

Up Rope

FOUNDED BY
HERB AND JAN CONN

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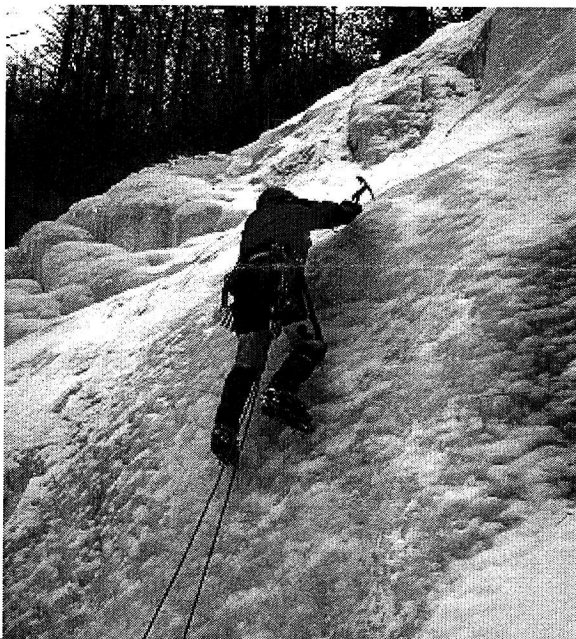
ROCKFALL

- Hold on to your renewal fees please, the club plans to collect them all at once.
- Gunks and Seneca Campsite reservations have been made.
- Trip Leaders Needed.
- Photos and articles needed

CRABTREE FALLS, VIRGINIA by Greg Christopulos

On Tuesday, February 2, 2000 three Mountaineering Section members (Greg Christopulos, Dave Coffey, and Andy Britton) cut life to go ice climbing at Crabtree Falls, which is about forty miles south of Charlottesville in the George Washington National Forest. Dave and I have been intending to check this falls out three or four years ago but the mild winters this area has been experiencing made that impractical. (Andy enthusiastically joined us and lowered

his standards because he couldn't find anyone going to White Oak on Tuesday). We originally heard about these falls at Ed Pallen's Rock and River in the Adirondacks while on a spring climbing trip. One of the other ice climbing guests at the Rock and River was the taciturn "Dave from Virginia Beach." When I asked this costal ice climber where



he climbed in Virginia, he mentioned White Oak Canyon and Crabtree Falls.

When I got back to DC, I found a description of the falls in the PATC Hiking Guide to the Pedlar District of the George Washington National Forest. According to this guide, the *grand cataract* of the falls has a drop of 500 feet and the five cascades of Crabtree Falls have

(continued on page 3)

ADIRONDACK MOUNTAIN FESTIVAL BY Greg Christopulos

We came, we saw, we climbed. About twenty DC area climbers spent another Martin Luther King weekend at the Adirondack Mountain International Mountainfest. This year the Club stayed at the ski dorm of the Cascade Cross-Country Center. This hard-charging high-energy group managed to climb each day and then close down the Cascade's bar each night.

However, Dave Green set the PATC endurance and attendance record this year by going to a climbing or skiing class each day

and then reportedly staying awake during the slide shows on Saturday and Sunday night. On Monday, while many of us prepared to go home, Dave went skiing in the morning then moved over to the AMK's Adirondack Loj so he could snow shoe Mount Marcy the next day.

