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JAN AND HERB CONN

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

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### Seneca: Paying Homage

by Todd Post

On the cover of Bill Webster's guide to Seneca, there's a picture of a climber on one of the classic routes, Streptococcus. What makes the picture memorable, and worth using as a cover shot to advertise Seneca is the background. The picture was taken in the fall. It must have been about the third week of October, if the weather that season was consistent with what it was like this year, when autumn colors blend together and make a masterpiece of the surrounding vistas.

As photographs go, especially ones paying homage to mother nature, I realize all it takes is a trip to a good newsstand to find better. I get the climbing magazines. I've seen the pictures of Everest, El Cap, the Alps, not to mention a hundred other places that make the Seneca shot seem like pretty small potatoes. The difference is places like the Alps, El Cap, and Everest have never really existed for me. I mean I know that I can go there if I want, and if I can afford it; I can put my hand on the rock and feel the heat, take home a snowball as a souvenir; except I haven't. The way I think of places, I have to experience them physically before they *really* exist for me.

Seneca exists for me both in reality and in my imagination. I get excited every time I think of Seneca on these cold winter days. I take walks through my Takoma Park neighborhood and it's the leaves, or lack of them which bring back Seneca the fastest. The trees are bare, all the leaves have scattered to the winds. Now is the time I use my imagination to keep alive the good times I had there in the fall.

This past fall my climbing partner and I went to Seneca every Sunday when the weather permitted. Our lives were both so busy we didn't have any other time to climb but on Sundays. In Jim's case I'm not sure, but I probably didn't even have Sundays. I took them anyway.

We'd leave our homes in northern Virginia at five a.m., drive like maniacs to get there in the early light, climb all day until we ran out of sun, and then do the ride home splitting a six pack and a bag of chips. It was the job of whoever was in the passenger seat to keep the driver awake with anything that would pass for conversation. Invariably that consisted of what we climbed, what we didn't climb, and what we still meant to climb.

Jim and I are moderate rock climbers. Our range is 5.7 through 5.9. We'd be better if we put more time into it, but as I said we can't. Commitments to the people we love, to the work we do that we also love means we have priorities ahead of climbing.

Fortunately, Seneca is a friendly crag for moderate climbers. We worked within our range of ability and selected only those climbs in the guide which had the "must-do" asterisk beside them. We started on the South Peak, the West face and went through them one at a time. Ye Gods and Little Fishes, SJM, Ecstasy, Triple S..., we knocked them off as they came up. I'm hardly this organized in the way I conduct my life the other six days of the week. Something about climbing seems to bring out the organization in me. Something about Seneca itself, *maybe*. Beauty is magical; it puts you under a spell and

brings out all sorts of persons you never knew you were.

Fellow climbers this fall were never anything but accommodating. We rarely had to wait long to get on a route, and on those few occasions when the climb we wanted was tied up and we had to be climbing something right at the moment, we could always move over to the next route on our agenda. Except for the most picturesque weekends of the season, when there were as many photographers as there were climbers, the crowds were negligible.

Our first real cold day out there, in early October, we had Pleasant Overhangs and West Pole to do. Both of these are on the west side; of course that means they don't get any sun until late in the day. We started with West Pole, and it was Jim's lead. The climb can be done in one pitch, and Jim decided to do just that. Meanwhile I was down at the bottom of the pitch, freezing my extremities off, wondering isn't there some place I'd rather be, like in my bed. There was a time in my life, I remembered on that belay, remembered fondly, when I used to love to sleep late on Sundays. Now here I was sacrificing my only day of the week off to get up earlier than I did the other six.

I'm whining. Better stop before I blow my ethos.

As temperatures continued to drop each week, we remained stubbornly intent on making the trip. We shifted our priorities to the East face, soaking up the sun in the morning as it rises over the valley. One Sunday morning we arrived and there was frost on the ground. We'd woken up at four o'clock in the morning and driven three hours to climb, we weren't turning tail. In the parking lot as we sorted through the gear there was a strange silence. Neither of us had to say a thing. We both knew what the other was thinking. One word, shit.

