

Upcoming Events

Wilderness First Aid

May 8 & 9

Deadline to sign up is **March 31st**. Red Cross WFA certification course offers content and exercises tailored to climbing situations (leader falls, hypothermia, etc). Cost will be partially subsidized by the club. Stay tuned for an email with a sign up link coming out in the next few days. Contact johnjruppert@gmail.com if you have questions.

Cinco de Mayo at Seneca

May 8 & 9

The club will be renting out the campsite at Seneca Shadows.

Top Rope Trip Leader Clinic

May 15 & 22

Learn from the best! This is open to climbers of all levels who are interested in leading or assisting in leading a trip with the club.

Annapolis Rocks

May 29

Join PATC-MS for a top rope/lead climbing trip to Annapolis Rocks.

*More information will be available on the **EVENTS PAGE** in the near future! Stay tuned!*

Grant Programs

You must be a club member for at least one year before applying to any of the grants.

Expedition Grant

Application dates:

September 1 - 30, 2020

\$500 grant for an expedition outside of the PATC-MS regular area, promoting the club's goal of providing enjoyment of mountaineering and related activities. *More info...*

Jeanette Helfrich Women's Leadership Grant

Application dates:

February 1 - 28, 2020

\$600 grant for any lead climbing or self rescue course, encouraging women leaders in climbing. *More info...*

Professional Outdoor Skills Educational Grant

Application dates: rolling basis

\$400 reimbursement for a qualified educational course, supporting education in climbing. *More info...*

Up Rope History

Did you know Up Rope has been around since 1944?

Check out past issues on our **ARCHIVES PAGE!**

Up Rope Submissions

Trip Report Submissions: Please send all trip reports to upropeeditor@gmail.com. Please put in the subject line TRIP REPORT: Name. Please include the full first and last name of the writer and full names of as many club attendees as possible. If you have it, logistics information such as guide services, camp grounds, restaurants, etc. would be useful at the end of the story. Please list who is in each photo and who took it.
There is no word limit for trip reports.

General Submissions

Submissions for climbing news, member of the month, and gear/book/gym reviews can be sent to upropeeditor@gmail.com at any time. Aim to keep them between 200-400 words.

All submissions will be edited for grammar and length when necessary.

2021 Club Officials

Chair

Rick Dotson chair@patcms.org

**Vice Chair &
Up Rope Editor**

Caroline Mosher vicechair@patcms.org

Secretary

Adam Nicholson treasurer@patcms.org

Treasurer

Andy Bernat secretary@patcms.org



What's New?

Welcome to the digital reboot of Up Rope! I want to give a special thank you to Bethany Gresser, who spent many hours designing the entire template from scratch(!) *and* writing content. This newsletter wouldn't have been possible without her.

Please contact me if you would like to submit something for any of the columns (gear reviews, gym reviews, buy/sell/trade, climbing news, etc). If you have a trip report please see the last page of the newsletter for directions to submit it. Fresh content? New ideas? Questions? Feedback? Send it to upropeeditor@gmail.com and let's bring the legacy of Up Rope back to life!

COVID 19 Safety

Let's all make sure we're balancing caution with passion! Here are some resources to help protect ourselves and our community during these trying times. Here are some resources to help you stay informed.

- Check out the Access Fund's Climbing During the Coronavirus Pandemic.
 - Learn about the CDC's Considerations for Events and Gatherings (If you must gather, be safe!)
 - Stay up to date with the CDC's COVID-19: What's New & Updated page.
-

Meeting Recap

John Ermatinger and Bruce Byer gave an excellent presentation on climbing at the Needles and Devil's Tower. Take this quick [survey](#) to let the club know where you'd like to go climbing this year! Be on the lookout for information on the website regarding the Monongahela Climbing Management Plan. If you climb at Seneca, you will want to be involved. Mid Atlantic Climbers is looking for a few volunteers from the club to be Carderock Canal Stewards. This entails performing minor cleanup duties (clearing trail of fallen debris or encroaching vegetation for example) and serving as the eyes on the ground to report larger issues (a tree that is at risk for falling, trail conditions that need work, etc). Email edwin@bachetti.net if you're interested in helping out.

Climbing in the Age of Technology

Take advantage of the numerous online resources available to stay fit and enthusiastic during these times of isolation, many of which were created with the COVID-19 pandemic in mind. Here are just a few options, but we urge you to explore the possibilities. Find your inspiration!