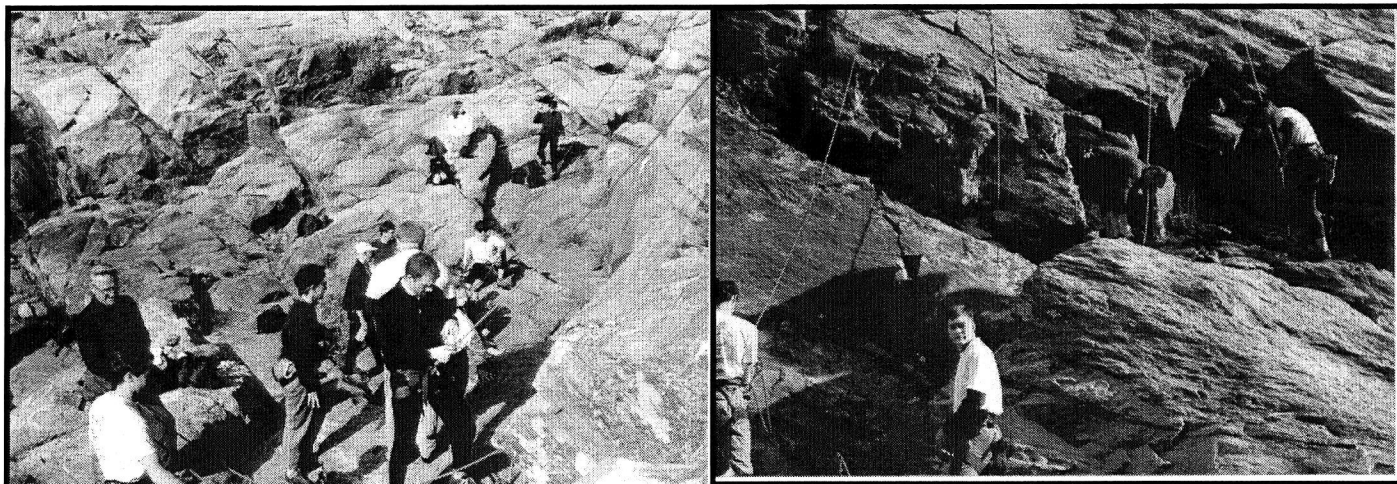
The weather on this trip gave us the full range of January climbing conditions. Saturday it was sub zero with no wind, plenty of sunshine and firm ice that could shatter easily. Those who took festival classes on the south side of Pitchoff didn't need a belay jacket

in this sub zero weather; they could climb in their pile jackets and belay with their Gore-Tex jackets. (Check the NEICE web site for pictures of the festival.) The next day was in the thirties, overcast and windy with snow showers. The ice was firm but forgiving and made a solid thank with each placement and didn't shatter. Monday, however, was brutal with sub-zero temperatures and gusting high winds. Wind chills were in the lower minus twenties.

Alex Christopulos discovered another expensive sport (continued on page 5)

CARDEROCK, MARYLAND

BY JIM MARTIN



More than 15 folks met Sunday, December 12, 1999 at 9:00 am for a day of warm sunny climbing at Carderock, MD on the Potomac. Several members joined the PATC-MS sponsored outing. It was a pleasant mix of old hands and beginners, with several climbing gym enthusiasts getting their first or second exposure to real rock. These photos were at the *purple horse area* off the Billy Goat Trail. Big "thank-you" to Pete Grant for marshalling the large assault. ®

COLORADO BETA

BY Tom Isaacson

Most of you won't know me. I was an active PATC-MS member in the mid 80s-early 90s and edited Up Rope for a few years in there. I top-roped at Crescent Rocks, Great Falls, Annapolis Rocks and others more than I care to remember.

After abandoning the local scene to climb at the New River Gorge (from 1991-1998), I moved to Boulder Colorado for reasons that should be self-evident. If you want to be a climber, you ought to live near the climbs. Alas, it took me 14 years

to figure that out.

Anyhow, for those of you considering a trip out here (or even relocating permanently), please feel free to drop me an e-mail at the address below. I have reasonably good information on most Colorado rock climbing areas as well as some beta on Wyoming (esp. Devils Tower and Wild Iris), Utah (esp. Canyonlands) and Yosemite/Tuolumne. I can probably answer almost any reasonable question about the New River Gorge, though that informa-

tion also is readily accessible in the DC area. It is good to see that the club is staying active even though climbing gyms now offer some of the same functions (albeit at a price).

There is an esprit that comes from club activities and I'm glad that people who are so inclined are able to take advantage of the club's offerings.

Tom Isaacson

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MOUNTAINEERING SECTION LIST SERVE REMINDER

Any MS member can get timely e-mail notices of upcoming MS events and impromptu climbing trips and have a forum for discussing climbing-related topics. All you need is an e-mail program and to subscribe the MS's e-mail list server.

To become part of the listserv community, send an e-mail to mtn@lists.taxadmin.org and type the words SUBSCRIBE in the SUBJECT line. Any messages you send to mtn@lists.taxadmin.org will be distributed to the listserv. Make your line as descriptive as possible, to help users sort through the messages.

