

Diablo Rock Gym 2017 Challenge List.

Your name: _____

WHAT IS THIS?- Take on and complete some easy, medium, hard, tough, and some audacious challenges. Surprise yourself, see how many challenges you can "tick off" the list in 2017! Not down a date when you do a challenge. We award prizes to members through out the year for certain challenges completed. This is NOT an "I can do list," rather, this is an "I DID LIST" in 2017, (after getting this score sheet). Be careful/safe, have fun. Facebook your efforts. Join a dedicated Challenge page on Facebook. Log your challenges ONLINE. -Email Hans@touchstoneclimbing.com

Climbing	1 <input type="radio"/> climb to top of the wall on any route (Red point it)	Climbing Endeavors	31 <input type="radio"/> 2 one arm push-ups, or hold a plank for 3 minutes
	2 <input type="radio"/> climb a 5.8 without falling (Red point it)		32 <input type="radio"/> 67 bar dips and 144 crunches IAH
	3 <input type="radio"/> climb a 5.9 without falling (Red point it)		33 <input type="radio"/> read 3 books NTY from the DRG Challenge Book List
Bouldering	4 <input type="radio"/> climb a 5.10a without falling (Red point it)	"Chill"	34 <input type="radio"/> get name on leader board in weight room after April 1st
	5 <input type="radio"/> climb a 5.10b without falling (Red point it)		35 <input type="radio"/> hula hoop for 2 minutes holding 5 lb hand weights
	6 <input type="radio"/> climb a 5.10c without falling (Red point it)		36 <input type="radio"/> personal training session after 33 completed challenges
	7 <input type="radio"/> climb a 5.10d without falling (Red point it)		37 <input type="radio"/> throw ball against wall and catch with Non Dominant Hand X10
	8 <input type="radio"/> climb a 5.11 a or b without falling (Red point it)		38 <input type="radio"/> climb two different walls blindfolded IAH
	9 <input type="radio"/> climb a 5.11 c or d without falling (Red point it)		39 <input type="radio"/> climb 9 same color routes IAH at the gym
	10 <input type="radio"/> climb a 5.12 without falling, <u>Or</u> two 5.11s in 5 minutes		40 <input type="radio"/> climb 29 routes/laps IAH at the gym
	11 <input type="radio"/> climb a 5.13 without falling, <u>Or</u> two 5.12s in 5 minutes		41 <input type="radio"/> climb 36 different routes IAD at the gym
	12 <input type="radio"/> boulder a V0		42 <input type="radio"/> climb to top of wall with one hand tied behind back
	13 <input type="radio"/> boulder a V1		43 <input type="radio"/> "climb a gross amount" IAD at the gym, (144 laps)
14 <input type="radio"/> boulder a V2	44 <input type="radio"/> climb one # grade below max redpoint, with 25% body weight		
15 <input type="radio"/> boulder a V3	45 <input type="radio"/> climb to the top of the crack using footholds and holes		
16 <input type="radio"/> boulder a V4	46 <input type="radio"/> score 750 points on Hans's gym sheet IAD with someone		
17 <input type="radio"/> boulder a V5	47 <input type="radio"/> climb at three Touchstone gyms IAD		
