The Goosedown Gazette

Autumn 1996

Message from the President

Welcome potential new Mountaineers. It's the beginning of a new year and fall is knocking on the door. This is probably the best time of the year to partake in many of the activities the UC Mountaineering Club promotes. No bugs, the leaves are changing color and the temperature is cool.

Through many years of observation, the UCMC officers and members have determined that one of the best ways for all of you new budding mountaineers to become involved in the club is to get out there and go on some trips. What better way to get to know the members of this club than to spend an entire weekend, or better yet, an entire week with them! I know, some of you may be thinking: I don't know how to pitch a tent, or how to tie a figure eight into a harness, or how to find my way out of a dark forbidding cavern. Well, you're in luck! The UCMC offers basic courses covering topics such as backpacking, climbing and caving, and what courses we don't offer, you can rest assured that there is a current member out there that has the experience and willingness to teach a young (or older) aspiring UCMC'er.

When I first joined this club, almost four years ago, that is precisely how I got involved. I joined because of a flyer my girlfriend on campus (I was not even a student at UC) saw for a caving course hosted by the UCMC. Shortly after taking that course I got involved in the club by volunteering for equipment manager and took another course in basic rock climbing. By taking these courses, going on trips and getting involved in the club I got to know a lot of people and gained a lot of knowledge about the outdoors. I encourage all of you to go on these trips and get involved in the club as well. Come to meetings, take part in club activities, run for office in June. Don't let the fear of looking dumb because you might not now how to read a topo map intimidate you, for every one in this club has been there too. I don't think any of us have found exactly what we're looking for; but, we spend every free weekend on trails, on rivers, on rocky crags, and in caves searching for it. Come and join us in our search!

By Jeremy Sibert

The Goosedown Gazette is the official publication of the University of Cincinnati Mountaineering Club, a non-profit organization committed to the pursuit of a good time in the outdoors with good people, while maintaining an appreciation and respect for the world in which we live. It is published twice a year, in correlation with the club's open houses. Articles for the next edition are gladly accepted by the editor, and are, of course, greatly appreciated. Any criticism or suggestions concerning this newsletter will be accepted, but generally ignored unless the author of the comments offers their talents for future journalistic endeavors. Write or stop by the club's office at:

U.C. Mountaineering Club
Room 217 T.U.C.
Cincinnati, OH 45221

Editor

Amy Kindell

U.C.M.C. is always looking for the few, the proud, the uncouth...

...the Mountaineering Club.

Our God is the Same God

The Great Chief sends word that he wishes to buy our land.

The Great Chief also sends us words of friendship and good will. This is kind of him, since we know he has little need of our friendship in return. But we will consider your offer. For we know that if we do not sell, the white man may come with guns and take our land.

How can you buy or sell the sky, the warmth of the land? The idea is strange to us.

If we do not own the freshness of the air and the sparkle of the water, how can you buy them?

Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory experience of my people. The sap which courses through the trees carries the memories of the red man.

The white man's dead forget the country of their birth when they go to walk among the stars. Our dead never forget this beautiful earth for it is the mother of the red man. We are part of the earth and it is part of us. The perfumed flowers are our sisters; the deer, the horse, the great eagle, these are our brothers. The rocky crests, the juices in the meadows, the body heat of the pony, and man-all belong to the same family.

So, when the Great Chief in Washington sends word that he wishes to buy our land, he asks much of us.

The Great Chief sends word he will reserve us a place so that we can live comfortably to ourselves. He will be our father and we will be his children.

So we will consider your offer to buy our land. But it will not be easy. For this land is sacred to us.

This shining water that moves in the streams and rivers is not just water but the blood of our ancestors. If we will sell you our land, you must remember that it is sacred, and you must teach your children that it is sacred, and that each ghostly reflection in the clear water in the lakes tells of events and memories in the life of my people. The water's murmur is the voice of my father's father.

The rivers are our brother, they quench our thirst. The river's carry our canoes, and carry our children. If we sell you our land, you must remember, and teach your children, that the rivers are our brothers and yours, and you must henceforth give the rivers the kindness you would give any brother.

The red man has always retreated before the advancing white man, as the mist of the mountains runs before the morning sun. But the ashes of our father are sacred. Their graves are holy ground, and so these hills, these trees, this portion of the earth is consecrated to us. We know that the white man does not understand our ways. One portion of the land is same to him as the next; for he is a stranger who comes in the night and takes from the land whatever he needs.

