

THE ENDURO CHALLENGE 2.0

HYDRATED BY
REDMOND
RE-LYTE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

For Time

1000m Ski Erg

into

2000m Row

into

4000m Bike Erg

Time will be taken to complete the whole challenge.

Times for each interval will be taken to verify the overall time.

Tie Breaker: Tiebreak will be the time taken to complete the 4000m Bike Erg

* Athletes may only make one attempt during their challenge video.

* Scores for this competition will display the total time taken to complete the challenge

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: June 19th at 9AM EST

Challenge Close Date & Time: June 29th at 8PM EST

* Scores cannot be updated or added to the leader board following the competition close date and time. Please allow sufficient time for completing and submitting your score and video in advance.

ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

Competitive Division

Men - ages 18 and over

Women - ages 18 and over

Community Division

Men - ages 18 and over

Women - ages 18 and over

* **Competitive Division:** Athlete scores count towards "Overall Challenge" and are required to perform the workout RX and follow all rules and video requirements outlined.

* **Community Division:** Athlete scores do not count toward the "Overall Challenge", and are not required to perform the workout as Rx - (may modify as needed). Entries are not eligible for official records or prizes. Video submissions are not required. Athletes will receive t-shirts (if purchased) and registrations count towards a gym's total sign up.

* Birthday cut off rule: Age group is based on the athletes age at the close of the competition.

* To be considered as a competitor, the athlete must register for the challenge at roguefitness.com/challenges and follow all workout and video flows as outlined.

EQUIPMENT NEEDED TO QUALIFY:

- Visible timer in frame
 - This can be a gym timer, a phone with the timer feature up, or a stopwatch

Ski:

Any Rogue Echo Ski or C2 SkiErg model is acceptable

- No other substitute brands are allowed
- Older models with strap handles are allowed
- Wall mounted or on stand allowed
- Damper can be set on any setting, at any time, but only the athlete can change it
- Monitor set to count down from 1000 Meters to 0 (See the attached PDF for setup instructions if you are not familiar with this process)

Row:

Any Rogue Echo Rower or C2 RowErg model is acceptable

- No other substitute brands are allowed
- Damper can be set on any setting, at any time, but only the athlete can change it
- Monitor set to count down from 2000 Meters to 0 (See the attached PDF for setup instructions if you are not familiar with this process)

C2 BikeErg:

Any Concept2 BikeErg model is acceptable

- No other substitute brands are allowed
- Damper can be set on any setting, at any time, but only the athlete can change it
- Monitor set to count down from 4000 Meters to 0 (See the attached PDF for setup instructions if you are not familiar with this process)

Rogue / C2 Equipment must meet the following requirements in order to be acceptable for this competition:

- All Equipment must be stock and not modified in anyway
- Standard pedals on Bike
- Standard seat on Bike
- No weighing down of any of the equipment

Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Mouth Guards
- Nose Strips
- Shoes of any kind **MUST** be worn

Not Permitted Equipment:

- Lifting belts of any type
- Liquid Chalk
- Tacky of any kind
- Lifting straps, support straps or any other kind of straps
- Braces of any kind
- Gloves or any type of hand or forearm coverings
- Grip shirts
- Tape of any kind anywhere on the clothing, body or bag
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or bag including spray or other
- Supersuits, support briefs, or other supportive gear
- Knee Sleeves or wraps/elbow sleeves or wraps
- Long sleeve shirts of any kind

* Any Athlete who alters the equipment or movements described in this document or shown in the video standards to gain an unfair advantage may be disqualified from the competition.

* If you are not sure if your equipment will be accepted, please email pictures and measurements to judging@roguefitness.com for approval.

MOVEMENTS:

Ski

Athlete starts standing next to or on the skierg

- The skierg should be pre-set to countdown from 1000 meters
- Athletes may receive assistance setting the monitors
- The athlete may grab the handles and begin skiing once the timer has started, and must keep skiing holding the handles until the 1000 meters is complete.

Row

Once the SkiErg is complete the athlete will transition to the RowErg

- The RowErg should be pre-set to count down from 2000 meters
- Athletes may receive assistance setting the monitors
- The athlete may grab the handle and begin rowing, and must keep rowing holding the handles until the 2000 meters is complete.

C2 BikeErg

Once the RowErg is complete the athlete will transition to the BikeErg

- The BikeErg should be pre-set to count down from 4000 meters
- Athletes may receive assistance setting the monitors
- The athlete may get on the BikeErg and start pedaling, and must keep pedaling until the 4000m is complete and time for the challenge recorded.

