



THE ROC CAIRN



— RENSSELAER OUTING CLUB, INC. — 15TH ST. LOUNGE, R. P. I., TROY, NEW YORK —

March 1977 Election Issue



The most important news this month is of course elections. It is good to see that there are quite a few people interested in running for office. In another part of the Cairn there are articles by two prospective club presidents, Dave Gutter and Pete Kicza. Hopefully everyone will read these articles and see where the club is heading in the next year.

I think the old Ecom. deserves a special note, especially Kevin Clemens and Tom Broad. Without them to open the PIT at all hours of the day and night, and keep the club running we would of certainly not had such a successful year as we did. In looking over the proposals made at elections last year it is interesting to see the results. We didn't get a larger equipment room but some of the club members did fix up the inside of the present one to accomodate more gear. The club did purchase more technically oriented gear which was nice to see. But now there is the problem of its use which will have to be solved in the year to come. The club had a fantastic winter skiing and winter mountaineering due to the great conditions. Hopefully next year there will be more interest in the ADK-AMC Winter School since the club needs more qualified leaders. It looks like the club will no longer be in charge of offering first aid courses due to the formation of Rensselaer Rescue. Well that was a few short notes on the club for the last year. I just wish the new Ecom. lots of luck and see you at the Knotty Pine Tavern after the elections.

----- Outing Club Banquet -----

The annual banquet is going to be held at Evan Bergen's house in Grafton on April 30th. It will be the usual event and it'll be good to see lots of old friends and alumni. The cost will probably be 6 dollars. Alumni can make reservations through Rich Tocher 81 14th St. Troy or Evan Bergen. there is all so a note about the banquet in another part of the Cairn.

I'd like to thank all of the people that helped out with the Cairn in the past year. It looks like there are still articles to write and publish about club activities so the Cairn will be around for a while longer. There are also a lot of alumni who read the articles and have written back to the club about them.

" Reflections" continued

I've never met, and all you alum's who haven't figured out who I am by now will know who's to blame for the above rambling.

Jim MacKenzie

REFLECTIONS

Recently I took a trip to Pennsylvania, a trip that brought back a number of memories from my outing club days. Travelling west on Route 80 I passed thru the Delaware Water Gap, and the sight of the cliffs made me long for a day on the face. Ah but not today, it's a little chilly for rock climbing, but maybe a little canoeing might be nice. After a second look at the river, I decide it is better suited for ice skating. Oh well on I drive remembering past trips. Those great rock climbing trips.

Climbing at Poko with Rog Harris, cursing the biner I dropped as I watch it bounce down the slide, OR the Gunks with Steve, Phil, and Barb. Rappeling 140' off the second pitch in the last minutes of day light only to find our ropes so tangled that a $\frac{1}{2}$ hours work didn't free them, then to wakeup the next morning to see an inch of snow on the ground. Fortunately a couple of fellow climbers scurried up the snowy cliffs and freed our ropes. Then there was the canoeing trip to the Catskills during a Spring Lake George, Val and Carlos canoeing with hangovers and on the trip home Karen bribing Simon to eat by smoking a cigar in the restaurant. Or the trip down the Connecticut River while giving Ed a hand with his scouts. We started the day with bacon and eggs while the scouts ate K rations and then we chased Ed and Ed as they ~~picked~~ towed the Big W.

Is I've picked up the parts I've come for and now I'm passing thru the Water Gap going east. It's starting to snow now and I'm reminded of winter mountaineering and ice climbing. Hiking in with a party headed by Rog to climb I believe Clinton, stopping at the lean-to to spend the night, removing my snow shoes and going to the stream to get some water. Then I was at the lean-to dumping the water out of my mouse boots and putting on dry clothes, for you see the terra firma I was standing on to get the water was thin ice. Then there was the trip where Rog led Lee, Al, and me up the slide on Giant. We arrived on the summit late in the day expecting to meet another party that was coming up the trail, alas no party, no trail. We picked our way down the trail worrying about the possibility of having to bivouac if darkness came before we found the trail, in the last minutes of day light we found the trail and the fact that one light was in Troy, one was in the Jeep, and one was a frozen carbide lamp, ergo one light, four hikers.