The earth is not his brother, but his enemy; and when he has conquered it, he moves on. He leaves his father's grave behind, and he does not care. He kidnaps the earth from his children. He does not care. His father's grave and his children's birthright are forgotten. He treats his mother the earth, and his brother the sky, as things to be bought, plundered, sold like sheep or bright beads. His appetite will devour the earth and leave behind only a desert.

I do not know. Our ways are different from your ways. The sight of your cities pains the eye of the red man. But perhaps it is because the red man is a savage and does not understand.

There is no quiet place in the white man's cities. No place to hear the unfurling of leaves in spring or the rustle of the insects wings. But perhaps it is because I am a savage and do not understand. The clatter only seems to insult the ears. And what is there to life if a man cannot hear the lonely cry of the whippoorwill or the arguments of the frogs around a pond at night? I am a red man and do not understand. The Indian prefers the soft sound of the wind darting over the face of the pond, and the smell of the wind itself, cleansed by a midday rain, or scented with the pinion pine.

The air is precious to the red man, for all things share the same breath -- the beast, the tree, the man, they all share the same breath. The white man does not seem to notice the air he breathes. Like a man dying for many days, he is numb to the stench. But if we sell you our land, you must remember that the air is precious to us, that the air shares its spirit with all the life it supports. The wind that gave our grandfather his first breath also received his last sigh. And the wind must also give our children the spirit of life. And if we sell you our land, you must keep it apart and sacred, as a place where even the white man can go to taste the wind that is sweetened by the meadow's flowers.

So we will consider your offer to buy our land. If we decide to accept, I will make one condition: the white

man must treat the beasts of this land as his brothers.

I am a savage and I do not understand any other way. I have seen a thousand rotting buffalos on the prairie, left by the white man who shot them from a passing train. I am a savage and do not understand how the smoking iron horse can be more important than the buffalo we kill only to stay alive.

What is man without the beasts? If all the beasts were gone, men would die from a great loneliness of spirit. For whatever happens to the beasts, soon happens to man. All things are connected.

You must teach your children that the ground beneath their feet is the ashes of our grandfathers. So that they will respect the land, tell your children that the earth is rich with the lives of our kin. Teach your children what we have taught our children, that the earth is our mother. Whatever befalls the earth, befalls the sons of the earth. If men spit upon the ground, they spit upon themselves.

This we know. The earth does not belong to man; man belongs to the earth. This we know. All things are connected like the blood that unites one family. All things are connected.

Whatever befalls the earth, befalls the sons of the earth. Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web, he does to himself.

But we will consider your offer to go to the reservation you have for my people. We will live apart, and in peace. It matters little where we spend the rest of our days. Our children have seen their fathers humbled in defeat. Our warriors have felt shame, and after defeat they turn their days in idleness and contaminate their bodies with sweet foods and strong drink. It matters little where we pass the rest of our days. They are not many. A few more hours, a few more winters, and none of the children of the great tribes that once lived on this earth or that roam now in small bands in the woods will be left to mourn the graves of a people once as powerful and hopeful as yours. But why should I mourn the passing of my people? Tribes are made of men, nothing more. Men come and go, like the waves of the sea.

Even the white man, whose God walks and talks with him as friend to friend, cannot be exempt from the common destiny. We may be brothers after all; we shall see. One thing we know, which the white man may on day discover - our God is the same God. You may think now that you own Him as you wish to own our land; but you cannot. He is the God of man, and His compassion is equal for the red man and the white. This earth is precious to Him, and to harm the earth is to heap contempt upon its Creator. The whites too shall pass; perhaps sooner than all other tribes. Continue to contaminate your bed, and you will one night suffocate in your own wastes.

But in your perishing you will shine brightly, fired by the strength of the God who brought you to this land and for some special purpose gave you dominion over this land; and over the red man. That destiny is a mystery to us, for we do not understand when the buffalos are all slaughtered, the wild horses are tamed, the secret corners of the forest heavy with the scent of many men, and the view of the ripe hills blotted by talking wires. Where is the thicket? Gone. Where is the eagle? Gone. And what is it to say goodbye to the swift pony and the hunt? The end of living and the beginning of survival.

