

A MOUNTAINEERING TRAINING CAMP WITH STEVE HOUSE

PRESENTED BY:



FEBRUARY 24TH-25TH, 2007
BEND, OREGON

ALPINISTS AND CLIMBERS
OF ALL ABILITIES AND
DISCIPLINES WILL
BENEFIT FROM
THIS CAMP.



Learn how to train properly to REACH THE SUMMIT from a world class climber and fully certified IFMGA mountain guides.

STAFF

- **STEVE HOUSE:** World renowned alpinist who successfully climbed the Rupal Face on Nanga Parbat in 2005, IFMGA Mountain Guide, Patagonia Ambassador, 2006 Piolet d'Or Award
- **KEVIN GROVE:** Wellness and Sports Science Director at Therapeutic Associates
- **MIKE POWERS:** IFMGA Mountain Guide

CAMP DETAILS

- February 24th-25th, 2007; Bend, Oregon
- Personal training program development
- Training education
- Lactate testing
- Rope skills clinics
- Outdoor 'in the field' training
- Nanga Parbat slide show

COST

- \$349.00

CONTACT

Kevin Grove at
541-388-7738 or
kgrove@taiweb.com to
sign up today. Further
information found at:
www.therapeuticassociates.com/CentralOregon

Steve House on the summit of
Nanga Parbat. PHOTO BY
VINCE ANDERSON