



September 28th, 2022

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What's New?

Call for Volunteers!

PATC is partnering for an event with the Wilderness Kids of Alexandria on October 16th at Carderock. We are looking for volunteers to set up rope and belay. Please contact Marc Grunberg if you are available and interested!

Skills Clinic Offerings

We had a lot of interest and success with our two top rope anchor clinics this fall. Given the popularity we would like to continue offering more of these types of clinics in the spring. If you are interested in volunteering with a clinic, or have an idea for a clinic, reach out to Nicole, Caroline, or Jenna.

PATC Birthday Celebration on November 5th @ Carderock

Join PATC-MS for an evening of festivities as we celebrate the club's 85th birthday on November 5th @ Carderock!

The picnic will start at 3pm. Please bring a [dish, drink](#) or games to share.

Photo Contest Entries: The annual photo contest is now open! Email Carol Clayton (email removed) your photos now! Judging will be done at the anniversary party on November 5. Categories are: Rock Climbing, Ice Climbing, Alpine, Distant Destinations, and Club Colors. You may enter in every category, but **please only one entry per person per category. and they must have been taken by you from November 5, 2021 to the present. Also, If taken OF you, you MUST have the permission of the photographer to enter the photo.** Submissions must be emailed to me by Thursday October 20 at noon. Again, PLEASE-if you submit a photo OF you, but not taken BY you, you MUST have permission of the photographer. Also, email them to me. Don't put them in

a folder on google docs, or any other place-email to me with the attachments. **All submissions must be at least 750k, we'd rather have a minimum size of 1MB.** Send me your images and title if any, and the category. We'll print them out and present them on the 5th. All party goers will judge. Prizes will be awarded. Sift through your adventuring photos and send me the best! Good luck! May the odds ever be in your favor!

Meeting Recap

Our September monthly meeting focused on learning about effective movements to help us improve our mobility and recovery practices to hopefully stay injury free. Club member Bianca Eulitz, CPT, LMT owner of Be Fit Movement Therapy (<https://www.befitmovementtherapy.com>) and personal trainer and instructor at Movement Rockville shared mobility activities focused on feet/toes, elbows, fingers, and shoulders to help us create more space and strength in these joints. You can check out a mobility focused class at Movement Rockville on Thursdays at 8pm.

Another club member, Umair Ahsan, along with his mentor Dr. Ariele Foster (www.sacredsourceyoga.com) shared tips on how the use of massage balls can help improve both recovery and range of motion for climbers. Umair is the owner and founder of Aquanimous (www.aquanimous.com) which sells sustainable cork-based yoga, recovery and self-massage tools and he provided items for all participants to use. And Ariele is a Doctor of Physical Therapy and a yoga teacher. All participants benefited by getting a chance to practice the movements and activities and got to see first-hand how these techniques can help us all be better climbers.

A huge thanks to club member Tati Kolina for allowing us to use the patio at her restaurant and community space sPACyCLOUd <https://spacycloud.com/>. If you find yourself in Adams Morgan be sure to check out this vegan restaurant and bar that specializes in Ukrainian and Russian dumplings as well as other vegan fare. Tati is open to hosting other events, meetings and film screenings so reach out to us if you'd like to help host organize a club event here - chair@patcms.org



Our October meeting will be held over Zoom. Join Russell Hicks, Chandler Berry, and Chris Zajchowski for a stakeholder discussion on Carderock and Great Falls.

Zoom link: <https://odu.zoom.us/j/95327586790>

Adventures at the Craggin Classic

by Jenna Schueler

The craggin classic (9/23-9/25) at the American Alpine Club campground at the New River Gorge in WV offered a host of entertainments - outdoor yoga, vendors, a poker tournament, dyno competition, a blind fold food-eating content (that consisted solely of mayo -YUCK!), lots of free gear. and excellent clinics.

We had a great group representing PATC. Saturday the group split for climbs, and different skills clinics including crack climbing and advanced top rope and trad anchors.

Sunday the group met for a PATC climb at Bridge Buttress. A great weekend to be out at the New!





Upcoming Events

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

Toprope Anchor Clinic

September 28th @ 4:30 pm - 6:30 pm

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

Wolf Rock Top-Roping Trip

October 1st, 8:00 AM- 3:00 PM

Wolf Rock 39°38'25.4"N 77°26'44.4"W, MD

Carderock Open Climb

October 5th @ 7:00 pm - 8:30 pm

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

Harpers Ferry Climbing Trip

October 8th 8:00 AM - 5:00 PM

Harpers Ferry, WV

October Monthly Meeting-Virtual

October 11th, 7:00 PM - 8:30 PM

Zoom

Vertical Happy Hour – PATC-MS/AAC Women’s Monthly Gym Meet Up @ Movement Crystal City

October 14 @ 5:30 pm - 9:30 pm

Movement Crystal City 1235 S Clark St, Arlington, VA

Yoga and Picnic @ National Arboretum

October 30 @ 11:00 am - 2:00 pm

National Arboretum 3501 New York Avenue NE, Washington DC

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 Open Climbs

Everyone is welcome at Carderock Wednesdays, which usually kicks off around 4pm. A link to signup through Eventbrite is available through the [Events Page](#).

Stay connected

Don't have social media? Join our google group! To join:

1. Go to the [Potomac Mountain Club Google Group](#) page.
2. Sign into your google account. If you don't have a google account, you can still join but you'll have to associate your email address with a google account first.
3. Hit the button at the top of the page that says "Ask to join group". One of our members will approve your request within a week.
4. Having difficulties? Follow the troubleshooting steps [here](#).

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.