



Duluth Climbing and Fitness Co-op: November Newsletter



The Gear Swap is nearly here!

We're hosting a gear swap for anyone looking to sell or buy used gear! This event is free and open to the public, so please share! **NOTE:** The swap will be held on the mat, so climbing will be temporarily unavailable during the swap set-up, swap, and clean up. We apologize for this inconvenience, please plan accordingly.

Where: Duluth Climbing and Fitness Co-op

When: Sunday, November 20 from 4-6pm

Set Up: 2:30-4pm

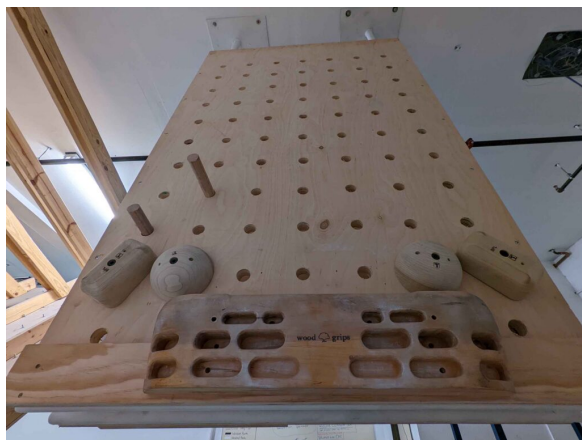
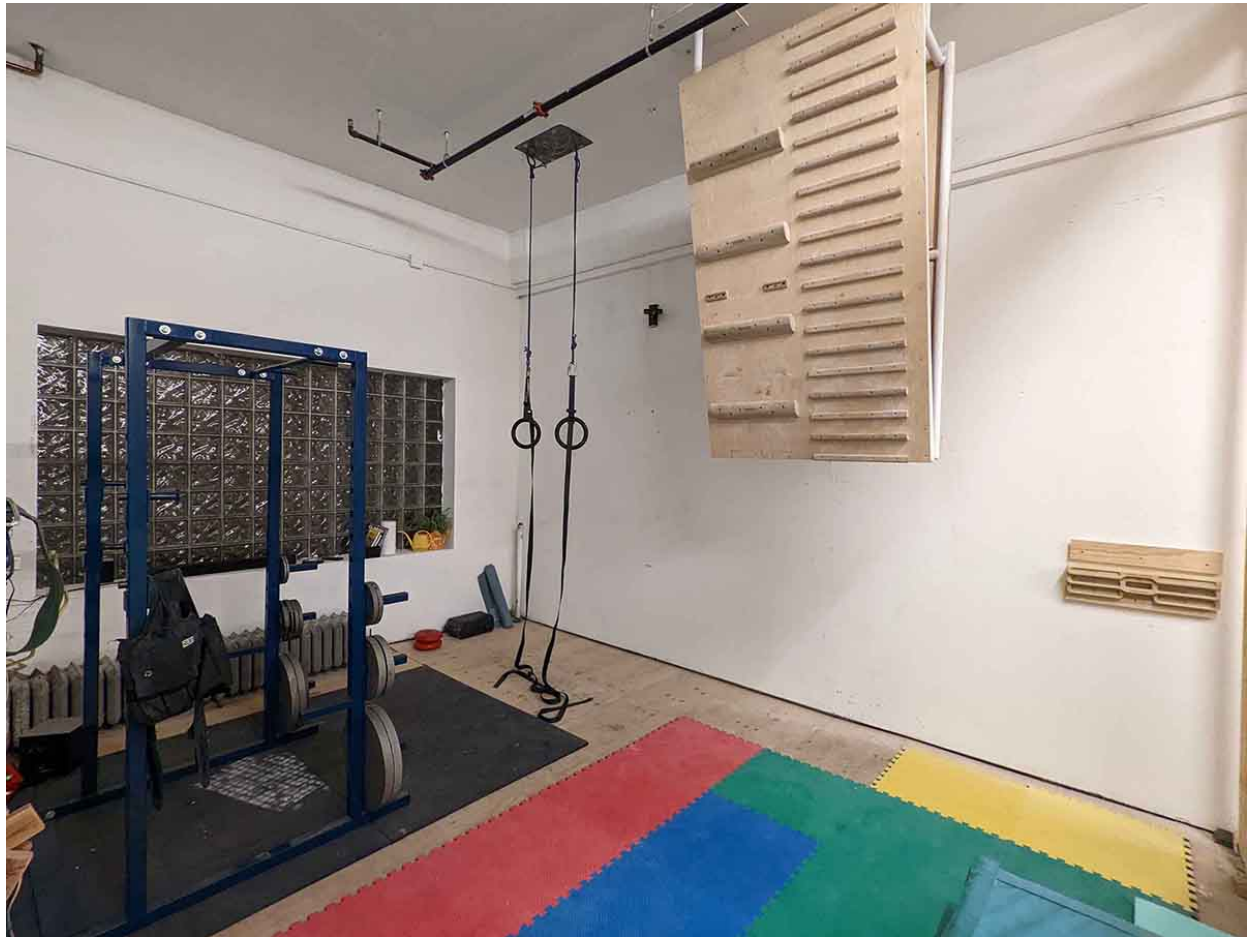
For those selling gear, set up will be from 2:30-4:00pm. If you have any questions about used gear condition, don't be afraid to ask! Sellers, remember to price your gear fairly based on age and wear. Don't be afraid to try bartering or trading! The following guest organizations will be tabling: **Duluth Climber's Coalition, CragDog Equipment, and the Access Fund.**

