

**RockManChallenge.org**

**SATURDAY  
SEPT. 19  
RACE DAY  
SCHEDULE**

**FRIDAY**

4-8 p.m. Check in

**SATURDAY**

6-9 a.m. Check in

8 First bus leaves from  
Golisch Park to Start  
of the Race

8:30 Rugged RockMan Start

9:30 RockMan Challenge Start

10:30 Bethesda Walk & Roll Start

11:30-2:30 Lunch is served

1:30 AWARDS

2:30 Volunteer lunch

Music and celebration to follow

**PRESENTED BY**

**WCA**

**ROCKMAN**  
challenge

Bethesda  
**WALK & ROLL**

**ONE MILE • ALL AGES  
ALL ABILITIES  
10:30 A.M.**

**SPECIAL THANKS TO OUR  
2015 BOLDER SPONSOR**



**Bethesda**

BethesdaLutheranCommunities.org



The Watertown Challenge Association mission is to protect and enhance the quality of life and build a sense of community pride by sponsoring actions which help our members, residents, environment and businesses.

### Dedicated WCA Members

Gregg Breese - President

Matt Hoffman - Vice President

Teresa Justman - Vice President

Cindy Peters - Secretary

Kaatrina Salli - Treasurer

Sue Brady Doug Justman

Pete Berres John Krueger

Terri Breese Ryan Nowatka

Beth Brodeske Mike Rollert

Dan Devers Alice Salli

Mark Dutcher Brad Wehking

Brenda Gatzke Loree Walker

Bryan Gatzke Lynn Walker

Chris Gruchow Rob Wolter

Learn more or become a member  
**WatertownChallenge.org**



### Top RockMan

Male with best overall time

### Top Rock Woman

Female with best overall time

### Top Tandem Rockers

Tandem with best combined times

### Top Rock Team

Team with best combined times

### Top Rock Family

Family with best combined times

### Rockman Spirit Award

Welcome to the RockMan Challenge! Please use this booklet as a guide to help you get the most out of your day. We have included a schedule of events and places for you to share with your support crew and friends.

Anytime you have a question or concern we have more than 100 volunteers wearing bright orange vests around the course. Ask any of them and they will gladly assist you. When your day is done, please thank them because they are a large part of what makes this event special!

This race is intended to be a fun race with the competitive side coming from challenging yourself. It is not meant to be about first or last place but rather about supporting everyone around you while you challenge yourself to be at your best. In that spirit, if you see someone in trouble, please help them out of harms way and forget about your time. Also, if you are fortunate enough to pass someone, offer them an encouraging word because they are challenging their body the same way you are. If you are being passed, offer that person a kind word of encouragement and praise. The spirit of the Rockman is something that is hard to describe...but you will experience it today!

The cadre of "Drill Sergeants" is something to honor. Each person within this cadre has a direct and special connection to our armed forces. Led by "Sergeant Rock" these people inspire the best in everyone. They are taking the time from their busy schedules, to make your experience special.

Before you arrive at the obstacle course the cadre will have already helped start the Walk-n-Roll. That is an emotional time for many reasons. People of all abilities will walk an entire mile. Hopefully, you will be running in the same area around the same time. We have tried to time things so that happens. As you gain this experience, remember that no matter our abilities, we are all human, and we are all trying to get to the finish line. Then you will feel the spirit of the Rockman and know why we hold this event each year and why we created the spirit of the Rockman award.

When you reach the finish line there will be a photo spot. This is to continue Bethesda's "I am Human" campaign. Please consider taking a photo of yourself and sharing with your friends on social media and try to make some noise. Be sure to include #Bethesda #IamHuman. Bethesda's mission - to provide homes and other services to people with developmental disabilities to help them live the lives they want - is something we treasure and believe in.

After the race is completed and the celebrating is done we sincerely hope that you will look back at this day and smile with great memories to share.

