

February Member of the Month

Kyle Stapp

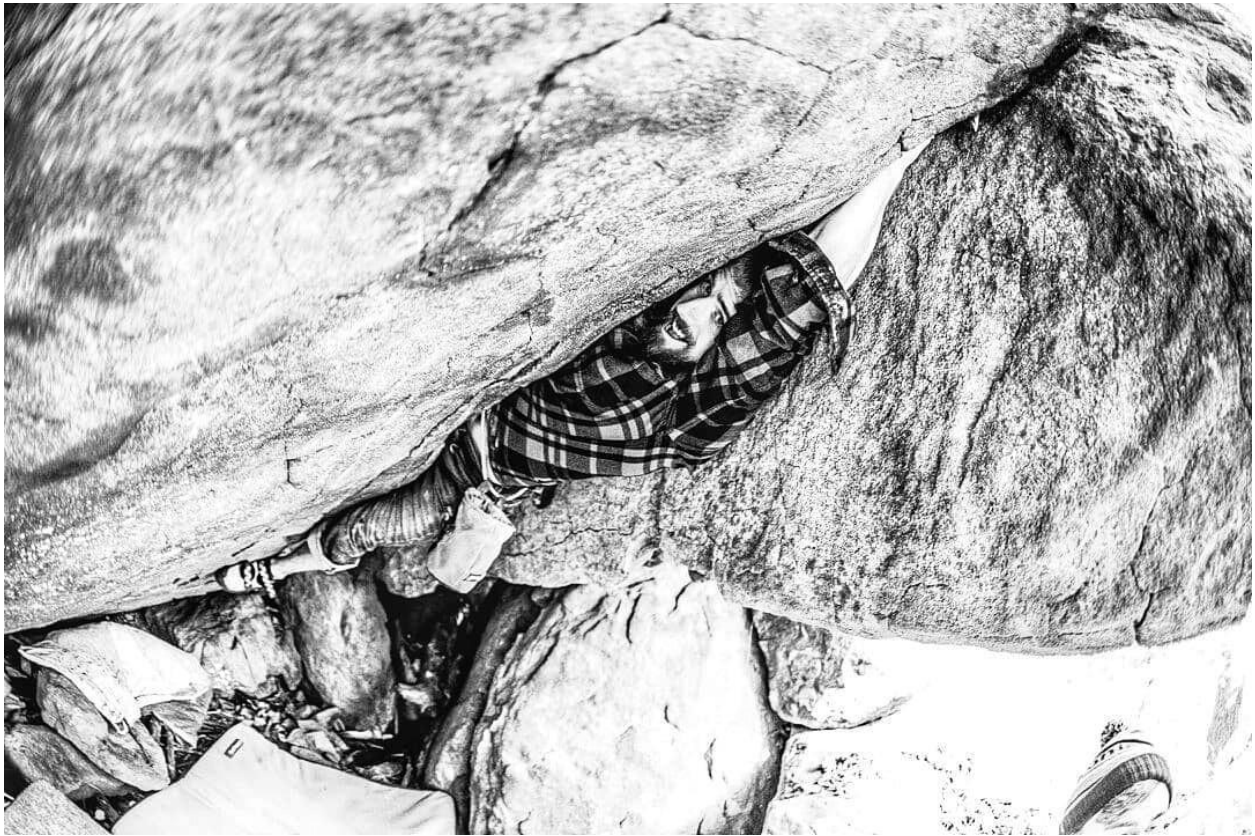


Photo: Smiling his way out of Astroboy V5, Mt. Gretna, PA

Name:

Kyle Stapp | @zenflavor

How many years have you been climbing?

18

How were you introduced to climbing?

A childhood friend's dad was a climber and was nice enough to take me to a gym in Olympia, Washington back in the mid-nineties from time to time. The mountains were probably my biggest inspiration to start learning more and grow as a climber. I eventually taught myself due to wanting to be an alpinist. I eventually learned sport climbing and bouldering.

What is the best thing about climbing compared to other sports?

Climbing forces you to fulfill your overall potential as a human being. It sounds nerdy but it's true. All body. All mind. All muscles. The risk-taking element appeals to me very much as well. Very few sports require the risk to life, limb or eyesight like climbing does. No second chances. Love that!

What is your favorite place(s) you've been climbing?

Pennsylvania for the bouldering! I've been psyched on the Gunks for the gear lately. If you can plug gear in the Gunks, you can plug gear anywhere. It is such an amazing training and proving ground.

What is your favorite type of rock?

Nuttall sandstone, diabase, granite, quartzite conglomerate (Gunks!) and gritstone.

What is your favorite style of climbing?

Bouldering and multi-pitch traditional.

Why did you choose Spooky Nook as your gym?

The community, the setting, the features, the bouldering, the top roping, and the lead climbing!!!

What is your favorite climbing memory?

Witnessing climbers realize that they really are capable; that they really can do it. That aha! moment accompanied by authentic positive self-esteem. They ask themselves, "what else can I do"? I say, "Let's find out"! Best memories right there.

What is your favorite post climbing meal?

McDonalds! Just kidding 😊 No favorite meal for me, but ideally a meal will contain electrolytes, loads of protein, and all other necessary athletic recovery nutrients. I like the meal to be as dense as possible. Climbing breaks us down so we need food and rest to build us up.

What is one interesting fact about yourself people may not know?

I surfed for years in Hawaii based directly across the street from Ali'i beach with instant access to the North Shore of Oahu. One year was lucky enough to witness the rarest big wave surf contest in the world, the Eddie Aikau Invitational. This contest only goes off when waves in Waimea Bay reach 50ft on the Hawaiian scale (back of the wave). The year I witnessed it, the freeway was at a literal standstill around the bay for miles around. Folks gathered to watch one of the most spectacular sporting events imaginable. All business stopped. Surfing is so amazing.



Photo: Kyle in his element guiding a client in the Gunks