

EDGEWORKS MEMBER CHALLENGE

Earn Your Peaks: Challenge List 2022 | **BELLEVUE**

NAME: _____

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

ACHIEVEMENTS: _____

First Peak: 60 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. Follow COVID health + safety guidelines. Have fun!

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

Belay Lead

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

BEL SEA TAC

Take a **FREE fitness training class** (1 pt/class + instructor)

Ask staff for **FREE HAND SANITIZING service** (1 pt/mo)

FEB MAR APR

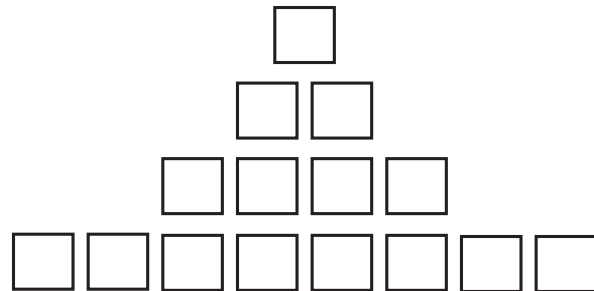
FIRST ASCENT: Be the first to check-in.

YOGA		INSTRUCTOR
MON 6PM <input type="checkbox"/>	WED 5:30PM <input type="checkbox"/>	CARLEY S. <input type="checkbox"/>
TUE 12PM <input type="checkbox"/>	THU 12PM <input type="checkbox"/>	LISA H. <input type="checkbox"/>
TUE 6PM <input type="checkbox"/>	THU 6:15PM <input type="checkbox"/>	NORMA S. <input type="checkbox"/>
Remember to sign up online!		RICHARD G. <input type="checkbox"/>

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

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

Use the **MOONBOARD** to complete a **PYRAMID** session.
Build a good, strong foundation of climbing skill, strength, and stamina. (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)

60 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 the following climbers. (1pt/climber)

Janja Garnbret Alex Megos Kyra Condie Kai Lightner Tomoa Narasaki Ashima Shiraishi

Try our monthly **DYNO CHALLENGE**.

#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

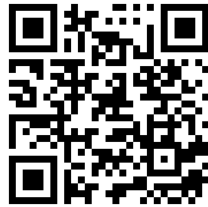
Upload A Video: (1 pt/month)

FEB MAR APR

INFORMATION SHEETS: are available for all challenges 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"/> Jam your way up a CRACK route | <input type="checkbox"/> Try on a new pair of climbing shoes at Edgeworks |
| <input type="checkbox"/> Play ADD-ON with another climber | <input type="checkbox"/> CLIMB YOUR AGE in route grades in 1 session | <input type="checkbox"/> Show us your best STUPID HUMAN TRICK! |
| <input type="checkbox"/> Play ELIMINATOR with another climber | <input type="checkbox"/> Do a 4x4 on an average grade route or problem | <input type="checkbox"/> Share a laugh: tell us a joke! |
| <input type="checkbox"/> Complete the LEMON-LIME challenge | <input type="checkbox"/> Do a 5 second "no hands rest" on a top rope route | <input type="checkbox"/> Win a staring contest with someone else |
| <input type="checkbox"/> Traverse around the PIRATE SHIP | <input type="checkbox"/> Climb 3 rope routes with one hand behind your back | <input type="checkbox"/> Lick your elbow (<i>and we need to see it!</i>) |
| <input type="checkbox"/> Challenge another climber to play Climbing Jenga | <input type="checkbox"/> Climb a route BACKWARDS , facing out | <input type="checkbox"/> Show us your moves! Dance to the music. |
| <input type="checkbox"/> TOP-OUT 3 boulders in one session | <input type="checkbox"/> Lead climb the PROW on ROPE 15 | <input type="checkbox"/> Share the love with a random act of KINDNESS |
| <input type="checkbox"/> Climb a top rope route BLINDFOLDED | <input type="checkbox"/> Spell Your Name* Climbing Challenge | <input type="checkbox"/> Leave No Trace* Challenge (1pt/correct) - Score: |

- Thread the Hoop*** (1 pt/person in the circle)
Score: _____
- Tie a Figure 8** follow through with your eyes closed (safety check it before climbing!)
- Get Dressed!** Using 1 hand to hang from the boulder wall, put on your jacket; no ropes and feet cannot touch the ground or wall.
- Scan the code to **drop a note, suggestion or kudos** to our Member Feedback form!



-
- Bike the **I-90 bridge**
 - Run **Little Si** in North Bend
 - 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

- 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, tan/brown, black)
- Hang 10!** Do a 10 second hang on 10 different grip types on the hangboards.
- Grab the dice and challenge your friends to a game of **"HOARSE"**
- 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
- Taco Tuesday.** Eat a taco on a Tuesday

Warm Up with MOONBOARD STRENGTH INTERVALS:
6 problems, 3 perfect repeats/ea, 3 minute rest between.

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. **#earnyourpeaks** (1pt/action/location)

Bellevue: @edgeworks_bellevue

Seattle: @edgeworks_seattle

Tacoma: @edgeworks_tacoma

Like us on Facebook

Like us on Facebook

Like us on Facebook

Follow us on Instagram

Follow us on Instagram

Follow us on Instagram

Tag us in a post!

Tag us in a post!

Tag us in a post!

Trail Clean Up! Help save the oceans by collecting trash from any trail, including the Sammamish River trail.

(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)

4 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

Climb outside! (1 point/location)

North Bend

Gold Bar

Vantage

Index

Leavenworth

Bishop

Red River Gorge

Smith Rock

Mt. Erie

Red Rocks

Yosemite

Squamish

Joe's Valley

Other: _____
