



**Sterling Rope Company
With Peak Rescue Institute
Desiderata Institute
Uprising Adventure Guides
Women's Climbing Weekend
April 19-20, 2008
Joshua Tree, CA**

It is that time again for another exciting Sterling Rope Women's Climbing Weekend, Goddesses on the Rocks! This will be our 2nd Annual event at Joshua Tree, CA, the backdrop for a great weekend of climbing, socializing, and fun. Based upon the tremendous interest shown by women climbers, we are looking forward to a large turnout and an exciting weekend of climbing. Please read the following information carefully as it will answer many of your questions about camping, what to bring, directions, etc.

Peak Rescue Institute

Once again, the professionals from the Peak Rescue Institute, one of our rescue/safety dealers, have "paved the way" for us to have this event here at Joshua Tree. In fact, this event would not be possible without their direct involvement! The members of Peak Rescue offer a myriad of expertise in all aspects of climbing and will be assisting with instructing our clinics, setting up top ropes, site safety management, and event organization. We are extremely fortunate to have these skillful team members at our event. To read more about the Peak Rescue Institute please visit their website at <http://peakrescue.org/>.

The Rock Warrior's Way

We are very excited to be teaming up this year with Arno Ilgner, owner of Desiderata Institute and Author of "The Rock Warrior Way," to offer a Warrior's Way Espresso Clinic! The Warrior's Way mental fitness clinic teaches you how to focus attention during the climbing process, especially when you are most apt to seek escape (how many of you can relate to this?). You'll learn how to develop self-awareness, stay centered, fall, improve commitment, improve fluidity, reduce doubts, improve problem-solving skills, reduce fear, and more! If you decide to sign up for this excellent 1-day clinic, here's what you will be learning:

Content of the clinic: You'll be doing climbing exercises on mock lead - the exercises will begin on moderately difficult routes, then falling practice, more moderate routes, and finally a challenging climb.

What to expect: You'll begin by learning how to perform risk assessment and break a climb into smaller sections (decision points). Second, you'll become more aware of the thought content in your mind. Third, you'll practice falling (in small increments and only as much as the student wants). Fourth, you'll work on climbing more fluidly and reduce intruding thoughts. Finally, you'll learn how to prepare and commit at these decision points.

Requirements for class: It is helpful if you've read "The Rock Warrior's Way" book, but it isn't absolutely necessary. Arno will have a pdf handout that we can email you so you can become familiar with the Warrior's Way concepts. This clinic seems to be best for those who have hit a plateau, experienced frustration, fear, loss of motivation, or other mental fitness issues. You do need to know the fundamentals of knots, belaying, and basic climbing skills.

Clinic limited to 8 participants, so sign up and reserve your space today!

Uprising Adventure Guides

We are ecstatic in announcing that Uprising Adventure Guides will be involved in clinic instruction and site management this year! Joshua Tree's Uprising Adventure Guides and Rock Climbing School specializes in Women's, private and group guided rock climbing. Their rock climbing classes, seminars and private rock climbing instruction are given by rock climbing guides who have dedicated their lives to teaching people how to climb. They can teach rock climbing techniques at every rating and ability level. In addition to Joshua Tree, they give professional rock climbing instruction in Idyllwild (Tahquitz and Suicide rocks).

They listen to their clients about what they want from their day of climbing so we can match them with the right rock climbing guide or instructor. Their guides and instructors are committed to your experience and know that it is important to feel confident and comfortable with the person you are climbing with. Whether you are a beginning rock climber or an experienced veteran, they can match you with the right guide and tailor your day based on your desired outcome, experience and goals. Joshua Tree is an ideal setting for both beginning rock climbing and more advanced rock climbing techniques, with rock climbing routes of all difficulties for all skill levels.

Uprising Adventure Guides is an Accredited AMGA guide service and all of their guides are AMGA trained and/or certified.

Rise to the adventure and climb with Uprising Adventure Guides. They'll meet your wildest expectations!

Sterling Contact Info

Please review the information and schedule below - if you have any questions, feel free to contact Sonya Burgess at 800-788-7673, ext. 3104, or by email: sonya@sterlingrope.com. All applications may be mailed to Sterling Rope Co., Attn: Sonya Becker, 26 Morin Street, Biddeford, ME 04005-4413, faxed to 800-755-7673, or emailed to the address above. Payment must be made in advance by check or Visa/Mastercard. Due to limited space, **registration for the event must be made in advance by April 11, 2008 (registrations made after this date will be space permitting only) – on-site registrations cannot be accepted.**

Cost:

\$125 – 1 Day

\$185 – 2 Days

Clinics

Please see page 2 of your registration form for a complete list with descriptions of all the clinics (except Rock Warrior Way - see above for clinic description) we are offering. If you are attending both days (and we hope you are!) you may sign up for a different clinic on each day with the exception of the Intro to Trad Climbing Clinic. We feel this important clinic requires two full days of instruction. Please note that a minimum of three participants is required in each clinic; if we do not reach the minimum, you will be notified and can choose a different clinic.

Cancellation Policy

Cancel by April 11, 2008 to receive a full refund. After this date, refunds are not possible. If you have questions regarding this, please call or email Sonya Burgess at the above contact info.

Camping Info

We are very pleased to announce that Peak Rescue Institute has coordinated with the National Park Service and allowed us to reserve Sheep Pass Campground, Group Sites 3, 4, & 5 and we are lucky to have them! The fact that we are allowed to use it speaks to the long-term, productive partnership that has developed between Peak Rescue, the Park Service, and the local climbers. Let's keep it up!

