

# ropeworks®

A MISTRAS GROUP BRAND

8587 White Fir Street, Suite A3 - Reno NV, 89523

775.747.2244 Option 1 | [www.ropeworks.com](http://www.ropeworks.com) | [training@ropeworks.com](mailto:training@ropeworks.com)





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## WELCOME TO MISTRAS ROPEWORKS

We are looking forward to your visit to the Ropeworks National Training Center. Our 7500 sq. ft. center is North America's premier purpose-built training facility for rope access, tower climbing, fall protection, and industrial rescue. The facility also serves as our national headquarters as well as an equipment design, testing, and distribution center.

The Training Center is perched on the banks of the Truckee River at the eastern edge of the Sierra Nevada Mountains in Reno, Nevada. A climate-controlled classroom is located adjacent to the training area. The training area is indoors with views of the river and surrounding mountains.

We are located 10 minutes from downtown Reno and the Reno/Lake Tahoe International Airport, 45 minutes from Lake Tahoe, and 30 minutes from Truckee, CA. Don't forget to schedule some time outside of your course to take advantage of the region's many scenic and recreational opportunities.



# Instruction & Course Information

## Ropeworks Instruction

Ropeworks has developed a world-class training system. Instructors are known for their technical expertise, as well as their skill as educators. All Ropeworks instructors are professionals that actively work at height. Essential skills are learned and retained best when every candidate is given individual attention. Therefore, our average student-to-instructor ratios are 4:1 and will not exceed 6:1 for all rope access and rescue courses.

## Climate

The training area is in a temperature-moderated warehouse, but it can be warm in summer and cool in winter. The center is located at 4,000 feet on the eastern edge of the Sierra Nevada Range. The best way to prepare for outside temperatures is to log on to your favorite weather website a few days prior to your visit. Reno averages at least 300 days of sunshine per year. Temperatures are moderate in spring and fall, hot and dry in mid-summer, and drop below freezing regularly in winter. Snow and rain is common in winter. The climate is conducive to outdoor activities year-round.



## Course Hours

Training courses generally run from 8 AM to 5 PM with an hour lunch break unless otherwise noted.

## Equipment

All rope access, tower climbing, and rescue equipment is provided. An individual equipment bag will be checked out to each person. The candidate can elect to purchase a new equipment kit by contacting the Ropeworks Gear equipment department at 775.747.2244 or [equipment@ropeworks.com](mailto:equipment@ropeworks.com). Equipment discounts will be applied when equipment is purchased with a course.

## Instruction & Course Information

### Clothing

Clothing needs to be loose enough to allow full mobility, while not posing the hazard of becoming caught in safety equipment or work tools. Avoid pants that require a belt or have rivets near the hips. Lightweight coveralls are the best. Shorts are not appropriate. Bring clothing layers to accommodate a range of temperatures.

### Footwear

Sturdy work boots with a flexible sole and proper heel are recommended. Steel-toe boots are not required. Soles with sticky rubber can be chosen to provide better footing when climbing around on structures.

### Gloves

Please bring your own set of gloves or purchase them at the training center. Gloves must fit well and should not hinder the technician's ability to operate his tools and safety equipment.

### Equipment Checklist

- Work clothing
- Lightweight work gloves
- Safety/sun glasses
- Sturdy footwear
- Water bottle & snacks
- Great attitude!



## Directions & Maps

8587 White Fir St., Suite A3  
Reno NV 89523

Phone: 775.747.2244

Hours of Operation: 8 AM – 4:30 PM

### From Reno Airport

1. Take 395 NORTH to I-80 WEST
2. Travel 4.4 miles and exit A
3. Go Left on McCarran at the light (South) for  $\frac{3}{4}$  mile
4. Turn Right onto W 4<sup>TH</sup> ST
5. Travel 2 miles and take left on WOODLAND AVE
6. Take first right on WHITE FIR ST.  
We are at 8587 White Fir St, Suite A3 in the Riverside Commerce Center. It is the last building on the right before crossing the Truckee River.

