

Athlete Guide - Fresno State Hybrid ROX

Thank you for signing up for the Fresno State Hybrid ROX Race. We're excited to have you and wanted to cover a number of important factors from race wave time, format, course, parking, spectator areas, etc. *Also please see attached maps for additional clarity.*

RACE TIME: Please plan on being there 1 HOUR PRIOR TO YOUR RACE TIME WE SENT YOU OR YOUR PARTNER. Your estimated race wave times are just that – “**estimated**” and subject to minor, but critical, fluctuations the morning of. We're expecting to be running on time, if not early – especially in the beginning. When you check in, you'll get your official wave time.

VENUE LOCATION: North Gymnasium, Fresno State University.

PARKING: is free on the weekends in the designated lots in the maps provided which are either the specific parking lot connected to the North Gym or the one directly north of it, north of Barstow Ave. All vehicles must park front end in, meaning if you back into a parking space you run the risk of getting a parking ticket.

GYM ENTRANCE: North Gymnasium – the EAST SIDE. Please enter ONLY at this specific location.

INSIDE: Once entering through the doorway you'll be directly inside the arena where all the action will be taking place. We ask that you continue moving across that back wall to where all the sponsors' tables will be located. There you will find a hallway to enter that brings you down a corridor to the registration table.

REGISTRATION / CHECK-IN: At check-in we'll give you your exact wave time so we'd like you getting there 1-hour prior to your race time that's been given up to this point. You'll receive an ankle chip with a number on it and we will write that number on your forearm in a black sharpie marker that is visible during your race (just like all official HYROX races) .

AFTER ATHLETE CHECK-IN: Once you've checked in at the registration table you'll be free to return to the main arena to observe and mingle, however we ask warm ups be done outside (exiting through the door you initially came into the gymnasium from (on the EAST side of the building). Please be mindful of time and be sure to return 15 min prior to your *exact race wave time* we gave you at the check in process.

PERSONAL BELONGING: There are no available lockers so please be advised and travel lightly, consider having a friend or family member hold personal stuff.

SPECTATORS: There are no fees for spectators and space will be pretty limited and tight so we didn't feel appropriate to charge for spectator entry.

STARTING PROCEEDURE: 10-15 min prior to your race, you'll gather near the registration table. Approximately 2-3 minutes prior to your start you'll be led by your official “STARTERS' GUIDE” to the official starting tent, located just outside. Once the STARTERS' GUIDE begins your race, you'll run to the track following a clearly defined route, complete one lap there, return following a slightly different route, and finally enter back into the North Gym through a set of double sliding glass doors that we will help keep open.

From there you'll complete 1 zone, then **proceed to run a loop INSIDE the gymnasium (known as the “ROX Zone”) that must be completed for ALL zones** and exit out the same double sliding glass doors that runners returning will be using. Please keep your head up and stay to the right through those doors.

3 SPECIFIC NOTES OF INTEREST:

1- All zones of training will occur inside the gym – except zone 6, FARMER’S CARRY.

PLEASE NOTE: you will still need to run your ROX Zone lap inside the gym BEFORE performing the FARMER’S CARRY. So when coming back from the run, BEFORE heading over to the Farmers Carry zone make sure you run into the gym and perform the ROX Zone lap first, then head outside for that Farmer’s Carry zone using a separate doorway labeled “FARMER’S CARRY EXIT” right next to the sliding glass doors.

2- For the HALF ROX race, you will only run to the beginning of the track to a turnaround spot and then return – do not run a lap on the track.

3- For the STRONG ROX you will still follow the above description for starting, specifically beginning your race under the “STARTING TENT” outside, however instead of running to the track you’ll enter to into the gym and begin your first zone.

FINISH: Once you complete the WALL BALL zone you will then cross the FINISH FLAG where our timing chip mat will be and you’ll have your official time.

DESCRIPTION OF RACE, RULES, AND STANDARDS:

ZONE 1: SKI, 1000m, must stay on ski until 1000m is complete (not leave as its approaching the distance).

ZONE 2: SLED PUSH, 50m. 2 laps (a “lap” is down and back). The entire sled must cross into the end zone before returning. While you are in an end zone, your feet must stay inside it, do not step outside to the back of the end zone at any time.

MEN: 152kg. WOMEN: 102kg. MIXED DOUBLES: Always same as men

ZONE 3: SLED PULL, 50m, 2 laps. Same rules from sled push apply here.

MEN: 102kg WOMEN: 78kg

ZONE 4: BURPEE BROAD JUMP, 80m

The standards for this are as follows: your hands must be placed no more than 30cm (12”) in front of your toes and you must jump with both feet at the same time. “Falling forward” and letting your hands fall further is not allowed. And your chest must touch the floor.

