

EDGEWORKS MEMBER CHALLENGE

EARN YOUR PEAKS: CHALLENGE LIST 2019

NAME: _____

T-SHIRT Size: X-Small - Small - Medium - Large - XL - XXL

FIRST PEAK: 65 Points

SECOND PEAK: 120 Points

THIRD PEAK: 175 Points

IN A DAY (IAD) CHALLENGE:

While this is a **90 day challenge** with new points available every month and tallies rising every week, we challenge you to see **how many points you can earn IN A DAY?** Additional points awarded for the number of peaks earned IAD. (*highest SINGLE box checked, max 25 add'l pts*)

60 Points IAD (5pts)	110 Points IAD (10pts)	150 Points IAD (25pts)
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RULES:

- Grab a **GREEN Challenge Sheet** and track the challenges completed IAD (*make sure it's separate from your ongoing tracking sheet*)
- OK to **repeat previously completed** items for the scoring of this challenge only.
- Repeated items will not count toward overall points earned.
- **SCORING:** challenge points awarded per item completed **PLUS** the points listed above
- **Report your score!** Top 2 IAD challenge scores at the end of each month **win a prize** and some significant bragging rights!!

Take a **FREE Fitness Class** (1 point/class; 1 point/instructor)

YOGA:	MONDAY: 7:15pm	TUESDAY: 12pm	TUESDAY: 6pm	WEDNESDAY: 5:45pm		
WEDNESDAY: 7pm	THURSDAY: 12pm	THURSDAY: 5:45pm	THURSDAY: 7:15pm	SATURDAY: 11am		
SUNDAY: 5pm	CORE:	TUESDAY: 7:15pm	PILATES:	MONDAY: 6pm		
STRENGTH:	TUESDAY: 6pm	WEDNESDAY: 6pm	THURSDAY: 6PM			
INSTRUCTORS:	ALLISON	ANNA	ERICA	HEIDI	JAKE	KATHLEEN
MARY	PATRICK	REBECA	REBEKAH	SAMITHA	SARAH	OTHER:

Sign up for a fitness class, monthly clinic or climbing school course using the **RGPro CONNECT APP!** (*attendance is also required*)

February	March	April
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Get your **certifications!** (*or mark the ones you already have*)

Auto Belay	Belay	Lead
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Check-in to the gym 6x/month using RGPro CONNECT APP

February	March	April
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Use your **FREE 1st Time GUEST PASS:** share EW w/ someone **NEW!**

--- Earn **BONUS points** if you use your **FREE passes** to bring someone to a **Climbers Social!** ---

February	March	April
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Use your **FREE GUEST PASS:** bring a friend to the gym

February	March	April
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Check-in Challenges: (1point/each)

Saturday	Sunday	Monday	Tuesday	Weekday before 8am
Wednesday	Thursday	Friday	1st person to check-in for the day!	Weekend after 6pm

Attend a **FREE Climbers Social** - Earn **BONUS points** for participation!

February 5	March 5	April 2
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Attend a **FREE Tuesday Night Clinic** (1pt/each month)

February 19	March 19	April 16
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Climb the **"Route of the Month"** (1pt/each month)

February	March	April
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Climb the **Mystery Setter Route** and guess who set it!

February	March	April
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Chance! Pick a challenge from the jar and complete it

February	March	April
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Help someone complete a challenge (1pt/each month)

February	March	April
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"Staff Favorite" Ask for a route recommendation and climb it **BONUS points** for different staff each month (1 pt/month; 1 pt/staff)

February	Staff:	March	Staff:	April	Staff:
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Climb a route on each **Auto Belay:** (1 pt/anchor location)

AutoBelay #1	AutoBelay #31	AutoBelay #39	AutoBelay #45/46	AutoBelay #50	AutoBelay #68
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Offer a belay to **someone new**: (1 pt/month)

February		March		April	
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High Five 3 Edgeworks staff members: (1 pt/month)

February		March		April	
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Climb to the top of a **route** without falling: (1 point/grade)

Any route		5.6		5.7		5.8		5.9		5.10-		5.10		5.10+		5.11-	
Any lead		5.11		5.11+		5.12-		5.12		5.12+		5.13-		Attempt the next grade			

Send a **boulder problem**: (1 point/grade)

