



per ignum ad astra

PHOENIX RISING

QUARTERLY NEWS

Phoenix Multisport fosters a supportive, active community for individuals who are recovering from alcohol and substance abuse and those that choose to live a sober life. Through such pursuits as climbing, hiking, running, road and mountain biking, and other activities, we seek to help out members develop and maintain the emotional strength they need to stay sober.

new collaboration

by ben cort

We are pleased to announce the solidification of our formal partnership with a forthcoming inpatient treatment center at West Pines, on the Lutheran Hospital campus, an affiliate of the Exempla Health System.

We have been working with the senior leadership at West Pines for almost a year on this project and as a result of the support of their parent organization, Exempla Health System, we are now able to share our exciting news! West Pines is in the midst of a major renovation that will result in a brand new, state of the art, 20 bed inpatient rehab. Their progressive 14 day program will be another resource for men and women on the Front Range who are looking to break the bonds of addiction.

Phoenix Multisport has partnered with West Pines to build a recreation facility on the West Pines campus that will offer tremendous opportunities for their patients as well as the general sober community. The facility will include a high quality climbing wall built by Eldorado Climbing Walls (the same people who brought us the Boulder Rock Club) that will total 1,700 sq/ft! We will also have a full continuum of strength training equipment, a group exercise space, and yoga capabilities. This new gym will be open to the sober community multiple times during the week and will be a cornerstone of the West Pines' curriculum. West Pines hosts several 12 step meetings each week for the community, these meetings will be attended by patients in the new rehab and on several nights a week Phoenix Multisport will host an open climbing event and strength training directly following the meeting. People will be able to attend a meeting and then go directly to a PM

event. Those in the West Pines program will get to know a large vibrant sober community that will be waiting for them once they leave treatment. By having this peer group waiting for them in addition to 12-step and traditional aftercare they will be able to find their new playgrounds and new playmates with ease.

Our friends at West Pines are deeply committed to their patients and to seeing them succeed, we are proud to be a part of their new treatment center.

**for info about 11/08 Grand Opening, please visit our website.*

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Visit us online:
www.phoenixmultisport.org



west pines treatment center, arvado, co

letter from the director 1st annual fundraising gala



Phoenix Multisport is excited to announce it's newest staff member, Mindy Armbruster, as Director of Development. Mindy has years of experience helping non-profit organizations reach their financial goals as well as a strong marketing background. With her help, Phoenix Multisport will expand its donor base, raise additional operating capital, and even begin to build an endowment while simultaneously carrying its mission to a greater audience allowing us to serve more individuals battling substance abuse.

PM's end of the year fundraising goal is to close out our \$100,000 matching funds pledge from one of our donors. The money thoughtfully given at our fundraising gala, on top of the \$25,000 generously given from The Burns Foundation helped us greatly towards this goal. We have a remaining \$45,000 that will be matched dollar for dollar for all donations received between now and the year's end.

We are asking those that receive this newsletter to help us reach this goal. We understand that our nation is in uncertain economic times, but we ask that if you can't give personally, to share this newsletter with those that may have a connection to our mission or be willing to help support our innovative approach toward combating addiction. If you would like to make a gift please log on to our donation page at www.phoenixmultisport.org or contact the office at 303-440-0547.

Thank you,
Scott Strode
Team Director and Founder

by ben williams



On July 17th, Phoenix Multisport (PM) hosted its first annual fundraising Gala in Boulder, CO. Over 200 people filled the ballroom at the St. Julien Hotel for a remarkable evening. The silent auction was brimming with treasures generously donated by the local business community and individual supporters. Scott Strode, our Founder and Executive Director, delivered the keynote speech sharing PM's accomplishments thus far and future goals, as well as his personal story of recovery. It was a motivational speech that left the audience excited for what is still to come.

After tallying up the silent auction items and general donations from the evening, we are pleased to announce that Phoenix Multisport netted just over \$46,000. We extend our thanks to all those who made the event possible and everyone who has blessed us with their continued support.

