

The University of Maine

DigitalCommons@UMaine

Personal Reflections

UMaine COVID-19 Community Archive

Spring 2020

KPE 265 Outdoor and Adventure Activities_COVID-19 Journal

Anonymous Author
University of Maine

Follow this and additional works at: https://digitalcommons.library.umaine.edu/c19_reflect



Part of the [Higher Education Commons](#), [History Commons](#), and the [Medicine and Health Sciences Commons](#)

Repository Citation

Author, Anonymous, "KPE 265 Outdoor and Adventure Activities_COVID-19 Journal" (2020). *Personal Reflections*. 27.

https://digitalcommons.library.umaine.edu/c19_reflect/27

This Essay is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Personal Reflections by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.

This week I've been in a climbing mood! I've honestly lost track of how many times I've gone to Maine Bound. Additionally, I've been watching climbing competitions on YouTube and learning so much more about the sport of climbing. I wish I had listened to my friends a couple years ago and stumbled into Maine Bound more often then. Better late than never is my thought process now.

The picture below was taken by a friend of mine who works at the rec center with me. Turns out, we both like to go climbing before the group exercise classes we teach on Monday evenings. I'm a little jealous though, because he gets to go teach yoga after, while I must struggle through my 5pm Cardio Sport class. (Note to self: Never agree to teach four high intensity exercise classes a week, it leaves you with little energy to do anything else.)

Anyway, I've been working on a couple V3s on the tower and bouldering wall. I'm proud of myself because just the other week I was struggling with V1 routes, and now I'm able to complete multiple V3 routes. This route that I'm doing below is one that I have yet to complete, but am progressing through, and I am excited to give it another shot tomorrow during class!

I'm been playing around a lot with my body position on the bouldering wall and tower, and I've been fiddling around with different grip styles and different ways to use my feet on the holds and wall. I forget who said it during class, but climbing is most definitely "a puzzle that takes strength to complete." Before attempting a climb, I work to read the wall first. Then, upon climbing the wall, I work to establish the best "beta" that works well for my body and the holds that the route offers ("beta" is a term I learned through watching the climbing competitions on YouTube).

I've gotten some blisters along the way, but they've all been worth it. Whether I'm on the wall attempting a route or just traversing the tower and playing around, I try to embrace all that climbing has to offer. It's always fun learning something new, so I'm living up all the moments! It also has a great community, which is just another plus!