* See the Enduro 2.0 instructional video at www.roguefitness.com/challenges for a visual example of the prescribed movements.

* Any athlete who alters/modifies the equipment or movements described in this document or shown in the video standards may be disqualified from the competition if deemed by the head judges to give an unfair advantage.

FLOW:

All equipment has been pre-set to the required distances, see the attached PDF for setup instructions if you are not familiar with this process

Athlete begins standing next to the SkiErg (wall mounted) or on the ski stand (free standing ski erg)

On 3-2-1-Go the timer begins and the athlete may start skiing.

Athlete must keep skiing and hold the handles until 1000m is complete, once complete the athlete may transition onto the RowErg

The athlete will keep rowing and hold the handle until 2000m is complete, once complete the athlete may transition onto the BikeErg

The athlete will keep cycling and stay on the bike until 4000m is complete and time is called for completing the challenge.

The athlete will then show the challenge data from each piece of equipment to verify the correct distances were completed and the times.

The time taken to complete the 4000m BikeErg will be noted for the event of a Tie-Break.

Only one attempt is allowed per submission video

VIDEO SUBMISSION STANDARDS:

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fish-eye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound should be on during the filming. Be sure the athlete has adequate space to safely complete the movement and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

The video should be shot from a 45 degree angle of the athlete with the camera positioned at a height that is level with the athlete's shoulders. Critical items that need to be clearly visible on the video:

1. The process of setting the distances on each piece of equipment
2. Full body of athlete and all equipment at all times during the entire attempt
3. The timer being used to record the time to complete the challenge must be visible during the entire attempt
4. Clearly show monitor data from the memory of each piece of equipment at the end of the workout

The submitted video should start with the entire athlete in frame stating their name and the challenge name. Next the athlete will need to follow the steps outlined below:

1. The athlete will need to complete a walk around of each piece of equipment being used to ensure they comply with the equipment standards
2. Capture monitor setup for the Ski, Row and BikeErg
 - See rules PDF for visual setup by step on this process
 - Athletes may receive assistance setting the monitors

3. The athlete must show they are not wearing any illegal equipment
4. Ensure the final camera set up position shows the athlete, all equipment and a timer in full view.
5. The athlete can begin the challenge based on the criteria outlined above. On 3-2-1-Go the athlete may start the challenge. Complete, for total time;
 - 1000m Ski Erg
 - into
 - 2000m Row
 - into
 - 4000m Bike Erg
6. On completion of the challenge the camera must to be taken to each Erg and monitor needs to be clearly shown to verify the time taken for each piece of equipment.
 - Please see the rules PDF for step by step instructions for how to show this on your rower monitor if you are not familiar with this process

* All of the steps above should be done with the camera continuously running for the video to be accepted.

* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

* Refer to The Enduro 2.0 Challenge demo video on the Rogue website for a visual of how the workout and video should flow.

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ATHLETE SCORECARD:

Video Submission Checklist:

Please confirm that your video clearly shows the following items as defined in the video submission standards.

Your submission needs to show:

1. Walk around of each piece of equipment to be used.
2. The setting of the required distance for each piece of equipment - refer to the rules PDF

3. Clearly show all equipment, athlete and timer in video view at all times
4. On completion, clearly show all workout data from the memory on each machine- refer to the rules PDF

Failure to show these items in your video may disqualify your workout submission. Athletes should keep all photos and videos until winners have been announced in case it is requested from the judge. Shooting multiple videos from different angles of your workout is a good fail-safe in the event that a primary video doesn't clearly show a specific video requirement.

TIME TAKEN TO COMPLETE THE CHALLENGE: _____

TIE BREAKER: TIME TAKEN TO COMPLETE 4KM BIKEERG: _____

JUDGE/WITNESS _____ JUDGE/WITNESS SIGNATURE _____
PRINT

ATHLETE NAME _____ ATHLETE SIGNATURE _____
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

JUDGE/WITNESS SIGNATURE DATE

ATHLETE COPY

TIME TAKEN TO COMPLETE THE CHALLENGE: _____

TIE BREAKER: TIME TAKEN TO COMPLETE 4KM BIKEERG: _____

JUDGE/WITNESS _____ JUDGE/WITNESS SIGNATURE _____
PRINT

ATHLETE NAME _____ ATHLETE SIGNATURE _____
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

JUDGE/WITNESS SIGNATURE DATE

ROGUE CHALLENGE