



Athlete Guide

February 13, 2016



Arrival

Gates will open at 8:00am for racers, participants and spectators to arrive.

Please allow enough time to park and check in prior to your wave start time.

Parking

Parking will be \$5 per vehicle. Carpooling is encouraged.

Check In

Make your way to check in upon arrival.

Race day registration will be available.

Every racer must fill out a medical form and waiver.

You will receive your packet with your race bib and door prize tickets.

There is no bag check, but key check will be available. You may store your belongings in your vehicle.

Facilities

Portable restroom facilities are available behind the check in building.

A changing room will be available for women off of the registration building.

Race

Race waves begin at 9:00am. Use caution when entering or exiting the property after this time, as the race will be underway and racers will be crossing the road.

Racers will be staged by heats to receive instructions in the staging area. Racer briefings will be held every 30 minutes. Racers **MUST** be present for the briefing. Racers may be delayed to a later heat if they miss the briefing prior to their scheduled start time.



Tournaments

Tournaments will begin at approximately 11:00am. Racers may enter any tournament they choose. Prizes will be awarded at the awards ceremony after the end of the race.

Lunch

Box Street Social food truck will be present. Lunch will be available from around 11:00am to 2:00pm.

Door Prizes

All racers will be entered into the general door prize drawings. Additional door prize tickets earned from racer referrals or early registration will be distributed at registration, or available for purchase. These tickets may be dropped in the box for the drawing of the prize you choose, including training sessions, race registrations, and other great products.

Door prize drawings will take place throughout the event. A winner's list will be posted. If a racer wins a door prize while on the course, it is their responsibility to check the winner's list and claim their prize. Any prizes that are unclaimed by the final drawing of the afternoon will be returned to the pool of prizes, and a new winner will be drawn. The final door prize drawings will take place at the awards ceremony.

Awards Ceremony

The awards ceremony will take place after the race is complete and the time penalties have been calculated. Tournament prizes will also be awarded at this time. The awards for the race are as follows:

Male and Female 1st Place – \$300

Male and Female 2nd Place – \$200

Male and Female 3rd Place – \$100

Masters Male and Female 1st Place – \$100



Race Rules

Racers will be released during their assigned start wave, 2 racers every 2 minutes.

The race will consist of 2 laps of the course, with designated obstacles on each lap. The order of obstacles will be:

Lap 1

Leapathon

Walk the Plank

Traverse Wall

Hand Work

Vine Climb

*Farmer's Ladder

Wall of Sparta

*Sea of Holes

Log Jam

Spear Throw

Hop and Go

Core Crawl

Summit

Lap 2

Tyrolean Traverse

Trapz

Sticky Spider

Bucket Brigade

Crawl Over Crawl

*Farmer's Ladder

*Sea of Holes

Hercules Hoist

Arm Blaster

Cargo Traverse

BYOB

Slider

Flat Tired

*Note that Farmer's Ladder and Sea of Holes will be completed on BOTH laps.

Racers will have one attempt to complete each obstacle, or be assessed a time penalty of 3 minutes. Any updates to the rules or obstacles will be covered in the athlete briefing at the start line.



Instructions for each obstacle are listed in this guide, as well as what constitutes a failure and a time penalty. Please review the obstacle instructions, as they may be different than what you are accustomed to in practice laps.

Course Marshals will be posted at each obstacle to record any time penalties. Course Marshals will have the authority to make the final decision about whether or not a penalty has been incurred. Course Marshals will be identified with a green safety vest. Racers must heed all warnings and instructions from the Course Marshals. **Racers are responsible for making sure their bib number is visible to the Course Marshal to record any time penalties. If a racer attempts to hide an obstacle failure or their bib number, they may be disqualified.**

Do not cross any course markings. Racers caught straying from the marked course will be disqualified.

Advancing runners will always have the right of way. If a racer catches you, please move to the side and allow them to safely pass. If you arrive at an obstacle simultaneously, the racer who is advancing (i.e. has caught up with a racer who started ahead of them) will have the right to begin first.

