

RED RIVER GORGE CLIMBERS' COALITION 23RD ANNUAL

# Rocktoberfest 19

**5PM** REGISTRATION, FOOD, & SPONSOR BOOTHS OPEN

**5-6PM** VIP KICK-OFF IN THE HANGER WITH SCARPA - BEER, PIZZA, SWAG!

**5-9PM** COCKTAILS & MOCKTAILS ALE-8-ONE

**6-8PM** PATAGONIA PROVISIONS WITH BRITTANY GRIFFITH *WHILE SUPPLIES LAST*

**7:30-9PM** DYNO COMP TRY OUTS - *SWING BY ANYTIME TO SEE IF YOU PLACE FOR SATURDAY!*

**9PM** FRIDAY NIGHT FILM FESTIVAL!

**9PM** FILLING THE VOID *DENNY COVE | STEEP SOUTH*

**9:30PM** SCREENINGS + Q&A *MICHAELA KIERSCH AND DRU MACK | PETZL*

**10:15PM** ADAPTIVE *FOLLOWS THE JOURNEY OF JIM EWING + MAUREN BECK | STERLING*

BE SURE TO SCOPE OUT ALL THE BOOTHS - **WIN SWAG** WHILE FUNDRAISING FOR AN AMAZING CLIMBING DESTINATION! MORE DETAILS ON PAGE 3.

**FOOD VENDORS:** BABZ BISTRO, UP IN SMOKE BBQ, ALE-8-ONE, DEEPER ROOTS COFFEE, DANIEL BOONE COFFEE SHOP, & WEST SIXTH (*WITH SPECIAL EDITION STEEL PINTS*)

**SHUTTLES** FROM MIGUEL'S 4PM-12AM, STOPPING AT HOP'S FORK, AND FROM BALD ROCK CAMPGROUND 4:30&6:30PM, 10PM & 12AM.

[PRE-REGISTER BY OCT 9](#)

**OR** OUTDOOR  
RESEARCH



RED RIVER GORGE CLIMBERS' COALITION 23RD ANNUAL

# Rocktoberfest 19

**8-10AM** SHOES & HARNESS DEMOS AT LOTA

**8AM** YOGA FOR CLIMBERS IN THE HANGER \$5 *SUGGESTED DONATION*

**9AM-3PM** TRANGO TRAIL DAY [PRE-REGISTRATION REQUIRED](#)

**9AM-3PM** CLINICS WITH THE PROS [PRE-REGISTRATION REQUIRED](#)

**10AM-5PM** BLACK DIAMOND CLIP N' GO COMP IN THE MFRP

*PRE-REGISTER OR PICK UP SHEETS AT REGISTRATION ... 1ST PLACE GETS CASH!*

*2 CATEGORIES, MEN AND WOMEN INDIVIDUALS ONLY*

*\$200 INTERMEDIATE & \$300 ADVANCED. [RULES ON WEBSITE.](#)*

**5PM** SPONSOR BOOTHS AND FOOD VENDORS OPEN

**5PM** LIVE MUSIC IN THE PAVILLION

**6PM** ROTPUNKT! WITH ALEX MEGOS

**7-8PM** DJS & DYNOS (YEAH, IT'S A DYNO COMP!)

**7-9PM** SILENT AUCTION

**9:30PM** RRGCC RAFFLES, COMP WINNERS, & ANNOUNCEMENTS

**10PM** DANCE PARTY WITH DJS BITFLIP & JON\$EY

**SHUTTLES** FROM MIGUEL'S 4PM-12AM, STOPPING AT HOP'S FORK, AND FROM BALD ROCK CAMPGROUND 4:30&6:30PM, 10PM & 12AM.

S  
A  
T  
U  
R  
D  
A  
Y  
  
O  
C  
T  
  
1  
2





RED RIVER GORGE CLIMBERS' COALITION 23RD ANNUAL

# Rocktoberfest 19

**8-10AM** FREE PANCAKE BREAKFAST BROUGHT TO YOU BY SRCFC

**8AM** YOGA FOR CLIMBERS IN THE HANGER \$5 *SUGGESTED DONATION*

**9AM-3PM** CLINICS WITH THE PROS [PRE-REGISTRATION REQUIRED](#)

**10AM-3PM** CLEAN UP!

BE SURE TO CHECK OUT ALL THE BOOTHS THIS WEEKEND...  
SWEET GIVEAWAYS, COOL DEMOS, AND MORE!