So we will consider your offer to buy our land. If we agree, it will be to secure the reservation you have promised. There, perhaps, we may live out our brief days as we wish. When the last red man has vanished from this earth, and his memory is only the shadow of a cloud moving across the prairie, these shores and forests will still hold the spirits of my people. For they love this earth as the newborn loves its mother's heartbeat. So if we sell you our land, love it as we have loved it. Care for it as we have cared for it. Hold in your mind the memory of the as it is when you take it. And with all your strength, with all your mind, with all your heart, preserve it for your children, and love it... as God loves us all.

One thing we know. Our God is the same God. This earth is precious to Him. Even the white man cannot be exempt from the common destiny. We may be brothers after all. We shall see.

Chief Seattle

Chief
of the
Squamish tribe

This speech was delivered in 1854 to mark the transferral of ancestral Indian lands to the United States Government.

I included this speech, which was in the Goosedown Gazette many years ago, because of the environmental issues that we face today. I felt that this speech stated a lot of things that people today seldom think about, but that need to be thought about daily. Chief Seattle gave this speech about the white man invading his people's lands, but the ideas about the environment that he gives are pertinent today.

High Exposure

To the untrained eye, the U.C. campus looks like just another city block reaching ever skyward, but to the afflicted rock (and wall) climber these corners, stone plazas, concrete expansion joints, brick chimneys and dihedrals beckon forth the opportunity for adrenaline pumping, irresistible, vertical challenges. Curious passersby guawk, ridicule or shake their heads and ask, "Why?". Some even offer good intentioned or sarcastic advice, " There's a set of stairs around the corner!?" Others just silently wonder at what these unfortunate souls could have suffered in their childhood (which they may never have left) to pursue such pointless endeavors, " What's missing in your life!?!" But they soongrow impatient and go on their way ever wondering what compels these poor obsessed creatures.

Personally, I feel it is an excellent study diversion... and right outside most library windows! Unfortunately, whereas the typical student merely pauses with indifferent curiosity, the local authorities don't appreciate this type of activity in the least, and one can get into serious trouble if one is caught. However, considering the quality of some of the routes on campus, and the inherent ability that climbers possess to avoid figures of authority and life-threatening situations, I feel it is worth the risks.

Although, as in the past (see GDG vol. 1, issue III could compile a route list with complete history, descriptions, locations, and ratings for all climbs on U.C.'s campus, I feel that this destroys the excitement one experiences when discovering something for the first time. I also disagree with most of the ratings I've seen and they just turn the pure enjoyment of the art of climbing into adamned numbers race. But probably most of all, it's because I'm just plain lazy.

Anyway, if you are interested in participating in this satisfying, clandestine activity, I urge you to seek out your local rock jocks who I'm sure will be happy to guide you on a campus climbing tour complete with demonstrations. If you would simply like to begin climbing in a relatively safe, or at least legal manner, I suggest you sign up for the UCMC spring climbing course. Speaking of which...

CLIMBING COURSE

If you've often enjoyed the thrill of scrambling across boulders while out hiking, but felt like you wanted a more intense climbing challenge, or maybe you've been inspired by the antics of imbeciles like David Lee Roth, whatever the reason, the Mountaineering course is a great place to learn the fundamentals of technical rock climbing.

The course will cover important knots, how to set up belay anchors, how to belay, belay signals, how to rappel safely, and many of the basic climbing techniques. You will also learn what in the hell "belay" means. Climbing etiquette and common sense will also be stressed.

The course will involve a classroom session on Thursday night, in which basic knots and techniques are discussed. Saturday is spent a Yellow Springs learning rapelling, anchor setting, belaying, and the basics. Saturday night is spent at John Bryant state park camping. Sunday is then spent sharpening your skills and impriving your techniques. For more information, contact Jeremy Sibert at 921-6959, or leave a message at the U.C.M.C. office, 217 T.U.C. or 556-6014.

A General Guide to Ropes

Jeff Sipes

Isn't it about time you found out why you don't use a clothesline to go rappelling?

Rule number one: *There is no one rope perfect for every use.* Before acquiring a new rope you must first determine what the rope will be used for—caving, mountain climbing, water sports, rescue, window washing— the list goes on and on. After that think about the environment and terrain you will be using it on. For example: gritty rocks, surf (salt water), sand, mud, snow, ice. Give these factors due consideration and then select the rope or ropes that will best fit your needs.

Before you can make an intelligent decision it is advisable to know the various types of rope construction and materials and how they relate to you. The remainder of this article will deal with the above issues and more.

