 1985. Myra is an international business consultant whose recent assignments have taken her to the Mauritius Islands and Johannesburg, South Africa.

Clara Witt, veterinarian at NIH, spent a week in April climbing in California after a long lay-off due to a wrist injury.

MS Secretary Pete Hsi has been climbing in Hueco Tanks, Texas, courtesy of his new employer who has the good sense to do business in El Paso.

Newly-elected treasurer Brian Vincent is engaged to Lauren Dechant, who will soon be moving to Washington from Connecticut. Both are employed by the Audubon Society on environmental matters. Brian even plans to publish MS financial reports in *Up-Rope*!

Tom Halicki is heading up the MS Climbing and Expeditions Committee and the Nelson House Refurbishing Project. During the week he's employed by the National Association of Towns and Townships. He welcomes donations of furnishings for the Nelson House (non-upholstered, please). He would especially like to receive a kitchen table.

Jeanette Helfrich and John Rayner climbed in Joshua Tree National Monument over spring break. Between the terrifying friction and terrifying cracks, they had a good time.

In February, Jeanette climbed in "The Grotto" area west of Albuquerque. This small but good climbing area is on private property that is now up for sale.

*Up-rope* welcomes Dan Hague to its staff. Dan, who will be doing type-setting, lay-out and printing, is a realtor in Silver Spring with Shannon & Luchs and is also a distributor of Boreal climbing shoes. He helped sponsor, and also competed in, the Cathedral Crank. He has been seen at Crescent Rocks—with his wife, Dede, and two children—climbing some pretty impressive stuff.

Liz Lee of the Population Reference Bureau, John Ackerly of the International Campaign for Tibet, Christina Barros Kramer and Jeff Kramer will be attending the "Earth Summit" environmental conference in Rio de Janeiro in June. Liz and John may get in a day or two of climbing during the conference, and plan to head off into the rainforest for two weeks afterward.

James Eakin has been downhill skiing in Steamboat Springs, Colorado, with colleagues from the National Defense Mapping Institute.

Ellianne Lieberman is marrying Chuck Barnard

on June 14 and moving to Portland, Oregon. Ellianne currently works for the Fairfax County Recreation Department.

Dusty Wissmath will be guiding this summer for Tom Cecil's new rock climbing guide service at Seneca Rocks, West Virginia.

Anne Baron set a new standard in slide shows at the April MS meeting. Her excellent photographs of Nepalese religious and social events as well as scenic and climbing slides in the Khumbu were accompanied by a paced sound track using music from Vangelis, Kitaro and Dvorak as well as Buddhist music and chants, flawlessly broadcast on her personal sound equipment. Each of the three carousels took a full day to orchestrate. Move over, Paul Piana.

Yes, Rick Forbes moved back to D.C. from Phoenix, but has already moved on to the Winston-Salem area (closer to the New). I didn't even get a chance to climb with him!

Alex Tait has returned to D.C. after two years at the University of Wisconsin, where he received a Master's degree. He is currently a free-lance cartographer and formerly worked for the National Geographic Society. He and his fiance live in Takoma Park.

Tim and Patty Hood had a baby boy, Taylor Scott, on January 16, 1992. They moved back to the San Francisco area in May. Tim remains in rehabilitation following his accident at Seneca Rocks on April 28, 1991. He has recently gone home from the rehabilitation center and gets around with a walker.

Tim's colleagues at Atlantic Research Corporation organized a benefit dinner-dance on May 1 in Manassas to raise funds for his future medical care. Contributions are welcome. Write your check to the "Tim Hood Benefit" and send it to Jackie McBride, 10309 Bear Creek Dr., Manassas, Virginia 22111. (The MS donated \$300).

Woe! More friends move to Colorado. Doug Dupuie and Ali Abrishami are moving to Boulder to pursue their academic—as well as climbing—careers.

Eric Wright has moved to Telluride. Or Boulder. He can't decide. After spending a couple of months skiing in Telluride, where he was recently named "Athlete of the Week", he decided to head down out of the mountains and check out the scene in Boulder. He's been climbing pretty seriously but has still managed to find a job, selling memberships at the local rock gym.

Rich Cunningham, past president of MS, architect and, more recently, ski-patrol in Aspen, is working on a Master of Public Administration degree at Western Colorado University. He and his wife Judy Harper now live in Carbondale, Colorado (home of *Climbing* magazine). Judy is an accountant in Aspen.

Clair Ganz married Tom Singer last summer,

and they honeymooned in the Seychelle Islands. They are currently living in Denver.

