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# Your Road to Denali with Greg Vernovage

Join us in welcoming international guide, Greg Vernovage, for an informative session on what you'll need to prepare for your Denali climb. From flights and logistics to training and gear, Greg will be ready to field your questions! An acclaimed ascensionist with notable climbs from the Cascades to the Himalayas, Greg leads trips for International Mountain Guides. Clinic is free but space is limited. Please call to R.S.V.P.: 206.971.1496

fitness regimens

7:00 p.m. on Thursday, March 1st  
at the Outdoor Research Retail Store, 2203 1st Avenue South, in SODO