



"CHALLENGE BY CHOICE"

HIGH ELEMENTS

"High" is in the eyes of the beholder. High Elements in our terminology refers to the events that must be belayed (rope attachment system) to ensure the safety of a participant. High ropes course events are usually the ones most remembered by participants because of the drama, anxiety, overcoming fear, excitement and exhilaration experienced.

Jesus and Me (J&M)

This is the perfect element to begin with for those that are a little nervous or apprehensive about the idea of High Elements. J&M has two parallel cables 42 inches apart, which provide support for the hands and feet, and are approximately 35 feet above the ground. This element is great for starting the process of learning to trust others.

Benefits/Challenges: *Height sensation, satisfaction, personal responsibility, attention to instructions.*

John 15

Need a little more challenge? The object is to cross a 40-foot long taut cable approximately 30 feet above the ground with balance help only intermittently available from dangling short spliced ropes hung from another cable which is out of reach of the participant. The short dangling pieces of rope are sequenced far enough apart that the participant must "let go" of his or her piece of dangling rope to grasp the next one. Each progression to the next dangling rope requires the participant to "go for it." This is a great element for trying things that are not in your comfort zone.

Benefits/Challenges: *Doubt, insecurity, decision-making, balance, reach.*

Narrow Way

The Narrow Way is one of our most popular elements. It is 35 feet off the ground and the object is to walk on the log from one tree to the other, a distance of about 40 feet. The key is to keep your balance and to know you are taken care of the whole way through. This exercise brings a lot of emotions and thoughts into view as you take your body through a walk on the high side.

Benefits/Challenges: *Climbing fears, balance, self-esteem, confidence, trust, mental discipline.*

Upward Call

Here is one to test your commitment, balance and strength. This element is one that you must do with a partner and brings into focus the fact that there are some things we can't accomplish on our own. From the ground you and a partner will climb onto the top of a beam 4 feet off the ground. You will both then attempt to climb onto the next beam above and so on until you and your partner are standing on the highest beam. The distance between the beams starts at 4 feet and gets 6 inches greater each progression. Total distance to the top is 40 feet. Two cables that hang down connect the beams into a ladder that swings freely as you climb.

Benefits/Challenges: *Single – Commitment to continue, concentration, balance.*

Duo – Trust, teamwork, communication, support.

Leap of Faith

Up for an incredible challenge? This element will keep you coming back again and again. The participant must climb up to the top of an actual telephone pole, stand up on the top unassisted, and dive to catch a trapeze, six feet away, or perhaps slip while trying to maneuver on top of the pole. The intensity of the experience results from not having anything to hold onto while precariously attempting to stand on the pole. Once standing, it's just balance and the will to remain erect that keeps the participant from falling off. A very strong rope (belay), which is controlled by the instructor, supports the participant. Sometimes taking a risk and going for it is exactly what we need to do to turn the corner. This element brings that out.

Benefits/Challenges: *Fears, commitment, uncomfortable, trust, exhilaration, pride, and self-esteem.*

Tree of Life

Probably the most physically challenging element we offer. This element is a bit different than the rest in that it is set up to simulate a rock climbing experience. The element is 80 feet high and you climb up the tree using wooden blocks that are different shapes and sizes. You are faced with having to plan each step in advance as you go, making sure not to only use upper body strength but to use your leg strength as well. At the top is a bell to be rung to signify your accomplishment to the rest of the group and then it's a fun rappel down the tree.

Benefits/Challenges: *Confidence, trust, climbing fears, self-esteem.*

Centurion

In terms of thrill, commitment, and nitty gritty mental power, the centurion is the "top of the line." This 100-foot element, the tallest rope element in the nation, is a sight to behold and a life changing challenge. The participant climbs up the tree to a platform then walks out to the end of the platform and leaps for a trapeze 5 feet out in front of the platform. Whether or not the participant can catch the trapeze is not the point. The trust and faith exhibited to attempt this element will provide life and spiritual applications to share with the whole group.

Benefits/Challenges: *Personal commitment, stamina, courage, faith, trust and exhilaration.*