

EDGEWORKS MEMBER CHALLENGE

Earn Your Peaks: Challenge List 2020

NAME: _____

T-Shirt Size: X-Small Small Medium Large XL 2XL 3XL

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 additional points*)

60 Points IAD (5 points)

110 Points IAD (10 points)

150 Points IAD (25 points)

IAD Rules:

- Grab a **GREEN Challenge Sheet** and track the challenges completed IAD (*make sure it's separate from your ongoing tracking sheet*)
- It is OK to **repeat previously completed** items for the scoring of this challenge only, repeated items will not be added to overall points earned.
- **SCORING:** challenge points awarded per item completed **PLUS** the points listed above (example: *116 pts earned IAD + 10 pts = 126 pts IAD*)
- **Report your score!** Top IAD challenge score at the end of each month will win a prize and some serious bragging rights!

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

YOGA					
SUN 5PM <input type="checkbox"/>	MON 7:15PM <input type="checkbox"/>	TUE 12PM <input type="checkbox"/>	TUE 6PM <input type="checkbox"/>	WED 6:15AM <input type="checkbox"/>	WED 6PM <input type="checkbox"/>
WED 7:15PM <input type="checkbox"/>	THU 12PM <input type="checkbox"/>	THU 6PM <input type="checkbox"/>	THU 7:15PM <input type="checkbox"/>	FRI 6:15AM <input type="checkbox"/>	SAT 11AM <input type="checkbox"/>

PILATES	EDGE CIRCUIT	CORE 45	DURABILITY	STRENGTH	
MON 6PM <input type="checkbox"/>	TUE 6PM <input type="checkbox"/>	TUE 7:15PM <input type="checkbox"/>	TUE 6PM <input type="checkbox"/>	WED 6PM <input type="checkbox"/>	THU 6PM <input type="checkbox"/>

INSTRUCTORS	Kathleen <input type="checkbox"/>	Rebeca W <input type="checkbox"/>
Allison <input type="checkbox"/>	Lyra <input type="checkbox"/>	Samitha <input type="checkbox"/>
Erica <input type="checkbox"/>	Mary <input type="checkbox"/>	Sarah <input type="checkbox"/>
Heidi Grace <input type="checkbox"/>	Patrick <input type="checkbox"/>	Saralynn <input type="checkbox"/>
Heidi K <input type="checkbox"/>	Rebekah M <input type="checkbox"/>	Other: <input type="checkbox"/>

Get your **CERTIFICATIONS!** (mark what you already have)

Auto Belay Belay Lead

HELP SOMEONE complete a challenge (1pt/month)

FEB MAR APR

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

BONUS points for using your FREE passes to bring someone new to a Climbers Social!

FEB MAR APR

Attend a **FREE Tuesday Night Clinic** (1pt/month)

FEB MAR APR

Attend a **FREE Climbers Social; BONUS pts for participation!**

FEB MAR APR

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

BONUS points for using your FREE passes to bring someone to a Climbers Social!

FEB MAR APR

CHECK-IN to the gym 6 times in one month.

FEB MAR APR

Climb the "ROUTE of the MONTH" (1pt/ea month)

FEB MAR APR

Climb the MYSTERY SETTER route and guess who set it!

FEB MAR APR

CHANCE! Pick a challenge from the jar and complete it

FEB MAR APR

Offer a BELAY to SOMEONE NEW: (1 pt/month)

FEB MAR APR

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

FEBRUARY MARCH APRIL

"STAFF FAVORITE" Ask for a route recommendation and climb it. (1/ea; mo/staff)

FEBRUARY Staff: _____ MARCH Staff: _____ APRIL Staff: _____

Climb a route on each AUTO BELAY: (1 pt/anchor location)

AB #1 AB #18 AB #31 AB #39 AB #45 AB #68

ADD the ANCHORS! How many different anchors can you complete a climb on in 1 session? (Highest SINGLE box checked, max 25pts)

5 anchors (2pts) 10 anchors (5pts) 20 anchors (10pts) 40 anchors (15pts) 68 anchors (25pts)

ANCHORED to the WALL! Complete a climb on every anchor in each wall section. (1pt/section)

East Bay: | The Lookout The Prow Outer Space Town Wall The Flake Zig Zag Two Towers
West Bay: | The Ear Alcove Work Wall South Tower Tower Arch Wall of Love The Nose

SEND by SECTION! Complete 3 boulder problems in each of the wall sections. (1pt/section)

Sunshine Wall The Gallery Passage Wall Boulder Arch Boulder Cave Old Lead Cave "OLC"

HIDE and SEEK*! Find the hidden images of the following climbers. (1pt/section)

Margo Hayes Alex Puccio Kyra Condie Kai Lightner Ashima Shiraishi

Send a BOULDER PROBLEM: (1 point/grade)

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

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+
Any Lead 5.11- 5.11 5.11+ 5.12- 5.12 5.12+ 5.13- Attempt next grade

HIGH FIVE 3 Edgeworks staff members: (1 pt/month)

FEB MAR APR

Wear your **MEMBER CHALLENGE T-SHIRT** from a previous year to the gym. (1pt/shirt plus additional points for each peak earned that year)

2016	2017	2018	2019
shirt <input type="checkbox"/>	shirt <input type="checkbox"/>	shirt <input type="checkbox"/>	shirt <input type="checkbox"/>
peaks <input type="checkbox"/>	peaks <input type="checkbox"/>	peaks <input type="checkbox"/>	peaks <input type="checkbox"/>

