31 Heroes - Hosted by CrossFit Midtown

Participant Guide & Information Packet



EVENT DETAILS

Date: Saturday, August 1st, 2015

Location: CrossFit Midtown
(1210 Spring St NW, Atlanta, GA 30309)

Time: Doors open at 8:30 AM.
Event briefing at 9:00 AM.
First heat starts at 9:20 AM.

Cost: $31 (plus $8 shipping for t-shirts). Additional donations accepted and encouraged. Any on-site check donations should be made payable to "The 31Heroes Project."

Event Invite: https://www.facebook.com/events/916987848349402/

HOW TO SIGN UP TO WORKOUT

1) First, register with 31 Heroes for the CFM event on the 31 Heroes site...
https://www.31heroes.com/register-for-31heroes-2015/?gym=zPiUhH

2) Next, sign up for a heat on our shared Google doc…
https://docs.google.com/spreadsheets/d/1HVDpYuVvFf_tYPVBm_TrqfnyOq2WsB2Lgm36ANrYmAE/edit?usp=sharing
Heat Times: 9:20am, 10:10am, 11:00am

You will need a partner for this workout. You can select your partner in advance, or you can sign up as an individual and we'll partner all athletes before the WOD based on their division and thruster weight.

When signing up for a heat, you'll also need to determine if you'd like to go RX, Open, or Scaled. You can indicate this on the spreadsheet by listing your thruster weight, rope climb mod and box jump height.

WHAT TO BRING

- Towel for sweaty hands and heads.
- Wear your 31 Heroes T-shirt or a CFM Shirt.
- Wear long socks to protect legs on rope climbs.
- Water, pre/post-workout recovery drinks, your lucky headband or whatever else you need to get you through a character building 31-minute workout to remember.

EVENT PARKING

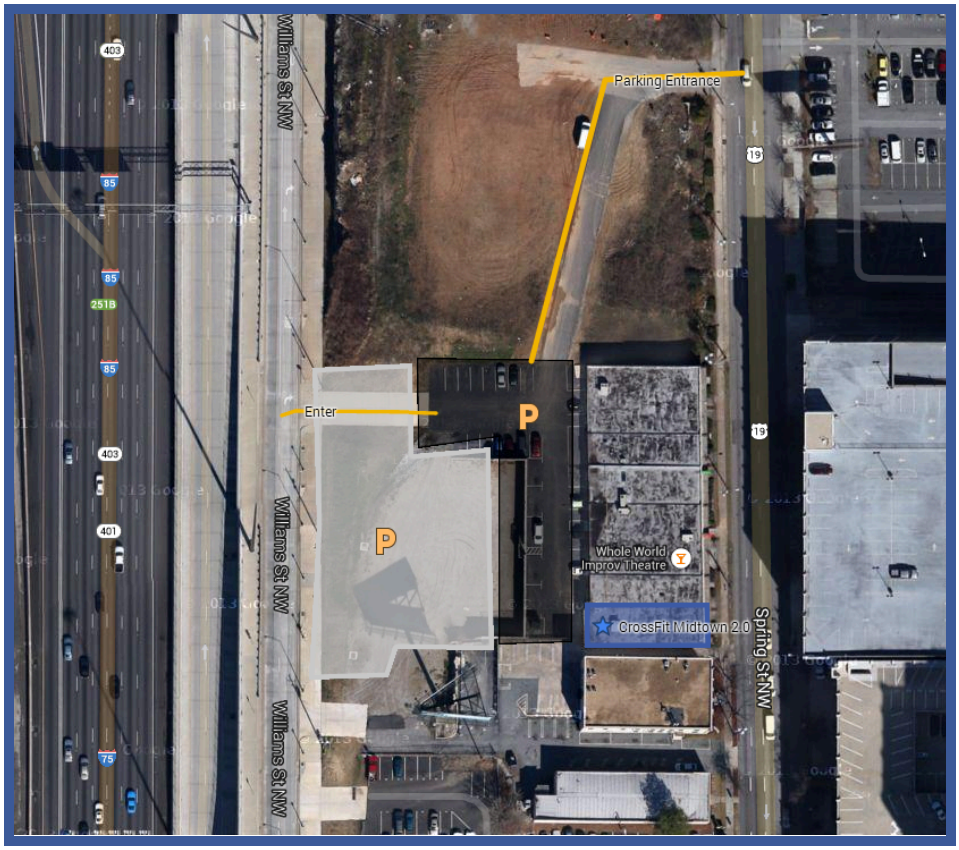
Our address is: 1210 Spring Street NW, Atlanta, GA 30309.

We're on Spring St between 14th & 16th Streets, at the south end of the same building with Zifty HQ and Whole World Theater.

