



FOUNDED BY
JAN AND HERB CONN

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

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August 1992

White Oak Canyon Trip: Craggin' and Dippin'

by Alex Tait

On July 19th, I led a trip to climb the fabled crag at the third falls up White Oak Canyon in the Shenandoah National Park. I have rendered the cliff and recorded the climbs we did that day because I don't know if this has been done. The club has gone there numerous times and I thought it would be good to start keeping track of what's there. No first ascents claimed, but some of the rock looked unclimbed for many years.

Vic Kohl, Ralph Johnson and Bill Farand joined me in this excursion, and armed with a somewhat vague description from Jeanette Helfrich, we embarked on the trail. From a hike there last year, I remembered it was a short walk up the creek to the waterfalls, but that was only to the first falls. By the time we'd past the first and second official falls—and the dozen unofficial ones—any rock outcropping we came across looked like the crag we wanted to climb. But perseverance and sweat brought us to the cliff at the third falls.

To find it, hike farther up the canyon than you think you need to until you are almost to the third major falls. The trail will turn back to the right and you go straight ahead on a trail that is just as obvious. This trail leads to the base of the crag and the regular trail actually leads right to the top.

We were impressed by the size (60 to 70 feet in the middle) of the cliff and set to climbing. Bill led the obvious off-width crack to the center with a litany of grunts and grinding of skin-- rockburn. I followed, repeating the route and the groans and we declared it a fine climb and a well-protected lead. The small crack (no holds in it!) branching to the left of the Rockburn Crack yielded a tougher variation on top-rope.

Meanwhile, Vic and Ralph top-roped the face to the far right of the crack and the face and ledges to the immediate right of it, finding enjoyable climbing on both. The left side of the far right face was particularly good. On the left side of the main section of cliff, a wide steep ramp angles left. Vic and Ralph top-roped this route, finding an old rusty piton on the way. People were here quite a while back. This route has a nice finish up the face to the left or a harder, dirtier direct finish through the notch at the top.

One of the pleasures of climbing at White Oak is the great swimming hole about 25 feet from the base of the cliff! After a few sweaty climbs in the summer heat the cool water is great. Actually, the entire run of the creek in this canyon is filled with swimming holes and skinny dippers.

At the highest point of the cliff is a potential route that is obvious from a ledge about 20 feet up