Rope Construction

Laid (or Twisted)

These ropes are made by twisting together bundles of fibers. This type of construction has been in use since Neanderthal days. Most laid ropes tend to untwist when suspending a load in midair, causing the load to spin. The untwisting also causes kinks and hockels to form in the rope. All of the load-bearing fibers appear at the surface a number of times through the length of a twisted rope. Any abrasion or surface damage has an immediate and direct effect on the rope's strength. Laid ropes are very susceptible to abrasion, due to their construction. They also tend to be stretchy which can be a disadvantage in some rappels.

Eight-strand Plaited

Very soft, supple rope construction that is very easy to handle. Extremely susceptible to abrasion and "picking" of bundles by being snagged on equipment, rocks, or edges.

Braid On Braid

At first glance, these look a lot like kernmantle ropes. A braid on braid rope has a braided core with a braided sheath. Most ropes of this design are based on marine ropes. This type of rope is also susceptible to abrasion and picking of the fiber bundles. Due to the loose braid on the sheath, it is easy for dirt and grit to get inside the braided core, causing abrasion from within.

Dynamic Kernmantle

This type of construction is most often found in sport ropes intended for rock and ice climbing. They are very stretchy (35% to 45% at failure). This stretchiness is meant to absorb some of the energy generated in a fall, thereby lessening the force that would be transmitted throughout the system, especially to the person who has fallen. In rock and ice climbing or any situation where a fall of greater than factor one (more about fall factors later...) might occur, a dynamic rope must be employed. This same stretch can be a disadvantage in many common rope related activities. Many operations often involve lowering equipment or people, and the stretch in dynamic ropes may cause loss of control at critical times, increasing the danger to the people involved. When ascending a dynamic rope, the climber must first pull out all the stretch before he leaves the ground, adding a considerable amount of nonproductive motion. Dynamic ropes are manufactured with a thin sheath which will wear out quickly. Most manufacturers recommend replacing dynamic ropes after stopping one fall greater than fall factor one. U.I.A.A. ratings are merely the number of test falls a rope has supported without breaking. Do not assume that a fall rating of 5, 6, 7, or higher means you can safely fall that number of times. U.I.A.A. testing is done in a laboratory (details to follow) and the conditions in the field will not be the same as in controlled lab test. If your intended use is strictly rock, ice climbing or mountaineering, then a dynamic rope may be the only type you need.

Static Kernmantle

This type of rope has a braided sheath (the mantle) over a core (the kern) made of parallel untwisted fibers. Static ropes have a very low stretch (15% to 20% stretch at failure) compared to dynamic kernmantle ropes. In most kernmantle ropes, the core bundles contribute most of the rope's strength. So the important load bearing fibers are inside the rope where they are protected from abrasion by the tightly woven sheath. The core bundles are continuous in length and run parallel, which not only reduces stretch but also eliminates spin when suspended in air. Currently, a static kernmantle rope is preferred for most rappeling, ascending on a fixed line, or in lowering or raising loads. These ropes should not be employed as a dynamic belay line or a safety line when the potential fall factor exceeds one. For these applications you should use a dynamic rope. For fall factors of one or less a static kernmantle rope should be satisfactory, assuming the user has an adequate harness, the entire system is properly rigged with good hardware, and the rope is protected from cutting and abrasion. Be aware that when a fall is stopped using static kernmantle rope, the stop will be much quicker than with the dynamic rope and that the force transmitted to the climber will be higher, so the stop may not be as soft as it would be on dynamic rope.

CAUTION: In situations as outlined above, it is important to remember that the entire system is only as strong as the weakest link.

Even with the strongest rope, a system can fail at an anchor, carabiner, knot, seat harness or other points. Always carefully inspect every component in a system that will support a life. Don't tempt the hand of fate.

Fall Factors

Perhaps the most common question heard is: What is a fall factor and how do I compute it? A fall factor is a number which expresses the maximum distance a load can fall on a given length of rope. To compute the fall factor, divide the distance a load attached to the rope could fall by the length of rope between the anchor and the load.

