

CHICKS ROCK! SIGN UP FORM

PAYMENT/REGISTRATION OPTIONS:

1. Check or Money Order via Snail Mail Registration

Make checks payable to: Freelance Adventures Inc/CWP

Mail check and registration form to:

Chicks with Picks
c/o Kim Reynolds
PO Box 486 (mail)
163 County Rd 12A (Fed Ex)
Ridgway, CO 81432

2. Credit Card via Email Registration

Email registration form (paste into a Word Document) as an attachment and include your complete credit card info including:

- Card Number
- Expiration Date
- 3-digit number from back of card
- Complete mailing address associated with card
- Phone number associated with card
- Email associated with card

3. Online credit card payment

Fill out the form below and go the online payment page once you submit the form.

http://www.chickswithpicks.net/chicksRockWeb/signUp_step2.php

Reservation Policy

A deposit for half the amount of the clinic is due at the time of booking.

Cancellation Policy

30 days or more before clinic: Half of full tuition will be refunded.

Between 14 and 30 days before clinic: One quarter of full tuition will be refunded.

14 days or less before clinic: No tuition will be returned.

Please Note: We are sorry but no exceptions will be granted from this policy, including injury, illness or family emergencies.

** We highly recommend that you obtain travel insurance to recover your deposit and/or flight if you have an unexpected life occurrence and cancel.*

2010 CLINIC PRICING: CHOOSE ONE OPTION

Girly Gatherings

_____ **Adirondacks, New York: \$350**

Price includes demo gear, Sat & Sun climbing clinics, 4-to-1 ratio, two dinners, evening workshop.

_____ **New River Gorge, West Virginia: \$350**

Price includes demo gear, Sat & Sun climbing clinics, 4-to-1 ratio, two dinners, evening workshop.

Chicks Rock in Devil's Lake, WI

Coed Weekend Skills Clinic (Full amount of \$100 is required to reserve your space for each day.)

_____ **Saturday: \$100 (choose one clinic below)**

_____ **Self-Rescue Clinic:** rope safety (includes demos of rappelling with backups, lowering skills, and prussiking up a rope), belay escapes.

_____ **Intro to Trad Leading Clinic:** anchors, protection placement, safety, rack selection, problem solving and the head game.

_____ **Working a Project / Red Point Tactics Clinic:** choosing a route, sequencing, eliminating errors, linking moves, mental training and breaking out of plateaus.

_____ **Sunday: \$100 (choose one clinic below)**

_____ **Anchors Clinic:** demo and practice the following: top rope anchors, lead belay anchors, rappel anchors and material selection.

_____ **Intro to Big Wall Climbing Clinic:** aid climbing, haul systems, leading, jumaring, following a traverse, gear selection.

_____ **Intro to Multi-Pitch Climbing Clinic:** equipment, systems, belays and stance management, problem-solving, rappels.

_____ **Both Saturday and Sunday: \$180 (\$20 discount for registering for both days.)**

Women's Intensive Clinic

_____ **Option 1) Full Package: \$875**

Price includes guided climbing (4-to-1 ratio), demo gear, meals, camping fees, and use of sleeping bag and tent.

_____ **Option 2) Daytime package: \$695**

Price includes climbing only (4-to-1 ratio).

If you prefer to make your own hotel arrangements, see our list of suggested hotels close to the climbing area.

Chicks Rock in Red Rocks, NV – Spring

You will need to either bring your own camping equipment or make your own hotel arrangements, see our list of suggested hotels close to the climbing area.

_____ **Option 1) Women's Intensive Clinic: \$795**

Price includes climbing clinics, 4-to-1 ratio and demo gear.

_____ **Option 2) Women's Intensive Clinic plus Multi-Pitch Option: \$1100**

Price includes: Women's Intensive Clinic (4-to-1 ratio) plus the Multi-Pitch Day (2-to-1 ratio)

Chicks Rock in Red Rocks, NV – Fall

You will need to either bring your own camping equipment or make your own hotel arrangements, see our list of suggested hotels close to the climbing area.

_____ **Option 1) Women's Intensive Clinic: \$795**

Price includes: climbing clinics (4-to-1 ratio) and demo gear.

_____ **Option 2) Women's Intensive Clinic plus Multi-Pitch Option: \$1100**

Price includes: Women's Intensive Clinic (4-to-1 ratio) plus the Multi-Pitch Day (2-to-1 ratio).

CHICKS ROCK!

