

# EDGEWORKS MEMBER CHALLENGE

EARN YOUR PEAKS: CHALLENGE LIST 2018

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

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

FIRST PEAK: 50 Points

SECOND PEAK: 100 Points

THIRD PEAK: 175 Points

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

<b>YOGA:</b>	MONDAY: 7:10pm	TUESDAY: 12pm	TUESDAY: 6pm	WEDNESDAY: 12pm
	WEDNESDAY: 7:10pm	THURSDAY: 7:10pm	SATURDAY: 11am	SUNDAY: 5pm
<b>STRENGTH:</b>	WEDNESDAY: 6pm	THURSDAY: 6pm	<b>PILATES:</b>	MONDAY: 6pm
<b>CORE:</b>	TUESDAY: 7:10pm	FRIDAY: 6pm		
<b>INSTRUCTORS:</b>	ALLISON	ANNA	DEBBIE	ERICA
	HEIDI	JAKE		
LIZA	MARY	PATRICK	REBECA	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	February	March	March	April	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:** (1pt/each)

Weekday: before 10am	Saturday	Sunday	Monday	Tuesday
Weekend: after 6pm	Wednesday	Thursday	Friday	First person to check-in for the day!

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

February 6	March 6	April 3
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Attend a **FREE Tuesday Night Clinic**

February 20	March 20	April 17
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Climb the **"Route of the Month"**

February	March	April
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**Furniture Flash!** Find a piece of furniture and boulder it

Bench (1pt)	Table (2pt)	Chair (3pt)
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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

February	March	April
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**"Staff Favorite"** Ask for a route recommendation and climb it; **BONUS point** for different staff each month

February	Staff:	March	Staff:	April	Staff:
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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

Climb a route on each **Auto Belay:** (1 pt/station)

Auto Belay #1	Auto Belay #2	Auto Belay #3	Auto Belay #4	Auto Belay #5	Auto Belay #6
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Join the fun for the **3<sup>rd</sup> Annual EW Bouldering Series** (1pt/week) *ALL weeks are highly encouraged for maximized fun!*

Wed, March 7	Wed, March 14	Wed, March 21	Wed, March 28	Wed, April 4	Wed, April 11
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Offer a belay to **someone new**:

<input type="checkbox"/>	February	<input type="checkbox"/>	March	<input type="checkbox"/>	April
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**High Five** 3 Edgeworks staff members:

<input type="checkbox"/>	February	<input type="checkbox"/>	March	<input type="checkbox"/>	April
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**Social media posts!** Tag us in a fun Edgeworks related post so we can see it

<input type="checkbox"/>	Facebook: @Edgeworks Climbing Gym	<input type="checkbox"/>	Instagram: @edgeworks_climbing/#edgeworks	<input type="checkbox"/>	Twitter: @EdgeworksClimb
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|---|--|
| <input type="checkbox"/> Like us on <b>Facebook!</b>                              | <input type="checkbox"/> Try on a <b>new pair of climbing shoes</b> at Edgeworks         |
| <input type="checkbox"/> Follow us on <b>Instagram!</b>                           | <input type="checkbox"/> Show us your best <b>stupid human trick</b>                     |
| <input type="checkbox"/> Sign-up and attend your <b>FREE Fitness Consultation</b> | <input type="checkbox"/> Drop a <b>note, suggestion</b> or <b>comment</b> in the red box |

**1 DAY Challenge:** How many points can you earn in 1 DAY? (*points awarded for highest single box checked*)

<input type="checkbox"/>	50 Points IAD (2pts)	<input type="checkbox"/>	100 Points IAD (10pts)	<input type="checkbox"/>	150 Points IAD (25pts)
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**RULES:**

- OK to **repeat previously completed** items for the scoring of this challenge only.
- Repeated items will not count toward overall points earned.
- **SCORING:** 1pt/per item completed **PLUS** the points listed above
- **Report your score!** Top 2 scores at the end of each month **win a prize** and some significant bragging rights!!