The accompanying Figure 1 should help to clarify this point. In the example on the left the person is standing on the same ledge the rope is anchored to. Obviously he can only fall the length of the rope. This is a fall factor of one. The total length of the rope does not affect the outcome. A ten foot fall on a ten foot length will always compute out to one. The same is true whether the length is 10, 100, or 1000 feet. The illustration in the center shows the anchor above the load. In this situation the fall factor will be less than one. For example, assume the rope is 100 feet long and it is anchored 30 feet above the load. If the load is dropped, it will fall 70 feet on a 100 foot length of rope, and in this case the fall factor would be less than one (.7 to be exact). In the illustration on the right the load is the full length of the rope above the anchor. If the load is dropped it will fall twice the length of the rope for a fall factor of two. Fall factors cannot exceed two, as it is impossible to fall more than twice the length of the rope. Use a dynamic kernmantle rope when the potential fall factor is greater than one. This type of potential is common in rock, ice, and mountain climbing. When the potential fall factor of less than one, it is proper to use a static kernmantle rope. Factors of one or less are common when rappelling or top rope climbing.

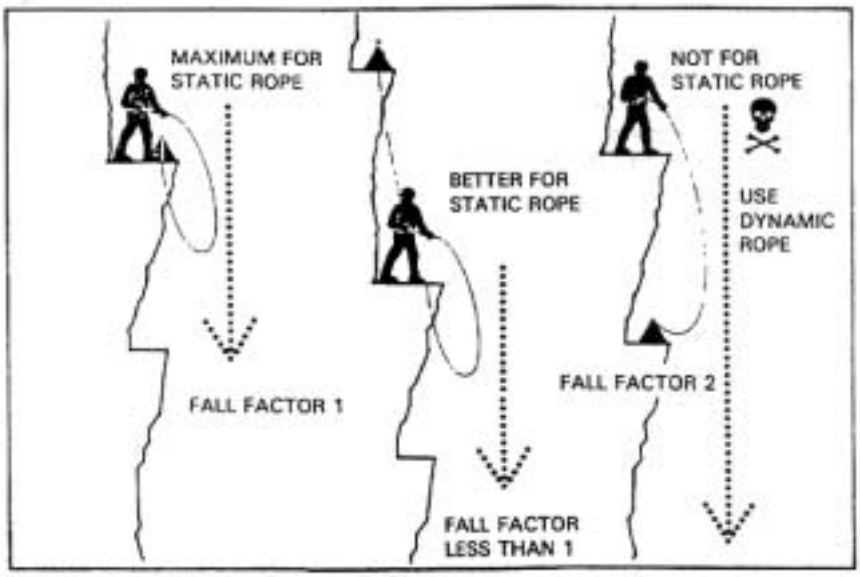


Fig.1: Explanation of Fall Factor. Triangle is anchor point.

Rope Size And Strength

Rule number two: *No One Rope Size Or Strength Will Be Perfect For Every Need.* Rope strength is probably the more important of the two. Rope strength is usually expressed as tensile strength at break. Simple, right? Wrong! There are as many ways to measure and describe rope strength as there are manufacturers of rope. In testing, many factors come into play, any of which can move test scores up or down. The rate at which the pull is applied, the temperature of the rope, the diameter of the mandrel used in the pull— these along with other factors can change the test results. Descriptions can be just as bad. Maximum, average and minimum all are terms commonly used to describe tensile strength. Obviously you can not compare one manufacturer's maximum strength to another's minimum strength. And there are manufacturers who only list a nebulous safe working load, not tensile strength at all.

Before selecting a rope, you should first determine the greatest working load you will expect the rope to support in its lifetime. Will it be a rappel for one person or a lowering line for two people, litter, and equipment, or a high line in a long Tyrolean traverse? If your load was 300 pounds, would you use a rope that was 300 pounds strong? Of course not. You would use a rope which is a number of times stronger than the load. This extra margin is called the safe working load or safety margin. This is most often expressed as a ratio. The higher the ratio the greater the safety margin. For lifting noncritical loads such as equipment, a ratio of 7:1 is adequate. For live or critical loads, national standards recommend a conservative ratio of 15:1.

Rope Fiber

Natural Fibers

Natural fibers have been with us since before written history. They lose strength with time whether they are used or not. They are attacked by molds, mildews, and fungus. They are brittle and they lack ability to absorb shock loads. Natural fibers are not continuous throughout the length of rope. Temperatures as low as 180 degrees Fahrenheit have been known to damage natural fibers. It is easy to expose ropes to temperatures higher than that. Due to the above shortcomings, natural fiber ropes should not be employed in critical operations.