It's snowing harder now as I truck down the road with the radio my only company. How this is like many a return from a mountaineering trip, ~~XXXXX~~ driving alone as the others slept, often in the snow with out a radio. Or the trip to go skiing on Lake George, sitting along side the Northway in a snowstorm counting the police cars go by. Then there's 4X4ing around Troy with Val, the first aid courses, caving, partying around Troy and spending all day to buy a two dollar alarm clock. But now the hour grows late and work comes early tomorrow morning, as I close it hardly seems like almost four years have passed since that June week I skipped graduation to run the Presidential Range in the White's only to be blown off the Ridge by the bad weather after one night. So now below I'll put my name so all you present outing clubbers

(continued on the next page)

ASCENDERS and other UPPERS

Presently there is on the market a wide profusion of different ascension systems all utilizing various types of mechanical ascenders. While some of them are pure nightmares many afford the user simple niceties that often become very useful under adverse conditions. Devices used that are considered non-mechanical usually consist of knots. The most common of these is the prussik knot which is actually a separate piece of rope that is wound around the rope to be ascended in such a manner that enough friction is produced to keep the prussik rope at the desired height. If the ascending rope is about 1/2 inch, (usually caving and rock climbing ropes are about 7/16" or 11 mm.), the prussik rope should be about 3/8" thick. This size produces the best holding power. Another knot used is the ascender knot which is tied around the ascending rope in a slightly different manner.

These two "climbing devices" while usually the most compact are also the cheapest to make and replace. Their one disadvantage is that they are slower than mechanical devices and are sometimes a bit harder to use for the neophyte. It should be stated however that anyone participating in the sport of rock climbing and/or vertical caving should be very familiar with the use and setting up of prussik knots something which I did not touch upon.

Now to get on with the mechanical ascenders, heiblers, clogs, bat-hooks, gibbs, jumars etc... the list is endless but the above are the major types and most of the rest offer little variances on the basic models.. First I will begin by saying that heiblers are useless in almost all situations, but are somewhat better than nothing (not always). They would however be useful in rock climbing for hauling packs up the slopes but they have been known to fall off the rope on occasion. In essence they are mechanical prussik's and work with the use of a 6" arm to which the sling from your self is attached to bend the rope at right angles and thus prevent slipping. By the way when I said it could be well used for hauling I meant it could be used to tie the packs to the rope

The next major type of ascender that I will touch upon are the spring loaded devices which have their merits. The best models of these are the jumars and clogs and of the two jumars are the better designed and also the most expensive. Several accidents have occurred in vertical caving due to the use of these devices not because they themselves are not trustworthy but because the slings attached to them have broken and since spring loaded devices are usually moved by ones hands it is common to see only two used at one time. Remember therefore to check all your equipment before you use it each time to make sure that it is in recent shape. A caver recently died in Puerto Rico after his polypropylene rope attached to his jumar broke as he removed the other one to negotiate a knot. He fell 70ft.

