



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

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### **MAKING A WOMAN'S CLIMBING MUSCLE** by Paula Grant

If you are a woman climber who can't do a chin-up or a pushup but want to become strong, this story is for you. It describes five exercises you can do at home in about 30 minutes three times a week. The only equipment you need are a door-frame chin-up bar (which costs about \$15) and a set of dumbbells (which also costs about \$15). Both can be purchased at most sporting goods stores.

The exercises described below won't make you strong overnight; it takes time and work to make muscles grow. What these exercises will do is to get you started in learning how to develop upper body strength. If you start now, you may see results by the time the weather is warm enough for outdoor climbing. In fact, you may be convinced that it will be the weight training during next year's off season that will pay off on the rocks.

**How to Begin?** Before beginning the following routine, warm up your arms and shoulders for a couple of minutes by doing arm circles, backward and forward.

**How Many Reps? How Many Sets?** You'll do three sets of each exercise. Your first set will determine how many repetitions you'll do for the other two sets and what your goal will be for the exercise. For example, if you do five pushups in your first set, your goal is to do five pushups in your second and third sets also, although you probably won't be able to do five reps in all three sets the first time (or maybe the second or third time). Once you can do three sets of five pushups, increase the number of reps in the first set as much as you can. That number will be

your new goal for the next two sets. You may find that the chart accompanying this story will help you keep track of your progress.

**How Often?** You should do this routine three times a week, giving yourself a rest day between workouts.

**How Much Weight?** If dumbbells are new to you, don't go too heavy. It takes time to learn to control the movements while maintaining correct form. If the weights are too heavy, your form will suffer. In general, if you can do three sets of ten to twelve reps of an exercise, you are ready to move up to a heavier weight. More is said about determining how much weight to use in Exercise 3 described below.

**How Long Between Sets?** You'll have to be the judge of how long you need to recover between sets. One minute is good to shoot for. But remember: The less time you spend recovering, the more endurance you'll be building.

**Exercise 1: Pullups.** This is a good basic back exercise. To do it, you need a chin-up bar. Grip the bar with your palms facing away from you. They should be slightly more than shoulder width apart. Bend your knees behind you so that they are parallel to the floor. Now raise yourself until you can touch your chin to the bar (or else as high as you can). Then lower yourself slowly until your arms are almost (but not completely) straight. That's one rep. If you can't pull yourself up very high, you can have a friend help you. By cupping his or her hands under your feet, your friend should give you only enough support to help you through the exercise.

**Exercise 2: Pushups.** This exercise strengthens

chest muscles. Lie face down on the floor. Put your hands palms down on the floor below your shoulders about chest height. With your toes curled and your heels off the floor, push your body off the floor until your arms are almost fully extended (don't lock them). Now slowly lower yourself until your nose touches the floor. This is one rep. Be careful to maintain strict form while doing this exercise: Don't let your back arch so that your stomach rather than your nose touches the floor.

**Exercise 3: Dumbbell Curls.** This exercise works mostly the biceps, but also puts some stress on the forearms. To do it, you'll need one set of dumbbells. To determine the weight you should use, do one rep of this exercise with five-pound dumbbells. If you can do three sets of twelve reps on the first try, move up to eight-pound or ten-pound dumbbells. (If you don't own or have access to dumbbells and have to buy them, do this exercise in the store to determine which dumbbells to buy.)

To do the exercise, grasp the dumbbells with palms facing out, standing erect (preferably in front of a mirror so that you can watch your form) with your arms hanging down by your sides. Now, keeping your wrists straight, curl the dumbbells up to your shoulders by bending your arms at the elbows. Then slowly lower the dumbbell to the starting point. This is one rep. You can do this exercise by lifting and lowering both arms at the same time as described, or by alternately raising and lowering one arm and then doing the same with the other arm (you must do both arms to make one rep with this variation). Watch your form while doing this exercise: Your arms above the elbow should not move at all; they should remain fixed by your sides throughout the movement.

**Exercise 4: Chair Dips.** This exercise strengthens your triceps; you need two chairs to do it. Place the chairs a couple of feet apart, with seats facing each other. With your arms by your sides and your back to one of the chairs (as though you were going to sit down on it), lower yourself so that your hands can rest palms down over the edge of the chair seat. Now lift your feet so that they are resting on the seat of the opposite chair (you may have to adjust the distance between chairs). Lower yourself until your buttocks touch (but do not rest on) the floor. Now push yourself up to the starting position. This is one rep. If you can't do this exercise as described, put only one foot on the chair seat and leave the other foot on the floor.

