

Volume 3, issue 2

FALL 1999

**Special points of interest:**

- Climber's Calendar
- Trip Reports
- Membership information

**Membership Information**

- Monthly meetings on the 2nd Wednesday at the PATC Head Qtrs. located at 118 Park St. , SE in Vienna, VA.
- Visit our Website: [http://patc.net/mtn\\_sect/](http://patc.net/mtn_sect/)
- You can contact Osana Halik, club chairman at [mrkayak2@aol.com](mailto:mrkayak2@aol.com)

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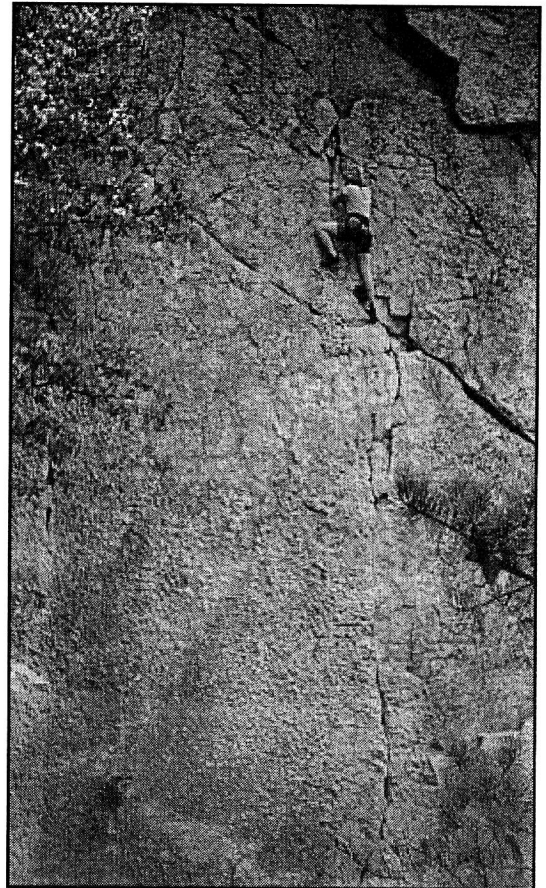
**SENECA ROCKS, WEST VIRGINIA July 4th**

By Vincent Penoso

**"...it's Too stinkin hot to stay out."**

**T**he drive to Seneca Rocks was a tortuous one which lasted 3 hours from the DC Metropolitan area on 66 and then 55 through beautifully rolling hills and quaint small towns. The beauty of the West Virginia landscape was surpassed by the spectacle of the Seneca Rock buttress and there was no mistaking that you had finally arrived at one of the east coasts' famous climbing landmarks. From the highway in beautiful downtown Seneca Rocks, the mastiff is the predominant feature in this friendly tourist hideaway. Andy Britton, this trips' leader, booked superb accommodations on the "D" loop of the *Chateau*

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Pam Moreau clears **DISCREPANCY 5.8**.

**Bull Run Mountain by Pete Grant march 20th**

**"G**ood Morning." I said to my climbing rope as I picked it up to load into my car. "Good???" exclaimed the rope. "Look outside. It's Great!". And great it was. Nary a cloud in the sky as the sun rose above the horizon and a cool breeze helped remove the last traces of sleep from

my eyes. After picking up Steve and Stanka, I pointed the "Bimmer" towards Appalachian Outfitters and stepped on the gas to get us there pronto.

After getting together at the Appalachian Outfitters, eleven of us piled up into three vehicles and headed on out to the trail head park-

## Shawangunks, NY Apr 10-11

### By Pete Grant

**A**lthough we had several potential candidates, last-minute cancellations and withdrawals left only two of us for this Gunks Season Opener trip. The weather forecast probably seared off some.

Anyhow, after an uneventful drive to New Paltz and an equally unremarkable breakfast at the Plaza Diner, Stanka and I headed out to the climbing area. We were greeted by the sun rising in a nearly clear sky with only a hint of a cloud in the distance. The air temperature was at or near freezing and the slight breeze made the morning especially chilly in spite of the warming rays of the morning sun. Of course, we were kind of early, passing the *Uberfall* at 07:45.

Our first climb was *Arrow* (5.8\*), an extremely popular route that I had been unable to find unoccupied on several attempts the previous season. There was nobody on or even near *Arrow* upon our arrival -- great! In spite of the chills, I shed off some clothing as I started the first pitch, and sure enough, by the time I got above the tree line and the sun's rays hit me directly, I was quite warm and comfortable. The pitch was uneventful, consisting of medium angle face climbing with good holds.