If you activate and automatic reply on your e-mail (when you go on vacation), please UNSUBSCRIBE for the listserv, otherwise it can cause problems for other users.

If you are unfamiliar with how a listserv works, please e-mail a message to Ron Alt

altr@worldnet.att.net or ron.alt@taxadmin.org and a copy of the help file will be sent to you.

See you online!

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CRABTREE FALLS (CON'T).

(continued from page 1)
a combined drop of 1,080 feet over a horizontal distance of 1,880 feet. A review of the PATC topo map for the area showed that the *grand Cataract* was in a deep northerly facing canyon at an elevation of about 2500 feet where the winter sun never shines.

Leaving from Oakton, it took us about two hours and forty five minutes to get there. (I'm sure Ozana could do it in half the time.) Then the work began. The paved highway going to the falls was well plowed, but it turns out that the Forest Service did not plow the parking lot. There was about eight inches of heavy snow in the paved parking lot and it took us about a half hour to dig out a space with the one small car shovel I had in my trunk. (Next time we will need one shovel per climber to make things go quickly.)

The first cataracts were only 700 feet from the parking lot and we started climbing from there. The bench at the overlook next to the falls was a convenient place to drop our packs and step into our crampons. We started scrambling up the first cataracts. Andy led the way and trailed one of the ropes so we could set up a quick belay if either the first climber or the seconds needed a quick belay at a problem spot. It was pleasant NEI 2 ice scrambling as we meandered around the thin ice and holes. Every placement made a solid "thunk".

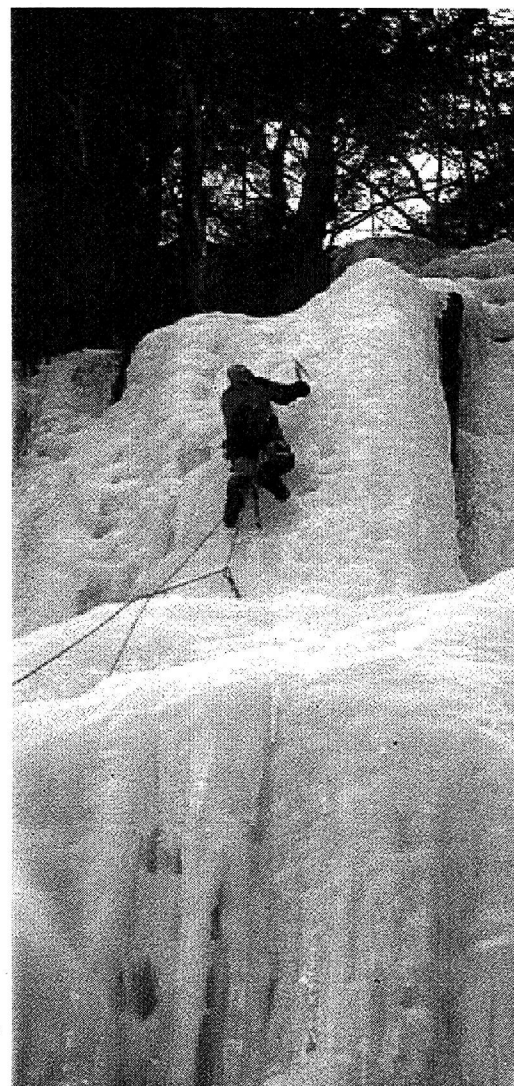
None of us used a belay on this section. The hardest part was at the end, just below the next overlook where there was a twelve-foot vertical climb with thin ice. You could see the water running through a hole in the ice which you had to climb over. From this overlook we got back on the trail till we got to the next

section. Staying in the stream would have meant wallowing in snow and maybe walking on thin ice.

The next section was about eighty feet of NEI 3-3+. We did not free climb this section. A misstep in this section could turn a fall into a toboggan ride. We roped up. Andy placed two screws on this lead and used a double rope, alternating one rope through each screw. Once over the top Andy kept going another half of a rope length so he could anchor from the trees. With the two ropes Andy could belay both of us at the same time. The ice above the steep section may have been too thin to use as a belay stance. Belaying off the trees, however, made it hard for the belayer to hear what the leader was saying. It took us about two and half hours to climb Crabtree Falls, and it took about another half hour to hike back to the parking lot.

