

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

CHALLENGE:

1 mile / 1.6km run

into

Max set of unbroken deadlifts

SCORING:

Each successful deadlift repetition completed deducts 10 seconds off your 1 mile run time

- Lowest calculated time wins.

Male: Deadlift Load

Competitive Division: 150% bodyweight, rounded to the nearest 5lb (2.5kg) increment

Community Division: Suggested 50% of bodyweight, rounded to the nearest 5lb (2.5kg) increment or any chosen weight for the deadlift

Female: Deadlift Load

Competitive Division: 125% of bodyweight, rounded to the nearest 5lb (2.5kg) increment

Community Division: Suggested 50% of bodyweight, rounded to the nearest 5lb (2.5kg) increment or any chosen weight for the deadlift

Tie Breaker: 1 mile / 1.6km run time

* Submitted videos should only include 1 complete challenge attempt. Second attempts must be done and submitted separately

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: Aug 28th at 9AM ET

Challenge Close Date & Time: Sept 7th at 8PM ET

* 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.

SCORE SUBMISSION NOTES:

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

Athletes will submit:

1. A time taken to complete the 1 mile run (minutes and seconds)

- The leaderboard will display this time

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

2. Distance verification / confirming distance ran

- Athletes can confirm the distance ran by showing their route displayed on their GPS device or a screenshot of a map on GPS Device app
- Screenshot should show the 1 mile / 1.6km course route and ideally average pace and total time
- If a self propelled treadmill was used show the treadmill monitor verifying 1 mile / 1.6km was completed
- Running 4 x 400m flat course - more information below in the course verification section on this
- Competitive Division only

3. The number of deadlift repetitions completed.

4. Deadlift weight

5. Bodyweight

6. The link to your YouTube video

- Video submissions standards outlined below

* Final scores will automatically calculate and display the competitors final score as a time

* Plate weights should be calculated/submitted based on the weights listed on the plate, not scale readings (if applicable)

* Fastest time, wins

ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

Competitive Division

Male (18 and over)

Female (18 and over)

Community Division

Male (18 and over)

Female (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.

* 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.

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

EQUIPMENT NEEDED TO QUALIFY:

Run:

OPTION 1	OPTION 2	OPTION 3
- 1 mile / 1.6km outside run route, tracked with a GPS Device, for example, Garmin, Apple Watch, Strava type phone app etc	- Self propelled treadmill of any kind - clearly showing the completion of 1 mile / 1.6km - Athlete must stay on the self propelled treadmill until 1 mile / 1.6km has been completed	- 400m flat course to measure. The run will be 200 meters out and 200 meters back - Any type of brightly colored cone, or a similar object to mark the start and turn around - 4 Barbell collars - to collect from 200m cone - A measuring wheel, or a GPS handheld device to measure the run course distance. For example, Garmin, Apple Watch, Strava type phone app etc

Deadlift:

- Visible Timer - this can be a gym timer in the frame, a phone with the timer feature up in frame, or a stopwatch in frame
- Digital weight scale to confirm the weights to be used for the deadlift (Analog scales are NOT permitted)
- Dumbbell or kettlebell to verify the scale
- A standard 15kg/25mm (35lb) for women and 20kg/28.5mm (45lb) barbell for men
- Weight plates with the weight clearly marked
 - Max of 18" diameter
- Barbell collars
- Shoes in any style must be worn
- Recommended: 10' x 10' clear unobstructed area in which to conduct the challenge with no other equipment in the space
- Rogue brand gear is not required

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Lifting belts including nylon, powerlifting, Olympic or similar
- Mouth Guards
- Nose Strips
- Shoes of any kind **MUST** be worn
- Thumb tape

Not Permitted Equipment:

- 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

COURSE VERIFICATION & DEVICES: COMPETITIVE DIVISION ONLY

Competitive athletes are required to confirm on the video and / or submit a verification photo of their 1 mile run course data during their score submission.

Verification can be shown on the video or a screenshot uploaded, of the app used directly in your phone or a photo taken of the screen of a secondary device that tracks your course that shows the required course information

This photo / screenshot will need to be included with your score submission.

Recommended programs/apps to use include (but are not limited to): Trailforks, All Trials, Garmin Connect, Nike Running Club, Strava,

Recommended secondary devices included (but are not limited to): Polar, Garmin, Suunto, Bushnell

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

What the judges will look for in your video/screenshot/picture:

- If available based on the program you used: map showing your 1 mile route (units can be miles, feet or meters)
- Total accumulated time
- Average pace
- Optional information to include in the shot: Speed & Elevation Gain

If using a self propelled treadmill, clearly show the treadmill monitor being set and the monitor on completion of the run on the video or attach a photo to your submission

If running a 4 x 400m (200m out and 200m back) course record the distance using a measuring wheel or gps on the video.

