

## COURSE MAP AND LEGEND

- |                            |                     |                   |                           |
|----------------------------|---------------------|-------------------|---------------------------|
| 1. Small Wall(s)           | 2. Tire Run         | 3. Roll/Crawl     | 4. Mud Run Through        |
| 5. Playground/Tire Through | 6. Police Tire Drag | 7. Haybales       | 8. Bucket Carry           |
| 9. Spider Wall             | 10. Maze            | 11. Up & Over     | 12. Sand/Trolley Platform |
| 13. Mud Crawl              | 14. Slough Run      | 15. Balance Beams | 16. 45° Wall              |



## **OBSTACLE TIPS/INSTRUCTIONS**

SHOES: Make sure they are on tight – you don't want to lose them in the mud.

TIRE DRAG – Using a rope drag tire around a police car. Return tire to circle area.

BUCKET CARRY – Pick up and carry around cone and back to designated circle start.

SPIDER CRAWL – Feet on bottom 2x4, hands on top 2x4. Start on red, finish on red. Only do one (there are 3 to prevent lines).

UP AND OVER – No crawl throughs.

MUD CRAWL – You will be crawling through mud.

BALANCE BEAM – Start on red, finish on red. Only do one (there are 3 to prevent lines).

OBSTACLE COMPLETION – Always stay within yourself. YOU DO NOT HAVE TO COMPLETE AN OBSTACLE. This is an obstacle race. Although structured for kids there is an inherent danger going over/through/under/roll/crawl under obstacles and uneven surfaces.

OBSTACLE FAIL – If you fail an obstacle or skip it, you must report this to the timers (cannot receive an award). You must STAY ON COURSE to be given a finish time (please do report any racers not finishing to Check In).

OBSTACLES and course subject to change.

## **ENTRY/PARK**

Maple Neighborhood Center is sandwiched between 36<sup>th</sup> Avenue, 37<sup>th</sup> Avenue and Franklin Blvd (exact address is 3301 37<sup>th</sup> Ave). Parking is mostly street parking on 36<sup>th</sup> or 37<sup>th</sup>. There are multiple entries into this old school. Head West towards the soccer field. Check In and Start is at the basketball court.

## **CHECK IN**

Check-In is at the Basketball Court. Get your t-shirt at this time. NOTE: Size switching is limited to what we have. We may have to hold your shirt to see if someone else wants that size. Limited extra shirts may be purchased.

## **CLEAN -UP.**

Hose clean-up is located next to the Check-In. NO CLEAN-UP IN BATHROOMS. Bathroom are located in the hallway opposite of the Conference Room across from Check In. Bring a change of clothes! Additional bathroom located in the Adventure Playground.

## **First Aid**

Located at Check-In.

## **SPECTATOR VIEWING**

Limited to the areas indicated on the map. Racers only on course! Best picture spot is at the mud obstacles within the Adventure Playground.

## **AWARDS**

Approximately 15 minutes after last racer. Top 3 each division.

## **LATE REGISTRATION**

We will be able to register on site through 11am. Bring exact change in cash or check (\$10 – checks made out to Fairytale Town). Wave start time will be assigned, but will probably be at the end.