



## **River Rock Summit Challenge 2016**

Are you ready for a challenge in 2016? Well here you go! We have designed this program to not only get you active and challenge you in the gym, but outside too. Tick off each item you complete to see what level you reach by the end of the program (June 30, 2016). We will have monthly “shout-outs” and special prizes for those who are participating in the extracurricular program for various things (total gym check-ins, classes attended, levels achieved, etc.). Each item is something you have done once you begin the Summit Challenge, not prior to the start of the challenge. This is based on the honor system.

**This program is at your own risk and you accept all risks associated in participating. The River Rock is not responsible!**

Some of the activities will have a fee or charge associated. This is over and above any River Rock fees or dues.

Before beginning any fitness program or changing your physical activity patterns, you should always consult with your doctor or physician, particularly if you have been inactive, are overweight, or have or suspect any sort of medical condition that might be worsened by exercise and other physical activities.

Good luck, have fun, and get active!

# River Rock Summit Challenge 2016

Name: \_\_\_\_\_

To obtain a particular achievement level you must complete the appropriate number of challenges in each of the categories. You may substitute any one item from any category with one item from the substitution list. You can't "double-dip" - so you can't count any one item or task more than once. This challenge will run from January 1<sup>st</sup> to June 30<sup>th</sup>, 2016.

## Achievement Levels

- Mill Mountain:**
  - Category I any 7
  - Category II any 3
  - Category III any 2
  - Category IV any 1
  - Category V any 3
- McAfee Knob:**
  - Category I any 12
  - Category II any 5
  - Category III any 5
  - Category IV any 2
  - Category V any 5
- Dragons Tooth:**
  - Category I any 14
  - Category II any 7
  - Category III any 10
  - Category IV any 5
  - Category V any 8
- The Summit:**
  - Category I 20 or more
  - Category II 8 or more
  - Category III 12 or more
  - Category IV 8 or more
  - Category V 10 or more

## **Category I: River Rock Gym Climbing (gym specific climbing)**

- Climb a 5.7 in the gym without falling (red point)
- Climb a 5.8 in the gym without falling (red point)
- Climb a 5.9 in the gym without falling (red point)
- Climb a 5.10- in the gym without falling (red point)
- Climb a 5.10 in the gym without falling (red point)
- Climb a 5.10+ without falling (red point)
- Climb a 5.11- without falling (red point)
- Climb a 5.11 in the gym without falling (red point)
- Climb a 5.11+ without falling (red point)
- Climb a 5.12 or harder in the gym without falling (red point)
- Lead climb a 5.8 or higher route w/o falling
- Lead climb a 5.9 or higher route w/o falling
- Climb 10 routes/laps in a day
- Climb 10 routes/laps in an hour (not same day as previous)
- Climb 20 routes/laps in a day
- Climb 20 routes/laps in an hour (not same day as previous)
- Complete a V0- boulder problem
- Complete a V0 boulder problem

- Complete a V0+ boulder problem
- Complete a V1 boulder problem
- Complete a V2 boulder problem
- Complete a V3 boulder problem
- Complete a V4 boulder problem
- Complete a V5 boulder problem
- Complete a V6 boulder problem
- Complete a V7 or higher boulder problem
- Meet up and climb with a new partner
- Exceed 24 check-in's in a 90 day period
- Exceed 24 check-in's in a 60 day period

### **Category II: River Rock Programs**

- Attend the RR Basic Belay Class (or pass/have passed the belay test)
- Attend a RR clinic or class (beyond the basic belay class)
- Attend the RR Lead Clinic (or pass/have passed the lead test)
- Attend a Member's Only hours session (if member)
- Attend an a set with the setters session
- Complete a Reach Your Peak fitness class (either on your own or organized)
- Attend a Slackline Sunday (and try your hand, or um.. feet)
- Bring a friend to the gym
- Attend a RR yoga class or strength training class
- Attend two or more RR yoga class or strength training class in a 30 day period

