



# What's Up

## Seasonal Newsletter - Fall 2008

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**StL** = St. Louis gym

**Blm** = Bloomington gym

### 6-Week Intro to Climbing Class

This six-week course teaches the basic skills, techniques, and history of rock climbing. The cost is \$110/ person and includes instruction, rental gear, and climbing for those six weeks. Bloomington's next classes will be held: Sept 16th - Oct. 21st and Nov 4th - Dec. 9th  
 St. Louis' next classes are TBA as sessions are currently being scheduled. For more information or to register, call your local gym.

**Upper Limits Rock Gym & Pro Shop**  
 1304 W. Washington Bloomington IL 61701  
 309.829.8255  
 326 S. 21st Street St. Louis MO 63103  
 314-241-7625  
[www.upperlimits.com](http://www.upperlimits.com)



### It's time for Team ULI!

Upper Limits is gearing up for the Team ULI season at both gyms. Team ULI is dedicated to providing a challenging and fun learning environment for kids striving to improve their climbing. Team members are able to develop friendships while learning more about climbing and communication skills. Area youth of both gyms, ages 7-17, make up their respective Team ULI. Each week, the kids attend mandatory practices to prepare them for climbing competitions in the Midwest from October through March. Shorter session lengths are available, see below for details.

Sign up for the 2008/09 season begins September 2nd in Bloomington and on September 8th in St. Louis. There are minimum and maximum registration requirements for both teams. For more information contact your closest Upper Limits.



1. How many people is the Team Challenge program designed for?

### Team ULI Member Benefits

- 4 hours of weekly technique and training instruction
- Unlimited climbing at team's gym and \$5 day passes at the other ULI
- Team logo t-shirt
- 20% discount on pro shop purchases
- Belay instruction for team members age 11 and up

### Team ULI Member Obligations

- Personal climbing shoes, harness, chalk bag and belay device
- Ages 7-17
- Attendance at team practices every week
- Compete in at least one competition per session...not included in membership fees
- **Bloomington, either Session 1 or 2:**  
 \$225 for nonmembers, \$150 for members,  
 Session 1 runs Oct. - Dec., Session 2 runs Jan. - Mar.
- **Bloomington, both Sessions 1 and 2:** \$375 for nonmembers,  
 \$225 for members, runs October through March
- **St. Louis, either Session 1 or 2:**  
 \$275 for nonmembers, \$225 for members,  
 Session 1 runs Oct. - Dec., Session 2 runs Jan. - Mar.
- **St. Louis, both Sessions 1 and 2:** \$500 for nonmembers,  
 \$400 for members, runs October through March

## About our Newsletter

What's Up is published quarterly and is available on our website. If you have an interesting story, write or e-mail us at [staff@upperlimits.com](mailto:staff@upperlimits.com). We take donations, route beta, rides to the crag, and free food. Now meet those shadowy figures who are always trying to keep you safe by watching for \$10 safety fine violations.

### Owners

CHRIS and PAM SCHMICK

### Bloomington General Manager

Shawn Watson

### Bloomington Marketing Manager

Lindsey Kronmiller

### St. Louis General Manager

Brandi Ball

### St. Louis Activities/Marketing Manager

### Bloomington Assistant Managers

Jon Bengston, Dan Evans, Jake Nagy, & Lauren Kramer

### St. Louis Assistant Managers

Jon Abrams, Drew Hubbard, & Chad Lawson

### Bloomington Instructors/Lifeguards

Randy Bales, Tristan Broeker, Megan Cummins, John Dick, Nick Flessner, Mark Gartzman, Stephanie Gordon, Lucas Mariani, Pat Matuszewski, Eddie Mockus, Will Phillips, Tyler Shepke, Josh Stewart, & Matt Voigts

### St. Louis Instructors/Lifeguards

Laura Alferman, Jamison Ford, Zach Kassman, Ed Mark, Ryan McMahan, Laura Prather, Joe Wall, & Steve Xu

Our staff has over 100 years of combined climbing experience. If we are unable to answer your questions, then we'll find someone who can. Circulation data for this publication is dependent on how many friends you bring to the gym. Recycle and pick up your trash.

## Summer Climbing Clinics Taking FUN to the LIMIT!

A total of 221 kids ages 7-15 traversed, raced, swung and climbed at Upper Limits Summer Climbing Clinics. Whether they were climbing blindfolded or trying out a new boulder problem, everyone had a great time and learned a little bit more about climbing.