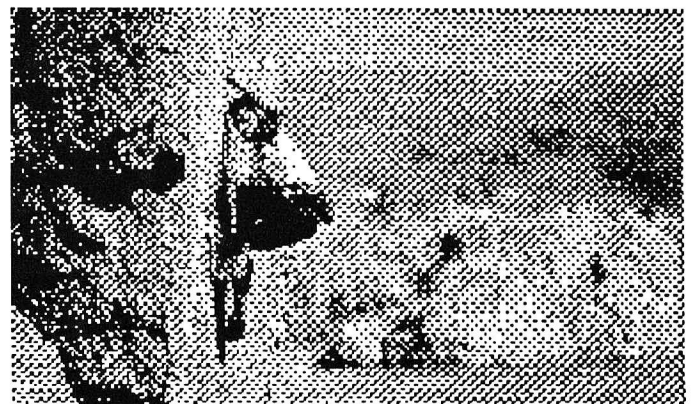
**Exercise 5: L-Seat Leg Raises.** This exercise strengthens abdominals; you need the chin-up bar to do it. Hang from the bar with your palms facing out. Keeping your legs pressed together with knees slightly bent, raise your legs until they are parallel to the floor. Then slowly lower them to the starting position. This is one rep. If you have difficulty doing this exercise as described, you can bend your legs and bring them up to your chest, then slowly unbend them as you return to the starting position. If your abs are strong, you can increase the difficulty of the exercise by holding your legs in the raised position for several seconds before slowly lowering them.

These exercises are just five of hundreds you can learn to make you strong. I chose them because they are fairly simple to describe and to learn to do without a coach. Also you don't need a gym; you can do them at home with fairly inexpensive equipment. But you'll soon become bored if these are the only strength exercises you do. If you like working out with weights—or just like the results you get from doing so—you'll probably want to look into joining a gym or a "Y" to get more information and coaching.

When it comes to climbing, women can do most of the routes that men can do. In fact, one kudo of this sport is that gender isn't a factor in determining how successfully you climb. What can make a difference, however, is how strong you are. Excellent technique, rock-solid balance, and elastic flexibility can get you up many climbs. But if you want to pull an overhand or work your way out an extended roof, you've got to have upper body strength. I hope this helps get you on your way to chugging over those roofs you may have been passing up.

### Monthly Puzzler

Name that aspiring hardman, the location, and the climb. Hint: The climb is in Virginia and can be very hard on the "tips"!



## WEIGHT TRAINING CHART

To log your strength training progress, keep a chart like this one for each day you exercise. Remember, when you can do three sets of your maximum effort (as determined by your initial set when you first did the exercise), it's time to increase the number of reps (until you can do ten to twelve reps in each of three sets). If you're using weights for the exercise, once you can do three sets of ten to twelve reps with, say, five pounds, it's time to increase the weight.

DATE \_\_\_\_\_

EXERCISE	REPS/SET 1	REPS/SET 2	REPS/SET 3
1. PULLUPS	_____	_____	_____
2. PUSHUPS	_____	_____	_____
3. DUMBBELL CURLS	_____	_____	_____
4. CHAIR DIPS	_____	_____	_____
5. L-SEAT LEG RAISES	_____	_____	_____

### BOB AND DAVE'S EXCELLENT ADVENTURE

by Dave Coffey

Bob Fenichel and I made plans for joint vacations this past July. Bob went to Utah, met old friend from Phoenix Susan Hansen, and hiked the Great West Canyon Walk in the trailless backcountry of Zion National Park. The canyon walk was a three day effort with 50-pound packs, high temperatures, some class 3 terrain, and three committing (very difficult to reverse) rappels along the way. Dave went to California, met old friend Rik Aceves from Riverside, climbed at Mt. Rubidoux, then Yosemite for Unicorn Peak (Tuolumne) and Munginella (valley). Unicorn Peak is class 3 per the guidebook. Rik and I switched to our climbing shoes for the summit blocks. Good thing we had packed them "just in case". We both would have roped up and possibly protected the top of the climb had we brought the rope and rack. So much for guide book ratings.

After a week of these activities, Bob, wife Emily, Rik, and I rendezvoused at Mammoth Lake. Rik then went home to family and his real vacation while Bob, Emily, and I went backpacking and hiking in preparation for our attempt of the East Face Route on Mt. Whitney. These latter activities consisted of backpacking in the Mt. Ritter/Banner Peak region and getting vigorously rained out (subsequently

much time spent in the Mammoth Lake laundromat pushing quarters into dryers), hiking to Mono Pass (11,980 ft) with Bob and me continuing to climb Mt Starr (class 3, 12,800 ft), and an approach to Cathedral Peak (Tuolumne) Southeast Buttress which was met by rain and hail as we reached the base. We all retreated. Our preparations of hiking, climbing, and time for acclimatization completed and a good time had by all, Emily flew home while Bob and I headed for Whitney Portal and Mt. Whitney.

Mt. Whitney (14,495 ft) is the highest mountain in the 48 states and the East Face Route was the first big wall route in the US, first climbed in 1931. The (trail-less) approach starts at Whitney Portal (8,400 ft), goes up a steep, willow-choked canyon to Lower Boy Scout Lake, on to Upper Boy Scout Lake (11,300 ft) where we camped, then on to Iceberg Lake (12,200 ft) for "base" camp. Because of heavy packs and increasing altitude, we were both glad to use two days for the approach.

