



THE PUSH- Heavyweight™

20.9 Km- 13 Miles

PERIOD/DATES

Execution: 11 April 2021

LOCATION:

The FARM™, Marianna Florida- #2 HWY 73 Marianna Florida 32448

PRE-REQUISITES:

The PUSH Heavyweight™ is open to all genders age 14 and older.

DETAILS:

4-6 Hour Rucking Event....

For the Rucking enthusiast! This event will test your ability to travel long distance, navigate different terrain and push your body through water crossings, obstacles and added object carries. Not unlike other rucking events as the PUSH Heavyweight™ is geared towards the individual with little to no team dynamic involved. The ultimate challenge is with **YOU!**

This event will take you on improved roads, switchbacks and hardpack trails along the Chipola river around swampy areas and through obstacle challenges of varying difficulty.

Get wet, get muddy, be challenged!



PACKING /BRING LIST:

1. A rucksack or backpack (Tactical style recommended)
 - Rucking weighted plates = to your weight requirement
 - If you weigh: >150 lbs. = 30 lb. Ruck Plate (or equivalent)
 - If you weigh < 150 lbs. = 20 lb. Ruck Plate (or equivalent)

NOTE: Wrapped bricks in duct tape can replace the ruck plate

2. Hydration Bladder: recommended Water Bottle (1L) or equivalent (electrolytes recommended)
3. Reflective Rucking Bands_(or equivalent) on your ruck
4. Headlamp with extra batteries
5. Windbreaker (only if the temperature is expected below 60 °F)
6. Photo ID and some \$\$/credit card for that PUSH Merchandise
7. If you want to show some pride, American Flags and team flags approved

NOTE: Upon completion, drop your ruck, grab your comfy shoes and gather around the Team Room for some snacks, awards and some beer tasting (21 and over of course)...

REGISTRATION:

You can register individually or as a group at the PUSH Heavyweight registration page on the TATSOR™ Group website.

<https://tatsorgroup.com/scheduled-programs?olsPage=products%2Fthe-push-lightweight-marianna-fl>



COST/REFUND PROCESS:

Cost per PUSH Heavyweight™ attendee is **\$100.00** and would be due as a part of the registration process via Debit/Credit Card (payment process details can be found at the registration page).

Registration and payment must be completed by 1 March 2021 to receive the **\$100.00** price. Registrations until 1 March 2021 will cost **\$110.00**. Registration closes 1 March 2021.

Refunds will be on a case-by-case basis only. No refunds of monies will take place after 1 March 2021 except in extreme situations.

CONTACT INFORMATION:

Registration: <https://tatsorgroup.com/scheduled-programs?olsPage=products%2Fthe-push-lightweight-marianna-fl>

Website: <https://tatsorgroup.com>

Email: amtrainer@tatsorgroup.com

