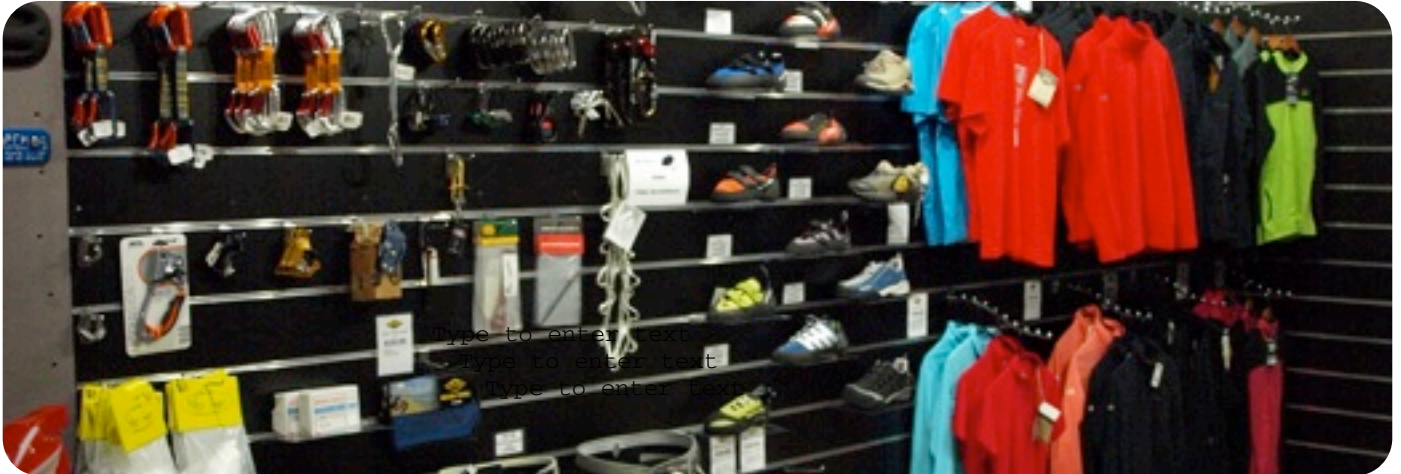


February 2010

HANGDOG

Climbing Gym



HANGDOG'S EXCITING NEW ADDITION... THE GEAR SHOP!

In November we opened the new Hangdog Gear Shop.

We now have a much larger range of climbing equipment, ropes, packs, guide books, DVDs, clothing and shoes.

We are also very excited to announce that we are now Wollongong's exclusive supplier of Mountain Designs clothing and equipment.

At Hangdog, we are determined to only stock gear that we think is the best. It's the stuff we use ourselves when we head outdoors.

Kuhl jeans are another exclusive product in the Hangdog Gear Shop. Designed for athletic comfort and style, hard wearing, stylish and comfortable with a hint of stretch to the articulated knees and gusseted crotch, and cut roomy around the thighs for athletes. Super tough and stylish you can wear them bashing your way to the crag or head out for a night on the town!

If you're new to climbing and want to get yourself set up with basic gear why not grab one of our starter packs?

A starter pack allows you to buy any combination of climbing shoes, a harness and chalk bag and receive one month Hangdog Membership absolutely FREE.



STAFF PROFILE

DAVE HOYLE

Staff Profile

We decided to ask Dave some questions about himself so you could get to know him a bit better.

How long have you been working at Hangdog?

About 2 years.

How did you originally get into climbing?

I went to a friend's birthday party in high school & was hooked. Started with junior coaching, went in a few comps & was encouraged by a teacher at school.

What are your hobbies?

Climbing, but on the rare occasion the weather doesn't allow for climbing then mountain biking, trail running & surfing.

What is your favourite thing about working at Hangdog?

Being surrounded by like minded people.

Current favourite climb at Hangdog?

The back bouldering wall.

Favourite outdoor climb?

Conehead and the Barbiturates, 28, Nowra



COACHING SERVICE

If you're interested in improving you're climbing Hangdog offers two coaching sessions in the week absolutely FREE of charge.