### From Northern California

1. Take I-80 East towards RENO
2. After Verdi, exit on W 4<sup>TH</sup> ST (exit 8).
3. Go straight onto W 4<sup>TH</sup> ST
4. Travel 1.0 miles
5. Turn RIGHT onto WOODLAND AVE
6. Take first right on WHITE FIR ST.  
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Estimate Driving Time/Distance	
Sacramento	2.5 hours/135 miles
San Francisco	4 hours/225 miles
Las Vegas	8 hours/465 miles
Salt Lake City	7 hours/520 miles

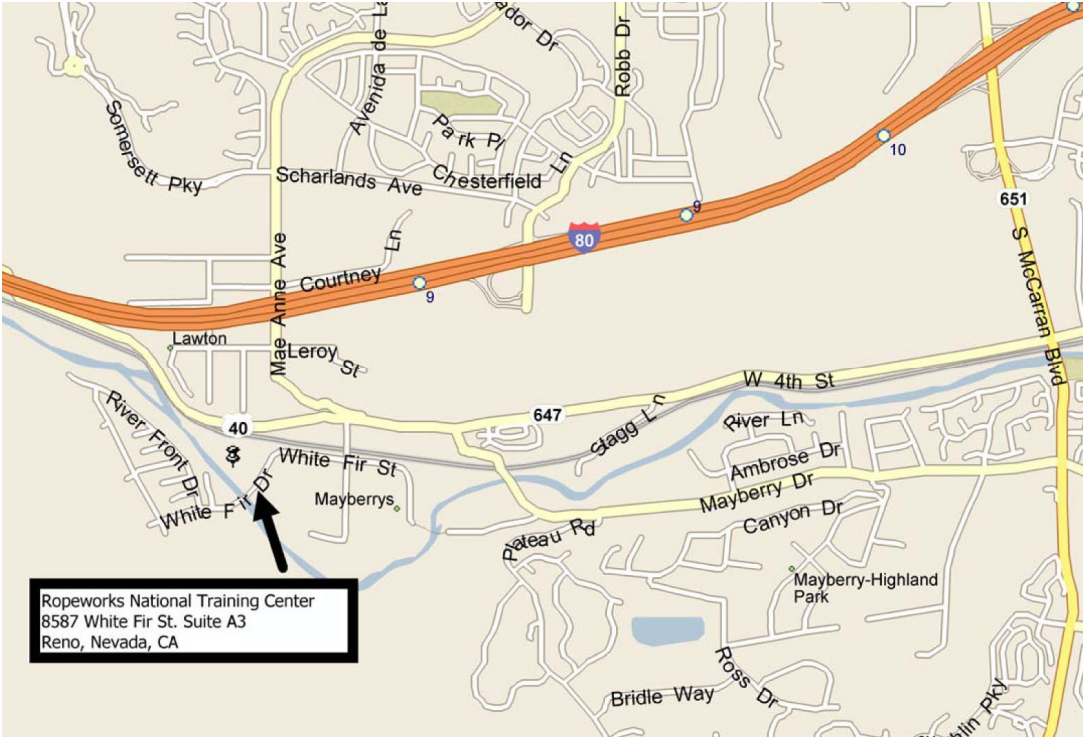
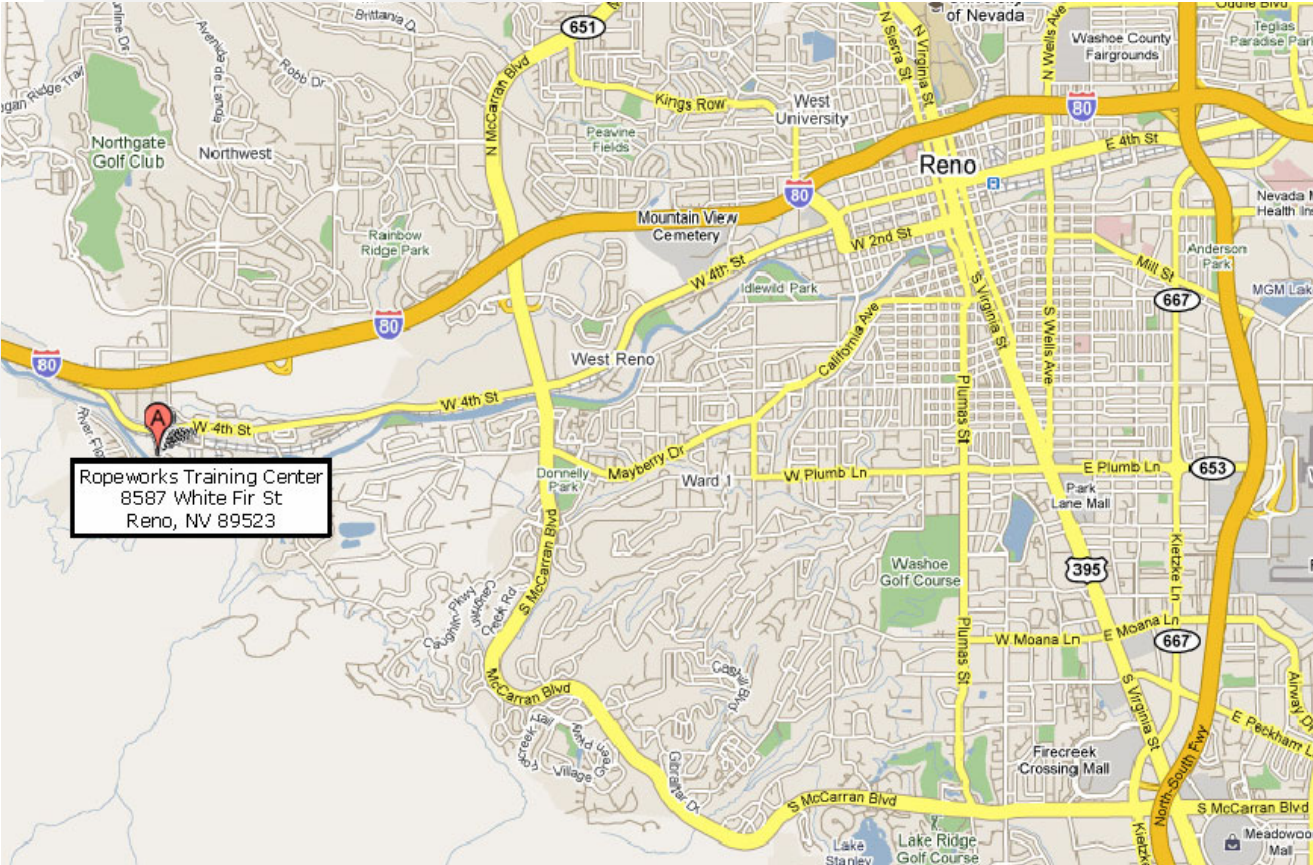
**Reno International Airport** is a great mid-sized airport with many direct flights from Southwest, United, Delta, American, Alaska, Continental, Frontier, US Airways and in-terminal car rentals from Budget, Hertz, and Avis. The Ropeworks National Training Center is conveniently located about 15 minutes from the airport.