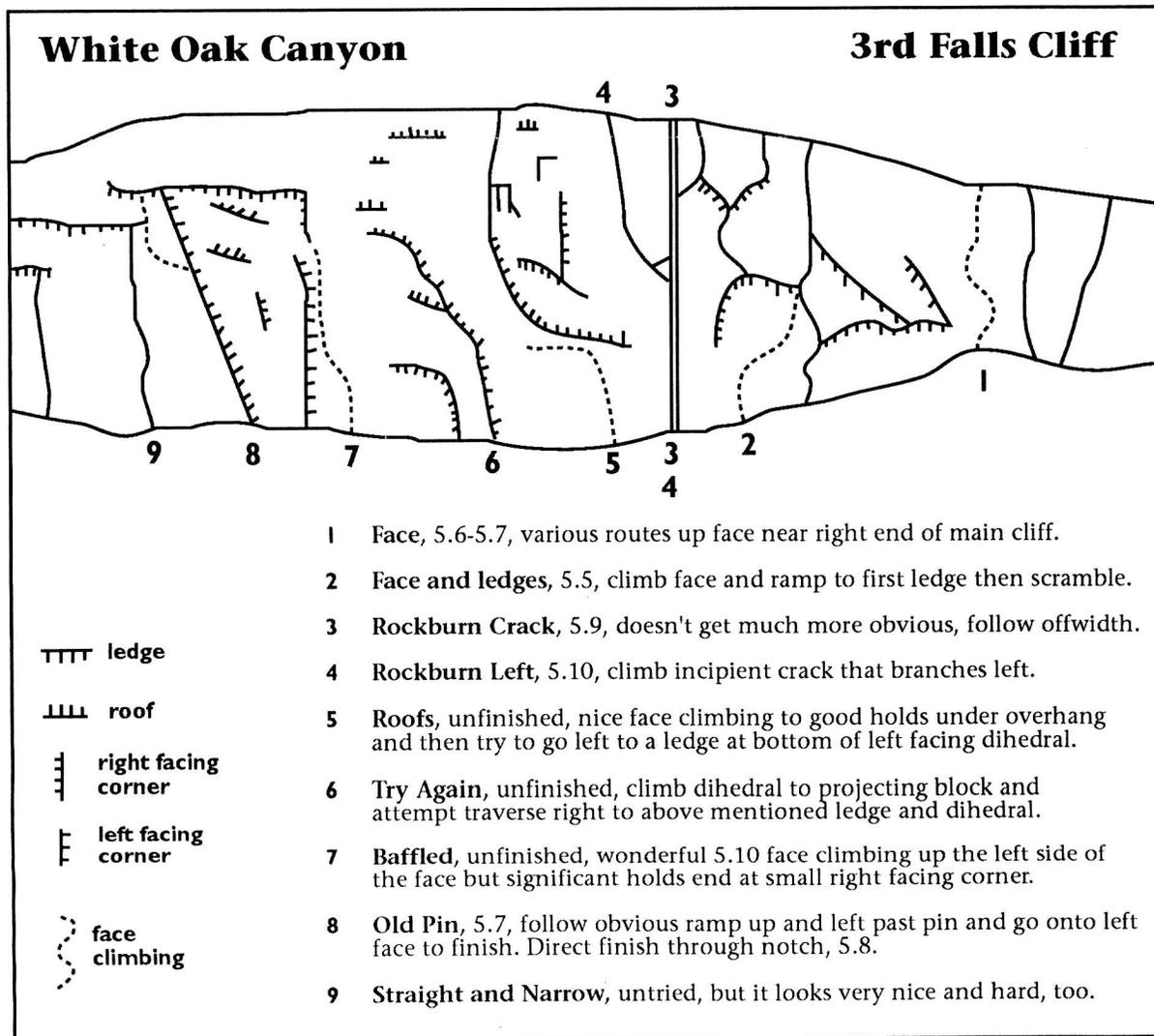
and then up a dihedral. Getting to this ledge proved beyond our abilities (although Bill tension-traversed to it and went on up). The attempt from the right up and left under the overhangs is very nice but gets very thin before you can reach the ledge. From the left and up a sloping dihedral got us closer, but still no good holds to get to the ledge. It's undoubtedly "doable" but not by us on that day.

Our final effort was on a blank-looking section of the center wall that produced great, balancey 5.10 face moves up to about 30 feet. There, at the bottom of a smooth, small right-facing corner, we were stymied. A great-looking line just to the left of the ramp with the old pin eluded us and we ran out of time.

There are other crags in the canyon that we passed and didn't climb, and there must be some gems hidden from the trail. With a few more exploratory trips, we could put together a good list of crags and climbs.

JOB OPENING

The Maryland Park Service is looking for someone with a strong background in belaying and experience with groups, especially children, to teach a ropes course. The full-time job, which will be located near Frederick, MD, will pay \$10.00 per hour with no benefits. It is available from now through November. For further information, call Bob Plumb at 301/974-3771 (Annapolis).



Stretching 102 and Other Ways to Spend Time You Don't Have

by Beth Logan

Since the last issue of Up Rope explained why stretching is important, it is only appropriate to provide a list of stretches. These are mostly geared toward working the muscles most often used in climbing. They are in no particular order. Remember to hold each position for at least four to eight seconds.

