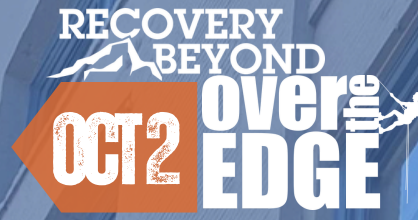


HARNESSE NEW HEIGHTS



FAQ'S

Q | What is Harness New Heights?

A | Harness New Heights is Recovery Beyond's signature fundraising event, held in partnership with Over The Edge. Participants raise funds to support long-term addiction recovery and earn the opportunity to rappel down the side of a downtown Seattle building. Recovery Beyond brings the mission, and Over the Edge provides the professional expertise to safely execute the rappelling experience.

Q | When and where is the event?

A | Friday, October 2, 2026 at the Mutual Life Building in Pioneer Square, Seattle. The event begins at noon, 12:00 PM. Rappellers will receive an assigned check-in time before the event.

Q | How do I participate?

A | Register online, pay the \$50 registration fee, and start fundraising! Scholarships are available if cost is a barrier.

Q | How much do I need to raise?

A |

- \$1,000 – Earn your rappel
- \$1,500 – Rappel + exclusive sweatshirt
- \$2,000+ – Rappel + sweatshirt + GoPro footage

Q | What if I don't reach the fundraising minimum?

A | You can pay the remaining balance yourself or contact us to discuss available fundraising support.

Q | Is it safe?

A | Yes! Recovery Beyond has partnered with Over The Edge to ensure certified rope access professionals manage all equipment, safety systems, and training. No prior rappelling experience is required.

Q | Are there any age or weight requirements?

A | Participants must weigh 100–300 lbs. Minors are welcome with signed parent or guardian consent.

Q | Can my friends and family come watch?

A | Absolutely! Spectators are encouraged to cheer you on from the designated viewing area in Pioneer Square.

Q | Where does my fundraising go?

A | Every dollar supports Recovery Beyond's outdoor adventures, fitness programs, and peer support, helping our members build lasting recovery through connection and community.

LEARN MORE CONTACT MANDA GRAIZEL - MANDA@RECOVERYBP.ORG