### Shuttle Service/Taxis

Reno-Sparks Cab 775.786.3700  
Airport Mini Bus 775.333.3333

**Ropeworks visitors** can choose to stay in Reno, NV or Truckee, CA. Check out local activities in the Reno Tahoe area by visiting [VisitRenoTahoe.com](http://VisitRenoTahoe.com).

# Directions & Maps



## Reno Accommodations

**Reno, NV** (elevation 4498 ft): Reno is convenient and close to the airport and training center. Reno is now evolving beyond its gaming roots and becoming known as a business and recreation destination

The downtown area is revitalizing around the Truckee River. Be sure to check out the [Reno Midtown District](#) for shopping and dining options.

Proximity to Lake Tahoe and the Sierra is one of the main attractions for visitors. The sun shines on average more than 300 days per year. The low humidity makes the average winter lows in the 20's and the average summer highs in the 90's seem more pleasant. Snow and rain is common in winter, but the sun usually melts off the snow quickly.



### **Whitney Peak Hotel**

[www.whitneypeakhotel.com](http://www.whitneypeakhotel.com)

255 N. Virginia Street, Reno, NV

[Direct Online Registration Link](#)

775-398-5400; Corporate discount code: **MISTRAS**

Whitney Peak Hotel is the only luxury boutique nonsmoking non-gaming full service hotel in Reno. Adjacent to the world famous Reno Arch and two blocks from the Truckee River River Walk, the hotel co-exists with the mountains, lakes, and breathtaking landscapes of the Sierra Nevada Mountain Range. Whitney Peak is also home to BaseCamp, Reno's world class bouldering and climbing venue which you'll have free access to during the week of the course by showing your course registration confirmation. It houses the world's tallest climbing wall, 164 ft.

### **Eldorado/Silver Legacy/Circus Circus – Caesar's**

Group Code: EXECV21

Company Name: Ropeworks

Call: 888-889-9338 or

Email: [mfeemster@silverlegacy.com](mailto:mfeemster@silverlegacy.com) or  
[groupresv@Silverlegacy.com](mailto:groupresv@Silverlegacy.com)

Three hotels: Eldorado, Silver Legacy, and Circus Circus, all close to the training center and walking distance to movies, river, and food. Free airport shuttle and free parking.

