MG5026 – Master Guide Race Combine

Introduction

The Master Guide Race Relay Combine is an extreme endurance event designed to push Master Guides to their physical and mental limits. Teams must work together to conquer a demanding 4+ mile course featuring over 20 unique obstacles set in rugged terrain, alongside 4 Master Guide Challenges based on Adventist Youth Honors. This event tests strength, strategy, and teamwork—ensuring that only the most resilient and cooperative clubs cross the finish line together.

Event Objectives

- **Obstacle Mastery**: Conquer 20+ obstacles involving climbing, crawling, carrying, and problem-solving.
- **Challenge Mastery**: Complete 4 challenges based on AY honors.
- **Endurance Test**: Complete a 4+ mile course with varied terrain and elevation changes.
- **Team Excellence**: Demonstrate Master Guide skills and perseverance by working collaboratively to complete challenges rooted in Adventist Youth Honors

Important

Near the bottom of the document, you will find the Master Guide Relay Combined challenges section, which includes specific instructions and a list of required materials for each challenge.

Eligibility & Requirements

Eligibility

Open to all certified Master Guides.

Team Selection

A team consists of all active club members who are participating. Small clubs may combine with one another to form a single participating team.

Elite Runners

Elite runners take on the **Race + Obstacles format only**. Each club designates one female and one male participant as its Elite Master Guide racers. These two individuals represent the club in the elite individual competition, and they must complete the race track and clear the obstacles. Once the elite runners have finished, they may join the team runners if the time slot permits.

Team Runners

Team runners take on the **Race + Obstacles + Challenges** format. All club members may participate as part of the team. Team runners must complete the race track, the obstacles, and the challenges.

Team Challenges

Intended for club members who are unable to run the race. Team runners may assist with the challenges, but clubs are encouraged to primarily use members who are not running.

Fitness Level

Regular training is strongly recommended — a minimum of three workouts per week.

Safety Protocol:

- Signed waiver is mandatory for all participants.
- Physician clearance is **strongly recommended**.

Required Gear

- **Footwear**: Athletic shoes with strong traction (well-broken-in recommended).
- **Upper Body**: Club T-shirt or moisture-wicking top (expect heavy dirt/mud).
- **Lower Body**: Durable leggings or long shorts with compression/base layers for obstacle navigation.
- **Hand Protection**: Padded work or gardening gloves (grip-enhancing preferred).
- **Hydration System**: Hands-free water pack or belt (minimum 1L capacity). Test during training to ensure security during obstacles.

Pre-Race Preparation

1. **Registration**:
    - The Club Director must complete in-person registration on Friday evening to receive the club's elite runners and club race number(s). The club's time slot will be assigned at random, posted on Saturday, and provided during the directors' meeting.
    - A signed waiver must be presented for all participants at registration.
2. **Number Marking**:
    - Before race day (Sunday), write your race number (registered number) on both upper arms using a black Sharpie.
    - Numbers must be:
        - At least 3" tall.
        - Fully visible during obstacles.
3. **Challenge obstacle Material**:

    - Before race day (Sunday), if required, deliver your challenge materials to the designated setup areas.
    - Some challenges require teams to carry materials while running—refer to each challenge for specific instructions

Before Race Day Procedures

4. **Check-In**:
    - Arrive at the check-in table/starting line 15 minutes before your assigned wave with your club/team members and challenge materials.
    - Numbers and start times will be verified.
5. **Start Sequence**:
    - 7:00 AM – **Elite Male Racers** depart in the first wave.
    - 7:15 AM – **Elite Female Racers** depart in the second wave.
        - **Note: Elite runners will bypass all club challenges and focus solely on the race course and Obstacles.**
    - 7:30 AM – **Club Teams** begin their waves, with subsequent waves departing every 10-15 minutes thereafter.
    - The start of each wave is signaled by an air horn blast and/or the waving of the Master Guide flag.
6. **Late Arrival Policy**:
    - Missing your wave may result in elimination.
    - Final wave entry allowed only if space is available and approved by the race coordinator.

Course Rules

7. **Course Navigation**:
    - Follow flag markers at all times.
    - Penalties for shortcuts:
        - Go back to the previous station and perform 30 burpees at the penalty zone.
        - Potential disqualification for repeated violations.
8. **Safety Compliance**:
    - Obey all verbal instructions from course volunteers immediately.
9. **Completion Standards**:
    - All movement styles (run, walk, crawl) permitted.
    - Official time recorded when torso crosses the finish line.
10. **Finish Protocol**:
    - Report directly to timing officials upon finishing.
    - Verbally provide your race number for recording.

