

ON BELAY — CFL NEWS

Climbing For Life, an all-volunteer nonprofit serving Denver Metro youth. www.climbingforlife.org

CFL Was On Fire in 2011

This has been a great year for Climbing For Life and most importantly it has been a stupendous year for the kids and young adults that CFL serves. More than 100 participants took part in 13 great programs - kids who rarely get outside of the city had the opportunity to go to beautiful natural settings where they could be challenged in a supportive environment.

Car Crash Crag, located just off of Lookout Mountain Road, is a new climbing area for CFL and was the site of the vast majority of 2011's programs. This was a new site for CFL and we found it worked very well for our groups. Car Crash Crag has an extremely short approach, is a great place to setup rappels, and offers a variety of climbs, from face climbing to cracks, with a good range of difficulty. Outdoor programs also took place in Clear Creek Canyon at the Tunnel 1 crag, a good area for younger climbers and beginners.

CFL had two indoor programs this year: one with Urban Peak at the Auraria Campus, a new location for CFL, and a program with Devereux Cleo Wallace at the Apex Center, a recreation center in Arvada, another new location for CFL. Both of these locations worked well but we are always on the lookout for new indoor locations.

CFL is extremely fortunate to have the best volunteers in the world. We had many new volunteers and a good group of returning volunteers as well. CFL has volunteers who are teachers, website gurus, accountants, marketing geniuses and even a nurse and a fireman. Some CFL volunteers are great climbers



themselves and others are newly turned on to climbing or even just love working with kids and don't climb much at all themselves.

A handful of partner organizations returned to collaborate on programs: Jefferson County Mental Health, Goodwill, Devereux Cleo Wallace, and I Have A Dream Foundation. New program partners this year, which we look forward to continuing to work with, include Urban Peak, a homeless youth/young adult program and Third Way Center, a residential treatment center.

The CFL Board of Directors is working to institutionalize many of our climbing practices. CFL offered a volunteer training at the beginning of the summer at Golden Cliffs, North Table Mountain. Tom and Ryan, both certified guides and CFL Board members, lead the volunteer training and went over top rope anchors and climbing site safety. At the end of the year, a volunteer climbing day was also held at Golden Cliffs.

Thanks to everyone for making 2011 such a great year! We served a lot of kids and gave them climbing experiences they will remember for their whole lives.



CFL participants climbed hard both indoors and outdoors.

Participant of the Year

Maria was a participant at a program at Car Crash Crag. Maria was unsure of herself and climbing in the beginning of the day during our orientation circle and safety talk.

She surprised herself and her friends when she was the first participant to rappel after seeing a demonstration by a CFL volunteer. Maria had a great day, climbed to the top of two routes and encouraged everyone in the group when she wasn't on the rock herself.

In the Closing Circle at the end of the day she said that she learned she could do things she didn't think she could when she had the support of her friends.

Volunteer of the Year

Kristin was a new volunteer this summer and helped at seven programs. Kristin is great working with kids, is always enthusiastic and will make you do burpees. When not volunteering with CFL Kristin runs a small business, Antonson Remodeling (720-933-2488), with her husband specializing in tile and home remodeling and chases after her two young boys.

I asked Kristin to tell us a little bit about herself that her fellow volunteers might not know about her, "I just finished my undergraduate degree in Biology and nutrition, and have been blessed to explore the world and dedicate more than five years of my life to worldwide missions, including medical assistance and cultural study." Kristin is passionate about helping others find their joy and passion in life and encourages those around her to take risks and step out of their



Kristin, in the red helmet, and other CFL volunteers and participants watch a rappelling demonstration.

comfort zones – traits that make her a perfect CFL volunteer. Kristin is a highly motivated individual, loves to laugh and workout, mountain bike and climb rocks and mountains, of course! Kristin dreams of doing multi-pitch climbs and doing a big wall climb with portaledge camping someday.

Thank you Kristin for helping kids and inspiring us!

New Board Member, Please Welcome Laura

Laura Valdez brings her accounting skills, love of kids and the outdoors, and a newfound affinity for climbing (before volunteering with her first program she asked the program coordinator what shoes and belt she should wear. "Harness" Laura, you mean harness).

Laura was born and raised in Colorado and has a deep love and respect for the outdoors and our relationship with it. Laura currently works in financial management for Boulder Housing Partners and brings more than 12 years of professional accounting experience to CFL. Laura enjoys her board service and program volunteer



work for CFL, especially meeting the great kids that participate in CFL events.

CFL Website – New, Improved, Stronger!

New website: thanks to Tori and Greg for their work on the new CFL website. It is awesome. Point your browser to www.climbingforlife.org to soak in the greatness. Future additions will include a photo gallery and calendar.

You Can Make the Difference – Donate/Volunteer

Cash. CFL keeps an extremely trim budget, everyone involved in CFL is a volunteer, but we still need funds to operate. If you can make a donation, please send a check made out to "CFL" care of Ryan Campbell, 3470 S. Marion St. #306, Englewood, CO 80113.

Volunteer. CFL needs program volunteers and volunteers to help run all aspects of a small all-volunteer nonprofit. We could use help with everything from fundraising to writing this newsletter. **To learn about volunteer opportunities contact Tony at tjbabb@gmail.com**