


1937-75th Anniversary 2012
MOUNTAINEERING SECTION

Up the Rope

FOUNDED BY
JAN AND HERB CON

NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

June 2021

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What's New?



With the climbing season in full swing, PATC-MS is busier than ever with events and clinics every weekend. All of the anchor building and trip leader clinics have been filled to capacity. This past month the club had trips to Great Falls, Pond Bank, and of course Carderock. A trip to Annapolis Rocks was postponed to the 20th of June due to rain.

A big thank you to Bethany Gresser (who designed the Mailchimp newsletter entirely by herself) and Nicole Horvath (who coached me on how to use Mailchimp over the phone).

We need volunteers to help staff the PATC-MS table at the ET Rendezvous, Friday the 18th! If you can help out, email (*email removed*) Time commitment is no more than an hour and you get to drink beer and climb too (not in that order)!

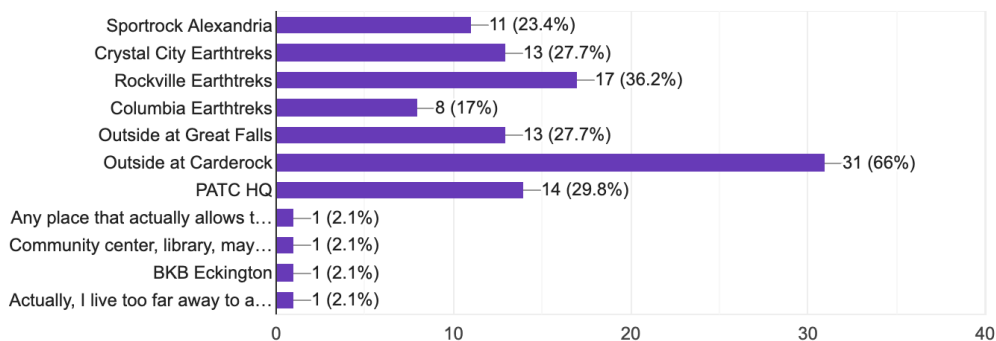
Please consider helping out and leading a trip if you're able. You can sign up on the link below. We can't have fun trips every weekend without trip leaders.

<https://docs.google.com/spreadsheets/d/1WQiYLR03NtND6Bnwm2kOSLy3GWI86jCSZOVwpbp82hU/edit#gid=0>

SURVEY RESULTS - Thanks to everyone who took the survey, it was really helpful. Overall, people seemed to want more casual meetings. People are tired of Zoom. Carderock won as the preferred place for a meeting, and it wasn't close. We will work on that.

Where would you prefer the club to have the monthly Wednesday night meetings? We will hopefully end up rotating between the most popular choices so pick 2-3 of your favorites. We are also not guaranteed a space at any of these places, but we can try.

47 responses



Meeting Recap



After a couple hours of climbing, Nicole Horvath led the group in a yoga session over at the Carderock Pavilion. After that, about 20 club members headed over to Fish Taco to finish off the night. Take a look at the bottom of UpRope for her article on mobility and functional range conditioning. Thank you, Nicole!

In other news, a new website is in the works. The club now has a Venmo and can accept payment for T-shirts and guidebooks with it. Several club members have kindly volunteered to help set up the club store. An order for T-shirts will be coming out in the next couple of weeks!

Upcoming events

Sugarloaf Trail work - June 19th

<https://www.potomacmountainclub.org/event-4312505>

Annapolis Rocks Trip - June 20th

<https://www.potomacmountainclub.org/event-4340564>

Top Rope Leader Clinic - June 26

<https://www.potomacmountainclub.org/event-4351769>

Top Rope Anchors Clinic - June 27th

<https://www.potomacmountainclub.org/event-4273026>

Port City Gear Swap - June 28th

****Event details coming****

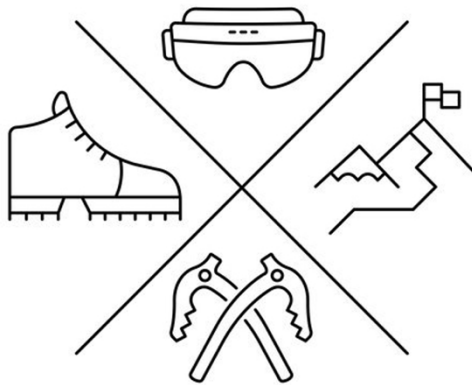
Independence Day at the Gunks - July 3-5th

<https://www.potomacmountainclub.org/event-4273422>

New Follower's Weekend - July 17th

<https://www.potomacmountainclub.org/event-4350216>

(PLEASE NOTE: You must have been a PATC-MS member in good standing for at least 6 months to participate in New Follower's Weekend. You may not participate if you have done this event before. Once you register, please fill out the skill eval form)



3RD ANNUAL AAC/PATC/TEAM RWB

~~VIRTUAL~~
**GEAR
SWAP**

BEDUX!

