

EDGEWORKS MEMBER CHALLENGE

Earn Your Peaks: Challenge List 2023 | 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: Keep it fun. Keep it friendly. Always be respectful of other people's personal space and maintain proper climbing gym etiquette.

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

Belay Lead

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

BEL SEA TAC

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

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

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

FEB MAR APR

FIRST ASCENT: Be the first person to check-in for the day.

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



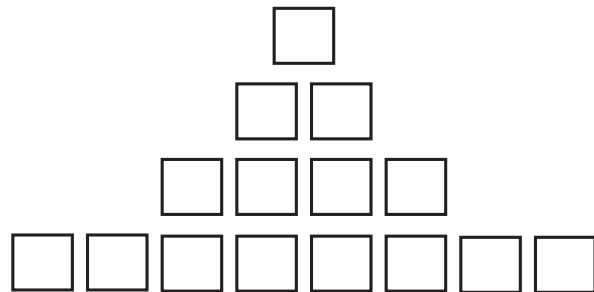
"STAFF FAVORITE" Ask for a route recommendation and climb it. (1/month)

FEB Staff: _____ MAR Staff: _____ APR Staff: _____

2022 shirt peaks

Complete a **PYRAMID Session | Ropes or Boulders**

For example, you may climb eight 5.8s, four 5.9s, two 5.10 and one 5.11a in your session. (1pt/each once complete)



Attend a **FREE Member Social; +1pt 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 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"** (1pt/ea month)

FEB MAR APR

Offer a **BELAY to 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 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 The Cave

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

Barrel Wall South Wall North Wall South Slabs Speed Wall So. Dihedral

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 V0s, 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 a BOULDER PROBLEM: (1 point/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 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

KAYACLIMBAPP: 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"/> DISCO CLIMB* any route/problem | <input type="checkbox"/> Grab the dice for a game of "HOARSE" * with a friend | <input type="checkbox"/> Get Dressed! 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 ADD-ON* with another climber | <input type="checkbox"/> Spell Your Name* Climbing Challenge | <input type="checkbox"/> Lick your elbow (<i>and we need to see it!</i>) |
| <input type="checkbox"/> Play ELIMINATOR* with another climber | <input type="checkbox"/> Show us your best STUPID HUMAN TRICK! | <input type="checkbox"/> Show us your moves! Dance to the music. |
| <input type="checkbox"/> Complete the LEMON-LIME *challenge | <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"/> Challenge another climber to play Climbing Jenga | <input type="checkbox"/> Win a staring contest with someone else | <input type="checkbox"/> Leave No Trace* Challenge (1pt/correct) |
| <input type="checkbox"/> Thread the Hoop* (1 pt/person in the circle) | <input type="checkbox"/> Tie a Figure 8 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 6PM | <input type="checkbox"/> THU 12PM | <input type="checkbox"/> AMELIA R. |
| <input type="checkbox"/> TUE 12PM | <input type="checkbox"/> THU 6:15PM | <input type="checkbox"/> CARLEY S. |
| <input type="checkbox"/> TUE 6PM | <input type="checkbox"/> FRI 12PM | <input type="checkbox"/> LISA H. |
| <input type="checkbox"/> WED 7AM | <input type="checkbox"/> FRI 5:30PM | <input type="checkbox"/> NORMA S. |
| <input type="checkbox"/> WED 5:30PM | <input type="checkbox"/> SAT 11AM | <input type="checkbox"/> RICHARD G. |
| | | <input type="checkbox"/> SAMITHA H. |
| | | <input type="checkbox"/> TRINITY C. |
| | | <input type="checkbox"/> VINETTE G. |

- Bike the **I-90 bridge**
- Run or hike **PooPoo Point**
- 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
- Build power!** Give us 2 sets of 3-5 box jumps
- 15 **kettlebell "figure 8s"**
- 10 Hanging Leg Lifts

- TOP-OUT** 3 boulders in one session
- Jam your way up a **CRACK** route
- Lead climb the **PROW on ROPE 15**
- Traverse around the **PIRATE SHIP**
- Climb a top rope route **BLINDFOLDED**
- CLIMB YOUR AGE** in route grades in 1 session
- 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 griptypes 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 gym, bouldering or sport

SHOOT THE MOON! Include 1 problem on the Moonboard in your climbing session. 1 pt/session/month

FEB MAR APR

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!

Seattle: @edgeworks_seattle

Like us on Facebook

Follow us on Instagram

Tag us in a post!

Tacoma: @edgeworks_tacoma

Like us on Facebook

Follow us on Instagram

Tag us in a post!

Guides: @edgeworks_guiding

Follow us on Instagram

Tag us in a post!

TikTok: @edgeworks_climbing

Follow us on TikTok

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)

Climb Outside! (1 point/location)

Exit 32

Leavenworth

Exit 38

Gold Bar

Vantage

Mt. Erie

Red Rocks

Index

Smith Rock

Squamish

Bishop

Red River Gorge

Yosemite

Joe's Valley

Other: _____

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

Sky Diving

Sport Climb

Surf

Trad Climb

Hike

Resort Ski/Ride

Other: _____

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.**

