

Name: _____



Rockoberfest Feats of Strength

Date Completed

Complete as many Feats of Strength as you can throughout the month of October. Complete 20 items to be entered in a raffle for a free month membership. Complete 40 items to be entered in a raffle for a rope or a boulder pad. Complete the most items for insane bragging rights and the ultimate local's package, including three months free membership and gift cards from other awesome local businesses.

Date Completed	Feat Description	Category	Challenge Number	Challenge Description	
1	Climb to the top of any wall	Rope Climbing	41	Climb 3 different routes blindfolded in a day	
2	Climb a 5.8 without falling		42	Climb to the top of any roped wall with only one hand	
3	Climb a 5.9 without falling		43	Climb one route on EVERY rope/autobelay in the gym in a day	
4	Climb a 5.10- without falling		44	Climb every 5.10-, 5.10, and 5.10+ in the pit in a day	
5	Climb a 5.10 without falling		45	Climb every 5.11-, 5.11, 5.11+ in the pit in a day	
6	Climb a 5.10+ without falling		46	Make a backpack coil - show a staff member	
7	Climb a 5.11- without falling		47	Do a bat hang in the bouldering cave	
8	Climb a 5.11 without falling		48	"Honnoolding" (Do it on a rope...ask a staff member if you need an explanation)	
9	Climb a 5.11+ without falling		49	Boulder up and down 4 different problems without touching the ground (traverse between starts)	
10	Climb a 5.12- without falling		50	Boulder all of the VO and V1 problems in ten minutes	
11	Climb a 5.12 without falling		51	Pick a color...Boulder all of the same color problems in a day	
12	Climb a 5.12+ without falling		52	Boulder 20 different problems in an hour	
13	Boulder a VO	Bouldering	53	Boulder 40 total problems in a day	
14	Boulder a V1		54	Traverse left to right across the steep bouldering wall without falling	
15	Boulder a V2		55	Traverse right to left across the steep bouldering wall without falling	
16	Boulder a V3		56	Climb any boulder problem with one hand OR no feet (campus)	
17	Boulder a V4		57	Check into the gym at least 15 days	
18	Boulder a V5		58	Climb 10 different routes (or boulder 20 different problems) outdoors (any area) in a day	
19	Boulder a V6		59	Climb at Lover's Leap, Phantom Spires, or Sugarloaf (at least 3 routes)	
20	Boulder a V7	60	Climb at Eagle Lake Cliff, Mayhem Cove, or 90 ft Wall (at least 3 routes)		
21	Squat your own bodyweight (10 reps)	Strength	61	Climb at Pie Shop, Space Domes, or Space Invaders (at least 3 routes)	
22	Bench press half your body weight (10 reps)		62	Climb at Luther Rock or Luther Spires (at least 3 routes)	
23	Deadlift your own body weight (10 reps)		63	Participate in a climbing class or climbing series	
24	Do 100 pullups in a day		64	Participate in a yoga class	
25	Do 100 pushups, situps, and lunges (each leg) in a day		65	Participate in a pilates or barre class	
26	Do 100 burpees in an hour		66	Participate in a fitness class	
27	Do 100 bosu squats in an hour		67	Do an athlete assessment with Redpoint Performance	
28	Do 1 pullup with 1/5 bodyweight added		68	*Attend* the No Mans Land Virtual Film Festival on Friday 10/23	
29	Deadhang for 2 minutes on the hangboard		69	Climb at the gym wearing a costume on Halloween (Oct. 31)	
30	Campus 1-3-5 on the campus board with no feet		70	Find Your Element! - Take a class or workout at Elements gym on Wednesday 10/21, free for Blue Granite members	
31	Row 19km in a month (distance across Lake Tahoe)	Cardio	71	Attend the Elements Popup Workshop at Blue Granite on Saturday 10/24	
32	Burn 1000 calories on ANY (combination of) machine(s) in a day		72	Post a picture climbing at the gym and tag Blue Granite, use #rocktoberfest	
33	Run/jog/walk/bike/skate/scoot to Blue Granite		73	Place a Blue Granite sticker somewhere around Lake Tahoe, tag Blue Granite (bonus point for creativity)	
34	Do 10 laps on an autobelay without rest		74	Bring a friend to the gym who's never been before	
35	Do 10 laps on each of the autobelays (40 laps total) in a day		75	Beat Henry at Connect 4	
36	Run/jog/walk/hike a total of 72 miles in a month (distance around Lake Tahoe)		76	Do a core workout with LT	
37	Prep for backcountry skiing - do 30 stair laps in 30 minutes (pit to mezzanine...walk don't run!)		77	Make up a traverse on the slab wall with Gena	
38	Climb 30 routes/laps in an hour		78	Challenge Cori to a staring contest	
39	Climb 60 routes/laps in a day		79	Learn a Kendama trick from Jess	
40	Climb Freel Peak! Do 116 laps in the pit IN A DAY!		80	Take a whipper with Gianna	
			81	Take an athlete assessment with Redpoint Performance (Robert)	
			82	Build a quad anchor at "the learning center" (next to the slab wall) and have Brad check it	
			83	There some chores in this house, there some chores in this house!...Do a cleaning task with any staff member	
			DO IT ALL!	84	Complete EVERYTHING on the list, win a free 1-year membership

Create an account, log your progress, and view the leaderboard online!

There's a link to set up your account (it takes like 20 seconds) on our website: www.bluegraniteclimbing.com/rocktoberfest