



Introduction

Fitness and Endurance racing is a form of sport which is meant to test the durability or endurance of Master Guides. More men and women are competing in extreme races—military or adventure-style events that may include unreasonably tough running terrain, feats of strength, and obstacles of different difficulty. There are over 20 types of extreme races and all of them are designed to test the strength and will to cross the finish line of all the Master Guides.

Objective

The race is based on modern endurance races where Master Guides will need to overcome obstacles and challenges along the way. You need to be fit in order to participate. The race itself will be 5+ miles long and will have 20+ obstacles that you will need to go over, under or through.

Participants

All Master Guides can participate but need to be fit and sign a waiver before the race. We highly recommend that you exercise regularly and consult with your doctor before the race.

Elite Racers

Each Master Guide club will select a top female and male participant and both will be your elite Master Guide racers.



Material needed per Master Guide.

- Tennis shoes - We recommend comfortable used shoes.
- T-shirt – wear a club or other shirt. Keep in mind that it will get really dirty.
- Leggings or long shorts - If you are wearing shorts, wear long underwear, and keep in mind that you are going to go over obstacles and you need to cover up.
- Hand gloves.
- Water packs – Not required but recommended. You need to keep the water pack with you as you go over/under the obstacles.
- Life Jacket – Bring your own life jacket as the race will take you to the pond where you need to cross using the ropes.

Procedure:

1. Sign up online and verify your registration on Friday evening to receive your **Master Guide Race Number**.
2. **Elite Male MG racers** will start in the first wave at 7AM and **Elite Female MG Racers** will start at 7:15AM. Other Master Guide **race starting time** will be selected randomly and given to you Saturday night.
3. On Sunday before the race, write your **Master Guide Race Number** on both arms close to the shoulder with a black marker (sharpie). Make the number big as the number must be visible.
4. **Check-in** at the race starting line **15 minutes before your start time**. All Master Guides that are going to participate must have their number written on both arms. The number must correspond with your registration number.
5. Be ready to race in the designated start line. Starting at 7:00a, there will be a wave of runners starting every 15 minutes. We will blow a whistle and wave the **Master Guide flag** to indicate that the race has started.
6. If you are not on time for your race time, you may be eliminated. If there are spots and time is available in the last wave, there's a possibility you will be bumped to the last wave.
7. The race track will be **marked with flags and signals**, race only on the track and do not take short cuts or you will be penalized with **30 Burpees** in the next **Burpee Zone** and/or be disqualified.
8. Follow the **indications when verbal indications are given**.
9. You can run, walk or crawl to finish the race. **Each individual time will count**. Your race will be completed when you cross the finish Line.
10. When you finish the race, go immediately to the nearest judge and provide your race number to the finish Line judge. The judge will write your time next to your number in the race log.

Obstacles.

- Cross the obstacle as soon as you arrive and continue to the next obstacle. Do not block another Master Guide's progress or you will be penalized.
- If you arrive to an obstacle and all the "lines" are used, wait in line for your turn. Do not cut in front of another Master Guide waiting in-line or you will be penalized.
- Become familiar of the correct and incorrect way to go over each obstacle. Read the obstacle description and the Penalty/failure mode. Ask the obstacle judge if you are not sure of how to go over the obstacle.



- Instructions given verbally during pre-race briefing, at a specific obstacle, take precedence over the obstacle description below. The Instructions given at the obstacle must be followed. It is quite common for an obstacle to have modified instructions for various safe, environmental, logistical or creative reasons.

Penalty Zone

Obstacles may have a “**Penalty Zone**”. Master Guides are required to complete their penalty within the designated zone. Officials will ensure proper form is used and the Master Guide has completed the penalty. Penalty zones are there for safety and to allow for Master Guides flow on course. Blocking other Master Guide’s progress by doing penalty Burpees in the Master Guide path falls under the rules of “unsportsmanlike conduct”. See the section for **burpee definition** to learn the proper form.

List of SOME of the obstacles that MAY BE in place for this event.