We are also very excited to announce a \$100,000 matching funds program that was instituted just in time for our fundraiser by an anonymous donor. This contribution is an inspiration to our mission and we appreciate it immensely. As a result of the outstanding support directly tied to the Gala, we have managed to collect just over \$55,000. It is our goal to fulfill the remaining \$45,000 of this generous offer by the end of this year. With every dollar donated being matched 100% this is a perfect time to show your support to PM by making your own donation.



staff spotlight: dawn taylor



Dawn Taylor can be found filling many roles at Phoenix Multisport, whether she is managing the books, leading a walk down Pearl

St. in Boulder, or making sure that Ben and Scott make their meetings on time, she is always a contributing factor to PM's mission. Dawn tried to live sober 'on her own' for 2 years before finding lasting sobriety in Ft. Lauderdale, FL in January of '97. She attributes her long term sobriety to the success she found, and continues to find, in working a 12 step program.

Not many are aware that Dawn was the first member of PM's staff. She started in April of 2007 when the living room of founder Scott Strode's house was still referred to as "the office", and the total number of team members could be counted on two hands. Dawn was intrigued by Scott's idea for Phoenix Multisport and agreed to help with book keeping and general office work. Dawn's role has grown and evolved with Phoenix and she has remarked how incredible it has been watching people grow with the organization and find new focus and definition. Having been on every Moab trip PM has ever hosted and watching the trip attendance go from 12 to 25 to 40 people, Dawn refers to the process as "simply incredible". Dawn remarked that she has experienced personal growth in her ability to interact socially and attributes this to feeling better physically and mentally from an active lifestyle. When asked what message she wanted to send to those new to PM she replies, "I truly believe PM fills a niche to enhance the lives of individuals living in sobriety by providing its members with personal growth and self-efficacy in a

way previously unexplored."

Around the office, Dawn is referred to as "the glue" because without her everything would most likely fall apart. We are proud to have Dawn on staff and look forward to seeing how her dynamic role continues to evolve.

programming update

by mike britton

Phoenix Multisport's summer calendar has been full of fun and exciting events! On August 9th-10th, we headed up to Glacier Basin Campground in Rocky Mountain National Park for some car camping and a Backpacking Skills Clinic. The goal of this trip was to get our members out for a relaxing night in the mountains while teaching them some necessary backpacking skills in preparation of several scheduled trips. We covered water purification, packing your bag with the required gear, backcountry cooking, using a bear bag and the "Leave No Trace" principles. Following the clinics and dinner, we sat around the fire and created memories, savored s'mores and sipped hot tea. The next morning, Steve Miller, staff member and camp cook extraordinaire, made a hearty breakfast of oatmeal, bagels and coffee that was followed by a rainy hike in the park.

On August 22nd-24, we put our new skills to the test and went backpacking on the Eaglesmere Trail, 17 miles north of Silverthorne, CO (near the Green Mountain Reservoir). This beautiful trail is a 9.3 mile loop with an elevation gain of 1800 feet and a high point of 10,400 feet. The members of our group ranged from those who had spent weeks in the backcountry to those who had only spent one night backpacking. We thoroughly enjoyed all that this trail had to offer... serene lakes, endless Aspen forests, gently flowing creeks and fields of wildflowers. It was an incredible weekend with perfect weather, despite a brief storm on Saturday night. Some of the most fun of the trip include sharing stories of how we teased our siblings as children, playing intense games of chess, orchestrating a group swim in the freezing mountain lake, indulging in camp food and, finally, watching one of our members jump in the lake at eight in the morning. Through the Backpacking Skills Clinic and the backpacking trip, PM brought a number of sober people together to share experiences, learn new outdoor skills and enjoy the best that Colorado has to offer.



backpacking at eaglesmere

camp cooking at skills clinic



upcoming events

by ben williams

Keep an eye on our calendar! The next six months are going to be BIG for Phoenix Multisport. We have several multiday trips planned and we are dreaming up other adventures all the time. At the end of September, we headed to Moab for the annual Fall Multisport trip to include road rides, mountain bike rides, rock climbing, hiking and camping. In November, we will hit the trail for a three day White Rim Mountain Bike Trip and, of course, we wouldn't miss New Years in Ouray!