Any problem		V0		V1		V2		V3		V4		V5	
V6		V7		V8		V9		V10		Top Out		Attempt the next grade	

1 point/box, unless stated otherwise

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|---|--|
| <input type="checkbox"/> Log 20 routes/problems in (1) one hour session | <input type="checkbox"/> Jam without pain up a crack route |
| <input type="checkbox"/> Traverse the underside of the boulder archway | <input type="checkbox"/> Climb your age in route grades in 1 session |
| <input type="checkbox"/> Challenge another climber to a game of Climbing Jenga | <input type="checkbox"/> Do a 4x4 on an average grade route or problem |
| <input type="checkbox"/> Traverse the middle pillar | <input type="checkbox"/> Do a 5 second "no hands rest" on a top rope route |
| <input type="checkbox"/> Play add-on with another climber | <input type="checkbox"/> Climb 3 rope routes with one hand behind your back |
| <input type="checkbox"/> Top-out 3 boulders in one session | <input type="checkbox"/> Climb a route backwards , facing out |
| <input type="checkbox"/> Climb the flake - use only the features of the wall, no holds | <input type="checkbox"/> Lead climb the prow (<i>anchors 3-11</i>) |
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- | | |
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| <input type="checkbox"/> Do 3 cartwheels in a row without falling over | <input type="checkbox"/> Tie a Figure 8 follow through with your eyes closed (<i>safety check it before climbing!</i>) |
| <input type="checkbox"/> Share a laugh : tell us a joke! | <input type="checkbox"/> Thread the Hoop : 1 point/person in the circle. Score : |
| <input type="checkbox"/> Win a staring contest with someone | <input type="checkbox"/> Invent Your Own Challenge and Do It! _____ |
| <input type="checkbox"/> Lick your elbow | |
| <input type="checkbox"/> Dance to the music | |
| <input type="checkbox"/> Spell Your Name Climbing Challenge | |
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- | | |
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| <input type="checkbox"/> Run the BLUE trail loop at Point Defiance | <input type="checkbox"/> Run the YELLOW trail loop at Point Defiance |
| <input type="checkbox"/> Project Push-Up! Give us 10 push-ups between climbs | <input type="checkbox"/> 1 one arm pull-up or chin-up |
| <input type="checkbox"/> 20+ minutes on a treadmill | <input type="checkbox"/> Stairmaster : burn 300 (<i>men</i>)/200 (<i>women</i>) calories |
| <input type="checkbox"/> Burn 350 calories on an elliptical | <input type="checkbox"/> Row, row, row your boat! 1,000m on the rowing machine |
| <input type="checkbox"/> Hold a handstand for 15 seconds (<i>OK to use a wall!</i>) | <input type="checkbox"/> 2 minute plank |
| <input type="checkbox"/> Hang 10! 10 minute Hangboard workout | <input type="checkbox"/> Smile while doing 10 burpees in a row |
| <input type="checkbox"/> Skip/jump rope 200 in a row | <input type="checkbox"/> 1,000 step-ups with a 25lb pack |
| <input type="checkbox"/> 100 kettlebell swings in a row | <input type="checkbox"/> 15 kettlebell "figure 8s" |
| <input type="checkbox"/> Turn it up to 11! Log 11,000 steps in a day | <input type="checkbox"/> 10 Hanging Leg Lifts |
| <input type="checkbox"/> 5 sit-up/stand-ups in a row | <input type="checkbox"/> Traverse the Sloper Hangboard |
| <input type="checkbox"/> 3 pull-ups or chin-ups in a row | <input type="checkbox"/> 15ft handstand walk |

Give the **Campus Board** a try! See how far you can get using the center, left and/or right holds (*no feet*)

Sloper		Peg Board		Crimp		Pinch	
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- Climb a rope route **blindfolded**, have your partner call out directions
- Rainbow session!** Climb 1 route or problem of each hold color (*red, pink, orange, yellow, green, blue, purple, white, tan/brown*)
- Climb 3 routes in a row**: same rope; without hanging, being lowered or touching the ground
- Climb rope 63** to the orange boulder height limit "!" **without using your hands** (no holds, no arête, no features)
- Attach a **cowbell** to your harness and try to climb without it making any noise
- Climb the **"No Foot"** problem on the *boulder wall*. **Bonus point** for also down climbing the same problem
- Climb a rope route and use your finger to **draw a circle** around each hand hold before you grab it
- "I Can't Even" session** - climb 6+ routes/problems of **EVEN** number grades only

