

## Upcoming Events

### **Annapolis Rocks**

*May 29*

Join PATC-MS for a top roping trip to Annapolis Rocks. Although the hike in can be arduous, those willing to make the trip are rewarded with shady and fun overhanging climbs. Lead climbers are welcome to join.

### **Great Falls Toproping**

*May 31*

Great Falls is one of DC's local crags, a great top roping spot. We'll meet up in the climbers' parking lot and walk over to one of the areas to spend the morning climbing by the river.

### **TR Anchor Building Clinic at Carderock First Wednesdays**

*June 2*

Join us for an anchor building refresher and get some climbs in while you learn. Brian Florence and Rick Dotson will share some of their wisdom. We'll meet at the bulletin board.

### **Pond Bank Climbing Trip**

*June 5*

Pond Bank is a crag with several tall pillars, vertical cracks, and a variety of climbs at moderate to difficult grades. This is primarily a trad/TR area but there are a few sport climbs in the area as well.

### **First in person monthly meeting since the beginning of the pandemic!**

*June 9*

This meeting will begin at Carderock with some climbing followed by an hour of yoga led by Nicole Horvath. After the yoga session, we will head to our old stomping grounds, Fish Taco, for the business portion of the meeting.

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

---

## 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](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.*



## What's New?

The climbing season is in full swing! Earlier this month, John Ruppert organized a Wilderness First Aid course, which took place at Sport Rock May 8th and 9th. Thank you to Sport Rock for graciously allowing us to use their space and thank you John Ruppert for stepping up and running the show. A third trip leader clinic is in the works due to the popularity of the first two. First priority will be give to people on the waitlist for the clinics that have already been held. If you would like to be added to the waitlist, email Caroline ([caodwyer@gmail.com](mailto:caodwyer@gmail.com)). Date TBD. UpRope will be getting a major makeover for the next issue thanks to Bethany Gresser as we switch from using the Wild Apricot software to Mailchimp. The new short film "Approach" was shown at Cinco de Mayo at the Gendarme. It's now on YouTube. Support the mission by watching it here: [https://www.youtube.com/watch?v=pJZBtfWb\\_dY](https://www.youtube.com/watch?v=pJZBtfWb_dY)

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.

---

## Meeting Recap

Adam Nicholson gave an excellent presentation on avalanche safety. 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. Please consider singing up, especially if you have attended one of our trip leader clinics. 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.

---

## 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 Craggs 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. Carderock Wednesday will start back up next month. Don't forget your mask!

---

## Volunteers Needed

Calling all volunteers! Here is the [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 (time commitment about 2-3 hours a month)

---

## 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 [secretary@patcms.org](mailto:secretary@patcms.org)

**Treasurer:** Andy Bernat [treasurer@patcms.org](mailto:treasurer@patcms.org)

---

## Charlottesville Climbing

By Simon Carr

In the last two years I have visited several of the small granite crags located an hour's drive southwest of Charlottesville.

The main area is **Wintergreen**, with roughly 50 climbs on outcrops similar to those on Old Rag. Nearby on the Blue Ridge Parkway - near Love Gap - are two other small granite cliffs: **Love Crag**, with around 20 climbs and **Love Lost** with a dozen routes. Most pitches at these crags are 60 – 100ft in length.

On these trips I and my partners were climbing with Craig Spaulding, a local Charlottesville climber. I know Craig through a New Zealand climbing connection.

The conclusion from our visits? These cliffs are well worth a trip in spring or fall...*sans vegetation*. The cliffs face south so are rather hot in the summer even though they are about the same elevation as Seneca.

Directions to these cliffs are given online at Mountainproject.com, and are included in the route information for these crags on the PMC site [https://www.potomacmountainclub.org/Climbing\\_Crags\\_Beta](https://www.potomacmountainclub.org/Climbing_Crags_Beta)

### Wintergreen

**Wintergreen** is a large summer and winter resort with over 1000 houses. The resort is right next to the Blue Ridge Parkway and has skiing [really], golf courses, horse riding, hiking etc - and their own police force. Wintergreen allows climbing with the usual caveats...*climb at your own risk, no litter, be respectful of the locals etc*. With Craig we had no problem finding the routes but even without a personal guide it's not too hard as the crags are accessed via a hiking trail from 'The Plunge', a parking area on Black Rock Circle.

The rock at Wintergreen is generally very solid and not as abrasive as Old Rag. The routes are a mixture of cracks and slab climbing, the latter often bolted or with bolts plus gear. There are a few multipitch climbs, with two or three short pitches. There are various bolted anchors for descent.

Wintergreen grades range from "5.3" [more like 5.6] up to 5.12, and most routes are 5.7 - 5.10. Some of the cracks need large gear - #4 Camalot or bigger. On our visit we climbed at the **Beginner Slab**, **The Cracks**, the **Southern Slab** and the **Self Potential Wall**. We led a number of 5.6 - 5.8 routes and topoped some 5.10/11 cracks and slabs. The slabs in particular seemed undergraded and could have done with a little more user-friendly bolting. There are several other outcrops we did not have time to visit.

The best information is on [rockclimbing.com](http://rockclimbing.com), with more routes than [mountainproject.com](http://mountainproject.com).

[https://rockclimbing.com/routes/North\\_America/United\\_States/Virginia/Central/Wintergreen/](https://rockclimbing.com/routes/North_America/United_States/Virginia/Central/Wintergreen/)

<https://www.mountainproject.com/area/108952240/wintergreen>

### Love Crag and Love Lost

**Love Crag** is large outcrop a 15 minute walk from the parking area on the Blue Ridge Parkway. The majority of the routes are in the 5.4 – 5.11 range, and the rock is generally solid. There are a few bolts and a normal rack of gear should suffice but a large piece or two may be occasionally needed. Most of the routes follow cracks or corners, and several can be done as two pitches. There are a few bolted rap stations.

Online information is at <https://www.mountainproject.com/area/107078596/love-gap>.

I have not yet been to **Love Lost**, which is also a short walk from the Parkway. Most of the routes were put up in 2005 by various Charlottesville climbers and Paul Venuti, a visiting Colorado climber who was working in the area at the time. I climbed with Paul for a year or so at various VA and WV cliffs while he was living here.