



Climbing Hold  
Catalog

March 2024

# Table of Contents

About FreeRange	Page 01
Climbing Holds	Page 02
TideStones	Page 03
Jugs	Page 04
Crimps & Edges	Page 05
Slopers	Page 07
Pinches	Page 08
Bars	Page 09
Volume Assists	Page 12
Foot Holds	Page 13
Training	Page 14
Apparel	Page 15
Contact	Page 16

# About FreeRange

## Family Owned & Operated



Adam Samis



Eric Samis

## Passionate & Committed

We are so passionate about climbing and fitness that we want to share it with everyone. Our mission is to help introduce more people to climbing and to help you to achieve your climbing and fitness goals. We do this by offering holds, training gear, climbing programs and by helping to provide people with the tools, knowledge and resources they need to climb hard, feel good and have fun!

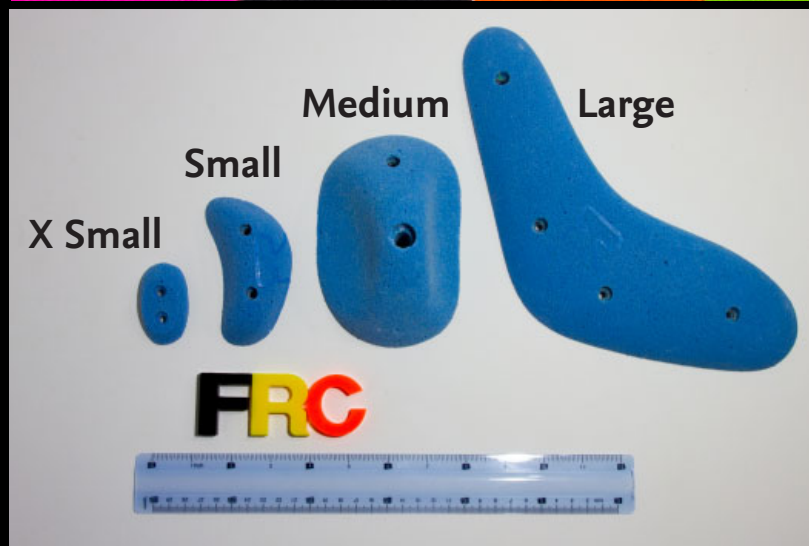
Our commitment to turning indoor climbing into a career has inspired us to design and manufacture unique products with a focus on training for climbing. We create every hold in house and treat it with the love and care our customers deserve. We are fortunate and able to set routes in a commercial gym every week, driving our enthusiasm for creating high quality holds that other route setters will be excited to use.

# Hold Info & Features

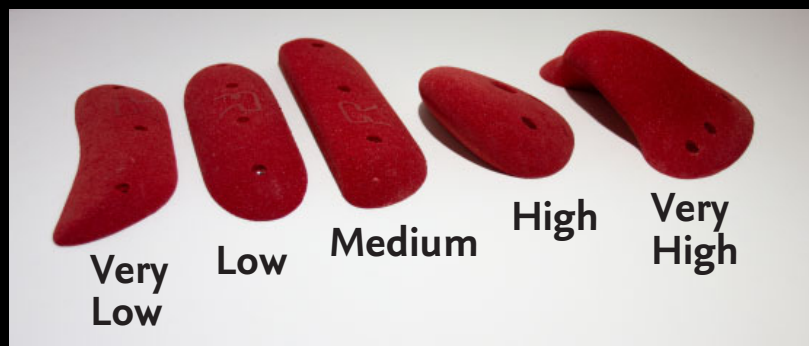
## Colours



## Sizes



## Positivity

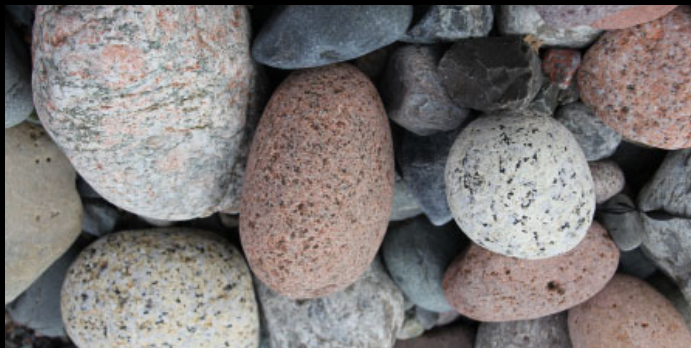


## Features

- No added fillers. 100% Polyurethane.
- Washers cast within holds for increased durability and less chance of cracking (except foot jibs).
- Hold designs undergo commercial testing before release.
- Durable, long lasting texture.



TideStone holds mimic the smooth, rounded look we see in rocks on the beaches near our home on the Bay of Fundy



We are inspired by the pleasant look and feel of these beautiful water worn beach rocks ...



