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Samuel Cote

KPE 265

Lauren Jacobs

4 March 2020

Journal #6

This past week I went rock climbing at Maine Bound. It was a gorgeous day outside and at the gym. When I got to the gym, I jumped right onto the wall. I started by traversing the gym. I climbed pretty slowly, working on trying to get my hands comfortable and getting my joints relaxed. Since I am still recovering from my injury and am not at full strength, I have been climbing a lot slower and not pushing myself too hard.

After traversing, I started climbing the Auto Belay that is in the gym. I started at really low grades which I find pretty easy and I flew through those routes. I worked up the grades until I felt comfortable trying a harder route. There is a 5.11 that caught my eye. From first sight, the climb looks constantly difficult. After getting onto the route, I found that I was correct. The route is a challenge. It starts out on two bad crimps and works its way up the wall before traversing slightly to the left. I really enjoy working on the auto belay because it allows me to give many attempts on the route without relying on a belayer. I cannot wait until I can get back into the gym and hopefully get back onto the route.



