



Up the Rocks

Founded by
Herb and Jan Conn

Newsletter of the Mountaineering Section of the Potomac Appalachian Trail Club – July 1998

– Climber's Calendar –

For additions and updates check our website at: http://patc.simplenet.com/mtn_sect/

CARDEROCK: Wednesdays after work (until Fall)

Climbers meet at the base of the rocks at 6 p.m. (sometimes a bit earlier if you've got a short commute). We'll convene at Carderock every Wednesday except PATC/MS meeting nights, which are the second Wednesday of each month. Rain dates for Wednesday after-work climbing at Carderock: the following day, Thursday. Also, climbers are meeting on Tuesday nights during the week we have a Wednesday meeting.

GREAT FALLS: Fridays at 6 pm, meet on the VA side

Contact Mack Muir for location/(h) 703-768-5724 or e-mail mackmuir@ami.net

July 11th (Saturday)

SUGARLOAF MOUNTAIN TRIP: Toproping near Frederick, MD

For beginners and experienced people alike. More Washington area quartzite. Check out this (usually) uncrowded nearby climbing area.

Meeting time: 9:30am

Meeting place: Parking lot at Sugarloaf Mountain. For first timers, meet at Carderock Recreation Area parking lot (farthest one north) at 8:45am for carpooling.

Trip leader: Mack Muir (h) 703-768-5724 or e-mail mackmuir@ami.net

July 18th (Saturday)

SENECA ROCKS, WV: Climb/Learn TRIP: Lead climbing and seconding info session

Multi-pitch climbing at Seneca Rocks for beginning leaders and seconds.

Meeting time: contact trip leader (Group site F)

Meeting place: contact trip leader

Trip Leader: Tony Sanders (h) 202-362-3819 or e-mail tsanders@ix.netcom.com

July 19th (Sunday)

BUZZARD ROCKS TRIP: Climbing on Massanutten Mountain, VA

For beginner and experienced climbers. This will be a chance to explore a rarely visited cliff with opportunity to lead climb or top rope.

Meeting time: 7:30am

Meeting place: Appalachian Outfitters on route 123 in Oakton, VA (e-mail or call leader for directions)

Trip leader: Pete Grant, (h) 703-960-6033 (7-9:30pm) or e-mail (preferable) grantpk@classic.msn.com

August 1st (Sat)

HERMITAGE TRIP: Toproping near Mercersburg, PA

For beginners and experienced people alike. These rocks are near the AT in southern Pennsylvania.

Meeting time: 7:30am

Meeting place: McDonald's in Gaithersburg. From beltway, I-270 North, to exit 11, Montgomery Village Ave (MD-124), stay in right lane, drive a short block east on MD-124 then turn south (right) onto MD-355, turn right at first light onto Perry Pkwy, McDonald's in shopping center on left.

Trip leader: Pete Grant, (h) 703-960-6033 (7-9:30pm) or e-mail (preferable) grantpk@classic.msn.com

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Great Falls Leading/Seconding trip a hit! Four leaders give beta to five partners

by Tony Sanders

There are some great, short, lead-climbing opportunities to be had at Great Falls in Virginia and on Sunday, June 14, nine Mountaineering Section members took the opportunity to brush up on their lead-climbing and seconding skills. It also helped that the weather was good.

In an unprecedented show of trip-leading volunteerism, four—count 'em, four—trip leaders took the time to come out and pass on some basic skills for multi-pitch climbing to five other MS members who wanted to learn. We divided into three separate parties and headed for The Sandbox, The Dihedrals and the Dike Creek area. Each leader broke his chosen climb into two pitches by climbing up a short distance,

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Top 10 most Easily Forgotten but Essential (or at least very helpful) Items for Mountaineering

by Mr. Safe-T (aka Alex Tait)

Summer is here and many, including myself, are headed off to western mountains to "faire d'alpinisme" as they say in Chamonix. I thought I would run off a list of items I have actually forgotten on various past trips in hopes that you will not have to make the same mistakes! These items may not break your trip but you will have to buy them on the road, no doubt at a higher price and using up the cash reserves.

10. Sunscreen—it can be harsher than a the beach up there, get the highest SPF possible
9. Headlamp—and lots of spare batteries
8. Bowl, cup, spoon—I've forgotten these twice and had to buy makeshift products (in Mexico I actually had to buy a pot for the stove and I still use the indestructible enamel beast)
7. Pack cover—what? you don't think it's going

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placing lots of gear and setting up a belay station. This gave the novices in our group a real opportunity to learn about pulling gear, clipping into the belay, restacking the rope, returning gear (one piece at a time so nothing gets dropped), and then setting up to belay for the second pitch. In order to provide for any possible belay escapes, leaders always made sure their climbing started with the second tied into an anchor on the ground.