All in all Crabtree Falls turned out to be a pleasant alpine climb. The hardest section of the cataracts at Crabtree Falls is probably harder than the hardest section of the cataracts in White Oak Canyon, but White Oak is more extensive and has harder ice on the sides of the canyon. Neither of these Virginia ice climbs is as extensive and steep as Riegelsville, but they are an easier drive and more scenic.

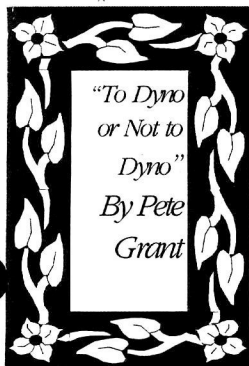
Directions: Take I-66 to U.S. 29. About thirty miles south of Charlottesville you make a right on to route 655/ route 56 at Colleen going west. Check your map. Stay on Route 56. Go past the town of Crabtree Falls. The parking lot is on the left. There is also a well-maintained



latrine at the parking lot and a pay phone which does not work in the winter.

Emergency numbers are located next to the phone. Over the years 21 hikers have gotten the Darwin Award by scrambling on the slippery rocks and falling to their death.

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... that's the question (with apologies to Shakespeare). When I first learned to climb, a point that was pounded into my head was that I should, whenever possible, maintain three points of contact with the rock. Years of abiding by this principle ingrained the thought so deeply into my brain that I didn't even think of questioning the wisdom of this advice until recently.

I was climbing Arrow (5.8) in the Gunks with Sophie, a very pretty young lady visiting the US from Norway (aahh, wish I was 20 -- no make it 30 -- years younger). The first pitch of Arrow is easy, about 5.6, and there were a couple of moves that I normally would have made by reaching up and stretching my arm to grab the jug holds in a perfectly static style. Instead, I almost instinctively, after having done the moves in the gym many times, decided to just lunge for the jugs -- in a controlled manner, of course. The fluid motion felt so right. My entire body was brought into participating in the move and, most

(continued on page 4)

Climbers calendar 2000

April 22nd (Saturday) Caudey's Castle, Virginia

A rock face located on private land near Winchester, Virginia; Caudey's Castle offers something for everyone--top-roping, leading, and sport climbing. For details see <http://www.kaleviinc.com/climbing/caudeys>

Meeting time: 8:00 a.m. Meeting place: McDonalds--Tyson's Corner, VA (on Rte. 7)
Trip leader: Pete Grant, at: grantpk@msn.com (email preferred) or (703) 960-6033

May 6th - 7th (weekend) -- Multi-pitch climbing Seneca, West Virginia

What better way to enjoy a spring weekend than a trip the Seneca Rocks. A three-hour drive from Washington, Seneca is the closest area with an extended list of multi-pitch climbs for all levels. Check out the travel guide for Seneca at <http://www.reston.com/senecaweb/>. Participants should find their own partners, but can contact the trip leader for others needing partners. Updated information will be available at <http://www.kaleviinc.com/climbing/seneca/may2000>

Trip leader: Pete Grant, at: grantpk@msn.com (email preferred) or (703) 960-6033

May 27th - 29th Memorial Day Weekend Shawangunks, New York

The annual Memorial Day Weekend PATC-MS trip to the climbing mecca of the northeast. The Gunks have thousands of multi-pitch climbs for all levels. We will stay at the Creek View Campground (small fee will be charged). Participants should find their own partners, but can contact the trip leader for others needing partners. Updated information will be available at <http://www.kaleviinc.com/climbing/gunks/may2000>

Meeting time: contact trip leader
Trip leader: Pete Grant, at: grantpk@msn.com (email preferred) or (703) 960-6033

July 1st - 4th (July 4th weekend) Seneca Rocks, West Virginia

Join other PATC-MS members for the Annual July 4th weekend camping trip to Seneca Rocks. A three-hour drive from Washington, Seneca is the closest area with an extended list of multi-pitch climbs for all levels. Check out the travel guide for Seneca at <http://www.reston.com/senecaweb/>. Participants should find their own partners, but can contact the trip leader for others needing partners. We will be staying at the Seneca Shadows Campground (a small fee will be charged). Meeting time: contact trip leader
Trip leader: Vincent Penoso: vpenoso@earthlink.net or Pager 800-577-7468 THEN 390-5133

(continued from page 3) "DYNO"

importantly, the bulk of the work was done by the legs, thereby actually reducing the use of arm muscles.