- **Not Allowed:** Soft goods (ropes - donate to cragdog, harnesses, slings, cordelette, PAS), Helmets
- **Allowed:** shoes, chalk bags/buckets, bouldering pads, belay gloves, quickdraws, sleeping bags, tents/bivvies, climbing hardware (belay devices, trad gear, ice/mixed pro), ice climbing gear (gloves,

boots, crampons, tools), clothing (jackets, pants, base layers, etc.), GPS devices, packs, ski gear (nordic, downhill, back country), skijoring eqpt., adventure dog eqpt., etc.

Disclaimer: Duluth Climbing and Fitness Cooperative is not responsible for the condition or performance of gear obtained within our facility during the swap. Please check the condition of gear, use common sense, and swap at your own risk.

Gym Updates!



Traverse (Banner Photo)

- We have an awesome new traverse spanning the entire length of the wall, thanks to a generous member who donated funds for the hold set! This set is SICK - super grippy, dual-tex (part textured/part smooth), and stands out as the only white holds on the wall! Use **OPEN FEET** (any color) to make your way across. The traverse goes at a 5.9-5.10, and man does it help train endurance. Not to mention it is the **LONGEST ROUTE** in Duluth at 60 feet!

Campus Board/Hang Board

- **Campus Board Side:** We got jug rungs! Now there are more options for training power! The jug rungs are placed at 1-3-5-7. Not sure what camping is all about? Check out [this sweet article!](#) *A Gentle Reminder* - please don't use feet on the campus board.
- **Hangboard Side:** Board member Tony has been working hard to make a French cleat system for hangboards, as well as a peg board. We got an additional Tension hangboard with different edge sizes, as well as pinches and slopers! The pinches and slopers are peg-mounted, so you can space them at different intervals. *Note: the french cleats on the wall are for storage only. Please do not weight or pull on. Lift up to move.*

Climbing Training Tools

- **Loading Pin:** we have a loading pin for weight plates! You can add weight to your hangboard sessions, or train pinches and grip strength!
- **Pinch Block/Training Block:** Some members have brought in their training blocks to share - Thank You! The pinch block is homemade, and has the option for 1, 2, or 3 2" wide blocks. There's also a Tension Block, with various edges for warming up, isometrics, or maxing out!

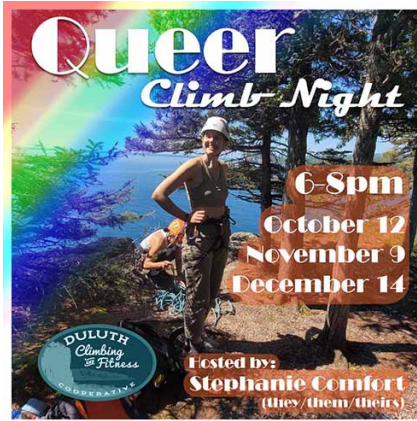
SQUAT RACK & RINGS

- Our newest addition to the FITNESS aspect of our gym is the Squat Rack! Board members Alex and Mikayla picked this baby up from the cities along with weights and a barbell! It still needs to be bolted to the floor for stabilization, and a deadlift platform must be made to protect the floor prior to use. Feel free to use the weight plates until we get everything else in place!
- We have gymnastic rings mounted to the ceiling! *Please refrain from swinging on the rings.*

Lost and Found Bin

- The lost and found bin is light blue with "LOST & FOUND" written on it. If you've lost something whilst sending the gnar in the gym, or have found something that's lost, check/put it in the bin!

Upcoming Climb Nights:



Queer Climb Night

Hosted by Stephanie Comfort (they/them)
2nd Wednesday 6-8pm

Last one of 2022: December 14!

Climb Nights are initiated by the members who host them. If you would like to host a specific-themed climb night, send us an email and we can help get you started! climb@duluthclimbingandfitness.com



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