

What's Up Summer

Seasonal Newsletter

June 2010

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Special points of interest:

- Three ways to improve your climbing today!
- Fresh and Fun: an easy to make summer meal
- Check out Upper Limits on Facebook and Twitter
- Tons of Summer Specials at both Upper Limits gyms!

ULI Summer Climbing Clinics

Upper Limits will host kids age 7-15 in summer clinics

Summer climbing clinics are HERE! Upper Limits' clinics focus on teaching kids (7-15 yrs.) the basics of indoor rock climbing. Our staff is dedicated to teaching introductory climbing, equipment usage, climbing techniques, and the importance of trust and communication. Activities will include team-building games, bouldering, climbing techniques and learning to belay (kids 7-10 yrs. old will have staff belayers). Each of the daily sessions will encourage kids to find new ways of approaching climbing through age-appropriate group instruction. Children will finish the climbing clinic with a sense of self-confidence and accomplishment. The cost of

each clinic will include four days of activities and a clinic t-shirt. Clinic sessions run in June, July, and August and do fill up quickly, so sign up today!



One of the campers at Upper Limits St. Louis shows his peers how to negotiate a tough bouldering problem.

For more information about registration, visit our website at www.upperlimits.com, or call 309-829-8255 (BLM) or 314-241-7625 (STL).

2010 SCC Schedule

Rock Dwellers: \$90
Kids 7-10 yrs. old

Session 1: June 8-11, 1-4pm
Session 3: June 22-25, 1-4pm
Session 5: July 13-16, 1-4pm
Session 7: July 27-30, 1-4pm

Cliffhangers: \$100
Young Adults 11-15 yrs. old

Session 2: June 15-18, 1-5pm
Session 4: July 6-9, 1-5pm
Session 6: July 20-23, 1-5pm
Session 8: Aug. 3-6, 1-5pm

Check out www.upperlimits.com for a registration form.

Improve Your Cardio, Improve Your Climbing

How Strengthening Your Heart Can Lead to Increased Performance

Have you hit a plateau with your climbing and can't seem to progress to the next grade? Or maybe you have a project that you repeatedly work but always gas out before you get your redpoint? Try adding some cardio to your routine! Climbing is an anaerobic exercise, but your muscles

need oxygen to function at peak performance, which is where aerobic exercise comes into play. By improving your cardiovascular shape, you will increase the flow of blood to your muscles, which will in turn increase the amount of lactic acid (which causes that nasty forearm pump you feel

on long or demanding climbs) flushed away. Hanging onto the wall longer isn't the only benefit you'll reap, however. You'll also lose pounds, trim fat, and boost your mood, plus experience a variety of other health benefits.

(Cont. on pg 3)

Thwarted Plans Push Climbers' Limits

Unexpected circumstance force climbers to expand their horizons



By: Nicholas Flatley

The sun is breaking over the mountains behind us as we hike the three miles to the Sundance Buttrass. The climb that Joe Friedman and I are heading to is the classic, Kor's Flake. We make good time and are trying out a 'lighter' method of climbing: smaller rack, less food, and one pack. The less food idea came to us as we were hiking in and I asked Joe if he'd grabbed the sandwiches. He thought I had grabbed them. However, this faster-and-lighter idea had one small hang up. My ten-pound shoes. Great on the hike but bad on the climb.

We saw only two cars in the parking lot when we got there at 6:50 in the morning, but on the last switchback up the approach I hear a hollow metal sound breaking through the crisp morning air: hexes banging together. When we arrive at the base of the Sundance Buttrass, we see two people roped up and ready to go. Already knowing the answer, Joe asks which route they are climbing. The answer: Kor's Flake.

Not thinking that anyone else would be

at Lumpy's Ridge on a Tuesday morning, let alone one of the farthest climbs at Lumpy's, we only photocopied the guide book for Kor's Flake. So much for a backup plan. As Joe and I ponder what to do, the leader begins the climb. He told us that he climbed slowly, and watching him place his first cam, we see he wasn't lying. We decide to climb something else. After consulting our "guide book" we decide on Mainliner, a more challenging route with zero beta, other than a three star rating and the drawn map of the wall in the guide book. We discuss the climb: where we think the belay stations are going to be and where the route goes. We decide Joe will lead off, and I will haul the gear up the wall. He leads the first four pitches, lacing the third pitch together with more stopper placements I thought possible. Joe has been climbing for years. He is a good teacher and even better climber, but to say that he



Friedman on the ascent of the challenging route Mainliner

is a stopper addict would be an understatement.

After the fourth pitch, I tie in to lead the fifth pitch and take a left at the top instead of a right, which adds about another 250 feet of climbing to our day. Joe races up the wall to meet me, and I zip-line him the gear I still have. He in turn runs up the next pitch of the unknown. I meet him at the next belay station and we talk about how much farther we have to go. I almost float up a 5.easy, placing gear just to practice more than to protect a fall, when I hear Joe yell, "30 feet!" That means I only have 30 feet of rope left. I look around for direction and see a tree, indicating the summit. I back off a bit to set up a belay for less rope drag, and I yell down to Joe that I'm at the top. He's thrilled to hear that we have finished the route.