OBSTACLE

6-8 Foot Wall

DESCRIPTION

Climb up and over the wall without touching the support structure. Only women can use the “kickers”

PENALTY / FAILURE MODE

30 Burpees

Failure:

- Anyone unable to climb over the wall.
- Anyone using the support structure.
- Men using assistance to complete the obstacle

PHOTO



Wooden Pegs Wall

Navigate the wall using only the wooden pegs and ring the bell. MG’s are not allowed to touch the top of the wall or the ground. MG’s are allowed to use the structure and top to position themselves on the beginning of the obstacle. The first two holes in the wall must be used when starting the wall. Once 4 points of contact are on the wall hand wooden pegs/knees on wall, the MG is considered “committed” and cannot reset or restart

30 Burpees

Failure:

- Touching the ground.
- Touching the top of the wall after start.
- Not ringing the bell.
- Men using any assistance to complete the obstacle





Rock Wall Climbing

Navigate up and over the rock wall.
There is no limit to the number of tries.

30 Burpees

Failure:

- Unable to get up and over the rock wall



Slippery Wall

Navigate up and over the wall.
There is no limit to the number of tries.

30 Burpees

Failure:

- Unable to get up and over the wall



Transverse Wall

Navigate the wall using only the handholds and ring the bell. MG's are not allowed to touch the top of the wall or the ground. MG's are allowed to use the structure and top to position themselves on the beginning of the obstacle. The first hand block and the first foot block must be used when starting the traverse. Once 4 points of contact are on the wall hand/foot-holds, the MG is considered "committed" and cannot reset or restart.

30 Burpees

Failure:

- Touching the ground.
- Touching the top of the wall after start.
- Not ringing the bell.
- Using any assistance to complete the obstacle.



Inverted Wall

Climb up and over the wall. Using the braces or flag post is not allowed.

30 Burpees

Failure:

- Anyone unable to climb over the wall.
- Anyone using the side braces or the flag pole.





Jump Wall

Climb up and over the wall without touching the support structure. Only women can use the “kickers”.

30 Burpees

Failure:

- Anyone unable to climb over the wall.
- Anyone using the support structure.
- Men using any assistance to complete the obstacle



Rope Climb Wall

Climb the rope and go over the wall. No mechanical devices are allowed to aid with climbing the rope.

30 Burpees

Failure:

- Not able to go over the wall.
- Using a mechanical aid



Over / Under Wall

Navigate OVER the first wall, UNDER the second wall, and THROUGH the last set of walls.

30 Burpees

Failure:

- Unable to navigate the walls



Dunk Wall

Go under the wall in the water pit.

30 Burpees

Failure:

- Not willing or able to go under the wall

Tire Wall

Climb and go over the wall.

30 Burpees

Failure:

- Not able to go over the wall



Log Jump

Jump over the log without touching the support structure. Only women can use the “kickers”.

30 Burpees

Failure:

- Anyone unable to climb over the wall.
- Anyone using the support structure.
- Men using any assistance to complete the obstacle





Heavy Carry Bucket

Fill the bucket to at least the bottom of the marked line with gravel or sand from the “bin” and carry the bucket along the prescribed route. The bucket must be returned filled to the marked line in the bucket. It **is not permitted to carry the bucket on or above your shoulders (e.g. neck or head)**. Empty bucket back into the bin upon completion of the bucket obstacle route. The entire route must be followed. Staff are not responsible for checking your buckets when you start the carry, only when you return to make a fail / no-fail decision.

30 Burpees

Failure:

- Returning with the bucket filled with rocks/sand below the line = 30 Burpees.
- For a Significantly low level of contents, MG must repeat obstacle



Heavy Lift bucket

Pull the rope to raise the weight until the knot or bucket reaches the top. Lower the bucket slowly and under control, without releasing the rope, until bucket reaches the ground. (No dropping the bucket).

30 Burpees

Failure:

- Unable to fully raise the bucket.
- Dropping the bucket (rope slips through, or leaves the MG hands and hits the ground hard).



Atlas / Concrete Block Carry

Pick up the stone > Carry it to the other side > Put it down > 5 Burpees > Return Stone to Starting Point.

30 Burpees

Failure:

- Anyone not able to move the “stones”.
- Anyone who doesn't complete 5 correct Burpees





Log / Sandbag Carry

Carry the log/sandbag on the designated route. Possible different log/bags for Men vs Women.