### **Eldorado Hotel & Casino**

[www.eldoradoreno.com](http://www.eldoradoreno.com)

345 N. Virginia St., Reno, NV 89501

Phone: 888-889-9338

### **Silver Legacy Resort**

[www.silverlegacy.com](http://www.silverlegacy.com)

407 N. Virginia Street, Reno, NV 89501

Phone: 800-687-8733

### **Circus Circus Resort**

<https://www.circusreno.com/>

500 N Sierra St., Reno, NV 89503

Phone: 800-648-5010

**Additional Notable Hotels:** Hampton Inn & Suites Reno West (900 Ambassador Dr, Reno, NV), Best Western Plus Boomtown Casino Hotel (2100 Garson Rd, Verdi, NV) & Plaza on the River (121 West St., Reno, NV)



## Truckee Accommodations

**Truckee, CA** (elevation 5820): The town of Truckee is nestled in the Sierra's approximately 26 miles and 30 minutes from the Training Center. Truckee has a small historic downtown serving visitors of the greater Tahoe region. The months of May through October are usually sunny and temperate. Truckee receives a lot of snow between November and April and we recommend that our visitors stay in Reno during winter.

Truckee can be a great choice for those that don't mind the drive, want to get away from the city, and enjoy the mountain environment. Mid-week lodging is usually available and priced reasonably, although a bit more expensive than Reno.

