



Up Rope

FOUNDED BY
HERB AND JAN CONN

News of the Mountaineering Section of the P.A.T.C.

Vol. 51, No. 3

June/July 1996

Top-roping trip set for July 27

Alex Tait (a.k.a. "Mr. Safe-T") will lead a top-roping trip to Pennsylvania's Schaffer Rocks later this month. The trip is ideal for beginners and experts alike.

The shaded, north-facing Schaffer Rocks is located at the Hermitage in Pennsylvania (about 80 miles north of D.C.). Trip date is Saturday, July 27. Trip travelers should meet at the Gaithersburg Roy Rogers at 9 a.m.

(For directions, see the Up Rope Beta Box at right.)

Alex hopes to lead one trip per month this season. His home phone is: (301) 587-8085.

Other MS members are encouraged to volunteer to lead trips, too. Those willing to lead a top-roping (or extended) trip, can send their notice via the Internet to: UpRopeEd@aol.com, or call the Hotline at (703) 242-3501.

Last month, Alex led a top-roping trip to Sugarloaf Mountain (1,281 ft.), about 40-50 miles north of D.C.

Up Rope Beta Box: Getting to Roy Rogers

The Roy Rogers is located at 465 North Frederick Rd. in Gaithersburg. From I-270 North, exit at Route 124 East (Montgomery Village Ave.). Take a right at the next light, to Route 355 South. Take a left at the second light and a left into the Roy Rogers parking lot. Look for the other climbing types inside Roy's.

Meet at 9:00 a.m., sharp.

Self-rescue workshop slated for Aug. 4

MS chairman Don McIntyre and MS co-secretary Rick Dotson will review self-rescue techniques and belay escapes during a half-day workshop at Great Falls. This half-day workshop is set for Sunday, Aug. 4, with MS members meeting at 8 a.m. in the Great Falls (Va.) climbers' parking lot. MS members who

want to attend the workshop need to call Don to reserve space beforehand.

Read more about it

Climbing magazine recently published a three-part series on self rescue. The articles covered the belay escape, getting a knot past a belay device, and building

a "Z pulley" hauling system.

Parts of those articles are reprinted in this issue of Up Rope, and appear here by kind permission of the good folks at *Climbing*. The articles originally were published in *Climbing* issues 159 (March 15-May 1), 160 (May 1-June 15) and 161 (June 15-Aug. 1).

Labor Day climbing at Seneca

The Mountaineering Section will be holding a climbers' weekend at Seneca Rocks on Labor Day weekend (Aug. 31-Sept. 2). All MS members should arrange for their own climbing partners/leaders. Contact Don McIntyre for details: 703-255-3617.

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Credit where credit is due—Up Rope inadvertently gave the wrong credit for all those great photos that accompanied the article on the MS Expedition to Aconcagua. Expedition member Henri Bartholomot shot all the photos.

Weekend home exchange: Gunks for D.C.

How about the use of a beautiful five-bedroom house in the Gunks for the weekend October 11-13?

We want to exchange for a house or apartment in or near Washington, D.C. so that 10 of us can come and view the AIDS Quilt when it is on display in Washington.

All coming have helped create a patch in honor of my son Ethan Stewart Scheuer.

All neat and clean adults with sleeping bags and pads.

Call (914) 255-1073 or e-mail mohonkpr@mhv.net

Thom Scheuer,
Mohonk Preserve Ranger

Climbing, trekking trip to Nepal forming for Spring 1997

MS Chairman Don McIntyre and Linda Gabel are organizing a trekking and climbing expedition to Annapurna sanctuary around late March, early April 1997. Don and Linda are currently planning on a three-to-five week stay. Climbers and trekkers who want to share the adventure and the expenses should call Don and Linda soon at: 703-255-3617.

Up Rope is a publication of the Potomac Appalachian Trail Club Mountaineering Section, published bi-monthly and written by Mountaineering Section members. We're always looking for newsworthy items to print. Articles

MS meeting slide shows

All slide shows take place during the monthly MS meetings, which are begin at 8 p.m. on the second Wednesday of

the month at PATC headquarters, 118 Park St., S.E., Vienna, Va. There will be no meeting in August.

review...

May: Alaskan adventures

MS members Larry Krutko and Rob Wesson teamed up to give a great show on their individual ascents of peaks in Alaska's Eastern Chugach and St. Elias mountains. Both trips took place in 1992. Rob's expedition included summiting Mt. Stellar (10,515 ft.). Larry's group explored a new cirque of as-yet-unnamed peaks (7,000-to-8,000 ft.), making seven or eight first ascents in the range.