- Challenge yourself with an online fitness class. Visit SportRock's Live Stream Classes and Archives and Earth Treks' Online Classes to see what's available at some of our local climbing gyms.
- Venture into the world of online yoga classes and experience the diverse styles of yoga offered by UP Yoga, a local studio in Silver Spring, MD.
- Check out an at-home training program, like Gripped Magazine's Ultimate 28-Day At-Home Climbing Training Routine or USA Climbing's Training At Home program, and tailor it to your own fitness goals.
- Stay fresh on outdoor climbing destinations with PATC-MS's Climbing Crag and Beta page.
- Check out the collection of Tips, Tricks & Gimmicks shared by PATC-MS members.

Are you a new member?

Welcome to the club! Here are a few suggestions to help you stay connected to the group.

- Check out our New Members Guide to learn about what we do and how you can get involved.
 - Join the listserv - this is how a majority of club members communicate. To join,
 1. Go to PATC-MS Google Groups page
 2. Log in to your Google account ("Sign in" button at top right corner)
 3. Hit the button at the top of the page that says "Ask to join group". There is no approval process - once you hit ask to join, you are in!
 - Join the Potomac Mountain Club Facebook Group.
 - Follow the Potomac Mountain Club Facebook Page.
 - Everyone is welcome at Carderock Wednesdays, which usually kicks off around 4pm. No sign up required. They are on hold for now due to the pandemic - stay tuned for their return!
-

Volunteers Needed!

Calling all volunteers! Here is [Volunteer Calendar](#) for this year, we have a lot of trips planned but we can't do it without your help. If you have not led a trip before, please sign up as an assistant volunteer for at least one trip before striking out on your own as a leader. It should go without saying but please do not sign up to lead a trip to a crag you do not know well. Enter your name in a yellow column to sign up to help with a trip.

We are also looking for volunteers to fill other positions. We are looking for -

- Programs coordinator (find content and presenters for the monthly meetings)
- UpRope Editor/assistant editor
- Crag clean up coordinator
- Volunteer coordinator

Please contact Caroline if you are interested in volunteering!

Trip Report: Porte Crayon

By Adam Nicholson

I did an overnight camping trip two weekends ago, parking at Red Creek Trailhead and skinning up FR 19 to Boars Nest Trail. From there I followed the road a short distance to where it intersects with the pipeline. I continued on the Roaring Plains Trail and camped about a third to half a mile from the pipeline cut near a small stream.

On the way up there were multiple unfrozen puddles/streams/pools along the trail and it was impossible to avoid some of them. As a result, my skins got caked with ice and snow. Frustrating, but by itself not a deterrent to returning. There are some interesting looking glades on the way up Boars Nest, but not much skiable terrain at the top that I noticed besides the pipeline.

The next morning I did short, mile-ish out-and-back tour along Roaring Plains trail in the direction of the summit. I didn't have a lot of time and visibility was very limited. I was hoping to find the trail to the canyon but wasn't able to see it. I think I went far enough, so it was likely covered in snow and there was no trail sign. The scenery is similar to parts of Dolly Sods--open plains in places that certainly "roar" when the wind blows through. Snow depth matched or exceeded NOAA's forecast.

I then descended via the pipeline. From Roaring Plains trail you've got about 1.5 miles of skinning before it starts to descend, and you have to cross a gate just after it starts to get fun. There are multiple short to moderate length runs of increasing steepness, followed by long flat sections that require skating or booting.

The last two sections are the steepest and certainly are fun, except for the thorns and briars (even with 2-4 feet of snow they were chest high in places). All the aforementioned challenges, however, are nothing compared to the crazy, ~3 mile bushwhack out (to red creek trailhead parking), that seems to require crossing multiple private property boundaries. There might be a better option.

Porte Crayon is a spectacular place and well worth a visit for the quiet and scenery. However, the eastern side/pipeline descent is not a place I'd go for touring again, without extensive beta (see below). Ice climbers, note that there's some big frozen stuff in them hills. I'll be coming back for that for sure.



Join Us Online

Stay in touch with the PATC-MS Community and up to date on news and events!

 PATC-MS logo
PATC-MS Website

 Google Groups icon
Listserv

 Facebook icon
Facebook Page

 Facebook Groups icon
Facebook Group

 YouTube icon
YouTube