

# EDGEWORKS MEMBER CHALLENGE

Earn Your Peaks: Challenge List 2024 | **BELLEVUE**

NAME: \_\_\_\_\_

T-Shirt Size: X-Small Small Medium Large XL 2XL 3XL  
(select one; shirts cannot be awarded without a size; adult sizes only)

ACHIEVEMENTS: \_\_\_\_\_

First Peak: 65 points     Second Peak: 100 points     Third Peak: 150 points     Personal Goal: \_\_\_\_\_ points

**CHALLENGE ETIQUETTE:** Have fun, be friendly, always respect others and follow climbing gym etiquette. Points are earned on the honor system.

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

Belay     Lead

**HIGH 5 Edgeworks staff members:** (1 pt/month)

FEB     MAR     APR

**Visit them ALL!** 3 Locations. One Membership.

BEL     SEA     TAC

**First Ascent:** Be the first person to check-in for the day.

Try on a new pair of **climbing shoes** at Edgeworks.

**"STAFF FAVORITE"** Ask for a route recommendation and climb it. (1/month)

FEB  Staff: \_\_\_\_\_    APR  Staff: \_\_\_\_\_

MAR  Staff: \_\_\_\_\_

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

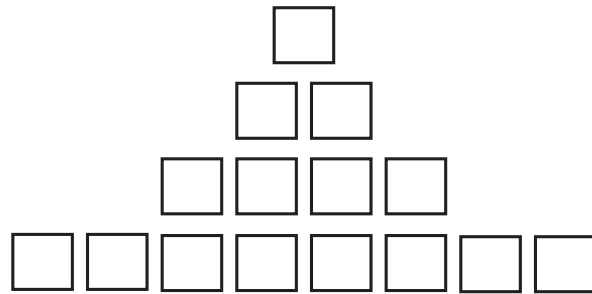
**2022** shirt  peaks \_\_\_\_\_

**2023** shirt  peaks \_\_\_\_\_

Scan the code to **drop a note, suggestion or kudos** to our Member Feedback form!



**Use the KILTER BOARD to complete a PYRAMID session.**  
For example, you may climb eight V2s, four V3s, two V4s and one V5 in your session. (1pt/each once complete, any angle)



**Attend a FREE Member Social; +1pt for participation!**

FEB     MAR     APR

**Use your MONTHLY GUEST PASS: bring a friend to the gym**  
*BONUS points for using your FREE passes to bring someone to a Member Social!*

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 Member Social!*

FEB     MAR     APR

**CHECK-IN to the gym 6+ days each month.**

FEB     MAR     APR

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

FEB     MAR     APR

**Climb with SOMEONE NEW:** (1 pt/month)

FEB     MAR     APR

**HELP SOMEONE complete a challenge** (1pt/month)

FEB     MAR     APR

## 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)

65 Points IAD (5 points)

100 Points IAD (10 points)

150 Points IAD (25 points)

### IAD Rules:

- Grab a **GREEN IAD 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: XXX pts earned IAD + 10 pts = XXX pts IAD)
- **Report your score!** Top IAD challenge score at the end of each month will win a prize and some serious bragging rights!

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

- NORTH BAY: | The Fang  The Slabs  The Orb  The Helix  The Quarry   
 SOUTH BAY: | The Zenith  Twin Peaks

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

- Barrel Wall  Inner Wall  Prow  Speed Wall  Dihedral  South Slab   
 Goat Wall  Powerhouse  Outer Space  Rattletale  Slabage Pch  Kaleentan   
 Sunshine Wall  Iceberg  Prow  Petrifying

**HIDE and SEEK\*** Find the hidden images of these pro-climbers in the gym. (1pt/climber)

- Janja Garnbret  Alex Megos  Ashima Shiraishi   
 Alberto Gines Lopez  Tomoa Narasaki  Barbara Zangerl

Try our monthly **DYNO CHALLENGE**: Send or attempt for 1pt/month. #itsnottoofar #itsadyno

- FEB  MAR  APR

**AROUND the World** - climb all the VO's, then level up and do the same; keep going until you've climbed them all (or you're exhausted!)