Obstacle Protocol

11. **Immediate Progression Rule**:
    - Complete each obstacle upon arrival and move to the next station.
    - Violation: Impeding others results in a penalty.
12. **Queue Management**:
    - If obstacle stations are occupied, form an orderly queue.
    - Violation: Line-cutting is prohibited and penalized.
13. **Obstacle Familiarization**:
    - Review obstacle specifications, including:
        - Proper completion techniques
        - Failure conditions

        - Associated penalties
    - Clarify uncertainties with the obstacle judge before attempting.
14. **Instruction Priority System**:
    - Live instructions (from briefings or at obstacles) supersede written materials.
    - Modifications may occur due to:
        - Safety concerns
        - Weather or environmental factors
        - Event-specific adaptations

Penalty Zone Operations

- **Designated Areas**: Clearly marked penalty zones near specific obstacles.
- **Enforcement Protocol**:
    - Complete penalties within assigned zones.
    - Officials will verify proper execution and completion.
- **Course Etiquette**:
    - Performing penalties outside designated areas is unsportsmanlike.
    - Obstructing the course with unauthorized penalty exercises is prohibited.
- **Reference**: See "Official Burpee Standards" for required form and technique.

Penalty Application

- Burpees will be used for all obstacles.
- Burpees must be performed by member not able to pass an obstacle.

Evaluation & Scoring

Elite Master Guides (Individual Rankings)

Placement	*Points Awarded*
Top 3 Elite Male and **Top 3 Elite Female** racers (best time)	**300 points**
Second 3 Elite Male and **Second 3 Elite Female** racers	**200 points**
All **remaining Elite racers** (male or female)	**100 points**

Club Master Guides (Team Rankings)

Club Time Calculation: The club's official time is determined by the **average time** of all club members. Average time - Add the finish times of all runners and divide by the total number of participants.

Placement	*Points Awarded*
Top 10 Clubs (best average time)	**300 points**
Second 10 Clubs (next best average time)	**200 points**
All **remaining clubs**	**100 points**

UMGR Combine – First Aid Challenge

Challenge Objective

This relay station assesses practical emergency preparedness based on the Adventist Youth First Aid Honor. Master Guides must respond effectively to various field-emergency scenarios.

Participants

- Up to five Master Guides may participate in this challenge per club.
- The participating first-aid team must be designated before the race begins.
- Clubs may assign Master Guides who are not actively racing to complete this challenge.

Required Equipment

Clubs must provide their own equipment. Teams must run with the following items:

- Several triangular bandages or standard Pathfinder / Master Guide neckerchiefs (minimum of 10)
- Bandages / pressure dressings suitable for snakebite (minimum of 4 or enough to wrap the leg)
- Clean gauze dressings
- Rigid arm splints
- Rigid leg splints
- One heavy blanket
- Safety pins

Procedures

1. Relay Flow

- A designated treatment zone will be available and marked within the racetrack. Upon arrival, the racing team tags the first-aid team to initiate the challenge. The first-aid team may consist of racing members or non-racing Master Guides, as prearranged.
- The race clock continues running throughout the challenge. Once the first-aid challenge is complete, the first-aid team must tag the racing team to resume the race.

2. Execution

- The judge immediately hands 3 random scenario cards to the team at the treatment-zone. The designated victim must remain limp, passive, and cooperative at the treatment zone until the final transport begins.
- The team must review all three injuries together and treat them in sequence using triangular bandages, neckerchiefs, splints, or other first aid equipment . All three treatments and bandages must remain on the victim at the same time.
- Teams may fix, adjust, or redo any dressings before beginning the transport.

3. Transport & Grading

- After completing all three treatments, the team reviews its scenario cards, selects one required carry method listed on the cards, and safely carries the victim across the grading area. A marked exit lane leads directly to the grading area. At the grading area, a judge conducts a final evaluation of bandage/wrap execution, knot integrity, and transport stability.
- **Penalty**: Each mistake identified at the grading area adds a one-minute penalty, served in place before continuing the race.

Potential Scenarios & Required Skills Study Guide

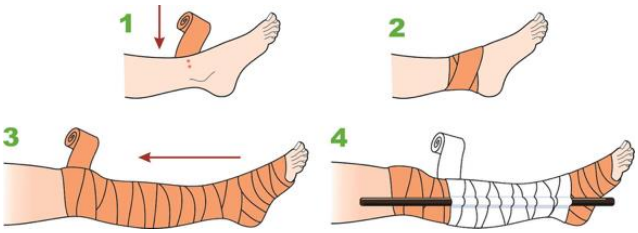
Your three random scenario cards will be created from combinations of the elements below. Review and master each technique.

