

## Pick The Ultimate Challenge - Everest!



Climb the **Equivalent** of MOUNT EVEREST = 29,029 vertical feet in 29 days

### Climbing Up! **With Vertical Rise**

#### **Walk or Run**

Hilly roads and trails near you...  
ie) Go up (and down) a road with  
250 ft vertical 4x per day =  
1,000 ft rise x 29 days =  
EVEREST

#### **Hike**

ie) Mount Marcy in the  
Adirondacks is a 3,166 ft ascent  
Hike 9x over the course of 29 days  
= EVEREST

#### **Bike**

Hilly roads and trails... Or have a  
Peloton?  
Ride 1,000 ft vertical x 29 days =  
EVEREST

#### **Try it on Stairs**

One flight of stairs typically equals  
a 10-12 foot vertical rise\*.  
Climb your staircase 100x per day  
x 29 days = EVEREST  
\*measure height of steps x # of  
steps for exact vertical!

### "Climbing" **Without a Vertical Rise**

Walk or run approximately 145 miles in 29 days = EVEREST

(Approximately 5 miles per day)

Bike approximately 380 miles in 29 days = EVEREST

(Approximately 13 miles per day)

## Pick the Denali Challenge!



Climb the **Equivalent** of DENALI= 20,157 vertical feet in 29 days

### Climbing Up! **With Vertical Rise**

#### **Walk or Run**

Hilly roads and trails near you...  
ie) Go up (and down) a road with  
230 ft vertical 3x per day =  
700 ft rise x 29 days = DENALI

#### **Hike in the Adirondacks**

Mount Marcy is a 3,166 ft ascent,  
climb 6x over the course of 29  
days = DENALI

#### **Bike**

Hilly roads ... or have a  
Peloton?  
Ride 700 ft vertical x 29 days =  
DENALI

#### **Try it on Stairs**

One flight of stairs typically equals  
a 10-12 foot vertical rise\*.  
Climb your staircase 70x per day x  
29 days = DENALI

\*measure height of steps x # of  
steps for exact vertical!

### "Climbing" **Without a Vertical Rise**

Walk or run approximately 101 miles in 29 days = DENALI  
(Approximately 3.5 miles per day)

Bike approximately 265 miles in 29 days = DENALI  
(Approximately 9 miles per day)

## Pick the Glacier Peak Challenge!



Climb the **Equivalent** of GLACIER PEAK = 10,545 vertical feet in 29 days

### Climbing Up! **With Vertical Rise**

#### **Walk or Run**

Hilly roads and trails ...  
ie) Go up (and down) a road with  
180 ft vertical 2x per day =  
360 ft rise x 29 days = GLACIER  
PEAK

#### **Bike**

Hilly roads... or have a Peloton?  
Ride 365 ft vertical x 29 days  
= GLACIER PEAK

#### **Try it on Stairs**

One flight of stairs typically equals  
a 10-12 foot vertical rise\*.  
Climb your staircase 36x per day x  
29 days = GLACIER PEAK  
\*measure height of steps x # of  
steps for exact vertical!

### "Climbing" **Without a Vertical Rise**

Walk approximately 2 miles every day for 29 days  
or

Bike approximately 5 miles every day for 29 days

Walk or run approximately 55 miles in 29 days = GLACIER PEAK  
(Approximately 2 miles per day)

Bike approximately 140 miles in 29 days = GLACIER PEAK  
(Approximately 5 miles per day)

## Pick the Mount Washington Challenge!

**A Great Challenge for Kids!**  
**(And those Older but Young at Heart Folks too!)**



Climb the **Equivalent** of MOUNT WASHINGTON = 6,288 vertical feet in 29 days

### Climbing Up! **With Vertical Rise**

#### **Walk, Run or Bike**

Hilly roads and trails near you?  
ie) Go up a road with 215 ft vertical  
each day for 29 days  
= MOUNT WASHINGTON

#### **Try it on Stairs**

Climb your staircase 20x per day x  
29 days = MOUNT  
WASHINGTON  
One flight of stairs typically equals  
a 10-12 foot vertical rise\*.  
\*measure height of steps x # of  
steps for exact vertical!

### **"Climbing" Without a Vertical Rise**

Walk or run approximately 31 miles in 29 days = MOUNT WASHINGTON  
(Approximately 1 mile per day)

Bike approximately 81 miles in 29 days = MOUNT WASHINGTON  
(Approximately 2.8 miles per day)