All obstacles will have at least two lanes available.

When racers complete their first lap, they will pick up a green bracelet to identify that they are now on their second lap, then proceed back through the start line to complete their second lap. When a racer completes their second lap and reaches the finish line, their race medal will be awarded. The racer must then take their green bracelet to the merchandise booth to receive their t-shirt.

Chip Timing

The race will be chip timed. The timing chip is attached to your bib, so please make sure to wear your bib on the front of your body. Your number should also be written on the back of your calf, so that Course Marshals can identify your bib number from the front or the back.

Racers will cross a timing mat at the start line and the finish line. Make sure to cross the mat on both laps, as the chip will record the lap times and the total time.



Safety

The course will take you through some technical terrain, with hills, loose rocks, stumps, cactus and other natural obstacles. Use caution and be aware of your surroundings. Avoid reckless behaviors. No obstacle or race is more important than your safety.

There are air horns located at nearly every obstacle, and also in some of the isolated parts of the course between obstacles where falls could happen. If you find yourself injured or in need of assistance, locate the nearest air horn and give 2 blasts. Repeat every 30 seconds until help arrives. If you have a major injury, give 3 blasts, and 911 will be called immediately as help moves toward you.

An EMT will be on property for the duration of the event. Make your way to the medical booth if you require first aid, or ask the nearest staff member for assistance.

After the Race

When the race is complete, racers will be allowed back out on the course if they wish to attempt any obstacles again. Please note that the Course Marshals will not be supervising the course at this time, and additional laps will have no effect on the race results.



Leapathon

Lap 1

Instructions

Jump, leap, climb or hop over all three sets of barrels. Use the red step if needed.



What constitutes a failure/time penalty?

Walk around one or more of the sets of barrels,
or not passing the majority of your body over the top of the barrels.

Tips and Safety

Don't stand on the tops of the barrels.

You may touch the supports if needed.



Walk the Plank

Lap 1



Instructions

The ground is hot lava. You cannot touch the ground. Make your way across the balance beams and pipes without touching the ground or black blocks. You may use the orange “transition block” to gain solid footing while transferring from the wooden beam to the metal pipe, and from the metal pipe back to the wooden beam.

What constitutes a failure/time penalty?

Touching the ground with one or both feet, or with a hand.

Grabbing the fence.

Crossing into another lane or into the path of another racer.

Failure to complete the entire length of the obstacle, starting before the green start line and finishing after the red finish line.



Tips and Safety

On the pipes, you may use one or two pipes to cross. You may crawl or use your hands if necessary, but no hands or feet may touch the ground.

You cannot cross into an alternate lane once you pass the green start line.



Traverse Wall

Lap 1

Instructions

Make your way across the wall using the red blocks on top and bottom. Feet must be off the ground before you cross the green line, finish by ringing the bell. Do not touch any of the black supports once you are active (past the green line.)



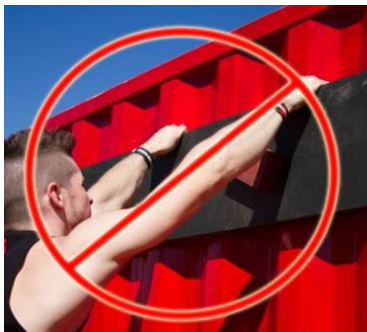
What constitutes a failure/time penalty?

Falling off the wall.

Touching the ground.

Gripping or stepping on any of the black boards.

Failing to ring the bell at the end.



Tips and Safety

Touch only the red blocks.



Hand Work

Lap 1

Instructions

Traverse the wooden beams using your hands, or hands and feet. Begin before the green line. Make your way up the black beam, across the red beam, and back down the black beam. Once you pass the green line, your feet must remain off the ground until you complete the obstacle by ringing the bell with your hand.



What constitutes a failure/time penalty?

Falling before ringing the bell with your hand.

Touching down on the ground before completing the obstacle.