Climber's prayer

For the underside of the forearms (everyone should know this one). Place palms together and fingers under your chin. Keeping your fingers pointing toward your chin, push the heels of your hands straight down until you have trouble keeping your hands together. Now hold for eight seconds. (Count slower! I mean eight real seconds.) Relax. Now put your palms together with the fingers pointing toward the ground. Pull the heels of your hands up until you feel the muscles stretching, and hold.

The lean

For the forearms. Place your palms down on a flat surface (the hood of a car or the ground work well). With your fingers pointed behind you and your arms straight, lean back so your shoulders go over your fingers and beyond. Hold this position. Now turn the back of your hands to the ground and lean back. This last position is also good to do after playing racquet sports such as tennis and racquetball.

Straddle

For the groin and legs. Sit on the ground with your legs straight out to either side. When doing the following five stretches, keep the bones in your butt (bum, rear, rump, whatever) on the ground. Keeping your back straight, lean forward. Dropping your

head will work your neck muscles, so try to reach the ground by lowering your shoulders. It is not required to place your chest and shoulders on the ground. Use that as a guide to the placement of your body. Next try to place your chest on your right leg, than your left leg. Sitting up straight, reach your right hand over your head and try to touch your left foot. Reverse sides. The muscles on the side of your torso should feel this. If these moves cause back pain or are difficult to do, start with one leg bent while working on the other.

The embarrassing stretch

For the groin. Lying on your back, lift both legs straight above your head and then spread them. (This one is named embarrassing for a reason.) Let gravity pull your feet toward the ground. It may help to hold your thighs with your hands. This one can also be done with your rear against a wall while lying on your back. The wall prevents your legs from falling away from your body.

Butterfly

For the groin. This is the exercise where you sit on the floor and put the soles of your feet together. Try to place your knees on the ground. (I realize they cannot possibly make it but try to get your lower legs to touch.) If this is difficult, hold here for four to eight seconds. Otherwise, while holding on to your lower shins (notice I picked a major bone; remember not to hold the ankle or toes), pull your heels closer to your body and hold.

Calf stretch

For balance, stand within reach of a wall or a friend's shoulder, and step your left leg behind you. Keeping most of your weight on your right leg, push your left heel toward the ground. Now switch legs.

Unnamed

For the outer thigh and rear. Lie down on the floor with your knees bent. Place your right foot across your left knee. With your hands grabbing behind your left thigh, pull your left leg toward your chest. This stretches the outside of the right thigh and butt.

Shoulders, chest, and upper back

Stretches. Lock your fingers behind your back and lift your straight arms up. Relax. Reach your right arm across your chest and use your left arm to pull your upper right arm into your chest. Switch arms. With your right arm bent and above your head and your left arm on your upper right arm, pull the right elbow to the left. Switch arms.

Stretches for the back

Lie down on the floor and pull your knees to your chest with your hands on your thighs. Do not pull on the knee joint. If you have any questions or would like to learn a good stretch for a certain muscle, call me (Beth) at (703) 548-5519. Stretching 103 can be created.

Seneca Visitor's Center Burns Down

The Visitor Center at Seneca Rocks in West Virginia burned down the night of May 26, 1992. Staff member, Dave McMarn, reports that the fire was of suspicious origin and is under investigation. The staff is conducting temporary operations out of the homestead on the site. By fall, a modular unit with restrooms should be completed which will be in place approximately three years while a new center is designed and built. The original Visitor's Center was a circular brick structure, built in 1965. It survived the 1985 flood with 18" of water and some damage to the displays. Water is currently available only at the picnic area because the hand-pump is out of operation. On

other matters at Seneca, Dave also believes that the climber density has remained steady in recent years but campground use has grown by 140% a year and capacity may be reached within several years.

Member News & Miscellany

by Jeanette Helfrich

Welcome to several new executive committee members. Alex Tait will be the program committee chairperson. He is a free-lance cartographer moving soon to old town Warrenton, Virginia with his fiancée. Brian Borders, a lawyer in private practice, will head the safety and climbing committee. Rick Dotson, an engineer in Virginia, will head up the membership committee. Gary Shinnors, a lawyer with NLRB, heads the publicity committee and is designing a new brochure for MS.

