



# THE PUSH- Lightweight™

## 11.3 Km- 7 Miles

### **PERIOD/DATES**

Execution: 7 November 2020

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### **LOCATION:**

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

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### **PRE-REQUISITES:**

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

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### **DETAILS:**

2-3 Hour Rucking Event....

Are you interested in getting into Rucking? Do you need to train for a larger event? Are you looking to learn about rucking? Then this event is for you....

This event will take you on improved roads, hardpack trails along the Chipola river and through obstacle challenges to test your endurance levels.

Ruck alone and at your own pace. Ruck with friends and teammates. Ruck with the kids but leave your pets at home....

**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)...

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## **REGISTRATION:**

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

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



## **COST/REFUND PROCESS:**

Cost per PUSH Lightweight™ attendee is **\$80.00** 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 30 June 2020 to receive the **\$80.00** price. Registrations between 1 July and 1 October will cost **\$90.00**. Registration closes 1 October 2020.

Refunds will be on a case-by-case basis only. No refunds of monies will take place after 1 October 2020 except in extreme situations.

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## **CONTACT INFORMATION:**

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

**Website:** <https://tatsorgroup.com>

**Email:** [amtrainer@tatsorgroup.com](mailto:amtrainer@tatsorgroup.com)