Our group consensus was The Sandbox's corner crack offered the best opportunity for some show-and-tell lead climbing. Of course, that meant the leaders were on display for critiquing by the other climbers on the ground. (Not a bad thing, actually, since this allowed the trip leaders to share some advice, too.)

Another benefit to The Sandbox is there's also a nearby crack system that's useful for practicing placing gear. While the Dihedrals is a very popular top-roping spot, there were still a few climbs open that allowed leaders to create realistic belay stations (read: cramped and exposed).

Hats off to everyone who showed up—especially the three other leaders who volunteered and helped me out. With so many leaders, we were able to cover a lot of ground and pass on a lot of technique. Hats off to the seconds who wanted to brush up on their skills or who had never been on anything but a top rope. It takes determination to want to get out there and learn the right skills.

Trip participants: Leaders were Tony Sanders, Tom Fontaine, Pete Grant and Tall Andy Britton (our twin-rope specialist). Seconds were Bill Wright, John Oster, Marty Comiskey, Dave Green and Bill Lewin.

Bull Run Mountain, VA Sunday, June 7th, 1998

Cool, but sunny day greeted the climbers as they met at Oakton, Va. for a first in a long time trip to Bull Run Mountain. Having (sort of) resolved the access issues the group headed out to Broad Run to the trail head, and then began the hike up the mountain side. Wouldn't you know it! The trail system had been changed since the scouting trip a couple of weeks ago, and the leader of these brave souls managed to take the wrong turn—more than once—only to hike in circles. Really, about 10 minutes after having passed a trail junction, we found ourselves back in the same intersection. After a few head scratches and other false starts, the brown blazed trail was located and took the climbers to their intended destination. The first climbs rigged included The Sofa, and Snick or Snee. Three others, names long since forgotten were also set up. Maybe some of you other old timers know the names: A 5.9 diagonal crack facing North that is negotiated using laybacks as well as the more conventional crack climbing methods. (Ed. note; this has been known as Charlie's Crack) This climb is next to a chimney climb (which we did not rig up) 150' to the left of The Sofa. A climb around the corner, about 5.8 that goes up a prominent flake, was also set up.

The Sofa, as usual, was climbed by the taller climbers while those with a shorter reach struggled with it. And it didn't

help to point out that my daughter Helen had climbed it on her first try when she was only 5' tall. But that's a bit unfair. By that time Helen was already a regular 'Gunks rat and had many 5.9 leads under her belt (harness?). The climb is definitely tricky for those who can't reach the crack on top of the sofa.

Snick or Snee, also in typical manner, gave trouble to those with less than bulging biceps. Of course, as is true with many arm busters, it is possible to make up for lack of arm strength by proper skill, technique.... and most importantly, speed. Because of numerous thorn bushes and other brush, Double Clutch was not set up. Instead, the wall/crack/chimney wall to the right of it was set up and provided much enjoyment to all who tried it.

All in all, an enjoyable trip to a favorite spot of days of yore.

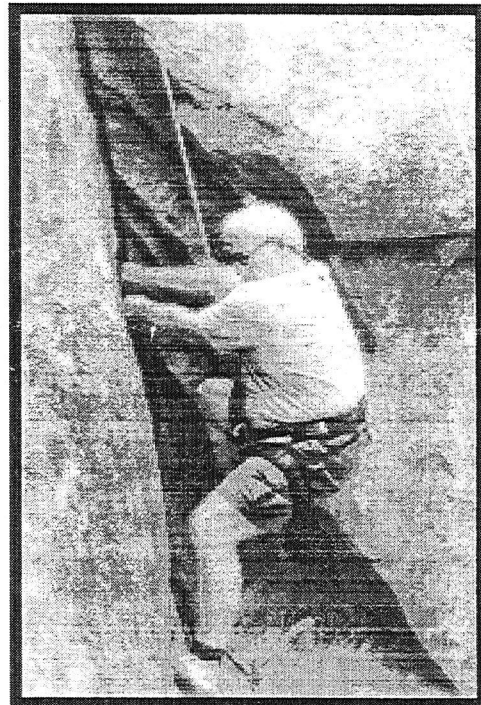
Participants:

Stacy Deering
Tom Fontaine
Mack Muir
Mitch Hyman

Bruce Eberle
Andy Britton
Ken Roberts
Pete Grant

Brief trip report - Wolf Rock, MD 21 Jun 98

Eighteen—count them, 18—climbers took advantage of the excellent (although somewhat hot) weather to climb at this not-



Bill Wright enjoying a layback

so-often-visited area. A number of routes, ranging from easy warm-up exercises to one so difficult only one climber, Richard Wayshner., was able to negotiate. Battling with this 'toughie'

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Little Stony Man - June 28, 1998

Wild, Wet, Wonderful!! No, we ain't talking about West Virginia, but a climbing trip to Little Stony Man in the Shenandoah National Park.