The next day was climbing day. We left camp at 7:40 AM with rope, rack, summit packs, two liters of water each, Goretex shells, headlamps, ice axes, maps, my tent fly, etc. The approach to the start and the climb itself were mostly as described in the route descriptions. We found features (First Tower, ledges, etc) difficult to identify from a

distance because they blended into the mountain so well. Still we went directly to the start at the first tower notch and the Tower Traverse at about 12,700 ft.

By 9:00 AM Bob was leading the first pitch. We generally alternated leads. All of the features associated with this route (Tower Traverse, Washboard, Fresh Air Traverse, Giant Staircase) were encountered and appreciated. For example, the Fresh Air Traverse is high, airy, secure, not hard, and there really is 1,500 feet of uninterrupted air beneath your feet!

The route is rated in most guidebooks as III, 5.4, although it is called III, 5.7 in the useful one-climb Shooting Star Guide by Allan Bard. Bob and I do not agree with 5.4, having found the easiest exit from the Grand Staircase to be hard 5.6 or even 5.7. This was the only pitch climbed while not wearing our packs, ice axes, etc.

The route has seven pitches of 5th class climbing, five to seven sections of 4th class, and extensive amounts of 3rd class. We climbed the 4th and 5th class portions in the normal manner. The 3rd class portions were climbed unroped and simultaneously with the lead climber trailing the rope and having some pieces in case either climber needed protecting. Climbing speed was limited by lungs hanging out of mouths. The summit was reached at 6:30 PM.

After an hour on the summit, it was clearly past time for rational people to descend. The normal descent is down the Mountaineer's Route. We found it almost immediately, but it was filled with steep snow to the slightly corniced top and showed no footprints at all. Unimaginable to be mid-July with that much snow and no visible signs of ascent or descent in the Mountaineer's Route. We went north and west until we found a diagonal route across 45-50 degree snow fields to the mid-portion of the Mountaineer's Route. Roped and with ice axes, we crossed vast amounts of snow, variously slogging, post-holing, walking on top, and kicking in as it froze during the evening. Ice axes, headlamps, additional clothing, and perseverance were all useful. Some kind souls had camped at Iceberg Lake since our departure and put out a light for us, a gracious gesture. We reached base camp at 11:30 PM, fixed dinner, and crashed into the tent.

The next morning we ate while viewing the mountain and our route, and reviewing our adventures of the previous day. We broke camp and hiked all the way out the same day. Descending almost 4,000 feet with a pack that inexplicably seemed not to have lost any weight beat me and my feet to

submission. Bob was fast, bouncy, always in front, and less beat out. Felony revenge came to mind.

We found the whole East Face Route adventure very rewarding. It was hard in all phases; approach, climb, descent, and the hike out. The remoteness, solitude, and commitment of the climb and descent gave us a definite feeling of seriousness. Interpersonal issues, always important and sometimes the most important, were just fine. Our collective pace, skills, and perspective or "risk equations" were similar or complementary. Preparation and acclimatization by hiking and climbing at intermediate altitudes earlier was just enough.

Climbing this route, one of the classics, was an outstanding adventure and personal achievement for each of us. Each has reflected on it and feels that it has great personal importance.

We both would do it again, just the same way. My thanks to Bob, Emily, and Rik.

### Important *Up Rope* Message

In case you haven't noticed, we have been mailing *Up Rope* as third-class bulk mail since last year. This has cut the cost of mailing *Up Rope* significantly. However, the trade-off is reduced service: the post office will not deliver this mail as fast as first-class mail, will not return un-deliverable mail to us, and will not notify us if the address is wrong or if the addressee has moved.

To prevent delay in receiving *Up Rope*, please ensure that your address is correct and notify the Secretary of changes as soon as possible. In addition, we will strive to schedule club events and lectures with sufficient notice to our members.

### NOTES FROM THE CHAIR

by Alex Tait

The Mountaineering Section has elected new officers for 1993 and, with a little arm-twisting, I sit as the new chairman. No State of the Section address here, but I would like to say a few things about what I and the other new officers have in mind for the coming year.

One item is to work on increasing participation of section members in club activities. The number of people showing up at meetings has dwindled lately and we have a dearth of leaders for weekend trips this spring. It's time to get some more activity going. Now we're not going to force people into cohesiveness that does not



exist or reluctant participation (we know how climbers can be) but we see an opportunity for the Mountaineering Section to continue to provide many things for the Washington area climbing community.

We have come up with a short agenda of activities and projects for the coming year:

1. Finish Mountaineering Section brochure.
2. Run seminars on Basic climbing (weekend of March 27/28) and on Leading/seconding Techniques (date to be announced) this spring. If you are interested in helping out contact Rick Dotson or Brian Borders.
3. Increase public postings of club events (at Carderock, Great Falls, REI, EMS, Clipper City Rock Gym, etc.) to reach more climbers in the community. If you frequent one of these areas and are willing to post stuff, come the next meeting to pick it up or give me a call.
4. Begin to archive and make records of all the files of information that the MS has acquired over the years. Contact Jeanette Helfrich if you are interested in digging through old files and helping with this project.
5. Help in trail and cliff maintainance at Great Falls and Carderock, perhaps work on improving trail at base of cliffs at Crescent Rocks (lots of downed trees, briars). Let me know if you have suggestions for other projects (Chalk scrubbing?).

