

This WEEK in NUHOC!

What we talked about!

- **BS weekend**
 - **Big Soup and Backcountry Skiing**
 - Come to the Loj for the weekend and eat soup, go hiking, skiing, climbing, or anything soup you could think of! Enjoy a weekend in nature eating soup and away from the city eating soup.
 - Intro to backcountry skiing signups were last week and have since closed 😞
 - For those skiing... GET HYPE!!!
 - For those souping... GET HYPE!!!
 - For those neither skiing or souping... why?
- **Sisyphus... we must imagine him hiking**
 - Will Peterson, NU alumni, class 2022
 - First big hike at 17 years old, huntington's ravine at mount washington
 - 2019... Will was not happy in the city. He gets sucked into the backpacking life and takes on the appalachian trail
 - Nobody has time to do big backing all the time... not unless ya run them!
 - Supported hikes: people can help carry gear, drive between trail heads, and accept help from strangers
 - Unsupported hikes: you do everything solo and with no assistance
 - The long train is the oldest in the US, 272 miles, 67,000 ft personal gain, MA to Canada, nationally competitive
 - Record was 4 days, 23 hrs, 54 minutes
 - 55+ miles a day
 - 13000+ ft elevation a day
 - **training**
 - Jan-june trained 10-14 hrs a week
 - Mostly easy time on feet
 - Sauna and cold plugged to get used to temp
 - June16-july9
 - Ran 400+miles w/ 100,000ft elevation gain
 - Paced some other ultra runners
 - Looked over the long train once through before the attempt
 - 12 days, very wet, 170 miles of new trail
 - Took voice memos of the trail and turned these into flashcards for each section of the trail
 - Made a spreadsheet to keep track of his progress in real time
 - Steven - "Its like a speed run twitch stream"
 - **The Attempt:**
 - Day 1: 90 min of sleep
 - Day 2: good weather, 55+ miles, 17,700ft gain, 3hrs of sleep

- Day 3: 63 miles, 15,900ft elevation gain, the worst night, 3.5hrs of sleep, sleep running sucks
- Day 4: 53 miles, 11,600ft gain, 100 miles to go, shoes disintegrating, nose bleeds, mouth breathing fixed the nosebleed???
- Day 4.5: 59 miles, 11,200ft gain, downpour
- **Final Time: 4 days, 11 hours, 34 minutes**
- **Photo contest**
 - *Congratulations to... ARUN!!!*



- Photo taken on Mt. Monadnock
- **Gear exchange**
 - General reminder that the gear-exchange channel exists.
 - On slack, press add channels, browse, and then gear-exchange
 - Go get some good deals or sell some gear
- **Winter Carnival (2/16-2/19)**
 - Tee hee, secret 🙌🙌
- **Excelsior**
 - NUHOC's magazine that highlights our club and what we've done
 - We need you! To help write articles or make art or jokes or poems or anything else you can think of
 - Become a part of NUHOC history forever!



- **Come to eboard!**
 - Every wednesday from 7-8 in cargill 094
 - Get an idea on what it takes to run NUHOC
- **February Rumored Meetings**

- 2/7: how to plan a trip
- 2/14: cold festival, winter carnival, chilly party... etc.
- 2/21 or 2/28: Rock Spot pre-opening event
- 2/21 or 2/28: outdoor skills workshop
- 3/6: gear on a budget and sticker/gear swap

What Trips are we doing?

- **Open Loj this weekend**



- **Day Trips**
 - Rock Spot: Sunday at 10am at BofA
- **Member led trips**
 - Stairs: matt blanco goes up and down stairs in mission hill

What is the Loj?

- **Literally**
 - The loj is our property in New Hampshire where we go to enjoy the outdoors
 - It is about 3:30 minutes away by car
 - We are on the border with Maine and near the town of Shelburne
 - Currently, two enclosed structures are on property, the war barn and the funhouse which combined sleep about 30 people
 - From the loj, you can do any number of outdoors activity in the white mountains such as ski, hike, climb, swim, and more
- **Emotionally**
 - It's the loj :)

LCT Process

- If you come up to the loj three times, you can give a speech at a meeting to become a loj committee trainee
- Once you finish a 26 item list you become a Loj committee member!!!
- You get keys for life!!!

Other Useful Info

Gear rental form: <https://nuhoc.com/gear/>



Build committee interest form: <https://forms.gle/LW75HUDawvZqyh5W9>



Membership form



Slack



Engage