Wild? Sure! Wonderful? Of course—aren't all PATC MS outings? Wet? You bet! Neither rain nor mist nor fog could keep our dedicated climbers from making their rounds. We're hardcore!

Seven of us piled into two vehicles and headed on out to the SNP in spite of the weather forecast. By the time we passed Gainesville, mother nature opened up her skies and let us have it full blast. Rain didn't make us turn around, though, or change our destination. We're hardcore!

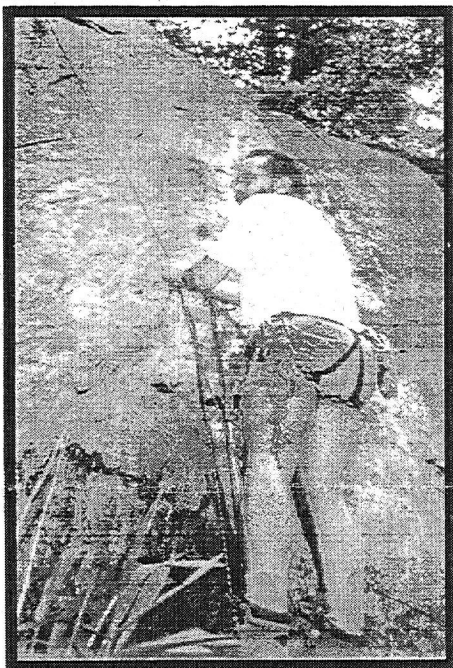
A total of four top ropes were set up on the wet rock by wet climbers and most were climbed by all, others by some. Tom even managed to do a wet lead with Bill seconding. Tom and Bill are hardcore!

We, the PATC MS, can now state unequivocally that we're not merely fair weather climbers. We're hardcore!

Participants:

Daniel Barclay
Jeff Hosken
Tom Fontaine
Pete Grant

Bruce Eberle
Ron Alt
Bill Lewin



Jim Pasterczyk leading a cravasse rescue seminar at Carderock on May 3rd.

— Climber's Calendar Con't. —

August 8 (Saturday)

GUNKS TRIP, New Paltz, NY

For all those interested in going early contact Pete Grant.
703-960-6033 (h) (7-9:30pm) or e-mail grantpk@classic.msn.com

August 15th (Saturday)

CARDEROCK, MD: *Climb/Learn TRIP: Anchor building and belaying*

Come to learn more about anchors, belaying and other skills. Come share your own expertise. Toprope climbing included!

Meeting time: 8:00am

Meeting place: Carderock Recreation Area parking lot (farthest one north)

Trip Leader: Rick Dotson, (h)703-319-9010 or e-mail RickDotson@aol.com

August 23rd (Sunday)

OLD RAG MOUNTAIN TRIP: *Toproping or lead climbing in Shenandoah National Park, VA*

This is a great chance to sample what is arguably the best climbing area in Virginia, granite slabs and cracks to your hearts content.

Note there is a two hour approach and often some bushwacking to get to the crags around the summit, not a trip for beginners.

Meeting time: 7:00am

Meeting place: Appalachian Outfitters on route 123 in Oakton, VA (call leader for directions)

Trip leader: Pete Grant, (h) 703-960-6033 (7-9:30pm) or e-mail grantpk@classic.msn.com

Labor Day Weekend, September 5th-7th (Sat-Mon)

THE GUNKS, NY: *Lead climbing in New York's Hudson River Valley*

This is one of the premier climbing areas in the country! Don't miss out. Arrange your own partner or call the trip leaders to see if another climber is looking for a partner.

Meeting time: contact trip leader

Meeting place: contact trip leader

Trip leaders: Mack Muir (h) 703-768-5724 (or e-mail mackmuir@ami.net) AND Bill Wright, (h) 703-860-3752, (w) 703-305-7792

SENECA ROCKS, WV: *October 15th-18th (Thursday to Sunday) and October 22nd-25th (Thursday to Sunday)*

Friends of Seneca Spring Trail Work Weekends

MONTHLY MEETING: Sep 9th, 7:30 pm pizza and beer, 8 pm meeting.