June: The making of a climber

MS member Rick Kneedler shared slides of his early climbing adventures in the northwestern U.S. and Canada. Some of his slides involved climbing trips on guided ascents, before he started leading on his own. Other slides included his first lead climb up Wiwaxy peak (5.7!) near eastern British Columbia's Lake O'Hara.

July: The Pamirs and the Snow Leopard

Randy Starrett is one of a select group of 107 individuals in the world to receive the former Soviet Union's highest award for mountaineering, the Snow Leopard. A Snow Leopard has summited all of the 7,000-meter-plus peaks in the Soviet Union. That includes three in the Pamirs: Pik Kommunizma (7,483m; ft.), Pik Lenin (7,134m; ft.) and Pik Evgenia Korzhenevskaya (7,105m; ft.) and one (ar-

guably two) in the Tien Shan: Pik Pobedy (7,439m; ft.) and Khan-Tengri (6,995m; ft.). Randy showed slides from his 1985 expedition to climb Pik Pobedy in the Tien Shan.

... and preview

September 11: Climbing in the Canadian Rockies

MS member John Christian has spent many a summer climbing in the Canadian Rockies, either with friends or as a member of a multi-week excursion with the Alpine Club of Canada's mountaineering camps. John's latest trip to Canada began July 13.

October 9: Shivling, an epic ascent

Earth Treks' Chris Warner and two friends traveled to the Gangotri region of the Indian Himalaya in 1989 to climb the technical southeast ridge of Shivling (6,543m; 21,543 ft.). Their plan was to establish a new route up the mountain. Chris will show slides of the alpine-style ascent.

November 13: to be determined

This is your chance to share some of your climbing slides and adventures with a receptive audience. Please, give it some thought, then call Holly Sanders to arrange for your slide show to be put onto the calendar (home: 202-362-3819, work: 703-204-4275).

December 11: to be determined

Want to hike the North Fork trail July 27?

MS member Linda Gabel will lead two Sierra Club hikes near Seneca Rocks and Dolly Sods later this month. MS members who want to join the hikes are welcome, as long as they call in advance.

The first hike, Saturday, July 27 will

be 18-1/2 miles on the North Fork Mountain trail. The second hike, on Sunday, July 28, will be 11-1/2 miles in Dolly Sods taking in Red Creek and Lion's Head. To join in the fun, call Linda at: 703-255-3617.

can be trip reports, book reviews, gear reviews, good beta for climbs, red points, etc. Articles can be submitted to Up Rope either via the Internet or on a diskette in plain ASCII format (PC or Mac). We also accept photos (and return them!).

Editor, Tony Sanders

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The great escape: an overview of self-rescue technique

MS members Don McIntyre and Rick Dotson will be reviewing self-rescue techniques at a special workshop on August 4 at Great Falls. Members who want to participate in the workshop need to call Don beforehand to reserve space. (Don's phone: 703-255-3617.)

Climbing magazine recently published a three-part series of articles on self-rescue technique, written by Ramsay Thomas, an AMGA certified guide with 27 years experience (and a wife and five kids). Excerpted sections from two of the three articles are reprinted here by kind permission of the folks at *Climbing*. The final part, on building a "Z pulley" hauling system, will appear in the next issue of *Up Rope*.

Getting free of the belay

Climbing is risky, and you can count on running into trouble at least once in your career.

There are a few relatively simple, but little-known techniques for rescuing ourselves.

The belay escape is the sequence you'll use to transfer the weight of your fallen partner, who is stranded and hanging on the end of the rope, onto the belay anchors. Only once you get free of the belay can you begin a rescue.

Belay escape has five parts: free the

hands, tie a backup knot, tie a releasable friction knot, transfer the load, and escape the belay. If you are using a hip belay, escape is difficult... so get a belay device and use it.

Free the hands—Do this by tying off your belay device with a mule knot. To tie a mule knot, grab the rope behind the brake hand and pass a bight of rope through the belay-device carabiner. Wrap the bight around the carabiner's spine and pass the rope between the bight and the belay device and draw it through itself, leaving a single overhand knot that captures the carabiner spine and the bight. To prevent the mule knot from accidentally releasing, clip a carabiner into the loop.

If you are belaying with a Munter hitch use the mule knot to capture the weighted lead rope, and make certain the Munter hitch is in its locked position.

Tie a back-up knot—Now that the belay is tied off, the next step is to tie a back-up knot. Tie a figure-eight on a bight in the free end of the rope and clip this to the anchors.