18 <input type="radio"/> boulder a V6, <u>or</u> a V5, V4, V3, and V2 in nine minutes	48 <input type="radio"/> climb at MC, LAB, SP, COI, VB, or BI. -Leave DRG sticker		
19 <input type="radio"/> boulder a V7, <u>or</u> four V4s in eight minutes	49 <input type="radio"/> climb at DP, GWPC, MM, HB, or TS. -Leave DRG sticker		
20 <input type="radio"/> boulder a V8 or higher, <u>or</u> three V5s in seven minutes	50 <input type="radio"/> take a 12 minute steam, tree pose 1 minute each leg		
CrossFit, Weight Lifting, and General	21 <input type="radio"/> push sled the length of alley with 1.7 X bodyweight	Bouldering Endeavors	51 <input type="radio"/> take a 12 minute sauna, tree pose 1 minute each leg
	22 <input type="radio"/> flip medium tire down alley and back, then sledge it 40 times		52 <input type="radio"/> boulder three same colored problems with only one hand
	23 <input type="radio"/> 23 TTBS, bar dips, routes, problems, burpees, in 230 minutes		53 <input type="radio"/> boulder all of any color problems IAH, at the gym
	24 <input type="radio"/> climb up and down fat rope with feet twice IAR		54 <input type="radio"/> boulder 4 of the same color problems in 9 mins
	25 <input type="radio"/> complete 5 double unders, <u>or</u> 333 jump ropes IAR		55 <input type="radio"/> boulder 28 different problems IAH at the gym
	26 <input type="radio"/> carry half your body weight to end of alley and back, no rest		56 <input type="radio"/> boulder 66 different problems IAD at the gym(s)
	27 <input type="radio"/> 90 burpees, 90 TTBS, 90 sit-ups, and 90 push-ups IAH		57 <input type="radio"/> boulder 20 different problems in 10 minutes
	28 <input type="radio"/> ten push-ups IAR from your knees, and 20 core reps IAR		58 <input type="radio"/> traverse around "The Fin" in under 3 minutes
	29 <input type="radio"/> 5 reps of 5 different push-ups, twice, in four minutes		59 <input type="radio"/> boulder traverse across "The Prow" wall
	30 <input type="radio"/> 100 push-ups in seven minutes		60 <input type="radio"/> boulder traverse around "Arch Column" wall
Running	61 <input type="radio"/> campus three problems in 10 minutes	Running	62 <input type="radio"/> run around our building in 85 seconds
	63 <input type="radio"/> 200 meters, 4 times on track in under 45 seconds, in 10 minutes		63 <input type="radio"/> 200 meters, 4 times on track in under 45 seconds, in 10 minutes
	64 <input type="radio"/> run an 8:30 minute mile		64 <input type="radio"/> run an 8:30 minute mile
	65 <input type="radio"/> run a 7:30 minute mile, <u>or</u> go out with a running club		65 <input type="radio"/> run a 7:30 minute mile, <u>or</u> go out with a running club
	66 <input type="radio"/> run to north end of Iron Horse trail from DRG		66 <input type="radio"/> run to north end of Iron Horse trail from DRG
	67 <input type="radio"/> run a 10 K, <u>or</u> go out with another running club		67 <input type="radio"/> run a 10 K, <u>or</u> go out with another running club