30 Burpees
Failure:

- Not willing or able to complete the route with the log/sandbag.
- Damaging or Destroying the sand bag



Wire Crawl

Crawl under the barbed wire. (Rolling is allowed). Packs / bottles must go through the barbed wire obstacle. No diving.

Disqualification
Failure:

- Disqualification if they skip the obstacle, or do not carry their personal belongings through the obstacle.
- Going over wire or cord that was designed to go under, unless obstacle has been damaged in a way to make it impractical to navigate otherwise.
- There is no option to do Burpees instead of this obstacle

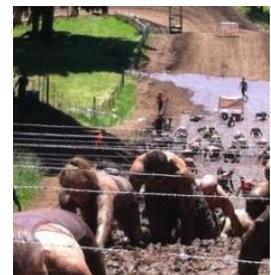


Hill and Wire

On a hill, crawl under the barbed wire. Packs / bottles must go through the barbed wire obstacle.

Disqualification
Failure:

- Disqualification if they skip the obstacle, or do not carry their personal belongings through the obstacle.
- Going over wire or cord that was designed to go under, unless obstacle has **been** damaged in a way to make it impractical to navigate otherwise.





Log Hop

Navigate across the top of multiple logs without touching the ground. MG may make several attempts to get on to the first log, but once the second log is touched, MG may not start again. If the last log is touched before the MG touches the ground, the obstacle will be judged as completed.

- There is no option to do Burpees instead of this obstacle

30 Burpees

Failure:

- Touching the ground before touching the last log



Balance Beam

Navigate across the beam(s) without touching the ground. No limit to the number of attempts.

Disqualification

Failure:

Touching the ground before reaching the end of the beam



Rope Transverse

MG must traverse the rope and ring the bell.

30 Burpees

Failure:

- Not ringing the bell
- Feet touching the ground/water



Tyrolean Transverse

MG must traverse the rope and ring the bell. If on top of the rope, feet may touch the water. If underneath the rope, feet may not touch the water.

30 Burpees

Failure:

- Not ringing the bell
- Feet touching the water if underneath the rope.





Rope Inverted

MG must traverse the rope and ring the bell.

30 Burpees
Failure:
• Not ringing the bell
Feet touching the ground/water



Pond Rope Crossing

Pull yourself across the pond/lake
No diving
Use a PFD if not able to swim.

30 Burpees and then walk around the pond.
Failure:
Unable to complete the obstacle.



Jacob's ladder

Climb the rope and ring the bell.

30 Burpees
Failure:
• Not ringing the bell



Vertical Cargo Net

Climb up and over the cargo net.

30 Burpees
Failure:
• Not willing or able to climb over the obstacle



Cargo Bridge

Climb up and over the cargo net.

30 Burpees
Failure:
Not willing or able to climb over the obstacle



Spider Web

Navigate through the "web" of string, cord, or barbed wire, or similar.

Disqualification
Failure:
If the MG skip the obstacle or do not carry their personal belongings through the obstacle.





Rope Swing

Swing from rope to rope and ring the bell.

30 Burpees

Failure:

- Not ringing the bell



Bible Memory Test

Stop and do as the sign, instructions. MG's will be tested at another point.

30 Burpees

Failure:

- Answering incorrectly



Tire pull

Standing up, pull the tire(s) or block(s) along the route. Do not carry tire/blocks, they must stay on the ground.

30 Burpees

Failure:

- Carrying the block.
- Not completing the route



Tire Drag

Pull the tire out until the line is taught grabbing only tire. Return to the rope attachment point (stake), sit, (buttock must be on the ground), and pull the tire back to the stake using the rope. MG's may not carry the tire, the tire must be touching the ground at all times.

30 Burpees

Failure:

- Unable to complete task.
- Not pulling the tire out until the rope is taught. (Re-do or fail).
- Not pulling the tire all the way back. (Re-do or fail).



Tire flip

Flip the tire the prescribed number of times.

30 Burpees

Failure:

- Unable to flip the tire the required number of times





Tire Carrying

Pick up the tire > Carry it to the other side > Put it down > 5 Burpees > Return tire to Starting Point.

