

RandG

Bulletin

Welcome to Vertically Inclined's **RandG Bulletin** for March 2007!

Once again the March event in the Rip & Grip Series seems to have brought with it warm weather outside and turning thoughts towards Summer climbing projects.

With the prospect of getting onto routes and problems outdoors looming, it's time to work on skills such as reading sequences and on-sighting routes along with the purely physical training and conditioning. The Rip & Grip series finale coming up in April gives you a great opportunity. 26 problems you've not seen before means lots of reading the new routes and working on the intellectual game of climbing just as much as the physical. Plus, the problems stay up until the week before the next comp so there's lots of time to work on conquering the problems you don't get on your first look.

A quick reminder about the April even. It will be held on Friday April 13th in order not to run on Good Friday which falls on the first Sunday of the month this year. Start time is again 7:30pm.

If you have any thoughts, comments or would like to submit a photo, drop us a note at climbing@verticallyinclined.com We'd love to hear from you!

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Event Wrap-up - March 2

Another great crowd of climbers filled the gym for the March event. The efforts put in by the climbers one every problem continue to inspire fellow competitors and teh Route Setters who are always excited to see climbers challenge themselves and succeed on their problems.

Thank you very much routesetters, staff, and members who put valuable time into the planning and running of the event.

Special thanks to our sponsors: Track n' Trail, MEC, Coast Mountain Sports, Teknik and Lululemon,; the climbing is great, but thanks to our sponsors there is something exciting to look forward to at the end!

Summary of Winners:

March:

	Women	Men
Novice	Lynsey Dobish	Juan Perez
Advanced	AJ Porter	Ryan Bombard
Expert	Heather Sawitsky	Jesse Reimer

Congratulations to the winners!

Congratulations also go out to everyone who came to play!

Results: March 2nd

Name	Category	Rip & Grip	Big Rocker	February	Total
Juan Perez	M - Novice	12330	0	0	12330
Bobby Franklin	M - Novice	11820	0	9440	21260
Tomas Nasedkin	M - Novice	10640	4200	0	10640
Alex Brown	M - Novice	10130	0	0	10130
Peter Karbaliotis	M - Novice	9600	12000	7490	17090
Shawn Franklin	M - Novice	6760	3200	6490	13250
Corbin Zoeteman	M - Novice	5620	0	0	5620
Andrew Funk	M - Novice	4750	1600	4290	9040
Roy Mitten	M - Novice	4520	3600	3580	8100
Theodore Brockman	M - Novice	4080	3200	2170	6250
Isaiah Feldberg	M - Novice	3860	200	1590	5450
Sam Campbell	M - Novice	2660	9600	0	2660
Josh Dillabough	M - Novice	2090	0	1580	3670
Jeff Neiman	M - Novice	1950	4000	0	1950
Nicholas Breitreuz	M - Novice	1580	0	0	1580
Kim Robitaille	M - Novice	0	0	1880	1880
Nathan Andrews	M - Novice	0	0	7490	7490
Dave Cloke	M - Novice	0	0	5680	5680
Anthony Maghay	M - Novice	0	0	0	0
Sam Campbell	M - Novice	0	0	0	0

Name	Category	Rip & Grip	Big Rocker	February	Total
Lynsey Dobish	F - Novice	7340	0	0	7340
Tylo Buwalda	F - Novice	5690	0	4010	9700
Kirsten Kirwer	F - Novice	5490	1400	1590	7080
Mary Wood	F - Novice	5480	0	4670	10150
Rayna Dillabough	F - Novice	3880	0	1590	5470
Jacquelyn Buwalda	F - Novice	3760	0	1770	5530
Riley Yager	F - Novice	2800	0	2300	5100
Miriam Hughey	F - Novice	2780	2200	0	2780
Leslie Vermeer	F - Novice	2130	3000	1680	3810
Pauline Gibson	F - Novice	1580	0	0	1580
Naomi Franklin	F - Novice	960	1600	0	960
Randie Anderson	F - Novice	500	0	0	500
Kara Little	F - Novice	0	0	7390	7390
Amanda Farquharson	F - Novice	0	0	3580	3580
Kaylyn Jackson	F - Novice	0	0	2780	2780
Sarah Kehler	F - Novice	0	0	3600	3600
Vanessa Mansell	F - Novice	0	0	580	580
Neekoo Collett	F - Novice	0	0	5620	5620
Joyce Mann	F - Novice	0	0	6470	6470
Kat Wood	F - Novice	0	0	4750	4750