*Brushing the ground will not constitute a failure so long as the contact is incidental and not weight bearing.

Tips and Safety

Do not walk across the top.

Do not sit on anyone else's shoulders.





Vine Climb

Lap 1

Instructions

Climb using only one rope until you can ring the bell. Return to the ground safely.



What constitutes a failure/time penalty?

Failing to ring the bell.

Tips and Safety

Use only one rope.

Don't drop from the top of the rope.



Farmer's Ladder

Lap 1 & 2

Instructions

Climb up and over the obstacle.



What constitutes a failure/time penalty?

Failing to climb over the obstacle.

Crawling under the obstacle.



Tips and Safety

Pay attention to the barbed wire on each side of the obstacle.

This obstacle must be completed on each lap.



Wall of Sparta

Lap 1

Instructions

Climb up and over the wall.



What constitutes a failure/time penalty?

Failing to climb over the obstacle.

Climbing around the side of the wall.

Walking around the wall.



Tips and Safety

You may touch or use any of the side supports or braces if needed.

Racers can assist fellow racers.



Sea of Holes

Lap 1 & 2

Instructions

Pass through the tires, stepping on the ground in the holes, not on the tires.



What constitutes a failure/time penalty?

This obstacle must be completed. If a racer steps on top of tires rather than in holes, the racer must return to the point where he stepped onto the tires and continue in the holes.

Tips and Safety

You may skip tires, so long as your feet are in the holes rather than on top of the tires.

This obstacle must be completed on both laps.



Log Jam

Lap 1

Instructions

Carry the log around the loop from start to finish and return the log to the starting position.

Optional shorter logs for women or minor males.



What constitutes a failure/time penalty?

This obstacle must be completed before continuing in order to be eligible for prizes.

Tips and Safety

You may carry the log however you choose.

You may set the log down and pick it back up if needed.

Do not throw or drop the logs –

the obstacle is not complete until the log has been returned to its original starting position.



Spear Throw

Lap 1

Instructions

Retrieve a spear using the tether line and throw the spear at the hay target. The spear must stick in the hay target on the first attempt.



What constitutes a failure/burpee penalty?

Failing to stick the spear in the target in one attempt. The spear must remain off the ground.

Those who fail to stick their spear in one attempt will not receive a time penalty, but must complete 15 burpees through the burpee lane. You will jump over each timber and touch your chest to the ground with each burpee.



Tips and Safety

Don't throw spears in any direction but at the hay target.

Make sure your tether is not tangled before you throw.



Hop and Go

Lap 1

Instructions

Crawl, leap, climb or box jump up, cross the balance beam and hop back down. Both sections must be completed.



What constitutes a failure/time penalty?

Falling or jumping off the balance beam before completing each portion of the obstacle.
Touching the ground with your feet while on the balance beam.

Failure to complete both sections.



Tips and Safety

Racers must maintain their lane – you may not jump across to the other balance beam.

You may crawl or use your hands to cross the balance beam, so long as your feet don't touch the ground.



Core Crawl

Lap 1

Instructions

Crawl on hands and feet (bear crawl position) across three beams. Begin before the green tape line and finish by ringing the bell. Do not touch the ground.



What constitutes a failure/time penalty?

Falling or jumping off the beam and touching the ground before ringing the bell.

Failure to traverse the entire length of all 3 beams from before the green line to the bell.

Standing and walking without using your hands.

Tips and Safety

Hands and feet must stay on the beam.

Hands and knees are an acceptable alternative.

Do not touch support blocks or bars/ribs.

Do not touch the ground when passing from one beam to the next.



Speed Bump

Lap 1 & 2

Instructions

While not designed as a true obstacle, be aware that “Speed Bump” is in place to keep cattle off of a portion of the course, and you will need to cross over it on each lap. It is located at the top of the hill past the BYOB bag carry.