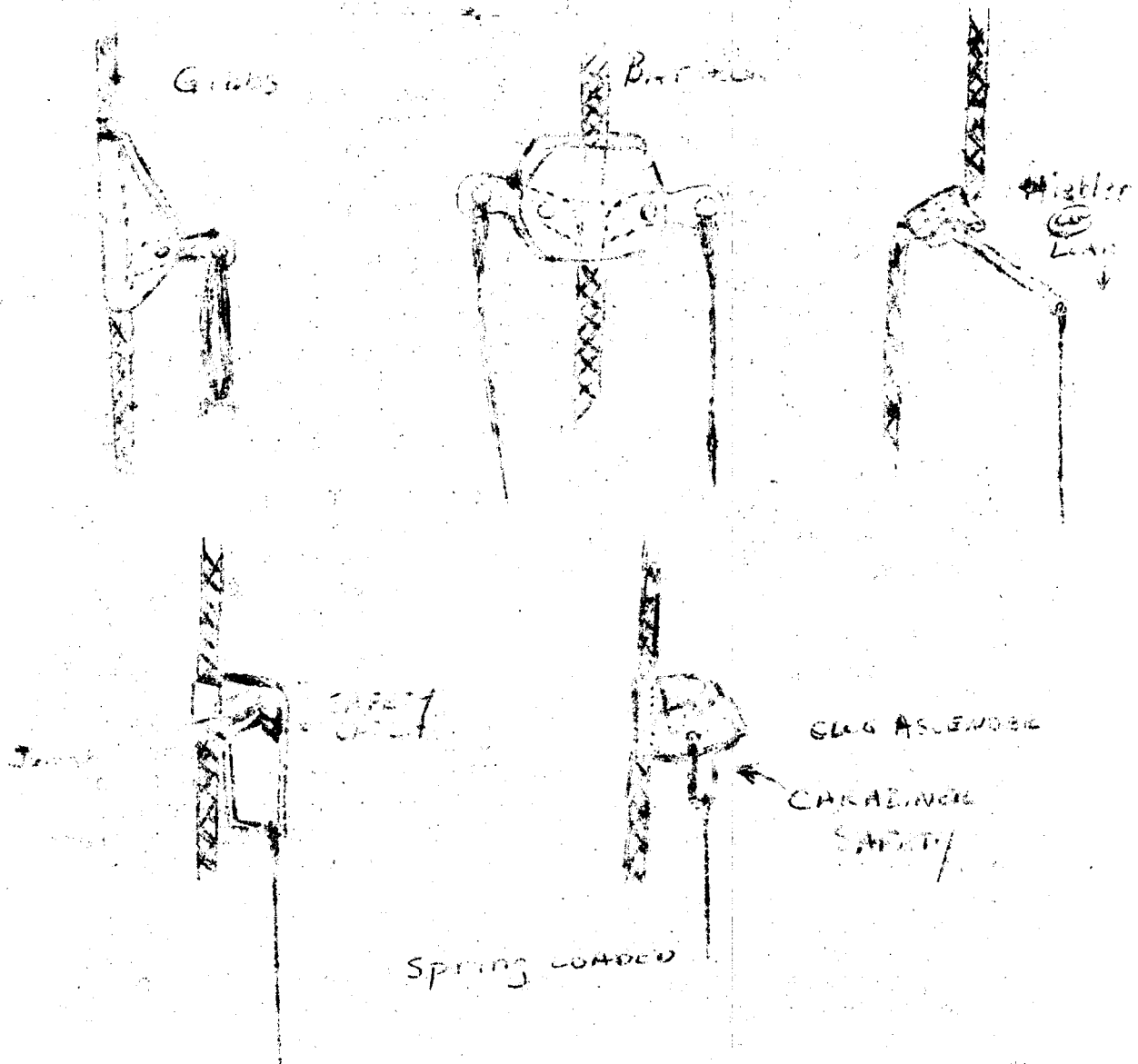
Bat hooks I have never seen on the market but I feel that they are little better than heiblers. They are similar to Gibbs which some people may have seen except that they have a cam on both sides and must be pushed up the rope with

both hands.

Gibbs ascenders are the ones that are used by many cavers but due to the difficulty of attaching them to the rope unlike the spring loaded cams they are not usually used by outdoor climbers. For the deeper vertical caves gibbs also afford one very important factor; this being that they can be rigged quite a few different ways using anywhere from one to four cams depending on how sadistic and or precautious you are. The use of four cams allows for a significant safety factor in that if rigged thusly, ascending over knots or switching ropes is made much easier.

Gibbs also have another important factor that being economical. They are very easy to make any the cam when made three quarters of an inch thick and milled out of solid stock turns out to be much stronger than the store bought model.

