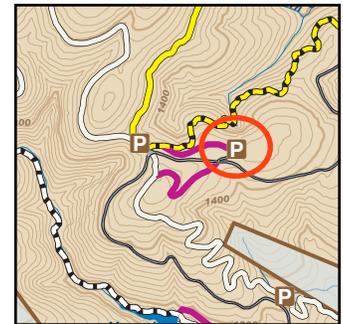


ULTIMATE SUCK BEAST EVENT INFO



Athletes choose from the following options:

1. **All Day Training**--*Recommended for those participating in the Ultimate Suck or other 6 hour plus events, or anyone who just wants to challenge themselves physically and mentally.*
 - a. Bring all packing list items and food/water to sustain through duration of event. You will have multiple opportunities to resupply from vehicle. *We have specific training hard times/cutoffs that must be enforced in order for us to make our next scheduled activity. It's up to you to be on time and ready to go!*
 - b. We will leave from Holly's House, 132 Aisha St, Greenville SC 29607 (park in back on grass) NLT 5:20 a.m. on Saturday July 5th.
 - c. Please plan to stay and camp and a special farewell workout in the morning or you can leave at 6 p.m. when the afternoon workout is over.
2. **Afternoon Session**--*Recommended for those wanting to test basic stamina for Spartan Super/Beast distances as well as any Endurance activity (i.e. ultra running, triathlon, etc.)*
 - a. Bring all items listed below for the Afternoon Session and be ready to roll out (all potty stops etc) at **2 p.m. sharp**, account for travel time if you are NOT accustomed to driving to/in the State Park. It's a fixed time workout so it's in your interest to start on time. You will be at your vehicle four hours after we begin with each of you performing a different amount of work based on your goals, skill level and desire to work that day.
 - b. Location: [Paris Mtn State Park](#). 2401 State Park Rd, Greenville, SC 29609. Drive to the top of the road past the Brissy Ridge/Sulphur Springs trailhead and continue on to the right to the overflow parking. There are toilets there.
 - c. Have all packing list items in some kind of **backpack/rucksack** so it's easy to carry and feel free to add anything that you think might enhance your experience--pink tutu, tequila, snorkel, baby sloth, etc.



Cost: Park Entry \$2.50/vehicle or something like that?! (\$1.25 for National Guard). Pay at Gate. There is no charge for participating but donations for my prep time are always welcome. :)

Camping Details: We will ruck our camping gear in during the 2:00 movement. We will return to our vehicles at the conclusion of the workout to get food/water/supplies for the night and then head back in and have a good time!!! I will be collecting car registration info from all vehicles planning to stay overnight. I will talk to you offline about what food to bring so we can feast!!

Weather: High 88/Low 69 with 20% Chance of rain. Should be perfect! Waterproof your gear accordingly. We will be in some shade and some full sun.

Packing Lists:

All Day Training		Afternoon Only	
Work Gloves Ax 2 x 5 gallon buckets \$20 cash large towel + bath towel Water/food for 12-14 hours. (We will resupply before camping.) All items from Afternoon Only List.	Wear work clothes Bring at least two changes of clothes to include one set lightweight workout clothes plus one set workout clothes for afternoon session.	Work Gloves 2 x 5 gallon buckets Car Tire 15-20' rope or strap Towel Camelbak/bladder with minimum of 3 liters total (can have some in bottles if you prefer) Food/Electrolytes Sunscreen/Bugspray First Aid items you might need (bandaids, etc.)	Wear workout clothes and trail shoes or boots. You will cover several miles so make sure you are comfortable in your footgear and bring a spare pair in case you want to change shoes. Bring extra socks!