Matt Lavender and Deb Slevin will be moving not-too-regretfully back to Boulder in June. Matt is currently a lawyer in D.C. with the Department of Energy and will be transferring to DOE's Western Area Power Administration in Golden. Deb, a school teach in Silver Spring, gave a demonstration of advanced climbing techniques for MS at the Rockville gym in December.

Jana Gill married Phil Olinick in April in the Wren Chapel in Williamsburg. Jana is a lawyer in private practice in D.C.

Paramount Pictures gave some free tickets to MS to attend the press preview of their film "K2", which opened nationally on May 1. Twenty hardcore MS members enjoyed this "perk."

Guess who used to write for the *Spearville News* in Spearville, Kansas, population 610?

## OBITUARY—ANTON SOLER

by Arnold Wexler

Anton "Tony" Soler died of cancer at his home in Silver Spring on May 10, 1992, at the age of 74. Tony was a member of the Mountaineering Section and very active from the mid-1940s through the 1960s. He was a natural athlete who climbed with effortless skill and grace and who could make the most difficult ascent seem simple and easy. He put up many routes, including the Soler Route at Seneca Rocks, the Jam Box at Carderock and the Soler Route on Devil's Tower. He also was an avid skier, spelunker and scuba diver. Together with Ray Moore and other friends, Tony opened up and explored many of the caves that honeycomb Germany Valley in West Virginia.

Tony was Born in Brooklyn, NY, attended Lafayette College, and served in the Southwest Pacific during World War II. He worked for the U.S. Government as an electronics engineer, first at the National Bureau of Standards and then at the Diamond Ordinance Fuze Laboratory, from which he retired in 1974. He is survived by his wife Rosemary and stepdaughter Carolyn Villemez.

## FINANCIAL REPORT ON PAUL PIANA LECTURE

On October 22, 1991, Paul Piana gave a slide show for MS and area climbers, thought by many to have been the best slide show in many years. Paul entertained us with tales about his now-famous first free ascent of the Salathe wall in Yosemite Valley and other climbs in Wyoming, Texas, and other areas.

The financial report on the show is as follows:  
INCOME: 142 persons at \$5 each - \$715.00  
(some didn't pay - we definitely had more than 150 people there)

## EXPENSES:

Red Cross room rental -\$75

Speaker fee - \$500

Speaker transportation expenses (shared) - \$100

Mailing of flyers - \$130

Projector Rental - \$27

Printing of Poster - \$12.44

Dinner & Hospitality \$40

TOTAL EXPENSES - \$874.44

NET LOSS - \$159.44

## ASK DR. CRANK-A-LOT

Dear Doc:

Now that I've started working out more and climbing harder my elbows have begun to hurt. Giving up climbing is out of the question. What should I do?

— Hurting in Herndon

Dear Hurting:

Welcome to the club. The Doc has battled elbow tendonitis and suggests these rules for people with this problem:

1. At least one hour before you work out or climb, start drinking lots of water and continue throughout your workout or climb. If you don't need to pee in the gym or at the cliff, you're not drinking enough.

2. Warm up your elbow thoroughly. Massaging your elbow, running warm water over it and doing easy routines like squeezing a tennis ball are good starts to a workout or climbing session. Also, make sure to include some wrist stretches as part of your general pre-workout or pre-climb stretching. Massaging and stretching your shoulder also helps your circulation to your arm which aids recovery.

3. Never start with a hard set in the gym or a hard climb on the rocks. Do several easy sets in the gym or boulder for a while on the rocks before you try harder stuff.

4. Never crank with your arm fully extended, and avoid hanging in that position. Don't do exercises that involve simply hanging from a bar or board. In the gym you can raise the seat or use extra links on a cable attachment so that you start in a slightly cocked position. On the rocks you can usually use your other arm to push or pull a little to raise your center of gravity and get your elbow at least slightly bent while holding a high hold. If you must rest on a route, try hanging on your uninjured arm.

5. Always de-emphasize the negative phase of an exercise. Never do pure negatives such as lowering slowly from a bar. Use your feet when lowering yourself from a Bachar ladder. Medical research conclusively proves that negatives are more likely than positives to rip muscles and tendons.

6. Work smoothly through your reps. For the same reason, try to climb more smoothly and avoid unnecessary dynos.

7. Stop immediately if your elbow hurts and do something else until it feels better. This may take a few minutes or a few days. A little elbow pain at the start of a workout as your circulation picks up is o.k., but proceed cautiously.

8. Avoid using bars that torque your elbow. On a cable machine try working one arm at a time, giving your elbow more room to move around. Creative use of slings, ropes and towels will help with pull-ups and other routines. Doing tricep pushdowns on a straight bar will aggravate your tendonitis, guaranteed.