1. Potential Injuries & Body Zones

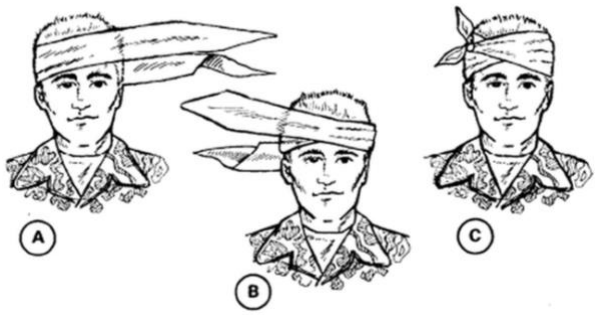
- Snake bites: Lower leg / mid-calf
- Fractures / crushes: Forearm, shoulder (clavicle), lower leg (open tibia), locked / bent elbow joint
- Lacerations / bleeding: Head / forehead laceration control
- Burns: Palm of the hand (blistering care)
- Sprains: Ankle / twisted joint stability
- Facial trauma: Misaligned jaw / structural facial support

2. Required Bandages & First Aid Techniques

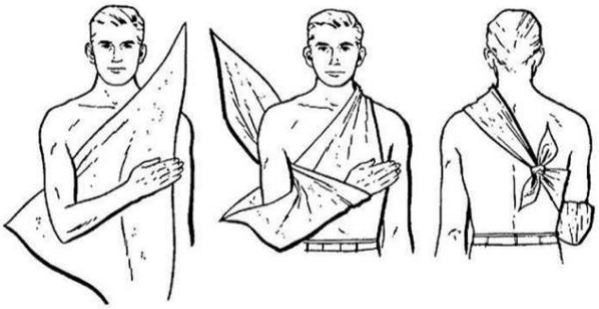
- **Pressure Bandage (Snake Bite)**: Apply a firm lymph-restriction wrap above the bite area. Keep the leg still and splint the joints above and below the bite.



- **Cravat Bandage (Head Lacerations)**: Use a narrow, secure wrap around the head. Finish with a square knot while keeping the eyes and ears clear.

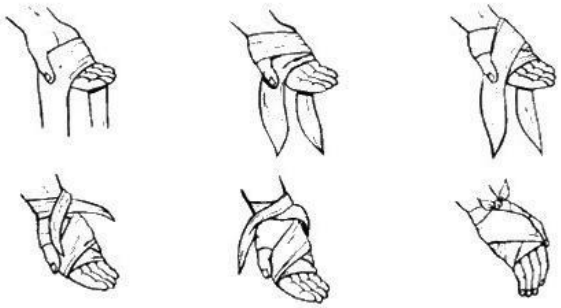


- **Sling and Binder (Clavicle / Shoulder Injuries)**: Use a full-torso immobilization wrap to keep the shoulder from shifting.



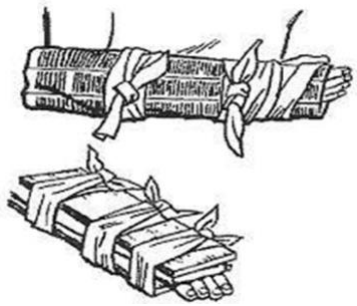
- **Triangular Sling (Forearm Fracture)**: Place splints parallel to the injury and secure them with firm cravats above and below the fracture. Support the arm in a wide sling, leaving fingertips exposed to monitor circulation.

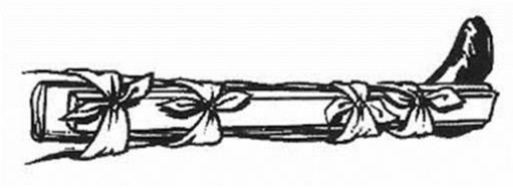
- **Palm Burns & Puncture Wraps**: Apply loose protective draping to shield blisters without adding pressure.