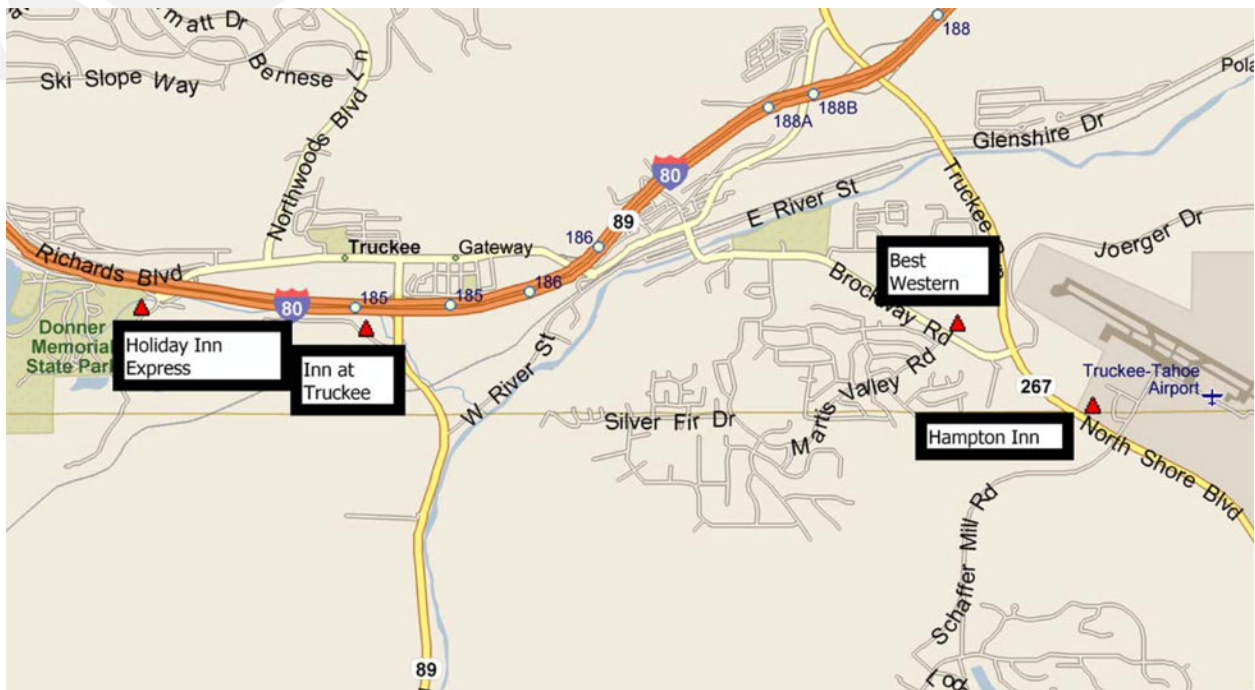


<p><b>Hampton Inn &amp; Suites Tahoe</b>  <a href="http://www.hamptonintruckee.com">www.hamptonintruckee.com</a>            11951 State Hwy 267 Truckee, CA 96161            888.587.1197            Offer Code: <b>0002650995</b>            Reliable national chain in a relatively quiet location. Free high-speed internet, wireless, swimming pool, gym, a short drive into old town Truckee restaurants. Approx. 12 miles from Lake Tahoe.</p>	<p><b>Best Western Truckee Tahoe Inn</b>  <a href="http://www.bestwesterntahoe.com">http://www.bestwesterntahoe.com</a>            11331 Brockway Road, Truckee, CA 96161            800.824.6385   530.587.4525            A relatively quiet location near a public golf course. Free high speed internet, outdoor pool and spa. A short drive into old town Truckee restaurants.</p>
<p><b>Cedar Sport House Hotel</b>  <a href="http://www.cedarhousesporthotel.com">www.cedarhousesporthotel.com</a>            10918 Brockway Road, Truckee, CA 96161            866.582.5655   530.582.5655            The Cedar House Sport Hotel explores our need to connect to nature, emphasizing in its design a harmony that is sympathetic to the human body, mind and spirit. Strength, Structure, Environmental Awareness, and Respect to the natural materials used are themes found throughout the design. The Cedar House Sport Hotel was inspired by its setting high in the Sierra Nevada Mountains, nestled in the Martis Valley, just minutes from Historic Downtown Truckee and Lake Tahoe &amp; 25 Minutes from Reno, NV</p>	<p><b>The Truckee Hotel</b>  <a href="http://www.truckeehotel.com/home.html">http://www.truckeehotel.com/home.html</a>            10007 Bridge Street, Truckee, CA 96161            800.659.6921   530.587.4444            An independently-owned historic hotel in old town Truckee, walking distance to restaurants and right above Moody's a nice bar and restaurant. The noise of downtown including the train is its major drawback. Furnished with antiques and claw-foot tubs.</p>

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## Food, Coffee & More


### Restaurants

<b>Bangkok Cuisine Express</b>  6170 Mae Anne Ave, Reno, NV 89523	<b>Buenos Grill</b> 3892 Mayberry Dr # A, Reno, NV 89519	<b>Burger Me!</b> 6280 Sharlands Ave #101, Reno, NV 89523	<b>Dickeys Barbecue Pit</b> 1650 Robb Dr, Reno, NV 89523
<b>DoughBoys Donuts</b> 5115 Mae Anne Ave B, Reno, NV 89523	<b>Eclipse Pizza Company</b>  3950 Mayberry Dr, Reno, NV 89519	<b>Ijji 4 Korean Bar-B-Que</b> 10580 N McCarran Blvd #102, Reno, NV 89523	<b>Peg's Glorified Ham N Eggs</b> 6300 Mae Anne Ave, Reno, NV 89523
<b>Pola Poke Bowls</b> 3594 W Plumb Ln Ste A, Reno, NV 89509	<b>Squeeze In</b> 5020 Las Brisas Blvd, Reno, NV 89523	<b>Sushi Rose</b> 2005 Sierra Highlands Dr, Ste B147A, Reno, NV 89523	<b>Tacos El Rey</b>  5100 Mae Anne Ave # 103, Reno, NV 89523

### Fast Food


<b>Chipotle Mexican Grill</b> 5144 Mae Anne Ave Ste A, Reno, NV 89523	<b>Jimmy John's</b> 1635 Robb Dr, Reno, NV 89523	<b>L&amp;L Hawaiian Barbecue</b> 5150 Mae Anne Ave #204, Reno, NV 89523	<b>McDonald's</b> 5148 Mae Anne Blvd, Reno, NV 89523
<b>Panda Express</b> 5115 Mae Anne Ave, Reno, NV 89523	<b>Port of Subs</b> 6275 E Sharlands Ave #4, Reno, NV 89523	<b>QDOBA Mexican Eats</b> 10310 N McCarran Blvd Unit 500, Reno, NV 89523	<b>Wingstop</b> 5100 Mae Anne Ave Ste 4, Reno, NV 89523

### Coffee & Small Bites

<b>Starbucks</b> 986 Ambassador Dr, Reno, NV 89523	<b>Starbucks</b> 1610 Robb Dr, Reno, NV 89523	<b>Starbucks</b> 10190 N McCarran Blvd, Reno, NV 89503	<b>Walden's Coffeehouse</b>  3940 Mayberry Dr, Reno, NV 89519
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### Grocery Stores

<b>Raley's</b> 1630 Robb Dr, Reno, NV 89523	<b>Safeway</b> 5150 Mae Anne Ave, Reno, NV 89523	<b>Save Mart</b> 10500 N McCarran Blvd, Reno, NV 89523	<b>Walmart Supercenter</b> 5260 W 7th St, Reno, NV 89523
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 Office Favorites