



# Red Barn Mobile

53 Screens



Kelly M.



Tori B.



Meghan  
O.



Crystal F.





**Alerts**

The Red Barn will be closed today due to poor weather. See you tomorrow!

The next section to be rerouted will be the lefthand vertical climb wall on the second floor of the Barn.

**Barn Wide Events**

Merry Climb-mas! Celebration on Thursday, December 10 at 8:00 pm. Just show up!

**Hours**

**Semester Hours**

Monday - Friday 5:00 pm - 10:00 pm  
Saturday 1:00 pm - 10:00 pm  
Sunday 1:00 pm - 6:00 pm

**Summer Hours**

Monday - Friday 5:00 pm - 10:00 pm  
Saturday 1:00 pm - 6:00 pm  
Sunday 1:00 pm - 6:00 pm

**Pricing** (Only Tiger Bucks or credit card)

- \$4 Day Pass with RIT ID
- \$6 Day Pass Other
- \$40 Semester Membership with RIT ID
- \$100 Semester Membership Other
- \$25 Summer Membership with RIT ID
- \$65 Summer Membership Other
- \$3 Shoe Rental
- \$1 Chalk Rental

**Join the Climbing Club!**

They meet every Thursday at the Barn from 8:00 - 10:00 pm. Come ready to climb, workout, and have a great time!

**Contact**

(585) 292-6571  
Andrews Memorial Dr  
Rochester, NY 14623







**Physical Challenge**

Do two minutes of Supermans, five seated leg lifts, and two sets of five v-ups three times this week to work your core!

**Climbing Challenge**

Work on finishing Adam's new yellow route on the slanted wall in the upstairs area!





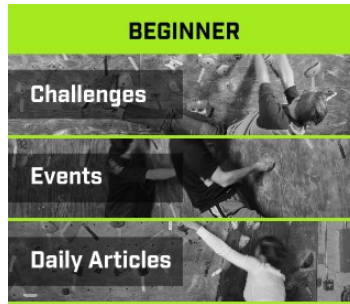
### Physical Competition

On Friday, November 27, at 6:00 pm, there will be a plank competition. Register at the Barn today, and have a chance to win a \$25 gift card to Eastern Mountain Sports.

### Climbing Competition

The Beginner Boulder Bash will be on Thursday, December 3, at 7:00 pm. Register at the Red Barn, or walk-ins are welcome.





PREPARE FOR A CLIMB | WHAT'S THE RED BARN?

Archive

Prepare For A Climb

If you haven't visited the Red Barn yet, here are 10 things you can do to help prepare for your first climb!

- 1 Stretch it out! Climbing is a very fun, but physically exhausting activity – make sure you warm up so you don't cramp.
- 2 Bring plastic! The Barn costs \$4-6 for entry and \$3 for shoe rentals, but the Barn no longer accepts cash, only credit cards or Tiger Bucks. If you find that you love the Barn as much as we do and want to climb again, consider investing in a Red Barn membership – only \$40 for the whole semester with an RIT ID!
- 3 Chalk it up! Bring a few friends, and rent a chalk bag to share for only \$1. The chalk helps keep your hands dry which then helps you have a better grip.
- 4 Start at the beginning! The more seasoned climbers at the Barn can be intimidating but don't let that stop you. Start with a yellow or green beginner route and work your way up.
- 5 Ask questions! Everyone at the Barn was once a beginner, and they're more than happy to offer a helping hand. If you're unsure about something or want some tips, feel free to ask around!
- 6 Don't be afraid to fall! The floors are padded, so while it may be a little scary at first, you'll quickly learn a hand slip only leads to a soft landing.
- 7 Use your whole body! Climbing is a sport that engages the upper, middle, and lower body. The more you try to muscle through with your arms, the quicker you'll tire. Using your legs is a great way to get height without exhaustion.
- 8 Know when to stop! When you really get into a route, it can be hard to stop even when you're exhausted. Knowing when to stop can prevent getting hurt.
- 9 Be prepared to feel sore! But know at the same time, the burn just means you got a great work-out. Climbing is exhausting; the next few days after climbing may hurt a bit, but each time you go, it gets better!
- 10 Get ready to have fun! Climbing is both a physically and mentally engaging sport that provides a unique experience every time you go. Visiting the Barn guarantees a great time!





PREPARE FOR A CLIMB | [WHAT'S THE RED BARN?](#)

Archive

### What's The Red Barn?

The Red Barn was built in 1908 where it was originally used as an actual barn! In fact, it even has a unique beam patent for storing hay. In the 50s, when RIT was in the process of moving their campus from downtown to Henrietta, Facilities Management Services (FMS) used it for storage.

Now, the Red Barn is the most popular bouldering gym in the area! It has 12 regions that get reset every 15 weeks so there are always new projects to try. It is open year round with a reasonable membership fee of \$40 per semester; for students, the price even drops as the weeks progress!

To learn more about the Red Barn, watch [\*\*this cool video!\*\*](#)









### Physical Challenge

Do some hanging leg lifts! Try sets of 10, or find a fellow climber to challenge. See who can do more!

### Climbing Challenge

The teal route downstairs on the third wall has been kicking butts from the Barn and back! Why not try your hand at it?





### Physical Competition

We know you've been working hard on those pull-ups! But what about those fingers and that core? Sign up for our competition on Friday, December 11, at 6:00 pm, and we'll put it all to the test!

### Climbing Competition

Monday, November 30, at 7:00 pm marks our next in-house climbing competition. Sign up at the Barn to test your skills, and get the chance to win some free chalk!





**THE RIGHT EQUIPMENT** | TIPS AND TECHNIQUES

Archive

### How to Find the Right Equipment

Every climber is different, but every climber's needs still must be met. So we're going to give you a top-to-bottom run-down of all the gear that's right for you:

#### Shoes

Beginners should focus on a more versatile shoe, one that could nearly be used for everyday wear, with a comfortable flex and fit to allow change and adjustment. A more intermediate shoe, however, will have a slightly more structured fit with a stiffer sole. The heel and toes should be slightly more relaxed and allow a downturn in the toes.

When looking for advanced shoes, look for something lighter overall – in the sole and the surrounding fabric. The toe may have a bit more of a downturn and have more flexibility than any other part of the shoe.

#### Chalk

Chalk makes the difference between slipping from your sweaty fingers and swinging your way higher up a wall. In other words, chalk is a must, so let's make sure you get the right stuff.

Chalk is meant to reduce moisture and comes in consistencies from extra fine to extra chunky. The general consensus is that "chunky" chalk will absorb more moisture and often has more grit to help create grip. But if you're someone with naturally dry hands, it's possible that chunky chalk could be too dry and counter-productive to your success. At this point, a slightly finer chalk, along with wetting your fingertips, is suggested.

Don't be afraid to experiment and find what you like best. Try climbing with chalk blocks versus chalk bags, and let us know which you prefer!





THE RIGHT EQUIPMENT | **TIPS AND TECHNIQUES**

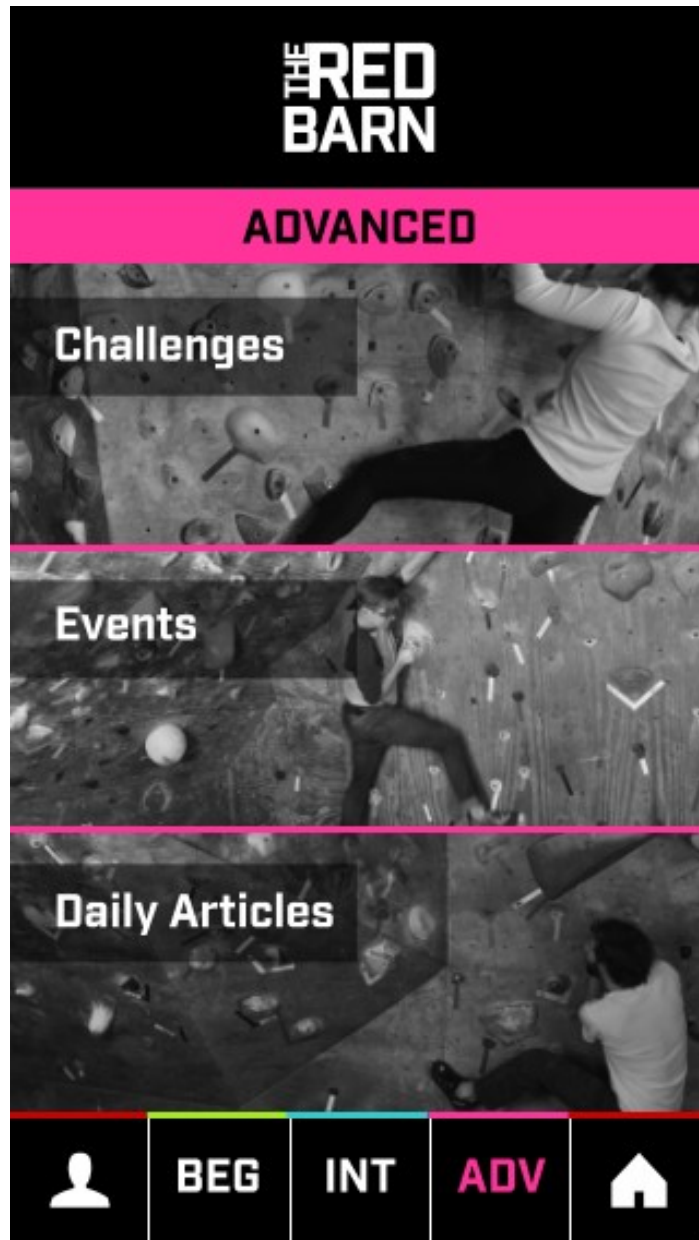
Archive

### Tips and Techniques

Climbing can be hard when you're first starting out, but it can be even more difficult once you've made it as far as your own guess-work can take you. Here are some tricks to get you to the next level of climbing:

- 1 Watch other climbers! Sometimes somebody else will think of a solution you haven't yet or discover their own method of moving forward. Don't be afraid to steal a few ideas!
- 2 Maintain your center of gravity! Your center of gravity should always be focused at your core, just above your belly button. Distribute your weight between your connection points on the wall, and move carefully to each hold to avoid out-balancing yourself.
- 3 Focus on your weak points! We all find the most enjoyment out of doing things we're good at and often blame our weaknesses on things we don't like working on. But climbing is a sport meant to overcome weaknesses, so go ahead and work on them! Soon enough, they'll be fun to work on as well.







**Physical Challenge**

Do 20 wrist curls each, 10 pull-ups, and five fingertip press-ups every other day to strengthen your fingers this week!

**Climbing Challenge**

Try to finish the pink route on the top-out wall before it's reset next week!



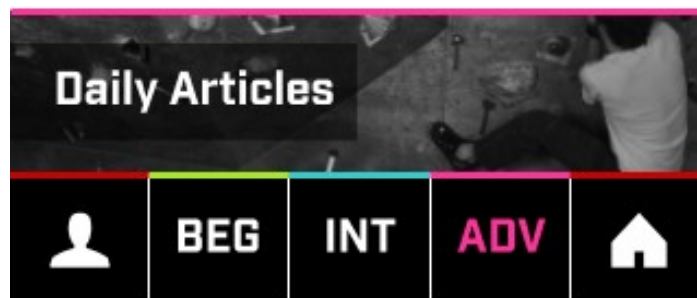


### Physical Competition

On Wednesday, December 2, at 9:00 pm, we will have a pull-up competition. Register at the Barn today, and have a chance to win a \$25 gift card to Eastern Mountain Sports.

### Climbing Competition

This year's campus-wide Boulder Cup will be Saturday, March 19, 2016, at 2:00 pm. Register at the Barn today!







**STRENGTHEN YOUR CLIMB** | CLIMBING SUPERSTARS

Archive

**Strengthen Your Climb: Your Fingers**

One of the most important things a climber can rely on are their fingers. Having tip-top finger strength can allow you to hang on just a second longer for that far reach or get a better grip on that rock that barely has a grip at all. Continuing to train your fingers both in and out of the Red Barn will help you nail that difficult route:

- 1 Keep climbing! Continuing to climb is the best way to train your fingers to the strenuous activity of bouldering. The more you do it, the better they can adapt. That being said . . .
- 2 Make sure you rest! Overstraining your fingers is the easiest way to get an injury. Make sure you rest and recover between climbs to avoid overworking your digits.
- 3 Buy a hand gripper! Or a stress ball or anything else that you can squeeze that provides some resistance. This is an easy way to both strengthen fingers and ease back into climbing after a hiatus.
- 4 Don't ignore the rest of your body! Strong fingers won't help much if your hands, wrists, and forearms aren't getting any attention. Dumbbell curls, chin-ups, and fingertip press-ups are all easy exercises to incorporate into your daily work-out routine and also work everything from your elbows to your fingertips and inbetween!
- 5 Utilize training boards! Wooden fingerboard grips are a great way to practice narrow grips. Just use with caution; if you're out of training, these can easily injure you when misused or overused.





STRENGTHEN YOUR CLIMB | CLIMBING SUPERSTARS

Archive

### Climbing Superstars: January Hojer

A professional boulderer from Germany, January Hojer is a rock climbing god. His mostly upper body climbing technique (he only uses his feet on the most difficult of routes) has earned him much respect and awe from the bouldering community. "Since my feet kept slipping all the time," Jan says. "I thought: I might as well not use them."

Born in 1992, Jan has consistently placed in the top places of the Boulder World Cup. Jan can fly up routes without ever putting a foot on the wall. And watching Jan cling to training boards with just his pinky fingers and then holding his body parallel to the ground can drop the jaw of any climbing fanatic. Jan's also one of the only climbers in the world that can finish a 1-9 pull on a campus board and make it look easy!

Check out his [inspiration training video!](#)













