

RACE 3, SERIES 1
RDS DUBLIN



TRYKA

WE DON'T QUIT, WE TRYKA

RELAY BRIEFING



RDS DUBLIN

A MESSAGE FROM OUR FOUNDER AND CEO



I AM VERY EXCITED TO HAVE YOU COMPETING WITH US IN THE RELAY AT RACE 3 OF SERIES 1. I HOPE YOU FIND EVERYTHING YOU NEED TO MAKE YOUR RACE-DAY EXPERIENCE AS SMOOTH AND ENJOYABLE AS POSSIBLE. PLEASE READ THE RELAY BRIEFING IN LINE WITH THE MOVEMENT STANDARDS AND RACE PACK INFORMATION

THIS PACK CONTAINS RELAY BRIEFING. ARRIVING IN PLENTY OF TIME WILL HELP KEEP THE EVENT RUNNING SMOOTHLY FOR YOU, YOUR FELLOW ATHLETES, AND OUR CREW.

REMEMBER, TRYKA IS AS MUCH ABOUT COMMUNITY AS COMPETITION. I HOPE YOU ENJOY THE CHALLENGE, PUSH YOUR LIMITS AND SOAK UP THE ATMOSPHERE. WHETHER IT'S YOUR FIRST EVENT OR YOU'RE CHASING A PERSONAL BEST, YOU'VE ALREADY DONE THE HARD WORK — NOW IT'S TIME TO SHOW IT ON THE COURSE.

HEALTHY REGARDS

Brian Lee



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RELAY ZONE

THE RELAY HOLDING PEN WILL BE BEHIND THE START TUNNEL IN THE WARMUP ZONE. ALL RELAY ATHLETES MUST MAKE SURE THEY HAVE READ AND UNDERSTOOD THIS BRIEFING.

IT IS IMPORTANT TO ENSURE THAT THE RELAY EVENT RUNS PROPERLY THAT ATHLETES LISTEN AND FOLLOW THE DIRECTIONS OF THE CREW IN THE RELAY ZONE. ATHLETES NOT FOLLOWING THE DIRECTION OF THE CREW IN THE RELAY ZONE WILL BE LIABLE TO PENALTIES.

LAPS TO RUN

RUN 1 TO 7 - GO "IN" THE 3RD TIME YOU SEE THE "IN" ARCH
RUN 8 | GO "IN" THE 3RD TIME YOU SEE STATION 8

HOW IT WORKS

EACH ATHLETE MUST DO 2 RUNS AND 2 FUNCTIONAL STATIONS. THEY CAN BE IN ANY ORDER ONCE EACH ATHLETE COMPLETES 2 RUNS AND 2 STATIONS.

ATHLETES DOING 2 RUNS AND 2 STATIONS CONSECUTIVELY MUST RUN BACK THROUGH THE RELAY ZONE, FAILURE TO DO SO WILL RESULT IN A PENALTY. ATHLETES NOT WAITING IN THE CORRECT AREA WILL BE LAIBLE TO PENALTY.

THE ATHLETE DOING THE 1ST RUN WILL START FROM THE START TUNNEL AND THE OTHER 3 TEAM MEMBERS WILL BE IN THE RELAY ZONE.