This climb was the longest multi-pitch trad climb either one of us have done. We spend some time at the summit of the Sundance Buttrass, and Joe complains that my hiking shoes must be part lead. We descend off the north-west side of the buttrass to a nice hike down off the rock. No real troubles, just a great day of climbing, and, thanks to the climbers on Kor's Flake, we pushed ourselves.



Flatley and Friedman celebrate reaching the summit

Two weeks later, we headed to Eldorado Canyon to do Outer Space on the Bastille, and, ironically, the same guy who lead Kor's Flake the other day was waiting in line at the base of the climb. So Joe and I instead climbed Yellow Spur, another classic. Thanks again to the guy from Kor's Flake for another fabulous day of climbing.

Stay Connected to Upper Limits Through Facebook and Twitter!



Both St. Louis and Bloomington are now on Facebook and Twitter! Be sure to check in every now and then for all the latest info on both gyms, trends in the industry and specials deals through Upper Limits!



Follow Upper Limits St. Louis @RocktheLimit. Upper Limits Bloomington can be found @UpperLimitsBLM. Both gyms can be found at Upper Limits on Facebook.



\$5 off any purchase at either ULI gym!

Not valid with any other offer. Minimum of a \$25.00 purchase. Must have coupon at time of purchase. Offer expires 7/30/10.

Improve Your Cardio cont.

Here are some easy tips to incorporate cardiovascular exercise into your day:

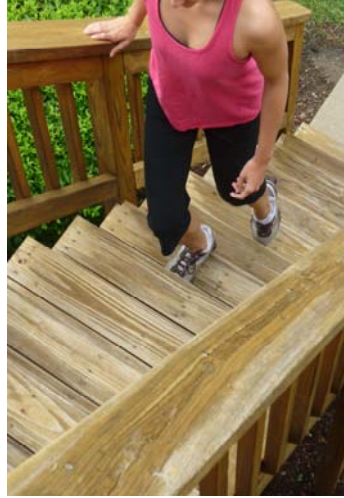
Walk, Walk, Walk! While running gives you the most cardiovascular bang for your buck, it can often be hard on the joints. Walking at a brisk pace for thirty minutes every day is an excellent alternative to running, as it provides a good cardio burn with less impact. If you need extra motivation to take your daily walk, consider adopting a dog from a local shelter or rescue. Not only will you have motivation for your walks, you'll also have companionship!

Take a Hike, Not the Elevator! Consider taking the stairs at work instead of riding the elevator. Hiking up five flights of stairs two or three times a day will get your heart pounding, your blood flowing, and your muscles working. Don't work in a high rise? Walk laps on your stairs at home or find a local football field and walk

the bleachers. Or head to the mall and do laps, walking up and down the escalators instead of taking a ride. If you stop and make a purchase or two along the way, that's okay. Just consider the bags extra weight training!

Ride Instead of Drive! Make your morning commute on your bike instead of in your car. Not only will you save money on gas, but your workout for the day is done! Find your best bike route to work online and get riding. If riding to work isn't feasible,

commit to riding your bike when you run weekend errands instead of driving your car. Attach a milk crate to the



Make a conscious effort to use the stairs every time in order to up your daily cardio intake.

back to carry any purchases from your local farmer's market or books from the independent bookstore around the corner. Not only will you get some cardio in, you'll also help support your local businesses. And don't forget your helmet!

These are just a few examples of ways to incorporate thirty minutes of cardiovascular exercise into your already busy day. The most important thing to remember is to get moving and to have fun.

Climbing is a Social Experience with Climbfind Climbfind Provides Platform to Connect Others All Across the Globe

Climbfind makes finding a climbing partner as easy as the click of a button. Founder Jonathon Kresner started Climbfind after moving from Sydney, Australia to London England. Having left all of his climbing partners back home, Kresner realized there was no good way for climbers to connect with one another. The concept is easy: "Climbfind helps you meet climbers at your local indoor

"Climbfind helps you meet climbers ...and share your passion for rock climbing."

climbing center, find places to climb outdoors and share your passion for rock climbing."

Climbfind provides maps for six continents and countless countries around the world. It allows a climber to instantly filter the feed on its homepage to any country, state, city, indoor

climbing gym or outdoor location, so that they can find a climbing partner in a particular area within a matter of hours. Climbfind also dedicates a large portion of its website towards spotlighting others in the climbing community. With tons of educational and entertaining blogs, this is a great tool for those just getting into climbing, as well as those who have been longtime advocates of the sport. Check out Climbfind at www.climbfind.com

Check out Summer Deals from Upper Limits! June through August Brings Great Deals From ULI

June:

- Three month Student Membership valid through June 15th. (STL) Good for three months from the date purchased (BLM) Good until August 15.
- Dads are FREE in Family Class ALL MONTH with a paying child! Dads also get HALF PRICE Daily Fees with paying child.

