



Move over Sir Edmund Hillary! CALM's mountaineers line up for a CALM News pic, more daunting than any mountain, some would say. Photo by Carolyn Thomson

CALM mug mountaineers a close second in WA

'EVEREST the Easy Way' or 'Conquering Kosciusko Step by Step' could have been the title of a recent competition in which CALM came second in the State out of 225 other organisations taking part.

The competition was organised by the National Heart Foundation and supported by the CALMfit program.

The goal for each of a ten-member team was to climb 10 flights (22 steps to a flight) of stairs a day. This could be done cumulatively or all at once.

If each team member did this for each of the 23 working days in August, the team was deemed to have climbed, cumulatively, to the top of 'Mount Everest.'

Within this team chal-

by Carol
Messenger

lenge an additional personal goal was available for the truly competitive.

If an individual climbed 23 flights per day for the 23 days, he or she was deemed to have climbed to the top of 'Mount Kosciusko'.

Seven teams participated - two from Pinnacle House (Social Climbers and Pinnacle Heights) and five from Como (CALM Achievers, Human Dynamos, Stairway to Heaven, Forest Sherpas, and Misfits).

All seven teams made it to the top of Everest with the CALMAchievers, scaling the peak an incredible ten times.

Special mention should be made of Dave Greenhill,

Alex Errington, Peter Ryan, Ian Old, Shane Knapp, Tom Wood and Graeme Siemon, who each climbed more than 2212 flights of stairs to make it to the top of Everest - all by themselves!

Sixteen people made it to the top of Mount Kosciusko.

Together, CALM teams climbed 22 879 flights of stairs, only 115 flights less than the winners, Wesfarmers LPG.

While the competition gave it purpose, the chief aim of the program was to increase the fitness levels of each participant rather than 'beating the stuffing out of the other guys'.

Competitors became quite friendly when they met for their daily 'assault on the mountains', and charts placed at the top of

each flight of stairs were marked with each 'mountaineer's' daily efforts.

These were collected every morning and transferred to a large chart showing progress made up the 'mountain' by each competitor and each team.

Those taking part reported the competition as 'carrying definite health benefits, with less stress experienced at work and a lower incidence of headaches and boredom.'

There were other rewards - for each participant a certificate and a commemorative coffee mug.

Presentations were made on Friday November 20 by CALM's General Manager Roger Underwood and National Heart Foundation's Education Officer - Worksite, Linda Jackson.