30 Burpees

Failure:

- Anyone not able to move the “tires”.
- Anyone who doesn’t complete 5 correct Burpees



Monkey Bars

Swing from bar to bar using ONLY your hands. Feet cannot touch the ground or the rungs. MG’s are not allowed on top of the obstacle.

30 Burpees

Failure:

- Feet touching the ground.
- Feet touching bars above head.



Monkey Rings

Swing from ring to ring using ONLY your hands. Feet cannot touch the ground or the rungs. MG’s are not allowed on top of the obstacle

30 Burpees

Failure:

- Feet touching the ground.
- Feet touching bars above head.



Monkey Net

Cross the net using ONLY your hands, and ring the bell on the other side. MG’s are not allowed on top of the obstacle

30 Burpees.

Failure:

- Falling from net.
- Feet touching net above head



Pipe Transverse

Swing along the pipe bar using ONLY your hands. Feet cannot touch the ground or the rungs. MG’s are not allowed on top of the obstacle

30 Burpees.

Failure:

- Feet touching the ground.
- Feet touching bars above head



Water fall Slide

Feet first only. Do not go head first.

30 Burpees.

Failure:

- Unable to complete the obstacle.
- Going head first.





Water Slide

Feet first only. Do not go head first.

30 Burpees.

Failure:

- Unable to complete the obstacle.
- Going head first.



Hill Climb

Climb the hill using the rope.

30 Burpees

Failure:

Unable to complete the obstacle.



Inside the Pipe

Enter the pipe and crawl inside the pipe to the other side.

30 Burpees.

Failure:

- Unable to complete the obstacle.



Mud Pit/Trenches

Stay within the widths of the obstacle. No diving.

30 Burpees

Failure:

- Not navigating the trenches.
- Not staying within the widths of the obstacle, “skirting” the obstacle
- Disqualification for “skirting”, Athlete may back-track and re-enter the obstacle properly if skirting was unintentional, or forced by congestion



Water Pits

Stay within the widths of the obstacle. No diving.

30 Burpees

Failure:

- Not staying within the widths of the obstacle, “skirting” the obstacle
- Disqualification for “skirting”, Athlete may





back-track and re-enter the obstacle properly if skirting was unintentional, or forced by congestion

Fire Jump

Jump over the fire.

30 Burpees

Failure:

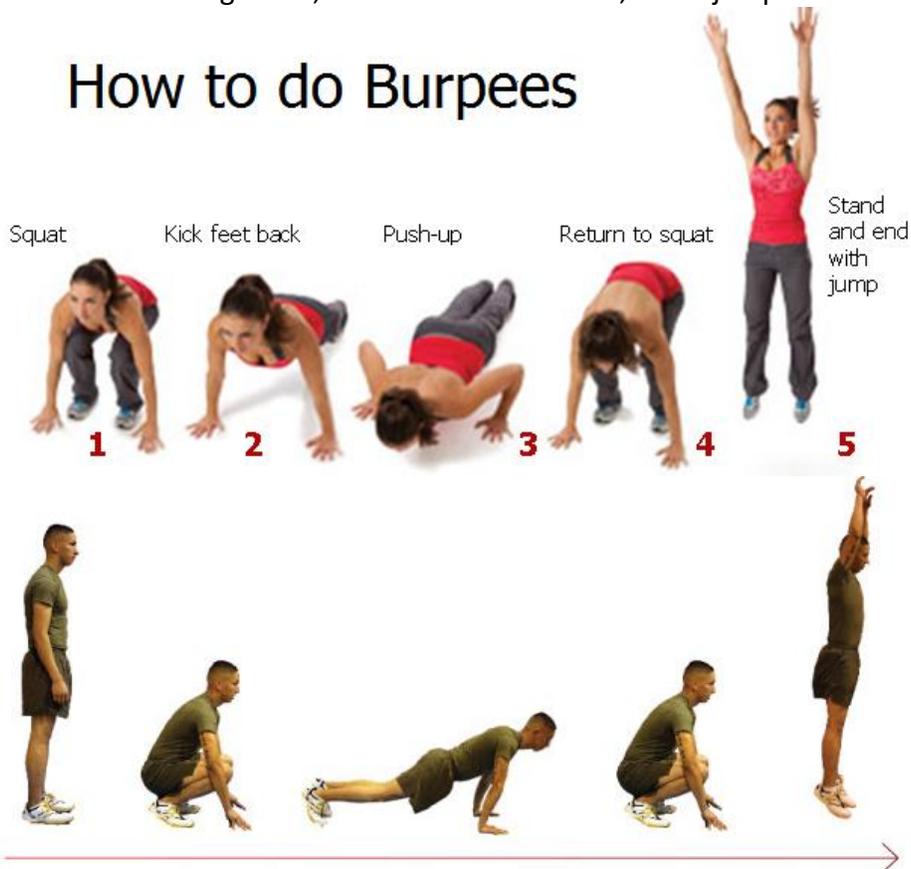
- Not willing or able to jump over the fire



