

Hi my name is Nate Jacobs. I am an instructor at Julington Academy of Martial Arts. Many of you know me and know about my need to push myself further and further every day. Part of that challenge is accomplished in the dojang , pushing myself to be a better student and teacher; also I push myself physically in class with extra PT, sparring gauntlets and doing my best in Mr. Evan's cardio classes.

Besides going to the dojang several times a week, I also do mud runs and obstacle course racing. I enjoy these for several reasons. Mainly I get out and do different styles of exercise and since I hate running, OCRs mix it up enough that it doesn't feel like you're just running a 5k.

Earlier this year I found an OCR type race called the T3. It sounded interesting until I signed up and the challenges started, then it sounded a little more crazy than interesting. I pushed through the challenges, hating the running, loving the pushups. Then the day of the T3 came. It was a brutal day of burpees, low crawls, ruck sack marches and running 6 miles on the beach. I was never sure I would make it but I knew as long as my body would hold out I would continue. It was a long 13 hour day with very few breaks but I survived and I am now stronger for it.

This time around Neil Murphy added in real BUDS /seal team instructors to torture us. How could I pass that up? So on December 13th, tune on to regimentrunning.com and you can watch me and 15 others go through 12-14 hours of torture.