

# 2020 Climb Your Mountain 29 Day Challenge

KEY		
<b>Vertical Challenge</b>	Run Walk Hike or Bike	1,000 ft vertical : 1,000 ft vertical
<b>Distance Challenge</b>	Run or Walk	5 miles = 1,000 ft
	Run or Walk	10,000 steps = 1,000 ft
	Bike	13 mile = 1,000 ft

## How to Calculate Your Climb

### with a Vertical Rise

For Walking, Running, Hiking, Biking... for the purposes of this challenge, ONE vertical foot gained = ONE vertical foot toward your challenge:

**1 vertical ft : 1 vertical ft**

## How to Calculate

### Without a Vertical Rise

For Tracking "MOUNTAIN STEPS" (Walking & Running)

According to some research, it takes about the same energy to run or walk TEN steps as it does to ascend ONE vertical foot toward your challenge... for the purposes of this challenge:

**10 steps : 1 vertical ft**

*10,000 steps = approximately 5 miles on foot*

*10,000 steps = approximately 13 miles on bike*

## A NOTE ABOUT CALCULATIONS

The vertical rise to no rise conversion is provided as a guideline. Please feel free to use the step tracking by mile on foot and bike numbers that we've provided as your baseline, OR, since everyone has different strides and moves at various paces, please feel free to use your own conversion chart based on what you know about your activity.

You know You! Do your best, be true to yourself and be sure to ask questions and share your knowledge on our facebook and instagram pages. This is an individual challenge with a "mountain" of support.

## RESOURCES

Want to plot your challenge online? Find road & trail verticals near you: [onthegomap.com](http://onthegomap.com)

Google mountain hikes & trail verticals near you.

ie) <https://www.adirondack.net/hiking/high-peaks/>

Do you prefer apps? Use an iPhone or Apple watch that uses GPS, or use a pedometer for tracking steps.

**Check out Strava: <https://www.strava.com/> You can use the app for free and/or there is a free 30 day trial if you'd like to try out the paid version.**

Do you like maps? Use one of those "old fashioned" topography maps to determine road verticals near you! Do you have smartphone & watch apps that you like? What are your favorite vertical hikes, roads & trails? Please share on our [facebook](#) and [instagram](#) pages or email your suggestions so we can gather more resources to post here.