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OCT. '21

WEEK 4

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TURF WARS 2021

WHAT

Our 8th annual intra-location competition.

WHO

All members. All turfs.

RESTRICTIONS

Only one score per person per day. If you run twice in a day, your first score will be kept.

WHEN

Competition runs Monday, Oct. 25st -Friday, Oct. 29th

Push for Pink workout on Saturday, Oct. 30th

Wager workout on Monday, Nov. 1st

HOW

Just show up and workout! Newer members who've never experienced The tournament takes place automatically by tallying all the scores from each turf and comparing them against its Seasonal Boulder to see which turf has the best week-long performance.

THE STAKES

Winners of Turf Wars get their turf's name etched on the Turf Wars Plate Trophy. The winning turf also creates a "Wager Workout", which includes a carefully curated playlist for the other turfs to endure. Wager Workouts and playlists must be submitted to the *PRO's FACEBOOK PAGE* prior to the first day of Turf Wars.

TURF WARS HANDICAPPING

ROQ +/- OVER SEASONAL BOULDER

We'll take your **ROQ** for the day and subtract it from your **Seasonal Boulder** to find a **+/- score**.

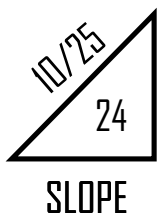
Name	Home Turf	ROQ	30	S	G	+/-	CAP
Tim O'Halla	SCS	855	780	818	782	37	37
Love Bagga	Shelby	855	801	817	717	38	38
Elizabeth ...	Harrison	855	693	691	684	164	100
Jessica Ga...	Brownstown	831	776	808	727	23	23

ACCUMULATIVE TURF +/-

A running total will be kept for all the +/- scores registered at each turf. The turf with the best score at the end of the week wins Turf Wars!

100 POINT CAP

A CAP is placed 100 points above and below your Seasonal Boulder. The MAX points you can score/lose for your turf is 100 points. Any scores above or below this 100 point cap still count on your dashboard, they're just not factored into the competition.



SPEED BUMPS 2X

CHECKLIST (2) ALL
TASKS IN BLACK.

WHEN YOU GET TO A
SECTION IN RED THE
FIRST TIME DO THE
"A" TASKS. ON YOUR
SECOND TIME
THROUGH THE
CHECKLIST DO THE
RED "B" TASKS.

1. GALLOW 2-1-4-3-4-1
2. TURKEYS
3. COALITION (10) + TZN
4. SHUFFLE
5. TRUMPET 9+
6. HIKES
7. LYCAN (10) + RUN
8. STAMPEDE
9. MIEL'S WHEELS
10. TROG
11. VIPER
12. CRAZY LEGS
13. QUICK FT. (20) + RUN
14. RAMBO (10) + RUN
- 15A. GRECO
- 16A. MINOTAUR (L)
- 15B. ROOTED GROOT (8) + PUSH
- 16B. REVIVAL

17. ALT. SQUONQ
18. BONSAI 3-1-4-2-4-1
19. VIP (10) + RUN
20. CURIOUS GEORGE
21. TAUNTAUN
22. BULLDOG
23. KNEELING CURL (6) + TZN
24. KAMIKAZE 4-3-4-2-4-1-4-1
- 25A. COBRA (10) + PUSH
- 26A. SA DIABLO
- 25B. REV BOVINE
- 26B. SLUSKI
27. SWAGGIN 1:1
28. KOBOLD
29. PLATE PUSH
30. GARGOYLE
31. HOT COALS (10) + RUN
32. 3 PT. STANCE

33. XPP
34. TYSON

35A. THRUST TO FROG

36A. QUICKSAND (L)

35B. PROWLER (L)

36B. ANACONDA

37. PLATE SHAKE 9+

38. MOWGLI (12) + RUN

39. MOGUL PUSH

40. PRIMATES 4-1-3-1-2-1

41. SKY HIGH 4-1

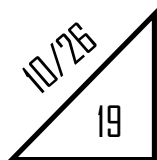
42. YETI

43A. SL INCH

44A. PETRA

43B. C.H.B.

44B. MOGUL 6 TO FROG



SLOPE

PERFORM EACH SECTION AS A SMALL MTN. EITHER 1,12,123 OR 1,12,123,1234 DEPENDING ON THE NUMBER OF TASKS IN THE SECTION.