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| <input type="checkbox"/> Log 20 routes/problems in <b>(1) one hour session</b>        | <input type="checkbox"/> Create a stem route up <b>auto belay #2</b>               |
| <input type="checkbox"/> Traverse the underside of the <b>boulder archway</b>         | <input type="checkbox"/> <b>Climb your age</b> in route grades                     |
| <input type="checkbox"/> Challenge another climber to a game of <b>Climbing Jenga</b> | <input type="checkbox"/> Attempt a <b>dyno!</b>                                    |
| <input type="checkbox"/> <b>Traverse</b> the middle pillar                            | <input type="checkbox"/> Do a <b>4x4</b> on an average grade route or problem      |
| <input type="checkbox"/> <b>Play add-on</b> with another climber                      | <input type="checkbox"/> Do a 5 second <b>"no hands rest"</b> on a top rope route  |
| <input type="checkbox"/> <b>Top-out 3 boulders</b> in one session                     | <input type="checkbox"/> Climb 3 rope routes with <b>one hand behind your back</b> |
| <input type="checkbox"/> Traverse the <b>lead cave</b>                                | <input type="checkbox"/> Climb a <b>3 pitch route</b> (or greater) outside         |

- Complete a **Full Session:** top rope, auto belay, boulder (2 each); 20 min cardio, (1) mini-Climb Fit Challenge and, (1) fitness class
- Give the **Campus Board** a try! See how far you can get using the center, left and/or right holds (*no feet*)

<input type="checkbox"/>	Left	<input type="checkbox"/>	Center	<input type="checkbox"/>	Right
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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, orange, yellow, green, blue and purple*)
- Climb 3 routes in a row** (*up or down*) without hanging, being lowered or touching the ground
- Climb rope 35** 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 of even number grades only
- Tap with your hand, every **orange boulder height limit "!"** in the gym (*there are 34*)
- Climb a route **backwards**, facing out
- Hula Hoop** until your partner reaches the top of a route:  boulder (1pt)  top rope/auto belay (2pts)

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| <input type="checkbox"/> Run the <b>BLUE trail loop</b> at Point Defiance                    | <input type="checkbox"/> 100 <b>kettlebell</b> swings in a row  |
| <input type="checkbox"/> 10 <b>push-ups</b> in a row   | <input type="checkbox"/> <b>Turn it up to 11!</b> Log 11,000 steps in a day                               |
| <input type="checkbox"/> 20+ minutes on the <b>treadmill</b>                                 | <input type="checkbox"/> 5 <b>sit-up/stand-ups</b> in a row   |
| <input type="checkbox"/> Burn 350 calories on the <b>elliptical</b>                          | <input type="checkbox"/> Run the <b>YELLOW trail loop</b> at Point Defiance                               |
| <input type="checkbox"/> Hold a <b>handstand</b> for 15 seconds ( <i>OK to use a wall!</i> ) | <input type="checkbox"/> 3 <b>pull-ups or chin-ups</b> in a row   |
| <input type="checkbox"/> 15ft <b>handstand walk</b>  | <input type="checkbox"/> 1 <b>one arm</b> pull-up or chin-up  |
| <input type="checkbox"/> <b>Skip/jump rope</b> 200 in a row                                  | <input type="checkbox"/> <b>Airdyne:</b> 10 mins to burn 300 ( <i>men</i> )/200 ( <i>women</i> ) calories |

- Handstand push-up** without a wall
- 2 minute **plank**
- Smile while doing **10 burpees** in a row
- 1,000 step-ups** with a 25lb pack
- 15 kettlebell "figure 8s"**
- 3 sets of 15 Hanging Leg Lifts**