The second pitch began with an overhang, then wandered up an easy face to the crux move at the very top of the

## Rocks State Park, MD

### April 25th by Pete Grant

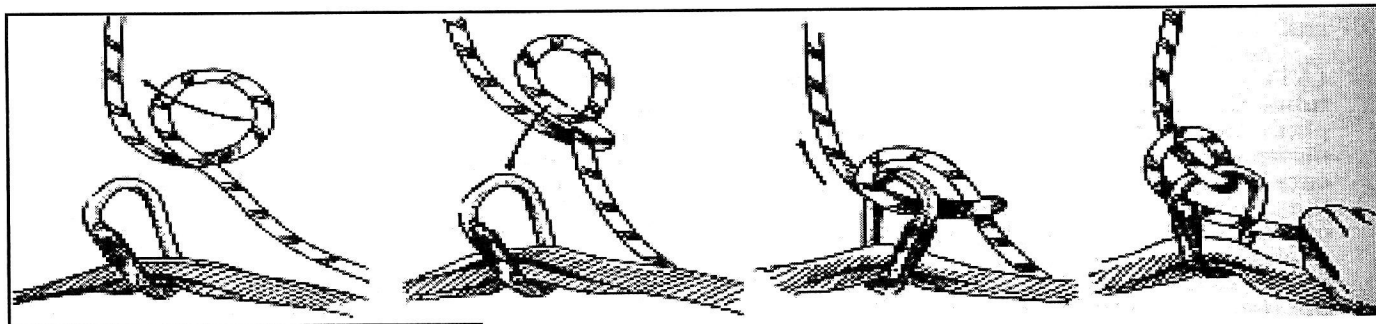
**I** suppose it may have been the NATO's 50th anniversary event that caused the powers-to-be to arrange a perfect spring morning on the same day as our climbing trip to Rocks State Park. Whatever the reason, a beautiful sunrise greeted me as I loaded my car Sunday morning. Later, not a cloud in the sky could be seen as we drove towards our chosen destination.

Even the park ranger in charge of opening the gate was apparently taken by the weather and didn't show up to open the gate. Well, no matter. We simply parked the cars on the lower lot and hiked up to the cliffs. This was the first time I had approached the rocks from the lower parking lot and was surprised at how short

"Heck, with the park charging \$2 per person for parking in the upper lot, from now on it's the no frills lower lot for me!"

*(Continued on page 4)*

## Bring Your Munter Hitch! By Vincent Penoso



### THE MUNTER HITCH

1. Twist Rope
2. Twist again
3. Clip doubled rope in
4. And pull up and out.

"HOW TO ROCK CLIMB"  
By John Long, 3<sup>rd</sup> Edition

Study The above illustration and hope someday you can thank yourself for taking the time. Last weekend my climbing partner, Bob Siegel and I took turns trying out the munter hitch. We were impressed with simplicity afforded by this invaluable alternative. In the event your trusty albeit, ubiquitous belay device goes the way of the flake you just kicked off the ledge, all you need is a large oval locking karabiner and the little practice required to use it proficiently. #

## New River Gorge

June 12-13

By Pete Grant

(Note: All ratings and descriptions from Rick Thompson's guide book).

Our exploration of NRG began in the Bridge Buttress Area Crags, specifically, the Bridge Buttress itself. In order to get a feel of the nature of NRG climbing, I had chosen for our first climb a moderate trad route named "Zag" -- a 5.8 crack which the guide book author gives three stars. The route follows a wide crack which, unlike those at the Gunks or Seneca, had sections with no face holds for hands or feet. Additionally, unlike the other trad climbing areas, the crack had no hand holds inside it - pure friction for several moves. Being primarily a Gunks climber, I found myself struggling and a bit nervous on the route, although the protection was very good - even managed to get a cam stuck that took three people and 30 minutes to extract. I recommend this route for those solid in the grade.

While I was struggling with the stuck cam on *Zag*, a top rope was set up by Eric and Lee on "The Layback", a.k.a. "Zig"; a 5.9 companion to *Zag*. *Zig*, unlike *Zag*, was a pleasant face climb which was a quite a change from *Zag*'s friction jams. Before leaving the Bridge Buttress, we also top-roped "Chockstone", a nice 5.9 crack-corner-face combo.

