

EDGEWORKS MEMBER CHALLENGE

Earn Your Peaks: Challenge List 2023 | **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: 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)

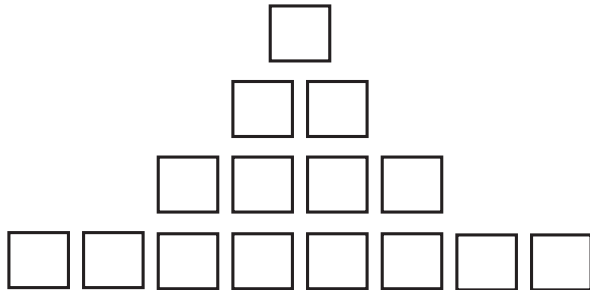


"STAFF FAVORITE" Ask for a route recommendation and climb it. (1/month)

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

2022 shirt peaks

Use the **KILTER BOARD** to complete a **PYRAMID** session.
For example, you may climb eight V2s, four V3s, two V4s and one V5 in your session. (1pt/each once complete, any angle)



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!

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

- DISCO CLIMB*** any route/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

- SATURDAYS 9AM

CORE 45 *(online)*

- TUESDAYS 7:15PM

SPARK SESSIONS

THURSDAYS 7PM *(online)*

- INJURY PREVENTION
 MOBILITY
 STABILITY
 POWER

INSTRUCTOR

- JAZZMIN F.
 NICK B.
 SAMITHA H.

- 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
 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** Do a **4x4** on an average grade route or problem
 Defy gravity on a **ROOF ROUTE** Do a 5 second **"no hands rest"** on a top rope route
 Lead climb the **OUTDOOR WALL** Climb 3 routes with **one hand behind your back**
 Lead climb the **PROW on ROPE 15** Climb a route **BACKWARDS**, facing out
 Climb a top rope route **BLINDFOLDED** Only climb route colors that you're **CURRENTLY WEARING**
 CLIMB YOUR AGE in route grades in 1 session

- 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.
 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.

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. **#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 Tik Tok

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)

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 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: _____

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.**

