

DRG 2017 MID YEAR ADDENDUM LIST

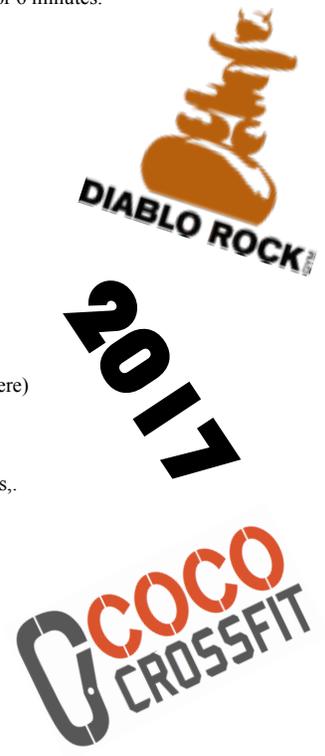
Your name: _____

Take on and complete some MORE easy and audacious goals. Surprise yourself, see how many challenges you can "tick off" the list in the second half of 2017! This is NOT an "I can do list," rather, this is an "I DID LIST" in the second half of 2017, (after getting this score sheet). Have fun. Write in the date and any notes when you complete a challenge. There is a [google doc online](#) you can use to keep track of your completed challenges. - email Hans@touchstoneclimbing.com to get on it.

staple this to your full list

If you don't understand a challenge, ask a staff member or Hans

Some easy and tough stuff.	135	<input type="radio"/> In four minutes : balance on the Indo Board for 30 seconds, do 10 knee push ups, 30 core reps, 10 burpees, 30 jump ropes, and 10 lunges each leg.
	136	<input type="radio"/> Complete a walk across the Slack line, or do a trick you haven't done before on it. Or stand on one leg for 6 minutes.
	137	<input type="radio"/> Kayak, canoe, swim, SUP, or boat on a lake, sea, delta, or river.(we have kayak you can borrow.)
	138	<input type="radio"/> Down and up climb 3 different routes in 19 minutes.
	139	<input type="radio"/> Hand write 10 grateful/sorry for not being there enough...letters/notes/cards, and send or deliver them.
	140	<input type="radio"/> Build a devil cairn outside the gym. Take a picture and post it on the DRG Challenge FaceBook Page.
	141	<input type="radio"/> Hike/run/walk 10+ miles on San Francisco Bay Trail (http://baytrail.org/)
	142	<input type="radio"/> Cycle 10K vertical gain, or two laps on Diablo, or 100 miles, or three bay bridges IAD.
	143	<input type="radio"/> Shower by rinsing, lather/scrub, rinse, finish, for a week, (Do not leave water running in between)
	144	<input type="radio"/> Push someone in go kart from one gate in alley to the other. No helping from others.(DRG loaner out there)
	145	<input type="radio"/> Dance in the Yoga room to any full song or three minutes, which ever is longer. (alone or with others)
	146	<input type="radio"/> Five consecutive day challenge, 50: push-ups, core exercises, Burpees, squats, lunges, jump ropes, TTBs,.
	A combination of indoor and outdoor things.	147
148		<input type="radio"/> Climb on two routes on one rope anchor two times each in under ten minutes. Can't use Fin.
149		<input type="radio"/> Pick up a bag of trash at a climbing or recreation area and post pic on DRG Challenge FB page.
150		<input type="radio"/> Take someone outdoor climbing, or bouldering, who hasn't done it before.
151		<input type="radio"/> Train so hard IAD that you are sore above the waist and below. (presumably sore a day or two later)
152		<input type="radio"/> Do 25 pogo stick jumps in a row, (borrow ours).
153		<input type="radio"/> Challenge desk staff person to counting member's names.(minimum 5)
154		<input type="radio"/> Mantle the point of the prow in the bouldering area.
155		<input type="radio"/> Do 160 lunges, 50 core reps, and 10 push-ups IAR.
156		<input type="radio"/> Pick up 15 pieces of trash or more in DRG parking lot.
157		<input type="radio"/> Bring a homemade lunch to work, gym, or outing..
158		<input type="radio"/> Reps til failure on 11 machines, and/or movements in gym.
159		<input type="radio"/> Climb five different red routes in 16 minutes.
A mix of stuff	160	<input type="radio"/> Have a DRG staff member give you a HARD challenge.*
	161	<input type="radio"/> Swim a mile in a session.
	162	<input type="radio"/> Do 40 of the 2017 Summer Kid Camp Challenges IAD!
	163	<input type="radio"/> YOUR choice: (pre approve with staff)
	164	<input type="radio"/> Campus 1-3-6 with feet medium rung
	165	<input type="radio"/> Climb five blue boulder problems in 11 minutes.
	166	<input type="radio"/> Hike to the base of El Capitan and touch it.
	167	<input type="radio"/> Climb fifteen 5.10s, or higher, IAD.
	168	<input type="radio"/> Sleep outside where you live.
	169	<input type="radio"/> Climb a 5.10 with your right foot only, then left only.
	170	<input type="radio"/> Invite 3+ friends and cook a healthy meal for them.
	171	<input type="radio"/> Bike/walk/run/skate to Treasure Island (via Bay Bridge path)
	172	<input type="radio"/> Straight arm hang from bar for 4 minutes.
	173	<input type="radio"/> Leave a DRG sticker on a car wiper blade.
	174	<input type="radio"/> Run a half mile backward.



You may **NOT** count any of these addendum items toward Challenge # 134

*you must attempt the challenge. If you fail, you can ask another staff member.