As our primary goal for the weekend was to get reasonably familiar with NRG's topography and climbing, we de-

parted Bridge Buttress and headed on to "Junkyard Wall". This area, on the North side of the river (same as Bridge Buttress), which had been recommended by someone, offered many routes to match our abilities. While John led Eric up "Who Knows?" (5.7), I led "Mr. Ed" (5.8) with Lee seconding. Neither of these routes was pleasant (they had no stars) and I do not recommend them. After the two trad leads, top ropes were set up on "Team Jesus", a delightful 5.10 pure face route, and "The Entertainer", another 5.10, to bring the day to its end.

Saturday night was spent at Rocky Top Retreat campground.

"Now, an experienced sport climber would have just gone for it, but I was a dyed-in-the-wool trad climber - and I didn't want to risk a fall, never mind that it was a good bolt.

Sunday morning we again headed to the north side of the river, this time to "Endless Wall". Our first goal was "Fantasy", a 5.8 trad crack annotated with four (count them \*\*\*\* - four) stars. Wow! In my honest opinion, this routes deserves all four of them. *Fantasy* is a two-pitch route with the first following a wonderful crack for 80' to a nice alcove used as a belay station. I had a problem leading this crack as it was of uniform width of just under 2" most of

the way, and I had only four pieces on my rack that fit. About half way through the pitch, I asked to be lowered off, borrowed some additional gear of the proper size, and continued the pitch to its end. We decided to skip the second pitch as it is rated at 5.4 and is rarely done. *Fantasy* is a very highly recommended route, and, at least for a Gunkie, easier than *Zag*.

Our next selection was influenced by what I really came to NRG for: SPORT CLIMBING. For my first sport lead ever, I decided on "Double Flat", a 5.9 face route annotated with one star - one of the few sport routes of that grade in NRG. I scampered up to the first bolt, clipped in, and thought "Hey, this is easy and fun!", then continued on to the second and third bolts thinking it was even more fun. I also thought I had this sport climbing down pat; then came bolt number four. It didn't look that hard, but I then ran into downward sloping holds and couldn't find a good way to get much past the bolt. Now, an experienced sport climber would have just gone for it, but I was a dyed-in-the-wool trad climber - and I didn't want to risk a fall, never mind that it was a good bolt. After wearing my forearms out trying to find the hold that wasn't there, I asked to be lowered. I was so embarrassed. Eric volunteered to finish the route and went up past the crux hardly pausing. Damn! Maybe I am not cut out for sport climbing....

By the time we had finished the two routes at Endless, it was past noon so we climbed out through the "Honeymooner"

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## Rock State Park

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the hike was: only about 10 minutes. Heck, with the park charging \$2 per person for parking in the upper lot, from now on it's the no frills lower lot for me!

As we arrived at the cliffs, a couple of local groups were there already and were in the process of setting up top ropes. We set up three ropes to start with, all on the Breakaway Wall, and proceeded to warm up. Greg chose to lead *Vertical* (5.6) to practice his protection placement skills I've seen him leading 5.10's in the gym), seconded by Ronald; Martin chose soloing for his warmup exercises; Bob and John went around the corner to a location unknown to me, and the rest of us, (Stanka, Ronald, Marty and later Bob and Harold) tackled *Breakaway Left*

(5.8+\*) and some other routes that may or may not be in the guide we were using.

After warming up on *Breakaway Left*, Marty decided to lead *Strawberry Jam* (5.8). SJ is a short, imposing looking hand crack that goes up a pinnacle on the side towards which it leans - it's about 105 degrees at its maximum point. The crux move involves one hand jammed in the crack and a small fingertips-only hold for the other. After stepping up, one must let go with the jammed hand, hanging from the finger hold while in a 100 degree position, and reach for another mediocre hold. Another step up, and its buckets rest the way provided one is doing the normal route. Of course, if one is on a lead, one can't help but think that the last

piece of pro is below the crux move.

*Strawberry Jam* is a quite an ambitious lead, especially for someone just starting the season. Marty tore up the back of his hand a bit while jamming in the crack and decided that it would be wise to attack something a bit easier as the season's first real lead. I then took the lead rack and finished the route. Once on top of the pinnacle, I set up two top ropes, one for *Strawberry Jam* and the other for *Rick's Way* (5.5). Not sure who all did *Strawberry Jam* on top rope, I saw only Harold tackle it successfully. Later I did the right side which is rated (*word-of-mouth*) 5.10, but I must have gone off route as I found it only marginally harder than the normal left side. I

(CONTINUED ON PAGE 5)

## Seneca Rocks

(Continued from page 1)

Seneca Shadows camp ground that offered a beautiful view of the trips' main attraction and surrounding landscape. Seneca Shadow is about a mile from visitor center.

