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|----------------------------------|----------------------|-----------------------------|
| S = Start                        | 11 = Mud Crawl       | 1 Milers do between #17-#18 |
| 1 = Small Wall                   | 12 = Sand Pits/Color | A = Circle Run              |
| 2 = Zig Zag                      | 13 = Up & Over       | B = Showers                 |
| 3 = Balance Beams                | 14 = Fire Hose Climb | C = Step Over               |
| 4 = Hay Bales                    | 15 = A Frame Climb   | D = Haybales II             |
| 5 = Bubbles                      | 16 = Tire Drag       | E = Playground Climb        |
| 6 = Moat Run                     | 17 = Step Over       | F = 4' Wall                 |
| 7 = Tire Run (Color for 4-5yrs)  | 18 = Farmer's Carry* | G = Tire Bumps              |
| 8 = Tire Through                 | 19 = Run Ramp        | F = Finish                  |
| 9 = Step Over (4-5yrs go to #19) | 20 = Danger Crawl    |                             |
| 10 = 3' Wall (New)               |                      |                             |

**1 Mile Runners** = All Obstacles. Follow Red (1-9) – Blue (10-17) – Yellow (A-G), Blue (18) – Red (19-20)

**1/2 Mile Runners** = All #s in order (1-20, no letters). Follow Red (1-9) - Blue (10-18) – Red (19-20) Lines

**1/4 Mile Runners** = All Red Line, #1-9, then to #19-20 to finish



## 2023 COURSE



# Race Information:

Location: 3301 37<sup>th</sup> Avenue. Maple Neighborhood Center. Race is on the West end of the campus, on the soccer field. Enter the campus at 36<sup>th</sup> or 37<sup>th</sup> Ave. (soccer gates closed)

Parking: Street parking on 37<sup>th</sup> OR 36<sup>th</sup> Ave. Maple is on the corner of Franklin, between 36<sup>th</sup> and 37<sup>th</sup>. There is a small parking lot on 37<sup>th</sup>, BUT IT IS CLOSED 9:15AM – 11:45AM for racing.

Check-In. Please check in 30 minutes prior to your wave hour. Check-In is at the entrance of the outdoor basketball court.

Wave Times: Know your Wave Time – published on webpage. We expect most racing will occur within the first ½ hour of each hour, except the 9-10am hour where we will take a break for the solar eclipse after the 4-5yr races (see below). Order is: 4-5yrs, 6-7yrs, 8-9yrs, 10-11yrs ½ mile, followed by the 1-mile runs. Listen to the announcer to be at the staging area on the basketball court. If you miss your wave time, we'll figure it out and get the kids in the next hour.

Timing: For those electing to be timed your group will run separate. Awards for each hour as soon as we can get results out to the announcer. Completion of all obstacles is required for placing.

Raffle: Each runner may enter the 10am, 11am OR 12pm Raffle. Pick one. Must be present to win.

Solar Eclipse: After the 4-5yr old races or

about 9:15am we will take a short break to observe the 9:20 solar eclipse. Racing resumes at 9:30am with the 6-7yr olds up first. Free glasses while supplies last (one per racer to start).

Obstacles: Obstacle racing is considered to be safe, but it is a race over/under/through or on uneven surfaces. Runners may skip any obstacle if they'd like. There will be numerous volunteers throughout the course to assist if necessary.

Spectators: This has always been a spectator friendly course, but we have made it even better for 2023 (see map). Spectators have outstanding access so please no course crossing as there are continuous runners. There will be volunteers to direct the kids throughout the course.

Festival: Located at the registration area and the Adventure Playground itself. Please make sure you're runner knows not to stop and play in the bubbles on the course, there will be plenty in the Festival Area for bubble play

Clean-Up: Hose clean-up in the festival area.

Pictures: Don't clean off that mud until you get a picture! Picture booth in the Festival Area with the bubble station. There are several outstanding locations throughout the course for your picture taking.

Color Toss: The color is a dyed food starch. Volunteers will be aiming for the torso, but glasses are available at the registration table if desired (please return).

Rain: It's an obstacle course, we go rain or shine.

Late Additions: Yes, runners can register at the event.