

2020 Climb Your Mountain 29 Day Challenge

				VERTICAL CHALLENGE	DISTANCE CHALLENGE		‘MOUNTAIN STEPS’
Day	#	Feet “Climbed”	Total to Date	Run Walk Bike or Hike (record vertical achieved)	Run or Walk (record miles)	Bike (record miles)	Tracking Your Steps throughout the day (record steps or miles)
Day	1		0				
Day	2		0				
Day	3		0				
Day	4		0				
Day	5		0				
Day	6		0				
Day	7		0				
Day	8		0				
Day	9		0				
Day	10		0				
Day	11		0				
Day	12		0				
Day	13		0				
Day	14		0				
Day	15		0				
Day	16		0				
Day	17		0				
Day	18		0				
Day	19		0				
Day	20		0				
Day	21		0				
Day	22		0				
Day	23		0				
Day	24		0				
Day	25		0				
Day	26		0				
Day	27		0				
Day	28		0				
Day	29		0				
		TOTAL	0				

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KEY			
Vertical Challenge	Run Walk Hike or Bike (& Stairs!)	1,000 ft vertical : 1,000 ft vertical	
Distance Challenge	Run or Walk	5 miles = 1,000 ft	
	Bike	13 miles = 1,000 ft	
"Mountain Steps" *	Run or Walk	10,000 steps = 1,000 ft	
* Some are tracking total steps throughout the day (vs. tracking miles taken during a run or walk) so we've added this category!			
EVEREST = 29, 029 ft; DENALI = 20,157 ft; GLACIER PEAK = 10,545 ft; MT WASHINGTON = 6,288 ft			
<p>How to Calculate Your Climb with a Vertical Rise</p> <p>For Walking, Running, Hiking, Biking (& Stairs)... for the purposes of this challenge, ONE vertical foot gained = ONE vertical foot toward your challenge:</p> <p>1 vertical ft : 1 vertical ft</p>			
<p>How to Calculate Without a Vertical Rise</p> <p>For Tracking the Distance Challenge (Running & Walking) or "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:</p> <p>10 steps : 1 vertical ft</p> <p><i>10,000 steps = approximately 5 miles on foot = 1,000 ft vertical</i></p> <p><i>10,000 steps = approximately 13 miles on bike = 1,000 ft vertical</i></p>			

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.

RESOURCES

Want to plot your challenge online? Find road & trail verticals near you:
 Google mountain hikes & trail verticals near you.
 ie)
 Do you prefer apps? Use an iPhone or Apple watch that uses GPS, or use a pedometer for tracking steps.
Check out Strava: They have a 30 day free trial!
 Do you like maps? Use one of those "old fashioned" topography maps to determine road