THE RELAY ZONE WILL HAVE NUMBERED AREAS, 2,3,4,5,6,7,8

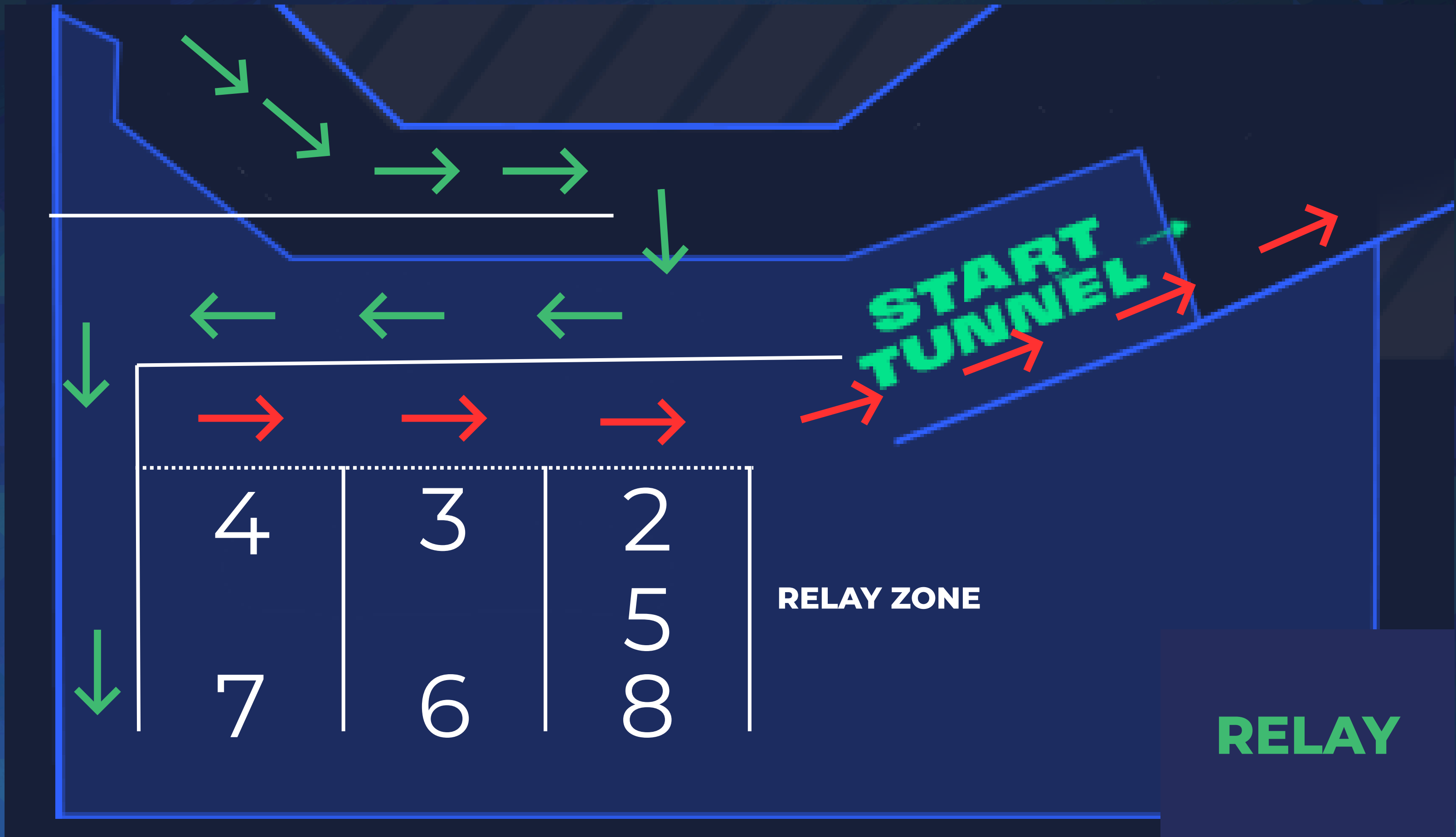
THESE NUMBER REPRESENT THE EXCERCISE STATION THAT EACH ATHLETE WILL DO. YOU MUST STAND IN THE AREA OF YOUR NEXT STATION. SO IF AN ATHLETE IS DOING STATION 2 THEY STAND IN THE AREA MARKED 2 WAITING ON THEIR PARTNER TO TAG THEM AFTER THEY COMPLETE THEIR RUN AND STATION.