**Mini Climb Fit Challenges: 2pts 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 3-5x
- Sumo Squat (12 reps) | Spider Crawl (6/side) | Alternating Lateral Lunge (6/side) | Single Leg Plank Saw (6/side):** no rest; repeat 3-5x
- 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 3-5x
- 10 Push-ups | 25 Crunches | 25 Squats | 30 Lunges | 50 Jumping Jacks | 60 sec Wall Sit:** repeat 3x

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- Do 3 **cartwheels** in a row without falling over
  - Share a laugh:** tell us a joke!
  - Win a **staring contest** with someone
  - Lick** your elbow
  - Dance** to the music
  - Wheelbarrow walk** from AB1 to AB5
  - Hula Hoop** for 1 minute
  - Try to do a **pull-up while hula hooping**
  - Take the **Dice Challenge (1pt/die)** - Score: \_\_\_\_\_
  - Take the **Leave No Trace Challenge (1pt/correct)** - Score: \_\_\_\_\_
  - Take the **Edgeworks Guide Quiz (1pt/correct)** - Score: \_\_\_\_\_
  - Play the **Staff Name Game (1pt/correct)** - Score: \_\_\_\_\_
  - Right Your Turtle** Challenge
  - Spell Your Name** Climbing Challenge
  - Invent Your Own** Challenge and Do It! \_\_\_\_\_
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**Trail Clean Up!** Collect trash from any trail, including the Scott Pierson Trail across the street. (points awarded for **highest single box checked**)

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

<input type="checkbox"/> Cycle	<input type="checkbox"/> Run	<input type="checkbox"/> Walk	<input type="checkbox"/> Other: _____
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Participate in an organized **run/walk**

<input type="checkbox"/> 5k run/walk (1pt)	<input type="checkbox"/> 10k run/walk (3 pts)	<input type="checkbox"/> Half Marathon run/walk (5pts)	<input type="checkbox"/> Marathon run/walk (8pts)
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Experience the **great outdoors!** (1 point/activity)

<input type="checkbox"/> Paddle	<input type="checkbox"/> Resort Ski/Ride	<input type="checkbox"/> Boulder	<input type="checkbox"/> Surf	<input type="checkbox"/> Trad Climb	<input type="checkbox"/> Hike	<input type="checkbox"/> Sport Climb
<input type="checkbox"/> Ice Climb	<input type="checkbox"/> Backcounty Ski/Ride	<input type="checkbox"/> Snowshoe	<input type="checkbox"/> Swim	<input type="checkbox"/> Camp	<input type="checkbox"/> Bike	<input type="checkbox"/> Run/Walk

**Climb outside!** (1 point/location)

<input type="checkbox"/> North Bend	<input type="checkbox"/> Gold Bar	<input type="checkbox"/> Vantage	<input type="checkbox"/> Smith Rock	<input type="checkbox"/> Red Rocks	<input type="checkbox"/> Red River Gorge
<input type="checkbox"/> Mt. Erie	<input type="checkbox"/> Leavenworth	<input type="checkbox"/> Index	<input type="checkbox"/> Squamish	<input type="checkbox"/> Yosemite	<input type="checkbox"/> Other: _____

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

<input type="checkbox"/> Chalk (1pt)	<input type="checkbox"/> Belay Dvc/Biner (1pt)	<input type="checkbox"/> Harness (2pts)	<input type="checkbox"/> Helmet (2pts)	<input type="checkbox"/> Climbing Shoes (3pts)
<input type="checkbox"/> Chalkbag (1pt)	<input type="checkbox"/> Quickdraw (2pts)	<input type="checkbox"/> Rope Bag (2pts)	<input type="checkbox"/> Rope (3pts)	<input type="checkbox"/> EW Hoodie/Tank (3pts)

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

<input type="checkbox"/> Water Bottle (1pt)	<input type="checkbox"/> Cooler (2pts)	<input type="checkbox"/> Climbing Helmet (3 pts)	<input type="checkbox"/> Personal Vehicle/Roof Rack (5pts)
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