In finishing this article what I would like to say is that the use of the various ascenders is neither wrong nor correct under specified conditions. It is more often the experience of the individual along with the ascending devices that are present and exactly how they are rigged that will undoubtedly determine the method and device to be used.



1) What are the goals of the ROC?

In writing this little do-da, I saved the goals for last, even though you see them here first. This is because I felt that I could better make a unified statement of goals after stating my feelings, and when I tried to write it first I fell all over myself.

The goal of the ROC is to break the monotony of tute life by exposing people to new experiances, and hopefully, enable them to get more enjoyment out of life.

2) Is the main function of the club to promote outdoor sports or is it to provide equipment to those already interested?

The function of the club is to accomplish its goal. We have to get people interested, and involved in the activities. We have to teach membors the correct and safe ways of partisipating in activities (not that they should be thought of as different things). The club has got to deversify, to give as many oportunities to our members as possible. This means that we have to have equipment that can be used by people with little or no experiance, who could not be expected to buy personal gear for every little thing that strikes their fancy. As for buying equipment for those already interested; let's face it, not as many people would stay interested in something if they had to shell out a load of bread.

3) Does the club presently meet your ideals?

Probably, to the average member, the club seems to have been running as well as possible; lots of trips went out, lots of new people got interested, and there's a lot of fun equipment to play with. As Member at Large, I'm supposed to field complaints from the members. So far I've handled two, both dealing with possible environmental abuse and both were brought to my attention by the same person. Most people are satisfied with the club.

The problems which the club has are almost always concerning policy (mainly equipment). Anyone attending an ECOMM meating (you really should try one; they're some of the best arguements and mud slinging this side of Albany) can plainly see that our major stumbling block is lack of policy enforcement, and when something finally gets done, it is usually so late that people don't remember what happened in the first place. These problems are so small that they are seldom made known to the general members.

4) What changes or improvements will you stress as president?

I would like to see:

- i More trips out
- ii A revamped system of gear lending, and more organized equipment storage
- iii A better managed treasury, such that activities chairmen know exactly where they stand with the Union on equipment purchases.
- iv I wish death and taxes would go away.

But seriously folks, if any of you are still reading this you are one of few unapathetic members and I'm proud of you, or maybe you are just so bored of the nth time you've voted on the same thing that you have to do something. It is very hard to make promises in advance. From time to time things do come up, at those times I will do every-thing in my power to resolve them as quickly and as fairly as possible.

Thanks for bearing with me.

Dave Gutter

BUILDERING GUIDE
PART III

It's springtime again and that means Buildering! Yes folks, its time to climb on those buildings once again and show the campus that the ROC is not just a figment of the Union's imagination.

Part III in a continuing series which, this week, includes such wonders as the '87 gym, the Troy building, and yes, even the Management building (for all you hotshots).

On the '87 gym there are four problems of interest.

1. clockwork Mickey- Climb up to the clock, loop etriers around a projecting brick, and place a mickey mouse face on the afore mentioned timepiece. Must be done at an inconspicuous time since security guards tend to get upset. (5.11+) (due to exposure to security)
2. Dis mantle- Located under clockwork mickey. Mantle up on ledge and stand up on it without touching anything above it. (5.8)
3. The Great Dihedral- Climb up the corner at the junction of the two staircases. (5.7)
4. Ali-oop- climb (lunge) up the wall several feet to the left of the hole. (5.7)

Troy Building

5. Embroidery- Climb up the scrolls located on either side of the front entrance. (5.7)

Management Building

6. Inverse Traverse- Climb the Mgnt. Bldg. corner (Sage bldg. - Greene bldg. side) to the ledge and traverse left to the window. (5.6)
7. Balancing Beam- Climb up to the window (Greene bldg. side) and traverse left (about 15 feet) to the other window. This problem requires a good sense of balance with little need for strength. One of the hardest and most challenging builders on campus. (5.9+)
8. Infinitesimal Layback- Climb up wall to ledge between corner and window (sage bldg. side). Stand. A challenging one move problem. HINT: a small pebble about 4 feet above the ledge. (5.9)

