



July 29, 2022

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What's New?

Cameras at Carderock:

You may have noticed several cameras installed at Carderock and Great Falls this summer. These cameras were installed to document climbing and hiking use of the areas as part of a collaborative multi-university social science study in the capital area region. The camera installations have been approved by the National Park Service and the data from the study should be ready this fall. In the mean time they have shared links to their [research site](#) and results from similar [previous studies](#), so we can have a better idea of how they will use this data. Check it out!

Wilderness First Aid Certification Course:

By popular demand, PATC is partnering with REI/NOLS to host another WFA certification course. The venue is still TBD. If interested, please indicate if you're available on Dec 10-11, 2022 You can simply check next to your name on the [WFA Interest Google Sheet](#) (yellow column). The cost to participate will be \$245/per person (note, for basis of comparison, that REI/NOLS charges upwards from \$335 for this course).

Friends and Family Day Aug 28th

[Friends and Family day](#) is a great opportunity to bring your loved ones out to the crag and show them what it is all about. We still has 8 spots for August 28th. Please consider volunteering if you are available! This would involved getting people checked in, signing waivers, and getting them fitted with harnesses, etc.

August first wednesdays @ Gyms

First wednesday for August is moving INSIDE! Come climb with us from 5-8pm at either [Movement Rockville](#) or [Movement Crystal City](#). The gyms are providing discounted day passes for non members participating in this event. See the event links for more details.

Meeting Recap

This months meeting was held on July 15th @ Sportrock for a happy hour climb.

We will be taking a break from monthly meetings this August. See you back in September!

Ladies Leadership

Both last summer and this summer, PATC partnered with Sencea Rocks Climbing School to support our female club members in building their Trad Climbing Skills. Many women have taken advantage and participated in this program, and have brought these awesome new skills back to the club.

Last weekend, with surprisingly perfect weather (for the middle of July), Leila and Jenna participated in a weekend long course, learning rope management, anchor building, practicing gear placement, top belaying, rappelling, and more. They were able to climb both Ecstasy Jr. and Old Mans routes at Sencea.

A big cheer to the growth of all our lady climbers!





Upcoming Events

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

Sugarloaf Toproping and Trad Event

July 30 @ 8:00 am - 3:00 pm

Sugarloaf Mountain Sugar Loaf Mt Dr, Dickerson, MD

Womens Trad Practice Event

July 30 @ 8:00 am - 4:00 pm

Annapolis Rocks 11174 Baltimore National Pike, Myersville, MD

August First Wednesday

August 3rd @ 5:00 pm - 8:00 pm

Movement Rockville 725 Rockville Pike, Rockville, MD

OR

Movement Crystal City 1235 S Clark St, Arlington, VA

Wolf Rock Top Roping Trip

August 13th @ 8:00 am - 5:00 pm
Catoctin Mountain National Park
Thurmont, MD

Shaffer's Rock Top Roping Trip

August 13th @ 9:00 am - 5:00 pm
Shaffer's Rock Swift Run Rd, South Mountain, PA

Reeds Creek/Smoke Hole Canyon Sport Climbing Trip

August 19th 5:00 PM - August 21st 5:00 PM
Reed's Creek Upper Tract, West Virginia 26866

Friends and Family Day

August 28th 8:00 AM-5:00 PM
Carderock Billy Goat Trail C - North Parking Lot, Potomac, Maryland

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 [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.