

Team Mt. Everest consists of Steve Everist (me), my wife Meredith, and our friend Tung Ho. Our decision to enter was a result of my previous decision to enter the 7-hour foot division of the Seattle Night & Day Challenge. I thought this would be a good way to gauge what it would take to go for seven hours on foot. With Crossroads mall being about five minutes from our house, this seemed like the perfect opportunity.

Having never competed in anything like this, there was no set plan going into the event. We did see that, in the previous scrambles, a score in the range of 400 was needed to be in the upper half of most divisions. So we set that as our goal. Once we received our map, the thought was to find the least redundant route that would have the highest possible points. Knowing that the original route would definitely be scaled back as the reality of time and distance became more apparent, there would also have to be many higher scoring checkpoints available as the route was condensed. The original route was very ambitious, and in the end much of it was condensed. This left us with what appears to have been the most efficient route for our speed, as we were walking at what turned out to be our maximum speed.

The goal was to get the maximum number of points by visiting the minimum number of checkpoints. We decided to leave the 30 points available in the Crossroads Mall until the end. We felt that there would be many other teams starting in the mall, and we could make those checkpoints more efficiently at the end. So we started east out of the mall on NE 8th St and worked in a counter-clockwise path through the following checkpoints (see map for route): 25, 35, 14, 36, 55, 21, 42, 54, 43, 34, 44, 45, 11, 12, and 13, for a total of 430 points.

We walked this route pretty efficiently, jogging on the occasional downhill. The many stoplights in the vicinity of checkpoints 54 and 43 seemed to be the biggest losses of time. Had we been able to find about 15 more minutes of time, we could have possibly included either checkpoint 22 in the early part of the race or 23 towards the end. But with the clock winding down, three checkpoints left inside the Crossroads Mall, and many complaints from various body parts, it was decided that we'd go for the sure thing knowing that we could finish in under three hours.

We definitely enjoyed our first Street Scramble, and we plan to come back for the Uptown Street Scramble. I'll definitely need to get the work in, if I plan on making it through seven hours of the Night & Day Challenge.

