



# Pick Your Peak Stair Challenge

## Everything you need to know to participate in the Stair Challenge!

1. Each team member must **register at [hr.ubc.ca/stair-challenge](http://hr.ubc.ca/stair-challenge) by 4:00 p.m. on June 12**
2. Receive your **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](mailto:melissa.lafrance@ubc.ca) **by 4:00 p.m. on July 19**
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)

One 60 minute step aerobics class = 20 points

**Hiking:** 853 metres (Grouse Grind elevation) = 284 points (853 metres/3 metres)

**Accessibility options and additional tracking available at [hr.ubc.ca/stair-challenge](http://hr.ubc.ca/stair-challenge)**

### Prizes:

Randomly drawn participation prizes each week, top team prizes and top individual prize available!