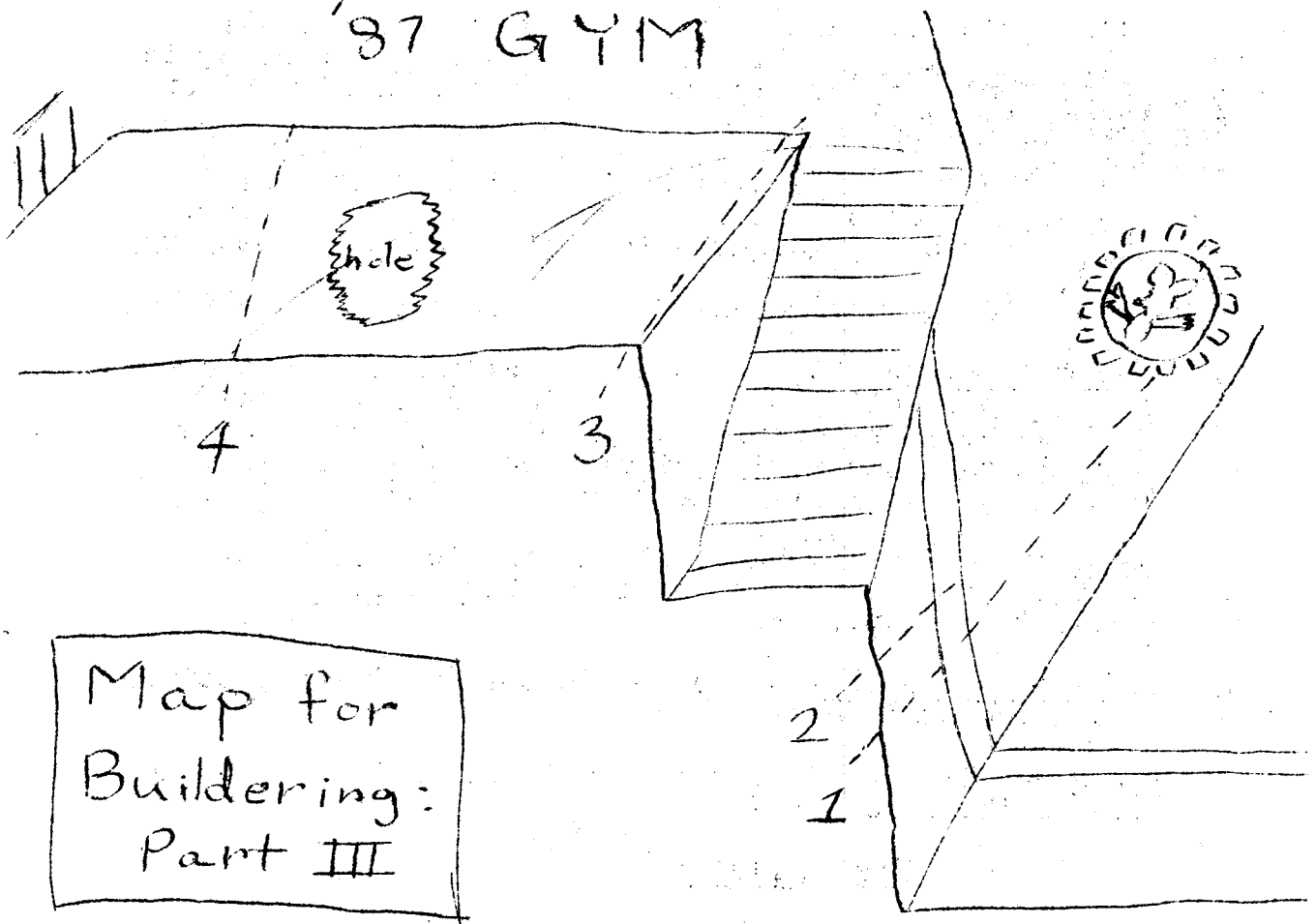
Good luck buildering!!