Don McIntyre returned safely from his trip to Nepal. He and his fellow climbers from the Albuquerque area attempted a new route on the 8,000+ meter peak, Cho Oyu, but were foiled by a long ridge with multiple gendarmes, bad weather, and high altitude sickness.

Anne Baron trekked and climbed in India in July southeast of Ladok, in the Vanskar region, called "Little Tibet." This area has been open to tourists for only 14 years and is home to the peak, Kang Yatze. Anne billed it as a tough trip: flying to New Dehli, rampant theft and trickery in Dehli, fearing for her life in Punjab, hiring a horse and guide, surviving harrowing bus rides over 16,500' road passes with 100 passengers in buses built for 30, hearing horses killed by wolves, witnessing near-starvation among the mountain peoples, dodging rock avalanches caused by dynamite blasts in narrow valleys of pink and green marble and stampeding sheep and goats, visiting the pyramids on an unplanned layover in Cairo and being vomited on by a camel, and last but not least, having

Endangered Tibet

by

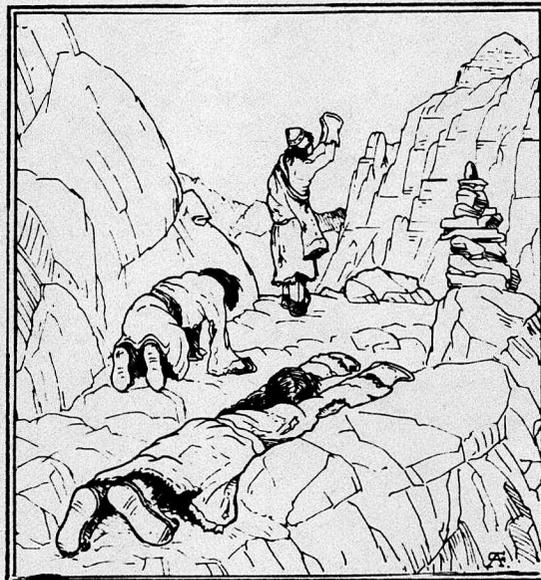
GALEN ROWELL

Please come to the Galen Rowell slide show/lecture
on the 17th of September at 7:00 p.m.

We are still scrambling to find a suitable auditorium.
To find out where it will be held, please contact:

- the International Campaign for Tibet at (202) 628
4123
- or call Anne Barons' home number (703) 680 1229
(the information will be on my answering machine).

Dont' miss it!



her luggage lost by TWA in St. Louis. (Is this a sequel to "Seven Years in Tibet"?)

Ian Cruickshank climbed in City of Rocks and the Tetons in June and attended an advanced downhill ski training camp at Mt. Hood in Washington. (Ian is living the life we all envy—retiring as a Commander with the Coast Guard, escaping life inside the beltway, moving to North Conway, building a house in the north woods, working in a ski shop and skiing all winter and climbing all summer).

Ian Cruickshank, Ed Cummings, Charlie Dorian, and Ricky Todd successfully climbed the North Ridge of Mt. Stewart, III, 5.4, and the West Ridge of Forbidden Peak, II, 5.2, in the Cascades in July. They also sport-climbed on Static Point, a run-out bolted granite slab northeast of Seattle in the Sulton Basin.

Rich Cunningham, former MS chairperson, has been appointed Facilities Planner for Jefferson County near Denver, Colorado. His wife, Judy Harper, is studying for the CPA exam while working at an accounting firm in Denver. They have recently bought a house in Louisville.

Andy Kaufman's new book, K2-the 1939 Tragedy, will be available from The Mountaineers in Seattle in September at a cost at \$20.00.

John Christian trekked to the Goyko Lake area in Nepal in April with a Canadian group and enjoyed a spectacular sight- seeing flight over the high mountains of Nepal out of Kathmandu. In July, John climbed a new route on Thor in the Fairy Meadow region of the Selkirk Mountains in the Canadian Rockies near Banff and Lake Louise.

