



5K Obstacle Descriptions

Obstacle 1: Cargo Net, Runners go under the cargo net halfway up the hill that never ends.

Obstacle 2: Monkey Bars, runners have to cross the monkey bars

Obstacle 3: Over Unders: Runners go over the high bars, under the low bars through mud and being sprayed with a water mister.

Obstacle 4: Tires, runners run through the tires

Obstacle 5: Spiders Web, runners have to get through the cargo net web that is in the middle of a swamp

Obstacle 6: Paintball, runners have to hit a target before they can move on

Obstacle 7: Double Tire Squeeze, runners have to squeeze in between the two rows of tires

Obstacle 8: Parking Lot Over/Unders, runners have to go down one row of the parking lot, going over the rope with yellow ribbons and under the ropes with pink ribbons, then cross to the other row and do it all the way back.

Obstacle 9: The Wall, Runners have to get over the wall using the rope or teamwork

Obstacle 10: Tires, runners have to run through the tires

Obstacle 11: Slide, runners will finish the race by sliding down a huge water slide that leads to a shallow pool of water at the bottom



2K Obstacle Descriptions

Obstacle 1: Single Tire Overs, runners must go over the row of tires

Obstacle 2: Parking Lot Over/Unders, runners have to go down one row of the parking lot, going over the rope with yellow ribbons and under the ropes with pink ribbons, then cross to the other row and do it all the way back.

Obstacle 3: The Wall, Runners have to get over the wall using the rope or teamwork

Obstacle 4: Tires, runners have to run through the tires

Obstacle 5: Slide, runners will finish the race by sliding down a huge water slide that leads to a shallow pool of water at the bottom