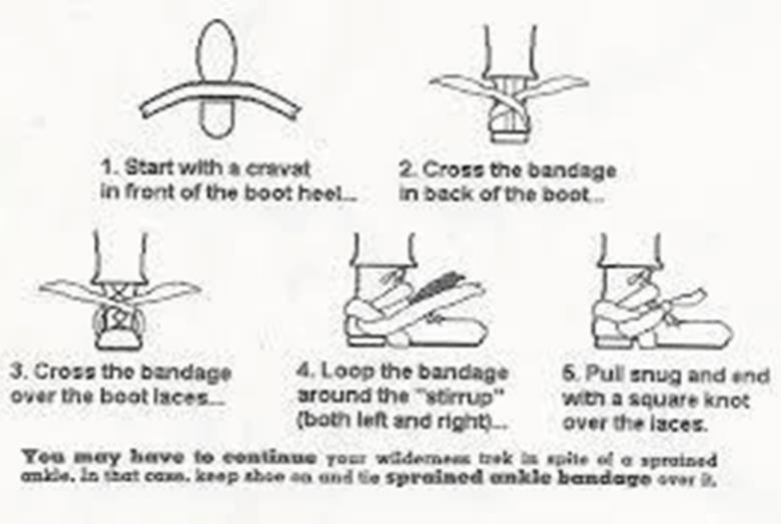
- **Barton Bandage (Dislocated Jaw / Facial Support)**: Wrap under the chin and over the crown of the head to stabilize the jaw and facial joints.

- **Rigid Field Splints (Arm & Leg Fractures)**: Place splints parallel to the injury and secure them with firm cravats above and below the fracture.



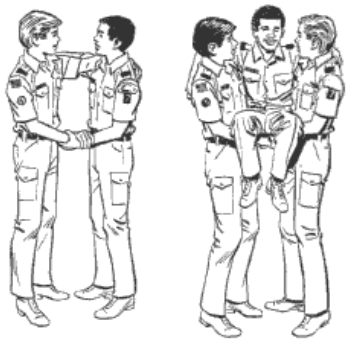


- **Ankle Compression Wrap**: Wrap the ankle over the shoe to support and stabilize the joint.

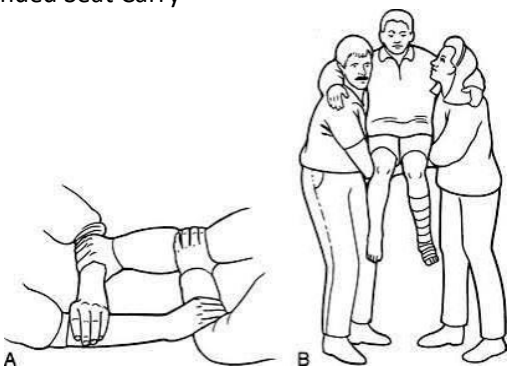


3. Mandatory Carry Options

Two-Handed Seat Carry



Four-Handed Seat Carry



Blanket Carry

Fore-and-Aft Carry

Human Crutch (Single Assist)

UMGR Combine – Flag Semaphore Code

Challenge Overview

This relay challenge evaluates practical semaphore signaling skills in alignment with the **Adventist Youth Semaphore Code Honor**. Master Guides will demonstrate their ability to accurately **send, receive, and interpret a short message** using semaphore flags.

Participants

- Up to four Master Guides may participate in this challenge per club.
- The participating signaling team must be designated before the race begins.
- Clubs may assign Master Guides who are not actively racing to complete this challenge.

Required Equipment

Each club must provide and carry the following equipment to the challenge zone:

- **Four short semaphore flags** with short wooden posts.
- **Pencil and paper**
- **One semaphore alphabet reference guide** will be provided at the challenge station.

Procedure

1. Layout & Overview

- **Zone Setup**: A designated semaphore sending and receiving zone will be available and marked within the racetrack.
- **Starting the Relay**: The race clock continues running throughout the challenge. Upon arrival, the racing team tags the Semaphore Code team to initiate the challenge. The signaling team may consist of racing members or non-racing Master Guides, as pre-arranged.
- **Ending the Relay**: Once the Semaphore Code is complete, the signaling team must tag the racing team to resume the race.