July:

- \$50 off both Student and Yearly Memberships all month long!
- 15% off all starter packages. Buy any harness, shoes, chalk bag or belay device to receive the discount

August:

- EVERY NIGHT is Youth Night August 9-13, from 4pm-10pm. Kids under 17 get in for \$7.50!



Chicken Enchiladas With Green Salsa

The fresh salsa with jalapeno makes this a spicy treat for a summer night

Serves 4

Hands-On Time: 35m

Total Time: 40m

Ingredients

- * 4 tablespoons canola oil
- * 2 small zucchini, diced
- * 1 small red onion, chopped
- * 1/2 cup corn kernels (from 1 ear, or frozen and thawed)
- * 1 2- to 2 1/2 pound rotisserie chicken, meat shredded
- * 1 1/2 cups grated Monterey Jack (6 ounces)
- * Kosher salt and black pepper
- * 12 6-inch corn tortillas
- * 1 pound tomatillos, papery husks removed
- * 1 jalapeno, seeded
- * 1 cup fresh cilantro
- * 1 tablespoon fresh lime juice
- * 1/2 cup sour cream (optional)

Directions

1. Heat oven to 400° F. Heat 1 table-spoon of the oil in a medium skillet over medium-high heat. Add the zucchini, onion, and corn and cook, stirring, until the onion begins to soften, 3 to 5 minutes. Transfer to a large bowl.

2. Add the chicken, Monterey Jack, 1 teaspoon salt, and 1/4 teaspoon pepper. Mix to combine.

3. Wipe out the skillet and heat the remaining 3 tablespoons of oil over medium heat. One at a time, cook the tortillas in the oil until softened, 10 to 15 seconds per side. Transfer to a paper towel-lined plate.

4. Divide the chicken mixture up in the tortillas and place them in a large baking dish, seam-side down. Bake until heated through, 8 to 10 minutes.



Courtesy of Real Simple

Try these tasty Chicken Enchiladas!

5. Meanwhile, in a food processor, pulse the tomatillos, jalapeño, cilantro, lime juice, and 1/2 teaspoon salt until finely chopped. If using, serve the enchiladas with the salsa and sour cream.

Upper Limits Attends 4th Annual CWA Summit

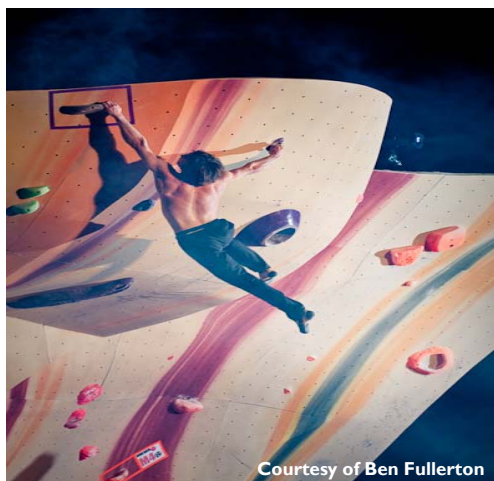
The Climbing Wall Association Hosts Hundreds in Beautiful Boulder, CO

The fourth annual Climbing Wall Summit was held in Boulder, CO, May 13-16. Upper Limits, along with hundreds of other climbing gyms, vendors, and others passionate about the sport, gathered at the University of Colorado-Boulder to share their knowledge and expand their horizons.

Chris Danielson opened up the conference on Thursday night as the keynote speaker. He spoke of how a climber is no longer defined as someone who climbs outdoors. As the sport grows, along with the prevalence of indoor climbing gyms, anyone and everyone can become a climber. You are not defined by how hard you can climb, or how often you to participate in the sport. As long as you have the drive and passion, you are a climbers.

Friday and Saturday were filled with seminars including the Ups and Down of Auto-

belays, Un-answerable Climbing Gear Questions and Using Social Media to Build Your Climbing Community. Between the



Courtesy of Ben Fullerton

Daniel Woods, who took the top spot in the Battle of the Bubble, pulls down hard at Boulder Reservoir

informative seminars and talking with others in the climbing industry, the ULI crew came back with lots of ideas of how to improve and enhance the Upper Limits experience.

At night, the gorgeous city of Boulder provided plenty of entertainment. The Boulder Rock Club held the TruBlue Auto-belay launch party on Friday night, and The Spot held the Battle of the Bubble on Saturday night, which was a pro bouldering invitational. Check out Five-Ten's website for some awesome footage of the comp. ULI also went and picked the brains of the staff of the new near zero waste climbing and fitness gym Movement. The Upper Limits team departed Boulder on Sunday morning excited to implement some of the innovated ideas learned at the CWA Summit.

Check us out at www.upperlimits.com or give us a ring at (STL) 314.241.7625 and (BLM) 309.829.8255