Polyolefin Family

Polypropylene and polyethylene fibers are used in and around water where floating rope is desirable. They also are impervious to acids and will not conduct electricity when dry. Polypropylene will met at around 270 degrees Fahrenheit and polyethylene will melt at approximately 225 degrees Fahrenheit. The polyolefins have a very low resistance to abrasion and will wear out quickly. Polyolefin fibers are made in monofilament and multifilament versions. The monofilaments are larger in diameter, stiffer, and more brittle than are multifilament fibers. Multifilament fibers are smaller in diameter which makes a soft supple rope when compared to monofilament. Other than in water operation ropes, the polyolefin family is not a good choice for ropes.

Kevlar

Kevlar is among the strongest of manmade fibers. It also can resist much higher heat than other synthetic fibers. Kevlar has a very low elongation (stretch) at break, which means it is not capable of absorbing energy generated in a fall. It also is very susceptible to abrasion. The fibers are very brittle and tend to break when wound too tightly (such as in a knot).

Polyester

Polyester fibers are used in many ropes. Dacron is Dupont's trade name for one type of polyester fiber. Polyester has good resistance to heat and will melt around 480 degrees Fahrenheit. Polyester fibers are strong and have a high tensile strength even when wet. Wet polyester will lose only about 1% of its dry strength. It also has a very good resistance to ultraviolet radiation, making it a good choice when the finished product is exposed to a lot of sunlight. Polyester fibers do not elongate much, and because of this low dynamic energy absorption ability, the fiber can not handle shock loading or repeated loading as well as nylon.

Nylon

Nylon is the most common rope fiber in sport ropes. "Perlon" is not another word for kernmantle as many people think. It is a European name for type 6 nylon. The first kernmantle ropes were made in Europe of Perlon fibers. As a result, many people started calling all kernmantle ropes perlon. Nylon is manufactured in two different types: type 6 nylon and type 6,6 nylon. Both are similar, the major difference being type 6,6 has a slightly higher melting point and is a little tougher than type 6. Ropes made of type 6,6 will stand up to abrasion and wear slightly better than will equal ropes made of type 6. New, dry nylon is about 10% stronger than polyester, but nylon can lose 10-15% of its strength when wet. Nylon can absorb approximately 15,000 pounds of force per pound of dry rope, so nylon can cope with about twice the shock loading that polyester can, wet or dry. Nylon is a very inert material, and most chemicals do not have any adverse effects on it. Some acids will degrade nylon ropes, so avoid exposing nylon to any acids.

Color

The color choice may be because you or your group has taken a fancy to one color or it may be for a more utilitarian purpose. Bright colors such as orange and lime green are much easier to locate by sight than darker colors and they are widely used by climbers because of this reason. Darker colors such as black, brown, and o.d. green tend to be used for winter rope operations. A frozen dark-colored rope will absorb more heat from sunlight, thawing out quicker than a light-colored rope. Dark colors are also easier to see against a background of snow or ice. Having several different colored ropes make rope management much easier. When more than one color rope is deployed it is much simpler to communicate which rope or ropes need to be raised or lowered. A colored sheath over a white core also may help you spot cuts and abrasion much sooner than a white sheath on a white core.

Any coloring of the nylon will reduce the strength slightly over that of raw white nylon; however the amount of strength loss will depend on how the color is added to the nylon. Nylon that is dyed by extrusion— mixing the raw nylon with a pigment and then extruding it into solid filaments— is not as strong as nylon that has first been extruded and then dyed by bonding the color to the filament surface. The reason for this is that the pigments which are extruded along with the nylon slightly weakens the bonding of the nylon molecules to each other. The dye bonding process is a more expensive process but the added strength more than justifies it. Recently ropes with a colored plastic coating have shown up on the market. Applying a plastic coating makes the rope stiffer and more difficult to work with. The plastic coating is slick and can make control of a rappel or lowering operation much more difficult. The plastic coating is only on the outer surface of the rope and may wear off with time, leaving you with a plain white rope.

Classification Of Dynamic Kernmantle Climbing Ropes

Dynamic ropes are designed to absorb impacts developed in falls of factor one or higher. Dynamic climbing ropes are very stretchy. They are made in two major types: Single ropes and Double ropes. The standard for different climbing ropes are set by the U.I.A.A. (The International Union of Alpine Associations— Hey, I can't help it that the French can't put their words in the right order.). Single ropes must sustain, on one strand, a minimum of five test falls with a drop weight of 80 kilograms (176 pounds) without breaking. Single ropes usually measure 10.5 to 13 millimeter in diameter. A single rope should be employed any time the potential exists for stopping a fall of factor 1 or more with a single strand or rope. Double ropes, with an approximate 9 mm. diameter, must hold on one strand a minimum of five test falls with a drop weight of 55 kg. (121 pounds) without breaking. In normal use, two strands of a double rope are used together like a single rope.

