



Cliffnotes

Connecting The Climbing Community

February 2009

Volume 2, Issue 3
PeakExperiences.com



Climbing For Two



As Valentine's Day draws near, you may be thinking about your special someone. Climbing is the perfect activity for two! Have fun building trust with one of our amazing classes! Peak Experience instructors will have you falling in love -- with climbing -- all over again! Discover all the new moves and techniques available with **Climbing 101**. This two part class covers the foundational skills needed to advance in the sport of climbing. It's offered four times a month.

[For a complete list of climbing clinics click here.](#)

Reserve your place by calling (804) 897-6800 or [click here.](#)

If you're looking for a climbing partner, visit our [Climbing Community](#) page!

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High School Climbing

Member Party: February 12

Join us February 12th 6-10 pm for a
Member Party!!
Barbeque ~ Raffles ~ Prizes ~

Get an early start on Valentine's Day and bring a friend or SO to our party - you'll save \$2. on our Day Pass!

Do you have a Peak Experience to share in an upcoming Cliffnotes issue? We want to hear from you! [Click here](#) to send us a photo and description.

Clubs

We Special Order

Quick Links

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We're Open

Monday - Friday

1:00 pm - 10:30 pm

Saturday

10:00 am - 10:30 pm

Sunday

11:00 am - 8:00 pm

Members Only

Monday - Friday

9:00 am - 1:00 pm

Climbing Clinics

[Click here for the complete February climbing clinic schedule.](#)

The following **Rock-it Science Clinics** are **FREE** for members and guests **this month**.

All classes start upon announcement at 8:00 in the evening and last about 30 minutes. Reservations are not required.

Dynamic Movement

Tuesday, Feb 3

Happy Valentine's Day



Climbing Clinics & Evolv Shoe Demo

New River Mountain Guides announces a partnership with **Climb Fit** for two climbing clinics and a shoe demo at **Peak Experiences** on February 24th, 2009.

Climbing athletes **Elaina Arenz-Smith** and **Jessa Goebel** will be at Peak all evening to lead the demonstrations!

The event will start off at 5pm with a free Evolv climbing shoe demo. Try out the newest climbing shoe models on the market before you buy!

Beginning at 6:30pm Elaina and Jessa will offer instructional climbing clinics on self-rescue techniques and training for climbing. Advance registration is encouraged, and the requested \$25 donation will benefit one of the following non-profits: HERA Foundation, Access Fund, Carolina Climbers Coalition, SE Climbers Coalition, and many others.

Self-Rescue Clinic: 6:30-8:30pm

- ~ Knots and friction hitches;
- ~ How to escape the belay;
- ~ Passing a knot while lowering a "victim"; and,
- ~ Ascending the rope (time permitting)

This 2-hour clinic is instructed by Arenz-Smith, a certified American Mountain Guide Association Single Pitch Instructor and owner of New River Mountain Guides.

Training for Climbing Clinic: 6:30-8:30pm

- ~ Properly warming up;
- ~ Training exercises done on the climbing wall;
- ~ Workout routines done away from the climbing wall;

This 2-hour clinic is instructed by Jessa Goebel of Climb Fit. Climbing exercises will cover a range of methods that will help with technique, power, endurance, and power-endurance. The workouts will consist of exercises that are climbing specific, focusing on core and upper body strength.

At 9pm, Elaina will present a half-hour multi-media presentation on the climbing at the world-renowned New River Gorge, WV -- a short weekend trip away for climbers looking for a change of scenery and the perfect place to

Thursday, Feb 12
Thursday, Feb 19

Endurance Training

Wednesday, Feb 4
Wednesday, Feb 11
Tuesday, Feb 17

Hang Board & Campus Board

Thursday, Feb 5
Tuesday, Feb 10
Wednesday, Feb 18

Hanging Belay

Tuesday, Feb 24

Knots

Wednesday, Feb 25

Mantles

Thursday, Feb 26

Rick's Tech Tip: Play It Safe In Cold Weather



If it's 60 degrees on Monday and 10 degrees on Tuesday, make sure you play it safe when taking a climbing trip outdoors. Weather can turn and even if it seems to be a short jaunt to the car you need to be prepared at the crag. Add extra time for having to take down your anchors, the sun setting, or rain. These conditions, in addition to a short trip to the car, could be life threatening if ill-prepared.

