**REGISTRATION FEE:**
$10 Per Person + a used shoe donation (or $20 each)

The Toughest Texan will consist of 3 person teams that will go through a collection of athletic events to make the best time possible.
10 teams will make up each wave
The first wave will begin at 9am and in 30 minute intervals afterward

When: **April 13th**
Where: Tarleton Ropes Course
Phone: 254-968-0762
E-mail: smoody@tarleton.edu
There will be a kid’s camp available during the event.
(only kids ages 5-10 will be permitted)

**TOUGHEST TEXAN RULES/REGULATIONS**

1. **20 power clean**- each participant must complete 20 repetitions of the power clean. Weight will be set at 95 lbs for women and 135lbs for men. Regulation for this exercise includes participant showing control through extension at the knees and hips and shoulders. Shoulders must be behind the bar in the finish position. If full extension is not shown this will result in a “no rep”. After all cleans are completed participant will walk/run down the road to the zip line tower to join teammates for first group challenge. (Person 2 will count reps aloud so that judge can hear)

2. **Run the Trail**- a run from the clean station, down the trail, and under the bridge through the river bed. Dodging tree limbs and a rough terrain is just part of the fun. Run must be completed before

A Nashville-based charity that collects shoes from the warehouses of footwear companies and the closets of people like you. The charity distributes these shoes to people in need, regardless of race, religion, class, or any other criteria. Since 2005, Soles4Souls has delivered over 19 million pairs of new and gently worn shoes.

Donate to Soles4Souls TODAY!

**Events will Include:**
- Tire Flips
- Burpees
- Keg Toss
- Farmers Walk
- Power Cleans (95lbs for Women; 135lbs for Men)
- Other events for entire team

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1st Ever Rec Sports Obstacle Course
the team can move on. The run will end once the gate at the far end of the course is reached (near the zip line tower).

3. **Burpee Trial** After the run trial a team member must complete 50 burpees for the team to progress. Burpee regulations will include the chest and thighs contacting the ground and then jumping at the top for a sound repetition. If these standards are not met this will result in a “no rep”. (Person 2 will count reps out loud so that judge can hear)

4. **Tire flip**- this event will include all team members. The tire must be flipped from a start to finish point provided on the course. The tire must remain inside the boundaries provided at all times. If the tire is flipped outside of the provided boundaries this will result in a 30 burpee penalty that must be performed at the spot of the violation. Each teammate must help in some way to flip the tire (all three at a time or taking turns). No rolling or bouncing of the tire will be allowed.

5. **Rope swing**- The participant must swing from platform A to platform B provided at the course. Regulation for this event include participant jumping form platform a swinging on the rope provided to platform B. If the participant falls of or touches the ground in between the platforms this will result in a 30-burpee penalty.

6. **Belly Crawl**- A team member must belly crawl underneath the provided obstacle. Regulation includes knees and elbows in contact with the ground for the duration of the obstacle.

7. **Farmer's walk**- for this event the participant will carry a 5-gallon bucket in each hand. Each bucket will be filled with water to a line of regulation. If the participant spills one or both buckets or if the water is under the specified line at completion a 30-burpee penalty will result.
8. **Kings finger**- this event will require all team members. Each team member will assist the team in taking a tire and placing it up and over onto the kings finger post. Each team must play a role in positioning and setting the tire before moving on. If all team members do not participate they will be required to take off the tire and do it over with all team members helping.

9. **Inflatable obstacle course (Back Up: Bear Crawl obstacle course)** - a member of the team must navigate their way through the inflatable obstacle course before the next team member can continue. Once the teammate participating reaches the end of the inflatable course the next teammate can move on to the next event.

10. **Keg Toss**- This event will require one team member. The participant will throw the keg as high as possible. Any form of throwing is permitted. For the keg toss each target will be worth 30 seconds; so target 1 will be worth 30 seconds target two will be worth 1 minute and so on. What target you hit is how much time will be taken off of your final score.

11. **Piggy back/ Wheel barrow**- this event will require all team members. One team member will hold the second team member on their back in a piggyback position. The third member will get into a wheelbarrow position with hands on the ground and feet in the carriers hands. The team must travel in this combo position from the appointed point A to the appointed point B. If the team falls or loses balance they must regain piggyback wheelbarrow before continuing. No forward progress in other positions will count.

12. **Tire drag**- 2 team members will drag a tire provided at the course. Each member must play a part in the drag. The tire must be dragged from the appointed point A to appointed point B. 3rd teammate will
report to zip line for safety check but cannot begin ascent until tire has crossed point B.

13. **Zip line**—one of the team members must put on a harness and helmet correctly according to outdoor adventure standards. The participant must overcome fear and make it successfully all the way up the tower and down the ropes course zip line.

14. **Road run**—To complete the obstacle course all team members must run up the provided course on the back road to the finish line. Once all three team members cross the finish line time will stop.

**NOTE:**
For the burpee penalties; the burpees can be broken up however teams see fit; one member do them all or taking turns etc until all are done.

*** = TEAM OBSTACLE.