



Date Completed

Rockoberfest Feats of Strength

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. 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.

Rope Climbing	1	Climb to the top of any wall
	2	Climb a 5.8 without falling
	3	Climb a 5.9 without falling
	4	Climb a 5.10- without falling
	5	Climb a 5.10 without falling
	6	Climb a 5.10+ without falling
	7	Climb a 5.11- without falling
	8	Climb a 5.11 without falling
	9	Climb a 5.11+ without falling
	10	Climb a 5.12- without falling
	11	Climb a 5.12 without falling
	12	Climb a 5.12+ without falling
Bouldering	13	Boulder a V0
	14	Boulder a V1
	15	Boulder a V2
	16	Boulder a V3
	17	Boulder a V4
	18	Boulder a V5
	19	Boulder a V6
	20	Boulder a V7
Strength	21	Squat your own bodyweight (10 reps)
	22	Bench press half your body weight (10 reps)
	23	Deadlift your own body weight (10 reps)
	24	Do 100 pullups in a day
	25	Do 100 pushups, situps, and lunges (each leg) in a day
	26	Do 100 burpees in an hour
	27	Do 100 bosu squats in an hour
	28	Do 1 pullup with 1/5 bodyweight added
	29	Deadhang for 2 minutes on the hangboard
Cardio	30	Burn 1000 calories on ANY (combination of) machine(s) in a day
	31	Run/jog/walk/bike/skate to Blue Granite...human power only
	32	Do 10 laps on an autobelay without rest
	33	Do 10 laps on each of the autobelays (40 laps total) in a day
	34	Run/jog/walk/hike a total of 72 miles in a month (distance around Lake Tahoe)
	35	Prep for backcountry skiing - do 30 stair laps in 30 minutes (pit to mezzanine...walk don't run!)
	36	Climb 30 routes/laps in an hour
	37	Climb 60 routes/laps in a day
	38	Climb Freel Peak! Do 116 laps in the pit IN A DAY!

Extra Challenges	39	Climb 3 different routes blindfolded in a day
	40	Climb to the top of any roped wall with only one hand
	41	Climb one route on EVERY rope/autobelay in the gym in a day
	42	Climb every 5.10-, 5.10, and 5.10+ in the pit in a day
	43	Climb every 5.11-, 5.11, 5.11+ in the pit in a day
	44	Make a backpack coil - show a staff member
	45	Do a bat hang in the bouldering cave
	46	"Honnoolding" (Do it on a rope...ask a staff member if you need an explanation)
	47	Boulder up and down 4 different problems without touching the ground (traverse between starts)
	48	Boulder all of the V0 and V1 problems in ten minutes
	49	Pick a color...Boulder all of the same color problems in a day
	50	Boulder 20 different problems in an hour
	51	Boulder 40 total problems in a day
	52	Traverse left to right across the steep bouldering wall without falling
	53	Traverse right to left across the steep bouldering wall without falling
54	Climb any boulder problem with one hand OR no feet (campus)	
55	Check into the gym at least 15 days	
Get Outside	56	Climb 10 different routes (or boulder 20 different problems) outdoors (any area) in a day
	57	Climb or boulder at Lover's Leap, Phantom Spires, or Sugarloaf (at least 3 routes)
	58	Climb at Eagle Lake Cliff, Mayhem Cove, or 90 ft Wall, or boulder at DL Bliss (at least 3 routes)
	59	Climb or boulder at Pie Shop, Space Domes, or Space Invaders (at least 3 routes)
	60	Climb at Luther Rock or Luther Spires, or boulder at X-Mas Valley (at least 3 routes)
	61	Participate in a yoga class
Try New Things	62	Participate in one of the inversion series classes
	63	Participate in a core class (Good Morning Core, Aerial Core, Core30)
	64	Participate in Super Sweat Sesh or Move It!
	65	Participate in the Climb-A-Thon/Cleanup Event on October 1 (Climb, Donate or Cleanup)
	66	Climb at the gym wearing a costume on Halloween (Oct. 31)
	67	Post a picture climbing at the gym: tag @bluegraniteclimbing, use #rocktoberfest & #BGfeatsofstrength
	68	Place a Blue Granite sticker somewhere, tag @bluegraniteclimbing (bonus point for creativity)
	69	Bring a friend to the gym who's never been before
	70	Beat Henry at Connect 4
	71	Do a 5-min plank challenge with LT
	72	Test your finger strength with Ivan
	73	Do a trust fall with Hailee - don't hurt her!
	74	Give Matt your best PSAAAA!!!
	75	Take a whipper with Gianna
	76	Climb the crack for speed with Kevin
	77	Build an equalletter anchor at "the learning center" (next to the slab wall) and have Brad check it
	78	Climb any boulder problem, your feet must touch every single hold... Chris must watch & approve
	79	Show JP that you can juggle (can't juggle? Ask him to teach you)
	80	Read a Dr. Seuss book to Jay (he's got books already)
	81	Do a wall sit longer than Savannah
	82	60 sec Tree Pose Challenge with Paul
	83	Do a cleaning task with any staff member
	DO IT ALL!	84



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