From the parking lot(s), the approach is in excess of 20 minutes of moderate scrambling along blue blazed trails. On Saturday, climbers split off into different groups leapfrogging on routes about the crag. I was an orphaned participant until I hooked up with Kim and Jeff and we climbed *Le Gourmet* (5.4), Jeff's lead and topping out I guess through old man's route. I lead a ridiculously short section to the top. I am not sure where everyone else climbed on Saturday...Although rumored that the mercury was nearing the century mark, our party enjoyed a very pleasant day of climbing. Sunday our heroes were up and racked for a full day of climbing. Since there were only a hand full of "leaders" on this trip, it was decided to set up top ropes on the lower slabs. Lines

were set on *Discrepancy* (5.8), *Autumn Fire* (5.11c), *Warlock* (5.9), *Penatiodal Membranes* (5.5), *Angry Angles* (5.10d). Although the main attraction of this crag are the abundant moderate multi-pitch routes, the lines we set up maximized air-time for the numbers in our group so that by the end of the day there was a spontaneous exodus to the nearby swimming hole down below. Andy and Jeff climbed *Ecstasy Jr.* (5.4) "before it got too stinkin' hot to stay out."

This was my first time at Seneca and I was happy to climb an area that is every bit as good as Eldorado Canyon or Lumpy Ridge Colorado. Personally, my wildest dreams were realized at Seneca that weekend. We are fortunate to have this quality and diversity of climbing terrain so close to DC.

Participants: Andy Britton, Marty Cominsky, Jeff, Kimberly, Pam Moreau, Johann Schmonsees, John, Reese, myself and many others I apologize.

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## *UP ROPE UPDATES*

### *PATC/MS Christmas Party*

The Club pot luck Christmas Party will be held at 4:00 P.M. on Sunday, December 12, 1999, at PATC Headquarters. (The Headquarters is located at the intersection of Park Street and Maple Avenue behind the Southern States store). Bring your favorite dessert, side dish, or main dish to share. **NOTE:** The Christmas Party will also be our December Meeting. There will be **no** Wednesday meeting in December.

### *Ice News*

Besides the trips to Adirondacks and the White Mountains which are already scheduled, other ice climbing trips are being planned. Mack Muir wants to organize additional 3-4 day trips to the Whites in early December and over New Year. Mack is also planning a trip to Regalsville on the Delaware River for a weekend in late January or early February, and he is interested in doing a traverse of Mount Washington and the Presidentials. Evidently, Mack is planning to become the Pete Grant of winter climbing. For more information contact Mack at [mackmuir@edisaurus.com](mailto:mackmuir@edisaurus.com)

Weather permitting, we will also do impromptu one day trips to White Oak Canyon in the Shenandoah. The rule of thumb is that when the maximum temperature in DC is below freezing for at least three days, the falls are climbable. Check the MS list service or contact Greg Christopulos at 703-876-0957 or [goclimb@erols.com](mailto:goclimb@erols.com) if you are interested in being notified when we are organizing a trip.

### *Wilderness First Aid Courses*

The club will fully reimburse the WFA tuition of up to four people who have led at least two club trips between October 13, 1998 and May 13, 2000, who are members in good standing as of October 13, 1999. The club will reimburse up to \$75 of WFA tuition for members in good standing as of October 13, 1999. The maximum total amount to be expended on this reimbursement shall be \$1500. If more people apply for reimbursement than can be accommodated within the budget, the partial reimbursement for "non-leaders" shall be reduced proportionally. Tuition will only be reimbursed on completion of a course before May 13, 2000. Here are some of the certification courses being offered in Maryland/Virginia.

Certification offered through SOLO: [www.stonehearth.com](http://www.stonehearth.com)

11/13/99 - 11/13/99: - Earthtreks 1-800-Climbup; \$135 members; 150 nonmembers

1/22/00 - 1/23/00:- Garrett Community College (301) 387-3013 \$195

2/26/99 - 2/27/99: University of Maryland (301) 226-4421

3/24/99 - 3/26/99: Outdoor Excursions 1-800-307-0426

Certification offered through Wilderness First Aid Arlington, VA \$140 [www.wfa.net](http://www.wfa.net)

12/4/99 - 12/5/99; 2/5/99 - 2/6/99; 3/4/99 - 3/5/99; 4/1/99 - 4/2/99; 5/6/99 - 5/7/99

As a practical matter, since there's no way to know the number of people who will apply for partial reimbursement, you should not anticipate such reimbursement until after May 13, 2000.

## Bull Run Mountain

(Continued from page 1)

headed on out to the trail head parking lot. A 45-minute hike up the mountain brought the group to the top of the cliffs where a beautiful scenery awaited the climbers. Top ropes were set up and climbing was begun..

