

The Willamette Valley Grotto, WVG, is putting on its annual Vertical Practice.

It will be held in Troutdale, Oregon at the Glenn Otto Park in the Sam Cox building on March 15th, Saturday, from 9 AM to 9 PM. Set-up starts at 9 AM and the dinner will be about 5 PM. Everyone entering the building is required to sign a liability waiver. Alcohol is not permitted.

From Portland take I-84 east to Troutdale's Sandy River exit 18 (Lewis and Clark exit 18). Go south up the Sandy River to the first bridge and cross the river. The park and the vertical practice building will be on the left, south side of the road.

Come and enjoy the fun, this practice is for everyone even if you are not a vertical caver. Here is your chance to see those vertical cavers get hung up on the obstacle course. This practice is for beginners and experts. I have an extra harness, helmet, and gloves if you want to try my system. It is adjustable and it will fit you. Helmets and gloves are required when people are on rope, and helmets are required for people assisting underneath cavers who are on rope.

We will have the long climb and the tyrolean traverse ready for you. The dreaded obstacle course will have the works, including the rebelay. If your climbing system can do it all, then you have a really great system! Come early and bring a lunch because the dinner won't be until about 5 PM. Demo's will be at 1:00 PM, so don't be late for that.

This year we are planning on having the vertical practice from 9 to 9 and the dinner around 5PM. A donation of \$15 would really be appreciated to cover the costs of your dinner and the vertical practice. Thank you for your financial help.

If you need better directions you can call me at 503-665-4449 or email me at verticalbob1@gmail.com

**Vertical Bob
WVG's Vertical Chairman**