That morning I found myself regressing into an attitude I used to adopt when I was a kid. Permit me a slight digression, if you will. When I was a kid and I wanted something special like a bicycle for Christmas or my birthday, good grades on exams, even some warm weather to play outside in on a gloomy winter day, I used to wish for exactly the opposite. That way I wouldn't be disappointed if the inevitable occurred. Make

sense? It doesn't to me either now that I'm an adult, but this was a long time ago, before I started liking vegetables or girls. When things change so much you can't fathom the antecedents anymore, you give it up and get on with your life.

That frosty morning at Seneca I was hoping it would snow on us. Because then if it did—50/50 chances it seemed to me—I wouldn't be disappointed! The way things turned out, I was delightfully disappointed. We scrambled over the Broadway Ledge and the difference in temperature on the sunny Easy side compared to the shaded West was a whole other latitude.

As it turned out, we had one of our best days of the season. We did the first two pitches of Conn's East, Alcoa Presents, Rox Salt, and, my favorite route in all of Seneca, Lichen or Leave It. What a terrific route! Lichen or Leave It is a crack that eats up pro, and the smears are like sandpaper. I would hitchhike all the way to Seneca to climb Lichen or Leave It. I might even walk if I couldn't get a ride with my thumb.

To come back to the main point, though, the best thing about climbing at Seneca this fall was not any one particular climb, or all the climbs put together, but rather those spectacular views from the summit. In September the colors arrived in dribbles and drabs, and I was saying to Jim imagine this in a few weeks. On the third Sunday of October my prophecy was born out. Reds, yellows and oranges flowed like lava. Few times in my life have I felt as much ecstasy as topping out on Ecstasy and savoring the gorgeous view of the valley as I belayed Jim through the last pitch.

Like you, I climb because it's a good time, but also I find it a powerful means of affirming the majesty of nature. There may be places lovelier than Seneca in the fall, but I wonder once you've reached those heights does the distinction really matter.

### Hot Flashes

As the year wound down, many club members took advantage of the crisp autumn weather to finish up their major projects.

Tom Isaacson finally redpointed Apollo Reed (13a) after dozens of tries spread out over 14 months. This appears to be the first time a club member has led a 5.13. [It should be noted that Apollo is a fairly "soft" 13a]. There are other local climbers who've climbed 5.13s — though not very many — they just aren't club members.] He also did a number of other climbs in the 12b range, including: Jesus & Tequila, Harlequin, Gift of Grace, Fern Creek Falls and New World Order.

Jeanette Helfrich cruised into the higher grades with a very quick ascent of Double Feature (11d), on her first redpoint try, after one top-rope ascent.

Stuart Pregnall flashed Maximum Overdrive (11d/12a?), Gonad the Bavarian (11d) and Satisfaction Guaranteed (11c). He redpointed three routes rated 12a: Grow Hole, Is It Safe and Flirting with E.

Tom Halicki flashed an unnamed 5.11 at Bubba City and redpointed Satisfaction Guaranteed (11c). He led a host of trad routes at the New and the Gunks, including Celibate Mallard (10c-onsight), Rapscaillon's Blues, and Brain Teasers.

Elizabeth Erskine led numerous trad routes, including: Four Sheets to the Wind, Roy's Lament, Jekyll & Hyde, Oyster Cracker, Three Doves and Supercrack. She also led a 5.10 sport route on the Excellent Buttress.

Peter Hsi, possible next PATC-MS president, performed an impressive flash ascent of Coordination Street (10- on the Seneca scale) at Crescent Rocks.

Dan Hague wrapped up his year with redpoints of Thunderstruck (12b), Bicycle Club (12a) and Bullet the New Sky (12a).

