



Duluth Climbing & Fitness Co-op: February Newsletter

VIMFF - Your Weekend Just Got Better

Whether you've been able to get outside during the Polar Vortex or not, it's fair to say that cozying up to a few inspirational climbing films is a good way to end a super cold day. The Duluth Climber's Coalition is hosting a virtual film fest this weekend (February 19-28): Vancouver International Mountain Film Festival. By purchasing a ticket through the DCC's website, you'll not only be supporting the amazing filmmaker's who put a ton of time and effort into these films, but also supporting our own local climbing organization. So grab your favorite mug, some hot cocoa (or whiskey), bundle up, and get stoked on inspiring films!

[DCC VIMFF Link](#)

[Duluth Climber's Coalition](#)

Knowledge Base

We've been slowly adding resources to our website to make our internet experience more of an educational one, helping to inform you all of books, websites, magazines, and podcasts to help further your climbing knowledge base and advance your skills! Under our resources tab, there's a link to our Knowledge Base page, where you'll find a list of all the sources we've put together (so-far) for anyone looking to learn all they can about climbing!

[Visit our website](#)



Among the silver linings to have emerged from the pandemic shut down, one of them is the opportunity to expand personal interests and push boundaries - both mental and physical. Eli Curry, a recent UMD graduate, began climbing his sophomore year of college, and picked up cycling soon after. During shut down, he pushed his boundaries by taking cycling and using it as a means to strengthen his mentality under stress and increase his physical fitness to achieve outstanding climbing goals. Here's his take on it.

"With the world in lockdown and the opportunity to travel diminished, I found myself focusing on some local objectives for climbing and biking. I rode my first century (100 mile) bike ride in the spring along the North Shore and managed to lead my first few 5.12 trad routes at Palisade Head. As July approached I focused on biking as a training tool for two Alpine objectives. I find biking is especially rewarding when riding for multiple days in a row, so multiple day bikepacking trips were a natural progression. As the fall and

early winter approached, more layers and gear added to the challenge. I think the most challenging ride of the season was riding more than 50 miles in a snow storm to Ely. The more challenging something is, the more I find it rewarding. All the biking paid off in the end as I managed to climb the Casual Route on the Diamond in a day, as well as a 1 day solo ascent of the Grand Teton via the Owen Spalding route. Shout out to all the people I dragged on last minute bikepacking trips, you know who you are. This winter I've been training on the fatbike because I find it mind numbing to sit on a trainer and stare at the wall. Why not go out and suffer in the cold a bit. 'It's Alpine Training', has been the mantra of the year. "

Using a myriad of different activities to improve your abilities in another sport is an effective and fun way to train - especially when there are so many cross-over outdoor sports in the Northland! If you're interested in getting into cycling, mountain/fat biking, cross country skiing, trail running, or any other outdoor sport that would benefit your climbing fitness in addition to just being FUN, post on our Facebook page and let people know you're interested! Chances are, there are other people who are interested, too, but don't know where to begin.

Photos by Ethan Turan

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: Sea Smoke Beneath Silver Creek Cliff, by Rutger Van Huber (@rutgerpvh) 2021

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.