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

MOVEMENTS:

1 Mile Run

OPTION 1	OPTION 2	OPTION 3
1 mile outside run course tracked by GPS/Smartwatch	1 mile run on self propelled treadmill	4 X 400m (200 out and 200 back) course
- Athlete completes 1 mile / 1.6km run course - Timer in video shot at all times - to confirm start and finish of the rest period - Athlete confirms distance ran to video on completion	- Athlete sets treadmill monitor before start of run - Athlete stays on treadmill until 1 mile / 1.6km run has been completed - Athlete and timer in video shot at all times - to confirm start and finish of the rest period - Athlete confirms distance ran to video by showing treadmill monitor on completion	- When the athlete is ready, they will run a pre-measured course that is 200 meters out and 200 meters back. 4 “out and back” laps will need to be completed for the 1 mile run. - The athlete must run around the cone, or a similar object at both ends of the 200m course - The athlete must pick up and bring back 1 collar from the turnaround point on each lap, the collar will simply be thrown to the ground when turning around at starting point - The collars can be placed on the ground or on an elevated object as long as they are easily accessible for the runner

Deadlift

Barbell begins on the floor.

- This is a traditional deadlift with the hands outside of the knees (Sumo Deadlift is not permitted).
- Any style of grip is allowed.
- The bar is lifted to the finishing position where the hips and knees are fully extended with the head and shoulders behind the bar.
- Once the athlete reaches the required finishing position they may continue completing as many reps as possible.

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

- The arms must remain straight throughout each repetition of the lift, with no bouncing of the barbell is allowed. Any repetitions where the arms bend before the bar touches the ground, will be deemed as trying to benefit from bouncing the barbell and will be subject to penalties.
- Grips of any kind are NOT allowed
- The athlete must be at 45 degrees facing the camera to allow the full movement standards to be clearly visible on the video
- The athlete may rest in the top position of the deadlift but may not rest the weight of the bar on any part of the body/legs to re-grip the bar or release tension from the grip.
- If it is deemed the athlete is resting at the floor, or resting the weight of the bar on the legs, then the unbroken set is complete.
- Deadlifting in the 2 minute rest period is not allowed.

* See the RunSterkur 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:

Athlete begins standing next to the run course or the self powered treadmill

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

- Ensure to start GPS tracker if running a 1 mile loop
- Gym timer must be counting up

Once the athlete completes the 1 mile / 1.6km run, the athlete must call out the time, and show the GPS / self powered treadmill monitor.

- At this time, the 2 minute rest period starts as the gym timer continues to count up

The athlete will then move to the deadlift bar and prepare for their first lift, the barbell must be off the ground before 2 minute rest period ends.

- The athlete should remain in clear view of the camera for the entire duration of the 2 minute rest period
- The athlete may not perform any warm up deadlift reps during this rest period
- Failure to have the bar off the ground by the 2 minute mark may make the score subject to a penalty

Example:

- Athlete completes the 1 mile run and shouts out 5:49 minutes for their run time
- 2 minute rest time starts from 5:49
- Therefore the deadlifts must be started before 7:49 minutes

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

The athlete will then complete one set of as many unbroken repetitions as possible while following the approved movement standards outlined below.

Only one attempt is allowed per submission video

VIDEO SUBMISSION STANDARDS:

Video submissions may NOT be cut and edited in order to accurately display the performance. Videos shot with a fisheye 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 from the barbell setup. Critical items that need to be clearly visible on the video:

1. Timer in shot always to confirm run time and rest period
2. Scale verification using a dumbbell or kettlebell
3. All equipment shown to camera and weighed on digital scale prior to challenge attempt
4. Athlete bodyweight confirmed on digital scale
5. The treadmill (if used), deadlift setup and gym timer all in one frame
 - If running 4 x 400m (200 out and 200 back) walk the course with a measuring wheel / GPS device to confirm distance
6. Full range of motion for the athlete on the treadmill / start and finish of the run if completing a 1 mile loop or 4 x 400m out and backs.
7. Full range of motion for the deadlift
8. Run data from GPS/App/Treadmill Monitor

The athlete will need to follow the steps outlined below:

1. The submitted video should start with the entire athlete in frame stating their name, the challenge name, their category (Competitive or Community).
2. The camera should then clearly show all equipment the athlete will use during their challenge attempt. All of the following must be shown:
 - All weight plates that will be used in their attempt
 - Plates need to clearly have the weights printed on them, and both sides must be displayed to the camera
 - Barbell, to include end caps

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

- Run course set up
- A brief walk around of your Treadmill (if using one)
- All gear should stay in camera shot during the entire video

3. Scale Verification

- The athlete needs to validate the scale by placing a kettlebell/dumbbell on the scale and showing the scale reading is correct.

