

What To Expect and Bring

The Armor Up Challenge is an event centered around Christ first and foremost!

Consists of a series of alternating weighted rucks and physical challenges.

The distances of the rucks and actual challenges will not be known to the participant.

All events will be done as one cohesive group and expect to be exhausted.

This is a rain or shine event and you will get dirty so bring a change of clothes.

All fitness levels can participate as this is a mental challenge as much as physical.

To physically prepare for this event, plan on conditioning your core, back and legs.

THERE IS NO RUNNING!! THERE IS NO RUNNING!! THERE IS NO RUNNING!!

Goodie bags, t-shirts, snacks, drinks and breakfast are included.

Wear BDU type pants. Recommended footwear are: a duty boot, hiking boot/shoe, or trail running shoe. Every event is in the grass, dirt or mud so you need comfort, grip and traction to ensure a safe completion.

A weight vest or ruck pack of at least 20 lbs is required.

There are built-in breaks between rucks and challenges.

And finally, if you choose to not participate, please pray for our team and everyone who does come out!

Ephesians 6:13

Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.