With each passing Up Rope issue, we have published a hot flashes section in which a small, insular group of club members claims to have visited the New and succeeded on routes of a difficulty level previously unimagined within the club. Given the lack of photographic confirmation of any of these claims, and the failure of any other club members to infiltrate this group and offer eyewitness corroboration, a rumor has started circulating regarding the authenticity of these lofty claims. The rumor posits that, in

fact, this group decided to rent an apartment at the New where they could sleep late, hang out, watch television, show slides, drink beer and cook exotic, fattening meals. As time passed, this gluttony took its toll on their already limited climbing skills. As a result, this group drew even tighter and adopted a mutual defense pact whereby each member would confirm the lies of another member in exchange for similar consideration. "I'll agree that you did Freaky Stylee if you'll agree that I flashed Satisfaction Guaranteed," and so forth. This system worked fairly well, although the gradual escalation in the difficulty levels of the alleged ascents created some concern for the credibility of the whole arrangement. After all, this motley assemblage of aged top-ropers and mountaineers couldn't really climb 5.11 or 5.12, could they? There was even talk of pretending to open a climbing gym so the group could pretend to hold fictitious competitions in which members of the group would do incredibly well.

The whole affair seemed innocent enough until one member of the cabal asked to be given credit for a 5.13. The audacity! The group was reluctant, lest the entire scheme become the subject of immediate derision and be revealed for the obvious fraud that it was, or so the rumor goes. The price to be paid to the members of the group in exchange for their participation in the 5.13 conspiracy was rumored to be extremely high. That member allegedly did not take the group's obstinance very well. So, this 5.13 pretender enlisted another member of the group to sneak down with him to the New on a Thursday. As agreed, our pretender immediately phoned back to DC, claiming his 5.13 ascent. [He also removed most of his quickdraws from the route so that he wouldn't have to prove his ascent on subsequent weekends.] The price for participating in this ruse? His partner in this sordid charade insisted on being credited with a much coveted ascent of Mercy Seat, which checks in at 5.13b/c. Curiously, this partner has not been heard from since. Perhaps an ugly blackmail scheme ensued and someone had to be silenced.

Well, it's just a rumor. Did we really do those climbs or did we sit around and have a good time? Maybe both. The truth? I'll never tell.

## A Quick Look Back

by Tom Isaacson

I dare not attempt a repeat of last year's Review of the New, lest I once again be taken sharply to task for a factual error here or an ill-chosen phrase there. While last year's detractors seemed to shy away from the New this year, no doubt a newer, more vocal strain of critic would surface should I, even in casual passing, comment on who did this or failed at that. Though shackled in self-censorship, I will, nonetheless, commit to this club's esteemed chronicles a few short notes regarding 1993 at the New River Gorge so that posterity will at least know that we tried. While my mind has been dulled by the hundreds of hours spend en route between the New and home, I can still dimly recall a few items that might be worth committing to paper. If others should judge that I, once again, would have been better counseled to remain silent, I will beg only for forgiveness.

Very few new routes were established this year at the New. Doug Reed, appearing in his best form ever, put up a fair number of 5.13s, but showed little interest in developing routes in the easier grades. Probably no more than a few dozen other new routes appeared here and there — notably Doug Cosby's White Lightning at Kaymoor, which has yet, to my knowledge, to receive a second ascent, and a popular 5.10b arete near Baptism by Fire (though it has received mixed reviews). Several new sport routes appeared at the already well-developed Butcher's Branch; some are pretty good, some pretty bad. But the principal drillers of years past simply don't go to the New any more. Of course, unless you go to the New extremely often, you hardly need more routes.

Most things did not change much from prior years. The ladders at Central Endless seemed to get even worse. Some thieves stole some hangers and cold-shuts, but the most popular routes remain intact. The expansion of Route 19 made Summersville access a tricky proposition.

A new campground opened at Kaymoor, raising hopes for a quieter climbers' alternative to campgrounds infested by drunken rafters. Alas, the tranquillity was said to be spoiled by some New Jersey climbers who routinely arrive at 4:00 a.m.

Apart from the mob scenes on the holiday weekends (during which Butchers Branch starts to resemble Woodstock), the New saw very relatively traffic. Some of the paths along the cliffs became overgrown through disuse. If not for Bob Rentka's heroic efforts in pruning the Kaymoor trail, access there might have been lost to the encroaching jungle. The increasing popularity of the Fern Buttress (downstream Endless) area and an inexplicable resurgence at Beauty helped divert climbers from the most popular areas.

