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Maura Pate
KPE 265
Outdoor Activity Journal
3/2/2020

For my outdoor activity this week I went climbing at Maine Bound, unfortunately I wasn't able to go skiing this weekend because I spent most of my time studying for three exams. Conditions were ok in the sense that there are some new routes that were set (including the one I had set), which was nice to climb some different routes. I also spent some time top roping and mock leading on the auto belay, working on my leading skills and doing "laps". I focused on strength and endurance skills most of the session because I'm trying to climb harder routes and prepare for outdoor climbing season.

Some pros of doing mock leading and top roping was feeling more prepared and reassured about my climbing abilities in the sense of not back clipping and really focusing on my technique to find positions for breaks. Cons are not having a whole variety of routes at my level of climbing, so it is easy to challenge myself but it's becoming more challenging than I would like it to be at this moment.