9. Some people like to use a forearm brace to minimize the amount of force you can exert on your elbow.

10. Take anti-inflammatory drugs like aspirin or ibuprofen after your workout or climb. Be careful of taking pain killers before a workout — it may dull your ability to self-diagnose any injuries.

11. Cool your elbow after a workout with an ice pack or cold water.

Following these steps religiously — no exceptions, unlike your actual religious practices — should help. If not, see a real doctor. If all else fails, become a slab climber. Dr. Crank-A-Lot won't talk to you anymore and you'll never get your picture in the magazines, but you'll preserve your elbows.

— Doc.

Dr. Crank-A-Lot is the pseudonym of a middling climber who dispenses advice and bad beta free of charge. Send your questions to Doc c/o *Up-Rope* and you'll get a polite, prompt response.

## FYI

by Beth Logan

I was using a triple fisherman's knot to tie spectra cord on the some gear, when I was interrupted by someone telling me not to use a triple fishmans. This was contrary to what I had been taught (by a good, experienced climber) so I decided to investigate. The next weekend was the Access Fund Climber's Rendezvous, a perfect place to hunt for knowledgeable sources. Most respondents said either the double or triple would do fine until... a man approached me claiming to be a Blue Water distributor. He informed me that Blue Water recommends triple fisherman's. They feel the spectra cord is too slick to use a double. This was confirmed by another distributor. This could be Blue Water's way of selling that extra six inches, but I suggest we follow their advice. Better safe than sorry.

## To the Editor

The March 1992 edition of *Up-Rope* contained the article "Don't Waste Your Time." This article discussed aspects of exercise which may not be accurate. The problem with exercise physiology today is that every week someone comes out with a study that contradicts a previous study. The best rule is, "if it hurts, do not continue." Beyond that, there will always be a study that says what you wish to hear. But this is what I know.

Yes, 3,500 calories is equivalent to one pound. The good news is the calories listed on stairmasters and rowing machines are not accurate. Each person burns calories at their own rate. Even after you stop exercising your body continues to have a higher metabolism. A slow weight loss is the best, so burning only an extra 500 calories a day is a good approach to getting in shape.

Since your body treats fat, carbohydrates and protein differently, 100 calories of fat can be different than 100 calories of protein or carbohydrates. If your diet has 15% to 30% of its calories from fat (with very little of this as saturated fats) then dont worry. A diet with too much fat has several problems which may or may not include excess fat.

The study on combining strength exercises and aerobics dissuades doing both on the same day. For example, if aerobics and weights are done on Monday, Wednesday, and Friday, the strength increase is 15% lower than if aerobics is done on Monday, Wednesday, and Friday, and weights are done on Tuesday, Thursday, and Saturday.

Yes, exercises for a specific body part will not reduce the fat in that area any more than other exercises using other body parts. However, exercises for specific body parts will tone that area and improve its appearance.

Exercise should be done several times a week to maintain a healthy body. For health benefits, the intensity doesn't matter. The exercise could be walking or running a marathon. Since muscles begin to atrophy after 48 hours, it is recommended that one exercises three or four times a week (e.g., every other day). Aerobic activity is beneficial (even if you hate doing it). It is best when it keeps your heart rate at 65 to 80 % of your maximum for 15 to 30 minutes. Beyond 30 minutes is not advised for most people.

"Exercise narrows the strength gap between genders." I don't know about this, but if men are 30% stronger, narrowing that gap to 26% doesn't make my cranking any easier. Please drop the "just crank and mantle all the way with your left arm only" beta.

That concludes another edition of "I've just told you more than I know!"