Tie a releasable friction knot—Third, you need to use a loop of 5mm cord, 9/16-inch webbing, or a close substitute to either, to tie a releasable friction knot in

the rope between the belay device and the injured climber. Two knots work for this: the prusik and the klemheist. The prusik is what you probably already know, but it cannot be loosened under load.

Tie a klemheist by wrapping a loop of cord or webbing around the rope four or five times. Finish the knot by bringing the remainder of the loop up through the bight and pull down.

To enable you to lower the victim once you have escaped the belay, anchor the klemheist to the anchors with a Munter-mule knot. Tie a Munter-mule knot using the free rope as it comes from the anchor, and back this up with a figure-eight knot clipped to the anchor.

Transfer the load—Now you can transfer the load from the belay device onto the klemheist. Untie the mule knot on the belay device, and slowly let out slack on the belay rope.

Escape the belay—The last step is to escape the belay. With the klemheist holding the belay rope, and backed up by the figure-eight on a bight, remove your belay device.

Getting past it: How do they get those knots through there?

Whether you guide or climb recreationally, passing a knot is a situation many of us will face at some point in our climbing careers. Lowering an injured leader off a multi-pitch route to the ground is the common scenario, but you can also use knot passing for rote tasks.

The seven steps to pass a knot are: (1) free the hands; (2) tie a backup knot; (3) tie a releasable friction knot; (4) load the friction knot; (5) pass the knot; (6) release the friction knot; (7) untie the backup knot.

Mountaineering Book Reviews

Ice World (continued from page 3)

detailed text convinced me that I still have a long way to go in this sport.

This climbing book should be on every ice, snow or expedition climber's permanent reference shelf. Instructions for mastering basic and advanced techniques, avoiding hazards and Lowe's special way of inspiring the reader make this book one that will constantly be read

and reread, no matter how confident and knowledgeable the owner. If you had only one volume on ice climbing you wanted to read or own, this would be the one. The book is neither too long or too short, too detailed or too general, too personal or too distant. It's just right!

Congratulations to Jeff Lowe for this contribution to my permanent collection of climbing classics.

— Don McIntyre

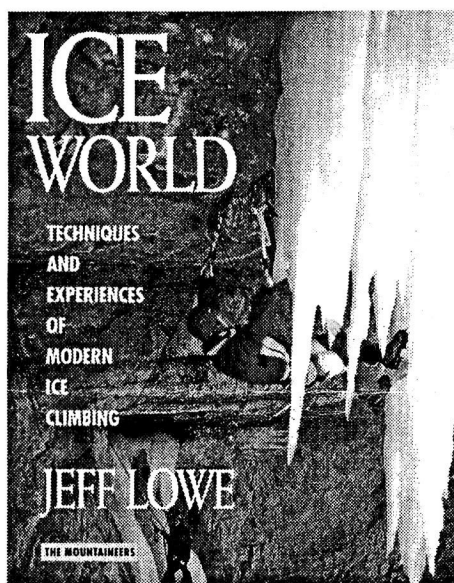
Mountaineering Book Reviews

What MS members are reading

Ice World
by Jeff Lowe

256 pages, with over 250 color and black-and-white photos; price \$29.95

Published by The Mountaineers, 1001 SW Klickitat Way, Seattle, Wash., 98134.



Jeff Lowe's new book, *Ice World* is a "must read" for any veteran or aspiring ice climber.

Jeff Lowe's newest publishing effort, *Ice World*, is a definite must read for every veteran or aspiring "want to be" ice climber. Jeff has been on the cutting edge of this relatively new adventure sport for a number of years. His contributions to creating ice climbing techniques, stunning new routes and extreme ascents are the benchmarks for modern ice climbers.

In this new book, Jeff brings all his knowledge, techniques and experiences together in what should be considered the most informative and educational effort yet done on the subject.

I have been "chipping away" at various ice walls, waterfalls, gullies and

peaks around the world for the past 15 years or so. Without professionals like Jeff Lowe and Yvon Chouinard to provide the basic, intermediate and advanced ice climbing concepts and techniques, I would have never gone beyond the first glacier I encountered.