Gregg Breese

President, Watertown Challenge Association

### 2015 FIVE YEAR ROCKMAN VETRANS

Chad Zeiler

Michelle Maegli

Pam Sterling

Kimmie Olney

Jonathan Lampe

Gayle Ebert

Kari Knowles

Wendy Boehm

Dan Rehberg

Tim Knowles

Tom Stetzer

Jan Minarcin

Craig Schmidt

Steve Frechette

Kathy Pazak

Cathi Wielgus

Brad Kuenzi

Stephanie Haberkorn

David Mertz

**Thanks to our dedicated RockMen & RockWomen!**

# RACE DAY INSTRUCTIONS

## Give yourself at least 1 hour to distribute your gear

Distribute your gear (in this order) so you minimize time and travel. **You will end with your vehicle in the correct parking spot!**

1. Boat/Paddling equipment
2. Biking gear
3. Running gear

**Pick up boats and bikes by 2:30 p.m.**

### PADDLING EQUIPMENT

Drive to Christ United Methodist Church (CUMC) on the east side of Watertown and leave your canoe or kayak and related paddling gear in the staging area near the start. **Helmets and PFD fully zipped and buckled are mandatory so leave these with your watercraft.** Volunteers will be there to guide you and watch your equipment. (Take note for your support crew/fans, parking is ½ block to the north in the designated area.) Park your vehicle at Bethesda in the Golisch Park lot after dropping off your running gear. A shuttle bus will take you from the Golisch park parking, back to CUMC for you to begin the challenge.



### BIKING AND RUNNING GEAR

Drive to Bethesda where you checked in, behind the building. Place your bike and any other shoes, clothing etc. you want for the bike and run leg at the Bethesda corporate parking lot. It is a good idea to bring a bucket or something like that to place your gear in. You can decorate your bucket to make your spot easier to find. A bucket also makes a nice seat to use while changing shoes. You may also use a flag however there are hundreds of bikes and flags tend to not stand out. Bike racks will be available. Hook your bike seat

over the horizontal bar of the rack. In the event of rain, your equipment will get wet. Please be prepared. **Bike helmets are mandatory. Please stay off your bike in the bike corral and use caution when entering and exiting.**

### SHUTTLE TO START AREA

Park your car at the finish line. Shuttle service is provided by the RockMan Challenge to get you from the finish to the start line, with stops at the run stage and bike stage for teams. Starting at 8 a.m. the shuttle will leave approximately every 15-20 minutes with the last one

leaving when the last racer has been shuttled to the start line at 9:30 a.m. Spectators/fans are welcome to ride the bus to beginning of the race but be sure to **listen for the last bus call.**

### FINISH LINE AREA

Parking is available adjacent to the obstacle course in the grass field. We encourage people who are observing to walk onto the designated areas by the obstacle course and enjoy the other free things to do in that area. Please, please ask them to limit driving around the Bethesda grounds so you do not breathe their tailpipes or have to avoid cars.

A massage therapist will be available at the finish line. This is provided free of charge on a first-come first-served basis by Facilitated Healing. **Free will donations are encouraged for this service.**

### AWARDS/PICNIC

The meal will be served from 11:30-2:30 p.m. at Golisch Park. The awards ceremony will start at 1:30 p.m. near the finish line. Your dinner ticket and any extras you may have purchased will be handed out upon check-in. Tickets for family, friends, etc. can be purchased at Golisch Park until they are sold out. Advance tickets are strongly encouraged. Music and celebration will continue until 7 p.m.

### LOST & FOUND

Lost/Found items can be claimed at finish line in the merchandise tent. Kindly make arrangements for pick up. If you find something, please give it to a volunteer wearing an orange vest.



### DIRECTIONS

#### TO START OF THE RACE

Head east on Hoffman Rd toward Fairview  
Turn left onto Fairview Dr  
Turn right onto Bernard St.  
Take 1st left on S Church St.  
Turn right onto W Main St.  
Turn left onto E Main St.  
Take the 1st left onto Hall St.  
Start Line will be on the left

#### FROM START TO STAGE BIKE/RUN

Head south on Hall St. toward E Main St.  
Turn right onto E Main St.  
Take left on S Church  
Turn right onto N Bernard St.  
Turn left onto Montgomery  
Continue onto Fairview Dr  
Turn right onto Hoffman Rd  
Turn left onto Johnson








#### FROM STAGE BIKE/ RUN TO PARKING




Turn left toward Johnson  
Turn right onto Johnson  
Turn right onto Hoffman Rd  
Turn right to stay on Hoffman  
Follow signs



