



KARSTEN DELAP

ALPINIST / FOX MOUNTAIN GUIDE

explore
ways to

get in ice climbing shape



with
DRY ICE Tools

TRC

Wed, Sept 24
Morrisville

Thurs, Sept 25
North Raleigh

6:30-8:30pm

All proceeds split between
Carolina Climbers Coalition &
American Alpine Club -
Southern Appalachian Section

\$40/TRC members
\$50/non-members
6 person max



Yeah, the southeast ice season is a short one.

And yeah, it is hard to be fit when the ice is in.

So, let Karsten show you his workout routines. They keep him in "alpine" shape year round. His focus will be techniques to make you stronger and more proficient on ice.

www.trianglerockclub.com

Morrisville (919) 463-ROCK (7625) • North Raleigh (919) 803-5534

