



590 Leland Avenue San Francisco, CA 94134

FALL 2006

Inspiration



ROCK reaches 12 years, 40 miles and 11,051 feet?

Curt Yagi, Executive Director

Despite over 40 lbs of weight on our shoulders (some of us with even more), aching joints and muscles and an unquenchable thirst, we pushed on. Although we had hiked over 10 miles uphill for most of the day, we knew we still had a few miles left. During the previous couple of days, several team members suffered from dehydration, bad ankles and fatigue, but something kept driving us. Was it a sense of pride in our team, a deep desire to accomplish our goal, or both? With a ton of adversity weighing us down, there were no complaints, but a sense of desire and hard work usually reserved for a boxer in the last couple of rounds of a title fight. Finally, the most beautiful lake we had ever seen came into view and all of the stresses of the day excused themselves from our bodies and minds. We made it to our destination!

It's hard to believe ROCK has been around for 12 years and I think it was very fitting that we did something that pushed ourselves to the limit around the time of our anniversary. Late in the summer, I had the privilege of taking five high school boys, who I have known for the past eight years, on an eight-day backcountry backpacking trip to Yosemite. With the help of Big City Mountaineers and two of their volunteers (thanks to Bart and Sid), Thomas, Brandon, John, Mumtaz, Steven and I covered 40 miles (this is the most miles ever covered by a BCM trip anywhere in the country) and reached an altitude of 11,051 feet. Over the course of the eight days, I was so proud of our young men as they pushed themselves far beyond what they ever thought they were capable of -- and enjoyed it in the process.

From the outside, it is often difficult to see the positive impact ROCK has in the lives of children, but believe me, changes do happen. With over eight years of involvement, I feel privileged to experience first hand the positive long-term effects ROCK has on our young people and am proud to be associated with such an outstanding organization. As we celebrate ROCK's 12-year anniversary, remember that all that we do is made possible by you, whether you are a donor, a volunteer, a participant or simply support us in spirit. Thank you for making 12 years of service possible and here's to 12 more years of support for our community.



Backpacking in Yosemite

"The ROCK kids always bring a huge smile to my face - I can't resist coming back for more, so I can put one on theirs in return!"
- Stephanie, Volunteer



"It's fun to be a leader at ROCK, especially since I went through the program when I was younger"
- Mariah, age 15



Monique and her Brother

ROCK's Mission and Programs Real Options for City Kids (ROCK) was founded in 1994 in response to the needs within San Francisco's low-income neighborhoods for enhanced public education and positive after-school activities. ROCK's mission is to nurture the healthy development of children by listening attentively to their needs and by providing opportunities to those who might not otherwise have access. ROCK aims to promote the positive development and long-term success of the youth that it serves through a combination of in-school and after school learning enrichment, sports and fitness, leadership training, outdoor adventure and summer camp opportunities. ROCK's programs are designed to serve girls and boys, ages 6-17, who live in or attend school in San Francisco's Visitacion Valley.

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 **Includes in-kind donations

A ROCK in my Life

My name is Monique Garrett and I'm here to tell you about the role ROCK has played in my life. To illustrate this, I should tell you a little bit about me. I recently graduated with honors from Sacred Heart Cathedral High School where I was a captain of the state championship basketball team. All of this was made possible through my involvement with ROCK. I can honestly say from experience that ROCK consists of people who genuinely care for the kids. I started attending ROCK as an eight year old at "Skill Drills" on Saturdays and as I got older, ROCK continued to be a part of my life. Upon entering middle school, ROCK's started its outdoor adventure and leadership training program which proved to me that they wanted to see their participants grow and mature. I eventually became a volunteer as I entered high school and still Heidi Kilgore and Curt Yagi stayed in touch and made sure that I reached my full potential. Without ROCK in my life, I wouldn't be as focused or concentrated on the future and how I can help others. This fall, I will be attending St. Mary's College in Moraga where I plan to study physical therapy. I owe all my success to

Monique Garrett

ROCK because the volunteers taught me how to utilize opportunities even through adversity and obstacles that seemed impossible. I want to thank you for choosing to make ROCK a part of your lives because as long as ROCK is around, the lives of children will be changed for the better.

ROCK Selected as Charity Partner for ICER AIR 2006

Be sure to be on the lookout for ROCK at ICER AIR 2006, a unique event that brings together the athletic and urban communities in a metropolitan setting. ROCK was chosen as the sole charity partner for the event that takes place on Saturday, November 4th at San Francisco's AT&T Park from 10am-8pm. The event will feature a big-air ski and snowboarding competition with some of the most talented athletes in the world. Be sure to visit www.icerair.com for more details.



Friends at ROCK Camp



Summer Escape