U.I.A.A. Testing of Dynamic Ropes

U.I.A.A. Testing is performed on dynamic ropes only. It is not applied to static ropes as this type of rope is not intended to absorb the energies developed in falls greater than factor 1. In a U.I.A.A. drop test, a piece of dynamic rope 2.8 meters in length must hold a weight of 80 kg. for a single rope or 55 kg. for a double rope, dropped from a height of 5 meters. The rope runs over a deflection edge with a diameter of 10 mm., which is approximately the diameter of a carabiner. The current U.I.A.A. standard requires that a rope should sustain at least five drops without breaking. The U.I.A.A. drop test has a fall factor of 1.78.

FP- Fixed point with carabiner
DE- Deflection edge (10 mm. diameter)
W - Drop weight of 80 kg. (single rope), 55 kg.(double rope)
LD- Absorbing rope length- 0.30 m
LC- Free rope length- 2.5 m
H - Drop height- 5.0 m

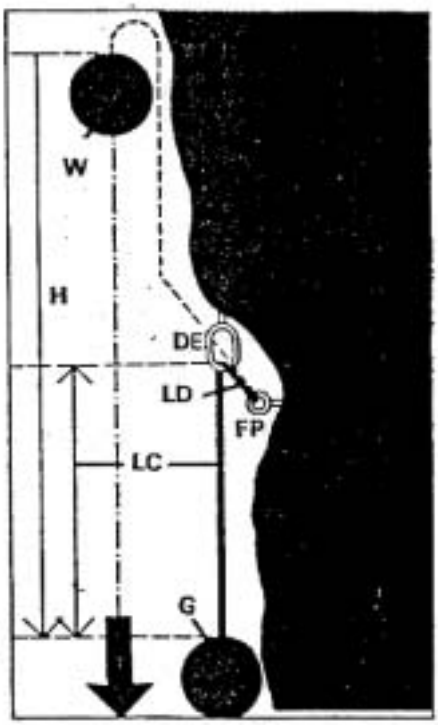


Fig. 2: Laboratory testing of dynamic ropes.

19th Annual Great Bearcat Run and "Cat Walk"

The University of Cincinnati Homecoming Day
5Km. (3.1 miles) Run/Walk
9:45 a.m. Walk • 9:55 a.m. Run
October 19, 1996

The Great Bearcat Run kicks off the Homecoming Parade, which drew nearly 25,000 spectators last year. The race begins at the Law School on Clifton Avenue, winds through campus and finishes in Nippert Stadium. The course is fast and considerably downhill.

Age Groups: All runners are welcome to compete in their respective age categories, both male and female:

Runners				Walkers	
14 & Under	25 - 29	40 - 44	55 - 59	19 & Under	50 - 59
15 - 19	30 - 34	45 - 49	60 - 69	20 - 39	60 & Over
20 - 24	35 - 39	50 - 54	70 & Over	40 - 49	

Awards: Excellent awards for at least the top 10% in each age group based on pre-registration and to the top 3 male and female overall.

Competition: You may enter race as an individual and compete in your age group, or you may enter as a team.

Team Competition: You may compete on an Alumni team or a student team. Three or more people will be required to compete as a team. The first three in each team will determine the award standings. Please indicate on registration form.

If you are competing as a team you must indicate if you are a student or Alumni and the name of your team on your Finish Line Card.

Alumni: Come help your College team to victory! Engineering, A&S, DAAP, etc.

U.C. Students: Greek, Independent, and Dorm competition, or, run unattached. Contact the Intramurals Office (556-5706). U.C. students must register through the Intramural/Recreation Office, Room 206 Lawrence Hall.

Registration and Awards will be at Law School Atrium, corner of Clifton Avenue and Calhoun Street at 8:30 a.m.

Make checks payable to: **University of Cincinnati**

Mail Entries to: Jim Schnur, Track Coach, University of Cincinnati, Cincinnati, Ohio 45221-0021
ALL PROCEEDS GO TOWARD THE UNIVERSITY OF CINCINNATI ATHLETIC SCHOLARSHIP FUND.

Additional information call: 556-0563, Jim Schnur at the U.C. Track and Field Offices.

This race is a great warm-up for the Thanksgiving day race!