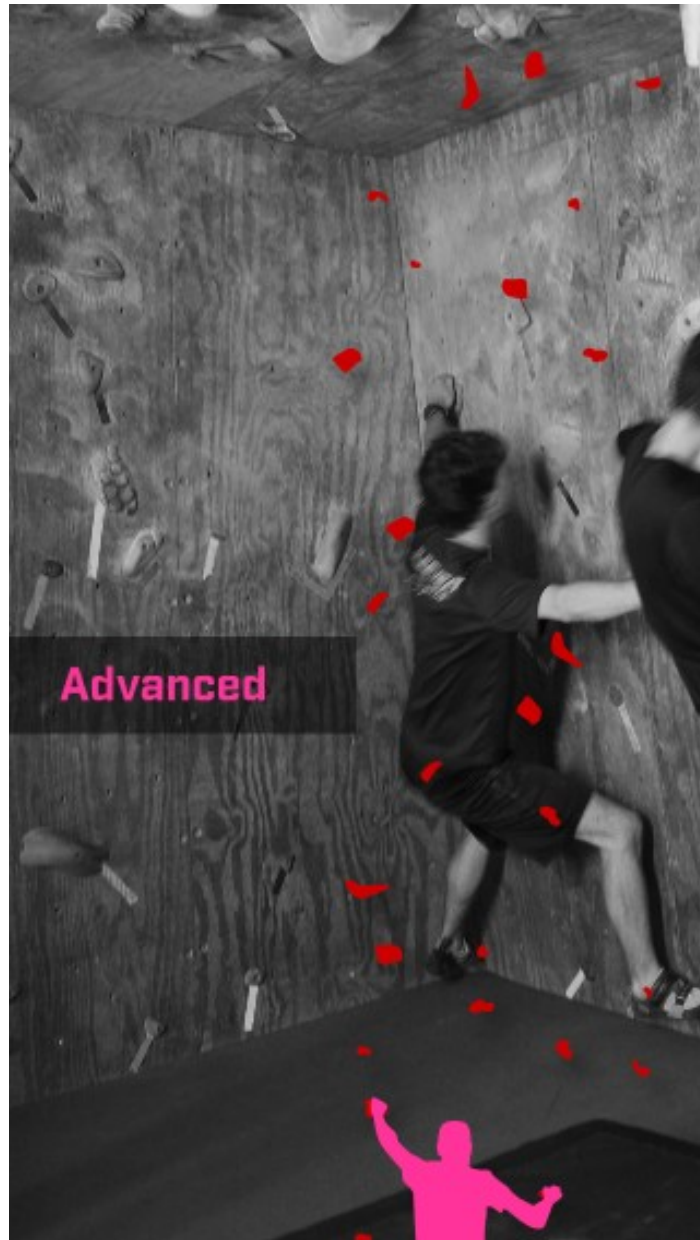


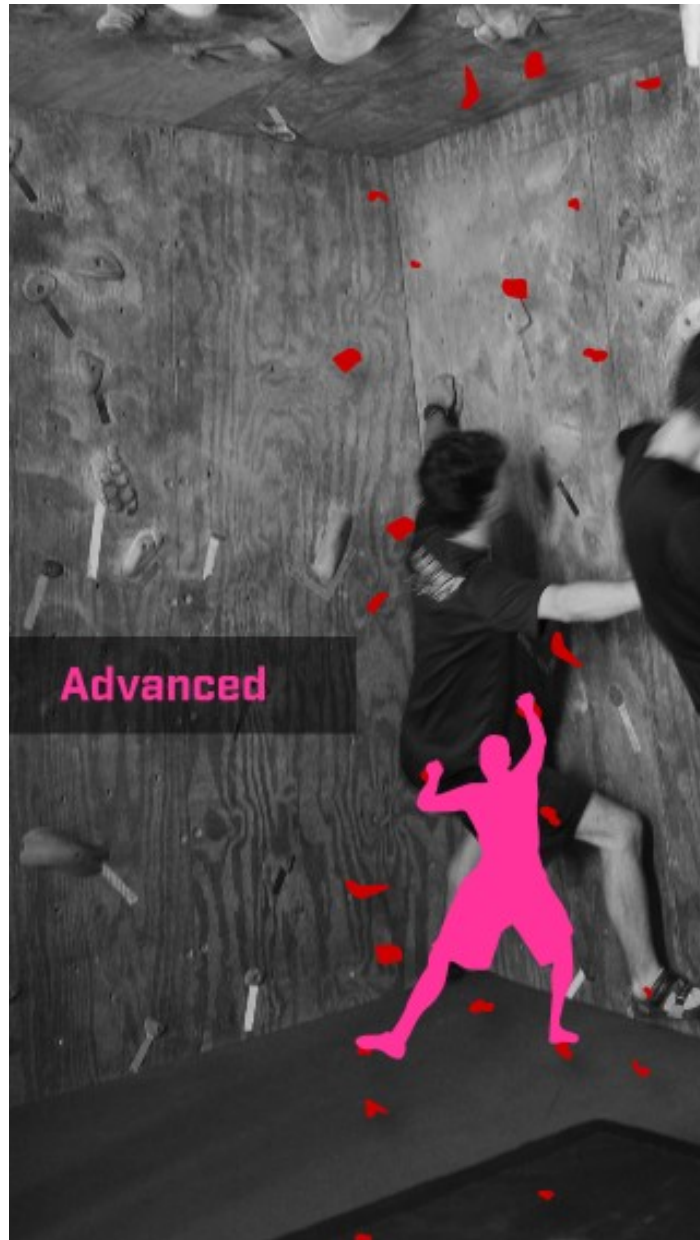


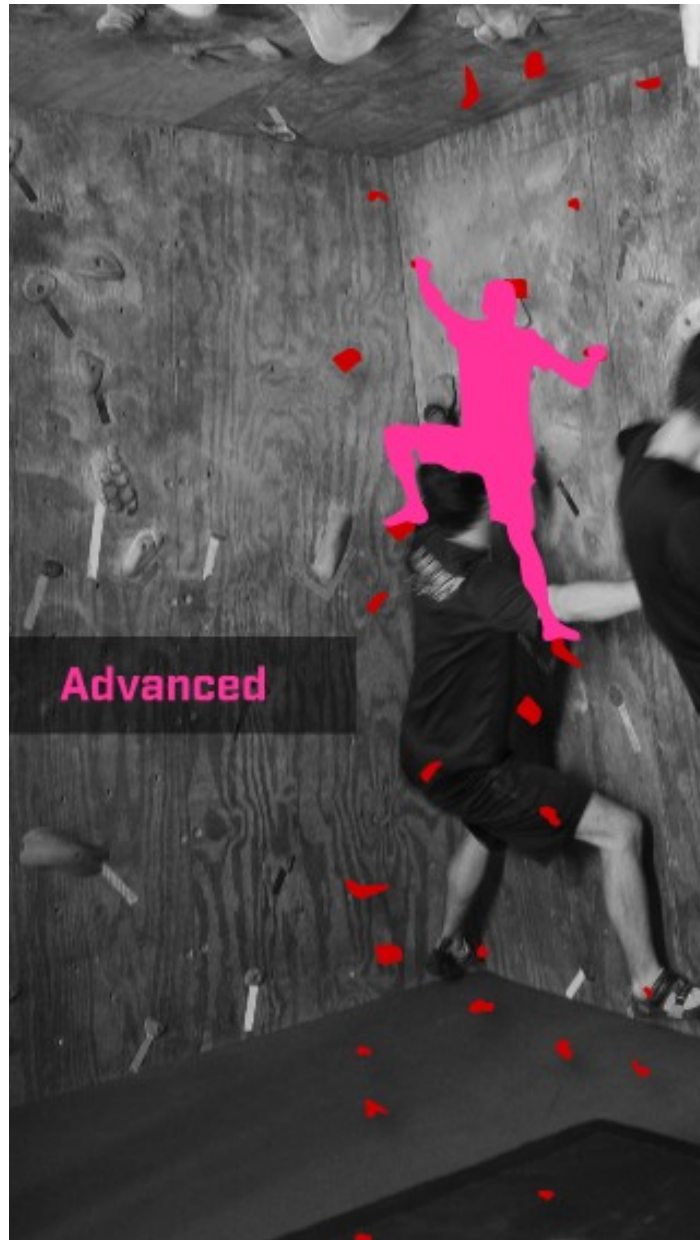


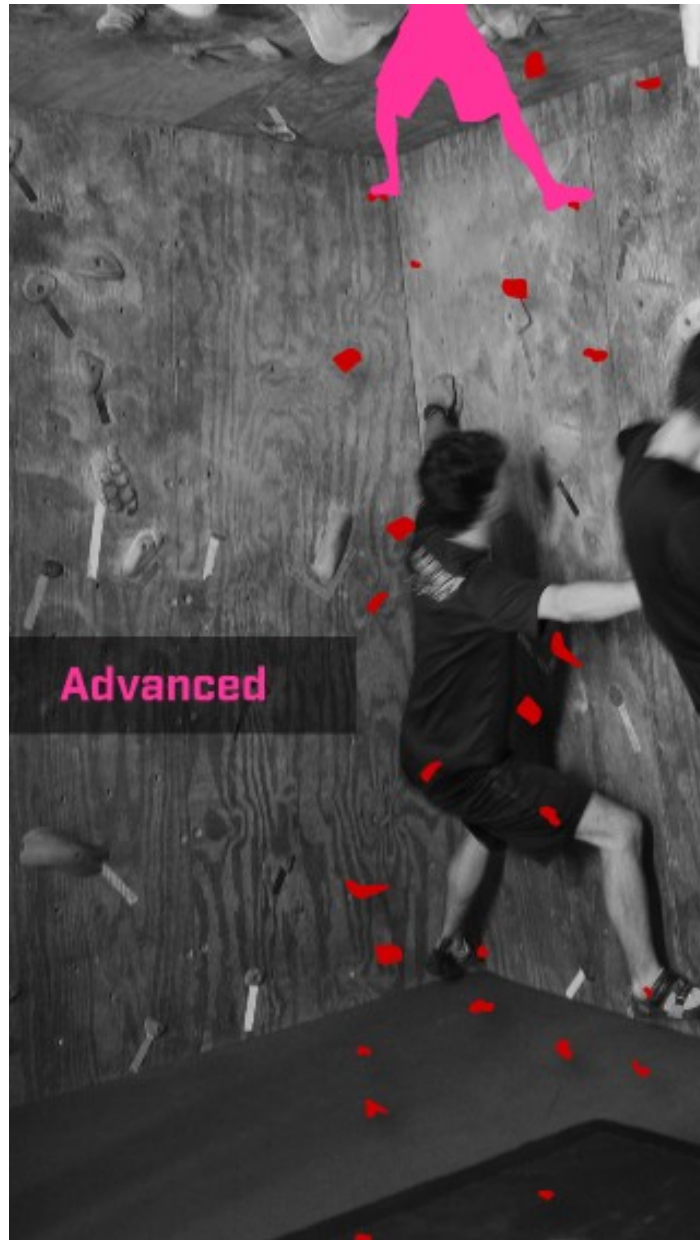










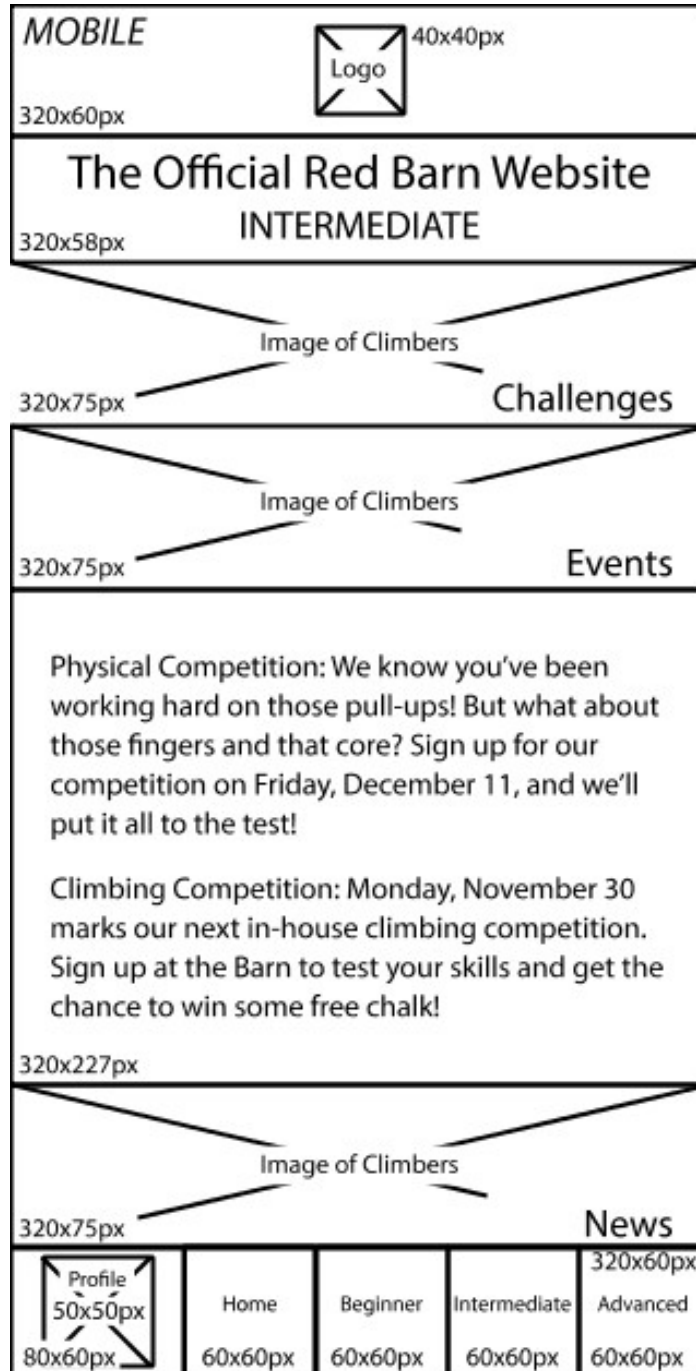


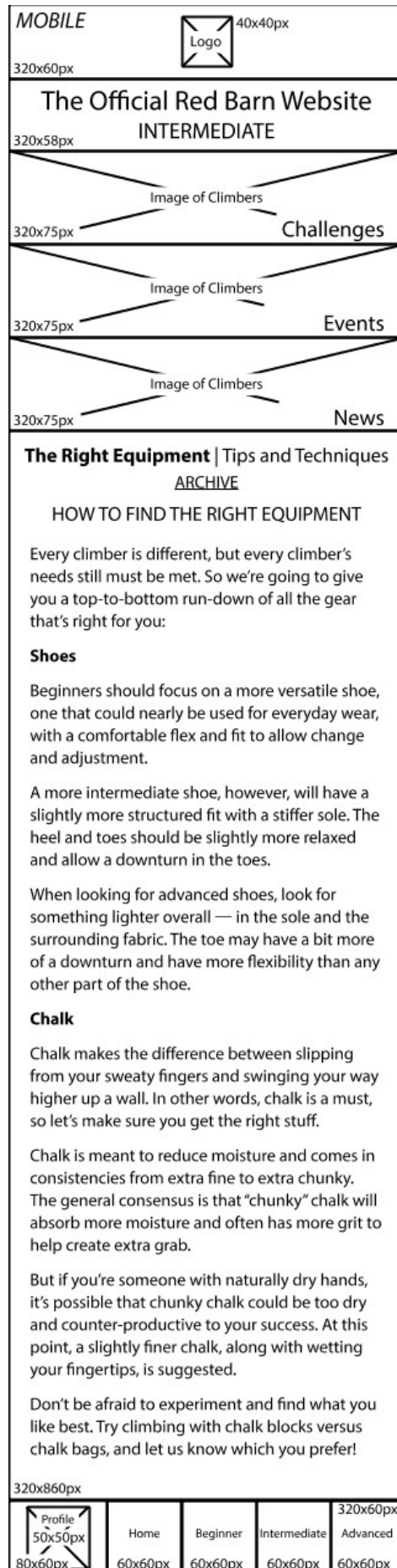