4. The athlete will need to step onto the scale to weigh themselves to confirm their weight and deadlift load. Once the athlete is on the scale, the camera needs to zoom in to clearly show the scale reading.

- This should be done with the athlete wearing all clothing, gear and shoes that will be worn during the challenge attempt
- The athlete should then declare their deadlift load based on standards listed:

Male: Deadlift load

Competitive: 150% bodyweight, rounded to the nearest 5lb (2.5 kg) increment

Community: Suggested 50% of bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

Female: Deadlift load

Competitive: 125% of bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

Community: Suggested 50% of bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

Deadlift Weight Calculation Examples;

Male Competitive: Bodyweight = 184.3LBS (83.6kg) x 1.5 = 276.45LBS (125.4kg) - rounded to the nearest 5LBS (2.5kg) = 275LBS (125kg) Deadlift

Female Competitive: Bodyweight = 111.2LBS (50.4 kg) x 1.25 = 139LBS (63.06kg) rounded to the nearest 5LBS (2.5kg) = 140LBS (62.5 kg) Deadlift

5. The athlete must load the bar using the same weights displayed on camera

- Once loaded, please verbally say/show what each weight is to confirm the load is correct per the standards listed above

6. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the challenge to confirm it all matches the rules outlined.

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

7. Capture the process of setting the GPS device or treadmill or measuring the run course
 - GPS device ready to record distance traveled
 - Treadmill set to 0
8. When the athlete is ready for the run:
 - They may hit start on their tracking device/monitor and begin the run
 - The gym timer should also begin at this time
 - Running a 400m out and back course - try to maintain view of the course on the camera from the start/finish line
 - Running on a self powered treadmill - maintain view of athlete running on the camera
9. Upon returning from the run/nearing the end of the treadmill run:
 - Judges camera should capture the athlete finishing the run
 - The athlete should stop their tracking device on camera and verbally declare their time for the 1 mile / 1.6km run
10. Two minute rest period starts now
 - During this rest period, the athlete should move to the deadlift bar.
 - The athlete must remain in full view of the camera for the entire 2 minute rest period.
 - The camera position may be moved to the 45 degree deadlift filming angle to ensure full range of motion is captured.
11. The athlete must start performing deadlift repetitions prior to the mandatory 2 minute rest period ending.
 - The athlete must have their barbell off the floor prior to the end of the 2 minute rest period.
 - If an athlete is deemed to have rested more than 2 minutes, penalties may be applied to final scores
12. At the conclusion of their single unbroken deadlift attempt:
 - Camera needs to be taken to the treadmill monitor / GPS device to show clearly the time taken to complete the 1 mile / 1.6km if not already done
13. The video may then conclude.

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

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

* Refer to the demo video on the Rogue website for a visual for how the workout and video should flow.

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

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. Timer in shot always to confirm run time and rest period
2. Scale verification using a dumbbell or kettlebell
3. All equipment shown to camera and weighed on digital scale prior to challenge attempt
4. Athlete bodyweight confirmed on digital scale

5. The treadmill (if used), deadlift setup and gym timer all in one frame
 - If running 4 x 200m out and backs walk the course with a measuring wheel / GPS device to confirm distance
6. Full range of motion for the athlete on the treadmill / start and finish of the run is completing a 1 mile loop or 4 x 200m out and backs.
7. Full range of motion for the deadlift
8. Run data from GPS/App/Treadmill Monitor

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.

THE RUNSTERKUR CHALLENGE

CHALLENGE
ROGUE

SELECT DIVISION: ☐ COMPETITIVE ☐ COMMUNITY

1 MILE RUN TIME _____ ATHLETE BODYWEIGHT _____

DEADLIFT LOAD _____ DEADLIFT REPS _____

CALCULATED FINAL TIME _____ = _____ - (_____ x 10 seconds)

THE FINAL SCORE WILL BE AUTOMATICALLY CALCULATED IN THE STRONGEST SYSTEM

1 MILE RUN TIME

DEADLIFT REPS

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

SELECT DIVISION: ☐ COMPETITIVE ☐ COMMUNITY

1 MILE RUN TIME _____ ATHLETE BODYWEIGHT _____

DEADLIFT LOAD _____ DEADLIFT REPS _____

CALCULATED FINAL TIME _____ = _____ - (_____ x 10 seconds)

THE FINAL SCORE WILL BE AUTOMATICALLY CALCULATED IN THE STRONGEST SYSTEM

1 MILE RUN TIME

DEADLIFT REPS

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