Beth Logan



## CLIMBERS' CALENDAR

Hotline: 703-242-3501

DATE PLACE	AREA OR EVENT	CONTACT	PHONE	
May 30	Great Falls, VA	Don Holtzer	301-656-4076	GF
May 31	Bull Run, VA	John Yanson	202-667-4334	AO
Jun 3	Executive Committee mtg. 8717 Sundale Drive, Silver Spring, MD at 7:30 PM.	Jeanette Helfrich	301-585-9119	JH's
Jun 6	Great Falls (Cow Hoof)	Alex Tait	202-291-2753	GF
Jun 6-7	Seneca Rocks, WV	Rick Dotson	703-494-7873	note 2
Jun 6-7	New River Gorge, VA	Stuart Pregnal	202-543-3988	note 2
Jun 10	Monthly MS Meeting (Jeanette Helfrich: "Wind River Range - Cirque of Towers")	Dusty Wissmath	301-585-7610	HQ
Jun 13	Sugarloaf Mtn, MD	Don Holtzer	301-656-4076	RR
Jun 14	Safe Harbor, PA	Matt Morley	703-533-7221	call
Jun 20	Hermitage, PA	Doug DuPue	301-330-2311	RR
Jun 21	Great Falls, VA	Stuart Pregnal	202-543-3988	GF
Jun 27	Great Falls, VA	Anne Baron	703-680-1229	GF
Jun 28	OPEN / TBA	PATC-MS Hotline	703-242-3501	TBA
Jul 1	Executive Committee mtg.	Dusty Wissmath	301-585-7610	call
Jul 3-5	New River Gorge, VA	Doug DuPue	301-330-2311	note 2
Jul 4	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Jul 5	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Jul 11	Great Falls, VA	Jeff Kramer	703-931-4895	GF
Jul 11-12	New River Gorge, VA	Rick Dotson	703-494-7873	note 2
Jul 12	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Jul 15	Monthly MS meeting	Dusty Wissmath	301-585-7610	HQ
Jul 18	Great Falls, VA	Brian Vincent	301-588-1358	GF
Jul 19	White Oak Canyon, VA	Alex Tait	202-291-2753	call
Jul 25	Great Falls, VA	Don Holtzer	301-656-4076	GF
Jul 26	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Aug 1	Annapolis Rocks, MD	Tom Halicki	703-548-3239	RR
Aug 2	Great Falls, VA	Dusty Wissmath	301-585-7610	GF
Aug 8	Sugarloaf Mtn., MD	Jeff Kramer	703-931-4895	RR
Aug 9	Shenendoa Park, VA	Stuart Hammet	301-627-3874	call
Aug 15	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Aug 16	Annapolis Rocks, MD	John Yanson	202-667-4334	RR

Aug 22	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Aug 23	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Aug 29	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Aug 30	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Sep 2	Executive Committee mtg	Dusty Wissmath	301-585-7610	call
Sep 9	Monthly MS meeting	Dusty Wissmath	301-585-7610	HQ
Sep 18-20	Access Fund Rendezvous Boulder, CO (Good chance to take a week+ trip ... 11-20 ...)	Stuart Pregnall	202-543-3988	call

## NOTES:

- 1) Please call the trip leaders in early or mid week to make arrangements and contingency plans. For information on open trips, please call the Mountaineering Section Activities Hotline at 703-242-3501. (The hotline will be updated on a regular basis.) For further information, you may contact one of the persons listed below:
  - Dusty Wissmath, Chairperson, H-301-585-7610, W-703-379-9401 (REI)
  - Donn Williams, Vice Chairperson, H-301-473-5499, W-301-948-6070
  - Peter Hsi, Secretary, H-703-620-4741, W-202-377-6808
  - Brian Vincent, Treasurer, H-202-588-1358, W-202-547-9009
- 2) These trips are to lead climbing areas. Please arrange for your own partners. The trip leaders can help with arranging ride-sharing, what to bring, and other logistics.

## MEETING PLACE DIRECTIONS:

RR Gaithersburg Roy Rogers/Hardees, 465 N. Frederick Rd. (Rt 355), Gaithersburg, MD: Exit I-270 at Rt 124 E. (Montgomery Village Ave.); R at next lite on Rt 355 S.; L at 2nd lite and L into parking lot; park in rear by large trees.

AO Appalachian Outfitters, 2930 Chain Bridge Rd, Oakton, VA: Exit I-66 at exit 16 (Rt 123 N.); L just past 4th lite (AO is on your left) into bank parking lot.

HQ PATC-MS Headquarters, 118 Park St., S.E., Vienna, VA 22180: I-66 W. to Nutley exit; N. towards downtown Vienna; R. on Maple Ave.; R. on Park St., S.E. to building on left —OR— take Orange line Metro to Vienna stop; connect to 2X or 2C bus for 2 mile ride (or walk thru pleasant residential area); near Maple Ave. shopping center. W&OD bike trail runs 1/8 south.

TBA To Be Announced (call PATC-MS Hotline for latest info.)

**1992 FIRST QUARTER FINANCIAL  
REPORT**

(January - March)

**January**

Dues \$298                      Royalties \$1348.28

Donations \$35

**February**

Dues \$1150    Cash \$48

**March**

Dues \$285                      Royalties \$1461.68

**Debits**

March 30, 1992 — Elsa Graphics, \$1037.94

(Bank statements have not yet been reconciled for Jan-  
March 1992)118 Park Street, S.E.  
Vienna, VA 22180

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Silver Spring, MD

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