



Triangle Rock Club
TRC YouTube series fact sheet

Triangle Rock Club will begin a YouTube series guiding its members in building rock walls for their homes, due to the inability to leave their homes for recreational purposes during the Covid-19 pandemic. The series will have five parts. TRC plans to host a variety of different video series as the pandemic continues, in which members will be given creative ideas for their walls, such as challenges to recreate graded routes by TRC professionals.

TRC timeline

Triangle Rock Club was created by two former force recon marines, Luis Jauregui and Andrew Kratz. TRC's first location opened in Morrisville in Dec. 2007, followed by TRC Raleigh (2013), TRC Fayetteville (2014), TRC Richmond (2018) and, most recently, TRC Durham (2019). The Morrisville location was expanded by 17,000 feet in 2013.

Covid-19 response

- March 9: TRC makes first contact to community regarding the pandemic. They state operations will continue, however, extra sanitary precautions will be implemented, such as hand sanitizer stations and cleanings of facilities throughout the day.
- March 13: Second message to community states that more measures are being added to facilities in order to maintain cleanliness and health of members, such as hygiene signage and propping doors open to avoid high-traffic areas from being interactive.
- March 15: TRC announces that all facilities will be closed March 16 to April 1. Members are notified that their fees will be adjusted fairly to reflect the loss of access to facilities.
- March 18: TRC begins livestream schedule of daily workout programs on Instagram, YouTube and Facebook.
- April 24: TRC begins specialized YouTube series to provide information to members for building their own climbing walls at home.

TRC jargon

- Rock wall: The platforms used for indoor climbing. Often made of multiplex board, the walls are drilled with holes for climbing holds to be attached to.
- Route: The specific set of hand/feet holds that a climber is working to complete. Often, a route is all the same color of hold. Routes are also called “problems.”
- Route setting: The action of creating a route. Those that set routes are called “route setters.”
- Route grade: The scale in which routes are graded based on difficulty. Longer climbs can start easily at 5.5, while more difficult grades can be 5.13 or 5.14. Short climbs, or bouldering problems, can start easily at V.0, while more difficult grades can go up to V.10 and higher.
- Facilities: TRC has many different areas of their buildings, which include rope climbing walls, bouldering walls, cardio rooms, weight-lifting rooms and group fitness rooms.

Photos



- Member top-rope climbing at TRC Morrisville (Feb. 2017).



- Clip from TRC’s YouTube video featuring at-home finger exercises (April 12, 2020).