The usual classics were set up; *The Sofa, Snick or Snee, Charlie's Crack*, and two others, the names of which I do not know. The Sofa once again got the most attention and, as always, showed that its difficulty is inversely proportional to the climbers height. Mack, with his extraordinary reach, just threw his arm over the sofa's edge, slid his finger tips into the hold, and wondered what all the fuss was about. Never mind that the rest of us had to go through all kinds of gyrations to try and balance our bodies trying to reach the crack that was just out of reach. Eventually, after a number of trails, everyone in the group managed to sit on the couch and eyeball the scenery.

*Snick or Snee*, rated at 5.7,

proved that technique is as important as strength --but wouldn't substitute for it completely. There's no getting around the fact that a lay-back requires some arm muscling, no matter how much technique one applies. I saw Bob, Stanka, and Jeff make it, don't know who else.

While the newer climbers continued working out on *The Sofa, Snick or Snee*, and a third whose name escapes me, the more advanced members tested their skills on *Double Chin* and *Charlie's Crack*, both 5.9-ish. *Double Chin* is a one-move bouldering type problem involving the proper use of leg/foot work. Although a very strong person could conceivably pull the overhang on arm strength alone, most of us mortals need to get help from a leg thrown on the side of a boulder to take some of the weight off the arms. Steve Golob and I made the pull using a mild lunge -- next time the goal will be to pull the hang gracefully without dynamics (i.e., without lunging for the jug).

*Charlie's Crack*, another

route requiring both strength and technique, also saw a considerable amount of action. Steve was the first to try it, scampering up the crack with ease. I was next. Not sure if anyone else made the climb.

Later in the afternoon Steve Golob wanted to use the lead gear that he had dragged up the trail and lead an unnamed crack. I seconded Steve while Mack took photos. After finishing the lead exercise, we returned to the main group to find most of the others climbed out for the day. While some were taking down the ropes and anchors, Steve G demonstrated the use of Prusiks to other members the group; an excellent finale for an excellent day.

Participants:

Audie Bradford  
Bob Siegel  
Greg Ward  
Jeff Wright  
Justin Hall  
Kevin Wright

Mack Muir  
Stanka Jelen  
Steve Golob  
Steve Pappas  
Pete Grant

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## Rock State Park

(Continued from page 4)

could see that, after laybacking the flake, had I gone more to the right, or even straight up, the holds thinned out.

Later during the day, after the top rope had been taken down, Martin, seconded by Greg, led the right side of *Strawberry Jam* doing the 5.10 finish. I wanted to do it again, properly this time, but didn't get to it on this trip. Another route I wanted to do but didn't have

time, is *Piney* (5.10), a ceiling that appears to require technique more than muscle to pull. Next time.

The most popular route of the day prize must go to *Vertical* (5.6). This is one of the best 5.6's (the Gunks excepted) within our normal driving range with lots of positive holds everywhere for both feet and hands, and is sufficiently vertical to gave the climber that "airy" feeling. And it goes fairly straight up the wall, never more

than 3 feet on either side of the rope. A must climb for anyone visiting the area. I believe everyone in the group did *Vertical* some multiple times.

By 3:30 p.m., many group members began to show signs of having had enough so the ropes were taken down and we headed on home. On the way back, as we stopped where some of has left our cars, we snacked in the restaurant

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# Shawangunks

(Continued from page 2)

dered up an easy face to the crux move at the very top of the route. This overhang was Stanka's first and served as an excellent introduction to Gunks style climbing. The final move, protected by a bolt at waist level, has stumped many a climber for several minutes as they feel for holds that aren't there. The small fingertip hold for the left hand and a small dimple in the rock for the right is all that's reachable by us ordinary mortals, no use looking. I, of course, having done this route before knew the situation and spent less than 30 seconds preparing for the move. Stanka, following her instincts, felt around the wall for the non-existing holds for a couple of minutes until I convinced her that the initial holds she saw were the only ones. She hesitated a lot less time than most first-timers and did the move in grace and good style. Arrow is annotated with three stars in the guidebook and deserves every one of them. I highly recommend this route.

Our second route was *Drunkard's Delight* (5.8-), a two-star Gunks classic. Swain's guide book (the old edition, circa 1985, I have) warns about the initial hairy moves; however, I found no justification for the warning as the first placement was no more than 10' off the ground and appeared very solid using an appropriately sized wired stopper. The rest of the climb was truly delightful with a medium (5.6) -- guss what -- an overhang. Stanka's second intro to Gunks overhangs.

