

OCR BREAKDOWN

Bonus

COURSE HACKS

PAYING ATTENTION TO DETAIL

Here are a few hacks that will pay dividends on course...

1

STUDY THE OBSTACLE MAP

If it's available, study it. This is especially important considering most races have mud...and majority of your obstacles require grip strength (ie: rigs, rings, monkey bars, rope climb etc.)

What are you looking for?

The order of your obstacles. Back to back combinations of grip strength damaging obstacles, ie: rolling hills paired with those requiring solid grip, ie: monkey bars. If know whats coming next...you can prepare for it before you get there!

In this example...knowing that you need your grip in the near future...you should focus on keeping your hands closed during the rolling mud (Attempt to use the back of your hands and forearms for support as you navigate).

This will minimize the amount of mud that coats your palms.

Don't worry, if you forget...you can always wipe your hands on dry grass, hay or your best friend. :)



SET YOUR INTENTION

Mental preparation is just as if not more important that your physical preparedness.

BEFORE you step on course, ask yourself this... "**WHAT'S MY INTENTION?**"

THEN REPEAT THAT INTENTION OVER AND OVER AND OVER AGAIN

We do this so that we have something to refer to in the midst of our bodies entering "Fight or Flight" mode. "Fight or Flight" is a natural physiological response to stress that makes us go, "Sh*t! Run! Hide!" Whether your a newbie or seasoned racer, we **ALL** experience it to some degree.

When those feelings of stress and fatigue or thoughts of doubt, fear, frustration start to set in... say hello to them...recognize their presence, then refer back to your intention and simply ask...is this getting me closer to my intention?

NO? (IT'S NEVER YES)

So **RESET**, focus on what's going to get you to your intention and **GET. IT. DONE.**



3 WATCH YOUR A**!

Avoiding unnecessary cuts on your skin and holes in your clothes is always a perk, right?

We can't tell you how many times we hear of racers tearing up their clothes and their bodies by "attacking" the barb wire crawl.

Bend down and take a quick peak at the crawl before you navigate it. Identify the high points and then follow that path.



(likely the outside or middle lines where the barb wire is mounted)

4 DON'T BE A LEMMING



The course markers are going to tell you where your boundaries are. If you see a path that makes more sense...then stop playing the game of follow the leader and take the path less traveled!

Case and point: 2016; Richmond, IL. A group of 20-30 racers were submerged in thigh deep muck, slowly but surely following each other through around 100 yards of total distance. Behind them came one lone racer who quickly recognized the boundary was 20 ft wide. She took notice to the exposed mounds of grass and dirt shooting high above the water line...and quickly played a game of leap frog

SHE PASSED THE ENTIRE GROUP and ended up in 2nd place

HEY! Keep telling yourself...

"My best is enough and

I WILL cross the finish line"