3. Execution Phase

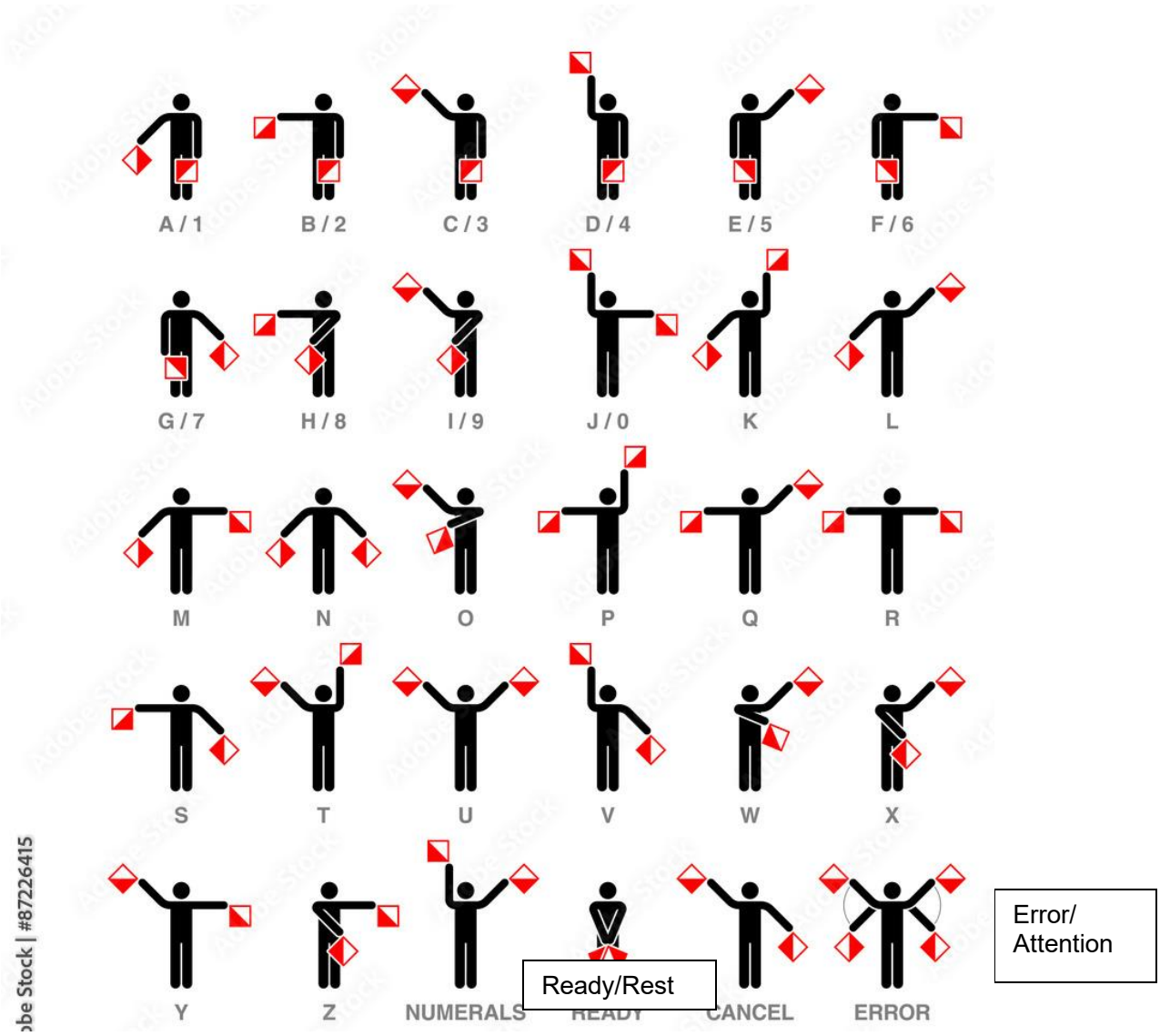
- Participants may use the provided **semaphore alphabet reference guide** to identify and decode each signal.
- The racing team will signal the **Error/Attention** sign and then the **Ready/Rest** sign when ready to receive the message.
- The designated club members will be positioned at the **signaling point**.
- Using two semaphore flags, they will communicate a **secret word or short phrase** to the racing team.
- The racing team will observe the semaphore signals from the challenge area.
- Once the racing team correctly identifies the secret word or phrase, they must write the answer and hand it to the challenge official.
- Upon verification of the correct answer, then proceed to the next obstacle or challenge.

Pass/Fail Criteria

- The challenge is successfully completed when the receiving team correctly identifies the **entire word or phrase** communicated through semaphore.

Penalty

- If the team makes a genuine attempt but is unable to correctly complete the challenge, a **3-minute penalty** will be assessed.
- The penalty must be served **on-site** before the racing team is permitted to continue to the next challenge.



https://en.wikipedia.org/wiki/Flag_semaphore | https://future-seafarer.com/flag-semaphore/

UMGR Combine – Fire Challenge

Challenge Overview

This relay station evaluates practical fire-building skills in alignment with the Adventist Youth Fire Building Honor. Master Guides must demonstrate competence and adaptability in constructing and igniting a fire under specific conditions.

Participants

- Up to two Master Guides may participate in this challenge per club.
- The participating fire-building pair must be designated before the race begins.
- Clubs may assign Master Guides who are not actively racing to complete this challenge.

