Rock Climbing Opportunity for all Tri-State Members

When: Sunday Sept. 21, 9-4

Where: in the mountains just outside of New Paltz.

Accessibility: The climbing wall we choose will be very close to a parking lot.

Equipment: We will have adaptive equipment that can help people up the wall. We want to access beforehand what type of equipment will be needed. For those living outside of NYC, this can likely be done over the phone. For people in NYC, we would like to suggest that you come indoor rock climb one night with the Adaptive Climbing Group <http://www.brooklynboulders.com/nyc-adaptive-climbing-clinic> at Brooklyn Boulders gym, so we can access in person

Why: The real idea behind the trip is to bring adventure, freedom, the great outdoors, a sense of independence and accomplishment to people with spina bifida and other physical disabilities, because they may not get it otherwise

Experience:` **No previous climbing experience is necessary**. It's fine if people are wheelchair users, but it will be safest and best **if those who come can grip well with their hands and if they have upper-body strength.**

Staff: Climbing guides who work with people with disabilities have volunteered their time, and they have plenty of liability insurance. One is a board member of Paradox sports, <http://paradoxsports.org/>, an organization that specializes in taking people with disabilities rock climbing.

Transport: Transportation has been arranged from NYC, but if you live outside of NYC, you will need to arrange your own transportation.

Cost: We're working to try and make the trip free, but I'll have more information on that shortly.

Who Am I: I am Amy Braunschweiger:

 Why Organize A couple months ago I was climbing and met a guide who worked specifically with a woman who has spina bifida. He told me how much she loves climbing, and how her doctor said her spine is actually straighter since she's been climbing. It got me thinking about my next door neighbor growing up, who also had spina bifida. And I thought about how nice it would have been for her if someone had given her a rock climbing adventure and sense of freedom and independence that would come with it.

I'm sure you have questions for me -- I'd be happy to set up a time to talk. I'm at 646.246.6651.