We are looking for people who wish to get further involved in club activities. The above list is just a beginning. COME TO MEETINGS! Give anyone on the list below a call to find out more. Also, for anyone who is interested, executive committee meetings (first Wednesday of each month) are open to everyone. March exec. comm. meeting at my house in Warrenton.

#### Exectutive Committee 1993 work & home numbers

Chairman	Alex Tait
(703) 349-4421	(703) 349-2645
Vice-Chair	Pete Hsi
(703) 648-0013	(703) 591-2540
Secretary	Rick Dotson
(703) 368-3530	(703) 494-7873
Treasurer	Dave Godwin
(703) 524-8800	(703) 276-2291

#### Committees

Training/Safety	Brian Borders
(202) 857-1114	(303) 718-4388
Newsletter	Dan Hague
(301) 585-5243	(301) 585-5243
	Tom Isaacson
(202) 383-6558	(202) 332-3710
Expeditions	Tom Halicki
(202) 737-5200	(703) 548-3239

Publicity	Gary Shinnors
(202) 634-1582	(703) 428-8936
	Kate Hughes
(202) 273-2587	(703) 379-4790
Archives	Jeanette Helfrich
(202) 523-3027	(301) 585-9119
Membership	open
Programs (slide shows, etc)	open
Hospitality (pizza, etc.)	open

We have openings for people to get involved!

We hope in the coming year to get new people involved in the club so spread the word about meetings and trips to those climbers you meet out on the rocks or at the gym. And one last note, if you are interested in giving a climbing slide show at one of the monthly meetings please let me know! See you on the rocks.

#### BULL RUN UPDATE

by Jeanette Helfrich

Negotiations are continuing with the Virginia Outdoors Foundation (VOF), a state agency based in Richmond, concerning PATC's easement and MS' continued rock climbing on Bull Run Mountain. Bull Run Mountain is in Fauquier and Prince William Counties just north of I-66 between Gainesville and The Plains, Virginia.

Following are a few facts about the landowners which give background for the negotiations and how PATC's interests fits in. The east side and the top of the mountain running over approximately to the top of the cliffs is owned by Leigh and Winonah Hauter, who hold an 80% undivided interest. VOF owns the other undivided 20% interest in the same property. VOF also owns 100% of the west side of the mountain running up to the top of the cliffs and including the bottom area of the cliffs. Exactly where the boundary line should run at the west edge of the mountain along the top of the cliffs is under dispute. Moreover, VOF has a contract to sell the land on the west side of the mountain to Lavinia Currier. That sale has apparently not been closed because of the boundary dispute. VOF and the Hauters also wish to voluntarily partition the land between them to settle the 80%/20% division. A proposal would grant the Hauters a 100% interest in the lower part of the east side of the mountain, and grant VOF a 100% interest the top portion of the mountain consisting of about 5 acres.

PATC and MS have been hiking and climbing on the mountain for over 60 years. Access has gradually been closed off with the exception of the narrow trail easement PATC/MS purchased to gain access from the east side. In 1985, PATC bought an easement from the Hauters for access

to the rocks from the east side of the mountain and for a trail along the top of the mountain. PATC and MS wish to keep the easement in its current location and to obtain access or an additional easement to run from the top of the cliffs to the bottom of the cliffs on the west side of the mountain.

On February 10, three members from PATC and MS traveled to Richmond to make a presentation on the issue to the quarterly meeting of the Trustees of the VOF. Speaking were Phil Paschall, Lands Committee, PATC; Alex Tait, new Chairperson of the MS; and Jeanette Helfrich, past Chairperson, and head of the Ad Hoc Bull Run Committee.

Four of the six Trustees were present: Robert Lambeth, Jr., Chairman, a lawyer for a historical preservation association in Bedford, Virginia; Laura Ross Miller, a real estate business woman from Alexandria; Helen Turner Murphy, wife of a state representative from Montross, Virginia; and Edward Clark, head of the Wildlife Center of Virginia in Wyers Cave, Virginia. Absent were James W. Symington, an attorney in D.C. who resides in Fauquier County, and Scott Reynolds with the AFL/CIO in Richmond. Also attending was a substitute for the State Treasurer, Eddie N. Moore, Jr., an ex officio member of the board; Tyson Van Auken, Executive Director of the VOF; and Leslie Grayson on the VOF staff who has worked with the Butler, Inc. surveyors.

The PATC/MS presentation consisted of answering certain questions about the surveys, making a general presentation about PATC and MS and our history of hiking and climbing in the area for the last 60 years, demonstrating how the VOF's state charter and the "Virginia Outdoors Plan," a comprehensive master plan for public and private planning, supports a Bull Run trail and preservation of recreational uses. PATC/MS also presented its position that the parties should accept the 1988 survey adopting the "verge of the precipice" as the boundary line on the western side of the top of the mountain, recognize that the easement purchased by PATC in 1985 shall remain with the land as currently located, and grant access or an easement running from the top of the cliffs to the bottom of the cliffs for rock climbing regardless of the definition of the boundary line.

