Pick Your Peak
Stair Challenge

Everything you need to know to participate in the Pick Your Peak Challenge!

1. Each ream member must **register: http://bit.ly/PickYourPeak by May 10**
2. Receive your Pick Your Peak **registration package** (via email)
3. **Select the peak** you are striving to climb
4. **Log your daily flights** of stairs on the personal Daily Step Tracker
5. **Log your weekly totals** on the master Team Tracking Sheet
6. Climb, Climb, Climb!
7. Submit all totals to melissa.lafrance@ubc.ca **by June 13 at 4pm**
8. Have fun and win great individual and team prizes!

Set your sights on a PEAK:

Peak	Height (in metres)	Average flights/per day needed to reach this peak
Diamond Head	232 m	3
Burnaby Mountain	370 m	5
Stawamus Chief	700 m	9
Table Mountain	1085 m	14
Grouse Mountain	1231 m	16
Cypress Bowl	1432 m	18
Mount Olympus	1950 m	25
Mount St. Helens	2550 m	33
Mount Fuji	3776 m	48
Mount Kilimanjaro	5895 m	76
Mount Everest	8848 m	113

Tracking:
1 point = 1 flight of stairs climbed
1 flight of stairs = 3 metres of elevation OR approx. 16 steps up
144 stairs on an outdoor trail or park with stairs = **9 points** (144 steps/16)
Hiking: 853 metres (Grouse Grind elevation) = **284 points** (853 metres/3 metres)
One 60 minute step aerobics class = **20 points**

Prizes:
- Participation prize will be awarded each week through random draw.
- One team prize will be awarded based on highest average points per participant.