True, had I missed any of the holds, I would have increased the likelihood of a leader fall, but only slightly as I was confident that I could arrest a fall with the other (non-lunging) hand. Frankly, I was surprised that making dynamic moves on lead did not raise the adrenaline level one iota. Making the moves was such an exhilarating experience that it counteracted any tendencies to increase the scare factor.

Later, Sophie and I were on CCK (Cascading Crystal Kaleidoscope, a 5.8) and again I made several dynamic moves on the easier pitches. I commented about it to Sophie, but I don't think she heard me. The result was that I arrived on the final crux pitch with fresh arms and excellent spirits. I even used slight dynamic "lunges" on the last few moves and it felt so great! Really.

I'm sold on the dyno idea; from now on I'm practicing it every chance I get. By the way, just to clear up any misunderstandings, I'm not talking about "go-for-broke" dynos such as the one done on "Leap of Faith" at Hermitage -- at least not yet. One needs to start off easy and work into the more serious lunges a little at a time. I doubt I'll ever have the guts to do "Leap Of Faith" on lead.

Pete "just call me the Dyno Man" Grant

P.S. Yes, I admit to exaggerating the amount of dynamicity in my moves; I just received my poetic license and figured that I might as well put it into good(?) use. But the statements concerning my feelings about it are 100% true. And many thanks to Sophie for sharing with me the joy of climbing in the Gunks. It's not every day that I get a chance to climb with such a great person as well as an excellent climber -- and a pretty one too. No exaggeration here, that's for sure! ®

My First Multi-pitch Climb"

by Jo Sander

Seneca Rocks Trip Report FEB/2000

I was out of bed at 6:15am on a Sunday morning eagerly anticipating the planned trip to Annapolis Rocks. Getting out of bed at that early hour is something I do during the week but is very difficult on a weekend. I get a "wake up" call from Pete saying that no one has responded to his Annapolis Rocks trip so we're going to Seneca instead and, oh by the way, bring a windbreaker. I think windbreaker, but it's suppose to be 70 de-

grees today. You need to understand that I have recently moved here from California and was really looking forward to being out in the warm, sunny weather. I don't know where Seneca Rocks is or what kind of climbing it is but it sounded like it's going to be colder there.

While driving the 3 hrs to Seneca, which was a thrilling experience in itself, I ask Pete what are the climbs like at Seneca. He responds that this will be REAL climbing, trad climbing, multi-pitch, woo-hoo (I added the woo-hoo part). I figure that Pete has seen me climb and knows that I am relatively new at this sport so I'm feeling fine about the change of plans

and anyway, it will give me an opportunity to do REAL climbing which is a goal of mine this year. We get to the base of the climb, it's a 5.4 and two pitches, this should be no problem. It's funny how the rock becomes much more intimidating the closer you get to it. I also am trying to conquer this thing called fear. I am uncomfortable being in high places, but am getting better about it with practice. Maybe that's a bit strange for a climber to be uncomfortable about heights, but it's part of

...I noticed
we're running
out of rope. I
yell "20 ft", no
response, ...

the challenge for me. Pete leads the first pitch, after having to deal with me saying I can't do this, and explains the moves as he goes. I second and make it, didn't drop any gear, didn't fall off, didn't freak out. Success! Pete then leads the second pitch. On this second, it was a little harder in a spot and I had trouble getting out a cam, but made it

again without falling off. OK, there was one problem in that Pete had to rappel about 15-20ft to get the jammed cam. Now for the third pitch, this one is called Bon Appetit Direct (I think) and is a 5.5. Pete of course led this pitch and after he was out of sight, I noticed we're running out of rope. I yell 20 ft, no response, I yell 15 ft, no response, I