Bloomington and St. Louis area kids who attended the clinics enjoyed several activities including an introduction to climbing equipment, Rock Gym 101, climbing technique, games, bouldering activities, teambuilding, and open climbing. Teambuilding and communication skills were encouraged throughout the sessions allowing kids to experiment with problem solving and communication methods. If you missed out on the climbing clinics this time, be sure to sign up for one next summer and experience the fun!



2. When does sign up begin for Team ULI?

### Mark your Calendar for these ULI Climbing Comps!

Look for more information in *What's Up* Winter '08, distributed December 1st.



**Upper Limits - Bloomington**  
**Hangdog Jamboree**  
**January 17, 2009**


**Upper Limits - St. Louis**  
**Gateway Bouldering Bash**  
**February 7, 2009**



3. When and where is the next Outdoor Anchors Course?



WIN a 5-visit punch pass to the  
Upper Limits location closest to you!

Show us your Upper Limits knowledge and you could win a 5-visit punch pass. Look for the 5 trivia questions throughout the newsletter denoted by  and send your answers to:

**staff@upperlimits.com** **ATTN: Trivia Contest**

Please be sure to include your name, address and phone number with your trivia question answers. **The first entry received with all of the correct answers wins!** The punch pass will not be awarded to the same person more than once within one year. Hint: The answers to all of these questions can be found online at [www.upperlimits.com](http://www.upperlimits.com) or in this current *What's Up* issue. Good luck!



4. What is included in the Deluxe Family Package?

## Monday: Scout Night

Monday from 4-10 PM is SCOUT NIGHT! Boy and Girl Scouts that come in wearing their uniforms can get daily passes for half price, only \$7.50! Visit [www.upperlimits.com](http://www.upperlimits.com) to find links for information about camping and area hotels.

## Wednesday: College Night

On Wednesdays from 4-10 PM, college students with a valid I.D. climb for only \$10.00! Students must be currently enrolled and show a valid school ID for this rate.

## **StL** Thursday: Ladies Night

On Thursdays, from 4-10 PM, Ladies 18 years of age and over can climb for only \$10.00!

## Friday: Youth Night

Fridays from 4-10 PM, climbers 17 and under climb for half price, only \$7.50!

Important Information to know about Discount Nights: Rental gear is additional. All climbers must provide their own belayer or be certified to belay by a member of the Upper Limits staff. Prices not good with other coupons or offers, hours and prices are subject to change without notice. Daily passes must be used on the day they are purchased. Discount Nights are not available during Holiday or Special Event hours. Call your local gym to confirm rates and hours.

Important Details to Remember When You Visit Upper Limits: Climbers 14 and under must be accompanied by an adult and all climbers need to provide their own belayer. Everyone who participates in activities at the gym must complete an Upper Limits Liability Waiver & Rules Agreement on their first visit. Participants under 18 must have their parent/legal guardian initial & sign the waiver.

## New Monthly Specials! September:

**StL Patriot's Month: Police, Fire & EMS staff** will receive **\$10 OFF** an introductory class and **\$2 OFF** climbing day passes all month. Take 10% off safety equipment for department use too. Not valid with other offers, proof of employment must be provided to receive discount.

**College Night Week: September 8th-12th**, full time college students with a valid student ID climb for \$10. Rental gear is additional. Belayers are not provided. Prices are not valid with other coupons or offers.

## October: Trick or Treat Month

ALL MONTH: Receive **10% OFF** Monthly Memberships and **\$5 OFF** a Rock Gym 101 class when you print the coupon from the website. A reservation and deposit are required for all classes. Coupon must be presented to receive discount.

Discounts are not valid with other offers and only good Oct. 1-31.

Trick or Treaters welcome on October 31st during City of Bloomington and City of St. Louis respective trick or treat hours.

## November: 'Tis the Season for Giving

Start giving early this holiday season! From November 1st - 16th, receive **\$1 OFF a day pass** for every canned food item you bring in (max. of \$5 off). Items will be given to a local shelter/food pantry. Discount not valid with other offers, including discount nights.

**Gift Certificate Special!!** Is there a climber on your shopping list? Upper Limits is offering some great specials during the holiday season. Purchase a \$100 gift certificate during the month of Nov. or Dec. and receive a free ULI Logo t-shirt! Even better, get a free ULI crewneck sweatshirt when you buy a \$200 gift certificate!