Penalty

A burpee consists of two parts. At the “bottom” of the burpee, the body and legs are straight and parallel to the ground, with a full push-up with chest touching the ground. At the “top” of the burpee the body and legs are straight and perpendicular to the ground, with hands above ears, and a jump with feet leaving the ground.

How to do Burpees





Training:

1. **Build an Aerobic Base:** The Ultimate Master Race is a running event. Start running at an easy, manageable intensity three days per week, ideally on trails, until your body asks for more. Then, run harder on one day, and add sprints to another, and keep the third easy – but add time.
2. **The Race requires all-around fitness.** Add Burpees, Bear Crawls, and Jumping Pull-Ups. After two or three weeks, it is time to develop your obstacle immunity! Burpees, bear crawls and jumping pull-ups will help you with the athleticism and strength needed to conquer this Race. Practice these exercises for 10-15 minutes each, 2-3 days per week.
3. **Obstacle-Specific Practice:** Carrying a 5-gallon bucket up stairs, practicing the monkey bars at a neighborhood playground, climbing out of the deep end of a swimming pool, and practice rope climbing techniques. Complete the 30 Burpees each day for a 30 day Challenge.

Training videos

Burpees - <https://www.youtube.com/watch?v=uX1fVFkm6s>

How to burpee Day 1 <https://www.youtube.com/watch?v=jw9L4GDLTnQ>

How to burpee Day 2 <https://www.youtube.com/watch?v=Q4svzYW1VFA>

How to burpee Day 3 <https://www.youtube.com/watch?v=Wsr54Gp9uU>

How to burpee Day 4 <https://www.youtube.com/watch?v=l0pZnN-h9Vl>

<https://www.youtube.com/watch?v=tJrdJBWBU08>

Bear Crawl – <https://www.youtube.com/watch?v=dCh3L4jcNjk> | <https://vimeo.com/23869931>

Planks – <https://www.youtube.com/watch?v=W-U1inWc4Jo> -

Squats - <https://www.youtube.com/watch?v=P6yJ8KttMtE> - <https://www.youtube.com/watch?v=ap50xskZTYI>

Lunges - <https://www.youtube.com/watch?v=qezthvIAarI>

Walking Lunge - <https://www.youtube.com/watch?v=gidNmxTjYZs>

Hollow Hold - <https://www.youtube.com/watch?v=RUp5jGnC7PM>

Broad Jump – <https://www.youtube.com/watch?v=tCCRnCL6o0I>

Push up – <https://www.youtube.com/watch?v=NrpiADcgNVk>

Pull up – <https://www.youtube.com/watch?v=bY6qcE7x67c>

Rope Climbing Techniques - <https://www.youtube.com/watch?v=AD0uO7JGdZU>

User other training videos or trainers for the event.



