

BEYOND LIMITS

was started in 1990 by volunteer former Director Luis Ruan. Luis Ruan saw a need to work with youths before they are wards of the state. Many youth end up in the criminal justice system because of their environmental surroundings, lack of knowledge, limited resources or negative peer pressure. Educating youths to set goals and providing them opportunities to challenge themselves can change their direction in life.

MISSION STATEMENT

To provide youth a physical and spiritual path toward a celebration and appreciation of cultural diversity and universal tolerance through self-empowerment and environmental awareness.

GETTING INVOLVED

- You do not have to be a seasoned backpacker or youth worker to get involved in positive changes being made through Beyond Limits.
- All donations are tax deductible and gratefully accepted, in-kind or cash.
- Trip sponsors are welcomed.
- Additionally, qualified volunteers are always welcomed.

BEYOND LIMITS STAFF

Beyond Limits is staffed by community professionals with experience in juvenile law, education, gangs, forestry, and physical fitness. All staff works on a voluntary basis.

"It showed me that I can do what I think is impossible. We worked together very hard and we learned to trust each other."

Pedro Lopez, 14

"Every encounter with Beyond Limits is a life learning experience for me. Encouragement turns into accomplishment. Accomplishment equals success."

Jacelynn Moreno, Team Leader

"Beyond Limits, as a teenager, offered the opportunity to challenge myself past my then current convictions. I was granted the challenge of adopting a life without limits. Everyone who participates in this endeavor, will learn to grow stronger, become better people, and outstanding leaders."

Neri Garcia, Teacher/Volunteer

"I'm a sister (older and younger). People say having a big family is cool, they are right, especially with Beyond Limits because they are there when you need them. I'm glad I am in Beyond Limits because it's very comforting knowing that they are there for you."

Lucy Lopez, 15

"Beyond Limits has taught me to be a strong woman and how to handle problems."

Claudia Arrellano, 18

"I learned how to express my feelings and not keep them inside."

Ezequiel Lomeli, 17

Call today for more information regarding Beyond Limits and help guide our youth to a better future.

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BEYOND



LIMITS

Beyond Limits is a non-profit grass roots organization staffed solely by volunteers dedicated to providing youth the opportunity to challenge themselves physically and mentally to create a bright and sustainable future. Through wilderness excursions, and networking with other youth organizations, young people learn how to go beyond their limits and build self-esteem, set goals and live harmoniously in concert with nature and humanity.

PROGRAM GOALS

Enhance self-confidence

Instill Cultural Pride

Provide a source of support and motivation

Build healthy peer relationships

Provide education awareness

Promote environmental consciousness

Provide physical conditioning

Provide mountaineering and survival skills education

BEYOND LIMITS



Canyon de Chelly, 1999



Mt. Whitney, 1995



Cottonwood Pass, 1999

Beyond Limits teaches appreciation of cultural diversity through music, art, education and interfacing with other cultures thereby promoting universal tolerance and a peaceful existence in our global community.

PROGRAM PLAN

CLASSROOM INSTRUCTION

Initial training begins in local school classrooms using innovative techniques, dynamic guest speakers, law-related curriculum and role-playing. Topics include: the criminal justice system, gangs, substance abuse, cultural awareness, peer pressure, decision-making and planning for a positive future.

PHYSICAL AND SURVIVAL SKILLS TRAINING:

Youth participants must physically train with Beyond Limits volunteer staff members before participating in any wilderness outings. This includes jogging, hiking and stretching. Additionally, sessions on survival skills, camping and hiking must be completed.

WILDERNESS CHALLENGE

After the youths have successfully completed the classroom instruction and physical and survival skills training they are able to go on a "Beyond Limits Challenge." This is a wilderness experience that includes hiking, camping, backpacking and much more. Trips can be up to ten days in length and include up to twenty youths and ten staff team members. Mountain areas and/or private parks are generally the geographic locations traveled to.

JUNIOR TEAM LEADERS

The youth that contribute the most and show a desire to participate in Beyond Limits Challenges after they reach eighteen may continue to be involved by acting as peer team leader staff under the direction of core staff.



Wrightwood, 2000

Beyond Limits is successful in redirecting youth toward a more positive life path by promoting education, physical and mental health, spiritual growth, conflict resolutions skills, communication, environmental awareness and a nonviolent self expression.