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Potomac Appalachian Trail Club
Mountaineering Section
Serving the DC Metro Climbing Community Since 1937

March 2025

Parent club update

Did you know that our humble club is ACTUALLY a section of the Potomac Appalachian Trail Club? Would it surprise you that we have been a club since 1937!? If you've been with the club for more than a couple years, you are probably aware that our parent club periodically reexamines our relationship.

To be transparent with the membership, ExCom is committed to keeping the club up to date on the latest discussions. The latest conversations have revolved around the level of integration our mountaineering section has with the parent club. PATC is looking for greater integration. There are a variety of organizational and legal reasons that are not based on the quality of our operations or the long precedent of our relationship with PATC. This is essentially the same conversation we have had with PATC for years that has never been fully resolved.

ExCom is committed to maintaining the Mountaineering Section's community, activities, and flexibility to meet our member's needs. In the next month or so, ExCom will be launching an effort to get direct feedback from the section members on a number of tricky questions that will impact our conversations and decisions. We are proud of our history and affiliation with PATC, whose members do so much to make the crags accessible.

Can you hear us now?

Congratulations! If you are getting the message, you are a dues-paying member. We cleaned up our members list in our main communication channels with the help of Simon and Carol. Going forward, we will be doing periodic cleanups.

Getting your send on

It's March, which means we are finally able to get back outside on rock. If you haven't looked at the events calendar, we already have our first clinics and climbs of the season starting to pop-up with several more in the works. Trips are the lifeblood of our club. If you want to plan a trip, just message ExCom. New trip leader trainings and a top rope setup clinic are also in the works and will be hosted soon. Check the website for those.

Humble Brag or Spraying Beta

Our members have amazing adventures; just look at the fabulous photos submitted each year for the [photo contest](#). If you have a trip planned, we want to hear about it. Just shoot short blurb about the climb and any photos you want to share to secretary@patcms.org

Unlocking the Gearlocker

Do you know how many size 10 mountaineering boots we have in the gearlocker? How about how many top-rope kits? Well, we thought we knew, but didn't really know. With a big thanks to our Vice Chair, Sergei, and all of the gearmeisters, we have catalogued our gear in a new online platform that will enable reservation of gear online, logging use, and ensure we maintain accountability. We will begin tagging the gear soon and will roll it out to the members later this year. More to come, but ExCom is really excited for this effort as it will enable the club to confidently refresh our gear supply. That's right ... new gear soon.

Putting the Mountain in the Mountaineering Section - Speaker series

Are you ready to elevate your mountain fitness? Join us for the Mountain Fitness Speaker Series, where top experts share their knowledge on training smarter, climbing stronger, and performing better at altitude. Whether you're a weekend hiker, backcountry skier, or preparing for your first big mountain expedition, this series is designed for you! See you on Google Meet!

- **Sunday March 16 5:00pm**
 - Jill Barclay, PATC-MS Alum
 - How to Train for 50 Pounds of Snacks: Muscular Endurance for Big Peaks
- **Monday March 31 7:00pm**
 - Laurie Watt, 2024 AMGA Guide of the Year
 - Managing the Psychological Challenges of the Mountains
- **Monday April 28 7:00pm**
 - Sarah Yun, AMGA Guide
 - Eat, Sleep, Breathe: A Holistic Approach to Mountain Training
- **Monday May 12 7:00pm**
 - Dr. Tracee Metcalfe, 1st US Woman 14 Peaks Summiteer
 - Lessons from the Top: Perseverance & Grit on the 8000m Peaks

"At -A-Glance" from the John Christian Resource Center (JCRC):

We've been working steadily to send pieces of our history to your fingertips. Check out "[Ordeal on Mount Howson](#)" where PATC-MS members Sterling Hendricks and Donald Hubbard barely escape with their lives trying a first ascent of Mount Howson (Howson Peak) in 1957 with Rex Gibson, then President of the Alpine Club of Canada. It's only through a heroic effort of Sterling Hendricks that they survived. Not all were so lucky.

And check out the first "guide book" to Carderock written by Herb Conn and Arnold Wexler, and published in the July, 1944 PATC Bulletin. (Link: <https://thejcrc.org/up-ropes/patc-bulletinbrjuly-1944-pp-59-66/>)

Belay Off,
ExCom



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