Paula Grant and Tim Radar have been seen on lots of hard crags recently, but Paula is taking up a new sport — sky-diving. She spent July in the New Paltz area taking an accelerated

free fall course and climbed and hiked in Colorado in August with Kate Hughes.

Karen and Stuart Pregnall will be attending the Access Funds' Climbers' Rendezvous in Boulder in September and climbing in the Boulder area. Dusty Wissmath will also attend.

The next issue of Rock and Ice will contain a guide to Safe Harbor, a newly-developed sport-climbing area near Lancaster, Pennsylvania, about a 2-hour drive from the beltway.

John Berry, economics writer for the Washington Post, will be climbing in the Tetons in August.

Doug Dupuie and Natalie are moving to Denver where they will be attending Metropolitan College. Doug plans to work part-time at REI.

The regulars at the New River Gorge urge caution on the Honeymoon and Fern Point ladders. Several rungs have broken and more seem ready to go. Plans already exist, however, to refurbish them with pressure-treated lumber. This probably will have been done by the time you read this. Moreover, at the newly-developed Summersville area (20 miles from the New), pressure-treated lumber has been carried in for a ladder and awaits your hammer and nails. Campgrounds at Summersville appears to be the climbers' campground of choice this year. Summersville's enormous lake has beaches and boats for rent to tour the fabulous cliffs, only a few of which have been cleaned and bolted for sport climbing.

Tom Halicki, Elizabeth Erskine, and Tom Isaacson report good climbing south of Seneca at Nelson Rocks which includes several bolted routes.

John Yanson climbed in Tuolome Meadows in July under tutelage of Tom Isaacson's heavily-annotated guidebook.

Ima Curiel, mathematics professor at U.Md. in Baltimore, climbed in the Alps in August. Earlier in the summer, she worked at EPA on a fellowship.

Still a best-seller, James Eakin's guidebook to Great Falls will soon undergo its third printing by PATC's publication division. The royalties to MS provide about 1/4 of the MS annual revenues.

Liz Lee climbed and hiked in the Tetons in August.

Ken Andrasko climbed in the Wind River Range in July with friends from Boulder.

For you anorexics out there: spray your popcorn with PAM so the salt will stick; spray it with a combination of soy sauce and water; use celery salt; use Old Bay crab seasoning salt.

MS former treasurer, Gary Prince is the proud father of a new baby. Gary still lives in Boston.

Deb Slevin and Matt Lavender were married May 16 in Washington, and since have moved to Boulder. The advice of these outstanding sport climbers at the New River will be missed.

Jack Beattie, long-time Washington climber, got married on July 18, 1992 in Washington.

The annual summer pool party and barbeque finally returned to MS on August 22, 1992, courtesy of James Eakin and his parents' pool and spacious grounds in outer Silver Spring.

Mark your calendar for the grand opening celebration of the newly-renovated meeting hall at our monthly meeting in November. Bring a covered dish for dinner and check out a special slide show and other fun and games. Call Alex Tait for details.

Computer Network on Climbing

Want up-to-date news on climbing? Sign onto REC.CLIMBING on USENET which is part

of INTERNET, a computer network linking universities, corporations and research institutions around the world. Basically a series of unedited letters to a non-existent editor, the climbing news network provides a forum to discuss issues, a resource for getting information, and an outlet for trip reports as well as creative writing. Recently, it has included reports on the recent earthquake effects on climbs in Joshua Tree National Monument, news about the accidents on Denali, and news of the Seneca Visitor's Center burning down. For information, call Pete Hsi whose company provides access to the networks.