- North Bay  South Bay   
 Top Grade: \_\_\_ Top Grade: \_\_\_

**SEND TRAIN!** - recruit a group to climb the same route, 1 person after the other. 1/pt for every person in the train who sends; first fall breaks the train. Total: \_\_\_\_\_

**Send a BOULDER PROBLEM:** (1 pt/grade)

- Any Route  VB  V0  V1  V2  V3  V4  V5   
 Top Out  V6  V7  V8  V9  V10  V11  V12  Attempt next grade

**CLIMB to the TOP of a route without falling:** (1 pt/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

**KAYA CLIMBAPP:** Download the App!

**Log Your Climbs:** (1 pt/month)

- FEB  MAR  APR

**Share Some Beta:** (1 pt/month)

- FEB  MAR  APR

**Upload A Video:** (1 pt/month)

- FEB  MAR  APR

**CLIMBING GAMES + FUN:** \*Information sheets are available for all climbing games with an asterisk (\*). If no info sheet available, ask a staff member! (1pt/each)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> <b>DISCO CLIMB*</b> any boulder problem                 | <input type="checkbox"/> Grab the dice for a game of <b>"HOARSE"</b> * with a friend   | <input type="checkbox"/> <b>Get Dressed!</b> Using 1 hand to hang from the boulder wall, put on your jacket; no ropes, feet cannot touch the ground or wall. |
| <input type="checkbox"/> Play <b>ADD-ON*</b> with another climber                | <input type="checkbox"/> <b>Spell Your Name*</b> Climbing Challenge  | <input type="checkbox"/> Lick your <b>elbow</b> (and we need to see it!)   |
| <input type="checkbox"/> Play <b>ELIMINATOR*</b> with another climber            | <input type="checkbox"/> Show us your best <b>STUPID HUMAN TRICK!</b>  | <input type="checkbox"/> Show us your moves! <b>Dance</b> to the music.  |
| <input type="checkbox"/> Complete the <b>LEMON-LIME</b> *challenge               | <input type="checkbox"/> <b>Share a laugh:</b> tell us a joke!   | <input type="checkbox"/> Share the love with a <b>random act of KINDNESS</b>   |
| <input type="checkbox"/> Challenge another climber to play <b>Climbing Jenga</b> | <input type="checkbox"/> Win a <b>staring contest</b> with someone else  | <input type="checkbox"/> <b>Leave No Trace*</b> Challenge (1pt/correct)  |
| <input type="checkbox"/> <b>Thread the Hoop*</b> (1 pt/person in the circle)     | <input type="checkbox"/> <b>Tie a Figure 8</b> follow through with your eyes closed (safety check it first before climbing!) | Score: _____   |

Score: \_\_\_\_\_

Take a **FREE GROUP FITNESS Class** (1 pt/class + instructor)  
Remember to sign up online before attending class!

YOGA		INSTRUCTOR
<input type="checkbox"/> MON 4PM	<input type="checkbox"/> WED 4PM	<input type="checkbox"/> ASHLEY W.
<input type="checkbox"/> MON 6PM	<input type="checkbox"/> WED 6PM	<input type="checkbox"/> AMELIA R.
<input type="checkbox"/> TUE 12PM	<input type="checkbox"/> THU 12PM	<input type="checkbox"/> CARLEY S.
<input type="checkbox"/> TUE 6PM	<input type="checkbox"/> THU 5:30PM	<input type="checkbox"/> LISA H.
<input type="checkbox"/> WED 12PM	<input type="checkbox"/> SAT 11AM	<input type="checkbox"/> RICHARD G.
		<input type="checkbox"/> VINETTE G.
		<input type="checkbox"/> _____
		<input type="checkbox"/> _____

\* Additional classes + instructors may be added as the schedule changes.

- Climb 100 floors on the **stair stepper**
- Bike the **I-90 bridge**
- Run or hike **Little Si**
- Project Push-Up!** 10 push-ups between climbs
- 20+ minutes on a **treadmill**
- Burn 350 calories on an **elliptical**
- 80 RMPs for 30 minutes on the **stationary bike**
- 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 (band assisted OK)
- Build power!** Give us 2 sets of 3-5 box jumps
- 15 **kettlebell "figure 8s"**
- 10 Hanging Leg Lifts