**PLEASE PICK UP ALL GEAR A.S.A.P. WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN OBJECTS.**

## Spectator Schedule of Events

Time	Location	What you will see
9 a.m.	 112 Hall Street	Racers starting on the Rock River
9:30-11	 Riverside Park	Kayaks/canoes paddling
9:30-11	 4th Street Bridge	Kayaks/canoes paddling
9:30-11	 Fannie Mae Park	Kayaks/canoes paddling
10-Noon	 Main St. Bridge	Kayaks/canoes paddling
10-Noon	 Riverwalk	Kayaks/canoes paddling to portage and re-enter river
10-Noon	 Bethesda 600 Hoffmann Dr.	Boats getting out of the water, Paddle to Bike and Bike to Run transition

8:30 am		 <b>RUGGED ROCKMAN</b>
10:30-11:30	Bethesda Golisch Park 700 Hoffmann Dr.	 One mile all ages, Start and Finish Line
11-1:30		Obstacle & Finish line
11:30-2:30		Chicken is served \$10 get your ticket before they are gone! Volunteers get tix from your lead.
1:30	Are you looking for Free chix dinner? Volunteer!	<b>Awards Ceremony</b>
1:45-7		<b>Music and Celebration</b>

**7 p.m. Park Closes**

# RACE DAY

PRESENTED BY

# WCA

**Bike Route 15 miles.**

**Please limit parking in the Bike area to 5 minutes.**

Head North on Johnson St.  
Left on Ct Rd A/Milford St.  
1/2 roundabout continue South/Straight  
Right on Navan Rd  
Right on West Rd  
Right County Road T  
1/4 roundabout South on Horseshoe Rd  
3/4 Roundabout to HWY A North

Right on Johnson head back to Bike/Run transition.

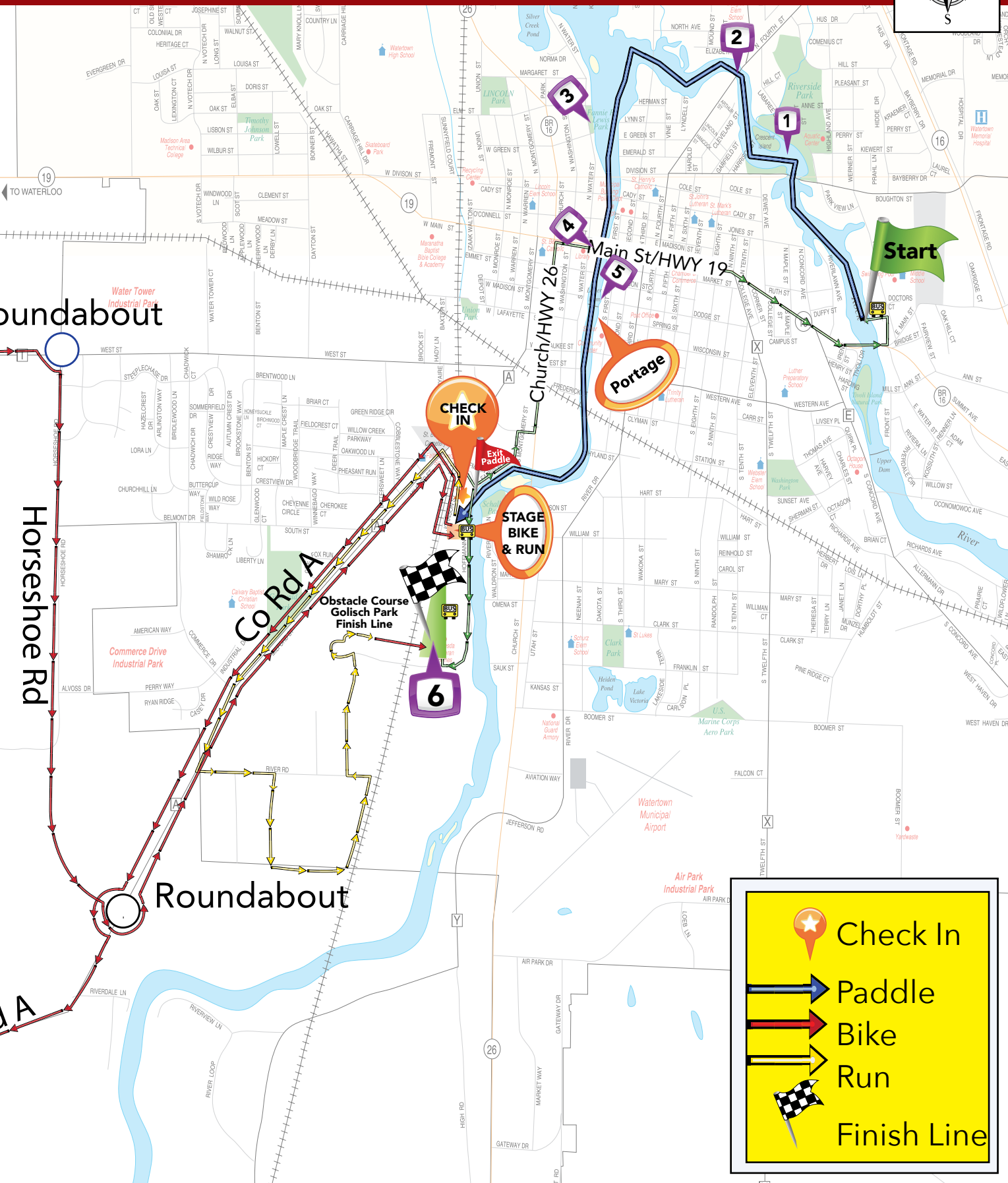
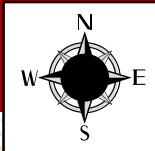