1 point/box, unless stated otherwise

- | | | |
|---|--|--|
| <input type="checkbox"/> DISCO CLIMB any route/problem | <input type="checkbox"/> Jam your way up a CRACK route | <input type="checkbox"/> Route Setter Kendama Challenge |
| <input type="checkbox"/> Play ADD-ON with another climber | <input type="checkbox"/> CLIMB YOUR AGE in route grades in 1 session | <input type="checkbox"/> Do 3 cartwheels in a row without falling over |
| <input type="checkbox"/> Play ELIMINATOR with another climber | <input type="checkbox"/> Do a 4x4 on an average grade route or problem | <input type="checkbox"/> Try on a new pair of climbing shoes at Edgeworks |
| <input type="checkbox"/> Traverse the underside of the BOULDER ARCHWAY | <input type="checkbox"/> Do a 5 second "no hands rest" on a top rope route | <input type="checkbox"/> Show us your best STUPID HUMAN TRICK! |
| <input type="checkbox"/> Challenge another climber to play Climbing Jenga | <input type="checkbox"/> Climb 3 rope routes with one hand behind your back | <input type="checkbox"/> Share a laugh: tell us a joke! |
| <input type="checkbox"/> Share the love with a random act of KINDNESS | <input type="checkbox"/> Climb a route BACKWARDS , facing out | <input type="checkbox"/> Win a staring contest with someone else |
| <input type="checkbox"/> TOP-OUT 3 boulders in one session | <input type="checkbox"/> Lead climb the PROW (anchors 3-11) | <input type="checkbox"/> Lick your elbow |
| <input type="checkbox"/> Climb the FLAKE using only the features of the wall | <input type="checkbox"/> Traverse the SLOPER Hangboard | <input type="checkbox"/> Dance to the music |

- Thread the Hoop*** (1 pt/person in the circle)
Score: _____
- Name That Wall Challenge*** (1pt/correct)
Score: _____
- Drop a **note, suggestion or comment** in the red box.
Leave your name and we'll respond to you!
- Tie a Figure 8** follow through with your eyes closed
(safety check it before climbing!)
- Invent Your Own Challenge;** have someone else do it!

- Run the **BLUE trail loop** at Point Defiance
- Run the **YELLOW trail loop** at Point Defiance
- Project Push-Up!** 10 push-ups between climbs
- 20+ minutes on a **treadmill**
- Burn 350 calories on an **elliptical**
- Stairmaster:** burn 300 (men)/200 (women) calories
- Row your boat!** 1,000m on the rowing machine
- Hold a **handstand** for 15 seconds (OK to use a wall!)
- Skip/**jump rope** 200 in a row
- 100 **kettlebell swings** in a row
- Turn it up to 11!** Log 11,000 steps in a day
- 5 **sit-up/stand-ups** in a row
- 3 **pull-ups** or chin-ups in a row
- 1 **one arm pull-up** or chin-up
- Build power!** Give us 2 sets of 3-5 box jumps
- You Da Bomb!** 10 sec hang from Big Pink Ball/Bomb
- 15 **kettlebell** "figure 8s"
- 10 Hanging Leg Lifts
- Leap Year!** Complete a challenge on Feb 29

- Single-Foot Climbing.** Climb a route/problem using either only your right or left foot (and both hands!)
- Rainbow session!** Climb 1 route/problem of each hold color (red, pink, orange, yellow, green, blue, purple, white, tan/brown, black)
- Hang 10!** Do a 10 second hang on 10 different grip types on the hangboards.
- LUCKY DRAW** 4 climbing techniques from the jar and create a problem using all 4 movements
- Climb **rope 63** to the orange boulder height limit "!" without using your hands (no holds, no arête, no features)
- Grab the dice and challenge your friends to a game of **"HOARSE"**
- Climb the **"Campus" problem** on the boulder wall (*no feet!*)
- 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) (recount?)
- Hula Hoop** until your partner reaches the top of a boulder problem
- Leap Frog!** Climb, downclimb and re-climb the same route or problem without stopping or resting.
- 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, Lyra or Matt, for more information 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

INFORMATION SHEETS: are available for all challenges with an asterisk (*). If no info sheet available, as a staff member!

- Elephant Head*** Challenge (2pts)
- Right Your Turtle*** Challenge (2pts)
- Take the Leave No Trace*** Challenge (1pt/correct) - Score: _____
- Play the **Staff Name Game*** (1pt/correct) - Score: _____
- Spell Your Name*** Climbing Challenge

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

Pinch Sloper Peg Board Crimp

Try our monthly DYNO CHALLENGE. #itsnottoofar #itsadyno

FEB MAR APR

Social media posts! Tag us in a fun Edgeworks related post so we can see it. #earnyourpeaks

Facebook: @Edgeworks Climbing Gym Instagram: @edgeworks_climbing Twitter: @edgeworksclimb

- Like us on Facebook
- Follow us on Instagram
- Take a photo of yourself wearing Edgeworks logo'd gear outside of the gym, post it to your **Instagram** and tag us!
- Take a photo of yourself wearing Edgeworks logo'd gear outside of the gym, post it to your **Facebook** and tag us!
- Take a photo of yourself wearing Edgeworks logo'd gear outside of the gym, post it to your **Twitter** and tag us!

Trail Clean Up! Help save the oceans by collecting trash from any trail, including the Scott Pierson Trail across the street.

(Points awarded for highest SINGLE box checked, max 15pts.)

25 pieces (2pt) 50 pieces (6pt) 100+ pieces (15pt)

One "Can" Make a Difference! Help others in our community by donating to the Edgeworks Food Drive.

(Points awarded for highest SINGLE box checked, max 12pts.)

1 item (1pt) 5 items (6pt) 10 items (12pt)

Human Power! Power yourself to Edgeworks from a distance >1mile (1 pt/activity) *no fossil fuels allowed.

Cycle Run Walk Other: _____

Experience the great outdoors! (1 pt/activity)

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

Climb outside! (1 point/location)

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