



## Duluth Climbing & Fitness Co-op: Time to Climb

### Pretty Strong Fundraiser Recap

Our first fundraiser was incredible, all thanks to you! We had so many contributions both in-person and online, and we're so grateful! Thank you, everyone, who made this event a success. We raised nearly \$3,000, which will help us in securing our first location! Aside from that, it was heartwarming to see so many familiar faces, as well as newer folks, all willing to spend their time and money to help out our effort. You rock!

### A Note on the Location

We are currently touring two new locations for our gym - we're looking for something that will fit our needs as a bouldering co-op as well as allow for us to grow as a community. We can't wait to sign a lease and show you the future of Duluth Climbing and Fitness Co-op!

### Introducing: Palisade Daze

Save the date for our next FUNdraiser! Palisade Daze will be held Saturday, June 26th, 2021. It will be based up at Palisade Head, with several top ropes set up in the main Amphitheater - 5.6 to 5.13 and everything in between! Whether you're just starting out or well-seasoned in climbing, we hope you'll join us for an insanely fun time. We'll even have sick stickers and T-shirts available for purchase at the event - custom designed for us by Tyler Johnson (@tylerbjohns). Put it on your calendar, tell your friends and family, and we'll see you there!



[Visit Our Website](#)

COMMUNITY SPOTLIGHT:  
**WILDERNESS WENCHES**  
WRITE-UP BY BRIA SCHURKE



Last month a group of four of us local Duluth women (and local climbers), Lisa Leedham, Mireille Kidd, Karina Krosbakken, and I (Bria Schurke), competed as one of the only women's teams in the 6-hour Stubborn Fool Adventure Race in Black River Falls, Wisconsin. Although none of us had ever done an Adventure Race before, we figured we each had enough experience adventuring to give it a solid chance. We each have different strengths. Mireille has legs of steel and has been known to ride the entire Duluth Traverse multiple times in a week. Karina is a local, long-distance trail running legend and racer. Lisa is a bad@#% white-water paddler, and I'm handy with a map and compass. Adventure racing is a multi-disciplinary wilderness race that requires navigation over unmarked wilderness terrain, combining strategy, endurance, strength, and problem-solving. Teams are required to complete the entire race together, staying within close distance of each other as they try to get to as many "checkpoints" as possible during a specific amount of time. These races can last a few hours up to multiple days and are hosted all over the world.

At the beginning of the race, we were given topographical maps and an hour to plot our strategy to reach as many checkpoints as possible by bike, canoe, and trail running/hiking. We cranked out a few miles on the bikes, then hopped into our canoes to circumnavigate a small lake jumping out on the shore to hit different checkpoints. We were a solid team on the water, passing nearly every canoe ahead of us. We'd like to think our years of paddling in the Boundary Waters gave us a leg up. The most challenging part of the race was navigating off-trail through thick woods while maintaining a bearing and running at the same time. Sometimes checkpoints were over a mile apart, which can be challenging to navigate in the midwest flatlands

where there are fewer prominent geographical features. Overall we totaled over 30 miles and finished in the top third, feeling exhausted and rewarded!

We look forward to our next race, the Rib Mountain 18 hour, at the end of May. Let us know if you are interested in joining Team Wilderness Wenches! Inquiring wenches can email [bria.schurke@gmail.com](mailto:bria.schurke@gmail.com). (Urban Dictionary Definition: An admired "wilderness" woman that can inspire adventure or take a bland situation and make it rife with excitement.)

*Photo by Bria Schurke: Team Wilderness Wenches, pictured left to right are Mireille, Bria, Lisa, and Karina*

**Community Spotlight:** 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](mailto:climb@duluthclimbingandfitness.com)

---

*Banner photo: CLIMB, by Levi Moberg (@levimoberg) 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](mailto: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.