Handholds continued to break here and there. The hamburger broke off of Harlequin, though it hardly seems to matter. By contrast, the demise of a key hold on Final Exit has radically increased the difficulty of the final crux — or so I'm told. The potato chip broke off of Discombobulated, but that variation was probably just a bad distraction anyhow. Other holds seem destined to disappear very soon, including the knee bar half way up Apollo Reed, the horrendous micro edge over the roof on Concertina, and the big white tooth on Thunderstruck. The "reinforcement" (gluing) of marginal holds seems to be ethically acceptable at the New.

After a few years of sport climbing at the New, I have noticed that the quality of bolted routes varies a lot depending on who did the first ascent. By and large, you can count Doug Reed to have well thought-out bolt placements. One could quibble here and there [the top of Fearful Symmetry does not really need a 20-foot runout and lots of people complain about the fifth bolt on Lactic Acid Bath, for example] about a few of his routes. But, on the whole, they are very well done. Since he developed so many of the routes at the New, this is a good thing. The Doug Cosby and Porter Jarrard routes also tend to be well-bolted [except for Freaky Stylee whose bolts are both too few and misplaced]. In the holiday spirit, I won't mention the names of some of those who are less careful or logical in their bolt placements. It doesn't hurt to ask about the bolts before you venture onto a route that's at or above your normal limit.

A few safety notes from the New. First, be wary of fixed quickdraws. Through repeated use, the soft carabiners can slowly be sawn through by the bolt hanger. A biner at the crux of the Lactic Acid Bath was nearly cut in two and some of my



draws were in terrible shape after a year on Apollo Reed. Remember, some quickdraws have been in place for several years. Despite the fact that many of you — like most climbers — are embarrassingly cheap when it comes to leaving/retrieving gear, it would not kill you to replace an old quickdraw with one of your own.

Second, pay attention to your partners' tie-in. I spotted one partner (at Clipper City) failing to finish his figure eight knot just before he started up. Another partner (who prefers to remain anonymous) nearly bought the proverbial farm when he/she became completely untied from the rope half way up a steep route. [He/she managed to clip his/her harness directly to a quickdraw.] This risk is especially great if you are talking to your partner as he/she is tying in to the rope. The club has already had one very serious accident of this type and it really is totally preventable.

[On an equally serious note is the recent announcement of a Disney theme park in Manassas. If they don't widen Route 66 in a major way, you can forget about driving to the New.]

Some club members completed their cherished projects at the New, a few exceeded their pre-season ambitions, and others fell short. This last group may find some reassurance in the incredible patience of the rock. It waits quietly, not particularly caring if you return, but ready to offer a fair challenge if you do come back.

In each of the last five weekends of the season, I ran into Dan and Pat, an Idaho couple whom Doug Cosby and I had met at the Red River Gorge earlier in the Fall. They had quit their jobs last spring and hit the road in search of good, hard rock to climb. At the end of the Fall, I asked for their impressions of the New. They commented that it had the best, most varied rock in the US

It'll be there next year, waiting for you. Just head on down. It's on the left, you can't miss it.

*(Tom's piece documenting club activities at the New received harsh criticism last year. Anyone interested in commenting on, criticizing or making fun of Tom's New River piece this year can write him at his second home in Asted, West*

*Virginia. Just address your letter to Tom, that climbing/lawyer guy from Washington DC who is taking up subsidized housing, Asted, WV. They'll know who you mean. - ed.)*

## Star City Crank

by Dan Hague

Always on the lookout for a competition I heard through the grapevine that the city of Roanoke, Virginia had built a municipal indoor climbing wall and was planning a comp. Since my in-laws live near Roanoke, and we hadn't visited in a "coon's age," as they say in that part of the world, I decided to "head on down."

The format seemed ambitious: three divisions (junior, recreational and elite) of men's and women's contestants, six prelim routes in bouldering comp format and isolation finals all to be completed in one day. Add to the enormous number of routes to be attempted a climbing wall only large enough for seven routes which necessitated route changes between every division. Needless to say delays ensued.