Always bring a warm hat,

continue their instructional clinic training.

For more information [click here](#).

4th Annual USAC Mid-Atlantic Region Dual Division Comp March 7

It's Comp season once again and Peak Experiences is honored to host the kick-off comp for both the Capitol and MidAtlantic Regions on March 7th.



The Comp will effect the climbing center in various ways leading up to the event. Keep your eyes open for notification as to specific dates when certain areas may be closed or have limited access.

VOLUNTEERS NEEDED!

This Dual Region event is always an EXCITING and FUN event, not just for the competitors, but for the volunteers! If you are interested in lending a hand, let us know the next time you're in the gym, or [email us](#). Free comp tee, food and training included!!

Route Master: Chris Cios!



Meet Chris Cios, Red-Pointing Bone Master Gear Fling 5.11b.

Chris is part of Peak Experiences' elite route setting team that includes Brent Quesenberry, J.P. Maher, and Keith Morton. These guys are diverse, motivated and extremely talented.

With over 10 years of experience, Chris has trained under Mike Pont, Jim Redo, Louis Anderson, Beth Rodden, Tony Yaniro,

Kevin Brandford and Brent Quesenberry. He started setting by volunteering to be setter and belay slave to Mike Pont when Peak Experiences first opened.

Chris likes experiencing classic climbs and movement outdoors, and watching people enjoy the challenges on his routes -- especially those climbing the middle grades (5.8-

gloves, socks and a warm belay jacket (something waterproof if you have it) this time of year. An extra snack and extra fluids should be in your pack too.

To share your tech tip or ask our experts [click here](#).

Monument Avenue 10K



As the Ukrops Monument Avenue 10K celebrates its 10th year, so is Peak Experiences! Show your support of rock climbing and wear your Peak Experiences member shirt! Take it to the next level and wear some gear!! You won't be alone in costume!

5.10). His gym routes are all marked "CIOS" so give him some feedback the next time you try one.

Come and check out the bouldering cave - we have set over 30 new problems in the last 10 days. Grades range from V0 to V10. The cave has more problems than ever, and we have been grading the problems more in line with the YDS grading used throughout the climbing center.

Too Cool At School



The coolest club in your school is your Rock Climbing Club!

Don't pass up the killer Peak Membership deal for High School Club members: only \$150 for 4 months!

Members receive 10% off in the gear shop, special member-only climbing hours, reduced fees for all our classes as well as something unique to put on your college application!

[Click here](#) to find out more.

Peak's TEAM News

Congratulations to **Matt Londry** and **Ben Copolillo** for qualifying for ABS Nationals next month in Boulder, CO! We would also like to congratulate our TEAM for working diligently at ABS Regionals in Philadelphia and Atlanta! Sixteen TEAM members competed and six qualified for Finals and two for Nationals.

If you are interested in joining our TEAM, please talk with TEAM captain Brent Quesenberry or [email us](#).

For complete results visit www.usaclimbing.org.

Hold the Pickles, Hold the Lettuce, Special Orders Don't Upset Us!

Do you know we will order gear from just about any vendor that sells climbing gear? Our shop is small, but if we don't have it, we will get it in a flash!

Petzl, Black Diamond, Evolv, Flashed, Simond, Pika Mountaineering -- we'll help you find exactly what you need!

[Click here](#) for our gear shop.



Try Harder, Train Harder, Climb Harder!



Peak Experiences Indoor Rock Climbing Center

11421 Polo Circle
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(behind The Shoppes at Bellgrade)

(804) 897-6800

www.PeakExperiences.com

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