

Athlete Guide

Individual Challenge Course Instructions

8 AM – 9 AM Check-in - Get your race #

(If you would like to be on a team, put your name on the individuals - forming a team list at check-in)

9:00 AM – 1st Wave Start – “I’m going hard!”

9:30 AM – 2nd Wave Start – “Someone talked me into this. Let’s do it!”

10:00 AM – Team Challenge Start – must stay together as a team.

- Must have your Race # on the front outer most layer.
- Obstacle Penalty – failed obstacle – return and try again. After 3 failed attempts. 5 burpees and move on. You can get your # marked if you attempt 3 times and burpees.
- Must have your race # or wristband marked at each station to be eligible for top overall individual or team award.
- You can go around an obstacle. Make this as challenging as you want it to be.

Team Challenge Instructions

9 AM – 10 AM Team Check-in - 1 race # per team

10:00 AM - Team Challenge Course Start (teams must stay together)

11:00 AM – Team Strength Events Start

Fire Truck Pull, Tire Flip, Sandbag Carry, Fire Hose & Dummy Rescue Relays

Awards: 1:00 PM

Individual Top 3 Overall Male, Female & Non-Binary

Top 3 Teams Co-Ed, All Male, All Female – one team will be named the 2025 Winter Warrior Champions. Their team name will go on the perpetual Winter Warrior Cup!

Kids Challenge Course Instructions

When you can Crush the Course:

OPEN 10AM – 12PM, 1PM – 2PM

Family Relays 12PM – 1PM (Sign up at check-in)

OCNJ Winter Warrior Festival 9AM – 2PM

Vendors, Hot Chocolate, Music, Fire Heaters