The day began well and on time with the junior participants showing their stuff, but things quickly ran behind when the first route changes became necessary. The organizers had budgeted one half hour to alter routes - it took one and a half hours. The recreational divisions were exciting to watch with many flashes and spirited attempts.

As the curtain fell on the rec division and route changing began for the elite groups, I rose to ease into my warm-up routine and was immediately approached by a woman with pad and pencil. She informed me she was a reporter with the Roanoke Times and asked the proverbial question "why do you climb?" My response, the standard "because it's there," pretty much ended my chances for 15 minutes of fame.

I began my prelim routes with a slightly overhanging face problem and, much to my surprise, promptly flashed it. My wife cheered and I gloried in the achievement - it was not to last. I attempted an outside corner route next and fell near the start where a match and switch on a small sloper kicked me off. So much for glory. My friend Mike Link fared better on this route but

later flagged outside the boundary on two routes and scored badly.

Several routes required contrived, forced starting sequences. The route setters had prescribed starting right and left hand positions and the climber could not move off those prescribed holds before his feet left the ground. On two routes the climber was required to start by sitting on the ground - a truly unnatural position practiced by only the most obscure and warped individuals.

I was fourth in the prelims and that qualified me for the finals, a dubious honor due to the interminable route change delays. I'd have been much happier sipping a beer at my in-laws and watching my children slowly and methodically demolish their new home. Finally at 9:30 that evening I got my chance . . . and fell at a crossover move to a small edge low on the route. I maintained my number four position that entitled me to exactly nothing from the prize table.

The next day I wrote the organizers a letter suggesting the following:

1. No sitting starts - they're unnatural and contrived.
2. Don't prescribe starting hand positions.
3. Allow flagging outside the boundaries as long as the climber doesn't use an out of bounds hold.
4. Make route changing more efficient. The delays were abominable.
5. Ease up on the difficulty. There were only two flashes in the elite divisions and many, many falls near the ground.

With these changes the Star City Crank could be a fun comp - look for it next year!

### Lynn Hill to Visit Sportrock

Top sport climber Lynn Hill will be visiting the new Sportrock indoor climbing center on February 5, 1994!

Lynn will present two slide shows that evening at 7 & 9 p.m. highlighting her recent free ascent of The Nose on El Cap. From 2 - 5 p.m. that same afternoon, Lynn will be conducting informal clinics (construction allowing), signing autographs and generally helping promote the Sportrock opening.

If you're interested in this rare opportunity to meet one of the true greats in our sport call Sportrock for reservations and other information at 301-ROCK111.

### Member News & Miscellany

by Jeanette Helfrich

Ian Cruickshank has been guiding rock and ice climbing for the past year with the International Mountaineering Climbing School associated with IME in North Conway, New Hampshire. He continues to pursue his career as a ski racer, of course. As a former Washington bureaucrat, Ian exemplifies life outside the Beltway to the many of us who have climbed with him over the years. We heartily recommend him as a safe, entertaining and enthusiastic climbing partner.

Rick Forbes and his partner were hurt in a climbing accident near Phoenix, Arizona this fall but are expected to recover. Rick suffered a seriously injured femur which is healing with difficulty. His partner had collapsed lungs and other internal injuries. They fell to the ground when a piece of protection failed. Rick had recently moved back to Phoenix from the DC and North Carolina areas.

Stuart and Karen and Duncan Pregnall spent a week last summer in Arcadia, Maine across the bay from Bar Harbour in the town of Trenton, enjoying climbing, hiking, biking, blueberries and lobsters, not necessarily in that order. Stuart and Karen report good times at Ujjala's Bed and Breakfast, at the Gunks, 3 1/2 miles south of New Paltz on Route 208, 914-255-6360. It's run by climbers and sports a big indoor climbing wall in the barn.

Ken Andrasko and Julie Shannon announce the birth of their daughter, Rebecca, on August 15, 1993. Julie was also promoted to a branch chief position at EPA. Ken continued to be active on global warming and timber issues at the EPA.

Congratulations to Tom Isaacson on his red point of Apollo Reed, 5.13a at the New River Gorge. The top of the climb overhangs the base by about 50 feet! Tom has to be the first PATC/MS member ever to climb a 5.13a.