ROCK CLIMBING CLINIC SIGN UP & QUESTIONNAIRE

Personal Information:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Country: _____

Phone number: (work) _____ (home) _____

(Cell Phone) _____ Age: _____ Birth date: _____

Email Address: _____

Occupation: _____

T-shirt size: _____ Shoe size: _____

Height: _____ Weight: _____

Camping/Transport Information:

FOR RED ROCKS PARTICIPANTS ONLY: Will you be camping with us in the Chicks Rock Group Campsite? Yes ____ No ____

Note: Camping is not included in the price of the clinic but you are welcome to join us.

FOR ALL PARTICIPANTS: Will you be renting a car that can be used to transport other participants to the climbs?

Yes ____ No ____

If not, do you need transport to the climbs? Yes ____ No ____

Emergency Contact Information:

Name _____ Relationship to you _____

Phone number (day) _____ (night) _____

Insurance Information: Please fill out completely!

There are inherent risks involved in rock climbing. We require that you obtain health insurance prior to participating.

Carrier _____ Policy # _____

Phone number _____

Address _____

State _____ Zip code _____ Country _____

Travel Information:

We are not responsible for cancellation fees or costs arising from your changed or cancelled flights, lodging, or other arrangements. We recommend obtaining trip cancellation insurance from your travel agent.

Airport: _____ Arrival Time: _____ Airline: _____

Flight # _____

Departure Date: _____ Depart. Time: _____ Airline: _____ Flight # _____

Medical Information:

We recommend that you consult your physician regarding your participation in one of our rock climbing clinics. Please contact us if you have ANY questions regarding your ability to participate.

Do you have any medical conditions or limitations? If so, Please explain:

Are you taking any medications? Please list and explain.

Do you have any past or present injuries? If so, explain.

Are you pregnant? _____ If so, how many months? _____

Do you have any food allergies or restrictions? If so, what are they? _____

Are you a vegetarian? _____

Fitness Information:

To fully enjoy and benefit from our clinics, we recommend an average level of fitness or above. Consult with your physician if you have any concerns.

What kind of physical condition are you in? Circle one: excellent / above average / average / fair / poor

Please list the activities in which you participate in and the frequency of each activity.

CHICKS ROCK! CLINIC LEVELS

Level 1 – Beginning - For those with minimum or no rock experience

Focus on:

- a. knots and belaying and gear
- b. lowering and rappelling
- c. focus on footwork, technique for easy slabs, sport, and cracks

Level 2 – Intermediate – For those who are comfortable top roping up to 5.9

Focus on:

- a. review of knots and belaying
- b. focus on footwork, technique for intermediate slabs, sport, and cracks
- c. intro to anchors

Level 3 - Advanced Intermediate - For those who can top rope 5.8-5.10

Focus on:

- a. build top rope anchors
- b. be a good second on multi-pitch climbs
- c. more advanced movement skills on steeper routes

Level 4 - Advanced - For those who are breaking in to the 5.10 level

Focus on:

- a. clean anchors to lower off
- b. focus on conserving energy, resting, and reading sequences
- c. intro to protection placement
- d. self-rescue and belay escape

Level 5 - Intro to Leading - Must be able to follow 5.10a clean (no falls or hangs)

Focus on:

- a. practice leading (may be on a loose top rope or not); get critiqued on gear placement and overall safety
- b. work on anchors and systems that pertain to leading
- c. strategies for on-sighting and red-pointing
- d. self-rescue and belay escape

WHICH CLINIC LEVEL IS FOR YOU?

Please indicate the clinic level of your choice:

- ____ Level 1 - Beginning - For those with minimum or no rock experience
- ____ Level 2 - Intermediate - For those comfortable top roping up to 5.9
- ____ Level 3 - Advanced Intermediate - For those who can top rope 5.8-5.10
- ____ Level 4 - Advanced - For those who are breaking in to the 5.10 level
- ____ Level 5 - Intro to leading - Must be able to follow 5.10a clean (no falls or hangs)

Other Questions:

- 1) Please describe your previous rock climbing experience.
- 2) How many years have you rock climbed?
- 3) How many days total?
- 4) Where have you climbed?
- 5) List some climbs you've followed and their difficulty. Sport or trad?
- 6) If you are taking the lead class, list the climbs you have led and their difficulty.
- 7) We will have limited demo climbing gear available (helmets, harnesses, climbing shoes), though we request you bring the above items if you have them. Please list the gear you do NOT have.
- 8) What interests you most about the clinic?
- 9) What would you like to focus on?
- 10) How did you learn about the clinic?
- 11) If you are an alumnus, please list the year/s and your guides.
- 12) Do you have any concerns you would like to express?
- 13) Is there anything else you want to comment on?