

Potomac Appalachian Trail Club: Mountaineering Section (PATC-MS) presents

PATC-MS Mix and Mingle Fundraiser and Clinic

Pro Climber and
sponsored athlete

Tim Rose gives his
clinic on Strength
Training and
Conditioning for
Climbers

Wednesday, March 26

*Clinic open to PATC-MS members only,
so sign up to be a PATC-MS member now!
potomacmountainclub.org

 **DARK HORSE**
SEASON 5

GKWANPHOTO

Free Social!

Stop by Patagonia in
Georgetown, DC for our **free
social!** Mix and mingle with climbers
and mountaineers while enjoying
refreshments from Honest Tea and snacks.

***We'll have a raffle with items from PATC-MS,
Patagonia, the AAC, and Tim Rose sponsors
GU Energy Gel, 5.10, and Petzl!***

Where: Patagonia in Georgetown, DC

When: 3/26 at 6:30 p.m.

Cost: Free!

Strength Training and Conditioning for Climbers

Join us with **Pro Climber Tim Rose** (boulders v13!)
who will be leading an interactive clinic on
training hard so you can send hard.

The clinic is only \$20 and everyone goes
home with something! Register at:
potomacmountainclub.org

Where: Patagonia in Georgetown

When: 3/26 at 7:00 p.m.

Cost: \$20



Honest
tea