VOF Chairman, Robert Lambeth, suggested that all necessary parties be gathered together in one room with their attorneys and proper authorizations from their organizations to negotiate a settlement of this dispute. Towards this end, a meeting was scheduled to be held in March at Aldie Mill, Virginia followed by a hike to the mountain to view the disputed areas. That meeting has since been cancelled.

The activities of MS and PATC include histori-

cal and legal research, publicity, and letter writing. We encourage you, your friends, and relatives to write letters to the VOF trustees, your state and local Virginia officials, newspapers and media to encourage the preservation of the Bull Run Mountains for public recreational use. A sample letter and addresses follow in the next article.

Please volunteer for our committee. For example, we are looking for someone to research the past issues of UPROPE and the Potomac Appalachian newsletters at the PATC headquarters from approximately 1935 to 1965 for articles and mention of hiking and climbing on the Bull Run Mountains. If you can help, please call Jeanette Helfrich at 301-585-9119 home or 202-523-3027 office, or Phil Paschall at 1-703-882-3027 home or 202-576-2531 office.

#### BULL RUN LETTER-WRITING CAMPAIGN

Please consider writing a letter to each of the six trustees of the Virginia Outdoors Foundation at the addresses below, your state and local officials, newspapers and other media. Below is an outline of suggested points. **Please rewrite these points in your own words.** Also, encourage your friends to do the same. Please help publicize this issue. We have lots of members and can make a difference. - VOF should support establishment of a trail and recreational uses including rock climbing along the Bull Run Mountains;

- the parks and recreation departments of Prince William, Fauquier, and Loudoun Counties have long considered the Bull Run Mountains as being a key link in the Virginia State Trails System.

- both the 1984 and 1989 Virginia Outdoors Plan, providing comprehensive outdoor policy to guide both public and private agencies and organizations, recognizes and recommends such a trail (the most recent plan is 1989);

- VOF's 1966 charter from the Commonwealth of Virginia provides that VOF was created for the purpose of "preserving the natural, scenic, historic, scientific, and recreational areas of the State ...."

- VOF should fulfill that mandate by granting and protecting and securing PATC's current easement providing for access to the trail along the top ridge of the mountains, and grant an easement on the west side of the mountain for rock climbing and other recreational uses.

- PATC is a 4,800 member non-profit service organization primarily dedicated to preservation of the Appalachian Trail and its related trail systems throughout the mid-Atlantic region. In its 65 year history, PATC's mission has grown to include conservation of trail corridors, develop-

ment of a trail shelter and cabin system, publishing maps and regional field guides, and embracing related activities such as ski touring and rock climbing.

- PATC's interest in the Bull Run Mountain dates back to the 1930's when Gus Gambs discovered the area's potential for hiking and rock climbing. A hiking trail was developed along the ridge top that connected Hopewell Gap to Thorofare Gap. With the exception of the small right of way that the PATC bought in 1985 from Leigh and Winonah Hauter, unrestricted use of this trail has been lost for many years. PATC's history of activity in the area is documented in articles in the Potomac Appalachian newsletter published in 1935 and 1945.

- Like the VOF, PATC is dedicated to preserving not only the magnificent natural resources Bull Run Mountain affords, but also to ensuring that these resources are available for suitable recreational use.

- VOF's proposed settlement with the Hauter's of the partition of the land on the east side of the mountain, and VOF's proposed sale to Virginia Currier of the land on the west side of the mountain should make provision for protecting and securing PATC's current easement providing for access to the trail along the top ridge of the mountains, and grant an easement on the west side of the mountain for rock climbing and other recreational uses.

- VOF's decision on this settlement and sale will either continue Bull Run Mountain's status as a natural resource and recreational jewel, or forever close it off to the public.

#### SEND YOUR LETTERS TO THESE TRUSTEES OF THE VIRGINIA OUTDOORS FOUNDATION:

Robert B. Lambeth, Jr., Esq.  
Chairman, Virginia Outdoors Foundation  
P.O. Box 236  
Bedford, Virginia 24523  
703-586-8621 office

Mrs. Helen Turner Murphy  
King Copsico Farm  
Rt. 3 Box 440  
Montross, Virginia 22520  
804-472-3094 home

James W. Symington, Esq.  
1919 Pennsylvania Ave., N.W.  
Suite 800  
Washington, D.C. 20006  
202-887-1400 office

Scott Reynolds  
AFL-CIO  
3315 West Broad St.  
Richmond, Virginia 23230  
804-355-7444 office

Laura Ross Miller  
Suite 1108  
400 Madison Street  
Alexandria, Virginia 22314  
703-549-2015 office  
Edward Clark, Jr.  
Wildlife Center of Virginia  
P.O. Box 98  
Weyers Cave, Virginia 24486  
703-234-9453 office

Eddie Moore, Jr. (ex officio member)  
Treasurer of Virginia  
Monroe Office Building  
3rd Floor  
Richmond, VA 23219  
804-225-2142 office

#### NEW OFFICERS ELECTED

New officers of MS for 1993 were elected at the February 10 monthly meeting. The officers are Alex Tait, Chairperson; Pete Hsi, Vice Chairperson; Rick Dotson, Secretary; and Dave Godwin, Treasurer. A big round of thanks to outgoing officers: Dusty Wissmath, Donn Williams, and Brian Vincent.