Required Equipment

Supplied by the Club, each club must carry the following items to the challenge zone:

- 1 strand of yarn – 6 feet in length
- 2 wooden posts – 3 feet in length each
- Tinder and firewood – distributed among team members as needed

Procedures

1. Layout & Overview

- **Zone Setup**: A designated fire-building zone will be available and marked within the racetrack.
- **Starting the Relay**: The race clock continues running throughout the challenge. Upon arrival, the racing team tags the fire-building team to initiate the challenge. The fire team may consist of racing members or non-racing Master Guides, as prearranged.
- **Ending the Relay**: Once the fire challenge is complete, the fire team must tag the racing team to resume the race.

2. Execution Phase

- **Immediately after the tag**: the fire team begins preparing and building the fire.
- **Post Setup**: Drive the two 3-foot posts into the ground on opposite sides of the fire pit.
- **Yarn Placement**: Tie the 6-foot yarn strand taut between the two posts, suspended directly over the center of the pit at a height of 2 feet above the ground.
- **Fire Construction**: Build the fire on the ground within the designated area alongside the racetrack.
- **Fire-Starting Methods**: Use a fire-starting method without a match for example flint and steel, friction, curved glass. Metal match, fire piston, and electric spark will have a 2-minute penalty.
- **Ignition and Tending**: Only the designated fire team pair may build, light, and maintain the fire. Racing team members are responsible only for carrying the firewood.
- **Material Restriction**: Use only the materials carried to the station. No external tinder, fuel, or fire-starting aids are permitted.

Pass/Fail Criteria

- The challenge is considered successfully completed when the yarn strand burns completely in half or breaks apart due to heat exposure – regardless of flame contact.

Penalty

- If the team fails to complete the challenge after making a genuine attempt, they will incur a 3-minute penalty, which must be served on-site before the race team is allowed to continue.

UMGR Combine – Raft Challenge

Objective

This challenge evaluates practical emergency preparedness skills aligned with the Adventist Youth Honors in Knots, Pioneering, Camping Skills 3, and Lashing. Master Guides must design and construct a functional raft capable of safely transporting two individuals without sinking across a pond and back.

Participants:

- Up to four Master Guides may participate in this challenge per club.
- The participating raft-building team must be designated before the race begins.
- Clubs may assign Master Guides who are not actively racing to complete this challenge.

Required Equipment

Supplied by the Club, each club must deliver the following items to the raft challenge zone, located on the east side of the pond (the side facing the lodges):

- Sufficient rope
- Sufficient wooden posts

Procedures

1. Layout & Overview

- **Zone Setup**: A designated raft building zone will be available and marked within the racetrack.
- **Starting the Relay**: The race clock continues running throughout the challenge. Upon arrival, the racing team tags the raft building team to initiate the challenge. The raft building team may consist of racing members or non-racing Master Guides, as prearranged.
- **Ending the Relay**: Once the fire challenge is complete, the raft team must tag the racing team to resume the race.

2. Pre-Race Logistics

Before the race begins, clubs must drop their raft materials near the challenge zone on the east side of the pond (facing the lodges).

- Materials may be staged and organized in advance.
- Pre-building of the raft or paddles is strictly prohibited.
- Once the challenge is completed, teams must remove all materials from the build area to allow access for subsequent teams.

2. Execution Phase

- **Immediately after the tag**: the raft-building team begins construction of the raft.
- After the raft successfully crosses the pond and returns, a judge will inspect and assess one sample lashing from each of the three required categories (Square, Diagonal, Shear, or Round Lashing).
- Once the judge completes the lashing assessment, the Master Guides who piloted the raft across the pond must tag the racing team to resume the race.

3. Raft Construction Requirements

- The raft must be capable of safely supporting two Master Guides representing the club.
- Construction must use rope and wood; other materials and float tubes may be incorporated if desired.
- Teams must correctly demonstrate and apply at least three different types of lashings from the following approved list:
    - Square Lashing
    - Diagonal Lashing
    - Shear Lashing
    - Round Lashing
- Creativity is strongly encouraged. There is no prescribed design—any configuration is acceptable provided the raft:
    - Floats successfully
    - Supports two people
    - Remains structurally safe throughout the crossing
    - Preference will be given to designs that incorporate natural materials gathered from the surrounding woods.

4. Paddle Requirements

- Teams must build their own paddles; store-bought or pre-made paddles are not permitted.
- Paddles may be constructed from materials of the team's choice, provided they comply with the prohibited-materials list below.
- Use of natural materials gathered from the woods is preferred.