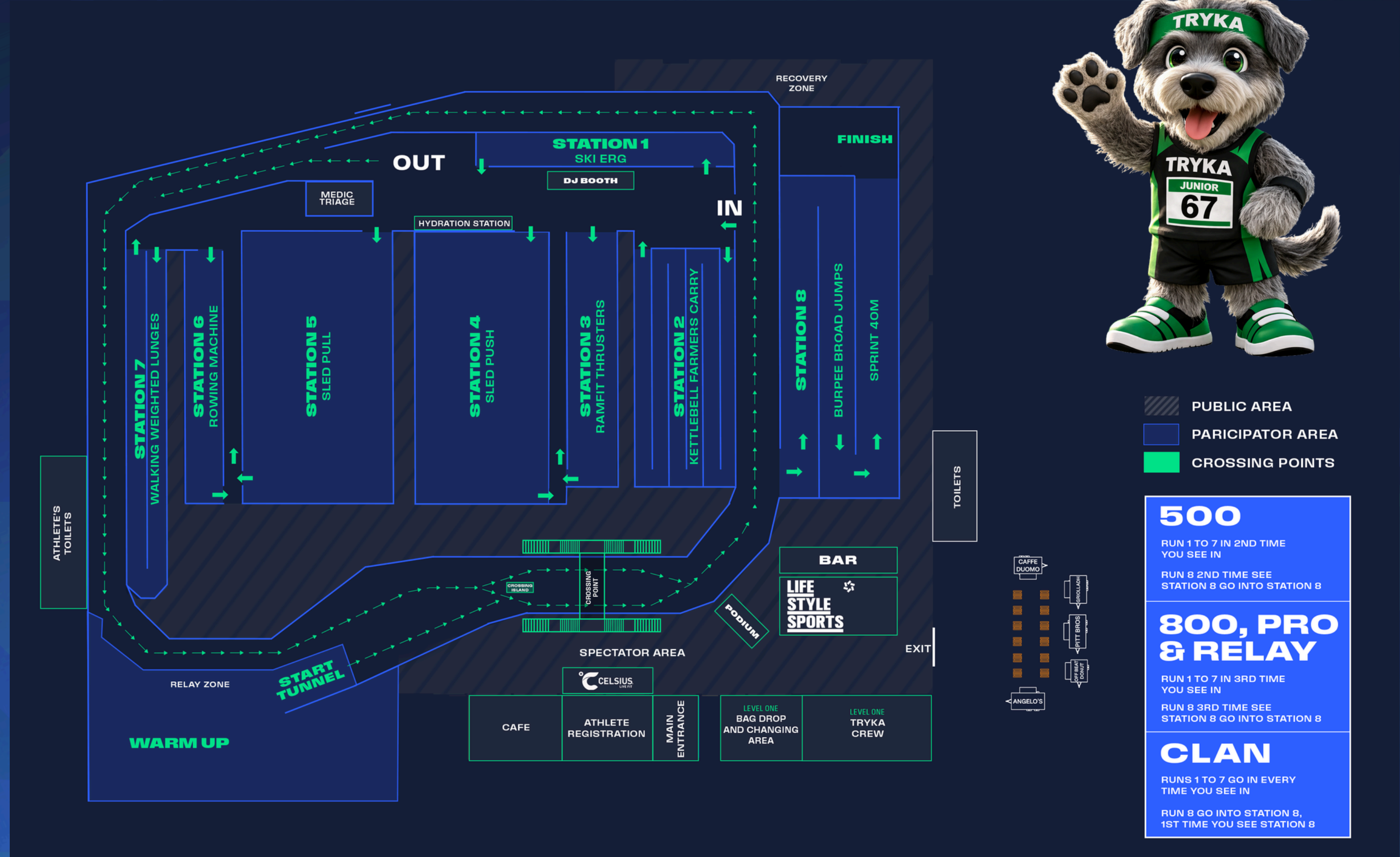
WHEN YOU PARTNER COMPLETES THEIR RUN AND STATION THEY WILL COME BACK TO THE RELAY ZONE (GREEN ARROWS ON THE MAP) AND MUST HIGH 5 THEIR PARTNER WHO IS DOING THE NEXT RUN. THEY WILL THEN RUN OUT THROUGH THE START TUNNEL (RED ARROWS ON THE MAP). THE RETURNING ATHLETE MUST THEN JOIN THE NUMBERED ZONE FOR YOUR NEXT RUN.

ONCE THE ATHLETE THAT IS DOING STATION 8 HAS STARTED, THE REMAINING 3 TEAM MEBERS WILL REMOVE THEIR TAGS, PUT THEM INTO THE COLLECTION BOX AND HEAD OVER TO THE BURPEE STATION TO JOIN THEIR TEAM MEMBER. ONCE THE TEAM MEMBER COMPLETES THE STATION THE 4 OF YOU CAN SPRINT TO THE FINISH

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RELAY BRIEFING





TRYKA RACE FORMAT



1

1,000M
SKIERG



2

200M
KETTLEBELL FARMERS CARRY



3

60 REPS
RAMTHRUSTERS



4

50M
SLED PUSH



5

50M
SLED PULL



6

1,000M
ROWER



7

100M
WALKING LUNGES



8

80M
BURPEE BROAD JUMPS

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START