#### MEMBER NEWS AND MISCELLANY

Stuart Pregnall recently resigned as Vice President of The Access Fund. Guess those budget hearings before the Senate and the House as Assistant Budget Director to the Architect of the Capitol. are getting intense!

Anne Baron has been finding great ice conditions in the Adirondacks near Keene, N.Y. In late December, she climbed 7 out of 10 days. Anne is led a club trip there on March 13-14.

Marc Batard is doing a new "Nouvelle Dirrectissima" solo route on the north face of the Eiger on January 30, 1993. Marc has climbed Everest in record time and was a guest of MS at the Washington Film Festival in 1991 which featured his film on his Everest climb.

Rick Dotson reports that the "Big Banana" has been in good condition this year in the Rieglesville, Pennsylvania ice climbing area. Increased development on the fields above the cliffs has reportedly increased the runoff. Stephanie Davis and other women regulars at the Clipper City Rock Gym in Baltimore have started a Women's Rock Club. They will meet to climb together the first Monday of every month. A number of women MS members have been heading up there to climb with the club.

Sports Focus magazine for February 1993 featured an article by Chris Warner on his climb up Shivling, a 21,460 foot peak in India's Garhwal Himalaya. His article, entitled "Close Shave on Shivling," included an accompanying climbing glossary. Sample: "hose — an ice filled crack."



Michael Murphy, visiting climber and lawyer from Melbourne, Australia, reports the "best ice-climbing, back country and cross country skiing he's ever done" has been in Colorado, based on information gleaned from new secretary Rick Dotson.

John Christian has been skiing and climbing with the Wasatch Mountain Club in Salt Lake City, trying to navigate the 130 inches (!) of snow Utah has had this season.

Ferocious wind storms at Crescent Rock this winter have felled many large trees in the forest, from the top of the cliffs and in the middle of the cliffs. Could this partially be caused by the many dead trees killed by gypsy moths which no longer provide any shelter for the live trees? January climbers Gary Beil, Tom Isaacson, Jeanette Helfrich, Mike Link, James Eakin, and others did a small amount of trail clearing but much is left to be done. Moreover, in the spring, we'll be faced with voluminous greenbrier, definitely a result of the lack of shade caused by the dead trees.

Rich Cunningham, former MS Chairperson, climbed "The Designator" next to "The Fang" near Vail, Colorado. After two shoulder operations, Rich is back on the climbing scene. He and Judy have just renovated their new house in the Boulder suburb of Louisville. Jeanette Helfrich has been skiing at Copper Mountain several times recently, and attempted to climb an icefall in Rocky Mountain National Park named "Jaws" with Rich Cunningham. After one look at its melting face and cracks running through the 4 pitches, they said "no way" and headed off to reconnoiter the north face of Hallet's Peak for a summer climb and glaciers for skiing.

Madeleine Carter and Alec Graham have been traveling around the world since last fall, headed through Cairo, Pakistan, Nepal, Thailand, Cambodia, Vietnam then on to Hong Kong where they hope to get into China. We heard from them while they were in Bangkok and trying to convince friends to join them in Thailand for climbing.

John Taladay, new chairperson of the Access Fund Legal Committee, is searching for additional lawyers for the committee, especially from Virginia, West Virginia, Pennsylvania, and North Carolina. There are currently no representatives from those states on the committee. Current members from D.C. include Tom Isaacson, Michael Yourshaw, Anne-Katherine Pick, and John Taladay. From Maryland, members are Stuart Hammett and Jeanette Helfrich. John Taladay is an associate in the Washington office of Baker and Hostetler, a large Cleveland firm.

New "in" spot — the Amdo-Rodeo Bar on Wilson Blvd. in Arlington, owned by Bill Stewart,

a Tibetophile who owns a number of bars nearby. Amdo is the name of a Tibetan province. At the Campaign for Tibet Committee's conference (see following story), he treated a number of visiting climbers to this late night hot spot. He also plans to open a micro-brewery called Bardo-Rodeo (the name of another of his bars) in the old Oldsmobile showroom nearby on Wilson Blvd. WTOP featured Bill's brewery plans and bars in recent radio broadcasts. He should be on TV; you can't miss him with his tall slim figure in cowboy boots and topped with showy Tibetan hats!

#### CONFERENCE ON TIBET

The International Campaign for Tibet sponsored a "Tibet Conference of the Americas" at the American University on January 30-31, 1993. Panels and workshops were offered on issues such as human rights issues and strategies, development in Tibet, environmental challenges of preservation and restoration, geopolitics and the future of Tibet and various political and cultural discussions — all focused on the ultimate goal of independence for Tibet from China. The immediate goal being pursued is conditioning Most Favored Nation (MFN) trading status to China on halting the population transfer into Tibet.