5. Prohibited Materials

The following items may not be used anywhere on the raft or paddles:

- Zip ties
- Wire
- Nails
- Screws
- Tape
- Glue

Pass/Fail Criteria

- The challenge is considered successfully completed when the raft successfully crosses the pond and returns.

Penalties

- A 1-minute penalty will be applied in place for each of the three required lashings that is not executed correctly.
- A 3-minute penalty will be assessed in place if the team fails to complete the crossing successfully.
- All penalties are cumulative and will be served in place, adding to the club's total race time.

Appendix

Training Plan

1. **Build an Aerobic Base**

Since this is a running-focused event, develop endurance with a progressive running plan:

- **Frequency:** Run 3 days per week (start on trails if possible).
- **Intensity:** Begin at an easy, sustainable pace.
- **Progression:** After adapting, increase intensity:
  - **1 hard run** (tempo or hill repeats)
  - **1 sprint session** (short, explosive intervals)
  - **1 long, easy run** (gradually extend duration).

2. **Develop All-Around Fitness**

The race demands strength and athleticism. Incorporate:

- **Key Exercises:** Burpees, Bear Crawls, Jumping, Pull-Ups.
- **Frequency:** 2–3 days per week, 10–15 minutes per session.
- **Goal:** Build "obstacle immunity" by improving power, endurance, and movement efficiency.

3. **Obstacle-Specific Training**

Simulate race challenges to prepare:

- **Bucket Carry:** Walk stairs with a 5-gallon water jug.
- **Grip & Swing:** Practice monkey bars (playgrounds work!).
- **Pool Training:** Climb out from the deep end (no ladder).
- **Rope Climbing:** Learn proper foot/hand techniques.
- **Burpee Challenge:** Complete 30 burpees daily for 30 days.

Note: Adjust intensity based on fitness level and prioritize consistency over speed.

Training videos

- Burpees - https://www.youtube.com/watch?v=uX1IfVFkm6s
- 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-h9VI
- 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=qezthvlAarI
- Walking Lunge - https://www.youtube.com/watch?v=qidNmxTjYZs
- 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.

Possible Obstacles for This Event.

OBSTACLE	INSTRUCTIONS	PHOTO
6-8 Foot Wall 30 burpees – For anyone unable to pass the obstacle.	Approach the 6-8 foot wall, take a running start, and jump to grab the top edge. Pull yourself up using arms and core, swing a leg over, and climb over. Descend carefully with bent knees. **Teams:** The team must carry the shield through this obstacle, with at least two members in contact with it at all times.	
Slippery Wall 30 burpees – For anyone unable to pass the obstacle.	Approach the slippery wall (6–10 feet, often wet or muddy), grab ropes or handholds, and climb using arm pulls and leg pushes, staying close to the wall. Crest the top and descend carefully with bent knees **Teams:** The team must carry the shield through this obstacle, with at least two members in contact with it at all times.	
Inverted Wall 30 burpees – For anyone unable to pass the obstacle.	**Summary**: Approach the inverted wall (slanted 6–8 feet high), take a running start, and jump to grab the top edge or handholds. Pull up using arms and core, hook a leg over, and climb over. Descend carefully with bent knees. **Teams:** The team must carry the shield through this obstacle, with at least two members in contact with it at all times.	
Rope Climb Wall 30 burpees – For anyone unable to pass the obstacle.	Approach the 10-12 foot wall, take a running start, and jump to grab the top edge. Pull yourself up using arms and core, swing a leg over, and climb over. Descend carefully with bent knees. **Teams:** The team must carry the shield through this obstacle, with at least two members in contact with it at all times.	
Spider Web 30 burpees – For anyone unable to pass the obstacle.	Approach the spider web, a rope or net structure, and assess gaps for your path. Grab a high rope, step into a lower gap, and weave through carefully, using hands and feet for balance. Move slowly to avoid tangling or swinging. Exit onto stable ground. **Teams:** The team must carry the shield through this obstacle, with at least two members in contact with it at all times.	
Tire Wall 30 burpees – For anyone unable to pass the obstacle.	Approach the 6–8-foot tire wall and identify stable handholds and footholds. Climb by gripping tire edges and stepping into openings, keeping your body close to the wall. Pull over the top and descend carefully, landing with bent knees. **Teams:** The team must carry the shield through this obstacle, with at least two members in contact with it at all times.	

Log Jump

30 burpees – For anyone unable to pass the obstacle.

