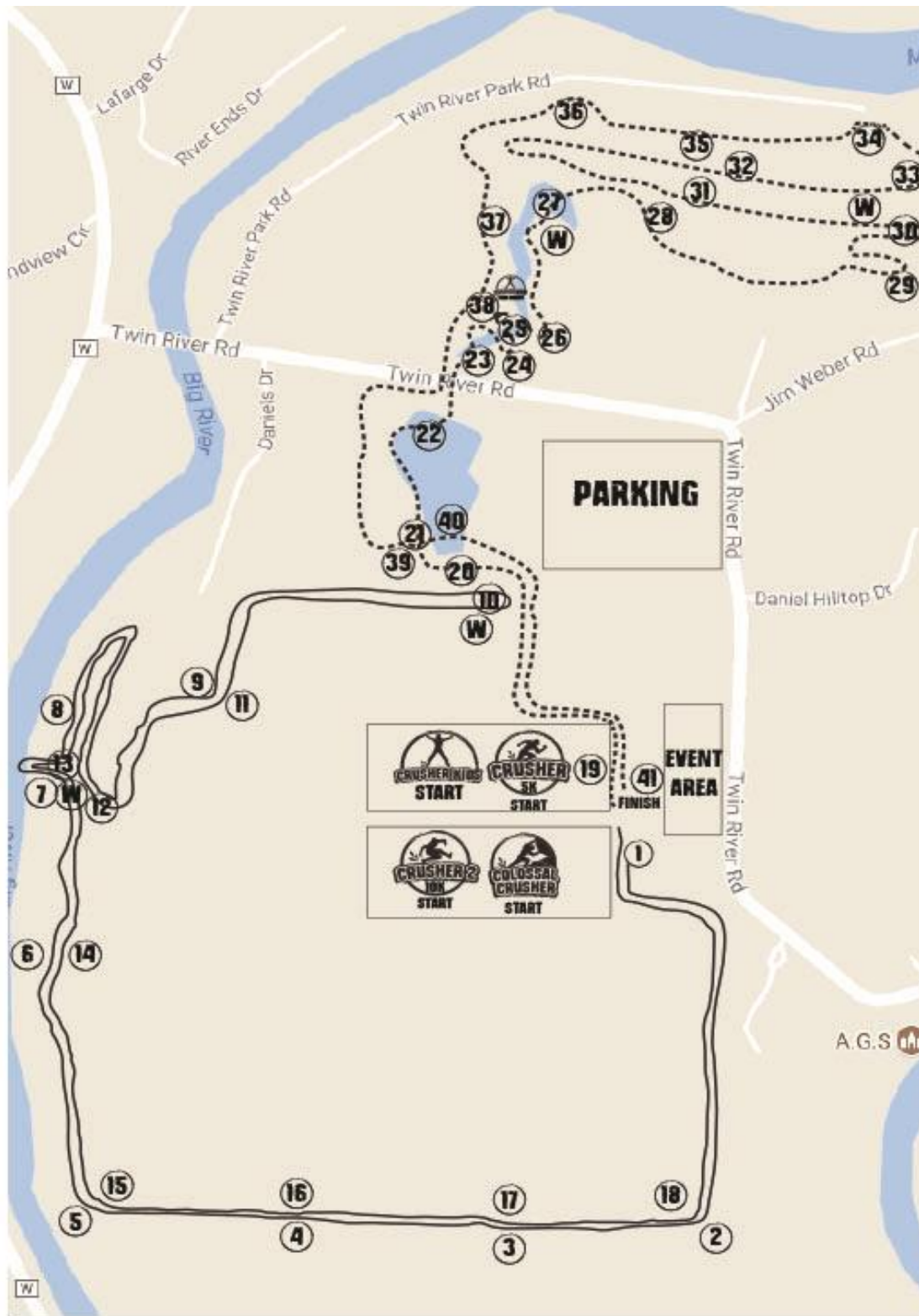


# Course Map 2018

1. Muddy Crawl
2. Get Over It
3. Slippery Slopes
4. Tunnel Time
5. High Wall
6. ??????
7. High Hurdles
8. It's A Drag
9. Everest Training
10. The Cage
11. Everest Training 2
12. It's Still a Drag
13. High Hurdles
14. ??????
15. It's Still High
16. Tunnel Time Again
17. Still Slippery
18. Get Over It Again
- SK/KIDS STARTS HERE**
19. Let's Get Muddy)\*
20. Tired Yet
21. Climb Time
22. The Muddy Mile
23. Water Walls
24. Face Your Fears
25. Get The Balance Right
26. Walk The Plank
27. Iceberg / Leap Of Faith
28. The Tunnel
29. The Hill
30. Sherpa Schlep
31. Murpees
32. Stairway To Heaven
33. Rock Squeeze
34. Cargo Climb
35. Over/Unders
36. Wobble Wall
37. ??????
38. Don't Fall In
39. Spiderweb
40. Cargo Crawl
41. Let's Get Muddy



June 24<sup>th</sup> - 2018

## Schedule

- 8:00 - Check-In Opens
- 8:30 - Colossal Crusher
- 9:00 - 5k and 10k Waves
- 9:30 - 5k and 10k Waves
- 10:00 - 5k and 10k Waves
- 10:30 - 5k Wave Only
- 10:45 - Team Orange Wave
- 12:00 - Crusher Kids
- 12:45 - Volunteer Wave



Start at # 19



Start at #1



\*Join the second half of your race at #19



Turn to finish line after #25



Water Station