



MG5022 – Ultimate Master Guide Race Teams



Introduction

The Ultimate Master Guide Race Teams is an extreme endurance event that pushes Master Guides to their physical and mental limits. Teams work together to conquer a demanding 5+ mile course featuring over 20 unique obstacles and rugged terrain. This challenge is designed to test strength, strategy, and teamwork, ensuring that only the most resilient and cooperative teams cross the finish line together.

Event Objectives

- **Challenge Mastery:** Conquer 20+ obstacles involving climbing, crawling, carrying, and problem-solving.
- **Endurance Test:** Complete a 5+ mile course with varied terrain and elevation changes.
- **Team Excellence:** Demonstrate the strength and perseverance of working together as a Master Guide team.

Requirements

Eligibility: The event is open to all certified Master Guides.

Team Selection: Teams consist of four participants. Clubs may enter multiple teams. Teams may be composed of members from different clubs. Each team must include at least one female member.

- **Fitness Level:** Regular training recommended (minimum 3 workouts/week).
- **Safety Protocol:**
 - Signed waiver mandatory
 - Physician clearance strongly recommended
 - On-site medical checks available

Required Gear

- **Team Shield:** A team octagonal shield based on the Master Guide logo.
- **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.



Team Shield

Each team is required to provide their own Master Guide logo octagonal shield. To ensure availability, large clubs must bring extras and should coordinate sharing them with clubs in later time slots.

Construction of the Shield:

- Make the shield from 3/4" plywood forming an octagonal (8 sides).
- The dimensions should be 4' x 4'.
- Teams are encouraged to paint and decorate it.

Design Feature:

Cut handhold notches into each of the eight sides. This will allow the team to easily grip and carry the team shield while navigating obstacles.

Participant Protocol

Pre-Race Preparation

1. Registration:

- Complete registration in person on Friday evening to receive your team(s) race number and time slot.

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.

Race Day Procedures

4. Check-In:

- Arrive at the check-in table/starting line 15 minutes before your assigned wave with your team members and your Master Guide logo octagonal shield.
- Numbers and start times will be verified.

5. Start Sequence:

- Waves begin at 7:00 AM, departing every 15 minutes.
- Start signaled by air horn blast and or 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. Shield Handling:



- At least 2 team members must have a hold of the Master Guide logo octagonal shield while traveling between obstacles and for specific team obstacles. A few obstacles are not designed to be used with the shield and will be marked.

8. **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.

9. **Safety Compliance:**

- Obey all verbal instructions from course volunteers immediately.

10. **Completion Standards:**

- All movement styles (run, walk, crawl) permitted.
- Official time recorded when torso crosses the finish line.

11. **Finish Protocol:**

- Report directly to timing officials.
- Verbally provide your race number for recording.

Obstacle Protocol

1. **Immediate Progression Rule:**

- Complete each obstacle upon arrival and move to the next station.
- Violation: Impeding others results in a penalty.

2. **Queue Management:**

- If obstacle stations are occupied, form an orderly queue.
- Violation: Line-cutting is prohibited and penalized.

3. **Obstacle Familiarization:**

- Review obstacle specifications, including:
 - Proper completion techniques
 - Failure conditions
 - Associated penalties
- Clarify uncertainties with the obstacle judge before attempting.

4. **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.

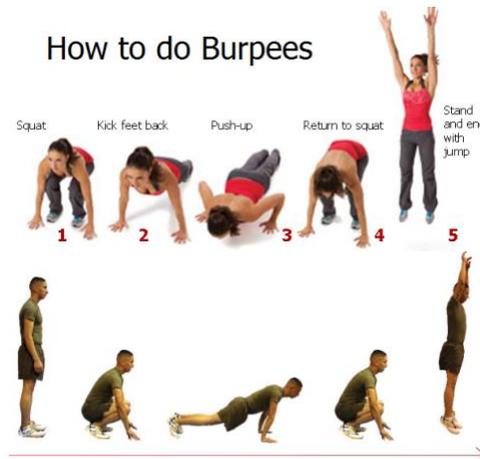


- Obstructing the course with unauthorized penalty exercises is prohibited.
- **Reference:** See "Official Burpee Standards" for required form and technique.

Penalty

A burpee will be used for all penalties. Burpees will be done by all team members. Instructions to complete a burpee:

- **Squat:** Begin in a squat position with your hands on the floor in front of you.
- **Kick back:** Kick your feet back behind you into a plank position.
- **Push-up:** Lower your chest to the floor in a push-up.
- **Return to squat:** Push back up and then jump or step your feet back to the squat position.
- **Jump:** From the squat, stand up and immediately jump into the air with your arms extended overhead.



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=Q4svzYW1VFFA>
- How to burpee Day 3 <https://www.youtube.com/watch?v=Wsr54Gp9uU>
- How to burpee Day 4 <https://www.youtube.com/watch?v=lOpZnN-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.

EVALUATION

Points

The top Elite team will receive 300 points, with remaining teams earning points based on their finish times.

Awards

All participants will receive a medal.



Possible Obstacles for This Event.

OBSTACLE

6-8 Foot Wall

30 burpees – For anyone unable to pass the obstacle.

INSTRUCTIONS

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.

PHOTO



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.