WAIVER: In consideration of the acceptance of this entry, I waive, for myself and my heirs, any and all claims for damages against the sponsors and their representatives and all race officials, for any and all injuries received during this event. I attest and verify that I am sufficiently fit for this race.

Name _____ ____ $6 Pre-registration

Address _____ ____ $8 Pre-registration (after 10/10/96)

City _____ State _____ ZIP _____ ____ $6 T-Shirt

Phone _____ Alumni College _____ ____ Total

Age Group _____ Sex _____ ____ 5Km. Run ____ 5Km. Fitness Walk

T-Shirt Quantity _____ Size: S M L XL Team _____

Signature Date Parent's Signature (If under 18)

Message from the Treasurer

It's that time of year again where the leaves are turning colors and the days are getting shorter. A new year is beginning and along with it is the fun of new adventures. At UCMC we believe in these "adventures of a lifetime"! The U.C. Mountaineering Club is the GREATEST club on campus--we offer a wide range of opportunities to all of our members. I encourage everyone to take a look around, you are surrounded by countless rock climbers, backpackers, canoers, cavers and other outdoor adventurists. Before you waits the opportunity of a lifetime. A new year has begun so get out and meet new people, go on wild outdoor adventures, and have the time of your life. Nowhere will you find such a great opportunity and a very helpful group of friends other than UCMC. I am sure that all newcomers have fears and anxieties about this club. But, everyone must start somewhere so please take a look and see what we are about. I invite everyone to sign up for a new membership, and I guarantee you will have the most exciting experiences of your life.

Matt Kappen

Lounge Lizards

Description: An ever dwindling breed of the UCMC. Known to procrastinate heavily and have a high state of inertia. Their nearby niche is 217 TUC, a limitless energy sink that drains all life forms that enter. They always want to migrate from concrete Clifton to an environment of lush forest and skyward reaching rock walls; due to this high inertia they can barely function in negative energy fields such as the University of Cincinnati, but unleashed into the wide open outdoors and they transform into an infinite source of mobility. To help save this breed go to 217 TUC, hangout, skip class, eat lunch and shoot the bull with the lounge lizards. After about 2 or 3 times at this you too will be mystically transformed into one of them. This is the only way to help the dying breed because there is no reproduction, asexual or sexual, associated with lounge lizards.

Yes, the Mountaineering Club is online!

Our web page is located at

http://soaserver.tuc.uc.edu/org/ucmc/

Thank you for reading the Goosedown! This next page is our calendar for October, with all of the events which were scheduled as of presstime. If you have any questions about the club or activities, feel free to ask the members or officers.

President:
Jeremy Sibert

Vice-President:
Amy Kindell

Treasurer:
Matt Kappen

Equipment Manager:
Bob Mouk

October 1996

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 Meeting 7pm 510 Swift	3	4	5	6
7	8	9 UCMC Open House 7pm 510 Swift	10 Climbing course classroom instruction	11 Big South Fork backpacking trip Red River Gorge backpacking trip	12 Canoe course Climbing course Big South Fork backpacking trip Red River Gorge backpacking trip	13 Canoe course Climbing course Big South Fork backpacking trip Red River Gorge backpacking trip
14	15	16 Meeting 7pm 510 Swift	17	18 Falling Waters House trip	19 Falling Waters House trip	20 Falling Waters House trip
21	22	23 Meeting 7pm 510 Swift, gear auction	24	25	26 Wilderness First Aid course 9am to 7pm	27 Wilderness First Aid course 9am to 7pm
28	29	30 Meeting 7pm 510 Swift	31			

U.C. MOUNTAINEERING CLUB

"We do more than climb mountains."

Rafting

MEETING

WEDNESDAY

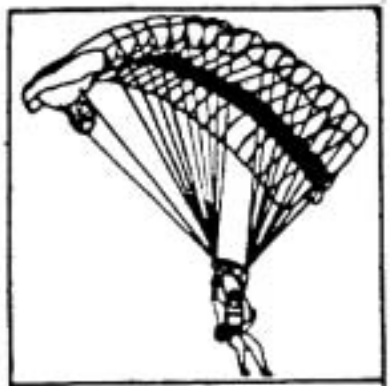
7:00

(7:30 SUMMER)

Office 217 T.U.C 556-6014

Caving

Backpacking



Sky Diving

Biking

Rock Climbing

Canoeing

Skiing

PAT ARTMAN