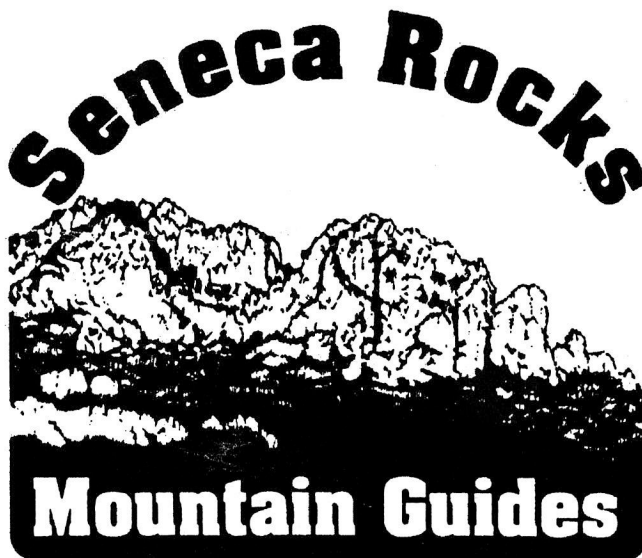
I read *Ice World* straight through without a break, and then read it again because there was so much to absorb and marvel at. I particularly enjoyed the book's style and format, which conveys Jeff's thoughts and ideas to the reader. The organization of the book is more interesting and instructional than the typical "how to" book that dominates many outdoor sports. His use of color and black-and-white photos aid a new

dimension that is missing in many other climbing volumes. The reader is not only able to read how to do a certain technique, but gets to see it performed in a photo; and then has an opportunity to visualize how this technique might be used on a frozen waterfall or big ice wall climb through Lowe's pictorial and written descriptions of 16 world-class climbs in the last chapter of his book.

I personally learned a number of new things about ice climbing protection techniques and concepts from Lowe's descriptions and recommendations. As much as I like to ice climb and take part in international expeditions, I would have thought that I was reaching the "learned it all" mind set. Lowe's superbly

You're on the third pitch of Ecstasy and the lead climber takes a dive—40 feet. Unconscious. What would you do?

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e-mail: SenecaTrad@aol.com**



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Free the hands—Do this by locking off your belay device with the mule knot. Tie the mule knot on the belay device carabiner and as a safety, clip a carabiner through the loop in the mule knot. Make sure you have enough slack between the device and the knot you'll pass so that the knot doesn't get sucked into the device and jam.

Tie a releasable friction knot—Tie a klemheist on the weighted side of the rope, and clip this to the belay anchor via a Munter-mule knot. As with all mule knots, clip a carabiner through its open loop to prevent it from inadvertently coming untied. The klemheist will take the load from your belay plate, then, once you pass the knot, the Munter-mule will enable you to lower the weight back onto your belay device.

Transferring the weight from your belay device and onto the klemheist is easy. Untie the mule knot on the belay device, and slowly lower the weight onto the klemheist.

Pass the knot—Take your belay device off the rope, reinstall it on the other side

of the knot, and tie another mule knot on the belay-device carabiner to lock it off again.

Release the friction knot—To get the weight back onto your belay device you will have to release the klemheist. Do this by untying the mule portion of the

Munter-mule knot. Lower the weight until it engages the belay device. Untie the Munter part of the Munter-mule.

Untie the backup knot—To complete the knot pass, untie the figure-eight backup, untie the mule knot from your belay device, and lower.

Top-rope after work at Great Falls

Members of the MS plan to meet twice a month for Wednesday-evening topropping at Great Falls (Va.). Interested members should plan to see either Rick or Mary Dotson in the climbers' parking lot at 6:30 p.m. on the first and third Wednesdays of the month. If you're late, look for a note on the sign-in board at

the end of the lot where the trail begins. Rearrange your work schedule to include one (or both) of the Wednesday sessions. For further info, call Rick or Mary at: 703-319-9010.

The next Wednesday session meets on August 7, followed by an August 14 climb-fest.

Seneca trail work set for mid-October

Work hard, get a T-shirt

The Friends of Seneca have set two upcoming trail-work dates: October 10-14 (Thursday-Monday) and Oct. 17-21 (also Thursday-Monday). Please come out and help continue to make climber trails at Seneca Rocks easier to walk on and resistant to erosion.

The FOS trail work was recently singled out by the Forest Service for a special certificate of achievement—narrowly missing out on winning a national award for the excellent trail work that's been done. Participate in something lasting and worthwhile. Volunteer.

Call in advance and sign up for specific workdays. Phone: 304-567-2085.



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brochure and newsletter.**

If you have paid your dues already, thanks.

PATC/Mountaineering Section

for annual membership in the

It's renewal time!!

Keeping with tradition, there will be no August meeting of the Mountaineering Section. Our next meeting will be September 11, at 8p.m., at PATC headquarters. Arrive early and share some pizza!

Next MS meeting is September 11

Wanna climb? See pages 1 and 5!



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Address Correction Requested

07/18/96 NO VA GMF 220 20:29 #3



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