MONDAY | JUNE 28, 2021 | 6PM – 9PM
Port City Brewing Company | 3950 Wheeler Avenue
Alexandria VA 22301

BUY+SELL+TRADE

OUTDOOR & RECREATIONAL ITEMS
[Climb/Camp/Hike/Bike]
(IN PERSON from a safe distance)



Are you a new member?

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

New Members Guide

Check out our [New Members Guide](#) to learn about what we do and how you can get involved.

Monthly Meetings

Join us at [Club Meetings](#) for a great opportunity to come and meet the members of the club and see what we do!

Carderock First Wednesdays

Everyone is welcome at Carderock Wednesdays, which usually kicks off around 4pm. Sign up through the [Events Page](#). Don't forget your mask!

Get involved on Social Media

The Listserv - The Google Groups [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!

Facebook - Follow [Potomac Mountain Club](#) on Facebook or join the [Potomac Mountain Club Facebook Group](#).

2021 Club Officials

Chair

Rick Dotson

chair@patcms.org

Vice Chair & Up Rope Editor

Caroline Mosher

vicechair@patcms.org

Secretary

Adam Nicholson

secretary@patcms.org

Treasurer

Andy Bernat

treasurer@patcms.org



Up Rope History

Did you know
Up Rope Newsletter
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.

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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Let's Move Better

By Nicole Horvath (Certified Group Fitness and Yoga Instructor)

There are a lot of things we all should do every day to stay healthy - drink water, eat nutritious food, brush our teeth, and exercise. Add that to the things we have to do like work, take care of family, run errands, and all the sudden it becomes easy to forget a very important part of staying healthy and injury free - mindfulness and active recovery. Unfortunately, as many of us know, if you keep pushing your body without the adequate rest and stretching, injuries occur.

If stretching, foam rolling, and other forms of active recovery are so important why don't we do them? Many times it's because they are "less fun." It can feel daunting to figure out stretches to do if you don't work one-on-one with a trainer and if you're like me you avoid the stretches that feel too hard. Finally, let's face it, most yoga classes are intimidating. But that doesn't mean you should give up. Thankfully, there are so many options to help you move better and be injury free, even for those allergic to yoga.

One form of active recovery that I've grown to love is mobility and functional range conditioning. After two years of incorporating mobility work into my routine I've become a stronger runner, hiker and climber. It also seems that it takes less time for me to recover from a hard workout and as my mobility coach says this practice makes sh*t work better. It teaches muscles that we often don't use to work properly to support your joints as you do the things you love to do.

If you are having issues moving through certain ranges of motion or just want to see what this is all about check out the Functional Range Systems website (kinstretch was what I started practicing) - <https://functionalanatomyseminars.com/>. On the site you can search for certified trainers in your area so you can get an individual assessment to create a program tailored to your needs.

If you don't have any major injuries and just want a practice to add to your routine check out Kaisa Fit <https://kaisafit.com/>. She also has great content on Instagram and a few free short (10-15 minute) videos on youtube and you can get 4 free "Sunday Stretch" videos emailed to you weekly - <https://kaisafit.com/free-sunday-stretch/>. I've enjoyed her programming so much that I bought the mobility bundle and love having a great 10 minute practice that I can do anytime plus a longer class when I have more time or feel like I need a really good movement practice.

Have questions? Feel free to reach out – *(email removed)*

Pond Bank Trip Report

Trip Leaders: Rick Dotson and Brian Florence

Pond Bank is a quartzite cliff just across the border in Pennsylvania in the Michaux State Forest. Some of the cliff are 100 feet high and less than vertical which means a number of moderate climbs in the 5.4 to 5.9 range. Many of these can be lead on trad gear but all of them can be top roped. Popular routes like Jim's Throne 5.4 and Calvin's Corner 5.5 are well protected leads for aspiring alpinists. We had a group of 12. With 5 ropes set up people were able to climb 9 separate lines. Many people lead, some did mock leads and others top roped. It was a fun day all around and less than 90 min from the beltway.

Check out Mountain Project for more info:

<https://www.mountainproject.com/area/107171062/pond-bank>

Shaffer Rocks is close by and PATC has a rustic cabin we can rent for the night. We are planning an overnight trip there in the early fall. Keep an eye on the calendar.

<https://www.mountainproject.com/area/106375928/shaffer-rocks-the-hermitage>