Summit

Lap 1

Instructions

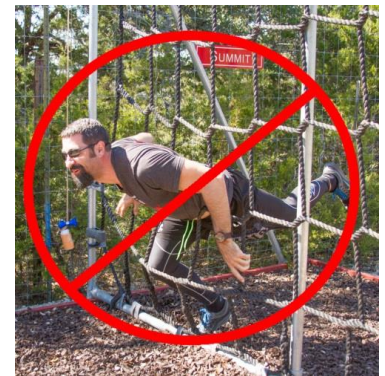
Climb up and over the cargo net.



What constitutes a failure/time penalty?

Walking around, failing to climb over.

Climbing through the net rather than over.



Tips and Safety

Avoid flipping due to a risk of strangulation.

Do not climb through the net.

Don't jump from the top.



Tyrolean Traverse

Lap 2

Instructions

Make your way across one of two ropes, either on top or underneath. Begin before the green line, finish when you ring the bell past the red line.



What constitutes a failure/time penalty?

Touching the ground underneath the rope,
falling or jumping down before ringing the bell.



Trapz

Lap 2

Instructions

Make your way across in a lateral traverse (plank traverse) using 2 rows of tires, do not touch the ground. You will have your hands on one row of tires (orange paint) and your feet on another (purple paint).



What constitutes a failure/time penalty?

Touching the ground with any part of your body.

Shifting your hands or feet off of the row of tires they started on.

Failing to make it all the way down the row of tires.

Tips and Safety

You do NOT have to complete a push up on each tire.



Sticky Spider

Lap 2

Instructions

Enter a tunnel and climb to traverse through the top tunnel. Complete by sliding down the final tunnel.



What constitutes a failure/time penalty?

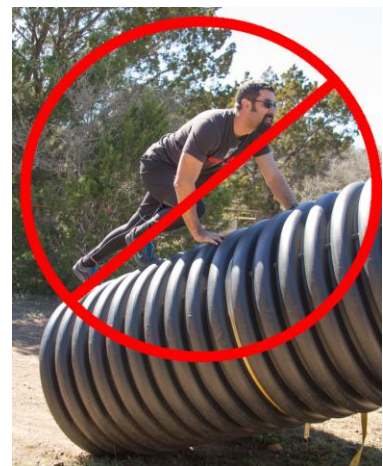
Sliding back out of the first tunnel and touching the ground.

Failing to successfully climb through all 3 tunnels.

Tips and Safety

Be prepared for a fast slide to the landing mats.

Do not climb on the outside of the tunnels.





Bucket Brigade

Lap 2

Instructions

Pick up a bucket, carry it up and around the marked course, then place it back where you picked it up. Blue buckets for men, Red Buckets for women. Red Buckets optional for male minors. No assistance allowed.



What constitutes a failure?

This obstacle must be completed before moving on in order to be eligible for prizes.

Dropping or throwing the bucket at the end of the obstacle will count as failure to complete.

Tips and Safety

Don't carry buckets upright on your shoulder (with the bottom of the bucket resting on your shoulder).

Don't carry buckets on your head.



Crawl Over Crawl

Lap 2

Instructions

Make your way underneath the metal mesh using whatever method you choose – crawl, roll, squat walk, spider man, bear crawl - climb over the wall, and exit underneath the metal mesh on the other side.



What constitutes a failure/time penalty?

Failing to make it through the obstacle or over the wall.

Tips and Safety

Don't climb on top of the metal mesh.

Don't climb around the side of the wall.

You may touch or use any of the support beams if necessary.

Assistance from other racers is allowed.





Farmer's Ladder

Lap 1 & 2

Instructions

Climb up and over the obstacle.



What constitutes a failure/time penalty?

Failing to climb over the obstacle.

Crawling under the obstacle.



Tips and Safety

Pay attention to the barbed wire on each side of the obstacle.

This obstacle must be completed on each lap.



Sea of Holes

Lap 1 & 2

Instructions

Pass through the tires, stepping on the ground in the holes, not on the tires.



What constitutes a failure/time penalty?

This obstacle must be completed. If a racer steps on top of tires rather than in holes, the racer must return to the point where he stepped onto the tires and continue in the holes.

