

Triangle Rock Club offers do-it-yourself climbing wall seminars

Triangle Rock Club will begin a YouTube series on April 24 offering climbers the steps to build an at-home climbing wall, as many climbing options have been eliminated due to Covid-19. The series will have five separate videos telling climbers everything they need to know about building a climbing wall for their home, which will include sourcing reliable materials, explanations of routing methods and highlights of important safety regulations. This information will help climbers to stay in shape and physically active while following the state's orders to stay at home.

Triangle Rock Club, the leading indoor rock climbing gym of the triangle with locations in Durham, Raleigh and Morrisville, cares deeply about providing climbing options for their members. Triangle Rock Club's locations have been closed since March 16. Due to the coronavirus outbreak in North Carolina, all indoor rock climbing gymnasiums have closed in addition to all North Carolina state parks that contain outdoor climbing features. The closures of all public climbing resources are indefinite. Triangle Rock Club has created various YouTube series in the past, including yoga tutorials and at-home workouts.

Onsite contact for interviews, more information, print/digital, or TV — Laurel Hecht (336) 624-0585 or hechtlaurel@TRCclimbing.com. Visuals can be provided of TRC climbing photos, home-wall examples and stills from the upcoming video series.