As always,

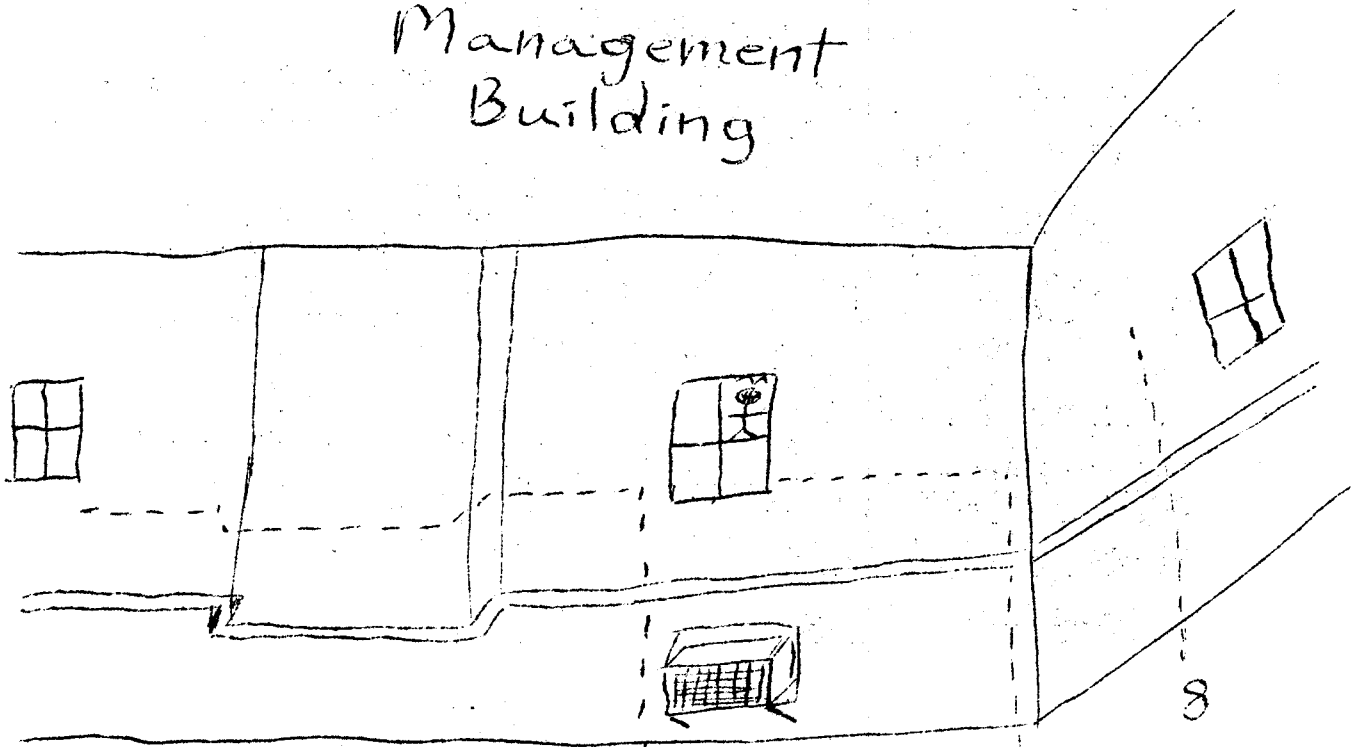


J.S. of mgnt. Bldg.

'87 GYM



Management Building



Check it out
Babycakes!!!

7

6

WHAT I DID LAST WEEKEND

or

IF YOU TAKE HIM IN, TAKE HIM OUT

I've been asked to help fill out this Cairn with a report on my trip to dig snowcaves on Gothias. I won't bore you with all the details. Suffice it to say that it was, for the first day and a half, a typical freshman trip, with all its troubles of starting late, snowshoes that won't stay on, people getting tired and not getting the peak.

