

EDGEWORKS MEMBER CHALLENGE

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

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)

SPARK SESSIONS

POWER STRENGTH ENDURANCE

MOBILITY STABILITY INJURY

RECOVERY

Remember to sign up online to reserve your spot!

Give **AIR HIGH FIVES** to 5 staff members: (1 pt/month)

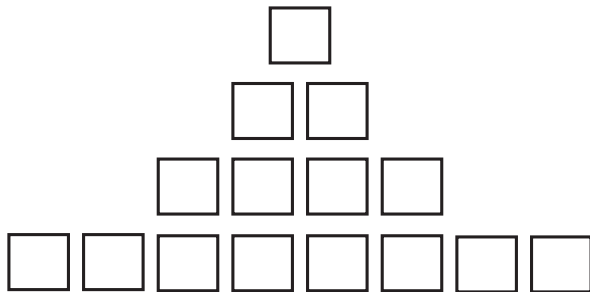
FEB MAR APR

FIRST ASCENT: Be the first to check-in.

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

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

Use the **KILTER BOARD** 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!

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

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. (1pt/section)

Old 30 Vert Wall Old 45 Roof New 45 Bulge Wave Dojo
 Cardiac Crack Wall Diamond Back Arete Tsunami Slab True 30

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

Outdoor Wall East Wall West Wall Lead 45 Lead Cave

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!)

Front Room Top Grade: ___
 Walltopia Top Grade: ___
 Dojo Top Grade: ___

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

Send a BOULDER PROBLEM: (1 point/grade)

Any Route VB 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

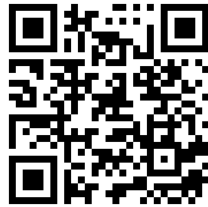
Upload A Video: (1 pt/month)

FEB MAR APR

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"/> Get Sticky! Grab your free Edgeworks STICKER | <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 the underside of the ROPE WALL SECTION | <input type="checkbox"/> Climb 3 rope routes with one hand behind your back | <input type="checkbox"/> Lick your elbow (and we need to see it!) |
| <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"/> Climb a top rope route BLINDFOLDED | <input type="checkbox"/> Lead climb the OUTDOOR WALL | <input type="checkbox"/> Share the love with a random act of KINDNESS |
| <input type="checkbox"/> Defy gravity on a ROOF ROUTE | <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!



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- 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
 - 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 (pink, orange, yellow, green, blue, purple, white, tan/brown, 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 2 minutes.
- 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
- 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.
- Get the Stokt!** Download the app Create a new climb in the app Log a climb in the app

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

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!

Trail Clean Up! Help save the oceans by collecting trash from any trail, including the Burke-Gilman 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 (2pt)

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: _____