While supplies last, not valid with other offers.

If you have any questions or would like more information on any of the monthly specials, please visit us at [www.upperlimits.com](http://www.upperlimits.com), call, or stop by your local gym.

## 6-Month Membership Package

**When you buy a 6 month membership and pay for the full 6 months up front, you will get a FREE harness, carabiner, belay device & chalk bag.**

Offer not valid with other specials. Membership must be paid in full, no eft option. Only valid for new memberships, does not apply to current memberships or renewals. Select gear only.

Call and speak with a staff member for details.



5. What is included in the cost for the 6 week class?

**We Want You!** Both Upper Limits locations are now accepting applications for part-time positions. If you have climbing experience, are a proficient belayer and enjoy working with people of all ages, apply today! You can get an application at upperlimits.com or at the gym closest to you.

## Look Who's New!

We would like to welcome the following new employees to the Upper Limits staff at both locations.

**Bloomington:**

**St. Louis:** Laura Alferman and Jamison Ford

## Farewell...Climb on!

**Bloomington:** Nick Flatley, Will Quanstrom, Steve Replogle, and Jen Schauer

**St. Louis:** Emily Hayes and Joe Rudnicki

## Summer Hours\* May 1-Sept.

**Bloomington**

**Monday**

4-10pm

**Tues - Fri**

Noon-10pm

**Saturday**

10am-8pm

**Sunday**

10am-6pm

**Holiday Hours**

CLOSED Sept. 1

Labor Day

**St. Louis**

**Mon - Fri**

Noon-10pm

**Saturday**

10am-8pm

**Sunday**

10am-6pm

**Holiday Hours**

CLOSED Sept. 1

Labor Day

## Employee Spotlight



Megan Cummins started working at Upper Limits in the spring of 2008. As a student at ISU, she is studying History and Secondary Education to pursue her dream of becoming a High School History Teacher. Megan's hobbies include reading historic fiction, watching Bravo, studying, learning French, and of course climbing. She likes hugs, buying things, banana nut bread, cliff bars, and music. She dislikes bad drivers, bug bites, and pop culture. When asked what she enjoys about working at Upper Limits, Megan replied "teaching, entering waivers, working with Lauren and watching Kiddos climb." Megan's favorite thing about climbing is that she can challenge herself. Come in to Upper Limits today and meet Megan.



Chad Lawon was referred to work at Upper Limits by a former gym employee and we sure are glad she sent him our way! He recently moved back to the St. Louis area after residing in the San Francisco area for several years. Chad used to be a shoe buyer, and would travel around the world to attend shows and purchase shoes for this employer. Now that he has more shoes than Mariah Carey, Chad has traded in his life of excitement to be an artist and work at Upper Limits. When he's not at the gym making harness "flair" for the ladies, Chad works on his art at his studio and has had several successful studio exhibits. He is also involved in philanthropic organizations throughout the St. Louis community, so if you stop by the gym and he's not here, he's probably out volunteering.

## Winter Hours\* Oct.1-April

**Bloomington**

**Mon, Wed, Fri**

4-10pm

**Tues & Thurs**

Noon-10pm

**Saturday**

10am-10pm

**Sunday**

10am-6pm

**Holiday Hours**

OPEN Oct. 13

Noon-10pm

Columbus Day

Holiday Rates

OPEN Nov. 26

Noon-8 pm

CLOSED Nov. 27

Thanksgiving

OPEN Nov. 28

10am-10pm

Holiday Rates

**St. Louis**

**Mon - Fri**

Noon-10pm

**Saturday**

10am-8pm

**Sunday**

10am-6pm

**Holiday Hours**

CLOSED Nov. 27

Thanksgiving

OPEN Nov. 28

10am-10pm

Holiday Rates

## Employees of the Month

Each month, both Upper Limits locations select employees of the month based on customer and peer compliments. We would like to recognize the outstanding work of the following employees.

	<u>June</u>	<u>July</u>	<u>August</u>
<b>Bloomington:</b>	Tristan Broeker	Nick Flessner	Megan Cummins
<b>St. Louis:</b>	Chad Lawson Steve Xu	Drew Hubbard Steve Xu	Ryan McMahon Drew Hubbard

\*Hours and prices are subject to change without notice, please call to confirm.