

## Upcoming Events

### **Cinco de Mayo at Seneca**

*May 1 & 2*

Seneca Shadows group rentals are closed due to Covid. The club will most likely be renting out campsites at Princess Snowbird, stay tuned for details. If the event is filled, you can still attend but you will have to secure your own campsite. There will be a screening of "Approach" at the Gendarme Saturday night.

### **Wilderness First Aid**

*May 8 & 9*

\*Course filled\* Contact [johnjruppert@gmail.com](mailto:johnjruppert@gmail.com) if you have questions.

### **Monthly Meeting: Avalanche Awareness**

*May 12*

Next month's meeting features an introduction to avalanche awareness with Adam Nicholson.

### **Top Rope Trip Leader Clinic**

*April 24 & May 15*

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. A mini anchor clinic will be held at this event.

*Visit the **EVENTS PAGE** to sign up!*

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## 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...*

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## Up Rope History

Did you know Up Rope has been around since 1944?

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

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## Up Rope Submissions

**Trip Report Submissions:** Please send all trip reports to [upropeeditor@gmail.com](mailto: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](mailto: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.*

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## 2021 Club Officials

### Chair

Rick Dotson [chair@patcms.org](mailto:chair@patcms.org)

### Vice Chair & Up Rope Editor

Caroline Mosher [vicechair@patcms.org](mailto:vicechair@patcms.org)

### Secretary

Adam Nicholson [treasurer@patcms.org](mailto:treasurer@patcms.org)

### Treasurer

Andy Bernat [secretary@patcms.org](mailto:secretary@patcms.org)



## What's New?

As the number of vaccinated individuals continues to rise, the club is getting back into full swing. The climbing season will kick off with Cinco de Mayo at Seneca, with many exciting trips planned over the spring and summer. Carderock Wednesdays will officially start back up next month. A discounted women's learn to lead course is in the works - contact Caroline if you want to go. The photo above is from some recent trail work completed with Friends of Seneca. We hope you enjoy the new signs! The fourth edition of the Seneca: The Climber's Guide (co-authored by former PATC-MS chair Andy Weinmann) comes out in a matter of days. You can order a copy at the pre-release price [here](#).

Please contact [upropeeditor@gmail.com](mailto:upropeeditor@gmail.com) 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.

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## 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.
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## Meeting Recap

Caroline Mosher gave a presentation on mountain medicine. The youtube link to the presentation is [here](#). As always, we are on the hunt for volunteers to lead and assist in leading trips! Have a look at the "Volunteers Needed" section below if you're interested in helping out. 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.

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## 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.

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## 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. Carderock Wednesday will start back up next month. Don't forget your mask!
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## 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. Contact Caroline if you are interested in being:

- UpRope Editor/assistant editor
- Crag clean up coordinator
- Volunteer coordinator

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](mailto:edwin@bachetti.net) if you're interested in helping out.

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## Up Rope!

By Vincent Penoso

“UP Rope”, climbing command to take up slack and hold the climbing rope fast. Our club’s newsletter holds the membership fast with club news and at the same time is a snapshot of the Mountaineering Section at a point in time. Since the first issue in 1937, a long pedigree of newsletter editors have stepped up to this thankless job that every social club fills to keep their membership in the loop. We finished a project a number of years ago where we digitized and indexed every newsletter since 1937 and is available in a sizable pdf document somewhere on our website. Amazing, right? The Uprope use to be a monthly affair way before electricity when we were headquartered in DC.

Enter Caroline Mosher and Bethany Gresser, 2021 Vice chair and Up Rope Newsletter Editor. The March edition of Up Rope after the last edition in 2016 is an exciting answer for calls to revive the newsletter. I was a hack as the editor without skills to unchain myself from Microsoft publisher, which Bethany has done with stunning results. It is beautiful work!

It isn’t all glamour with your name up in lights as the editor of this publication, and certainly not without great effort. I think the last regular edition of Up Rope was in 2006(?). The newsletter remained broken until 2012. With difficulty I produced the “Phoenix Up Rope Edition”, when (we) brought Jan Conn, one of the founders of the Up Rope, all the way from Custer, ND to visit DC & Carderock.


During my tenure, the hardest part of this job (ignoring the technical considerations) was getting content from the membership. My reward was finishing an issue in a timely fashion; one year I think I cranked out 5 in one year. Without trip reports, the newsletter would not exist. I rarely see many TRs anywhere but hopefully we will be thankful that someone like Caroline has stepped forward. I rarely edited articles from the membership because they are as they came from you, and we are only climbers after all. They don’t have to be perfect but they must be in English!

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## 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

Up Rope Newsletter  
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