### Start of the Race Directions

Follow 26 North/Church Street  
Turn Right on Main Street.  
Take Main through town,  
E. Main veers left after 2nd bridge Take left on Hall Street  
Turn left into the Christ United Methodist parking lot.  
The RockMan Challenge will begin with the paddle at the church.



# AY MAP







**2015** - Started planning in February! We built/repared 12 obstacles for RockMan Challenge and another 8 for the Rugged RockMan mud run.

We built and donated 28 single beds and have 12 bunk beds ready for Camp Matz, the beds will sleep 52 people comfortably.

We grew a bean bag league from 10 teams to 20 teams. This little league has impacted the Watertown Elks in a profound way.

We spent time together picnicing, comedy clubbing and cooking.





# OBSTACLE COURSE

## 1. Tire Run



Simply touch your toe on the ground inside of each of the tires.

## 2. Belly Crawl



Move forward under the rope on your belly to the end of the obstacle.

## 3. Back Crawl



You move under the rope on your back while raising the rope when necessary with your hands to clear your body.

## 4. Incline Bars



Raise yourself up and swing from one to the next. Get to the end and avoid dropping into the mud pit if you want a fast time.

## 5. Incline Walls



Two 6-foot inverted walls. Using the gaps in the wall as steps climb to the top, press yourself up and vault over. Land on feet.

## 6. Teeter-totter



Walk up one side and get to the apex. Now delicately continue forward until the board reverses direction so you can get back to the ground.

## 7. Island Hopper



Jump from one log to another until the obstacle is negotiated. Miss, skip, fall off, or touch the ground and start over.

## 8. Rope Swing



Hold the rope, lift your legs and swing over the mud. Simple, yet tough.

## 9. Vaults



These vaults are too high to hurdle so you vault over the top using one or both hands. Six in a row and you must go over each one. Take your time and get the rhythm and six are done faster than you think.

## 10. Cargo Net



Get on top of the net and find your way to the other side. It is up and down hill and is not very easy.

## 11. Easy Balancer



Walk up to the top of one log and down another to the ground. No running.

## 12. Tire Flip



Large tires for the strong, small tires for the weak. Flip it over.

## 13. Bag Hop



Here it is, no way around it. Get back to third grade and grab a special Berres Brothers Coffee bean bag. Keep the bag above your knees, if it goes below, you start over. Hop, baby steps, fall over and roll that is fine but keep that sack above your knees. Half of a football field/ 50 yards, nothing to it!

Special thanks to our "drill sergeants" for adding the **TWIST** to the **ROCKMAN II** challenge.

**2015  
SPONSORS**

Special thanks to our partner and largest sponsor,  
Bethesda, for allowing us to use the corporate building,  
grounds and Camp Matz for our race and walk.



Jerry Hepp  
Excavating, Inc.



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**TWIST** to the **ROCKMAN** challenge.