Yes, I have seen “Free Solo,” and no, that is not what I do. But also, it is -- albeit in a way that mitigates some of the risk. I still push my body and challenge myself as I fight gravity and climb upwards, and climbing is still a mental escape, a chance to focus on what's important. When I climb, all else -- the stresses, deadlines and restrictions -- fades away as my mind centers in on one thing, my breathing turns rhythmic and my body is completely in tune, each movement pure and smooth.

I love climbing because of how individual the sport is. It is about challenging yourself, controlling the risk and the fear, pushing your mental and physical limits, solving a problem and showing determination to tie back in and try a route again and again until you've mastered it. I love climbing because it is a sport for anybody. It doesn't much matter whether you are tall or short; you can find your own specific style and excel.

But climbing is also about more than the individual. It is about community and trusting other people -- a group of passionate, genuine people who love the outdoors and come together around one goal. Whether you're crushing a 5.12 or shaking as you make your way up a 5.9, members of this community will be down below cheering you on as if you were an elite climber. It is a welcoming community, always willing to teach new skills, and one I'm proud to be part of. We climb because we love being outside, because we love the challenge and achievement, and because we love each other. Peeling and bleeding fingertips won't keep us off the wall, and there's no reason you shouldn't tie in, either.

Will Babb is a student at Ohio State University. His interests include backpacking, rock climbing, birding and cooking. He grew up in Milford, Ohio and has explored a variety of outdoor recreation areas, both near and far. He views outdoor adventure as a means of fostering environmental concern and is passionate about sharing adventure and new experiences outside with others.
Indoor Rock Climbing Locations

Rockquest Climbing Center
3475 E. Kemper Road
Cincinnati, OH 45241
(513) 733-0123
www.rockquest.com

Climb Time
10898 Kenwood Road
Cincinnati, OH 45242
(513) 891-4850
www.ctoba.com

4460 Orkney Avenue
Cincinnati, OH 45209
(513) 818-8017
www.ctoba.com

Mosaic Climbing
9501 Union Cemetery Road
Loveland, OH 45140
(513) 781-4083
www.mosaicclimbing.com

Ziplining in the Tri-State

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Red River Gorge Zipline
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Indiana
Skyward Adventures
11471 US-52 | Brookville, IN 47012
(765) 547-1947 | www.skywardadventures.com

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