"Gymnastic Stuff"	68 <input type="radio"/> pull-up or chin up, or hang for 35 seconds 69 <input type="radio"/> hang with your chin over the bar for 90 seconds 70 <input type="radio"/> muscle up on the pull-up bar, or do 100 bar dips IAH 71 <input type="radio"/> muscle up on the rings, or squat your body weight 10 IAR 72 <input type="radio"/> two handstand push ups, or six using wall, IAR 73 <input type="radio"/> one arm pull-up or chin up, or 222 two arms IAD 74 <input type="radio"/> standing back flip or six cartwheels IAR, each side		104 <input type="radio"/> climb with 7 NTY people. Write names: 105 <input type="radio"/> camp at or near a climbing destination 106 <input type="radio"/> climb a grade VI, V, IV or 8 or more pitch route 107 <input type="radio"/> complete 7 challenges at another gym 108 <input type="radio"/> equalize a three point anchor with a cordelette 109 <input type="radio"/> go 24 hours with no internet or phone. 110 <input type="radio"/> adventure OUTDOORS, with NTY DRG member(s) 111 <input type="radio"/> 10,000 foot peak or higher, or Tam, Diablo and Mission IAM. 112 <input type="radio"/> bike or walk Benicia/Martinez bridge, post picture 113 <input type="radio"/> hike 8 or more miles IAR on the PCT, JMT, other, or Dipsea 114 <input type="radio"/> hike/walk/run/bike/unicycle up Mt Diablo 115 <input type="radio"/> coil a 60 meter rope in under 2 minutes 116 <input type="radio"/> Do this: http://www.ebparks.org/TrailsChallenge 117 <input type="radio"/> compete at an event at a Touchstone gym 118 <input type="radio"/> go to a farmer's market, buy from two vendors 119 <input type="radio"/> pass a knot on rappel, belay with a munter,(under supervision)
Fitness Classes etc.	75 <input type="radio"/> run, bike, boulder, climb, weight lift, and take a fitness class all in the same day! A "DRG DAY!" 76 <input type="radio"/> take two Yoga classes IAW 77 <input type="radio"/> take one Cycling class and one other class IAW 78 <input type="radio"/> take a Core class, T4C, or other class not mentioned 79 <input type="radio"/> take an Aikido Class 80 <input type="radio"/> take 12 fitness classes at DRG or elsewhere IAM 81 <input type="radio"/> take a TRX class at DRG and a class not at DRG IAW 82 <input type="radio"/> take two CrossFit classes IAW 83 <input type="radio"/> take a Power Sculpt and Cardio Boxing class IAW (any gym) 84 <input type="radio"/> bring someone to gym that's never been before 85 <input type="radio"/> NEATLY fold nine towels in 2 minutes 86 <input type="radio"/> spend 15 minutes cleaning cardio or weight equipment	Outside Adventures, Silly stuff, etc..	120 <input type="radio"/> do a rice bucket workout for at least 7 minutes 121 <input type="radio"/> hold 10 lb plates with one hand, smooth sides out 122 <input type="radio"/> 29 rubber web extensor reps each hand 123 <input type="radio"/> twenty Kettle Bell ground flop reps (wrist rotations) 124 <input type="radio"/> lift 15 lb blob with two fingers and thumb
General Stuff and Cardio	87 <input type="radio"/> hold 7 Yoga poses for 70 seconds each 88 <input type="radio"/> lift 80,000 lbs PLUS 20,000 lbs of free weights IAD 89 <input type="radio"/> burn 66 calories on the Air Assault bike in under 10 minutes 90 <input type="radio"/> Complete a Hero WOD and a Monster Mash 91 <input type="radio"/> 6 squats on the Bosu ball with 40% body weight in KBs 92 <input type="radio"/> 100 Toes to Bar in twenty minutes 93 <input type="radio"/> 1000 core reps and 500 Jumping jacks IAD 94 <input type="radio"/> 50 floors on the stepmill in under 20 minutes 95 <input type="radio"/> "burn" 60 calories on five different machines in 2 hours 96 <input type="radio"/> "burn" 666 calories on any machine, in one session 97 <input type="radio"/> "burn" 1,999 calories on the cardio machines IAD 98 <input type="radio"/> ask a 2016 "100er" for four challenges to do IAH	Hand Strength	125 <input type="radio"/> campus 1-2-3 with feet medium rung 126 <input type="radio"/> campus 1-4-5 medium rungs 127 <input type="radio"/> two hand down campus drops from 6-4-2-1 128 <input type="radio"/> campus to the top of the board 129 <input type="radio"/> campus two hand dyno three gap with feet 130 <input type="radio"/> log two campus work outs (find log sheets, we have some)
Eat and be well	99 <input type="radio"/> no soda, coffee, or "energy drinks" for two weeks 100 <input type="radio"/> eat vegetarian for a week,(or Vegan, if you are a vegie) 101 <input type="radio"/> keep a food log/journal for a week 102 <input type="radio"/> no refined sugar for five days, and eat 35 grams of fiber IAD 103 <input type="radio"/> sit quietly eyes closed or meditate for ten minutes, ten days IAR	Campus Board	131 <input type="radio"/> Complete any 22 of the challenges IAH 132 <input type="radio"/> Complete any 39 of the challenges IAD 133 <input type="radio"/> Complete 2 challenges from thirteen sections IAD (26) 134 <input type="radio"/> Complete any 66 challenges IAD and get a big prize! <p>In the 1970s German Climber Kurt Albert would put a red dot at the base of any route that he or others could climb all free from bottom to top. "Rotpunkt" or in English "Red point."</p> <p>We really want to post how you are doing on our Challenge list board in the gym and online via Google docs.(help us list your progress) Please ask our staff, trainers, instructors, or other members how to do a given activity if you don't know. - we might tell you a challenging way to do it. Check the styles and rules sheet if you have questions.</p>



2017

Email Hans@touchstoneclimbing.com so you can **log your challenges online**, on a Google Document. Look for the separate Junior Challenge List. Store your challenge list at the front desk or the weight room file cabinet.



When you complete 36 challenges we'll give you a T-Shirt, complete 66 we'll give you another dot, 100+ we'll give you a special something along with the third dot. Look for addendum list in July.