**ALL PROCEEDS GO TO THE RRGCC - HELP US PAY THE MORTGAGE!**



RED RIVER GORGE CLIMBERS' COALITION 23RD ANNUAL

# Rocktoberfest 19

*SPECIAL THANKS TO SOUTHEAST MOUNTAIN GUIDES  
FOR ARRANGING THIS YEAR'S CLINICS!*



## ROCKTOBERFEST CLINICS

*Check-in times:*

**Athletes/Volunteers 8:30AM | Participants 9AM | Departure 9:30AM**

Arrive 10 minutes prior to start time in order to check-in. Please bring your own climbing equipment such as shoes, harness, belay device, rope, quickdraws, and/or trad gear (if applicable). All participants are required to wear helmets during the clinic. Helmets are provided if you do not have one.

**SATURDAY & SUNDAY: 2 Day Clinic | \$80**

### **Rack Up w Shingo Ohkawa - Scarpa**

**Who should take this clinic?** Climbers interested in safety, anchor building, and multi-pitch efficiency. Climbers should have some experience trad climbing and belaying (multi-pitch experience not required).

**Description:** This clinic will focus on proper placement, technique, and risk mitigation in multi-pitch climbing. Day one will consist of ground school and some climbing, day two will put the skills on the wall!

**SATURDAY | \$45**

### **Advanced Projecting w Michaela Kiersch - Petzl**

**Who should take this clinic?** Participants should be competent in all aspects of sport climbing, including leading, belaying, and catching falls, and able to lead 5.11s. Please email your lead belay/climb certifications from your local gyms ahead of time or at the clinic. This clinic is ideal for climbers working on 5.12-5.13 projects.

**Description:** The Red is best known for many of its 5.12+ steep climbs. This clinic will help analyze movement patterns and advanced level techniques that you can take back to your project, wherever it may be.

### **Fast and Light Trad: Using the Red to Train for the Mountains w Heath Rowland - RAB**

**Who should take this clinic?** Climbers looking to the ways of adventure climbing - minimalist techniques for packing, camping, and climbing.

**Description:** A look at what to pack, how to pack it, and getting ready for bigger expeditions. And of course using it all to climb!

P  
R  
O  
  
C  
L  
I  
N  
I  
C  
S





# RED RIVER GORGE CLIMBERS' COALITION 23RD ANNUAL

# Rocktoberfest 19

SATURDAY | \$45

## Gym to Crag Clinic w Dru Mack - Petzl

*Who should take this clinic?* Climbers who want to transition from climbing in a gym to climbing outside.

Participants should be comfortable lead climbing and belaying already.

*Description:* Climbing outside for the first time can be a little intimidating. Take the skills you have learned in the gym and apply them to an outdoor setting. Also learn the additional skills you will need to be successful outside like cleaning anchors, stick clipping, reading a guidebook, picking routes, outdoor climbing ethics and considerations.

## Injury Prevention & Self Treatment On & Off the Wall

w Esther Smith, DPT, Grassroots Physical Therapy - Black Diamond

*Who should take this clinic?* People who want to take care of themselves. All levels welcome.

*Description:* Explore simple and effective self-treatment strategies to keep your body strong and healthy as the climbing mileage stacks up. You will learn techniques for recovery, mobility, and optimal movement mechanics that help manage and prevent injury both on and off the wall.

## Intro to Trad Climbing - Southeast Mountain Guides

*Who should take this clinic?* Aspiring Trad Leaders (Should have outdoor climbing experience), but not necessarily trad experience.

*Description:* This clinic will explore many common pieces of trad gear with the goal of understanding the criteria for solid placements. You can expect to learn about and practice placing gear in a top-rope setup as well as in a "ground school" setting. Climbers should already understand basic lead climbing skills (i.e. clipping, lead belaying, etc.).

## Self-Rescue w Karsten Delap - Fox Mtn Guides

*Who should take this clinic?* Climbers looking to learn skills for when things don't go as planned.

