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KPE 265 Outdoor and Adventure Activities_COVID-19 Journal

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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’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!