



April 26, 2022

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What's New?

Carderock First Wednesday's Are Back!

Now that the weather is warming up, we will be resuming first wednesday club climbing at Carderock. Bring climbing shoes, harness, and a helmet. The event is open to all. Sign up [HERE](#).

Trip Leaders Wanted:

On Saturday April 9th, the club held a training to prepare new trip leaders for the climbing season. Topics discussed included gear management, top rope anchors, edge safety, and more!

Interested in leading a trip? Never led a trip so don't know what it means? - no problem - we're always looking for assistant trip leaders to help out and learn the ropes so sign up too! If you're interested reach out to Nicole or Caroline @ chair@patcms.org.

Farewell to Former PATC Member Jeff Grove:

Jeff was an avid member of the PATC in the 1970s during his time in Washington, D.C. During his life, some of his greatest mountaineering feats were climbing Pisco (18,871 ft) and Chopicalqui (20,846 ft) in the Cordillera Blanca region of the Peruvian Andes. You can read more about Jeff's life and adventures [here](#).

Meeting Recap - Leave No Trace

On April 13th the club hosted a meeting centered on Leave No Trace principles. Preserving our crags for future climbing and for the next generation of climbers is an important subject as we launch our outdoor

climbing season.

If you missed it here are some resources:

REI- Leave no trace <https://www.youtube.com/watch?v=Rpg01rO9ZR0>

Leave no trace and climbing ethics - <https://www.rei.com/learn/expert-advice/climbing-ethics.html>

[Leave No Trace](#) is a philosophy that encourages you to make as little impact as possible while enjoying your outdoor activities. A common saying is, "Take only photos, leave only footprints." However, even footprints should be minimized.

The Access Fund's 6 zones of a climbing area:

1. [The approach](#)
 2. [Staging area](#)
 3. [The climb](#)
 4. [Summit](#)
 5. [The descent](#)
 6. [Camping or bivouac](#)
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Upcoming Events

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

Bouldering @ Rocks State Park

Saturday April 30th, 2022

09:30 AM - 2:00 PM

Rocks State Park 3900 St Clair Bridge Rd, Jarrettsville, MD

Carderock First Wednesday

Wednesday May 4th, 2022

04:00 PM- 5:00PM

Carderock Recreation Area Billy Goat Trail C - North Parking Lot, Carderock, MD

Cinco de May @ Seneca

Friday May 6th - Sunday May 8th

Seneca Shadows Monongahela National Forest, Riverton, WV

May Monthly Meeting

Wednesday May 11th, 2022

6:30 PM - 8:00 PM

Carderock Recreation Area, Potomac, Maryland

Spring Gear Swap

Thursday May 12th, 2022

7:00 PM- 9:00 PM

Port City Brewing 3950 Wheeler Ave, Alexandria

Gunks Trad Road Trip

May 13th - May 16th, 2022

The Gunks Gardiner, New York

Sugarloaf Toprope and Trad Trip

Saturday May 14th, 2022

8:00 AM - 5:00 PM

Sugarloaf Mountain Sugar Loaf Mt Dr, Dickerson, MD

Great Falls Toprope Trip

Saturday May 21st, 2022

8:00 AM - 3:00 PM

Great Falls National Park 9194 Old Dominion Dr, McLean, VA

Safe Harbor Gym to Crag

Saturday May 28th, 2022

8:00 AM - 5:00 PM

Safe Harbor 987-609 Green Hill Rd S, Conestoga, PA

Trip Report: Manchester Wall

By: Marc Grunberg

It was a beautiful day for climbing on April 23rd at the Manchester Wall in Richmond VA! PATC-MS set up several ropes for our members to practice mock leadings, hanging quickdraws, and cleaning sport anchors. Manchester Wall is uniquely set up as a great "gym to crag" destination - there are ledges to

stand comfortably while you practice cleaning on the main pillar and small pillars nearby where you can teach proper technique closer to the ground. The climbs PATC-MS set up ranged from 5.4 to 5.9+.



We had about 14 members from PATC-MS attend from all over the DMV, as well as 3 leaders teaching various techniques. A big shout out to Kim, Rick, and Mattie for helping lead different stations!

A lot of positive feedback (and areas of improvement too!) so be on the lookout for future "gym to crag" events on our website.

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](#) this is how a majority of club members communicate. To join:

1. Go to [Potomac Mountain Club Google Group](#)
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!

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

2022 Club Officials

Co-Chairs

Nicole Horvath & Caroline Mosher

chair@patcms.org

Vice Chair

Jay Bishop

vicechair@patcms.org

Secretary

Marc Grunberg

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 Editor
Jenna Schueler
upropeeditor@gmail.com

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](#).
- Stay up to date with the CDC's [COVID-19: What's New & Updated](#) page.