John Christian attended the guides' ball and

annual meeting of the Alpine Club of Canada this fall, and has been hiking and biking in Japan. His current projects include investigating better systems for setting up aluminum ladders as crevasse bridges in various mountaineering areas.

Jack Beatty and his wife Amy are expecting a baby in January, celebrated by a raucous baby shower given by Tony Rickert and Alice Covington in December. Tony's summer exploits included climbing the direct south buttress of Mt. Moran in the Tetons, climbing 38 pitches over 2 days until running out of water.

Veteran's Day saw some federal and DC workers at Carderock ticking off old favorites at Cripple's and the Incipient Crack area: James Eakin, Harold Goldsmith, Paul Torrelli, Tom McKenna, and Jeanette Helfrich.

John Gregeory, Harold Goldsmith and other climbers conducted a work day on the retaining walls at Carderock in cooperation with the National Park Service on November 13, 1993.

Carter Mackley greets us from his recent move to Blackwater, Idaho from Berkeley, California.

Thanks to Pete Hsi for planning a great holiday party in December at the PATC headquarters ◊ good music, good food, good company! About

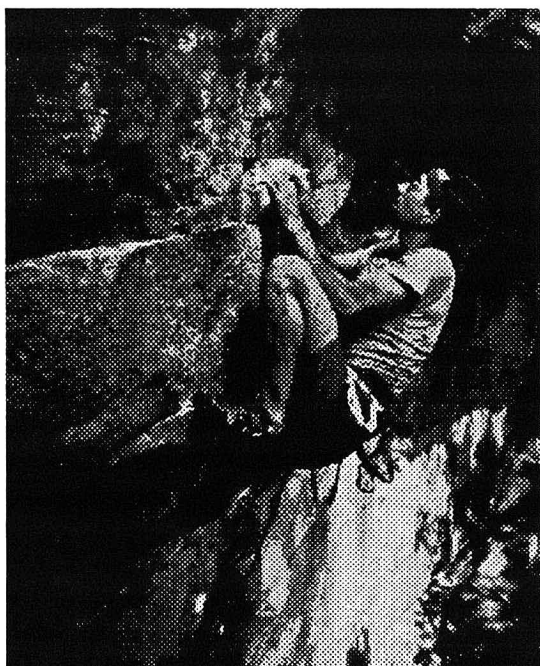
40 people attended this annual event.

What's your opinion? In trying to describe climbing ratings to non-climbing friends, some members speculate that climbing 5.9 is equivalent to skiing double black diamond ski trails. What about other sports and arts? Is climbing 5.13 in the same skill level as playing late Beethoven sonatas?

John Rayner and Jeanette Helfrich just bought an old stone house with an acre of woods at 3100 Powder Mill Road in Adelphi, Maryland, built in 1925. Will their renovation plans keep them off the rocks? Hope not. Leaving the University of Maryland Physics Department after many years, John is now working for LORAL Aerosys in Seabrook, Maryland, designing ground control stations for satellites.

### Climbing in Russia, Ukraine, Georgia by Jeanette Helfrich

MS Member Lawrence DeMilner invites you mountaineers to climb with him next summer in the former USSR. Lawrence is the regional representative of the International Monetary Fund for the past year in Kiev with and plans to be there several more years. Fluent in Russian, he has met several excellent Ukrainian climbers



Two Toms posing. Isaacson is *Hooked on Bionics* (11d), Haliki creating a *Legacy* (11b).

living in Kiev who are organizing trips for climbers, hikers, trekkers, rafting, cyclists, campers and sightseers to many areas in the Crimea, the Caucasus, the Pamirs, Kiev and other locations in Russia, Ukraine, Georgia and other former Soviet republics.

Lawrence is hoping to climb next July in the Pamirs and attempt Pik Lenin (7,134m), Pik Comunisme (7,495m), and/or Corjenevskaya (7104m) on a trip organized by his Ukrainian friends. Land costs will be about \$1,795 for 30 days, climber guide ratio 3 to 1. The base camp, formerly run by the Climbing Federation of the USSR (now defunct) is intact if less well organized than when logistics were provided by the army. In the mid-1980s, local climbers Clair Witt, Ed Cummings, Tom Russell, and Ian Cruickshank participated in the climbing camp and summited several of these major peaks.