Here are the details:

- FREE!!! You are welcome to pitch your tent Friday and stay through Sunday. Please bring your own gear – tent, warm sleeping bag, ground cover, water, stove, pots, pans, kitchen utensils, toiletries, etc. There is no water available in the park so be sure to bring enough for cooking and drinking (at least 2 gallons per day). Water is available in the towns of Yucca Valley and Twentynine Palms or at the Indian Cove Ranger Station/Entrance Station. It may be chilly overnight so pack accordingly!
- PRIVATE!! As far as the eye can see, it'll be all climbers - great for group mojo!
- ON-SITE BOULDERS!! In case you still have forearms left at the end of the day.
- Showers: Nope! Toilets: Pit toilets (non-flushing).
- Fire pits available at campsite. If you wish to have a campfire, bring your own firewood as all vegetation within the park is protected.

- **IMPORTANT: CHECK-IN IS AT GROUP CAMP SITE #6 WITH MEMBERS OF PEAK RESCUE - THEY WILL GIVE YOU YOUR CAMP ASSIGNMENT**

SLOW DOWN! The only problem the Park Service has noticed was that people drove a bit too fast. Please remember you are on vacation and going the posted speed limit will get you there quickly enough!

PARKING!! We are **EXTREMELY** limited on parking spaces at the campground, so I am requesting that you carpool with other climbers as much as possible. Email addresses of participants who are planning to camp will be sent out ahead of time to allow for coordination between participants. We are limited to 29 cars at Sheep Pass Campground; overflow parking will be at Wal Mart in the town of Yucca Valley. If you plan on camping, please email me at sonya@sterlingrope.com or call 1-800-788-7673 ext. 3104.

For more information on Sheep Pass Campground, or other campgrounds in the area, visit their website at: <http://www.joshua.tree.national-park.com/camping.htm>

Dinner, Raffle, & Slideshow

IMPORTANT: We will be meeting Saturday and Sunday mornings at **Hidden Valley Picnic Area** for check-in and group formation. We will also be meeting at this location for Saturday evening’s catered dinner, raffle, and slideshow.

Directions To Hidden Valley Picnic Area and Sheep Pass Campground.....



Hidden Valley Picnic Area – Meeting Place

From the Los Angeles area, access I-10 East to Route 62 North. This exit is marked for Morongo Valley, Yucca Valley, and Joshua Tree National Park (Hwy. 62 exit is often missed as it is only 5 miles past the Hwy. 11 exit which leads to Palm Springs). Continue on Route 62 North for approximately 28 miles through Morongo Valley and Yucca Valley to the town of Joshua Tree. Make a right turn (south) onto Park Boulevard. Continue on this road approximately 5 miles to the West Entrance of Joshua Tree National Park. The meeting place, Hidden Valley Picnic Area, is approximately 9.5 miles from the park’s West entrance. After driving 9 miles in to the park, you will see a sign that reads “Hidden Valley Picnic Area.” Make a right turn here and continue ½ mile on paved loop road around (counter clockwise) and 100 yards past first outhouses to Hidden Valley Picnic Area (Turtle Rock, tall rock that stands nearly alone). See map above.

Sheep Pass – Group Campsite

From the Los Angeles area, access I-10 East to Route 62 North. This exit is marked for Morongo Valley, Yucca Valley, and Joshua Tree National Park (Hwy. 62 exit is often missed as it is only 5 miles past the Hwy. 11 exit which leads to Palm Springs). Continue on Route 62 for approximately 28 miles through Morongo Valley and Yucca Valley to the town of Joshua Tree. Make a right turn (south) onto Park Boulevard. Continue on this road approximately 5 miles to the West Entrance of Joshua Tree National Park. You will pass Hidden Valley Picnic Area - continue on and follow the signs to Sheep Pass Campground. See map above.

SCHEDULE

Saturday, April 19, 2008:

7:30 a.m. **Meet at Hidden Valley Picnic Area**
See driving directions above

7:30 – 8:30 **Registration, group organization, etc.**

8:30 – 4:00 **Clinics**

4:00 - 7:00 **Party/BBQ at Hidden Valley Picnic Area**

7:00 - 8:00 **Raffle**

8:00 – 9:00 **Slideshow**

Sunday: April 20, 2007

7:30 a.m. **Meet at Hidden Valley Picnic Area**
See driving directions above

7:30 – 8:30 **Registration, group organization, etc.**

8:30 – 4:00 **Clinics**

What to Bring:

All participants should bring lunch, snacks, water (3-4 quarts minimum per day!), sensible shoes for hiking - **no open-toe/back sandals**, sunscreen, sunglasses, floppy hat or ballcap, and warm layers in case of cooler weather.

Climbing gear: Harness, climbing shoes, belay device, and helmets. Please note that **helmets are required** – if you do not own a helmet, we will have a limited amount available to borrow on a first-come, first-serve basis. If you need shoes or a harness, please arrive early to allow extra time for sizing. For participants signed up for the traditional lead climbing or anchor building clinics, you are encouraged and welcome to bring whatever trad gear/rack you have. Please mark your gear!

Motel Accommodations

Okay, we won't take it personally if you don't want to use our free campsite! Here are some local recommendations:

Hi-Desert Motel, Joshua Tree (760)366-1978
Joshua Tree Inn, Joshua Tree (760)366-1188
Super 8 Motel, Yucca Valley (760)228-1773
Yucca Inn, Yucca Valley (760)365-3311
Oasis of Eden Inn, Yucca Valley (760)365-6321
Holiday Inn, 29 Palms (760)361-4009
Motel 6, 29 Palms (760)367-2833
Best Western, 29 Palms (760)367-9141
29 Palms Inn, 29 Palms (760)367-3505
Joshua Tree Vacation Homes (602)752-3249 E-Mail: info@joshuatreevacationhomes.com