

Course Description (Racer)

- Start area between tennis courts and ballfield.
- Run toward the pool parking lot.
- Head up Flemming Rd, take first right on to Hemlock trail (pass fit trail equipment)
 - Along route - **Obstacle #1: (Balance Beam)**, when you hit the small open field.
- Keep left and follow trail until you return to Flemming Road.
- Take the next right to get back onto the Hemlock Trail.
- Continue straight through the first two trail intersections.
 - Along route - **Obstacle #2: (Over and Under)** will be located at the first intersection.
- Run across trail at intersection.
- Run across Serpentine Drive to continue along the trail.
- Turn left at the intersection.
 - Along route across from look off- **Obstacle #3: (The Wall)**
- Turn right and cross the Vibert Trail Bridge.
- Head up Vibert Trail Hill.
- Turn left at the trail intersection.
 - Along Route: **Elite Racers only – Skyler Stop #1**
- Continue on the Vibert Trail, turn left at the opening by the Water Treatment Plant.
 - **Obstacle #4: (Sandbag carry and Water Station)** use the loop.
- Take the next trail left and continue down the Vibert Trail.
 - Along Route: **Elite Racers only – Skyler Stop #2**
- Take your next left and down the steep hill to cross the second Vibert Trail Bridge.
- Keep to the left to stay along the stream.
 - Along route - **Obstacle #5: (Rope Web)**
- Head up trail and then turn left and cross the cement bridge (2nd trail).
- Head up the hill.
- Take the first trail on the right.
 - Along Route: **Elite Racers only – Skyler Stop #3**
- Turn right at T-intersection (Follow marked trail).
- Follow the trail down all stairs toward the main waterfalls (Waddell Falls).
- Take all stairs down to the bottom of the falls and continue on the trail toward Jacobs ladder (main entrance).
- Take a right and run up Jacobs Ladder.
 - **Obstacle #6: (Jacob's Ladder – 189 Stairs)**
 - **Obstacle #7: (Battle Hoses) – at top of ladder**
- Turn left and run-down Serpentine Drive.
- Turn right on Parsons Way to run toward the pool.
 - Along Route: **Elite Racers only – Skyler Stop #4**
- Keep right to head toward the pool front entrance.
- Just down from the pool entrance.
 - **Obstacle #8: (Rope hill climb)**
- At the top of the climb, head to the middle trail (Fit Trail).
 - **Obstacle #9: (Monkey Bar Rings)**
- Turn left and head toward the pool stairs.
- Head down the pool stairs.
- Cross pool parking lot (heading toward tennis/ballfield).
- Enter green space.
 - **Obstacle #10: Tire Flip & Confined Space Crawl**
- Loop around into the finish area.
- Cross finish line.