White Out on Old Rag

Armed with the 1991 Rock and Ice guide to Old Rag, thirteen eager MS members set out to cut brambles and conquer the various climbing areas of the mountain. Instead, in a light drizzle, we slid up the muddy Ridge Trail over slick boulders onto a summit obscured by fog. Intimidated by the persistent white-out and bemoaning the lack of tree trunk anchors, we managed to do a few of the nearly-forgotten climbs on the PATC Wall. We slimed up some cracks but enjoyed most our attempts on the dry face climbs including Moonstone 5.12a. Participating in the outing were Brian Borders, Ken Andrasko, Julie Shannon, Elizabeth Lee, Michael and Sara Murphy visiting from Melbourne Australia, Jennifer O'Brien, Paul Torrelli, Ralph Johnson, Gossim Tahiri, Dan Hague, Dick, Jeff Prior, Gail Goodman and Pete, and Jeanette Helfrich, trip leader. Before you sport climbers denigrate Old Rag, remember, it rains at the New River too.

Ed Enlow Dies in Mountains

A partner of local climbers, Ed Enlow of

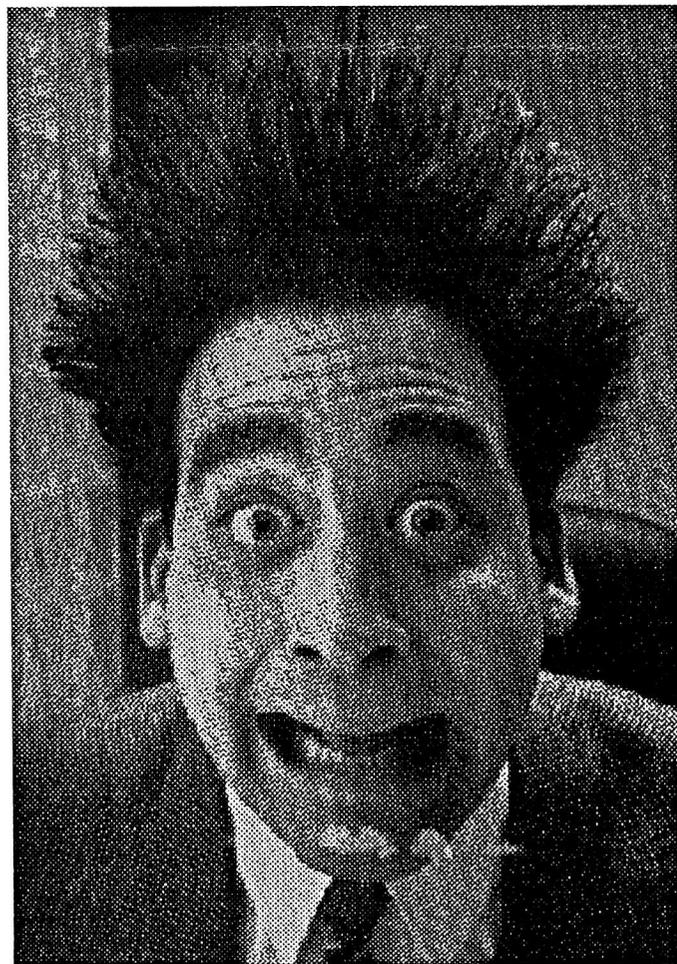
Albuquerque, New Mexico died in a mountaineering accident in Colorado on June 13, 1992. Ed and his wife, Gina Pasquale, climbed Lookout Mountain in the San Juan range in southern Colorado to warm up for a more difficult climb. After they reached the summit, they found they could only descend by way of a steep couloir or a corniced ridge. Ed started glissading down the couloir. Gina, watching from the top, yelled down that the snow slab was starting to break loose. Ed couldn't stop and hit a rock pile at the bottom of the couloir. When he hit the rock, he broke his neck and apparently died instantly. Since they were climbing alone, Gina had to hike out for help by herself to get a helicopter to remove the body. Ed and Gina were scheduled to go on a climbing trip to Ecuador in December with several other Albuquerque climbers.