Our next route took us to the Near Trapps, with *Disneyland* (5.6-) as our goal, however, there was a party of three just preparing to do the route so we looked for an alternative. Someone suggested *Yellow Ridge* (5.7), a route that I had not done in the past. We jumped on it. After struggling with the initial moves, the route led to an exciting and exposed finish on the second pitch. It even had an overhang -- Stanka's third.

Yellow Ridge took a quite a bit of time, partially due to the difficulties doing the initial moves, and me getting off route, then retracing back on the second pitch. Nevertheless, we still had time to another one and headed on to *Classic* (5.7), one of my favorites in this grade. This one has an overhang on the first pitch: Stanka's fourth.

After finishing *Classic*, we could have done one more; however, we were concerned about the camping situation as the AMC campground is now closed, as is part of the State Forest area next to Camp Slime. We also wanted to drop by Rock and Snow for some much needed runners, so the decision was to quit climbing for the day and go do the chores instead. After the chores we had dinner at Baccus' and then headed back to the Trapps campground for a good night's rest.

For Sunday, weather.com had predicted rain. We arose at 6:00 and looked East LO and behold! The sun was rising in a nearly clear sky. So much for the forecast! It was, however a bit cooler as evidenced by a thermometer in town that claimed it to be -4C. By the time breakfast was over and we were ready for the first climb of the day, clouds had rolled in and diffused the sun's rays considerably and there was a slight breeze.

For our first warmup, we hiked to the same place as the day before; i.e., Arrow, and set up to do *Limelight* (5.7) just to the left of Arrow. After doing the first pitch reasonably comfortably, I realized that the wind was much stronger on the GT ledge and I got the shivers while belaying Stanka. I started the second pitch, then realized that the wind situation worsened as I got higher, and decided to turn around and abort the rest of the climb as both of us wore fleece without wind protection. We decided that the rest of the day should be spent doing only first pitches to keep freezing our butts off.

We headed on to *Bonnie's Roof* area thinking we might do either it or *Ant's Line* next to it, but found a party on both routes. There's a short 1-pitch climb just to the right of *Bonnie's*, *Groovy* (5.9-) that seemed to fit our plans well. The pitch being only 70 feet -- less than half ropes length -- with rappel anchors on top allowed me to lead the pitch, attach to the rappel anchor, lower back to the ground, and belay Stanka up from the ground.

While near the top of the strenuous crux moves, Stanka was spending a bunch of time removing a stubborn piece. I felt sorry for her as she had to lay back from one hand while nut-picking with the other -- I recalled having only tossed the nut in, clipped into it, and moved on in a matter of seconds. After finishing the pitch, as she handed back the lead

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## Shawangunks

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gear, I realized that the nut she had worked out of the crack wasn't one of mine but one that had become stuck as some previous climber had taken a fall on it! Amazing, as the nut looked like it had seen many previous attempts to remove it. Hey, we've got a real conscious second here!

After Groovy, we wandered a bit further away from the *Uberfall* and found a delightful looking first pitch of *Fillippina* (5.9-). The first pitch, rated 5.8, consisted of a nice finger crack that appeared to protect very well. And it did! All I had to do was to point at my rack and the crack reached out and pulled a piece out like a vacuum cleaner -- is that what they mean by the term "sucks pro"? Just kidding. Actually, I had to remove the wired stopper from my rack, then just toss it in the general direction of the crack and it would seat itself in the proper place; wonderful! Seldom have I been on routes that protect as well as *Fillippina*. Pure Joy!

By now it was 1:00 pm, the wind had picked up and the sun was just a hazy circle, barely visible through the clouds. We headed on towards the *Uberfall*, stopping at *Pas De Deux* (5.8) to do the first pitch. By the time I got to the crux move (only 20' off the ground, my fingers were getting numb from the cold wind and rock so I decided it was time to give up and go home. Shortly after packing and stopping at the visitor center, we saw the first rain drops so the decision was apparently a good one. Shortly thereafter the rain turned to sleet now I was doubly glad we had quit when we did!

Overall, we had a great time and wish more people would have joined us. Saturday was about as nice of a day as one could hope for this time of the year and Sunday, even though a bit on the cool side, was definitely enjoyable as long as one didn't go all the way to the top where the wind was quite strong.

Participants: Stanka Jelenc Pete Grant

\* Note: Ratings from Dick Williams' guide book. P. S. Next trip, *Bonnie's Roof* with direct finish is a must! I'll get up at 5 a.m. or wait in line, or both. Whatever it takes!