Our weekly events are on the rise. Our Mountain Biking program in Boulder is off to a great start with rides on Tuesdays and Thursdays. We are adding longer weekend rides to the calendar in October and November. In Denver, we added a Yoga class twice a month on Tuesdays from 11a.m. to noon and Runs each week on Mondays and Wednesdays from 6-7 p.m. In the next couple months, you can expect to see additional road rides, weight training, fit ball and a lot more rock climbing happening in Denver.

Our Socials both in Boulder and Denver are getting overhauled with plans for more slide shows, clinics and fun. Don't miss our 2nd annual Halloween Fun Run and Party on October 31. We plan to run in full costume down the Boulder Bike Path passing out candy and representing Phoenix Halloween style. Then, back to the office for a costume contest, bobbing for apples and a frightfully fun time.

Multi-Day Trips:

11/14-17/08: White Rim Mountain Bike Ride (intermediate & advanced riders)

12/31/08-1/3/09: Ouray (all ability levels welcome)

There is just so much happening! It is an exciting time to be a part of Phoenix Multisport and trips are filling up fast! If you haven't yet signed up for White Rim or Ouray, call today.



phoenix members in moab, ut, fall 08

a day with ASF

by ben cort

On Saturday October 20th, Phoenix Multisport (PM) was privileged to lead two trips for the Association of Small Foundations (ASF) whose annual convention was held in Denver this year.

After almost a year of planning, PM was given the opportunity to lead a climbing and hiking trip for ASF mem-

ty for our members to showcase their newfound skills by leading events and teaching others. The climbing trip was led by team member Ken Heiser, an accomplished climber who has spent the last year learning how to teach a sport that he has excelled at personally for years. Following the event Ken said that it was by far the best day he had climbing this year and he never even left the ground! It is a great feeling to provide an experience for others and Ken and his team of 10+ Phoenix Mul

friendships were forged and we are looking forward to working with our new friends in the future.

We would like to extend a special "Thank You" to all of the ASF members who joined us and to the ASF staff. The amazing work that you do through your foundations is a true inspiration.

"I think many of the members were really inspired by PM's mission..."

Janice Simsohn Shaw



bers. ASF is a Washington, DC based organization that supports foundations with few or no staff by providing them with learning opportunities, targeted resources, and a collective voice in and beyond the philanthropic community. Both ASF events were lead by PM team members with staff oversight.

Almost all of the participants were from out of state and were looking to see more of our great state than the Marriott in Denver! Our climbing group went to the classic Front Range climbing destination in Golden Colorado, Table Mountain, while our hikers went to the Alderfer/Three Sisters Park in Evergreen.

The event was an exciting opportuni-

ty for our members to showcase their newfound skills by leading events and teaching others. The climbing trip was led by team member Ken Heiser, an accomplished climber who has spent the last year learning how to teach a sport that he has excelled at personally for years. Following the event Ken said that it was by far the best day he had climbing this year and he never even left the ground! It is a great feeling to provide an experience for others and Ken and his team of 10+ Phoenix Mul

Our hike was led by Ann Bartlett, a long time team member and newly appointed chair of our "Social Committee" (more on that next newsletter). Along with a big group of volunteers that included Evergreen native, Steve Miller as well as two of our sponsored bikers, Ann led the group to a rock outcropping with an amazing view of the surrounding mountain ranges.

This was an awesome opportunity for ASF members to see firsthand the impact that experiences like these can have on team members. As seems to be the case on all of our events, many new

member spotlight: maryjane kemeny



MaryJane Kemeny has been an important member of Phoenix Multisport since it's early days as a regular participant who has brought many a friend to join our events. In March '08, MaryJane, who is a personal trainer, opened up her private gym, Peak Physique, for Phoenix Multisport members to train on Monday nights. This is one of PM's most popular events, with up to 20 members working out regularly. MaryJane's positive attitude and patient demeanor makes all who meet her feel at home and welcomed. She also travels weekly to Harmony Treatment Foundation in Estes Park to provide strength training to their in-patient clients on behalf of PM. We appreciate all that MaryJane does to help our members stay fit!



peak physique studio

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