Speakers included John Avedon, author; Estrelita Jones of Amnesty International; Congresspersons Mike Kopeiski (D-Or) and Nancy Pelosi (D-CA); Anna Sourza, Director of Tibet House; and Robert Thurman, Professor of Indo-Tibetan Studies, Columbia University. After the conference, over 75 members lobbied on Capitol Hill concerning U.S. policy towards Tibet. Participants and organizers from MS included John Ackerly, Anne Baron, Kate Hughes, and Ken Andrasko, and Jeanette Helfrich. If you'd like to participate in the group's work, call John Ackerly, Executive Director, Campaign for Tibet, 1518 K Street, NW, Suite 410, Washington, D.C. 20005-1401, (202) 628-4123 FAX 202-347-6825. (Perks of working with this group include great parties - Tibetan New Year, dinner at the Burma restaurant in Chinatown, and parties with kegs of "Wild Goose" beer from a local microbrewery.)

#### TAKE ME TO THE RIVER

(S.Cater and H.Saab, 1993)

Purchased and reviewed by Tom Isaacson

It has been six years since Rick Thompson's guidebook to the New River Gorge was published. It predates Camalots, Beth Logan's arrival, stickclips, Snowbird, Rasheeda Moore and the better part of Brian Rennex's elbows. With the advent of sport climbing and



the development of Bubba, Kaymoor and Summersville, it has become seriously out of date, even by guidebook standards. While the world waited for the second edition of Rick's book, and waited, and waited, Steve Cater and Hassan ("the Frenchman") Saab jumped into the fray with their own guidebook.

In terms of route descriptions, route history, background information, photos, paper quality and other matters, Take Me To The River is not up to the standards of Thompson's first guidebook, nor, presumably, his second. On the other hand, Take Me gives you 1200 routes for about \$16 — a little over a penny a route. It captures in a single, easily portable book nearly every route throughout the New. Kaymoor, Bubba, Summersville and Sunshine Buttress also are included. This largely eliminates the need to carry around all sorts of Rock & Ice supplements, mini-guides and other tattered flotsam and jetsam.

This book is short on aesthetics, an approach I don't mind. There is only one photo — a good (posed ?) cover shot. It's not full of jokes or historical insights. Only a few climbers are mentioned by name. What about Bob? A sad omission indeed.

Take Me contains enough topos to get you around. The route descriptions, if any, are very brief. The book tells you the grade, whether it's sport, trad or mixed and the number of bolts. Some of the bolt counts seemed wrong but I didn't study the issue closely. No first ascent information or quality ratings are given. One problem with such highly abbreviated topographic descriptions is that they can quickly become out of date. A new route in between existing lines can leave you scratching your head, or worse.

Each area includes a useful table showing the number of routes of each type at each grade. That could help newcomers decide where to climb. Speaking of newcomers, I commend the authors for giving Prowesse an "R" rating. This trade route for beginners is actually quite committing.

Ratings wars, The Empire Strikes Back. Take Me does not necessarily repeat the route gradings previously listed in other sources, including those written by the same authors. Most of the old ratings were followed, but many were changed. I did not discern any particular pattern to the changes. I agreed with some changes and disagreed with others, but what do I know? Magnatude was downgraded to 11c and S'more Energy was upgraded to 11c. If you life or ego is at stake, choose S'more Energy, it's really about three letter grades easier than Magnatude. Leaving Totally Tammy at 5.8 helps perpetuate a bad joke [which, in fact, was started by one of the authors. Sandbagging 5.8 climbers is cruel.]

Here are a few ratings of interest to some clubmembers from Take Me. The entire 10b wall at Summersville, much of which is 10c-11a, was kept at 10b. The climb left of Legacy (now called Discombobulated — is that a reference to Bob?) was pegged at 11a, the same as Legacy. New Tricks (our 10c) was called 10d, the dreaded grade that is sure to scare off some people. Pudcasso and Is It Safe stayed at 12a, leaving the "gimmee" list intact. Yowsah (12a) makes Is It Safe (12a) look like a summer stroll through a grassy meadow with a good friend, your favorite brew and a cow mooing contentedly in the background.

The authors took some liberties with route names. Many of Doug Reed's unnamed routes suddenly had names — I'm not sure from where. Gary Beil's five routes along the Short Wall at Summersville had their munitions-theme names (for example, Armed and Dangerous, Gunned but not Forgotten, etc.) dropped in favor of five references to Ross Perot. Many Beil routes (such as Finger in the Dyke, Eat My Dust, Bored Spitless, etc.) were ignored altogether. Of course, publicity comes to those who seek it, not those who avoid it.

The Mega Boulder at Summersville, was renamed D.C. Memorial Boulder. At last check, the D.C. in question was alive and well. His memorial seems greatly premature, especially for one so young. Perhaps it was meant as a tribute. Young Doug may also be concerned that his routes The Dark Side and Luck of the Draw were reversed and downgraded, and several of his other routes at Kaymoor and Central Endless were renamed. Stuart and Karen's routes were largely undisturbed.