A new guidebook, "Classic Climbs in the Caucasus," by Friedrich Bender has just been published in 1991 in German by Diadem Books, London. The English translation was done by Jill Neate and published in 1992 by Menasha Ridge Press, Birmingham, Alabama. It covers 80 selected climbs in the Elbrus and Bezingi regions of the Svanetian Range.

The cliffs of the Crimea may be of more interest to rock climbers. About 100km of south facing limestone cliffs rise 300 to 1100m above the coast of the Black Sea to a plateau above. The area is a major training ground for former USSR climbers. Most climbs can be done in a day with time for a swim in the Black Sea in the afternoon. Descents are generally down good gullies. The cliffs are located to the west of Yalta in the western Crimea centered in the historic town of Foros.

A 14 day climbing trip around Foros costs about \$345 for land costs (starting in Kiev). The cliffs east of Yalta are centered in Sudak, for which the charge \$305 for 10 days including guides. Sightseeing can also be arranged on the "Russian Riviera" including Yalta, the many dachas, medieval forts and other historic sites. The supplement for a stay in Kiev is approximately \$465. The Crimea is reached by overnight train from Kiev south to Simferopol then an hour's bus ride to Yalta on the northern coast of the Black Sea. If you're interested, call Jeanette Helfrich for a copy of the 35 page prospectus on the

various trips and write Lawrence at IMF for overseas delivery in Kiev:

Lawrence DeMilner  
Resident Representative Kiev  
Room C 200  
700 19th St., NW  
Washington, DC 20431

or directly contact:

Brill  
phone/fax 007/044/5622639  
fax 007/044/2288408  
Ukraine 253091 Kiev  
PO Box 14

### Splits in the Sport

sport climbing	mountaineering
clipping bolts	placing nuts
the leader always falls	the leader never falls
rad	trad
working lats	pumping quads
losing pounds	stocking fat
anaerobic	aerobic
leading and cleaning	following and cleaning
quick draws	double sling
one pitch	multi pitch
maybe safer	maybe more dangerous
bold	bold
low altitude	high altitude
hefting a Hiltie	swinging an ice ax
heavy packs	light packs
belaying chairs	no toothbrush
rapping on beefy bolts	rapping on ratty tat
traffic reports	weather reports
breakfast at 9 a.m.	alpine starts at 2 a.m.
pasta	pasta
predictable	adventurous
slippers	Koflachs
fat single ropes	light double ropes
sweat bands	helmets
5 minute approaches	5 hour approaches
5 minute climbs	5 hour climbs
5.10 and up	5.9 and down
attentive belayers	sleeping belayers
cheap	expensive
local	distant
camp life	hut life
looking good	looking good
never climbing 5.4	soloing 5.4
tape on fingers	moleskin on toes
callused tips	callused toes
catching falls	not catching falls
lousy summit shots	great summit shots
be happy	be happy
by Jeanette	Helfrich



SPORTROCK

INVITES YOU TO

MEET LYNN HILL



That's right! World famous climber Lynn Hill will be visiting us at the Sportrock facility on February 5, 1994. Lynn is scheduled to present two slide shows that evening on her recent free ascent of the Nose on El Capitan. She'll also be hanging out with the mortals from 2 to 5 p.m. that afternoon, signing autographs and generally helping us get Sportrock get off the ground.

Sportrock is Washington's new indoor climbing center complete with radical vertical terrain and a stupendous gear shop stocking over 200 pairs of shoes. Come meet Lynn, but while you're here take a close look at the finest climbing facility on the East coast.

The slide shows are scheduled for 7 & 9 p.m. and are bound to be sold out early so reserve your seats now. Call today for pricing and other information.