Name	Category	Rip & Grip	Big Rocker	February	Total
Ryan Bombard	M - Advanced	17740	0	16420	34160
Scott Whittington	M - Advanced	17530	0	14510	32040
Scott Thurmer	M - Advanced	16890	5280	0	16890
Beau Hayward	M - Advanced	15650	0	14690	30340
Brad Chosholn	M - Advanced	12960	0	0	12960
Jordan Hilbrecht	M - Advanced	12690	0	7900	20590
Ryan Eichler	M - Advanced	12630	0	13950	26580
Aaron Postma	M - Advanced	12060	0	8590	20650
Scott Moorhouse	M - Advanced	11420	4000	9810	21230
Robert Hardy	M - Advanced	10780	0	10600	21380
Bruce Keith	M - Advanced	10770	10900	9500	20270
Nathan Booth	M - Advanced	10770	3800	8480	19250
Reg Brown	M - Advanced	10570	4800	6670	17240
David Murray	M - Advanced	10360	0	0	10360
Zak Keith	M - Advanced	9670	4400	7050	16720
Marco Campana	M - Advanced	9060	3000	0	9060
Alex Schlacht	M - Advanced	7850	3800	7890	15740
Jonathan Burton	M - Advanced	2300	0	0	2300
Graham Lynch	M - Advanced	0	0	15330	15330
Gary Saskiw	M - Advanced	0	0	14470	14470
Dan Evans	M - Advanced	0	0	13450	13450
Matt Amyotte	M - Advanced	0	0	10650	10650
Dallas Kroetsch	M - Advanced	0	0	10590	10590
Robert Summers	M - Advanced	0	0	9340	9340
Allan Smoliak	M - Advanced	0	0	9150	9150
Eric Bellinger	M - Advanced	0	0	8880	8880
Troy Ayers	M - Advanced	0	0	8490	8490
Peter Toth	M - Advanced	0	0	6790	6790
Liam Carroll	M - Advanced	0	0	4970	4970

Name	Category	Rip & Grip	Big Rocker	February	Total
AJ Porter	F - Advanced	12380	800	0	12380
Carlene Grant	F - Advanced	12320	2400	0	12320
Dylan Hardy	F - Advanced	11460	0	0	11460
Amanda Stewart	F - Advanced	9630	0	0	9630
Nicole Deuchar	F - Advanced	8790	0	7760	16550
Gail Adamson	F - Advanced	5790	12700	7500	13290
Kathy Lin	F - Advanced	4800	0	4680	9480
Vesna Nguyen	F - Advanced	4690	0	3600	8290
Candace Robitaille	F - Advanced	0	0	5680	5680

Name	Category	Rip & Grip	Big Rocker	February	Total
Jesse Reimer	M - Expert	20360	0	0	20360
Miles Adamson	M - Expert	18340	1400	5970	24310
Troy Grind	M - Expert	16120	0	14670	30790
Zach Krudys	M - Expert	16080	0	0	16080
Andy Williamson	M - Expert	15650	0	14680	30330
Kris Chichak	M - Expert	15640	0	16390	32030
Geoff Scott	M - Expert	15040	0	16450	31490
Ian Reynolds	M - Expert	14040	0	15560	29600
Jeremy Inman	M - Expert	11960	0	15570	27530
Che Hynes	M - Expert	8250	0	12590	20840
Cody Johns	M - Expert	0	0	0	0