- "Keep Edgeworks Weird"** - climb 6+ routes/problems of **ODD** number grades only
- Tap with your hand, every **orange boulder height limit "!"** in the gym (*there are 28*)
- Hula Hoop** until your partner reaches the top of a route: boulder (1pt) West Room (2 pts) East Room (taller-3 pts)
- Leap Frog!** Climb, downclimb and re-climb the same section of a route or problem
- Expand your reach!** Pick a route and practice 3 or more lockoffs

Mini Climb Fit Challenges: 3pts each! Feel free to ask our personal trainers, **Jake** or **Matt**, for more info or questions about proper form.

- Mountain Climbers** (45 sec) | **Jumping Jacks** (45 sec) | **Shoulder Tap Plank:** alternate hand to opposite shoulder (45 sec): 15 sec rest between moves; repeat 2-3x
- Sumo Squat** (12 reps) | **Spider Crawl** (6/side) | **Alternating Lateral Lunge** (6/side) | **Single Leg Plank Saw** (6/side): no rest; repeat 2-3x
- Run the **Scott Pierson Trail** from **Edgeworks** to the **War Memorial Park** and **back**.
- 5 Push-ups** | **10 Crunches** | **10 Mountain Climbers** | **20 Squats** | **10 Lunges** each side: repeat 2-3x
- 10 Push-ups** | **25 Crunches** | **25 Squats** | **30 Lunges** | **50 Jumping Jacks** | **60 sec Wall Sit:** repeat 2x

Elephant Head Challenge: attempt (1pt) / success (3pts)

Right Your Turtle Challenge: attempt (1pt) / success (3pts)

Take the **Leave No Trace Challenge** (1pt/correct) - **Score:**

Play the **Staff Name Game** (1pt/correct) - **Score:**

Wear your **Member Challenge T-Shirt** from a previous year to the gym; additional points for each peak earned that year.

2016 Shirt	2016 Peaks	2017 Shirt	Total 2017 Peaks	2018 Shirt	Total 2018 Peaks
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Social media posts! Tag us in a fun Edgeworks related post so we can see it

Facebook: @Edgeworks Climbing Gym	Instagram: @edgeworks_climbing/#edgeworks	Twitter: @EdgeworksClimb
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- Like us on **Facebook!**
- Follow us on **Instagram!**
- Try on a **new pair of climbing shoes** at Edgeworks
- Show us your best **stupid human trick**
- Drop a **note, suggestion** or **comment** in the red box

Trail Clean Up! Collect trash from any trail, including the Scott Pierson Trail across the street.
(points awarded for **highest SINGLE box checked, max 10pts**)

25 pieces (2pt)	50 pieces (5pts)	100 pieces (8pts)	150+ pieces (10pts)
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Human Power! Power yourself to **Edgeworks** from a **distance >1 mile** (2 pts/activity) **no fossil fuels allowed.*

Cycle	Run	Walk	Other: _____
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Participate in an organized **run/walk**

5k run/walk (1pt)	10k run/walk (3 pts)	Half Marathon run/walk (5pts)	Marathon run/walk (10pts)
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Experience the **great outdoors!** (1 point/activity)

Paddle	Resort Ski/Ride	Boulder	Surf	Trad Climb	Hike	Sport Climb
Ice Climb	Backcountry Ski/Ride	Snowshoe	Swim	Camp	Bike	Run/Walk

Climb outside! (1 point/location)

North Bend	Gold Bar	Vantage	Smith Rock	Red Rocks	Red River Gorge
Mt. Erie	Leavenworth	Index	Squamish	Yosemite	Other:

Use your **10% Off Pro Shop Discount** (1 point/item, cannot be duplicated)

Chalk (1pt)	Belay Dvc/Biner (1pt)	Harness (2pts)	Helmet (2pts)	Climbing Shoes (3pts)
Chalkbag (1pt)	Quickdraw (2pts)	Bag (2pts)	Rope (3pts)	EW Logo'd Item (3pts)

Put an EW sticker on it. **must be your own personal property because vandalism isn't cool, at all.*

Water Bottle (1pt)	Cooler/Laptop (2pts)	Climbing Helmet (3 pts)	Personal Vehicle/Roof Rack (5pts)
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