

## **Wreck N' Roll 2020**

Due to COVID-19 event restrictions, this year's competition will be time-trial based. A heavy-carry obstacle course has been set up with an approximate completion time of 1 hour. The course is packed with numerous heavy carries and 13 obstacles over the 1.5 mile course. Participants will compete as individuals and not as a relay team. Each athlete will have until the end of June to run their best time, and can try the course multiple times. You may reserve a spot or check course time availability by sending Newbsanity a Facebook message, emailing jarrett@newbsanity.com or texting Jarrett at 607-206-9000. Please include your name, desired time/date, competition category, and if you need someone up on the course to help with navigation (recommended for those running the loop the first time and non-season pass holders). If you are not a season pass holder the cost is \$30 for initial registration and \$10 per additional lap.

### **Competition Categories:**

- Tried and True – Weights to be carried are moderate and obstacle lanes are easier.
  - The ruck division will compete on this course.
- Risk and Reward – Weights to be carried are difficult and obstacle lanes are hard
- Newbsanity – Weights to be carried are impossible and obstacle lanes are extreme (time cap 1 hour) – Note from Jarrett: I honestly think it is impossible.

Season points will be awarded by overall gender finish. Finishers will be ranked first by competition category and then by time. To be eligible for points you must meet the specifications for the competition category. You may choose to run the course at any difficulty level that you wish but if you score season points based on your finish in the Newbsanity or Risk and Reward division you will not be eligible for an event award in the Tried and True division.

-Newbsanity category: Time cap 1 hour and must complete all obstacles and carries.

-Risk and Reward category: Time cap 1:15

-Tried and True/Rucking category: Time cap None

### **Awards:**

Awards will be given in both the Tried and True and Risk and Reward divisions in the following categories: Overall M/F, Masters 40+ M/F, Ruck Division M/F. Also, an award will be given to anyone who can complete the course at the impossible Newbsanity setting.

Maximum number of participants at a time is 7.

- Tried and True – 3
- Risk and Reward – 3
- Newbsanity – 1 (this is legit impossible)

## Course Description:

### Tried and True:

Start at the cones between Rat Trap and RipCurl

- 1) Complete RipCurl (any lane)
- 2) Small tire flip based on the lane completed of Ripcurl
  - Cone 1 – Hard Lane
  - Cone 2 – Rope Lane
  - Cone 3 – Cargo Net Lane
- 3) Run backwards through Joker Lane and proceed to the tire carry
- 4) Following the orange cones - Carry one tire down the motocross track, up and around the hill and then through Sneaker Eater. Drop your tire at the cone after Sneaker Eater and proceed to Shark Attack
- 5) Complete Shark Attack and ring the bell at the end
- 6) Loop around to monkey bars and follow the swamp course
- 7) Pick up a Wreckbag from the white barrel and carry it through the woods to the white barrel in front of Inch Worm.
- 8) Do inchworm exercise for the length of Inch Worm.
- 9) Drag the Tried and True option following the orange cones on the motocross track up to Jerry Rigged.
- 10) Participants may use the wooden foot holds. Pull the weight all the way up and then let it down in a controlled fashion.
- 11) Sideways traverse on the A-frame ropes using the final A-frame as a turn-around before traversing back the other side of the A-frame ropes.
- 12) Push the monster truck tire from orange cone to orange cone.
- 13) Complete the grip rig by traversing the floating walls.
- 14) Carry a tire through Dragon Spine and then follow the orange cones. Drop the weight after the motocross track and before Pirate's Path
- 15) Complete Pirate's Path
- 16) Drag a Commando Snake to the cone before Grandpa's Beard
- 17) Complete Grandpa's Beard or do 10 burpees
- 18) Grab a Wreckbag and complete the short Royal Flush walls. The bag must pass over each wall as well.
- 19) Head to Rat Trap and complete any lane.
- 20) Go around the orange cone and then run the course in reverse
  - The reverse course is the same. Competitors may also go down any lane of Rat Trap and RipCurl
- 21) Penalty Loop- Failure to complete Jerry Rigged, A-frame Traverse, Grip Rig, Pirate's Path, Grandpa's Beard, Royal Flush, or Rat Trap will result in 10 burpees.

