

Obstacle Descriptions:

START (w/ PFD's)

1. **Suck or Swim-**

Swim 150m across a lake (wearing a pfd- drop it at the end of the swim)

2. **Hot Feet (Tire Traverse)-**

Keep your knees high and your feet quick through field of tires

3. **Egg Snatch-**

Steal an egg for your team from some very "protective" mother cluckers. Carry the egg through the rest of the course without breaking it!

4. **Giant Hurdles-**

Leap, lunge, and scramble over three 6' walls.

5. **Hell's Half Acre-**

Use a buddy (or 2) to "wheelbarrow race" 200m! Hope your pecs are ready!

6. **Billy's Belly Over-**

Climb a rope, traverse a pipe, and slide down the other side...but don't leave your buddy behind!

-Ravine Run-

7. **7' team wall-**

Mantle over a wall as your exit the ¼ mile ravine run.

8. **Monkey Tails-**

Balance across a series of slacklines using only the "monkey-tails" for balance.

9. **Scrambler's Toss of Terror-**

Grab your egg and move it 100 yds...the trick is, you may only move it by tossing it from one team member to another. Scramblers may not move when they are holding the egg. Feel free to be as close...or as far apart as you dare! ...remember, you must go back to the last station to replace broken eggs.

-Powerline Hill Run- Down and Up and repeat across some of the Ranch's gnarliest terrain.

10. **Mind Scramble-**

How good does your brain work when you're sucking air? This obstacle will let you know. Hey, at least you get to catch your breath!

-Powerline Hill Run-

11. **Alpine Traverse-**

Swing across a pit and then help your teammates traverse across logs without falling off.

12. **Poop Chute 1-**

Get all the turds on your team through the tire suspended in the air

13. **Commando Crossing-**

Hang on below, or swing yourself on top of the bull-rope to get across the cattle pond.

14. **Ravine Descent-**

Pick, slide, and stumble your way down the ravine to the river bottom below.

15. **Lug-a-Jug-**

Grab a water-jug and run, carrying it any way you can for 200m

16. **The Great Wall-**

Get your entire team...and help others up and over the 12' wall.

17. **Prison Escape-**

Leap the pedestals, drag your team over the wall, and escape across the rope buckets

18. **Poop Chute 2-**

Get your entire team through a tire suspended in the air...looking a little slimier than before

19. **Indiana's Leap-**

Swing on the rope across the gap

20. Sphincter Slide-

16' of straight down sheer terror...we guarantee it will be TIGHT!

21. Cardio Creek-

A 1/3 mile of in-water running that will make your chest pound and your lungs heave as you follow the creek to the next obstacle. You must stay in the creek bed at all times.

22. May the Thwarts Be With You

Grab a buddy and climb aboard a shaky inflatable raft thwart. Once aboard the vessel, haul yourselves across the water while keeping your balance to stay afloat.

23. Ravine Ascent

Grab and crawl back up the ravine you came down earlier. Don't you wish it was downhill both ways!

-Powerline Hill Run, Return-

24. Heartbreak Hill; Amoeba Ascent

It's time to get close and cozy! Get your whole team into a loop of rope (provided) and crawl 250 vertical feet to the top of heartbreak hill... let us know if it lives up to its name.

25. Jacob's Ladder-

Climb up and over all the rungs with your teammates

-Flow Trail Run-

26. 1,000m for your Buddy...aka..."He ain't my brother, he's just heavy!"

Pick up your buddy and run! For every 3 people, 1 person must be carried by a buddy at all times for the next 1,000m.

27. It's coming right for us! (AtlAtl) (½ way through Buddy Carry)

It's time to kill a mammoth... well, not really. Throw AtlAtl (a primitive weapon) into the haybale targets (since we couldn't find any mammoths) until each of your teammates gets a 'kill'.

28. Hold Me!

This one's all about teamwork and balance. Face your teammate, grab their hands, lean back, and shuffle down the triangular platform.

29. Slippery Slide

Slip and slide and maybe even smile as you race down to the bottom of the hill

30. Toasty Toes

Make sure you clear the flames as you jump over the hurdle of fire

31. Forearms on Fire (Incline Bars)-

Climb up the overhanging bars and flip over the top to climb down the backside...you might need a buddy.

32. Slack of Slough

Balance across the slackline to get to the other side of the slough.

33. Tarzan (Put PFD's on)

Climb the ladder to the top of the platform then swing off the platform and into the lake.

34. Everest in the rain

Pull and climb your way to the top then slide your way to the bottom!

35. Log Roll

Pull your teammates up and over the rolling log

36. Jittery Jog

Try to keep your feet as your run across the water...mat.

37. Submerged Tube

Starting at the beach, crawl into the tube. Hold your breath and find your way out the other end.

38. Bodeo (Boat Rodeo)

Get your whole team in the boat of your choosing. Paddle as fast as you can around the buoy and return. Everyone must stay connected to the boat in some way. (take off PFD's)

39. Tire Traverse (Hot Feet)

Keep your knees high and your feet quick through the field of tires

40. Hill Roll

Yup...just like when you were a kid. Lay down and barrel roll to the bottom of the hill... Hope you don't get too dizzy!

41.-50. Wild Mudder Course (10 obstacles)

Run, crawl, slip and slide through all the obstacles of the mud run.

51. River Wash

Float and swim down the river as you get "washed" downstream. Get out at the flag on river-right.

52. Homestretch Hurdles

Jump or roll over the lines of haybales to victory!

FINISH- You've Made it!