**CLIMBING CHALLENGES:** Ask a staff member for more information! (1pt/each)

- TOP-OUT** 3 boulders in one session
- Jam your way up a **CRACK** route
- Lead climb the **ICEBERG**
- Climb a top rope route **BLINDFOLDED**
- CLIMB YOUR AGE** in route grades in 1 session
- Climb the **FLAKE** using only the features of the wall
- Do a **4x4** on an average grade route or problem
- Do a 5 second **"no hands rest"** on a top rope route
- Climb 3 routes with **one hand behind your back**
- Climb a route **BACKWARDS**, facing out
- Only climb route colors that you're **CURRENTLY WEARING**
- Single-Foot Climbing.** Climb a route/problem using only your right or left foot (no switching and use both hands!)
- Rainbow session!** Climb 1 route/problem of each hold color (red, yellow, green, blue, purple, white, black)
- Hang 10!** Do a 10 second hang on 10 different grip types on the hangboards.
- 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
- "An odd thing about climbing"** - climb 6+ routes/problems of ODD number grades only
- 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
- All the grades!** Pick a grade and climb all of that particular grade in the bay, bouldering or sport

<b>TENSION BOARD 2:</b> Add a session to your climbing routine	FEB	<input type="checkbox"/>	MAR	<input type="checkbox"/>	APR	<input type="checkbox"/>
<b>KILTER BOARD:</b> Ladders, Star Chaser, Body Position or Make-Up	FEB	<input type="checkbox"/>	MAR	<input type="checkbox"/>	APR	<input type="checkbox"/>
<b>CAMPUS BOARD!</b> Single Arm Bump, Touches, Jump Catch or 1-5-9	FEB	<input type="checkbox"/>	MAR	<input type="checkbox"/>	APR	<input type="checkbox"/>
<b>HANGBOARD:</b> Create your own workout or give ours a try.	FEB	<input type="checkbox"/>	MAR	<input type="checkbox"/>	APR	<input type="checkbox"/>

**Mini Climb Fit Challenges:** 5pts each!

- 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 Crossroads Path Trail from Edgeworks to the orca whale 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

**Social Media!** Tag us in a fun Member Challenge related post so we can see it. **#edgeworksclimbing #earnyourpeaks** (1pt/action/account)

**Bellevue:** @edgeworks\_bellevue

- Like us on Facebook
- Follow us on Instagram
- Tag us in a post!
- Share a beta video or reel

**Seattle:** @edgeworks\_seattle

- Like us on Facebook
- Follow us on Instagram
- Tag us in a post!
- Share a beta video or reel

**Tacoma:** @edgeworks\_tacoma

- Like us on Facebook
- Follow us on Instagram
- Tag us in a post!
- Share a beta video or reel

**BRB:** @edgeworks\_brb

- Follow us on Instagram
- Tag us in a post!

**TikTok:** @edgeworks\_climbing

- Follow us on Tik Tok
- Tag us in a post!

**Guides:** @edgeworks\_guiding

- Follow us on Instagram
- Tag us in a post!

**Trail Clean Up! Help save the oceans by collecting trash from any trail, including the those up to the crag at Exit 38**

(Points awarded for highest SINGLE box checked, max 10pts)

- 25 pieces (2pt)
- 50 pieces (5pt)
- 75+ pieces (10pt)

**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 10pts)

- 1 item (1pt)
- 5 items (5pt)
- 10 items (10pt)

**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
- Diving
- Backcountry Ski/Ride
- Sport Climb
- Surf
- Trad Climb
- Hike
- Resort Ski/Ride
- Camp
- Bike
- Run/Walk
- Snowshoe
- Cross Country Ski

**MAKE A LARGER IMPACT** through education, donation and action: (1 pt/each)

- Learn about **EDGEWORKS' MATCHING GIFT PROGRAM.**
- Sign the **INDIGENOUS FIELD GUIDE PLEDGE.**
- Take the Access Fund's **CLIMBING ADVOCATE PLEDGE.**



**Climb Outside! (1 pt/location)**

- Exit 32
- Exit 38
- Vantage
- Red Rocks
- Smith Rock
- Bishop
- Yosemite
- Leavenworth
- Gold Bar
- Mt. Erie
- Index
- Squamish
- Red River Gorge
- Joe's Valley
- Other: \_\_\_\_\_

**WEEKLY POINT TALLY:** Help us count the points you earn each week! Please only include **uncounted points**; we'll keep a running total. (*honor system*)

- Week 1: \_\_\_\_\_
- Week 2: \_\_\_\_\_
- Week 3: \_\_\_\_\_
- Week 4: \_\_\_\_\_
- Week 5: \_\_\_\_\_
- Week 6: \_\_\_\_\_
- Week 7: \_\_\_\_\_
- Week 8: \_\_\_\_\_
- Week 9: \_\_\_\_\_
- Week 10: \_\_\_\_\_
- Week 11: \_\_\_\_\_
- Week 12: \_\_\_\_\_