

# EDGEWORKS MEMBER CHALLENGE

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

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 three Edgeworks staff members:** (1 pt/month)

FEB     MAR     APR

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

BEL     SEA     TAC

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

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

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

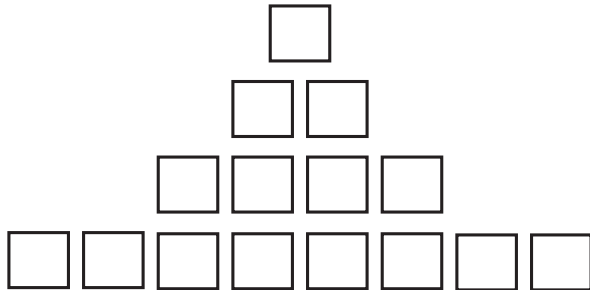
**2022** shirt  peaks \_\_\_\_\_

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

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



**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.** (1pt/month)

FEB     MAR     APR

**Climb the "ROUTE of the MONTH"** (1pt/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!

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

FEB  MAR  APR

Try our monthly **DYNO CHALLENGE**. #itsnottoofar #itsadyno

FEB  MAR  APR

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

Old 30  Vert Wall  Old 45  Roof  New 45  Bulge  Wave  The 70   
Cardiac  Crack Wall  Diamond  Back Arete  Tsunami  Slab  True 30  Koko's Cave

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

Outdoor Wall  East Wall  West Wall  Lead 45  Lead Cave

**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!)

Front Room  Top Grade: \_\_  
Walltopia  Top Grade: \_\_  
Dojo  Top Grade: \_\_

**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

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

Any Route  V0  V1  V2  V3  V4  V5   
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

**KAYA CLIMB APP:** 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! (1 pt/each)

**DISCO CLIMB\*** any boulder problem

Play **ADD-ON\*** with another climber

Play **ELIMINATOR\*** with another climber

Complete the **LEMON-LIME** \*challenge

Challenge another climber to play **Climbing Jenga**

**Thread the Hoop\*** (1 pt/person in the circle)

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

Grab the dice for a game of **"HOARSE"** with a friend

**Spell Your Name\*** Climbing Challenge

Show us your best **STUPID HUMAN TRICK!**

**Share a laugh:** tell us a joke!

Win a **staring contest** with someone else

**Tie a Figure 8** follow through with your eyes closed (safety check it first before climbing!)

**Get Dressed!** Using 1 hand to hang from the boulder wall, put on your jacket; no ropes, feet cannot touch the ground or wall.

Lick your **elbow** (and we need to see it!)

Show us your moves! **Dance** to the music.

Share the love with a **random act of KINDNESS**

**Leave No Trace\*** Challenge (1pt/correct)

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

- Get Stokt! The Spray Wall app.**  Create a climb.  
 Download the Stokt app.  Log a climb.
- 

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

**YOGA**

**INSTRUCTOR**

- WEDNESDAYS 7AM  ASHLEY  
 SATURDAYS 9AM  JAZZMIN F.
- 

**Weight/Cardio Challenges:** 1pt/each

- Run 3 laps at **Carl S. English Botanical Gardens**
- Run the **Burke-Gilman to Golden Gardens** from EW
- Project Push-Up!** 10 push-ups between climbs
- 80 RMPs for 30 minutes on the **stationary bike**
- Focus on form! 20 **air squats**
- 3 sets of **5 military presses**
- Deadlift!** 4 sets of 6 reps; same weight
- Hold a **handstand** for 15 seconds (OK to use a wall!)
- Skip/**jump rope** 200 in a row
- 1 minute Kettlebell swings**, cleans or high pulls
- 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
- Do 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**

- Traverse the underside of the **ROPE WALL SECTION**
- Defy gravity on a **ROOF ROUTE**
- Lead climb the **OUTDOOR WALL**
- Climb any route on the **LEAD 45**
- 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 (pink, orange, yellow, green, blue, purple, white, black)
  - Hang 10!** Do a 10 second hang on 10 different grip types on the hangboards.
  - Test your skills.** Coil the long rope in under 60 seconds.
  - 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
  - Friday Night Lights:** Climb the outdoor wall on a Friday night
  - 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
  - Cheers!** Have a beverage at Kiss Cafe.
  - Taco Tuesday.** Eat a taco on a Tuesday.
  - Visit a **Nordic Troll**
- 

**Mini Climb Fit Challenges:** 5 pts/workout

- 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 3x
- Bike from Edgeworks to the Day Break Star Indian Cultural Center and back.
- 5 Push-ups | 10 Crunches | 10 Mountain Climbers | 20 Squats | 10 Lunges each side: repeat 3x
- 10 Push-ups | 25 Crunches | 25 Squats | 30 Lunges | 50 Jumping Jacks | 60 sec Wall Sit: repeat 3x

**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!
- Follow us on Instagram

**TikTok:** @edgeworks\_climbing

- Follow us on TikTok
- 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: \_\_\_\_\_

**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: \_\_\_\_\_

**Experience the great outdoors!** (1 pt/activity)

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



**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: \_\_\_\_\_