(Forgotten items, con't)

to rain?

6. Extra webbing and perlon cord—useful for many things
5. Extra shoelaces and waterproofing stuff—keeping the boots in good shape keeps the feet happy keeps the climber happy
4. Guidebook—oops!
3. Pulp Fiction—you know you're gonna need something to read

when the weather sets in

2. Toothbrush and paste—your partner will be most appreciative
1. Sleeping bag—actually I didn't ever forget this item but a guy I know did!

Have a great summer season in the hills.

Annapolis Rocks, MD
Fridat, June 19

The May 30th top rope climb at nnapolis Rocks, MD had nine people show up for the 45 min hike in and was generally a success (success + no injury + climbing 'till your body aches) We rigged a variety of routes from about 5.3ish to 5.9+ and were treated to a little show by a Baltimore pair leading the slightly overhung 5.8 (+?) Nixon's Nose. After a few warm-up climbs the focus soon shifted to the 5.9 Rain's Roof. This huge roof was the scene of many futile attempts. Pete Grant was the only one successful in pulling the roof and on returning to the ground commented "not bad for an old man a few weeks from 60". That gives me a real goal to shoot for. . . .

(Wolf Rocks Con't)

consumed the better part of the day as one after another tried to match Richard's feat. Good show by a 14-year old who managed to find the holds that others couldn't.

Due to other commitments, some climbers had to leave early and by mid-afternoon the group size was down to about 10. These die-hards, intent on getting as much rope time as possible, stayed until the park's closing at 5 p.m. Wow, did the ice-cold sodas taste ever so good afterwards.

Turkey vultures, perched up on top of one climb that we did not set up, kept a close eye on the climbers below. I suspect they may have been agents of the park management, posted there to make sure climbers were wearing helmets as required by the park rules.

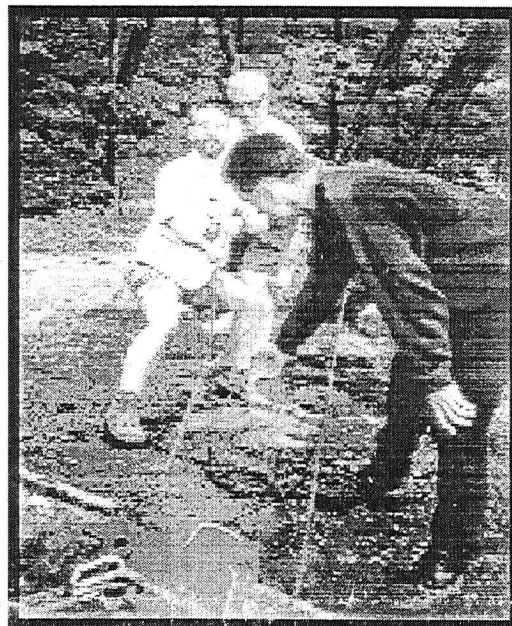
Participants:

Bill Lewin	Richard Wayshner
Ted Plasse	Patricia Kaluziensi
Mike Manning	Marc Auville
Larry Parsons	Bjorne Beltran
Ken Roberts	Judith Smoot
Jim Cristian	Tom Fontaine
David Lankshear	Tom Fontaine
Donna Wayshner	Diane Fontaine
Jill Fontaine	Michael Fontaine
Pete Grant	

Mountaineering Section
Potomac Appalachian Trail Club
118 Park Street, SE
Vienna, VA 22180

Jeanette Helfrich
John Rayner
3100 Powder Mill Rd.
Adelphi MD 20783-1023

Please Forward



Bill Wright and Jim Pasterczyk hauling for crevasse recuee training.

OBSERVATIONS

- ◆ Wear your helmuet even if it doesn't look cool.
- ◆ Check all knots twice, even sailors
- ◆ Duck, don't look up, when someone yells rock or ice
- ◆ Bouldering makes better climbers and is lots of fun
- ◆ Pull-ups make you stronger (Alex Lowe does 400 a day)
- ◆ Use an old rope's outer casing as protection for your new ropes
- ◆ Don't miss the next PATCMS meeting (Sep. 9)
- ◆ Does anyone know if Mallory and Irvine reached the top of Everest first?

Thank you to all the trip leaders and participants, for turning in great reports on your climbing outings. This should make every-one want to attend these events!

