

Member of the Month

Our Member of the Month this month is Ben Deluca. Ben has been a member with us since the beginning of our journey here. Aside from being a valued member, he is a new dad to a very stylish young man, an artist, and an all-around great guy who will crush just about anything set in his path. We are also lucky enough to have Ben on our route setting team here at the Nook! Thanks for being a part of our community Ben!



Ben Deluca

Years you've been climbing?

20+

Why did you start climbing?

Like most kids are, I was a natural climber, always climbing everything. I just had a desire to climb to the top of things, always looking for random things to scale. I remember looking through climbing magazines in the mid-90s and just thinking it was the coolest thing I had ever seen. Eventually my poor mom gave in and signed me up for a rock climbing lesson.

Favorite thing about climbing?

well, a few things: Firstly, I'm just a huge fan of anything that puts you outdoors and in nature. Climbing crags tend to be in such beautiful places, and as a climber I always feel lucky to experience such rad places so intimately. Secondly, I love how climbing takes an act that is 100% meaningless, and yet have it bring such emotion. When you climb to the top of a 100ft sport climb, or a 10ft boulder, there's not a pot of gold up there, there's no reward for getting to the top, it truly is conquering the useless, but for some reason it can pull such emotions out a climber. The exhilaration of sending, the heartbreak of failing. People who don't climb can't understand, they always ask "why do you want to climb that?" Because it's there of course!

Favorite place?

Easy. Yosemite, I mean come on, just look at it.

Favorite style of climbing?

I really enjoy projecting on sport routes that are hard for me.

Why you've chosen spooky nook as your gym?

I started going to Spooky because I was looking to get stronger. Much like you might go into the weight room to get better at most sports, hitting the climbing gym is a great way to become a stronger climber. Climbing outside is always awesome, but when the weather isn't cooperating, or you have limited time, the gym is always there.

Favorite part about Spooky Nook?

The great community of climbers that call Spooky their home gym is really what makes the Nook so awesome. Also, in my opinion the quality of the setting is on par with some of the best gyms in the country. Most of the setters at spooky are lifelong climbers and they really put a ton of effort into setting thoughtful, quality routes. They tend to set hard for grade which I really enjoy, and there's something new to climb every week. Between the community and the quality of routes going up, Spooky is a super solid climbing gym.

How has climbing affected you as a person?

I just believe climbing is a great way to stay healthy, both mentally and physically. I really like to challenge myself, and climbing is the perfect way to perpetually bring new challenges and goals into your life. It's taught me to be patient and humble, but it also teaches hard work, it's an activity that will give you back as much as you are willing to put into it.