MOLE HILLS

1. SHUFFLE
 2. BONSAI 3-1-4-2-4-1
 3. TROMBONE 6+
-

1. ALT. SQUONK
 2. PLATE PUSH
 3. TRIFECTA 6+
-

1. GALLOW 2-1-4-3-4-1
 2. SPIKES
 3. GARGOYLE
 4. SLING SHOT 3-2-4-2-4-1
-

1. STAMPEDE
2. MIEL'S WHEELS
3. CURL WALK 6+

1. HIKES
 2. ALI 22+
 3. PUSH UPS (10) + RUN
-

1. SKIPS
 2. HOT COALS (10) + TZN
 3. SKUFFLE
-

1. ANACONDA
 2. GIMPY DOG
-

1. W. GREMLIN
 2. SLAP JACK
 3. HALO 2-1-3-1-4-1
-

1. F. LUNGE
2. DIABLO
3. TYSONS

1. MONTAUK
 2. SPIKES
 3. B.N.C.
-

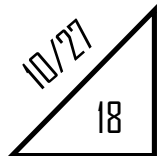
1. APE SHOOT!
 2. MOGUL PUSH
 3. SLUSKI
-

1. REV HYDRA
 2. CUJO
 1. TROG
 2. KAMIKAZE 4-3-4-2-4-1-4-1
-

3. REV PLATE PUSH
1. SHWAGGIN 1:1
2. BOVINE
3. CRAY-CRAY

1. AMAROK
 2. NEAPOLITAN
 3. SCORPION TO 3/BACK
-

1. ROW STROLL 6+
2. TYPHON
3. REV MASTODON



1. GALLOW 2-1-4-3-4-1

2. ALT. SQUONQ

3. TURKEYS

4. TROMBONE 6+

5. LYCAN (10) + RUN

6. APE SHOOT!

7. B. LUNGE

8. SWAGGIN 1:1

9. TWISTED

10. KOBOLD

11. BOVINE

12. SAWED OFF (10) + TZN

13. WICCA

14. KAMIKAZE 4-3-4-2-4-1-4-1

15. M.F.T.

16. TUCKS (10) + RUN

17. 3 PT. STANCE

18. JACK-ASS

INTERRUPTED MTN3

1-3, 4A 4A

1-3, 4B 4B

REPTILIAN2

1. VIP (10) + RUN

2. JIGGY (20) + RUN

3. MOGUL PUSH

4A. STACK SHOT

4B. BUZZARD

FIND MUCK

321 TROG

21 PIRATE

1 C.H.B.

1-3

2,3

3

FADED

1. VITRIOL (L)

2. SL BUCKS

3. SLAP JACK

1-3

1-6

REPTILIAN2

1-9

1-12

FIND MUCK

1-15

FADED

1-18



CROSS-LISTS

PERFORM EACH SECTION
AS A CHECKLIST IN THE
ORDER OF A CROSS-FIRE

CIRCUIT:

- 1A, 1B, 1C
- 2A, 2B, 2C
- 3A, 3B, 3C
- 4A, 4B, 4C
- 5A, 5B, 5C

1. HIGH Xs
STAMPEDE
MT. CLIMB (20) + RUN

2. GORGON (8) + RUN
DEATH ROW 2-1-3-1-4-1
TWIZZY

3. W. GREMLIN
AMAROK
SL REVIVAL

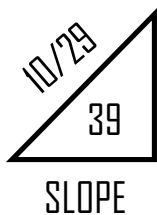
4. GRECO
BONSAI 3-1-4-2-4-1
SHOT PUT

5. NEAPOLITAN
SL BUCKS
JAGGER (12) + RUN

A. SWAGGIN 1:1
RAMBO (10) + RUN
CURL WALK 6+

B. REV VIPER
HIKES
VENOM

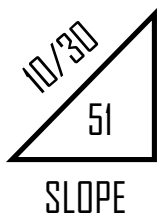
C. GARGOYLE
TROG
INCH WORM



1-30, 1-30, 1-30

CHECKLIST(3)

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HOT COALS (10) + RUN
3. STAMPEDE
4. W. GREMLIN
5. MIEL'S WHEELS
6. PLATE SHAKE 9+
7. SQUONQ
8. VIP (10) + RUN
9. XPP
10. SKY HIGH 4-1
11. MONGOOSE
12. SPIKES
13. VEXUM
14. MOWGLI (12) + RUN
15. MASTODON
16. DEVIL
17. TWO-STEP (20) + RUN
18. TAUNTAUN
19. QUICKSAND (L)
20. SWAGGIN 1:1
21. JAGGER (12) + RUN
22. SLINGSHOT 3-2-4-2-3-1
23. REV B.N.C.
24. CURIOUS GEORGE
25. SHUTTLE RUN 3-2-4-2-3-1
26. JESTER
27. SLUSKI
28. PRIMATES 4-1-3-1-2-1
29. SAPP
30. OZARK