Seniors Mondays 6.30pm to 8.30pm

Juniors Thursdays 4.00pm to 6.00pm

Come and meet people and have some of our more experienced climbers help you out with your technique, or just give you some tips on how to finally tick that problem!

NEW PROBLEMS ON THE REAR BOULDERING WALL.

Matt has done a great job resetting the rear bouldering wall. We have retained the numbering system so there is an unlimited amount of new problems for you to sink your teeth into. Use the book or set your own, you should have plenty to keep you occupied for a while.

If you haven't tried the bouldering wall before, why not give it a go? It's a great way to build your strength and power and add some variety to your climbing experience. If your not sure how the numbering system works, come and have a chat to one of our friendly staff members, they're always happy to help!

OUTDOOR CLIMBING

We will be starting our outdoor guided climbing days in April. Here are the dates so far:

Saturday 9th April

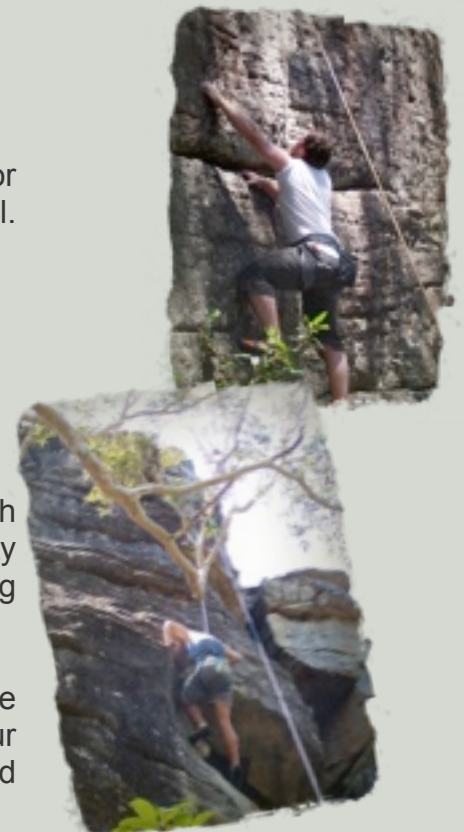
Saturday 21st May

Saturday 18th June

Saturday 16th July

Cost: \$85 per person which includes all gear hire, safety instruction & coaching throughout the day.

More information will be coming out soon, keep your eye on the website and Facebook.



TOUR DE CORDE

The annual Tour de Corde Climbing Competition is rapidly approaching. See dates below. The Tour de Corde is organised by Sports Climbing Australia. Find all the information on their website at <http://www.sportclimbingaustralia.org.au>.

The tour is a social indoor, climbing competition open to all levels of climbers. We encourage everyone to come along and have a go.

Round 2 will be held at Hangdog on 26 March, so even if you're not ready to compete just yet, come along to have a look and support your fellow Hangdog climbers.

DATE	COMPETITION	LOCATION
5 March	Toure de Corde 1	Sydney Indoor Climbing, St Peters
26 March	Toure de Corde 2	Hangdog Climbing Gym
30 April	Toure de corde 3	Pulse Climbing, Newcastle
28 May	Toure de Corde 4	The Climbing Centre, Penrith
25 June	Toure de Corde 5	Rockhouse, Northern Beaches Manly
23 July	Toure de Corde 6	Climbing Edge
20 August	Toure de Corde 7	Sydney Indoor, Villawood



Matt cranking at Penrith

Keep up to date with what's going on at your gym!

Join us on FACEBOOK:

<http://www.facebook.com/pages/Hangdog-Climbing-Gym/118795104844273>

CUSTOMER PROFILE

CLAY HARKNESS

Clay started climbing about a year ago. His interest grew rapidly and he is now a regular face at Hangdog, (we see him almost every day!)

In Winter Clay spent a week ice climbing at Blue Lake in the Snowy Mountains.

Not long after he finished up there he had his next trip booked and was off to do a mountaineering course in New Zealand in December.

Well and truly hooked, Clay is already planning his next trip...Mount Aspiring later this year.

In the mean time, he's getting in as much climbing as he can and trying to get as fit as possible.