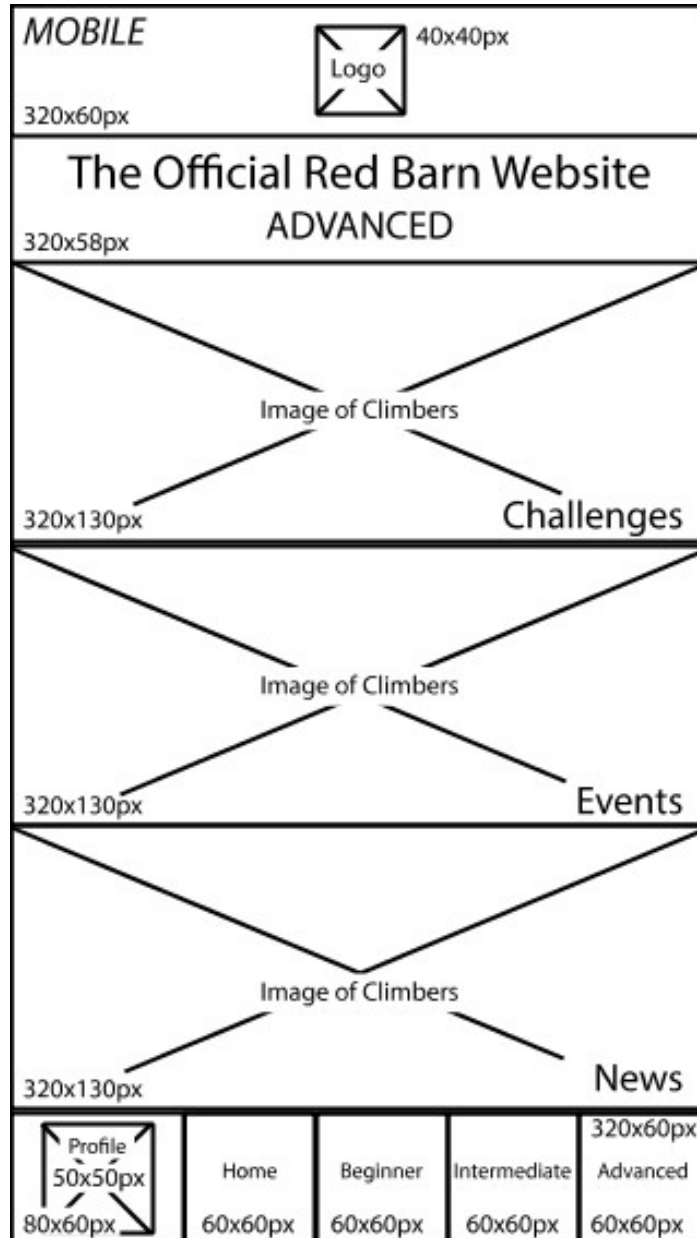


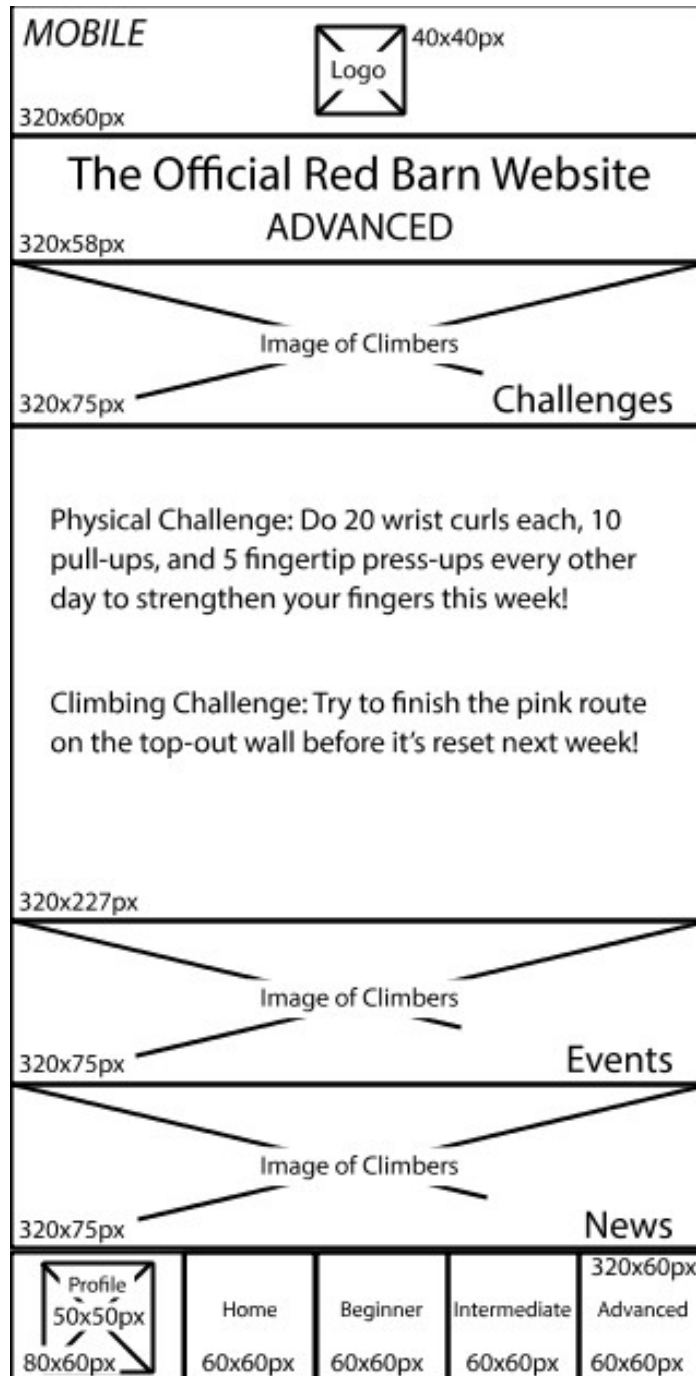


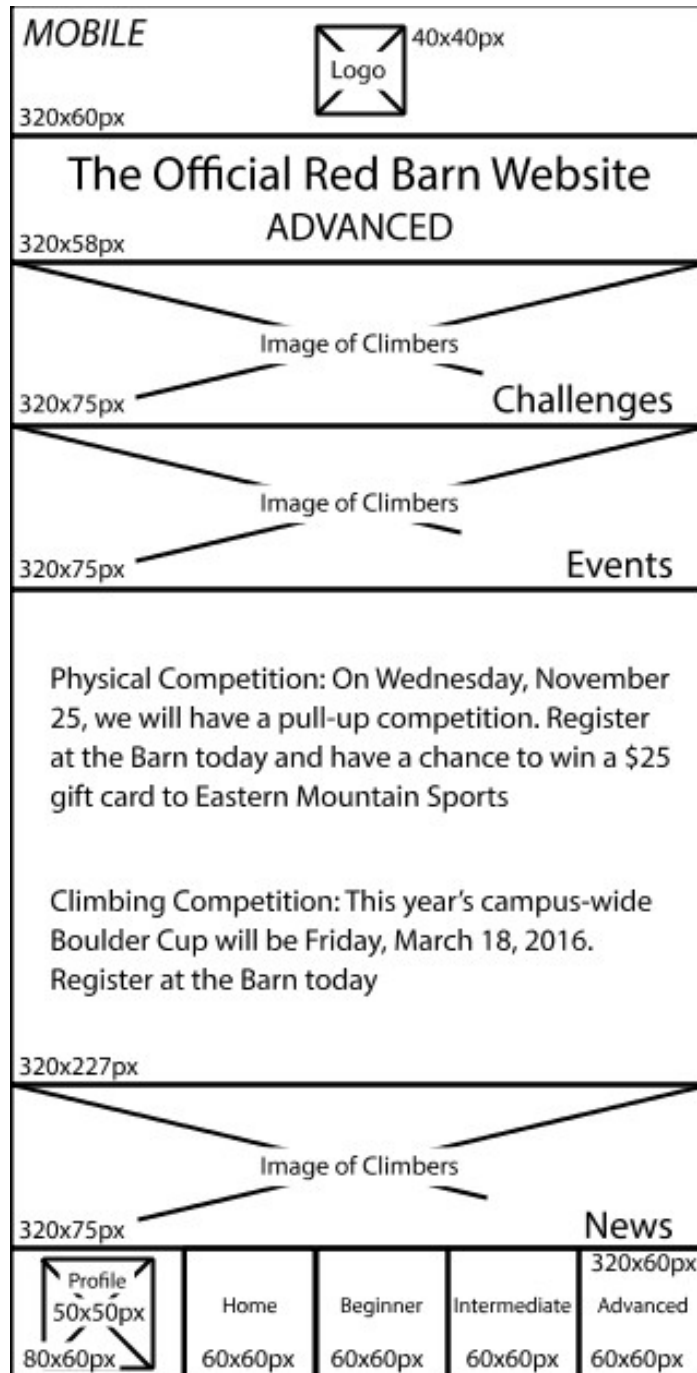




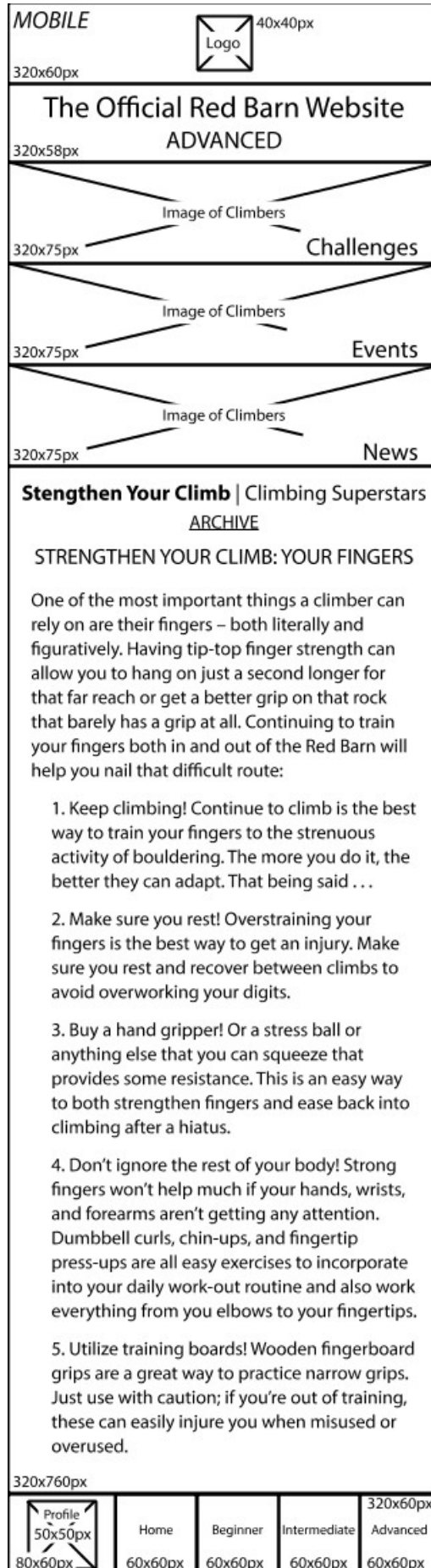


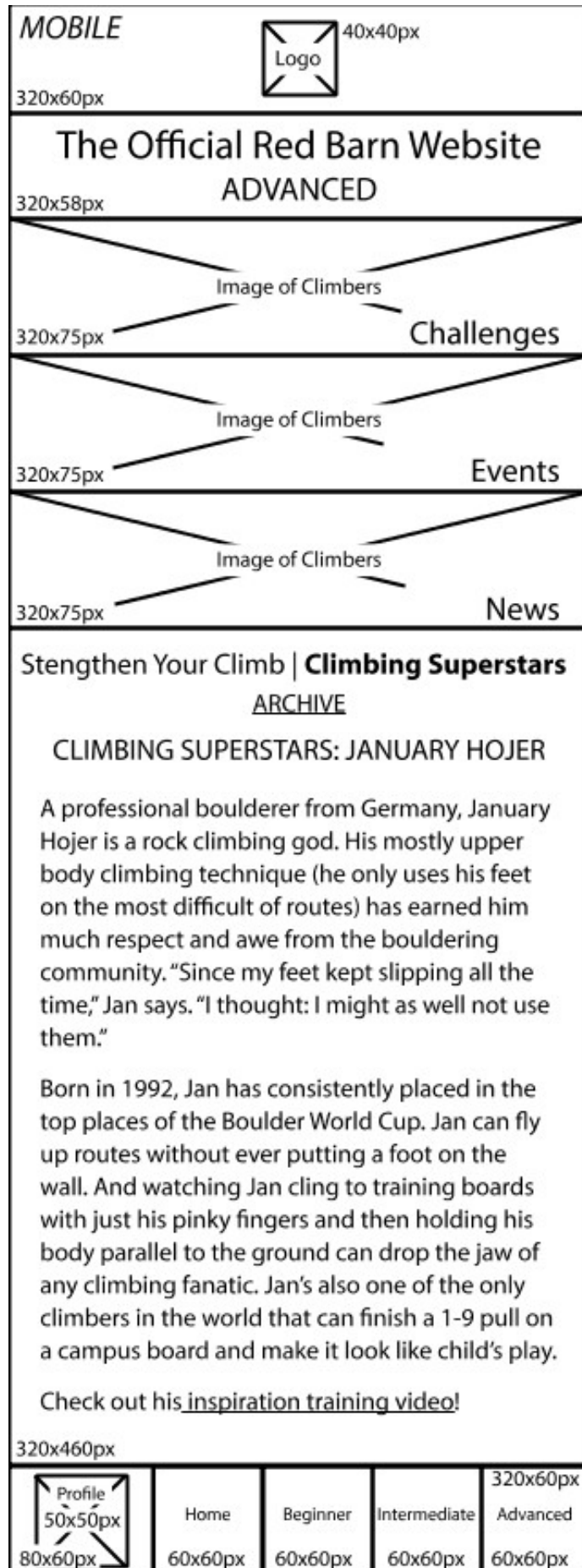


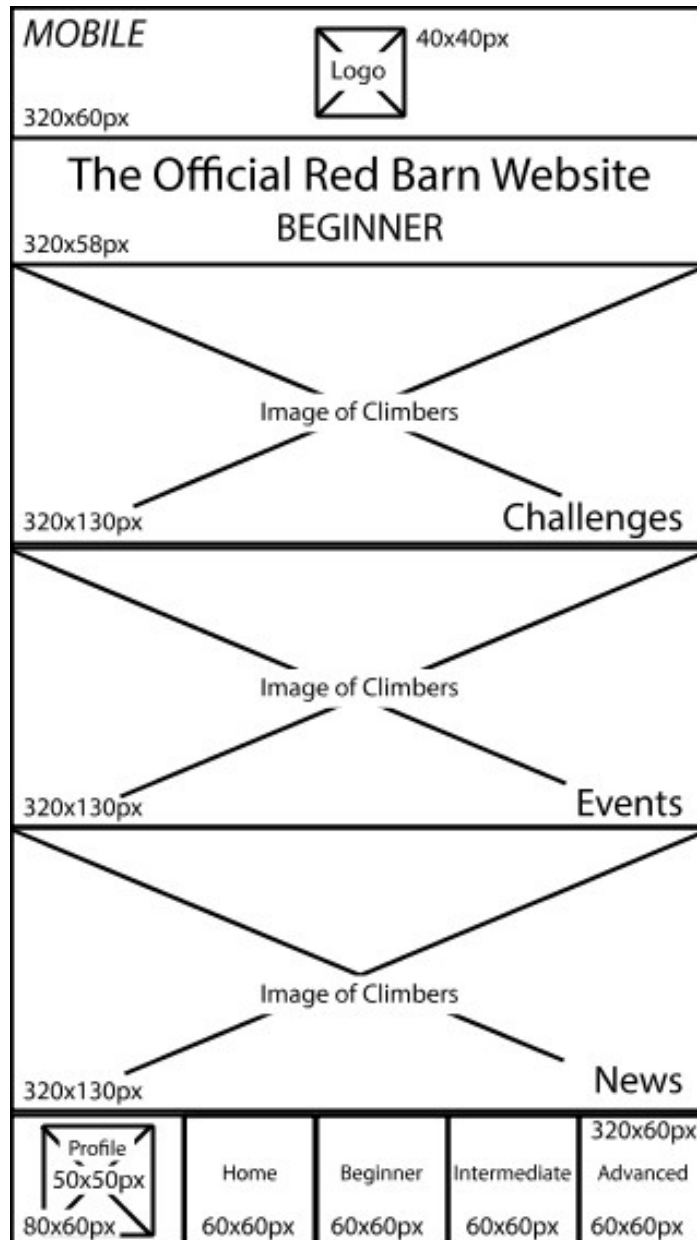