... but unlike real tide stones, these holds have great texture





**FRC**



### Single Hand Jugs #1 \$90

Pack of 3 Holds  
Medium Size  
Very High Positivity  
Optional Bolt-on or Screw-on

### Single Hand Jugs #2 \$60

Pack of 3 Holds  
Small to Medium Size  
Very High Positivity  
Bolt-on Only

**FRC**



### Double Hand Jugs \$130

Pack of 3 Holds  
Large Size  
Very High Positivity  
Screw-on Only

**FRC**



# Crimps & Edges



## Single Hand Crimps \$66

Pack of 10 Holds

Small Size

Medium to High Positivity

Screw-on Only

## Double Hand Crimps \$116

Pack of 7 Holds

Medium Size

Medium Positivity

Optional Bolt-on or Screw-on



## Single Hand Incut Edges \$96

Pack of 6 Holds

Medium Size

High Positivity

Optional Bolt-on or Screw-on





**Double Hand Incut Edges #1**  
**\$113**

Pack of 3 Holds  
Large Size  
High Positivity  
Optional Bolt-on or Screw-on

**Double Hand Incut Edges #2**  
**\$94**

Pack of 3 Holds  
Large Size  
High Positivity  
Screw-on Only







# Slopers

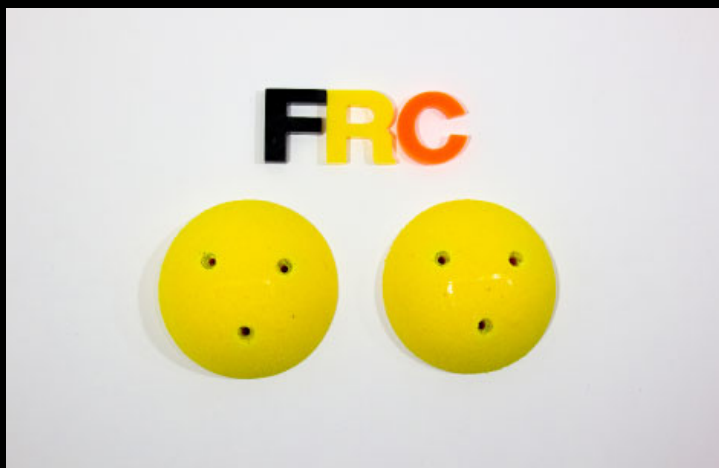


## Single Hand Slopers \$47

Pack of 6 Holds  
Small Size  
Very Low to Low Positivity  
Screw-on Only

## Double Hand Slopers \$90

Pack of 6 Holds  
Medium Size  
Very Low to Low Positivity  
Screw-on Only



## Single Hand Domes \$19

Pack of 2 Holds  
Medium Size  
Low Positivity  
Screw-on Only

# Pinches



## Single Hand Thin Pinches \$85

Pack of 4 Holds  
Medium Size  
Low to Medium Positivity  
Bolt-on Only

## TideStone Full Set ~~-\$1132~~ \$999

Over  
10% off

Includes one of each set in the TideStone line:

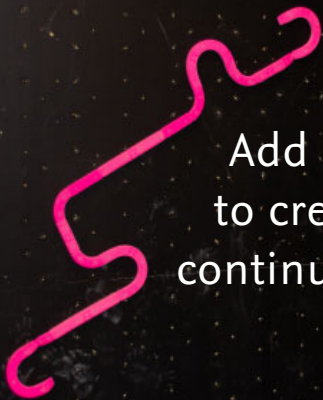
- Jugs (3 sets)
- Crimps & Edges (5 sets)
- Slopers (3 sets)
- Pinches (1 set)

# Bars



Bars are designed to be set end-to-end to give you the ability to create your own unique patterns

Explore your creativity by linking different Bars together



Add more Bars to create longer, continuous sections



Cap the ends to make them more difficult

What designs you can come up with? Send us pictures of your route: [freerangeclimbing@gmail.com](mailto:freerangeclimbing@gmail.com) or find us on social.

**FRC**



**Long Straight Bar \$36**

1 Hold  
Large Size  
Medium Positivity  
Screw-on Only

**Short Straight Bar \$18**

1 Hold  
Medium Size  
Medium Positivity  
Screw-on Only

**FRC**



**Quarter Round Bar \$15**

1 Hold  
Medium Size  
Medium Positivity  
Screw-on Only

**FRC**



**Rounded Cap \$6**

1 Hold  
Small Size  
Low to Medium Positivity  
Screw-on Only

**FRC**





## Horseshoe Bar #1 \$46

1 Hold  
Large Size  
Medium Positivity  
Screw-on Only  
Flat Ends

## Horseshoe Bar #2 \$39

1 Hold  
Large Size  
Medium Positivity  
Screw-on Only  
Angled Ends



# Bars Hold Packages

Package #1 - ~~\$279~~ - \$250

Package Includes:

- 2 x Long Straight Bars
- 3 x Short Straight Bars
- 3 x Quarter Round Bars
- 4 x Rounded Caps
- 1 x Horseshoe Bar #1
- 1 x Horseshoe Bar #2