### **Category III: Outdoor Pursuits**

- Walk/Bike/Run at least a combined 5 miles on the Roanoke Greenway (during challenge period)
- Walk/Bike/Run at least a combined 10 miles on the Roanoke Greenway (during challenge period)
- Walk/Bike/Run at least a combined 50 miles on the Roanoke Greenway (during challenge period)
- Play one of the local disc golf courses (Highland Park, Fishburn Park, or Greenfield in Botetourt)
- Hike to one of the 7 peaks in the area: Mill Mountain, Read Mountain, Poor Mountain (12 O'clock Knob), Sharp Top, Dragon's Tooth, Tinker Cliffs, or McAfee Knob
- Hike to at least 3 of the 7 peaks in the area
- Hike five or more of the 7 peaks in the area
- SUP (stand up paddleboard) for a session
- Canoe/kayak the New River, James River, Roanoke River, Carvins Cove or other local tributary/body of water for at least 3 miles or two hours.
- Register and participate in a playroanoke.com program: \_\_\_\_\_
- Bike a trail at Carvins Cove
- Hike a trail at Carvins Cove
- Run in an organized 5K, 10K, half marathon, or marathon
- Hike to one of Virginia's three tallest waterfalls
- Hike five or more miles on the Appalachian Trail
- Go on a weekend camping trip (car camping, backpacking, canoe, etc.)

#### Category IV: Climbing Outside

- Boulder at McAfee Knob **-or-** attend an organized trip to McAfee Knob through playroanoke.com
- Climb at Bozoo (at least two roped routes)
- Boulder at Bozoo (at least a half day)
- Attend an organized trip to Goshen Pass through playroanoke.com
- Climb at Hidden Valley (at least two roped routes - top rope or sport)
- Boulder at Grayson Highlands (at least a half day)
- Climb three or more roped routes (top rope or sport) at New River Gorge **-or-** attend an organized trip to the New River Gorge through playroanoke.com **-or-** utilize a guide or guide service and climb in New River Gorge for at least a half day
- Boulder in New River Gorge for at least a half day
- Climb a crag of your choice: at least two roped routes
- Climb a boulder crag of your choice: at least a half day
- Lead a trad route
- Clean a trad route
- Lead a sport route
- Do a multi-pitch climb (either lead or second)
- Take a weekend climbing trip to a crag of your choice
- Do a trash sweep of any climbing area you climb or visit
- Become a member of the Access Fund or American Alpine Club (or current member)
- Attend an outside bouldering or climbing competition (compete or not, your choice)
- Take someone climbing outside that has never been

#### Category V: Community Activities & Engagement

- Volunteer for a program or event of your choice (any non-profit)
- Visit a local farmers market
- Attend a local festival (within Roanoke Valley)
- Go to a concert or event at Elmwood Park
- Visit a Virginia brewery or winery
- Try something new that you have never done (karate, yoga, stand up paddle board, etc.)
- Make a donation to a local food pantry or similar
- Visit the Taubman
- Visit a Roanoke historical site
- Visit a Virginia State Park
- Volunteer for at least a half day of trail work through: Appalachian Trail Conservancy/Club, Roanoke City, IMBA or RIMBA, etc.
- Participate in an organized road or river clean-up

#### Substitute List:

**You may only use up to one substitution item in each of the categories. However, as a bonus if you complete all items in the substitution list you may substitute two in one of the five categories.**

- Volunteer for a non-profit of your choice for at least four hours
- Hand write a letter and mail USPS to a friend you have not had contact with in over a year
- Write your Congressional Representative and share with them something that concerns you
- Fly a kite
- Go to a planetarium show
- Ride your bike, take public transportation, or walk to work/store over using your vehicle
- Car pool to work or an event
- Have a River Rock sticker on your primary vehicle
- Vote in the Virginia primary election on March 1st
- Do not use any electronics for an eight hour period (no, sleeping doesn't count)