

Stair Climb Challenge and Climb-a-Mile Challenge ^[1]

Stair Climb Challenge

The Stair Climb Challenge is a one-day event to be held on **November 7, 2014**. Participants will **climb down and then back up all eight flights of stairs at 1800 Grant Street** (one climber at a time!) in this fun competition.

Prizes will be given the day of the event for the fastest climbers in each of the following categories:

- Under 35
- 35-55
- 55 and over
- Team relay

There will also be a prize for Best Spirit Wear, so come decked out in your finest CU apparel.

[View the video of the Stair Chase event in 2011](#) ^[2]

The registration deadline is Wednesday, November 5 at 5:00 pm.

Climb-a-Mile Challenge

You can participate in the Climb-a-Mile Challenge by climbing **2000 stairs, anywhere you find them, between Monday, October 20 and Wednesday, November 5**. We're using the age-old estimate of 2000 steps = 1 mile. It's a very rough estimate, but it works for our purposes.

You can climb stairs at home or at the gym, but for your convenience we have over 300 stairs right here inside 1800 Grant that you can climb anytime during the work day!

To participate in the Climb-a-Mile Challenge:

- Climb stairs anywhere you find them, anytime between October 20 and November 5.
- Log your stairs climbed on the [tracking form](#) ^[3].
- Submit your completed form to ssc-health-wellness@cu.edu ^[4] by 5:00 pm, November 5.

The goal is to reach 2000 stairs by November 5. If you reach that goal, you can keep going! A prize will be given for the most stairs climbed before November 5, 2014. The prize will be awarded on November 7 after the Stair Climb Challenge event.

All who reach the goal of 2000 stairs will be recognized at the November 7 award ceremony.

You may participate in both the Climb-a-Mile Challenge and the Stair Climb Challenge.

Did you know?

- If you climb 167 stairs every weekday between October 20 and November 5, you would reach 2000 stairs.
- Each flight of stairs at 1800 Grant has 20 stairs.
- There are 8 flights in one stairwell, 9 in the other.
- There are also stairs to and from the parking garage and in front of the building.

If you have any questions please email ssc-health-wellness@cu.edu [4].

Groups audience:

System Staff Council

Source URL:<https://www.cu.edu/ssc/stair-climb-challenge-and-climb-mile-challenge>

Links

[1] <https://www.cu.edu/ssc/stair-climb-challenge-and-climb-mile-challenge> [2] <https://vimeo.com/24826396>

[3] <https://www.cu.edu/sites/default/files/Climb-a-Mile%20Tracking%20Form.docx> [4] <mailto:ssc-health-wellness@cu.edu>