ZONE 5: ROW, 1000m. The athlete may not exit the rower seat until the entire distance is accomplished.

ZONE 6: FARMERS’ CARRY: 2 laps outside

MEN: 24kg. WOMEN: 16kg.

ZONE 7: WEIGHTED LUNGE WALK, 100m. The knee must touch the floor.

MEN: 20kg WOMEN: 10kg

ZONE 8: WALL BALLS, 100 reps. The rep begins from the full squat position and ends when the balls touches the target.

MEN: 6kg to a 10’ target. WOMEN: 4kg to a 9’ target. MIXED: 14-lbs to 9’ target.

TIMING:

Each run and zone will be individually timed for you to review when done – except the Farmer’s Carry. For this zone you will have a combined run AND zone time.

LAP KEY

LAP 1 – Run

LAP 2 – SKI + “ROX Zone” time (completing the run loop inside the gym)

LAP 3 – Run

LAP 4 – SLED PUSH

LAP 5 – Run

LAP 6 – SLED PULL

LAP 7 – Run

LAP 8 – BURPEE BROAD JUMP

LAP 9 – Run

LAP 10 – ROW

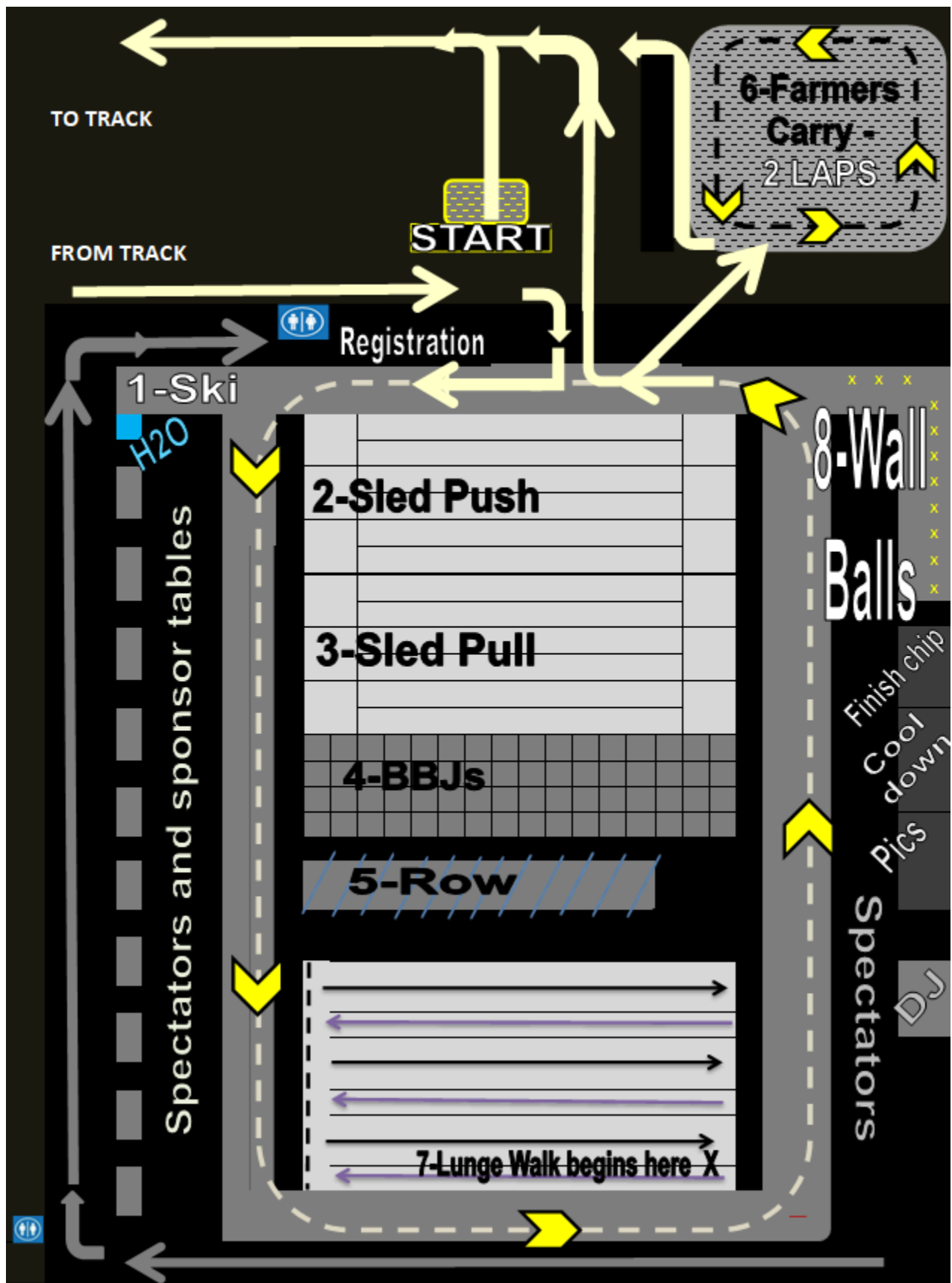
LAP 11 – Run

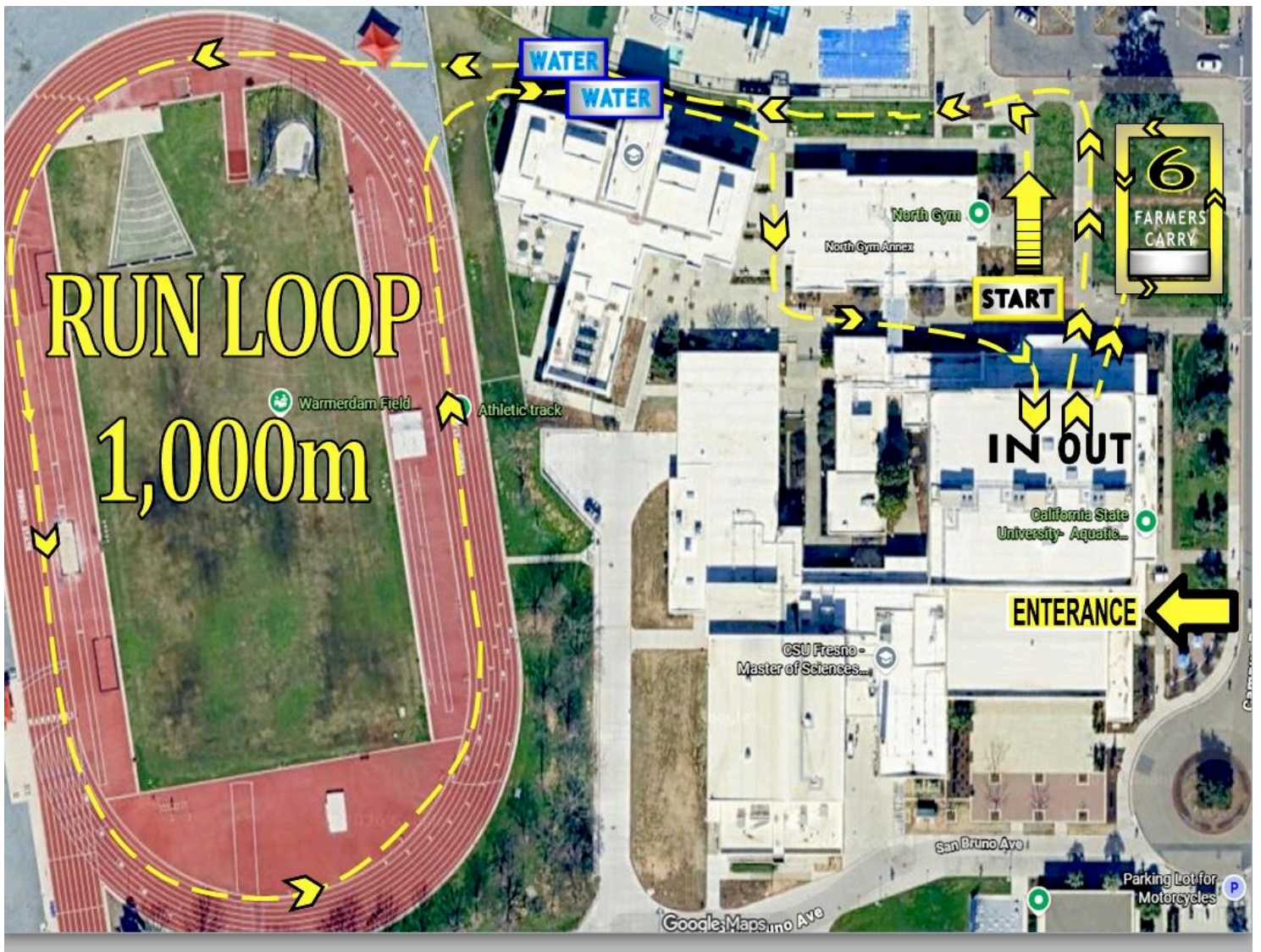
LAP 12 – Combined FARMERS CARRY + NEXT RUN

LAP 13 – LUNGE WALK

LAP 14 – Run

LAP 15 – WALL BALL





PARKING

BARSTOW AVE

E Barstow Ave

CEDAR AVE

Campus Dr

RUN

PARKING

**Beiden Field at
Bennett Stadium**

**HYBRID ROX
NORTH GYM
ENTRANCE**

Fresno State Library

N Cedar Ave

Scott Ave

CEDAR AVE

SHAW AVE

Institute of Religion The