Ed was a physicist at Mission Research company, a contractor to Sandia labs. He was a colleague of Tom Russell, former MS chairman. Fondly called "Albuquerque Ed" to distinguish him from Ed Cummings, Ed Enlow climbed Mt. Rainier in 1989 with several local members, Tom Russell, John Rayner, Jeff Brown, Ian Cruickshank, Gianni Battimelli, and Jeanette Helfrich. Donations in memory of Ed may be made to the Southern Utah Wilderness Alliance, 1471 South 110 East; Salt Lake City, Utah 84105.

Selkirk Mountains in Canada

John Christian reports good climbing in the Selkirk mountains in the Canadian Rockies. John climbed a new route on Thor, recommended as a pleasant scramble on a ridge similar to that on Old Rag. He also attempted what he thought was a new route on another peak but discovered a lost arrow piton on the

second pitch and after some research, found that the Dartmouth Mountain Club had done the route in the 1960s. Distinguished MS members, Sterling Hendricks, Arnold Wexler, and Don Hubbard were among the first to explore the Fairy Meadow area of the Selkirks in 1946. Although one can hike in on a difficult, muddy, rotten trail for 6-7 miles, John recommends hiring helicopters to carry you and/or your gear to the area. He states that there is lots of opportunity for new routes there. The Canadian Alpine Club is currently refurbishing the cabin at Fairy Meadows which is available to members and is expected to be quite plush. John is willing to arrange for a group to go into the area to hike and climb and recommends July or August as the best months. Call John at 301-229-1533 if you are interested.



Beth Logan after her first whipper.

UP ROPE

DATE	AREA OR EVENT	CONTACT	PHONE	PLACE
Aug 15	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Aug 16	Annapolis Rocks, MD	John Yanson	202-667-4334	RR
Aug 22-23	Franklin, WV	Rick Dotson	703-494-7873	note 2
Aug 23	Cow's Hoof (Great Falls), VA	Don Holtzer	301-681-8035	call
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 Wismath	301-585-7610	call
Sep 5-7	Labor day weekend - TBA	PATC-MS Hotline	703-242-3501	
Sep 9	Monthly MS meeting	Dusty Wismath	301-585-7610	HQ
Sep 12-13	Seneca Rocks, WV	Rick Dotson	703-494-7873	note 2
Sep 18-20	Access Fund Rendezvous	Stuart Pagnall	202-543-3988	call
	Boulder, CO (Good chance to take a week + trip ... 11-20 ...)			
Sep 19	Great Falls, VA	Brian Vincent	301-588-1358	GF
Sep 20	Great Falls, VA	Don Holtzer	301-681-8035	GF
Sep 26	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Sep 27	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Oct 3	White Oak Canyon, VA	Ken Andrasak	202-686-7021	call
Oct 4	Annapolis Rocks, MD	Jeanette Helfrich	301-585-9119	RR
Oct 7	Executive Committee mtg	Dusty Wismath	301-585-7610	call
Oct 10	Great Falls, VA	Dusty Wismath	301-585-7610	GF
Oct 11	Open / TBA	PATC-MS Hotline	703-242-3501	TBA
Oct 14	Monthly MS mtg/Grand opening	Dusty Wismath	301-585-7610	HQ

Bring a covered dish & a dozen of your favorite climbing slides

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 Wismath,	Chairperson,	H-301-585-7610,	W-703-379-9401 (RED)
- Donn Williams,	Vice Chairperson,	H-301-473-5499,	W-301-948-6070
- Peter Hai, Secretary,		H-703-590-2540,	W-703-648-0013
- 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/Hardces, 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.

GF Great Falls Nat'l Park, 9200 Old Dominion Dr., Great Falls, VA: Exit I-495 at exit 13 (Rt. 193/Great Falls); W on Georgetown Pike about 4 miles; R at lite into park entrance; hard R past ranger's booth into lower parking lot; late arrivals check for note on windshield for specific climbing area.

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.



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