There is plenty of free parking in the paved and gravel lot behind our building. You can enter the lot from Spring Street, 200 yards north of our building (toward 16th). If you miss this entrance and pass our buidling (Sprint St is one way), turn right on 14th and then right on Williams St. You can enter the lot behind our building, from Williams Street.

If entering from Spring St. watch for athletes crossing the driveway with plate carries. After 9:20am please use the Williams Street parking entrance.

For this event most of the parking in the paved lot will be taken, but there should be about 40 spots open for free parking in the gravel lot.



PARTICIPANT GUIDELINES

Pre-WOD

Plan to arrive 30 minutes before your scheduled heat time. Check in and pick up your raffle tickets.

Athlete warmup area will be outside. There will be a rower, bike, ghd machine, pvc, barbells and weights for warming up.

Suggested General Warmup: 200m run, 20 hip extensions/good mornings, 15 Situps, 10 pushups, 15 overhead squats w/ pvc.

Plan to work up to your thruster weight before the start of your heat. Practice a set of 3 thrusters unbroken.

During 31Heroes

During the workout you will be sharing a rope with other teams. While you are resting between rope climbs allow other athletes to complete 1 rep on the rope. All teams in the heat will share the 4 ropes to complete their 6 reps for the round.

All athletes climbing the rope must wear long socks.

Be mindful of your barbell. When setting it down make sure it stays in your lifting area.

When finishing the 400m Plate Carry, always set the plate down with two hands back to the ground. Respect the equipment and protect other athletes from being hit by the plates when starting/finishing the carry.

Post-WOD

High fives and fist bumps all around.

Wipe down your barbell and return barbell and plates to the rack. Boxes will stay out for the next heat.

Take a group photo with your partner and other teams!

Stick around to watch the next heat and enjoy the special offers from our partners Killcliff, Suja Juice, Marc Pro, and DBA Barbecue.

At 11:45am we'll have the final raffle for all of the prizes and gifts for participants and spectators of the 31 Heroes WOD. [see below for full list of raffle prizes]

THE WORKOUT

“31Heroes”
AMRAP in 31 minutes of:
8 Thrusters (155/105)
6 Rope Climbs (15')
11 Box Jumps (30"/24")
[See below for scaling options]

This is a Partner WOD – Partner #1 will perform the work listed above. Partner #2 will run 400m with a plate (45/25). Once Partner #2 returns from the run, Partner #1 will grab the plate and begin their 400m, while Partner #2 continues work wherever #1 left off.

Score is your total number of rounds/reps (25 per round). Ex: 5+16 Rx.

This WOD was created specifically to honor the 30 men and one dog that gave their lives for our country on August 6, 2011. It is 31 minutes long—one minute in remembrance of each hero. The rep scheme is 8-6-11—the date of their ultimate sacrifice. Finally, this is a partner WOD. The men who gave their lives were from multiple branches of our military, working together as a team. In the workout you and your team member will constantly be taking the load from each other providing much needed support and relief. We realize that no physical sacrifice made during a workout can come close to the sacrifice our brave heroes made, but we consider this WOD a CrossFitters “moment of silence.” This is how we can honor those that gave all in the name of freedom.

SCALED OPTIONS

Open Division
8 Thrusters (105/75#)
6 Rope Climbs (15ft/10ft)
11 Box Jumps (24/20)

400m Plate Carry (45/25)

Scaled Division
8 Thrusters (85/55#)
6 Ring Rows
11 Box Jumps (20/16)

400m Medball Carry (20/14)

Additional Scaling Options
Scaling Rope Climbs: Rope Climb (10ft) 1:1, Pullups 1:1, Ring Rows 1:1.
Thruster weight can be scaled further in either division. Thruster weight scaled to 75% of our 1RM Thurster.
Box Jump height can be scaled in all divisions. 24”, 20”, 16”, 12”.
Box Jumps will be step downs only. No rebounding permitted.
400m Plate Carry: Scale to 20/14# Medball.

SOLO OPTION

Pick a person from another team to set your pace. At the start when they do the 400m Plate Carry, complete the AMRAP. When they return, stop your AMRAP and go on to your 400m carry. When you return, continue the AMRAP where you left off and go until your pace partner comes back from their second carry.

Continue this cycle for 31 minutes.

Your score will be the total rounds and reps that you complete individually. Ex: 3 + 1 Rx.

MOVEMENT STANDARDS

Thruster: The barbell moves from the bottom of a front squat to full lockout overhead. The bar starts on the ground. No racks allowed. In the squat the hip crease must pass below the knees. A full squat clean into the thruster is allowed if the bar is on the ground. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the heels. Barbells with 25s, 35s, or 45s may be dropped from overhead but must remain in the athletes lifting area. Barbells loaded with 10s or 15s must be returned to the ground with two hands on the bar.

