



DIRT PARKING HERE

1 = Small Wall	A = Tire Bump
2 = Zig Zag	B = Hay Bales 3
3 = Balance Beams	C = Playground Fun
4 = Hay Bales	D = Showers
5 = Hay Bales x 2	E = 4' Wall
6 = Tire Run	18 = 45 Wall
7 = Moat Run	19 = Tire Holes
8 = Crawl	1 Mile Runners = All Obstacles, follow red, blue than red line.
9 = Tire Drag	½ Mile Runners = All #s (1-19, no letters). Follow Red Line
10 = Step Overs	.25 Mile Runners = Red Line #1-8, Purple to Red Line #18-19.
11 = A Frame Over	Subject to change.
12 = Maze	
13 = Up & Over	
14 = Sand Pits	
15 = Fire Hose Climb	
16 = Mud Crawl	
17 = Farmer's Carry	

Wave Times & Check In
 Corral #1 = 9-10am
 Corral #2 = 10-11am
 Corral #3 = 11am-12pm
 Corral #4 = 12-1pm
 We'll have further age time breakdowns posted on the website 10/14.

Waves will start with up to 10 runners. Wave starts can happen continuously. Listen for your age group being called at the Registration Area.

Please check in 30 minutes prior to your start.

Directions/Parking
 3301 37th Avenue. Sacramento (corner of Franklin Blvd, just south of Fruitridge).
 Maple Neighborhood Center
 Street parking on 36th or 37th Ave.
 Extra parking in dirt lot, corner of 37th and Franklin.

FESTIVAL!
 Stay and play in the Adventure Playground or the expanded activity Festival area.

Racer Tips – Tight shoes (moat monsters gets several each year). No baggie clothes (mud will take it off). You may skip obstacle – only do what you are comfortable. Report at finish line of any skipped obstacles. BYOB – Bring your own bottle (in order to reduce plastic waste), and a towel for clean-up)

Spectators
 Runners continuously on course. Please do not cross course lines. Blue lines will have runners top of the hour.

