



TJAGLCS (Charlottesville) Triple-R Challenge Overview

Uniform(s) and Report Time

- 1) Participants will report to **Solidarity CrossFit** (address below) wearing their **black-and-yellow** Army Physical Fitness Uniform with sneakers.

****REPORT TIME IS 0730****

- 2) Upon reporting, participants will drop off their ruck sacks to be weighed to ensure compliance with the 35lbs. standard *not including the mandatory water source*.

Proctors, be sure to have a digital scale!

- 3) Participants will also bring a bag containing their Army Combat Uniform consisting of **blouse, trousers, tan t-shirt, socks, rigger belt, boots, ID Card, ID tags, patrol cap**. Eye pro (sunglasses) and sunblock strongly recommended.

Order of March

- **The Triple-R Challenge begins with the 4-mile run, starting at Solidarity CrossFit.**
- **Upon returning to Solidarity CF, participants will immediately change into ACUs to climb the rope.**
- **Upon completing the rope climb, participants will don their ruck sacks and prepare to move out.**
- **The entire Challenge must be completed within 3.5 hours.**

There's a video re: rope climbing techniques on the JAGWAR website:

<https://orderofthejagwar.com/induction-challenge>

RUN: 4 miles within 36 minutes— Conducted in Army PTs

#1: Solidarity Crossfit—770 Harris St, Charlottesville, VA 22903

- Head left (SW) on Harris Street
- Turn right (NW) on northbound Preston Avenue
- Preston Ave turns into Rugby Road
- Rugby Road turns into Barracks Road
- Turn left (SW) on Millmont Ave

#2: Sonesta ES Suites (formerly Residence Inn)—1111 Millmont St, Charlottesville, VA 22903

- Reverse; run back down Millmont to Barracks Road
- Turn right (SE) on Barracks Road
- Barracks Road becomes Rugby Road
- Rugby Road turns into Preston Avenue
- Turn left (NE) onto Harris Street
- Return to **Solidarity CrossFit**

ROPE CLIMB: Conducted at Solidarity CrossFit — Conducted in ACUs



RUCK MARCH: 10 miles within 2.5 hours—*Conducted in ACUs, 35lbs. in ruck*

- You must have a water source, which will not factor into the ruck weight

#1: Solidarity Crossfit—770 Harris St, Charlottesville, VA 22903

- Head left (SW) on Harris Street.
- Turn right (NW) on northbound Preston Avenue.
- Preston Ave turns into Rugby Road.
- Rugby Road turns into Barracks Road.
- Turn left (SW) on Millmont Avenue.

#2: Sonesta ES Suites—1111 Millmont St, Charlottesville, VA 22903

- Sneak through the trail to The Park (North Grounds).
- Do a 1½ lap around the track encircling The Park.
- Go up the stairs to TJAGLCS parking lot.
- Exit the TJAGLCS parking lot; take a right (W) on Massie Road.
- Follow Massie Road until intersection with Copeley Road @ Palmer Park.

#3: Palmer Park & Lannigan Field

- Turn right (SW) on Copeley Road.
- Copeley Road turns into Alderman Road.
- Continue on Alderman Road; turn right (W) onto McCormick Road.

#4: Observatory Hill

- Proceed up McCormick Road, ascending Observatory Hill.
- At the Observatory, turn right to descend O-Hill on Edgemont Road.
- When Edgemont Road meets McCormick Road, about face and ascend O-Hill again.
- Turn left on McCormick Road at the Observatory, and descend O-Hill.
- Follow McCormick Road until crossing over Alderman Road, proceeding through UVA campus.

#5: The Rotunda

- Turn right (SE) onto University Avenue; the Rotunda will be on your right.
- University Ave becomes Main Street.
- Turn left (NE) on 10th Street NW.
- Turn right (SE) on Grady Avenue.
- Grady Ave becomes southbound Preston Avenue.
- Turn left (NE) on Harris Street; return to Solidarity CrossFit (on right).

#6: Solidarity Crossfit—

Return to 770 Harris St, Charlottesville, VA 22903

