

EDGEWORKS MEMBER CHALLENGE

Earn Your Peaks: Challenge List 2024 | TACOMA

NAME: _____

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

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

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 three Edgeworks staff members: (1 pt/month)

FEB MAR APR

FIRST ASCENT: Be the first person to check-in for the day.

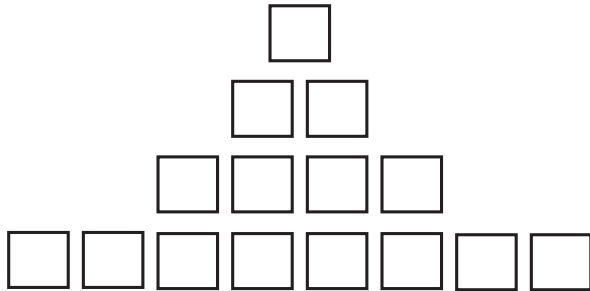


“STAFF FAVORITE” Ask for a route recommendation and climb it. (1 pt/month)

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

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/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 IAD 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!

Give the **CAMPUS BOARD** a try! See how far you can get using the center, left and/or right holds (no feet)

Pinch Sloper Peg Board Crimp

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

FEB MAR APR

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

EAST BAY: | The Lookout The Prow Outer Space Town Wall The Flake Zig Zag Two Towers
 WEST BAY: | The Ear Alcove Work Wall South Tower Tower Arch Wall of Love The Nose

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

Sunshine Wall The Gallery Passage Wall Boulder Arch Boulder Cave The OLC

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!)

Boulder Wall Top Grade: ___
 The OLC 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 pt/grade)

Any Route V0 V1 V2 V3 V4 V5
 Top Out V6 V7 V8 V9 V10 Attempt next grade

CLIMB to the TOP of a route without falling: (1 pt/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 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)

- 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: _____

Score: _____

Wear your **MEMBER CHALLENGE T-SHIRT** from a previous year to the gym.
(1pt/shirt + add'l points for each peak earned that year)

2016	2017	2018
shirt <input type="checkbox"/>	shirt <input type="checkbox"/>	shirt <input type="checkbox"/>
peaks _____	peaks _____	peaks _____
2019	2020	2022
shirt <input type="checkbox"/>	shirt <input type="checkbox"/>	shirt <input type="checkbox"/>
peaks _____	peaks _____	peaks _____
2023		
shirt <input type="checkbox"/>		
peaks _____		

Weight/Cardio Challenges: 1pt/each

- Run the **BLUE trail loop** at Point Defiance
- Run the **YELLOW trail loop** at Point Defiance
- Project Push-Up!** 10 push-ups between climbs
- 20+ minutes on a **treadmill**
- Burn 350 calories on an **elliptical**
- Skip a Step:** burn 250 calories on the stairmaster
- 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
- 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

- TOP-OUT** 3 boulders in one session
- Climb a top rope route **BLINDFOLDED**
- Jam your way up a **CRACK** route
- 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 rope routes with **one hand behind your back**
- Climb a route **BACKWARDS**, facing out
- Lead climb the **PROW** (anchors 3-11)
- Traverse the underside of the **BOULDER ARCHWAY**
- Only climb route colors that you're **CURRENTLY WEARING**
- Climb the **FLAKE** using only the features of the wall

- 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, pink, orange, yellow, green, blue, purple, white, black)
- Hang 10!** Do a 10 second hang on 10 different grip types on the hangboards.
- On belay, climb **rope 63** without using your hands (no holds, no arête, no features)
- 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
- Climb the **"Campus" problem** on the boulder wall (*no feet!*)
- 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

Mini Climb Fit Challenges: 5pts/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 2-3x
- 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 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. **#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: _____

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
- 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.**



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: _____

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: _____