

EDGEWORKS MEMBER CHALLENGE

Earn Your Peaks: Challenge List 2023 | 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: 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.

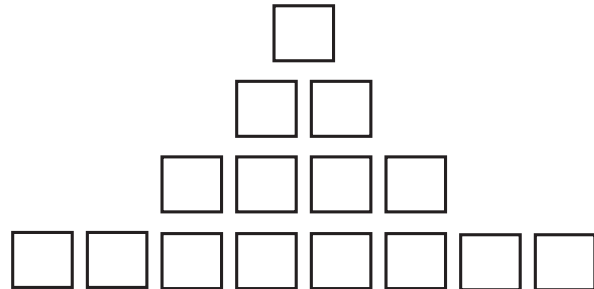


"STAFF FAVORITE" Ask for a route recommendation and climb it. (1/ea; mo/staff)

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/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!

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 point/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 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: _____

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

shirt

peaks

2017

shirt

peaks

2018

shirt

peaks

2019

shirt

peaks

2020

shirt

peaks

2022

shirt

peaks

- 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 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 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!

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 TikTok
- Tag us in a post!

Trail Clean Up! Help save the oceans by collecting trash from any trail, including the Scott Pierson Trail across the street.
(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
- Sky Diving
- Sport Climb
- Surf
- Trad Climb
- Hike
- Resort Ski/Ride
- Other: _____
- Camp
- Bike
- Run/Walk
- Snowshoe
- Cross Country Ski

Climb Outside! (1 point/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: _____

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.**