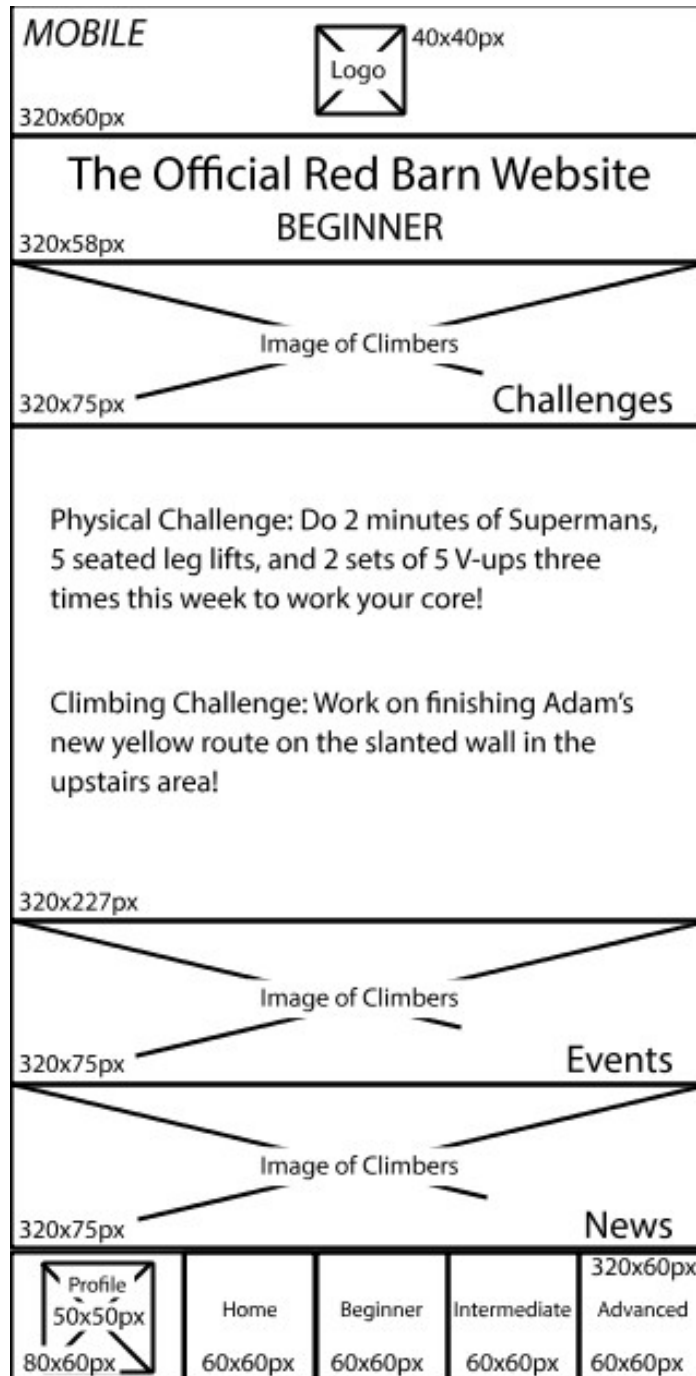


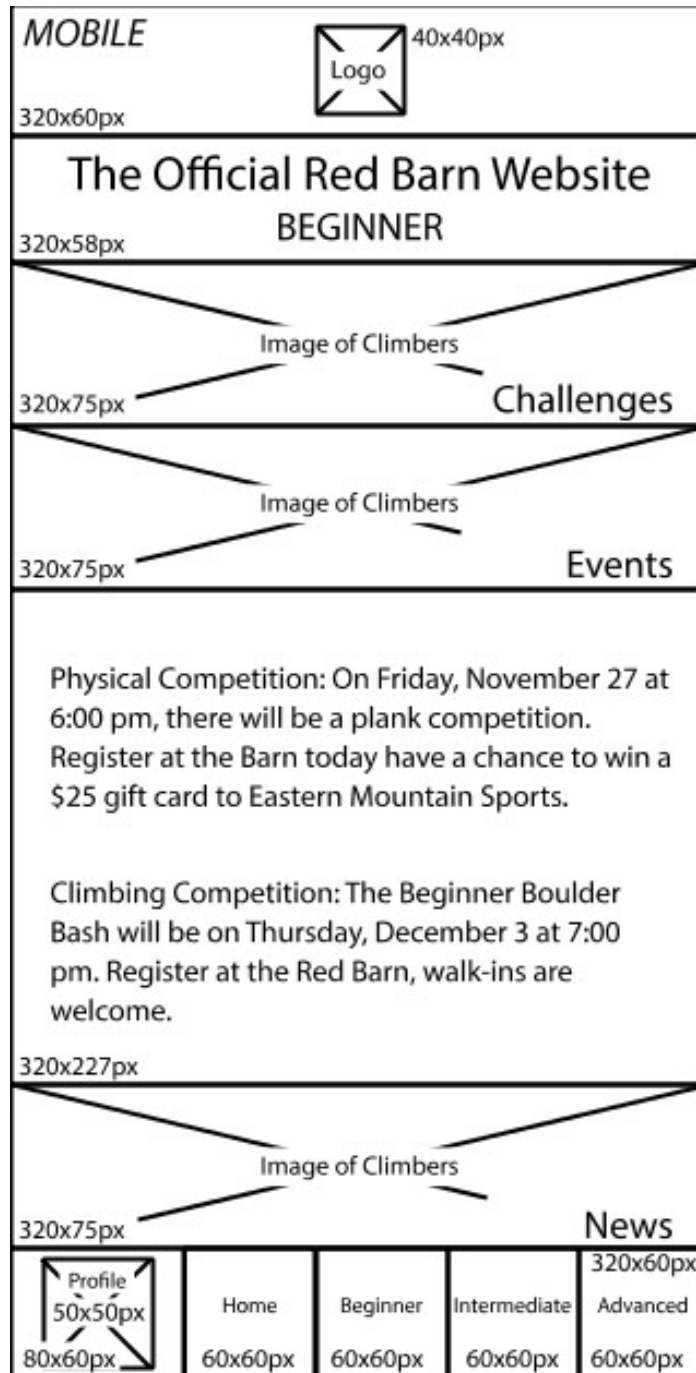


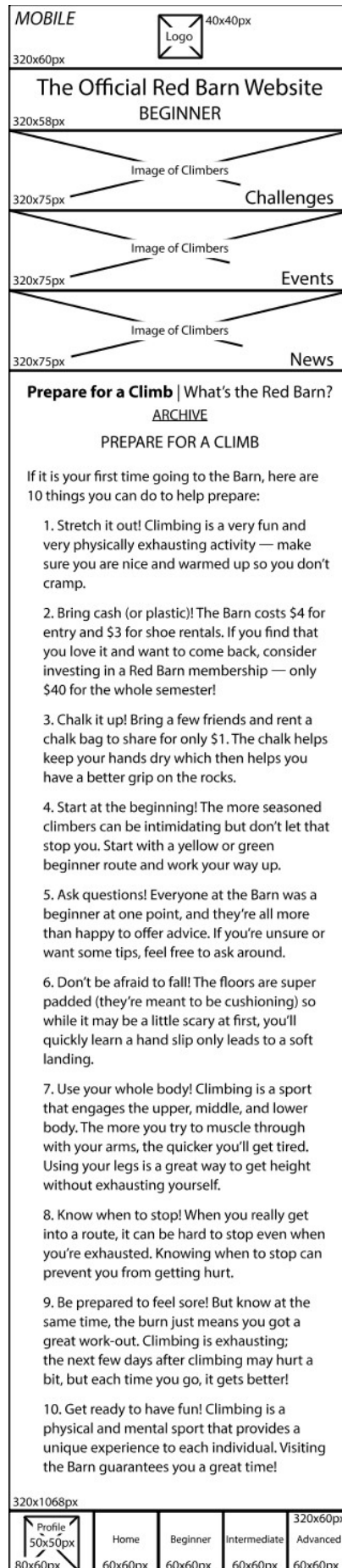


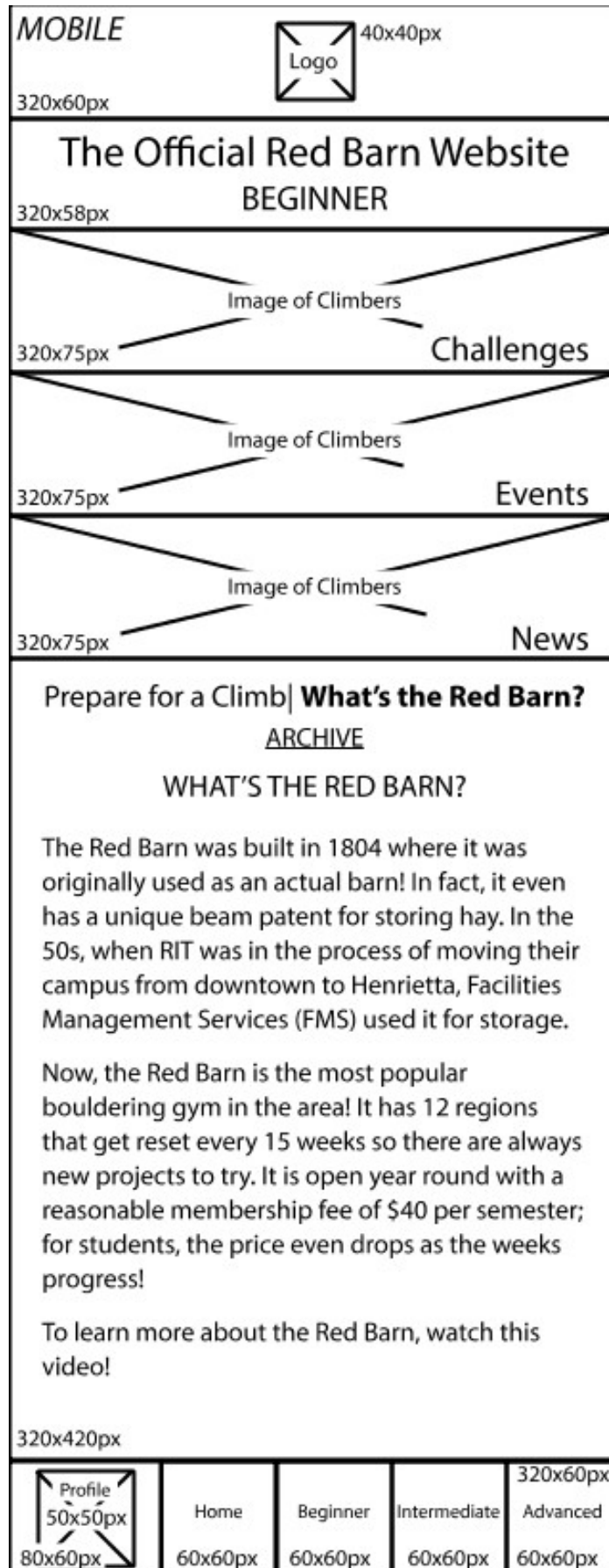














## The Official Red Barn Website

### Hours

Mon - Fri 5:00pm - 10:00pm  