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## Rock State Park

and had an interesting conversation with Martin who, in spite of being only 2, has climbed more than some of us old timers. His track record includes some of the famous sites in Europe; e.g., Dolomites, Pakienica and such. Stanka especially was excited as she, living in Slovenia, had climbed in some of the same places. Martin originates from CZECHOSLOVAKIA.

Hey! Just dawned on me: We had a quite an international event. In addition to Stanka and Martin, Ronald is Austrian and Andy is British. I was born in

Finland (although I consider myself an American). Any other "foreigners" that I'm not aware of.

Participants: Marty Cominsky, Stanka Jelenc, Ronald Reiter, Suzanne Seltzer, Tim Harris, Irene Harris, Andy Britton, John Need, Greg Mistler, Martin Leska, Harold Lattin, Bob Siegel and Pete Grant

\*Note on *Breakaway*. The guide we were using rates both sides of *Breakaway* as 5. 10a. In my opinion, this is overrated. Comparing to routes in the Gunks, the left side (*Breakaway Left*) is 5.8+ and right

(*Breakaway*) 5.9-. I give the "+" sign to the left side only because many climbers had trouble making one delicate move, and the .9- rating to the right side only because it is a bit of a pumper with the top 40' of its 80'total height on smallish finger holds in addition to being slightly overhanging. No single move justifies 5.9 rating, let alone 5. 1 0.

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## New River Gorge

(Continued from page 3)

"Ladders" and headed on to "Kaymoors" on the south side of the river - so as to climb on the shady side in addition to exploring another area of NRG. For our Kaymoor excursion, we chose the "Rico Suave Buttress" as our initial destination.

On the way to *Rico Suave*, we passed some bolts that looked "interesting". Hmm. Searching through the guide book, we saw that it was "Attack of the Moss Clods", rated 5.10a "Why not", I thought and volunteered to lead it. Again, bolts I through three went fairly well, then came the final crux moves. This time, I had conditioned my brain for sport climbing and, after clipping the final bolt, just went for it. Lo and behold! I didn't get the moves right, found myself dangling with most of my body weight from fingertip holds, and sure enough, after a few seconds of dangling, popped off. I knew I had not made full use of my feet, but the bulge was so overhanging and there were no obvious footholds from where I could see. Lesson relearned: Look where the foot holds are before leaping onto a bulge where the wall below is hidden from view! I knew that! Why did I mess up and end up in this awkward situation?

I had hung on too long and my forearms would not recover. Subsequent attempts at the crux moves failed, this time because of lack of strength. Again, I got low-

ered off and asked someone else to finish the route. Eric tried, but didn't make it either. Another climber, Jim, had arrived on the scene and was observing our struggle with amusement. I asked Jim to finish the lead for us and set up a top rope on it so that we could at least have a chance of doing the crux of this route. Jim did, and went up the route so gracefully that I felt embarrassed once again as I watched him make the moves in a sequence that had not occurred to me. Later, when I top roped the route and tried Jim's sequence of moves, I found the crux considerably easier than the way I had tried earlier. Moral: There's more to climbing 5.10's than arm strength.

It was getting late and we had time for only one more route. We headed for our original goal: "The Rico Suave Arets", a 5.10a sport route with four (yup, (4) again) stars. Jim and Eric went ahead while John and I cleaned up the anchor off of *Moss Clods*. By the time we arrived, Jim had led the route and Eric had just finished it on a top rope. John and I also did the route with the top anchor, which was kind of disappointing as I thought that I could have done

this route on a lead. This route definitely earns its stars and I highly recommend it.

In conclusion, I must admit that after Saturday's climbs, I wondered if I would ever bother to come back to NRG. Sure, the place was big and had many, many routes on it. But most routes were similar to our top-roping areas in our nearby areas and I saw no point in driving six hours to climb 60 foot cliffs. Besides, the ground was dusty and full of trash, especially cigarette butts, and the routes themselves were unpleasant due to dirt and loose debris. I thought that the place is simply no comparison to the Gunks or Seneca where the climber can enjoy the thrill of exposure and an exhilarating view of the valley below. The routes we climbed didn't even clear the tree tops, thereby scoring zero in the view department.

After Sunday's climbs, however, I changed my mind. The *Central Endless* and *Kaymoor* areas turned out to be superior and more aesthetic to those we visited Saturday, and I suddenly saw what NRG climbing was all about. No, it's not the Gunks. No, it's not Seneca. It's NRG and has an aura and attractiveness of its own. I plan to return there many more times.

