



January 28, 2021

VOLUME 65, ISSUE 11

What's New?

The club instagram has been resurrected - follow us at @potomacmountainclub

New Website is Live!

If you haven't had a chance to check it out yet see the link [here](#).

Big thanks and shout out to the website committee, headed up by our webmaster Neal Attfield. Feel free to email Caroline or Neal if you have problems.

Call for Mentors:

Do you have a solid understanding of fundamental climbing skills and are interested in sharing your experience with other club members? If so, sign up to be a mentor. - all details are here <https://forms.gle/fcgx4BtHVYoQBc3JZ> Complete the form by February 15 so we can start setting up the spring program. Busy this spring but still want to be a mentor - please complete the form and share your experience and availability and we'll reach out next season.

Interested in learning from our mentors? Be on the lookout for an email to sign up in March.

Women's Leadership Course:

We're excited to announce that Seneca Rocks Climbing school is able to offer clinics for women, femme and non-binary climbers interested in multipitch climbing. You must be a club member to take advantage of this program. All details are here- <https://forms.gle/k5YmrBqAEA5MtjAG8> reach out to Nicole at chair@patcms.org with questions

Meeting Recap- Injury Prevention

Bianca Eulitz, PATC-MS member and personal trainer, hosted a talk about climbing related injuries, injury prevention, and the concept of 'kinstretch'- "A movement enhancement system that develops maximum body control, flexibility, and usable ranges of motion."

If you want to learn more or get in touch-check out her website and contact info below:

[\(email removed\)](#)

<https://www.befitmovementtherapy.com/>

2021 Chair's Report

By: Rick Dotson

2021 was an amazing year for the Mountaineering Section. I want to thank our strong leadership led by Caroline Mosher and Nicole Horvath. Many others to thank like Andy, Carol, Adam, Neal, Marty, Marc and many others. 2021 was truly a group effort as we doubled the size of the club. In 2022 we will strive to serve our members and offer the programs and events that you want but that will only happen if you step up and volunteer.

1. Membership – over 500 by January 1, 2022

2. Accomplishments

- 61 events for the year
 - with 890 participates
 - with 324 unique participants
- 65 events during the year
 - 19 Local Climbing Trips
 - 2 Meetings for business
 - 12 Excom Meetings - open to the members
 - 8 Road Trips – Out of State Climbing Trips
 - 11 Social Gatherings
 - 18 Skills Workshops
 - 5 Volunteer Days
- Grants Awarded
 - Women's Leadership

3. My suggestion for Goals for 2022

- Increase trail work at the crags we use
 - Increase outreach – outside groups like Boys/Girls Scouts and vets
 - Increase ties to main club – work with Club to increase awareness of the benefits of joining PATC – invite Outreach to speak at a PATC-MS function
 - Increase Leadership training – develop more trip leaders and increase the skills of our current leaders.
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Upcoming Events

[Click here to sign up for an event!](#) See the website for details on each event

Mountaineering Mini Course: Winter/Snow Camping at Dolly Sods

Friday, February 4th, 2022 - Sunday February 6th, 2022

Dolly Sods 30-2288 Forest Rd 80, Davis, West Virginia

Winter Gym Meetup @ Crystal City

Saturday February 5th, 2022

9:30 AM - 11:30 AM

Movement Crystal City 1235 S Clark St, Arlington, VA

Womens February Meet-up: Prince William Forest Hike

Saturday February 5th, 10:00 AM-1:00 PM

Prince William Forest 18170 Park Entrance Rd, Triangle, VA

February PATC Meeting

Wednesday, February 9th, 2022

7:30 PM - 9:30 PM

ZOOM

Crystal City Women's Monthly Meetup

Saturday February 12th, 2022

9:30 AM - 12:00 PM

Movement Crystal City 1235 S Clark St, Arlington, VA

Catskills Big Haus

February 17-21, 2022

Mountaineering mini-course: Gear and clothing review

Wednesday, February 23rd

3:00 PM - 4:30PM

ZOOM

Women's Meet-up Sugarloaf Hike

Saturday February 26th, 2022

10:00 AM - 1:00 PM

Sugarloaf Mountain Sugar Loaf Mt Dr, Dickerson, MD

Old Rag Trip Report

By Brooke Singler and Stephen Blice

On Sunday, 9 January, PATC-MS members and friends, of various experience levels, gathered at the Old Rag parking lot for a day focused on building Mountaineering skills. Dak Hardwick and Chris Beebe led the group in a 9 mile loop around a wintery Old Rag summit and provided information about layering practices, food intake, pacing, mountaineering logistics and recovery. The group successfully navigated an icy, snowy and slushy trail due to recent snowfall. The slightly above freezing temperatures and rainy conditions created slippery terrain, so microspikes were a must. Despite the wintery mix, the exposure to the mountainous conditions strengthened invaluable mountaineering skills. The day was filled with great discussions and much fun in our tiny spikes!



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](#).

Get involved on Social Media

The Listserv - The Google Groups [Listserv](#) 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](#).

2022 Club Officials

Co-Chairs

Nicole Horvath & Caroline Mosher
chair@patcms.org

Co-Vice Chairs

Jay Bishop & Matt Kilcullen
vicechair@patcms.org

Secretary

Marc Grunberg
secretary@patcms.org

Treasurer

Andy Bernat
treasurer@patcms.org

Up Rope Editor

Jenna Schueler
upropeeditor@gmail.com



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.