Saturday 1:00pm - 10:00pm  
Sunday 1:00pm - 6:00pm

### Rates

\$4 Single Climb  
\$3 Rental  
Membership With RIT ID \$40  
Membership Other \$100

### Today's Events

Friday, November 27 at 6:00pm  
Plank competition  
Free Entry

### Alerts

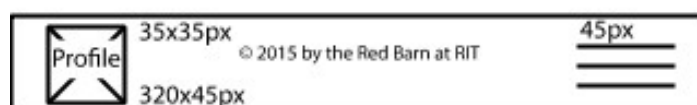
The Red Barn will be closed today due to poor weather. See you tomorrow!

### Join the Climbing Club!

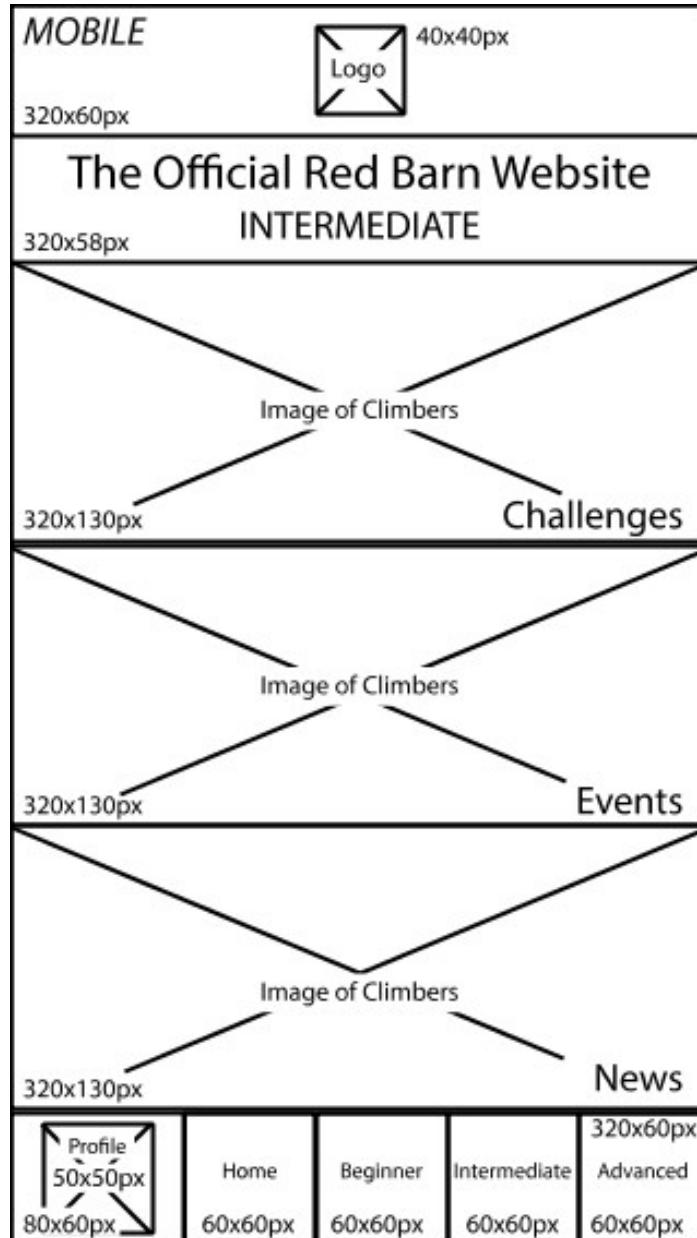
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Come ready to climb, workout, and have a great time.

