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TRIANGLE YOUTH TAKE TOP CLIMBING HONORS

NORTH CAROLINA WELL-REPRESENTED AT NATIONALS

MORRISVILLE, NC – Team Triangle Rock Club, the junior climbing team from Triangle Rock Club (TRC) the Morrisville-based public indoor climbing gym and fitness center, recently traveled to Melbourne, FL for the Division 4 Youth Climbing Championship. This divisional championship is the competition that qualifies a climber to attend nationals and featured youth competitors from Virginia, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, and Tennessee.

Team TRC took 10 climbers to compete for a chance to qualify for nationals, and from that team, 7 qualified to attend the 2009 USAC National Championship in Salt Lake City. Coach Shane Messer said, "I'm absolutely thrilled about the performance of the team. I was hoping to have a few national qualifiers from our gym, but seven far exceeded all our expectations. I think it's especially impressive due to the fact that we have only been together as a team for a little less than a year."

Competitors are put into groups by age (denoting A,B,C,D) and the placements of the TRC climbers from finals are as follows. These seven climbers will be Triangle Rock Club's representatives at the 2009 National Championship.

Meg Milan	Female Youth B	1st place
Hollis Rudd	Female Youth D	1st place
Rachel Godown	Female Youth A	2nd place
Ashley Donahee	Female Youth C	4th place
Stephanie Thompson	Female Youth B	6th place in sport climbing, 2nd place in speed climbing
Nick Carter	Male Junior	5th place
Chase Redden	Male Junior	9th place

"TRC is excited to see the progression of the climbers on the team", Messer said. "They have all improved a great deal this year, and some so much so to win the divisional championship and to make it to nationals." The National Championship will be held July 10th, 11th, and 13th in Utah. According to Messer, they are "going to nationals with high expectations. This is one more chance for the team to have another extraordinary performance."

TRC is the Raleigh area's premiere indoor rock climbing gym and fitness center. This new, state-of-the-art facility offers climbing instruction for both children and adults, rope climbing, bouldering and lead climbing. TRC also offers birthday parties, youth group activities, and corporate team-building events. For more information about the gym or the Junior Climbing Team, contact Andrew Kratz at Triangle Rock Club at 919-463-7625, or visit www.TriangleRockClub.com.

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