PUSH

4

PINK

CUL-DE-SAC

START WITH THE WARM-UP MTN. THEN, DO 1-15,
PERFORM THE XION2 AND THEN FINISH WITH 15-1

MTN

1
12
123
1234
12345

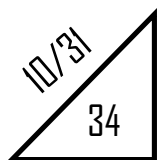
1. BONSAI 314241
2. STAMPEDE
3. QK. FT. (20)+RUN
4. MT. CLIMB (20)+RUN
5. PUSH UPS (10)+RUN

1. ENFORCER
2. SWASHBUCKLER
3. RAZOR
4. MOGUL PUSH
5. PLATE PUSH
6. CALF-IN-ATOR
7. TAKE OFF!
8. DELAURA
9. CRAY-CRAY
10. GIMPY DOG
11. CRAZY LEGS
12. BULLDOZER
13. NEAPOLITAN
14. VEXUM
15. JACK-BOX

1, AA
12, BB
123, CC
1234, DD
12345, EE
123456, FF

"X"ION2

- | | |
|---------------|-------------------|
| 1. HIGH X's | A. REV PLATE PUSH |
| 2. XPP | B. REV B.N.C. |
| 3. TWISTED | C. OZARK |
| 4. GARGANTUAN | D. VENOM |
| 5. TWIZZY | E. REV INCH |
| 6. SA PP | F. SKY-HIGH 4-1 |



TRICK-OR-TREAT

SLOPE

PERFORM WARM UP CHECKLIST (2).

MOVE BY COLUMNS STARTING FROM TOP TO BOTTOM, PICK ONE TASK FROM EACH TREAT CATEGORY.

PERFORM AS FOLLOWS:

- 1ST REVOLUTION - 1X EACH
- 2ND REVOLUTION - 2X EACH
- 3RD REVOLUTION - 3X EACH
- 4TH REVOLUTION - 4X EACH

NO TASKS CAN BE REPEATED LATER IN THE ROUTINE.

NO "BARN BURNING" TASK IN THIS PARTICULAR CIRCUIT.

WARM UP CHECKLIST (2)

1. SHUFFLE
2. QUICK FT. (20) + RUN

3. HIGH Xs
4. BULLY

A SNICKERS

1. TROMBONE 6+
2. ROW STROLL 6+
3. K-STEP (20) + RUN
4. STAT. CURL (6) + TZN

D STARBURST

1. INCH WORM
2. BUNYAN
3. POTTY TO BULLDOG
4. MASTODON

G CRUNCH

1. SWAGGIN 1:1
2. BONSAI 3-1-4-2-4-1
3. STAMPEDE
4. GREMLIN

B SWEET TARTS

1. TYPHON
2. JUNKIE JUMP (8) + RUN
3. KOD (20) + TZN
4. NO GIMMIES

E REESE'S

1. OFFERING
2. ALI
3. TRIFECTA
4. JIGGY (20) + RUN

H TOOTSIE ROLL

1. REV PLATE PUSH
2. ATTACK-IT
3. JOUNCE 2-1-3-1-4-1
4. SA GRECO

C MILKY WAY

1. BOVINE
2. STORK (20) + TZN
3. GARGOYLE
4. MIEL'S WHEELS

F TWIX

1. TWIX
2. HOPSCOTCH
3. SQUIBBLE
4. SQUANTOES (20) + RUN

I SKITTLES

1. MOGUL MADNESS 10
2. DENSER 2-1-3-1-4-1
3. OGRE (10) + TZN
4. SL MANTIS (8) + RUN



WAGER WORKOUT

A WORKOUT CREATED BY THE WINNING TURF OF TURF WARS.

ALL OTHER TURFS WILL DO THIS WORKOUT AS "PUNISHMENT" ALONG WITH THE SPECIAL PLAYLIST SUBMITTED BY THE WINNING TURF VIA SPOTIFY.

WINNING TURF MAY ELECT TO DO THEIR OWN DESIGNED "VICTORY LAP" WORKOUT OR CHOOSE ANOTHER ONE FROM THE PAST TO DO OVER AGAIN.

ALL JUNKIES WILL RECEIVE HIS OR HER 30-DAY BOULDERS ON THIS DAY.