We were glissading down a streambed just off the Orebek brook trail near the Gothias-Saddleback col. The waterfall ahead didn't look too cool, so we decided to get back on the trail.

I turned to go over to where my pack was. As I turned, I was hit with a sensation I had never felt before, but there wasn't the slightest doubt in my mind what it was. "Dammit I dislocated my knee!" flew out of my mouth before I even hit the ground.

A million things ran through my mind at once.

"That really looks gross.

Why?

climbing was nice while it lasted.

Oh shit!

How can I immobilize that as it is?

Red Cross says not to try reducing it because moving it will cause tissue damage. Bullshit! If I leave it like this, a) it can't be totally immobilized, so it'll get jounced around anyway.

b) I'll be in horrible pain the whole time.

c) It might take days to get me to a hospital, and by that time everything will be so stretched out that it may never heal right."

Seeing that there really wasn't much choice in the matter, I got the dislocation reduced within ten seconds of the time it happened.

The others in the group were starting to realize that something had happened. I told them, "I can't carry my pack out," followed shortly by "I'm not even walking out."

Fortunately, Rimas is a ski patrol type, so I let him take care of splinting the leg. What? No aspirin in the first aid kit? Sure enough. I ended up taking Mydol, which is mostly aspirin anyway.

We improvised a litter out of a nylon fly. By the time we got back to the campsite, it was clear that three people was not enough to effectively handle a litter, so we sent Junji down to the John's Brooke Lodge area to scare up some help, and failing in that to head out to the road. Diane and Rimas stayed to redistribute the gear into two packs of essentials, and then we would make the best time we could with me leaning on them. We were about to start out when we heard voices behind us on the trail. It was a group we had seen going up the trail before the accident. Now that we had enough people to pull a litter, we were in business again!

We still weren't going all that fast, and the trail sloped to the left almost all the way down, so the litter kept trying to slide off the trail. I had to fend myself off from the trees.

After maybe a mile of this, Junji appeared with whole bunchloads of people and a toboggan. The toboggan wasn't much longer than my legs, so I was tied in sitting up and facing back. We were now going faster than we had on the way up that trail the day before. I saw Diane at the back of the line looking like a short person with a pack trying to keep up with big people without packs, and told someone not to lose track of her.

When it got dark, it turned out that aside from our headlamps, there was only one flashlight in the whole group. Hmmm!

We got to the ADK winter camp at about 8 (six hrs after the accident), where I was going to wait for a ranger to come in with a snowmobil on the jeep trail.

Then the shock hit. It's kind of surprising to be lying there in longjohns, wool shirt, sweater, and balaclava, shivering, and have someone tell you it's 80 degrees in the room. At least I was comfortable after they put the zero degree bag over me.

I was awakened at about 11 by a ranger who loaded me into a stokes litter with skis on it. No one thought to wake Diane, but fortunately she was roused by the noise and managed to hitch a ride on the second snowmobil.

I woke up when we reached the road and saw who? Howie? Dillon? Tolcsér? The cavalry! There was no doctor in the Keene Valley Hospital, so we went to Samaritan. I had had no pain to speak of during the whole evacuation, but those hospital attendants sure know how to bring it out. I guess it comes from practice

When they were filling ~~out~~ out the forms, they asked me when it happened.

"Around 2."

"It's been a few hours then."

"What time is it now?"

"Quarter past four."

"No, two in the afternoon it happened."

"Ohhh."

The X-rayed me, poked at me, and sent me to the infirmary.

All in all, what can I say? IT WAS GOOD EXPERIANCE!!

(for what?)

Dan dy Don Perley

MMC UBER ALLES

QUOTABLE QUOTES:

"We took risks, we know we took them. Things have come out against us; therefore we have no complaint." Found in the diary of Capt. Robert S. Scott, south pole expedition, 1912

"My mother used to do interesting things with bananas." Wayne Taft