301-ROCK111

## Climber's Calendar January - March

Date	Destination/Event	Point of Contact	Meeting Place	Remarks
1/5 Wed	Executive Committee Meeting (See NOTE 2 below)	Peter Hsi (703) 591-2540	TBA	7:30 pm; pot-luck dinner, all invited
1/12 Wed	Membership Meeting: Bill Farrand Climbs the Lands Down Under	Climber's Hotline	HQ	8 pm; food, drinks, and slide show; all welcome
1/15 Sat - 1/17 Mon	Adirondack Ice - Keene, NY	Anne Baron (703) 680-1229	TBA	Deposit required; beginner lessons; waiting list forming
2/5 Sat	Crescent Rocks, VA	Peter Hsi (703) 591-2540	TC	
2/9 Wed	Membership Meeting: Jeanette Helferich Goes Euro-styling	Climber's Hotline	HQ	8 pm; food, drinks, and slide show; all welcome
2/19 - 2/21	Reigelsville, PA Ice Climbing	Rick Dotson (703) 257-9263	TBA	Experienced ice climbers only
2/19 - 2/21	Mt. Elbert, CO (trip sponsored by Chicago Mountaineering Club)	Jim Pasterczyk (703) 534-7949	TBA	Listed for reference only, please call for details
3/2 Wed	Executive Committee Meeting (See NOTE 2 below)	Peter Hsi (703) 591-2540	TBA	7:30 pm; pot-luck dinner, all invited
3/9 Wed	Membership Meeting: Program TBA	Climber's Hotline	HQ	8 pm; food, drinks, and slide show; all welcome
3/5 Sat	Crescent Rocks, VA	Peter Hsi (703) 591-2540	TC	
TBA	Stone Mtn or Looking Glass Rock	Rick Dotson (703) 257-9263	TBA	Call if interested
Mid-Week	Climbing after work and other ad hoc adventures	Peter Hsi (703) 591-2540	TBA	Call early week for arrangements

- NOTE: Please call the trip leader 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 -- (703) 242-3501.
- NOTE 2: Executive Committee Meetings are now held first Wednesdays of every odd-numbered month or by special arrangement; Membership Meetings are held second Wednesdays of every month except in August. Everyone is invited to these meetings.

## Rendezvous Locations

Code	Location/Directions	Code	Location/Directions
HQ	PATC HQ, 118 Park St, Vienna Virginia From I-495 Virginia, exit #11 to Rt 123/Vienna; after approx 11 lights, left at Park St; building on the left behind Southern States --OR-- From I-66, exit at Nutley St north, right at Rt 123, right at Park St.	GF	Great Falls National Park, Great Falls Virginia From I-495 Virginia, exit #13 west to Rt 193/Great Falls, about 4 miles right at signal into park entrance; hard right past booth into lower parking lot. Late arrivals check at climber's sign-in board for specific climbing area.
RR	Roy Rodgers, 465 N Frederick Rd, Gaithersburg Maryland From 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 Roy Rodgers parking lot. Park in rear by large trees.	CR	Carderock Maryland From I-495 Maryland, exit #41 north (Clara Barton Pkwy), take first exit and overpass to Carderock entrance, turn right after entering park, go to last parking lot. Cliff is beyond restrooms.
AO	Appalachian Outfitters, 2930 Chain Bridge Rd, Oakton Va. From I-66, exit at Rt 123 to Vienna, left just past 4th light into Nationsbank parking lot. Park in bank's lot.	TC	Roy Rodgers (24-Hr), Tyson's Corner Virginia From I-495 Virginia, exit #10 west to Rt 7/Tyson's Corner. At International Dr, U-turn onto service road. Turn into 24-hr Roy Rodgers on right, between bank and Crown gas station.
TBA	To Be Arranged Please call the Point of Contact for directions or the Climber's Hotline for updates.		

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

**Address Correction Requested**

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Jeanette Helferich  
8717 SUNDALE DR  
SILVER SPRING MD 20910-5037

**NOTE:** Contrary to the Climber's Calendar, the Membership meeting on **March 9, 1994** is **NOT** at PATC HQ, as well as Membership meetings in **October** and **December 94**. Please call the Hotline (703) 242-3501 for the exact meeting place.