

# Climbnasium offers adventure

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After my morning coffee and cigarettes, I found myself looking to kill an hour or two in between the ordeal of waking up and entering the abyss of studying. I opened up the phone book, and tried to remember the name of that indoor rock-climbing place I always wanted to go to, but never got around to. The name finally hit me like a chunk of granite falling a cliff: Climbnasium. I gave them a call, and they gave me directions and told me to come on down.

Just off of RT 11 South, approximately three-quarters of a mile past Cumberland Valley High School, Climbnasium sits on top of a hill; there is a giant sign on the roadside that lets you know you need to turn right. From the outside, it looks like a barn, in fact, there is a big sign that reads: "The Barn." From the inside, it looks like an adventurer's or health-nut's dream.

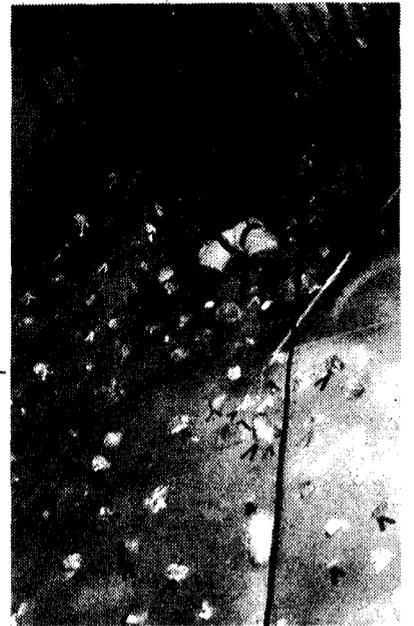
There are plenty of walls to try and climb, but we'll get to that later. First, you have to find at least one other person to go along with you, next, talk to the staff that runs the show. They are all pretty cool dudes, who really know what they are doing (I showed up solo, but Ryan from the staff was chill enough to act as a stand in).

If it is your first time climbing, you have to sign waivers and go through an introduction course that lets you know what the gear is, how to put it on, and most importantly, how to belay your climbing partner. I went through the course, which took about twenty minutes, and



Unfortunately, my books were calling and I had to beat feet, for the time being....

For \$32, you get instructions (a one-time deal) a day pass, and gear. If you are experienced, a day pass is \$12, and with gear it is \$20 to climb all day. It is a steal, you just have to make the conscious decision to put off partying or working for a night and use that time and money for something that is not self-destructive, indoor rock-climbing. I did, and it was wicked. Thanks to Climbnasium, I am one step closer to self-actualization, a new lust for life.



photos by Climbnasium staff

Above: Reaching the top.

Wednesday is ladies night (half off), and Friday is college night (also half off). Open seven days a week, one day, afternoon, or night at Climbnasium is healthy and adrenaline pumping. Don't let your body, and most importantly, your adrenal gland, miss out. See you on the walls.

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my memory was refreshed on harnesses, figure eight knots, fisherman's knots, belaying fellow climbers, and letting my legs do all the work when climbing. One point I have to stress: do not worry about your climbing shoes being too small, it's deliberate, you want your shoes to be small so your toes are curled and your feet are tense and hard.

Climbnasium has much to offer; grip training boards to harden your grip, three large rooms for indoor climbing offering easy to very difficult face), a roof to climb, a party room with tables, chairs, and a fridge, a chill room, rentals, merchandise, memberships (which gives you discounts) and lessons. As for the faces, depending on the angle, you can rest by leaning against the face for a little break, or hang on for dear life on an overhang.

The first wall I scaled was pretty easy. I was full of energy, and for the most part it was straight up and down, with Ryan belaying and telling me where to grab or step next. After that, I took a solo tour to the downstairs room, and ran into a mother with her birthday-boy-son and his friend. Mother was belaying for me, and I conquered another face. After that, I decided I was ready for the overhang.

I was not. I gripped rocks above the overhang on the vertical face, and began to pull myself up. The problem was that I was having trouble with my footing, and was dragging my torso and legs up against the overhang. Struggling for a few dozen seconds against God and gravity, I began to lose my grip, and finally, I dropped like a HACC student drops classes. My hands were on fire, but I was having a blast.

Left: Trying to find a rock to place a foot or hand.

Right: Experts only for that overhang.



Above left: Halfway to the top of the face, when the hands start to burn.