Rope Climb: Athletes must begin the climb with both feet on the ground and may reach as high as possible to initiate the climb. They may not jump up the rope but must climb from the floor. It's a good rep when they touch the truss at the top -- the clamp on the rope or chain is NOT the truss and athletes must touch the cross beam truss.

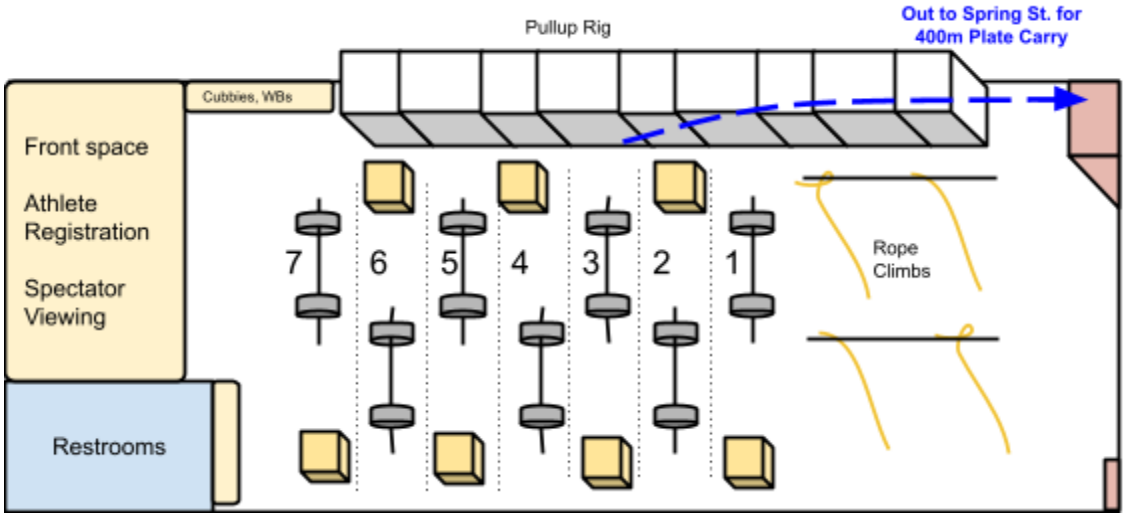
10ft Rope Climb: Same standards as above. No jumping. It's a good rep when they touch one full hand above the 10ft line.

Pullups: The athlete starts from a dead hand such that at the bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar. Strict or kipping pullups permitted.

Box Jumps: The athlete will jump with two feet, land with two feet, and come to a standing position with knees and hips locked out on top of the box. They DO have to show control on top of the box and open the knees/hips while the feet are still ON the box. **STEP DOWNS ONLY.** Athletes are not permitted to rebound.

Plate Carry: Athletes may carry the plate anyway. Shoulder, hip, back, arms, etc. Plates must be picked up and returned to a mat to signify the start and end of carry. **Plates must be set down with two hands on the plate back to the ground.** NO DROPPING PLATES ON THE GROUND AFTER FINISHING THE CARRY.

WOD DIAGRAM


Pullup Rig
Out to Spring St. for
400m Plate Carry
Cubbies, WBs
Front space
Athlete
Registration
Spectator
Viewing
Restrooms
7
6
5
4
3
2
1
Rope
Climbs

EVENT PARTNERS

We'd like to give a big thank you to all of our partners for supporting 31Heroes hosted at CrossFit Midtown. We'll see you at the gym on Saturday for our#workouttoremember!

SUJA Juice -- Free samples of drinks and prizes for the participant raffle.

D.B.A. Barbecue -- Samples of meats and paleo sides during the event.

HYLETE Apparel -- 50% off merchandise and apparel.

Recon Photography -- Event photos and athlete action shots.

Edesia Meals -- Gift Certificate. 10% discount on orders of Paleo Meal Pack and 4 Days Paleo options.

Marc Pro -- Free lounge chair stimulation sessions 15-30 minutes.

Gratiae -- Sample of all natural skin exfoliating scrub.

DJ Tom Chon -- Spinning tracks and keeping the crowd and athletes motivated for all 31 minutes!

PARTICIPANT RAFFLE GIFTS

All registered athletes will receive 2 tickets to the raffle. All spectators will receive 1 raffle ticket when checking in. Items will be raffled after each heat, with the main items raffled at 11:45am after the final heat.

$100 Hylete Gift Card (2)

Edesia Meals gift certificate for free Paleo Meal Pack

CFM Bag Bundle (Hat, wrist wraps, waterbottle, pink tape)

Gratiae Gift Bag with 4 bottles of exfoliating body scrub (2)

Suja Yoga Mat (2)

DBA Barbecue Apparel: Hat (2), T-shirt, Ladies Tank Top

Killcliff Gift Box (Cold Brew Coffee Samples, Healthy Protein Bars)