



Duluth Climbing & Fitness Co-op: New Year, New Gym

Updates

Quick Recap

Wow, there are SO MANY new folks seeing this newsletter. First off, THANK YOU for signing up for our email list! As a community based gym starting from the ground up, we will need all the help we can get. Now, let's get you all caught up:

- We have a space picked out - the prospective space has a 5,440 square foot floor plan, with 16ft ceilings, a loft for a members' community space, a horse stall to be converted into a yoga studio/fitness/free weight area, and another loft above that for the setters' cave/administrative space.
- We are officially a 308B Cooperative, with many perks for the members, including:
 - Member/owners will have the opportunity to elect the Board to determine the direction and management of the Co-op
 - Member/owners will have the opportunity to vote on matters referred to them by the board
 - Members/owners will have an ownership stake in the Co-op; Improvements made to the gym will be owned by the members of the gym
 - Active members will have full access to the gym 24/7 via a key card system
- We have a 5-person board of directors who are running the behind-the-scenes task to get this gym up and running: *Tony Ledin* - Director of Operations, *Mark Lauer* - Treasurer, *Alex Ristow* - Facilities Management, *Jen Krussow* - Member Engagement, *Mikayla Haynes* - Marketing & Social Media Management. Once the gym is up and running smoothly, we'll host board elections.

Architect and Inspections

An architect is scheduled to check out the building at the end of January. They will look at entrance/exit requirements as well as make sure our building is fit for a facility such as ours. A city inspector will follow after the architect has gone through. After that happens and all renovations and updates have been identified, we can start our clean up! To sign up for our volunteer list, click the button below.

Website

We now have a functioning website with a little bit about who we are and what we're trying to accomplish. We have a page with info about our newsletter and newsletter archives from previous months, as well as a resources page that lists everything from gear rental, repair, and purchasing, crags and routes around the northland, to organizations that seek to benefit and connect the climbing community! Be sure to give our site a glance, and share with anyone who has questions.

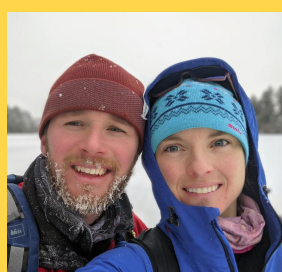
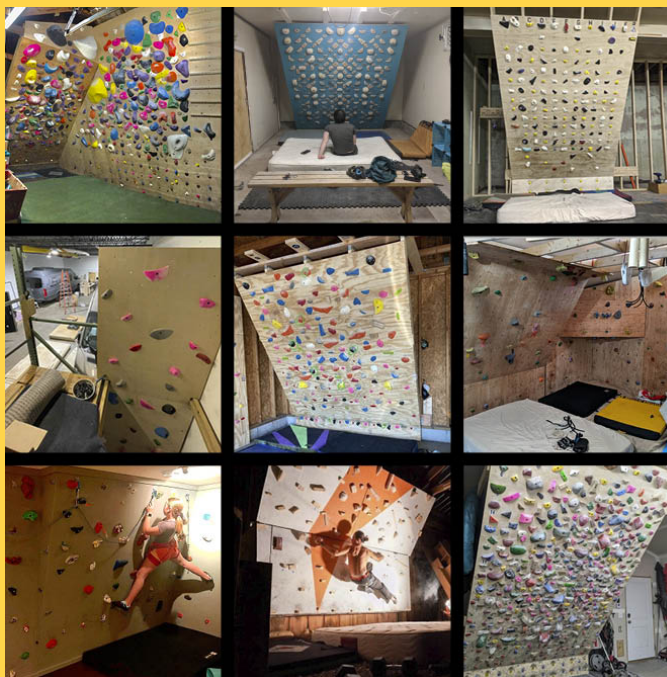
[Volunteer Sign-up](#)

[Visit our website](#)

SHOW US YOUR WALLS!

As we all know, the COVID-19 pandemic essentially brought a halt to any climbing routine or training that was indoor-gym based. Given the duration of the shutdowns and the nature of isolation, several climbers in the community decided to get creative with extra space they had in their homes or yard. Here are a few of the ones that were shared with us.

If you have any questions about building your home wall, post them on our Facebook page and a community member may be able to help you! Don't have a Facebook? Send us an email or Instagram DM with your question, and we'll community-source an answer for you! Happy building and climbing!



In the Northland, we have an infinite amount of opportunities to go on outdoor adventures. With the inability to go North of the US border, and discouragement of travel elsewhere, many of our community members have been going on unique and exciting excursions, right here at home. Bria Schurke, a naturally adventurous spirit, and her partner Willy Vosburgh recently took up a new winter sport - Nordic Skating. Nordic skating is an inherently ephemeral sport; one must hit the window of frozen lakes without snow in order to enjoy it. Luckily, we had an unusually long window of frozen lakes without snow and many folks were able to experience the magic of skating or scooting around on glassy inland lakes this season. Bria and Willy's adventure took place near their hometown of Ely, MN, in the Boundary

Waters, where the lakes are long, and the scenery breathtaking.

"As we waited for weeks for the first solid snowfall, Minnesotans took advantage of the rare treat of perfect ice conditions for long-distance ice skating throughout the state. My partner Willy and I joined the fun for a full 50-

mile adventure sprinting across Basswood Lake in the Boundary Waters near Ely, Minnesota with our freshly sharpened nordic skates (ice blades that fit on the bottom of our normal skate ski boots). It took us only five hours to traverse what would normally take two full days of paddling in a canoe. We strapped a set of skate skis to our packs to ski a few short patches of snow. It was a lovely day skating to the rhythm of the blades scraping across the deep black ice. We clocked ourselves to see how fast we could actually go: one time hitting a 4-minute mile! We stopped for lunch and watched a family of otters enjoy the snow-free ice as they slid across their bellies into the open leads. Aside from the Moose, Wolf, and Otter tracks, we didn't see signs of another soul the entire day. We look forward to more adventures next season with our new favorite way to travel in the wilderness."



We hope you, too, are able to go on adventures this winter, whether they be near or far! If you are unsure of what to do or where to go, send us an email or post on our Facebook page, and we'll pass the message along! Our community is a great resource.

Photos by Bria Schurke

If you or someone you know has recently had personal achievements in any climbing or fitness-related activity, or have gone on a unique and exciting adventure, let us know! We'd love to feature you and recognize your hard work and adventurous spirit. Email us at: climb@duluthclimbingandfitness.com

Banner photo: Devil Track River and the ice climb, Nightfall, by Rutger Van Huber (@rutgerpvh) in 2019

If you are a photographer or artist, we want to feature your photos or artwork in our newsletter! We're looking for any seasonal landscape and/or climbing photos, and will give due credit when representing your work. Spread the love! Please send us an email at: climb@duluthclimbingandfitness.com

The DCFC board would like to say WELCOME to those new to this newsletter, and new to the concept of Duluth Climbing & Fitness Cooperative. We are glad to have you on board! We hope you enjoy the content and get STOKED! Please pass this newsletter along and help grow our community. Thank you.

Mission: Duluth Climbing and Fitness Co-op is a member owned bouldering gym. Our mission is to create an inclusive indoor climbing space that promotes health, community growth, and skill improvement. Members will be encouraged to participate in all aspects of the gym, as well as supported in creating routes, teaching courses, and starting clubs. The Co-op's fundamental goal is inclusivity.