

"THE SUPER CHALLENGE" 2016 - PRESENTED BY TERRAIN TRAINING

WHAT IS "THE SUPER CHALLENGE"?

"THE SUPER CHALLENGE" is not your run of the mill challenge. It can be described as a testing ground, which pushes your mental, physical and emotional boundaries. "THE SUPER CHALLENGE" is not a race, it is a positive journey undertaken by ones own free will to nurture unbroken confidence and discover new limits.

Venue:

Obstacle Park - 7027 Southport Nerang Road, Nerang (behind Prana Centre building)

Date:

Saturday January 23rd 2016

Categories & Pricing:

Brave (4hr) \$40.00/pp, Crazy (8hr) \$50.00/pp & Insane (12+hr) \$60.00/pp

Start time:

6:00am

Finish times:

The Brave (4hr) 10:00am, The Crazy (8hr) 2:00pm & The Insane (12+hr) 6:00pm or until finished

SUPER CHALLENGE OVERVIEW

Set up:

2 x 1km laps and Obstacle Arena.

Objective:

Participants registered for the 4hr & 8hr challenges are to complete as many 1km laps as possible during their time period. After the completion of every 1km lap, participants must enter the Obstacle Arena to accumulate 10 points before starting the next 1km lap.

Participants registered for the 12+hr challenge are to complete a total of 20 x 1km laps. Completion of the 12+hr challenge can vary from 10 to 16 hours. After the completion of every 1km lap, participants must enter the Obstacle Arena to accumulate 10 points before starting the next 1km lap.

Every 1km lap completed (*listed below) cannot be repeated.

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*1km laps

1. Run
2. Bear crawl
3. Backwards bear crawl
4. Gorillas
5. Tyre drag
6. Tyre above head
7. Tyre push
8. Tyre carry
9. ~T Push up 10 reps every 100m
10. ~T Explodes 10 reps every 100m
11. Run backwards
12. Side to side left (heel / toe)
13. Side to side right (heel / toe)
14. ~T Mock rifle hands straight
15. ~T Get ups 10 reps every 100m
16. Heavy rope drag
17. Heavy rope drag backwards
18. ~T Travelling lunges 100m on 100m off
19. Switching between backwards walk 100m and run 100m.
20. Double tyre drag

~T - dragging a tyre is included while doing this lap.

After the completion of every 1km lap, all participants must accumulate 10 points in the Obstacle Arena before starting the next 1km lap. In the Obstacle Arena, all obstacles are identified by a points system (^listed below), valued from 1-4 points based on an obstacles level of difficulty. Points are accumulated **only** from a successful attempt of an obstacle.

^Obstacle Arena

1. 1 - Wall 1.2m
2. 1 - Cargo Net Climb
3. 1 - Net Crawl
4. 1 - Balance Beam
5. 2 - Wall 2m
6. 2 - Parallel Bars
7. 2 - Monkey Bars
8. 2 - Wall 2.5m
9. 2 - Rings
10. 2 - Apex Wall
11. 2 - Cube: Chin ups x 10
12. 3 - Wall 3m
13. 3 - Warped Wall
14. 3 - Rope Climb
15. 4 - Bamboo Forest (5 poles)
16. 4 - Peg Board vertical
17. 4 - Peg Board horizontal

Please note: no equipment from the 1km lap is to be taken into the Obstacle Arena. Obstacles can be repeated to accumulate points.

To ensure all participants are always on track, everyone will be given a detailed stat sheet to record their important personal data and progress. It is the responsibility of all participants to record their own data and progress during "THE SUPER CHALLENGE".

Its is also recognised that participants entering "THE SUPER CHALLENGE" will vary from Beginner to Advanced. To ensure all participants achieve continuity and success throughout, all participants have the opportunity to select the order of 1km laps and obstacles they wish to complete.

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Duty of care:

Safety is our number one concern and the maintenance of your health is paramount. In consideration of undertaking "THE SUPER CHALLENGE", if you have any concerns relating to i.e. health, injuries etc, we strongly recommend you see a doctor for clearance first.

Prior to starting "THE SUPER CHALLENGE", everyone will be given a Waiver and Release form to read. Please thoroughly read the Waiver and Release form and ensure you fully understand and agree with the terms and conditions. Proceed by signing and dating the Waiver and Release form and you will be all good to go.

All persons undertaking "THE SUPER CHALLENGE" will be responsible for their own nutrition and hydration. Please ensure you bring surplus supplies to last you for the category you have registered. There will be no nutrition or hydration for purchase during "THE SUPER CHALLENGE", however there will be access to town water.

In order to stay adequately hydrated and fuelled at all times, we strongly encourage all participants to take regular breaks during their progress of "THE SUPER CHALLENGE". Participants can leave their nutrition, hydration, eskis, bags, etc in the participants zone, which will be located at the centre of "THE SUPER CHALLENGE", allowing all participants immediate access (no further than 50m away) at all times.

NOW IS THE TIME TO SIGN UP FOR "THE SUPER CHALLENGE" 2016 AND GET A HEAD START ON YOUR NEW YEARS HEALTH AND FITNESS JOURNEY!