Tips and Safety

You may skip tires, so long as your feet are in the holes rather than on top of the tires.

This obstacle must be completed on both laps.



Hercules Hoist

Lap 2

Instructions

Using the rope, hoist the log to the top and return it to the ground without dropping it.

Men's and Women's Logs are marked.



What constitutes a failure/time penalty?

Failing to hoist the log to the top.

Dropping the log before setting it down.

Tips and Safety

You may lean back, put your feet on the rails, or use any other position needed to hoist without standing on top of the rails.

Do not wrap the rope around any part of your body.

Racers can assist fellow racers.





Arm Blaster

Lap 2

Instructions

If using the rope, retrieve the rope from the end of the pipe. Stand on the sand bag and grasp the pipe or the rope. Make your way across the pipe using either the rope or your hands (or hands and feet). Once you pass the green line you are active and your feet may not touch the ground until you complete the obstacle by passing the red line with the rope or your hands, OR ring the bell.



What constitutes a failure/time penalty?

Failing to make your way all the way from before the green line to past the red line or to the bell.

Falling or touching down on the ground before completing the obstacle.

*Brushing the ground will not constitute a failure so long as the contact is incidental and not weight bearing.

Tips and Safety

Do not climb on top of the pipe.

Stay on one pipe across the entire obstacle.





Cargo Traverse

Lap 2

Instructions

Begin before the green tape line using either side of the cargo net, traverse using hands and feet without touching the ground until you ring the bell.



What constitutes a failure/time penalty?

Falling or jumping down and touching the ground.

Failing to traverse the entire length of the cargo net from before the green tape line to the bell.

Tips and Safety

Do not crawl over the top.



BYOB

Lap 2

Instructions

Pick up and carry a blue bag (men) or red bag (optional for women or minor males) up the hill and around the loop. Return the bag where you picked it up. The loop begins to the left up the hill, and returns down with a right turn at the fork to return the bag. Continue back up the left side of the loop and take the left fork to continue on the course.



What constitutes a failure/time penalty?

This obstacle must be completed before continuing on the course in order to be eligible for prizes.

Tips and Safety

The bag can be set down if the racer needs to rest, but cannot be rolled or dragged.

Do not throw or drop the bag. The obstacle is not complete until the bag has been returned to the correct box where it was picked up.



Speed Bump

Lap 1 & 2

Instructions

While not designed as a true obstacle, be aware that “Speed Bump” is in place to keep cattle off of a portion of the course, and you will need to cross over it on each lap. It is located at the top of the hill past the BYOB bag carry.





Slider

Lap 2

Instructions

Grasp the board and make your way to the top using your hands, or hands and feet. Start before the green line. Once you pass the green line you are active and cannot drop or touch the ground until completion. Ring the bell to complete.



What constitutes a failure/time penalty?

Failure to ring the bell.

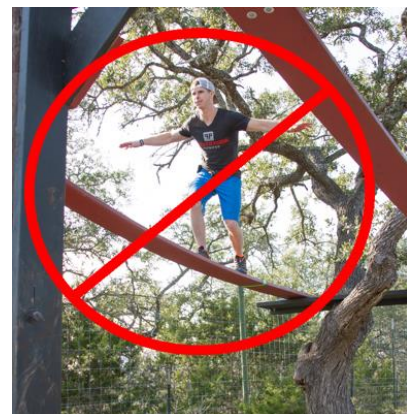
Falling or touching the ground before ringing the bell.

Tips and Safety

Do not stand on top of the beams.

Drop carefully after ringing the bell.

Do not sit on the shoulders of another racer.





Flat Tired

Lap 2

Instructions

Flip a tire – 5 flips out and 5 flips back to the starting position. Men's and Women's tires will be designated.



What constitutes a failure/time penalty?

Must complete this obstacle to continue.

Tips and Safety

Racers can assist fellow racers, but each racer must complete a total of 10 flips.

If two racers are working together, they must EACH complete 10 flips, for a total of 20.