Risk and Reward:

Start at the cones between Rat Trap and RipCurl

- 1) Complete Ripcurl (any lane)
- 2) Tire flip of medium tractor tire based on the lane completed on Ripcurl
  - a. Cone 1 – Hard Lane
  - b. Cone 2 – Rope Lane
  - c. Cone 3 – Cargo Net Lane
- 3) Run backwards through Joker Lane and proceed to the tire carry
- 4) Following the orange cones - Carry two red stripe tires down the motocross track, up and around the hill and then through Sneaker Eater. Drop your tires at the cone after Sneaker Eater and proceed to Shark Attack
- 5) Complete Shark Attack and ring the bell at the end
- 6) Loop around to monkey bars and follow the swamp course
- 7) Pick up a Wreckbag from the white barrel and carry it through the woods to the white barrel in front of Inch Worm
- 8) Complete Inch Worm
  - a. Penalty for non-completion is to do inchworms all the way around inchworm
- 9) Drag a Commando Sled following the orange cones on the motocross track up to Jerry Rigged
- 10) Participants must make 10 bars on Jerry Rigged. The total is cumulative and they may drop and restart.
- 11) Sideways traverse on the A-frame ropes using the final A-frame as a turn-around before traversing back the other side of the A-frame ropes.
- 12) Push the monster truck tire from orange cone to orange cone.
- 13) Complete the grip rig by starting on the tires and ending on the tires on the other end
- 14) Carry a 40lb concrete weight through Dragon Spine and then follow the orange cones. Drop the weight after the motocross track and before Pirate's Path
- 15) Complete the hard side of Pirate's Path
- 16) Drag a Commando Snake to the cone before Grandpa's Beard
- 17) Complete Grandpa's Beard
- 18) Grab a Wreckbag and complete the tall Royal Flush walls. The bag must pass over each wall as well.
  - a. If you are unable to complete a wall you may complete a penalty lap with the Wreckbag and then complete the short walls from where you left off the tall walls.
- 19) Starting underneath Rat Trap complete the hard side.
- 20) Go around the orange cone and then run the course in reverse
  - a. The reverse course is the same except competitors will go back through the short walls of Royal Flush. Competitors may also go down any lane of Rat Trap and RipCurl

Penalty Loop- Failure to complete Jerry Rigged, A-frame Traverse, Grip Rig, Pirate's Path, Grandpa's Beard, Royal Flush, or Rat Trap will result in running a lap of the penalty loop with a Wreckbag.

Newbsanity:

Start at the cones between Rat Trap and RipCurl

- 1) Complete Ripcurl (Hard Lane)
- 2) Tire flip of the large tire to 3<sup>rd</sup> cone.
- 3) Run backwards through Joker Lane and proceed to the tire carry
- 4) Following the orange cones – Carry one tractor trailer tire down the motocross track, up and around the hill and then through Sneaker Eater. Drop your tires at the cone after Sneaker Eater and proceed to Shark Attack
- 5) Complete Shark Attack and ring the bell at the end
- 6) Loop around to monkey bars and follow the swamp course
- 7) Pick up a Wreckbag from the white barrel and carry it through the woods to the white barrel in front of Inch Worm
- 8) Complete Inch Worm
- 9) Drag a Commando Sled following the orange cones on the motocross track up to Jerry Rigged
- 10) Jerry Rigged – Lift weight to the top and back down without dropping. You may not use the wooden foot holds.
- 11) Sideways traverse on the A-frame ropes using the final A-frame as a turn-around before traversing back the other side of the A-frame ropes.
- 12) Flip the monster truck tire from orange cone to orange cone.
- 13) Complete the grip rig by starting on the tires and ending on the tires on the other end
- 14) Carry a 70lb concrete weight through Dragon Spine and then follow the orange cones. Drop the weight after the motocross track and before Pirate's Path
- 15) Complete the hard side of Pirate's Path
- 16) Drag a Commando Snake to the cone before Grandpa's Beard
- 17) Complete Grandpa's Beard
- 18) Grab a Wreckbag and complete the tall Royal Flush walls. The bag must pass over each wall as well.
- 19) Starting underneath Rat Trap complete the hard side.
  - a. Must jump to the rock holds from the bottom wooden handhold.
- 20) Go around the orange cone and then run the course in reverse
  - a. The reverse course is the same including the tall walls of Royal Flush. Competitors may also go down any lane of Rat Trap and RipCurl.