yell 10 ft, no response, I yell no more rope, no response. Some nearby climbers notice that I am out of rope and am getting dragged upwards so they begin to yell at Pete. Eventually, Pete figured it out the reason he couldn't get any more slack while he was setting up the belay anchor. Now It's my turn. I'm feeling more confident at the start of this pitch, it didn't look all that hard from where I was standing, just a lot longer. About the middle of the pitch, there was a move that I couldn't figure out. I used everything I read in the books--stemming, chimney, layback, back stepping, opposing pressure, and knees (maybe that's not in the book). Then my fear got the best of me and my legs started shaking uncontrollably, uh-oh sewing machine legs, another new experience. I finally make it to the top, with no falls, and anchor to a small tree on the belay ledge. Pete says to relax and enjoy the view, which I do, but I'm really letting my nerves settle down. While I'm taking it easy, Pete raps down a few feet because I left the last piece. OK, it was last piece almost at the belay ledge and I didn't see it until I made my last move to the left instead of the right. So that was it, my first multi-pitch experience, and I will return to do the final pitch to the summit. One last thing I need to admit to, I wimped out on the two rappels to get back down and asked Pete to lower me instead. So next time I will do the raps down. Thanks Pete for being patient and for the great adventure!

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Adirondak Mountain Festival, (continued)

(Continued from page 1)

that she liked after climbing ice for the first time by taking Beginning Ice with Nick Yardly. Nick commented that not all rock climbing technique worked on ice. While twist locking off her ice tool, instead of front pointing with her crampons, Alex would sometimes try to edge with her crampons, as if they were rock shoes. The next day Alex climbed up the Cascade Waterfall as Dave Coffey and I alternated the lead. Cascade was one of the first leads I ever did on ice about 25 years ago and it is always fun to be back on it and enjoy the view of Cascade Pass and the lakes. After doing about two pitches the ice gave out when we came to a pool of thin ice and standing water.

When the upper section is frozen its possible to do a fine alpine ascent of Cascade Mountain that's not in the guidebook. Several years ago Dave and I free climbed and continued up the stream through a narrow slot to a frozen amphitheater which is rarely climbed. The amphitheater forms a

series of one-move vertical terraces that are about half a rope length in total height. From the amphitheater you can continue up the stream to its source. From there you have to bushwhack and follow a compass line to the Cascade Mountain trail. After that you make a left turn and follow the trail to the rocky summit. Dave and I ran out of time and did not continue the climb the first time we got to the source of the stream and this time it had not been cold enough for an extended period to freeze the upper stream. Maybe next season we will have a chance to reach the summit of Cascade this way.

On Saturday Chris Revard, and Al Santos and Rosita Santos climbed Mt Marcy, after driving through the night and arriving at about 3:00 AM, while Eric Sigler, Bill Duvall, Laura Duvall, Chris Ferguson, and Mitch Hyman, and Lee Jenkins took their ice climbing classes. On Sunday, Chris Revard, Eric, Al, and Rosita climbed Chiller Pillar with Todd Post, Rick Dothan, and David Chiu, and another group went to the backside of Pitchoff. Mitch,

Bill, Laura and Chris Ferguson climbed there with Andy Bitton, Ted Plasse, and John Smith.

In spite of these brutal conditions on Monday, John Smith, Mack, and Andy went climbing that morning. Andy said he went climbing only because his ride was climbing. Dave Green, Mitch, and Ted showed a little more sense by going cross-country skiing in the morning so they could stay warm while they were outside. I think everyone else chickened out and headed south after breakfast. In fact the dance troupe, David Chiu and Rick Dotson, left just before breakfast so Rick could get to his Monday night swing class.

This was the first year we stayed at the Cascade, which provided us with economical accommodations, a great view of the mountains at breakfast, and a friendly helpful staff. The only complaint I heard was that the bar should have stayed open past 7:30.

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THE MOUNTAINEERING SECTION

MORE ROCKFALL

- The Gunks - Memorial Day Weekend (5/26-5/29) - Creek View Campground sites 11 & 12. There was no deposit required. Those who go will need to split the cost and pay when they arrive. I believe Pete agreed to lead this trip.
- Seneca Rocks - July 4th Weekend (6/30 - 7/4) - Seneca Shadows Campground group site D. I paid \$168.65 for this reservation. Those who go will need to split the cost and reimburse the club.
- The UPROPE staff can work with most picture formats but prefers *.BMP files!

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