



REC SPORTS & THE CORPS OF CADETS PRESENT:

# TOUGHEST HOKIE

ENDURANCE OBSTACLE COURSE RACE

## 1 UPPER QUAD

Starting line in front of Corps Leadership & Military Science Building Flag Display. We will have 101 seconds of silence to represent the 101 years women had to wait to be admitted as a cadet.

## 2 PYLONS

For all those who passed & for all those who will come, push for excellence (pylons is a memorial to all VT grads/students fallen in battle)

**ELITE:** 30 Pushups & Squats, 20 Burpees  
**NOVICE:** 15 Pushups & Squats, 10 Burpees

## 3 DRILLFIELD

Students have walked countless miles, and cadets have marched for generations as they take steps toward a better future on this Drill Field. In honor of all those who have crossed this drill-field, How fast can you complete your sprints?

**ELITE & NOVICE:** 10X sprints = 5 up and backs

## 4 OBSTACLE COURSE

Life will throw many obstacles at you just as it has all the students and cadets before you. Can you overcome the impediments?

**ELITE:** The Big One, Reverse Climb, Dirty Name, Single Parallel Bar, Combo Bars, Wall, High/Low Hurdles, Double Parallel Bars, Rope  
**NOVICE:** Single Parallel Bar, Combo Bars, Wall, High/Low Hurdles

## 5 CHICKEN HILL

We stand on the shoulders of those that came before us... how much weight can you bear?

**ELITE & NOVICE:** Plate carry

## 6 SRA FIELDS

See if you can stand the test of combat rigors. VT grads have fought in every conflict since 1876 low crawling across the battlefield, pushing heavy cannons, and carrying ammo and water to buddies in need. Are you up for a day on the battlefield?

**ELITE ONLY:** Low crawl, Farmers Carry, Ammo cans press, Sled push, & Knee tucks

## 7 VENTURE OUT CHALLENGE COURSE

**ELITE ONLY:** Stamina Cage: A-Frame Cargo Net, The Ring Swing, Pegboard Traverse

## 8 LANE STADIUM

Grind like the Hokies Football team and leave victorious, don't let the stairs beat you.

**ELITE & NOVICE:**

## 9 RAPPEL TOWER

The first two buildings of the Virginia Tech campus were built on UpperQuad in 1876 and 1882. Can you help hoist the materials and supplies to those working above?

**ELITE & NOVICE:** Weighted medicine ball wall ball

## 10 FRONT OF WAR MEMORIAL CHAPEL

26 for Addison Caldwell's 26 mile walk to become the first student to enroll in the Virginia Agricultural and Mechanical College (V.A.M.C.) in the school's inaugural year in 1872. V.A.M.C. was later named Virginia Polytechnic Institute And State University (Virginia Tech).

**ELITE & NOVICE:** 26 four-count mountain climbers

## 11 RANGER PIT

8 for the 8 Medal Of Honor recipients: Antoine August Michel Gaujot and Julien Edmund Victor Gaujot, Earle Davis Gregory, Herbert Joseph Thomas, Jimmie Waters Monteith, Jr., Robert Edward Femoyer, Richard Thomas Shea, Jr., and Gary Lee Miller

**ELITE & NOVICE:** 8 Pull-ups & Dips

## 12 FINISH LINE/UPPER QUAD

Sprint to finish and honor all the nations services and Virginia Tech for being the first to accept women in the Corps (before all the service academies and before all other senior military colleges) as the flags fly high above the finish line in reminder of all those who stand in the gap for our Freedom!

**PENALTY FOR NOT COMPLETING AN OBSTACLE IS 20 BURPEES**

## WATER/AID STATIONS

There will be 3 water/aid stations:  
1. Start/Finish Line  
2. VTCC Obstacle Course  
3. Chicken Hill