EVALUATION

Points

ELITE MG's

300 points for the **TOP 5 ELITE MALE** racers (MG's 1-5) – Best time
300 points for the **TOP 5 ELITE FEMALE** racers (MG's 1-5) – Best time

250 points for the **SECOND 5 ELITE MALE** racers (MG's 6-10)
250 points for the **SECOND 5 ELITE FEMALE** racers (MG's 6-10)

200 points for the rest of the **Elite** racers male or female

GROUP MG's

200 points for the **TOP 50 GROUP MALE** racers (MG's 1-50)
200 points for the **TOP 50 GROUP FEMALE** racers (MG's 1-50)

150 points for the **SECOND 50 GROUP MALE** racers (MG's 51-100)
150 points for the **SECOND 50 GROUP FEMALE** racers (MG's 51-100)

100 points for the **THIRD 50 GROUP MALE** racers (MG's 51-100)
100 points for the **THIRD 50 GROUP FEMALE** racers (MG's 51-100)

50 points for the rest of the participants male or female

Awards

Medal for the **TOP 5 ELITE MALE** racers
Medal for the **TOP 5 ELITE FEMALE** racers

Pin for the **TOP 50 GROUP MALE** racers
Pin for the **TOP 50 GROUP FEMALE** racers

All participants that finish the race will receive a T-Shirt

Event Location

Lake Whitney Ranch



Event Management Section

Questions and Assistance

Any inquiries related to this event should be referred to the Texas Conference Event Directors Alfredo and Sonia Lopez

Role: Event Owner

The Event Owner is responsible for overseeing the Design, Setup and Operation of the event. The race is divided in 5 zones: ZONE 1 – HBA, ZONE 2 – CTA, ZONE 3 – DET, ZONE 4 – KFW and ZONE 5– VCB

Role: Event Manager

The Event Manager is responsible for running the event - Alfredo & Sonia Lopez

Appendix

None

Role	Planning & Definition						
R = Responsible (Those who do the work to achieve the task) A = Accountable (Individual responsible for the correct and thorough completion of the task) C = Contributing/Consulted (Those whose opinions are sought) I = Informed (Those who are kept up-to-date on progress, often only on completion of the task)	Event Registration	Event Equipment (Materials)	Event Location	Running The Event	Event Questions and Rules	Event Results	
	Club Director	R	A	I	I	C	I
	Master Guide Participants	I	R	I	I	I	I
	Area Coordinators	A	I	R	C	C	I
	Event Manager	I	I	C	R	C	I
	MG Conference Event Directors	I	C	A	A	R	A
	MG Conference Directors	I	I	I	I	A	R



Evaluation, Review and Implementation

Practice	This event will be practiced six months before the activity for adequacy and effectiveness.
Evaluation	This event will be evaluated for effectiveness by determining that all the Event Details have an entry in the Event Steps, that the information is accurate and that there are no requirements or material that are not available to the participants.
Review	This event will be reviewed after the practice and updated as required.
Implementation	This event will be practiced again and will go through the cycle of Practice, Evaluation and Review. Once the event does not require any updates and it passes the approval, then it will be implemented and broadcast as required.

Event Retention and Control

Event Retention	The Event should be retained in the MG Event Database in a format and location that is readily accessible by the Texas Conference personnel and the Texas Conference Directors with the appropriate level of authority.
Event Control	The Event should have an entry log in the Texas Conference MG Event Catalog. The Texas Conference MG Event Catalog will be organized in terms of Event Categories, Documents and revisions. The Event will be revised every ten years. The event will not be used for any activity for a period of at least five years.

Version History

Version	Rev Date	Author	Revision Summary
1.0	Jan 2016	Alfredo Lopez	Created the Event for the 2016 Master Guide Camporee. Presented to the Council
2.0	April 2016	Alfredo Lopez	Review the event and added information. Meet with the council
3.0	July 2016	Alfredo Lopez	Finalize the event and send to the council. Posted on the website.
4.0	January 2022	Alfredo Lopez	Update the document, Posted on the website. Approved by MG Council



Author and Ownership

Event Author	Alfredo Lopez	Texas Conference Master Guide Director
Event Owner	Alfredo Lopez	Texas Conference Master Guide Director
Revision	Sonia Lopez	Texas Conference Master Guide Director

Event Approvals

<u>Name</u>	<u>Title</u>	<u>Signature</u>	<u>Date</u>
Alfredo and Sonia Lopez	Texas Conference Associate and Event Directors	Electronic Signature - Email	July 2016
Lily and Andrew	TX Conference MG Directors	Electronic Signature - Email	July 2016
Alfredo and Sonia Lopez	TX Conference MG Directors	Electronic Signature - Email	January 2022