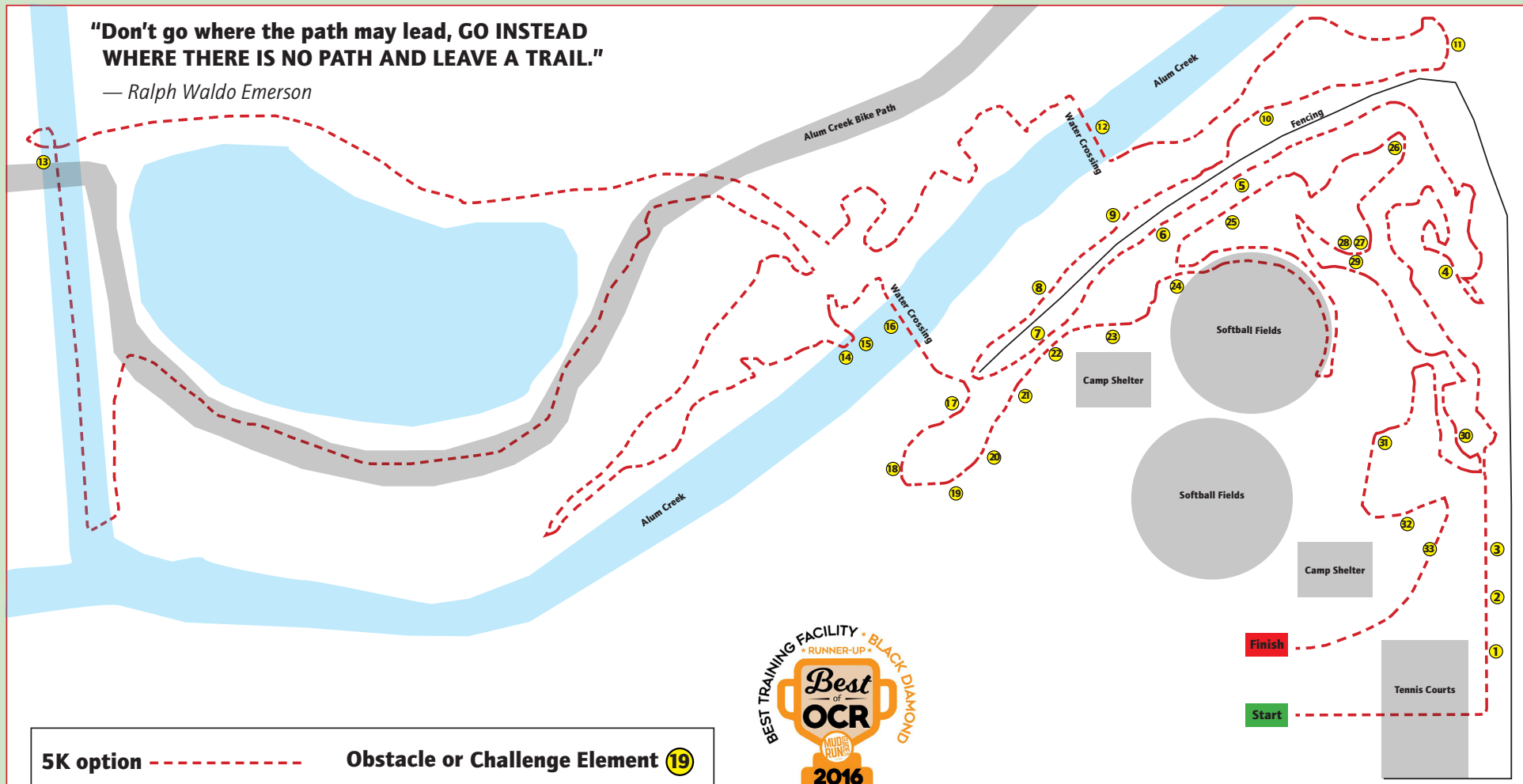


**"Don't go where the path may lead, GO INSTEAD WHERE THERE IS NO PATH AND LEAVE A TRAIL."**

— Ralph Waldo Emerson



## Obstacle Listing

- |                                   |                               |   |                                |                            |
|-----------------------------------|-------------------------------|---|--------------------------------|----------------------------|
| 1 4ft Wall                        | 8 Under/Over/Through          | 15 Tire Ladder                          | 22 10ft Slanted Wall           | 29 Tip of the Spear        |
| 2 8ft Wall                        | 9 Papa Bear (Sternum Checker) | 16 Water Crossing 2                     | 23 Baby Bear (Sternum Checker) | 30 Bear Crawl              |
| 3 8ft Slanted Wall                | 10 Log Roll                   | 17 Devil's Staircase                    | 24 1/4 Mile Log Carry          | 31 Mr. Beefy (Irish Table) |
| 4 Tire Hop                        | 11 Tame the Dragon            | 18 Hurdles                              | 25 Rope-unzel                  | 32 14ft Wall               |
| 5 Tire Flip (4 Flips, 2 each way) | 12 Water Crossing 1           | 19 Tyrolean Traverse                    | 26 Balance Stumps              | 33 Diamond Cutter          |
| 6 Tarzan Traverse                 | 13 Snake Pit                  | 20 Floating Walls (from Indian Mud Run) | 27 Run the Ridge               |                            |
| 7 A-Frame Ladder                  | 14 Rope Repel                 | 21 Bar Hop                              | 28 Wall Traverse               |                            |