10%  
off

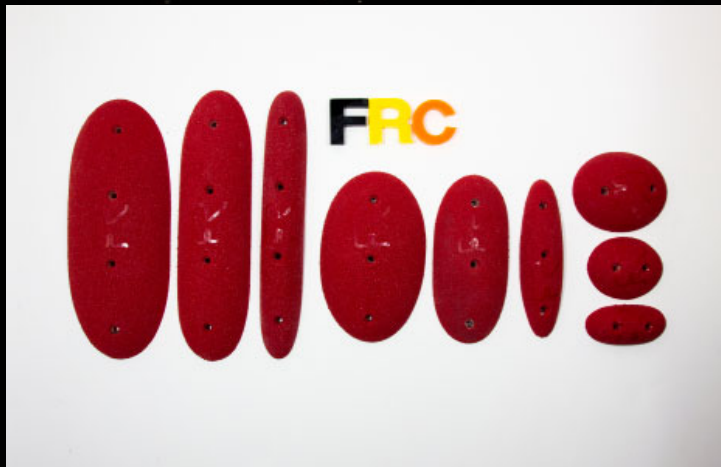
Package #2 - ~~\$1116~~ - \$948

Package Includes:

- 8 x Long Straight Bars
- 12 x Short Straight Bars
- 12 x Quarter Round Bars
- 16 x Rounded Caps
- 4 x Horseshoe Bar #1
- 4 x Horseshoe Bar #2

15%  
off

# Volume Assists



## Volume Assists Low \$99

Pack of 9 Holds  
Small to Medium Size  
Low Positivity  
Screw-on Only

## Volume Assists High \$75

Pack of 6 Holds  
Medium Size  
Low to Medium Positivity  
Screw-on Only



# Foot Holds



**Volcano Feet \$58**

Pack of 12 Holds  
X-Small to Small Size  
Medium Positivity  
Bolt-on Only

**Button Feet \$25**

Pack of 10 Holds  
X-Small Size  
Medium Positivity  
Bolt-on Only



**Mini Domes \$9**

Pack of 2 Holds  
Small Size  
Low Positivity  
Screw-on Only

**Assorted Foot Jibs \$30**

Pack of 20 Holds  
XX-Small to X-Small Size  
Low to Medium Positivity  
Screw-on Only



# Training



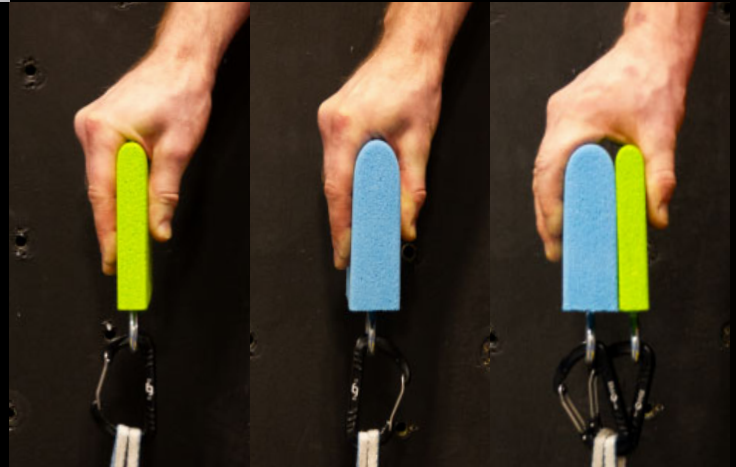
**Pinch Blocks \$49**

Pack of 2 Blocks

Rounded top for extra comfort

Full Texture, same as the holds

- | Thin block is 0.75" (19mm)
- | Medium block is 1.50" (38mm)
- | Pinch together for 2.25" (57mm)



## Training Boards coming in 2024!



# Apparel

## T-shirts \$26



Eric is 5'10" - 165lbs and is wearing a size Large

Great Performance!  
The polyester/cotton blend is very comfortable, with lots of stretch. Perfect for climbing and everything active.

## Hoodies \$54



Adam is 6'2" - 210lbs and is napping in a size XL

Warm & Cozy!  
Polyester/cotton blend, with a soft fleece lining. Great for chilly days ... or for taking a nap.

Visit [freerangeclimbing.com](http://freerangeclimbing.com) for available colour and size options



# Contact

FreeRange Climbing

Saint John, New Brunswick, Canada

Website: [freerangeclimbing.com](http://freerangeclimbing.com)

Email: [freerangeclimbing@gmail.com](mailto:freerangeclimbing@gmail.com)

Instagram: [@freerangeclimbing](https://www.instagram.com/freerangeclimbing)

Phone Eric: (506) 609-6952

Phone Adam: (506) 608-3458

—

Find us in the following climbing gym:

Fit Rocks Saint John

40 Ashburn Lake rd. Unit 24

Saint John, NB, Canada

Phone: (506) 672-6769

## Gym Hours

Mon	_____	12:00pm-10:00pm
**Tues	_____	2:00pm-10:00pm
Wed	_____	12:00pm-10:00pm
Thurs	_____	12:00pm-10:00pm
Fri	_____	12:00pm-10:00pm
Sat	_____	10:00am-9:00pm
Sun	_____	10:00am-9:00pm

\*\* Tues - Route setting until 2:00pm \*\*



All photo and model credit to:  
Eric Samis & Adam Samis

\*Prices listed do not include applicable sales tax\*