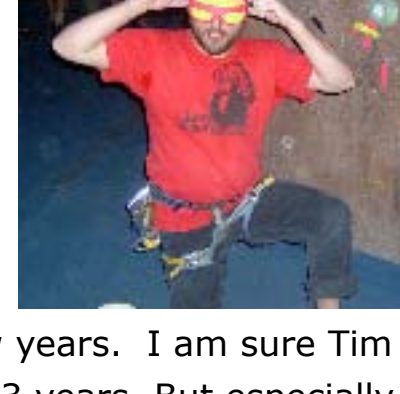
Name	Category	Rip & Grip	Big Rocker	February	Total
Heather Sawitsky	F - Expert	17770	0	14420	32190
Laura Minard	F - Expert	12440	0	8600	21040
Alanna Elias	F - Expert	11550	0	11580	23130
Jordan Taylor	F - Expert	11040	0	9460	20500
Arianne Forbes	F - Expert	8970	0	9490	18460
Stephanie Borys	F - Expert	0	0	10690	10690
Kristine Mckay	F - Expert	0	0	8390	8390

Climber Profile

Name: Beau Hayward
Occupation: Climbing Instructor at Vertically Inclined
Length of Time Climbing: 3 years
What is your favourite thing about the Rip & Grip?
 All the different styles of routes.
What do you do when you are not climbing?
 Soccer and Track
If you could talk with any famous athlete dead or alive who would it be?
 Ronaldinho, a midfield soccer player for team Brazil. I would ask him about how he got to where he is right now, what did he do as training and practicing wise.

Routesetter Profile

I would like to introduce to you a routesetter that is loaded with style and passion. Tim Knutton has been a long time member at VIRG contributing a great deal to the vibe of our gym. A big way Tim contributes that hopefully you are already aware of is being an exceptional DJ for our Rip and Grip events for the past few years. I am sure Tim has been groovin' up the walls since the beginning of his 33 years. But especially so in the past 2.5 years since he has gotten into to setting at our facility. Tim is always looking for an inspirational bit of wall space that has exciting lines or brings visions of beautiful body positions. Trust me when I say Tim is always on the search for an aesthetic line to set and climb at VIRG, Urban Uprising, downtown Edmonton or in the Rocky Mountains. Tim gets distracted from his setting passion by his Girlfriend, music, or gear used for outdoor climbing. From the past, but for the future Tim would like to meet Derek Hersey to ask "why and how?" Derek Hersey was a British climber who spent plenty of time solo climbing in Colorado and Yosemite in the 5.10 grade range and being the greatest dirtbag to ever live. Derek expired in 1993 after falling several hundred feet while climbing Sentinel Rock in Yosemite Valley.



Upcoming Events @ VIRG

Passholder Climbing Evenings: Sundays March 11, 18, 25 from 8-11pm
 -Punch Pass, Month Pass 6 Month or Annual Pass required for admission
 -No groups, lessons or drop-ins

Holiday Hours: Good Friday April 6th Noon to 8pm

Rip and Grip • Winter Series

-Next event is Friday April 13th at 7:30pm

Wear the Frog!

Check out the full line of VIRG Climb wear in the Culture Shop. We've got military style hats, toques, men's & women's shorts and women's capris!

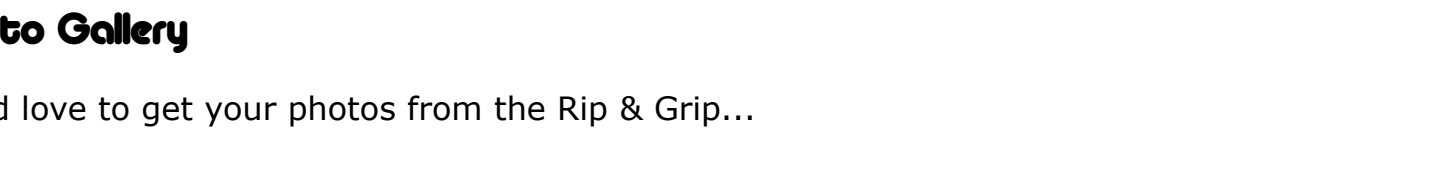


Photo Gallery

We'd love to get your photos from the Rip & Grip...

If you've got some photos to share, send them to us at climbing@verticallyinclined.com.