



## Frequently Asked Questions

**Bring your own ruck/backpack!** Please remember this part. We do not have spare backpacks for you to use, so make sure that you bring one! We also recommend bringing your own weights (10% bodyweight for T3L and 20% for T3) but if you forget, we have some cumbersome sandbags to put in your ruck if you forget!

**Eat a full meal before you head out.** You will be put through many hours of stress. Your body will need the fuel to keep moving. Estimated calorie burn for a T3 is at least 2000. There will be Clif bars, water, gels and other provisions given to each member after each lap is completed, but this does not amount to a dinner!

**Wear clothes that can get dirty and wet.** You will start off in the water, followed by rolling around in the grass and dirt (but no mud). Make sure you have the right clothes!

**Wear the right shoes.** Do not go cheap on the footwear. In some challenges, you will be *running with your ruck*. If you do not take care of your feet, you will start to experience some serious pain on the soles of your feet or knees through the event. We recommend wearing double socks as well. We know that running with the ruck for prolonged periods of time can cause injury, so we will limit that challenge to an appropriate time and distance.

**We got your back.** This entire event snakes through two neighborhoods and a trail that are never a few miles away from a ride to the ER, should the unlikely event occur. With that said, please give us a person we can get in touch with if something goes wrong. We designed this to be safe and responsive if things do go wrong, so if you have any important medical information about you that we need to know please speak up!

**People have dropped out of this.** This will not be easy. We do not discriminate age or genders, either. We all do the same pushups, burpees, low crawls, swim, etc. in the same style regardless of who we all are. Expect encouragement, not sympathy. Our goal is to have a 100% finish rate but *know your body's limit!* There is no shame in pointless defeat, so keep yourself in good health so you can come back better prepared. Our goal is not to crush you. There is no training value in that.

**This prepares you for some serious events.** This is a training event. This event was originally designed to train people to endure the Tough Mudder, Spartan Ultrabeast and the GORUCK Challenge. It turns out this is a little harder than some of them so if you pass this you should be more than prepared to take on these tough events!

**Don't be late.** For every 5 minutes late you are to arrive, the whole team gets docked two burpee bucks!