Climb Devil's Lake Bluffs

Participant Name:

Climbing/Flights of Stairs			17 Climbs/82 Flights
Number of Climbs/Flights:	Date:	Number of Climbs/Flights:	Date:

Climb Devil's Lake Bluffs Challenge Requirements:

Climb Devil's Lake Bluffs! – 500 foot tall bluffs of Devil's Lake State Park will take 17 trips up Strand Adventures 30 foot climbing walls. OR >>>Complete this at home... Do 82 flights of stairs (calculated by each flight being 10 steps or 12 feet, we took the 500 foot bluff divided by 12 BUT the physical effort of climbing is twice that of stair climbing so we doubled the 'at home' distance so you'll KNOW you've done an amazing challenge!)<<< #Earned it!

Tracking sheets must be submitted to the front desk of the YMCA OR HFM Wellness Center **NO LATER THAN THE CLOSE OF BUSINESS ON WEDNESDAY, MARCH 19, 2020.**

You can purchase 1 month memberships at any or all participating facilities* (HFM Wellness Center, YMCA, Planet Fitness, Strand Adventures) for the bargain of only $10.00 within the 30 day time period of Feb Feb 17th to March 17th. You may earn no more than 1 prize no matter how many challenges you complete, but the fitness level you achieve from completing them all is priceless, right?!