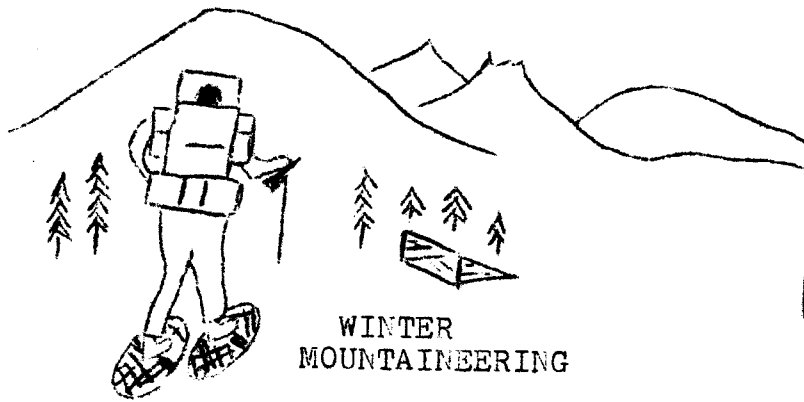
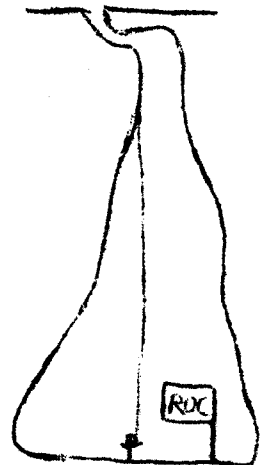
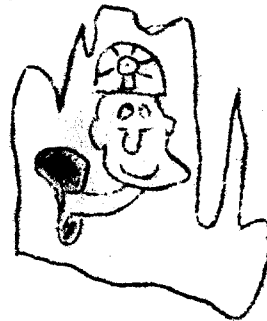


THE ROC CAIRN

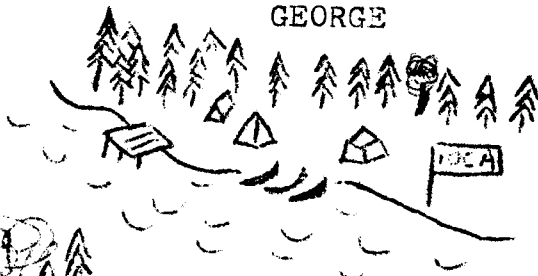


WINTER
MOUNTAINEERING

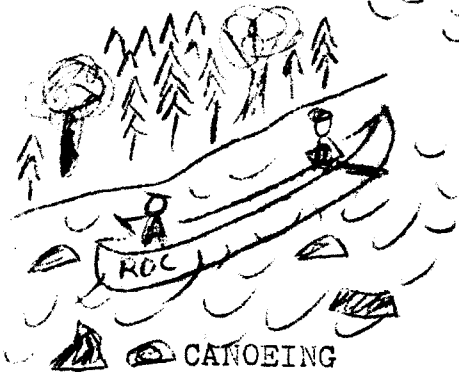
CAVING



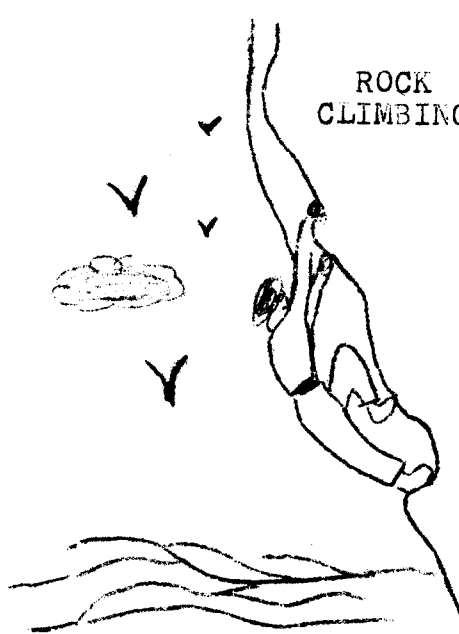
FALL LAKE
GEORGE



ROCK
CLIMBING



CANOEING



THE RESSLEAER OUTING CLUB

Did you ever crawl through a cave and push a small passage? Did you ever climb a sheer rock face? How about canoeing the rapids of a swollen river? Climb a snow and ice covered peak? Or just sit around a campfire on a fall evening? Well, if you like to do some of these things, get started, or continue doing them with the ROC.

We are the campus organization that runs a number of weekly trips to the Adirondacks, Greens, and White Mountains, square dances, climbing at the Gunks, caving under Schohairie County, and much more. We run our outings with other colleges, such as Skidmore, Sage, Brown, Cornell, etc. It is a great way to escape the hectic studies for a day, or two, or ...

Drop by our first meeting of the school year, September 13, at 7:00 PM, in room 243 of the Student Union. Trips will be going out the following weekend, and every weekend thereafter.

HIKING AND PEAK BAGGING

Sometimes a long hike in the mountains is really what you need to relax after a long week. We frequent all the local mountains and forests. There are thousands of acres of wilderness within a few hours of Troy; come enjoy some of it.

WINTER MOUNTAINEERING

Then the snow comes and the mountains are at their best. The ROC climbs all the major peaks in the northeast. The special equipment necessary is lent free of charge to members. The high points of the year for mountaineers are the ADK-ABC Winter School and vacation trips to the Whites.

CROSS COUNTRY SKIING

When the snow covers all the trails, take a pair of ROC skis, and try some Nordic skiing, the original skiing. There are no lift tickets and no expensive gear. Going uphill is not as tough as it sounds, and you can experience the incredible freedom of sailing along the slightest downgrade.

LAKE GEORGE

Every fall the ROC runs a canoeing trip to Turtle Island in the middle of Lake George. Usually over 400 people show up, from all over the northeast. This trip is an excellent opportunity to meet new friends (the guy: girl ratio is near one), canoe, climb the nearby mountains, and swim. The highlight of the weekend is a square dance on nearby Mohican Island, which keeps going until one or two AM, and is always followed by songfests at a number of campsites. Fall Lake George will be October 12-14 this year. Plan on coming!!!!

(more on other side)

CANOEING

The ROC owns five canoes, which float along relaxing brown water, and jump around boulders in the white water season. The upper Hudson, Mohawk, and many lakes in the area keep our canoeists busy. We also run occasional "carbide" canoe trips from 9PM until midnight, or so...

ROCK CLIMBING

Climbing a sheer face can be very exciting and self satisfying. After a little practice you will be climbing at the Shawangunks and in the Adirondacks. It is a very safe sport, contrary to what you may have seen on TV or in the movies, and it is a fine way to spend the rest of a day, after a less than inspiring set of classes in the morning. The ROC has all the ropes and gear you will need. A sense of balance is handy in this sport.

CAVING

Often called spelunking, this activity involves running, and crawling through the many caves of the area. Southwest of Albany the land is like a sponge, with over a hundred (non-commercialized) caves of diverse origins. With an ROC helmet and carbide lamp, you too can explore the depths of the earth. Then, each vacation we venture to West Va., or Alabama, or Mexico in search of bigger caverns and pits up to $\frac{1}{2}$ mile deep. You can wander through infinite passage, gaze on fabulous formations, and enter monstrous rooms, large enough to contain all of RPI. Ask about our expedition to the deepest cave in the world.

For more information contact:

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