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Spring 2020

## KPE 265 Outdoor and Adventure Activities\_COVID-19 Journal

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Greg Kranich  
KPE 265  
Outdoor Activity Journal Entry #11  
11 May 2020

When we're feeling discouraged and finding it hard to get work done from home, nothing feels better than escaping for an outdoor adventure. Over the past few weeks, I've recharged by seeking different ways to enjoy time outside with my family.

On Saturday, April 18<sup>th</sup>, Monica and I packed a lunch and hopped into the car for a trip to Chick Hill in Clifton. It was overcast and cool with a light breeze, but we prepared with extra layers, hats, and gloves for our stop on the exposed summit. Upon our arrival, we cringed with unease as we pulled into a parking lot with about a dozen other cars in it. I guess we shouldn't have been surprised for a popular spot to be relatively busy on a Saturday. After a brief discussion, we decided to go ahead with the hike given that the trail/road is plenty wide to stay a safe distance from other parties, and if things seemed too crowded, we would turn around. It was reassuring that virtually everyone we encountered was following the same protocol as we shifted to single-file and stayed on our own side of the trail as we passed in the opposite direction. Once we got to the top, there was enough open space for people to spread out and enjoy the landscape of rolling hills headed for the coast, despite the cloud cover and still-bare deciduous patches. We put our extra layers on and ate our lunch, enjoying the few moments that the sun broke through providing some radiant warmth. We left feeling satisfyingly sore and glad that we decided to proceed with caution and care instead of staying away out of fear.

Our other outdoor pursuits have taken us canoeing with Haley to Ram Island on Pushaw Lake for hot dogs, beans and s'mores over a fire and hiking through along the network of trails in the McPhetres Farm Forest, Davis Forest, and Manter Woods conservation areas in Veazie.

We've even done some planning for a future overnight at Chimney Pond in Baxter State Park this August. It will be Haley's first time and we can't wait to share this special spot with her!