*Description:* It is important to know what to do when your climbing trip does not go as planned. This self-rescue clinic will help to build your understanding of what tools and techniques can be used to correct some common climbing mistakes. This clinic is mostly ground school and does not focus on climbing. Some climbing may be done to set up or take down routes.

## Women Whip with Confidence w RJ Griffis - Sterling

*Who should take this clinic?* Female climbers proficient in leading 5.10s and up.

*Description:* Enjoy a day climbing with fellow female climbers and learning movement techniques that can improve your climbing. The focus of this clinic will be utilizing body positions and movement techniques to get the most out of your reach, learn confidence while leading to gain a better headspace and to maximize efficiency on the wall. You will get to climb routes ranging from 5.10 to 5.12 to work on body movement.



P  
R  
O  
C  
L  
I  
N  
I  
C  
S



# RED RIVER GORGE CLIMBERS' COALITION 23RD ANNUAL

# Rocktoberfest 19

SUNDAY | \$45



## Endurance Climbing Technique w Dru Mack - Adidas

*Who should take this clinic?* Any climbers looking for techniques to improve their endurance climbing.

*Description:* The Red is known for its steep and pumpy routes. On these routes are some of the biggest holds you will ever fall off of. Get some tips and take some whips with the pros! This clinic will focus on warming up properly, making the most out of “rest stances,” committing to movement and recovery in between burns.

## Beginning Sport Leading - Southeast Mountain Guides

*Who should take this clinic?* Climbers looking to transition to outdoor sport leading, participants can have any skill level for this clinic.

*Description:* This clinic will cover the basics of climbing, cleaning, and belaying for a sport route. There is no climbing experience necessary to attend this clinic although some top-rope climbing experience may be useful. You can expect to learn how to lead with a top-rope backup and how to clean a sport climbing route.

## Smart Warmups and Sending Strategies

with Carlo Traversi and Esther Smith, DPT, Grassroots Physical Therapy - Black Diamond

*Who should take this clinic?* Anyone looking to understand the “other side” of training.

*Description:* This clinic will explore how we spend our “sending money” - from warming up, route selection, staying energized, proper nutrition/hydration, resting when needed and finishing the day strong for possibly another day of making withdrawals from the try-hard bank. You'll also learn about movement therapy, mental focus/control, and strategies on how to spend your energy over the course of a day. For proficient leaders of intermediate level or higher.

## Intermediate Trad Climbing w Ben Bransby - DMM

*Who should take this clinic?* Trad leaders trying to break into 5.10s (already comfortable leading trad at 5.9).

*Description:* Higher trad grades tend to mean narrow or wider cracks than that perfect hand size. Get some practice climbing and placing gear on both! Learn new jamming techniques and how to find better rest stances. Learn some aid climbing techniques to get you to the top of the route so you can dial in the moves and gear on tope rope if you need to. Maybe take some falls on your gear to boost your confidence in your placements.

## Rock Warrior's Way: Intro to Falling w Laura Sabourin

*Who should take this clinic?* This clinic is not for beginners. You must have at least 6 months of continuous climbing experience and know the basic knots, belaying, and be able to climb 5.9 without falling/hanging.

*Description:* Being effective in climbing requires us to understand the consequences of our decisions and actions. You'll learn how to: fall safely through progressive falling practice, give a dynamic (cushioned) belay fall while clipping or committing, distinguish between “no” and “yes” fall zones, deal with fear of falling, focus on what you can control, and more.

P  
R  
O  
C  
L  
I  
N  
I  
C  
S



RED RIVER GORGE CLIMBERS' COALITION 23RD ANNUAL

# Rocktoberfest 19



**OR** OUTDOOR RESEARCH

*Quantrell*



THE **POWER** COMPANY

**PETZL**

**Black Diamond**

**STERLING**

**Rab**  
THE MOUNTAIN PEOPLE

**DMM**  
CLIMB NOW WORK LATER



**Armaid**

**TRANGO**

Hop's

Fork



**BAD BOLTS.COM**  
where worn and rusty nuts go



**WILDCOUNTRY**



YOGA FOR CLIMBERS



**BALD ROCK CABIN RENTAL**



**SCARPA**  
NO PLACE TOO FAR



**ROCKHOUSE**