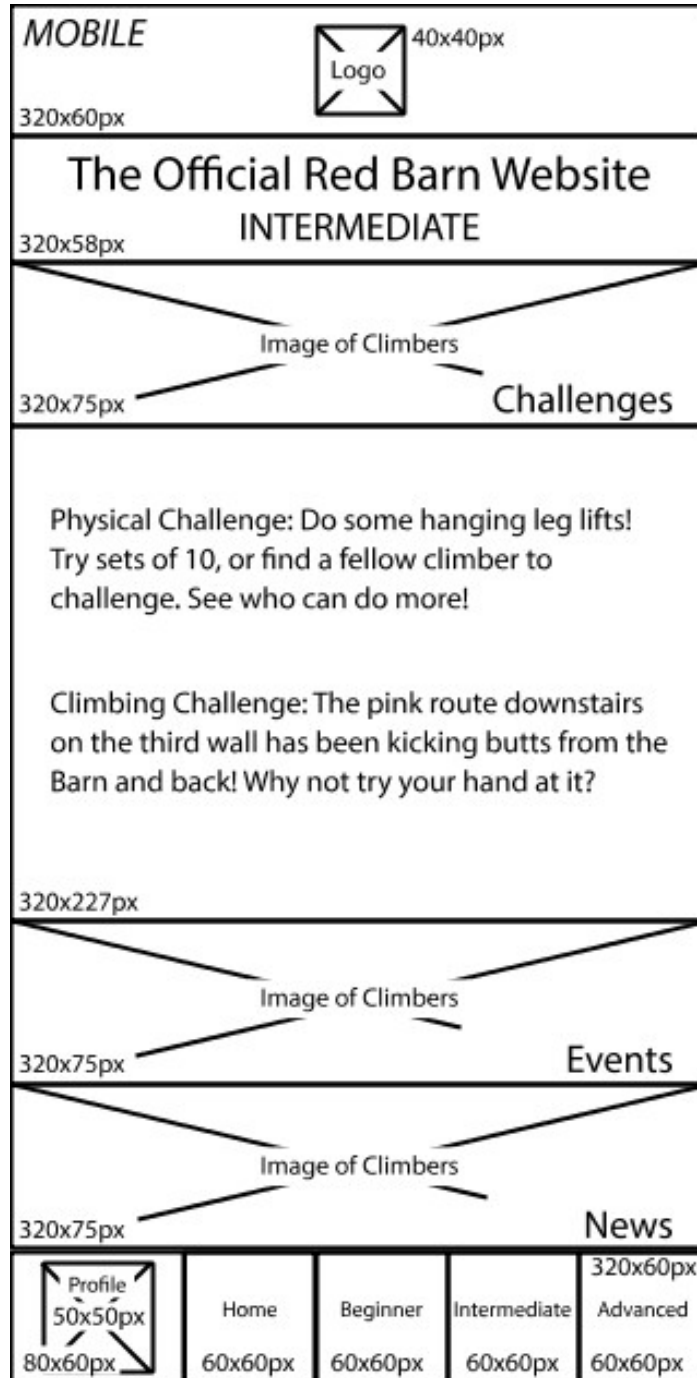


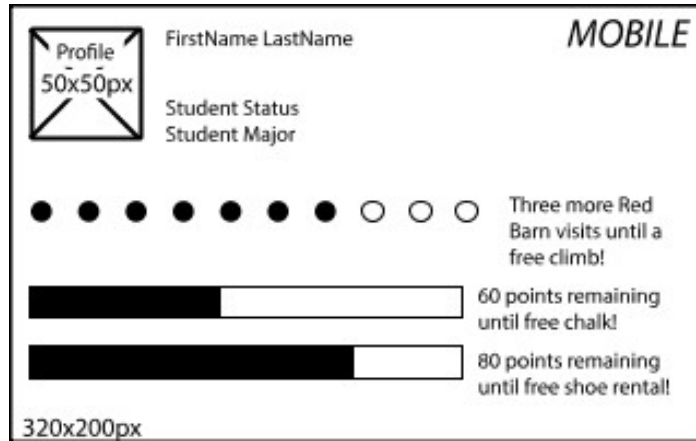
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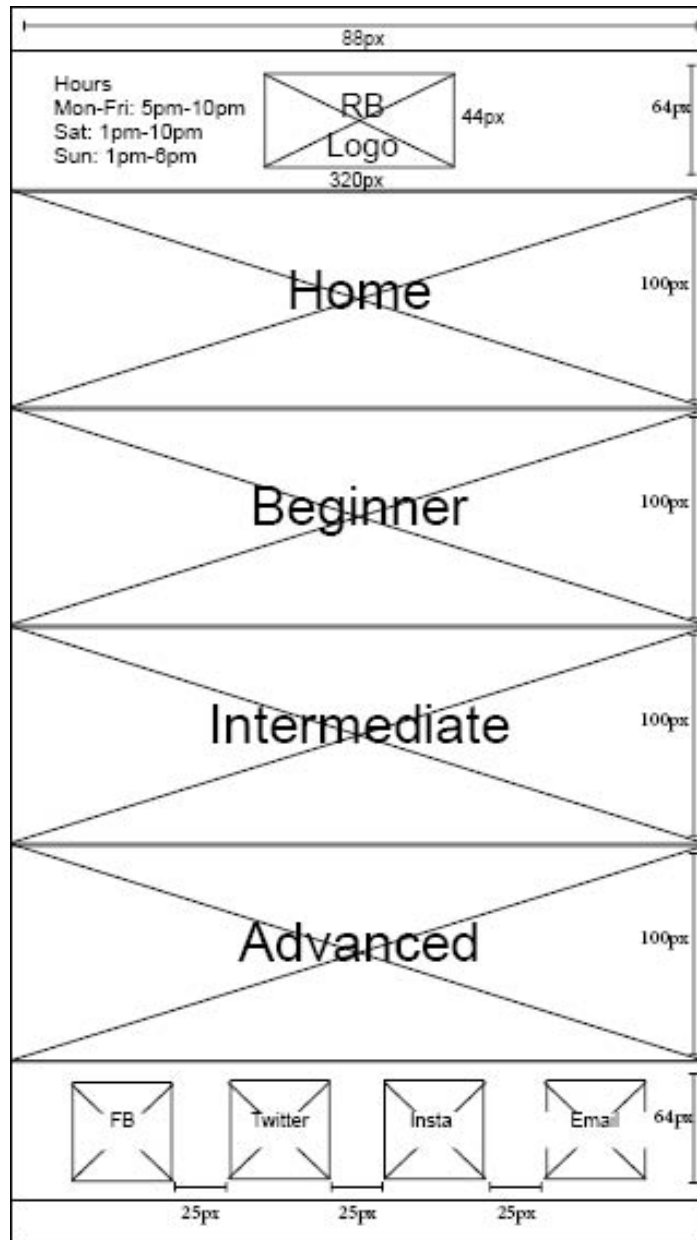


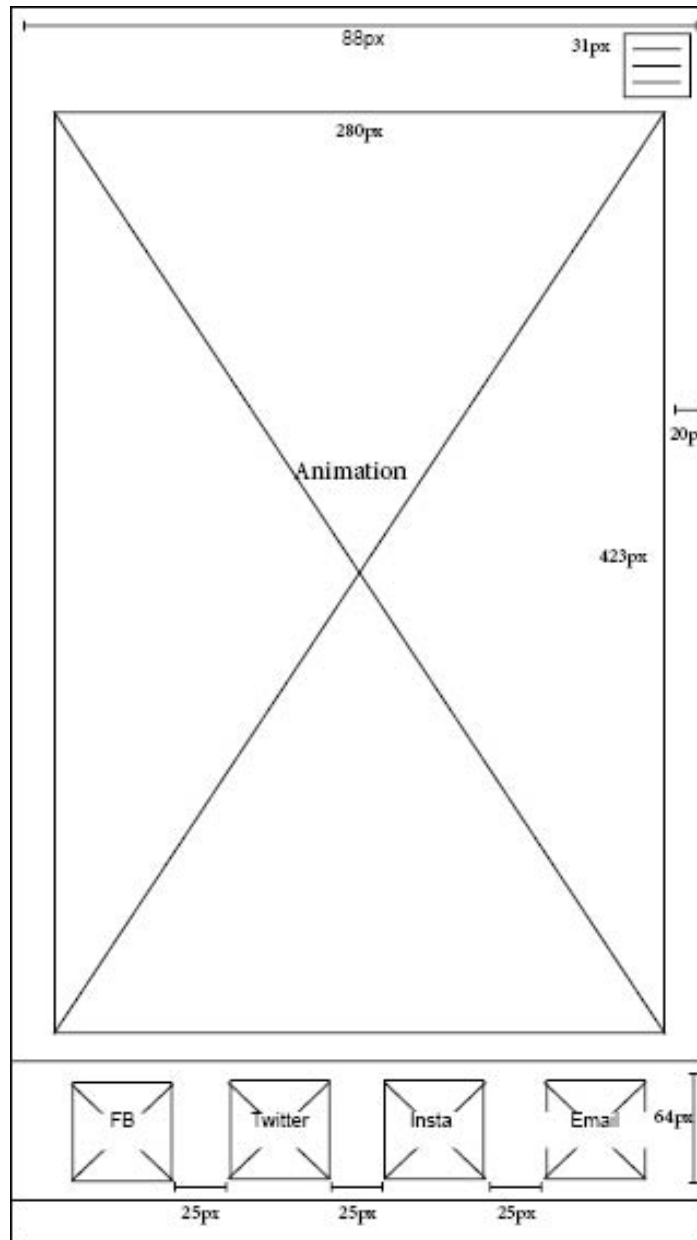















**Gayle Everhart**  
Beginner

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3 more Red Barn visits until a **free climb!**


■

60 points until **free chalk!**

■

80 points until a **free shoe rental!**

 Proud of the route you completed?  
You should be!  
**Share it to our Facebook page!**

 **BEG** **INT** **ADV** 