Participants: Peter Grant, John Messner, Eric Sigler, Lee Jenkins

#

"I had hung on too long and my forearms would not recover."

# Climber's Calendar

## DETAILED SCHEDULE

### November 7th -- (rock scrambling for hikers)

#### Great Falls, Virginia

To assist hikers in the general PATC club, members of the mountaineering section will be holding a one day clinic on rock climbing skills for hikers. The clinic is intended to teach basic skills to hikers who may encounter rocky and exposed trails. Other members are welcome to attend and help teach and climb after the clinic. Meet in the climbers' parking lot (first right after passing the entrance gate).

Meeting time: 8:00 a.m.  
 Meeting place: Climbers Parking Lot  
 Trip leader: Greg Christopolous at: [goclimb@erols.com](mailto:goclimb@erols.com)

### November 12th - 14th

#### Arlington, Virginia American Alpine Club Annual Meeting

The American Alpine Club will hold its Annual Meeting in Arlington, Virginia this year. While this is not a PATC-MS event, the meeting gives local climbers/mountaineers an opportunity to meet other mountaineers from around the world and see some interesting presentations. Checkout the preliminary program at the AAC website.

Meeting time: begins 6:00 p.m. on Nov. 12th  
 Meeting place: Hilton Arlington and Towers  
 Trip leader: none

### December 12th -- top-ropeing (tentative) Great Falls, Maryland

Climb some rarely climbed sections on the Maryland side. Meet at the Great Falls Maryland parking lot

Meeting time: TBA  
 Meeting place: Great Falls, Maryland  
 Trip leader: Pete Grant, at: [grantpk@msn.com](mailto:grantpk@msn.com)

### January 15th - 17th (Martin Luther King Weekend)

#### Adirondack Mountains, New York--Ice Climbing Festival

Make plans to attend the Annual, Ice Climbing Festival in the Adirondacks. Details to be announced.

Meeting time: TBA  
 Meeting place: TBA  
 Trip leader: Greg Christopolous at: [goclimb@erols.com](mailto:goclimb@erols.com)

### February 19th - 23rd (Presidents' Day Weekend)

#### North Conway, New Hampshire -- Ice Climbing Festival

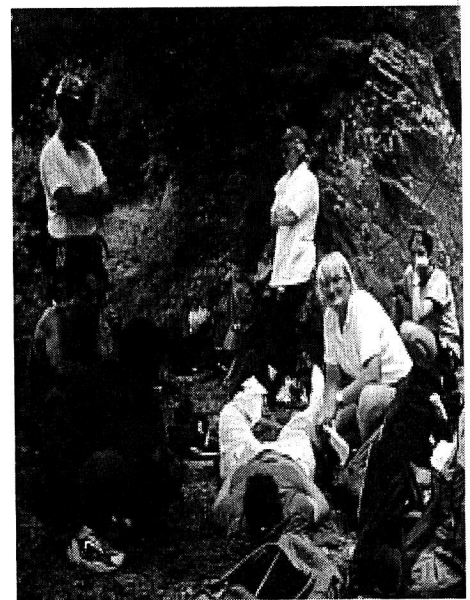
Make plans to attend the Annual, Ice Climbing Festival in the White Mountains. Details to be announced.

Meeting time: TBA  
 Meeting place: TBA  
 Trip leader: Mack Muir at: [mackmuir@edisaurus.com](mailto:mackmuir@edisaurus.com)



« **Little Stoney Man Mountain**  
 On Skyline drives serves up some great climbing possibilities. The rock is well protected and has great positive holds. Andy Squires on an exposed 5.8 climb

A William and Mary student was » injured when she fell striking a ledge. The woman experienced injuries that were not immediately life threatening. The park service was soon on the scene to evacuate the victim to a nearby hospital.



# Summer Hotheads by Vincent Penoso

**S**ummertime has come and gone with all its' mercuric splendor and ferocity but hikers and climbers alike should remember how important it is to drink plenty of water. Eight glasses of water a day seems like a tall order but it is more important in hot weather and especially with any more than moderate activity when

your body needs it most. Water is lost through evaporative cooling, respiration and metabolic functions . Exercise physiologists suggest water loading 30 minutes prior to your activity and regular intake of water or electrolyte beverages will keep you well hydrated. Symptoms that may suggest dehydration include but are not limited to thirst, weakness, diz-

ziness and nausea. Thirst is not a good indicator of sufficient hydration. On your next outing be sure to have plenty of water on hand or Gatorade-like drinks specially formulated to replenish electrolytes, water and glucose lost during physical activities.

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