Approach the obstacle, a series of low logs, and plan your path. Jump or step over each log with both feet, using arms for balance and landing softly. Move steadily through all logs and exit on stable ground.
Teams: The team must carry the shield through this obstacle, with at least two members in contact with it at all times.

Wire Crawl

30 burpees – For anyone unable to pass the obstacle.

Approach the army crawl obstacle cautiously, noting ground conditions. Drop to your hands and knees or stomach to stay under low netting or barbed wire. Crawl forward using elbows, knees, and feet, keeping your body low and controlled to avoid snags. Exit slowly to avoid entanglement, and clear debris before continuing.
Teams: The team must carry the shield through this obstacle, with at least two members in contact with it at all times.

Balance Beam

30 burpees – For anyone unable to pass the obstacle.

Approach the balance beams, step onto the first beam, and walk steadily with small steps, using arms for balance. Focus ahead, navigate turns or gaps carefully, and dismount safely.
Teams: The team must carry the shield through this obstacle, with at least two members in contact with it at all times.

Walk Rope Transverse

30 burpees – For anyone unable to pass the obstacle.

Approach the walk rope traverse, a horizontal rope or beam, and step on carefully, using support ropes for balance. Walk slowly, placing one foot in front of the other, with knees bent and core engaged. Look forward to keep balance and dismount safely.
Teams: The shield will not be used for this obstacle.

Rope Crawl Transverse

30 burpees – For anyone unable to pass the obstacle.

Approach the rope traverse, grab the horizontal rope, and drape your belly over it. Pull forward hand-over-hand, using legs for balance, keeping your core tight. Dismount carefully.
Teams: The shield will not be used for this obstacle.

Rope Inverte

30 burpees – For anyone unable to pass the obstacle.

Approach the inverted rope traverse, grab the rope, and hang upside down with legs hooked over it. Move hand-over-hand, keeping your core tight and legs secure to avoid slipping. Dismount carefully with bent knees.
Teams: The shield will not be used for this obstacle.

Pond Rope Crossing

30 burpees – For anyone unable to pass the obstacle.

Put on a lifejacket, then walk to the water and swim across the pond. Walk or wade out of the water. Move carefully to avoid slipping on muddy or slick surfaces. Run to the start of the water slide, take off your lifejacket, and place it in the designated area.
Teams: The shield will not be used for this obstacle.

Bible Memory Test

30 burpees – For anyone unable to pass the obstacle.

Memorize the Verse
Teams huddle to read and memorize the verse that matches their team's race number. All four members must be ready to recite it later in the race.
Recite the Verse:
The team stops at the Bible Memory Verse Check station. Together, they recite the verse word-for-word, including the Bible reference .

Tire Carrying

30 burpees – For anyone unable to pass the obstacle.

Approach the tire area and load 2 tires on top of the shield (50–150 lbs), lift it with proper form, and carry along the designated course (20–50 meters). Keep it controlled, avoiding drops or deviations. Return or place the tire(s) as instructed.
Teams: The team must carry the shield through this obstacle, with at least two members in contact with it at all times.

Monkey Bars

30 burpees – For anyone unable to pass the obstacle.

Approach the monkey bars, grab the first bar with a firm grip, and swing forward, alternating hands to move from bar to bar. Maintain momentum and engage your core for control. Dismount carefully with bent knees.
Teams: The shield will not be used for this obstacle.

Water Slide

30 burpees – For anyone unable to pass the obstacle.

Put on a lifejacket, then walk to the water slide, climb to the top using provided supports, and sit with legs extended. Slide down the slick surface, staying centered, and land in the water pit with bent knees. Swim across the pond and exit carefully, return the lifejacket.
Teams: The shield will not be used for this obstacle.

Texas Hold Em

30 burpees – For anyone unable to pass the obstacle.

Hold hands tightly with interlocked grips to maintain stability. Both find their center of gravity on a platform, moving their feet in unison with coordinated steps to minimize rocking and stay synchronized.
Teams: The shield will not be used for this obstacle.

Water Pit

30 burpees – For anyone unable to pass the obstacle.

Approach the balance beams, step onto the first beam, and walk steadily with small steps, using arms for balance. Focus ahead, navigate turns or gaps carefully, and dismount safely.
Teams: The shield will not be used for this obstacle.

Sideway Bear Crawl

30 burpees – For anyone unable to pass the obstacle.

Approach the sideway bear crawl course (10–20 meters), drop to a hands-and-feet stance, and crawl laterally under netting or obstacles by moving same-side hands and feet together. Stay low, engage your core, and complete the course without standing. Exit carefully.
Teams: The shield will not be used for this obstacle.