If the new names catch on, this probably will be a service. At least we can stop referring to "the unnamed 11c next to the 11d". Nonetheless, renaming previously named routes is a dicey proposition. A lot of time, effort and money goes into creating these routes. While the original rating is open to debate, the name should be left alone. In my less forgiving days of youth, I would have said something nastier about this. Perhaps some of the first ascent climbers whose routes were renamed should be consulted for additional invective.

The authors deserve credit for getting the book out within five weeks of when they said they would. That's on-time by guidebook standards. It also is very up-to-date, including many routes that went in this Fall. The real test will come when a newcomer tries to find Pudd's Purty Dress, using only this guidebook. If they find it, I'd call the guidebook a success. (I'm not so sure about the dress.) Those of you who complained about Rick Thompson's tendency to list climbs in two different directions will be pleased to know that this book treats the entire Endless Wall in one direction (walking down-

My guess is that Take Me will do fairly well. It is adequate for the needs of most New River climbers. Had Thompson put out his guidebook last year this probably would not have happened. Then again, it would be outdated already. This is some form of delayed obsolescence. Rick is trying very hard to make his guidebook great, not merely adequate, serviceable and cheap. I suspect that most climbers are only looking for the latter qualities. I'll probably buy both and cite whichever one has the higher grade for any given route I climb.

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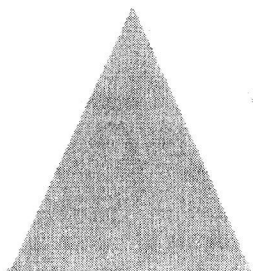


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## PATC/Mountaineering Section Climber's Calendar

Date	Destination/Event	Point of Contact	Meeting Place	Remarks
4/7 Wed	Executive Cmte Meeting pot-luck dinner, all invited	Alex Tait (703) 349-2645	Alex	7:30 pm
4/14 Wed	Membership Meeting: (Program TBA) food, drinks, and slide show; all welcome		HQ	8 pm
4/17 - 18	Franklin/Seneca Rocks	Rick Dotson (703) 494-7873	TBA	Lead trip
4/24 Sat	Carderock Maryland	Jeff Kramer (703) 931-4895		CR
4/25 Sun	Great Falls NP	John Yanson (202) 347-1511		GF
5/1 Sat	Great Falls NP	Stuart Hammet (301) 627-3874		GF
5/2 Sun	Climber's Seminar I: Basic techniques and equipment	Rick Dotson (703) 494-7873 Alternate: Peter Hsi (703) 591-2540		TBA
5/5 Wed	Executive Cmte Meeting pot-luck dinner, all invited	Peter Hsi (703) 591-2540	Peter	7:30 pm
5/8 Sat	Great Falls NP	Jeff Kramer (703) 931-4895		GF
5/12 Wed	Membership Meeting: (Program TBA) food, drinks, and slide show; all welcome		HQ	8 pm
5/29 - 31	New River Gorge	Alex Tait (703) 349-2645	TBA	Lead trip
6/2 Wed	Executive Cmte Meeting pot-luck dinner, all invited	Peter Hsi (703) 591-2540	Peter	7:30 pm
6/9 Wed	Membership Meeting: (Program TBA) food, drinks, and slide show; all welcome		HQ	8 pm
TBA	Climber's Seminar II: Seconding a lead	Rick Dotson (703) 368-3530 Alternate: Peter Hsi (703) 591-2540	TBA	
TBA	Dave Brashears slide show	Kate Hughes	TBA	Climber/film-maker

Please call the trip leaders by mid-week to make arrangements and contingency plans. Call the Climber's Hotline for the latest additions and too-late-to-be-published events — Climber's Hotline: (703) 242-3501. Lead trips require that you arrange your own partner(s). Call trip leader for referrals.

## Rendezvous Locations

Code	Location/Directions
RR	Roy Rodgers, 465 N Frederick Rd, Gaithersburg Maryland I-270 north, exit at Rt 124 east (Montgomery Village Ave), right at next light to Rt 355, left at 2nd light and left into parking lot. Park in rear by large trees.
GF	Great Falls National Park, Great Falls Virginia From I-495, exit 13 (Rt 123/Great Falls), west on Georgetown Pike about 4 miles, Right at light into park entrance, hard right past booth into lower parking lot. Late arrivals check for note on windshield for specific climbing area.
HQ	PATC HQ: 118 Park St, Vienna Virginia From I-66, exit at Nutley St north, right at Rt 123, right at Park St, building on the left behind Southern States
CR	Carderock Maryland From I-495, exit at George Washington Pkwy north, follow brown signs to Carderock, turn right after entering park, go to last parking lot, cliff is beyond restroom facilities.
AO	Appalachian Outfitters, 2930 Chain Bridge Rd, Oakton Virginia From I-66, exit 16 (Rt 123 north), left just past 4th light into bank parking lot.
TBA	To Be Arranged

Please call the Point of Contact for directions or the Climber's Hotline for updates.



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