



## 2017 C2 OBSTACLE DESCRIPTIONS

(NOT IN ORDER OF HOW THEY WILL APPEAR ON THE COURSE)

### OBSTACLE ALTERNATIVE\*

If you are unable to complete an obstacle, you have the option to do burpees (3+ Mile Course Participants = 10 burpees per obstacle / Youth 1 Mile Course Participants = 5 burpees per obstacle) \*ANY Participant who is unable to complete obstacles or burpee requirement can move forward on the course, but the bib number will be recorded by a volunteer and you will be ineligible to receive an award.

### A-WALL |

**3 Mile:** Participants must climb up and over both A-Wall obstacles.

**Youth 1 Mile:** Participants must climb up and over both A-Wall obstacles.

### TIRE FLIP |

**3 Mile:** Participants must flip a tire 2 flips in one direction, then 2 flips back to the original position.

**Youth 1 Mile:** Participants must flip a small tire 2 flips in one direction, then 2 flips back to the original position.

### SAND PIT CRAWL |

**3 Mile:** Participants must Army Crawl through the sand for the entire length of the tarp.

**Youth 1 Mile:** Participants must Army Crawl through the sand for the entire length of the tarp.

### BENCH PLANK WALK |

**3 Mile:** Participants must plank walk across one bench, both feet and hands must maintain contact at all times.

### BENCH STEP UPS |

**3 Mile:** On the next set of benches, participants must perform 5 Step Ups ("Up Up / Down Down" is ONE rep)

### CARGO NET CRAWL |

**3 Mile:** Participants must crawl under the cargo net.

### MOUNTAIN CLIMBERS |

**3 Mile:** Participants must complete 20 Mountain Climbers (plank position alternating right and left leg in towards your stomach, R & L counts as ONE rep)

**Youth 1 Mile:** 20 Mountain Climbers (plank position alternating right and left leg in towards your stomach, R & L counts as ONE rep)

### WALKING LUNGES |

**3 Mile:** Participants must complete walking lunges between start and end points holding a kettlebell overhead.

### TRICEP DIPS ON WALL |

**3 Mile:** Individuals must complete 20 Dips on Wall (place arms on wall with body facing away from wall and dip body weight)

### BRIDGE RUN |

**3 Mile:** Participants must do a football crawl to the cone and run through tires.

### SAW HORSE JUMP |

**3 Mile:** Participants will travel over the wooden Saw Horses.

**Youth 1 Mile:** Participants will travel over the wooden Saw Horses and can have assistance from volunteer if needed.

### BALANCE TEETER-TOTTER |

**3 Mile:** Participants must walk over the obstacle, without touching the ground.

**Youth 1 Mile:** Participants must walk over the obstacle, without touching the ground.



### **LOW ROPE LADDER RUN |**

**3 Mile:** Participants must run through the low roped spider web. Each foot must enter each box.

### **AMPHITHEATRE RUN |**

**3 Mile:** Participants must run up/down the stairs of the amphitheater, go to top of stage and perform their favorite dance move.

**Youth 1 Mile:** Participants must run up/down the stairs of the amphitheater, go to top of stage and perform their favorite dance move.

### **BUCKET DUMP IN LAKE |**

**3 Mile:** Participants must grab a bucket, fill it up with water along the waters edge, then dump it over their head.

**Youth 1 Mile:** Participants must grab a bucket, fill it up with water along the waters edge, then dump it over their head.

### **BATTLEROPES |**

**3 Mile:** Participants must perform battlerope exercise, alternating arms, while singing "ABCs"

### **BALANCE BEAM WALKS |**

**3 Mile:** Participants must walk or run across the balance beams without touching the ground.

**Youth 1 Mile:** Participants must walk or run across the balance beams without touching the ground.

### **CORN HOLE TOSS |**

**3 Mile:** Participants are given 3 tosses to get the bean bag into the corn hole. If they make the toss before 3 throws, they move on to the next obstacle.

**Youth 1 Mile:** Participants are given 3 tosses to get the bean bag into the corn hole. If they make the toss before 3 throws, they move on to the next obstacle.

### **BALL RETRIEVAL IN LAKE |**

**3 Mile:** Participants must wade out to a canoe, retrieve a ball and return it to a volunteer. Perform the activity that corresponds to the color/number on the ball. (Swimming not required - thigh deep max for water level and lifeguard present)

**Youth 1 Mile:** Participants must wade out to a canoe, retrieve a ball and return it to a volunteer. Perform the activity that corresponds to the color/number on the ball. (Swimming not required - thigh deep max for water level and lifeguard present)

### **DECLINE WALLS |**

**3 Mile:** Participants must climb up and over Decline Wall obstacles, without running around.

**Youth 1 Mile:** Participants must climb up and over Decline Wall obstacles, without running around.

### **LATERAL SHUFFLE RUN / HULA HOOP |**

**3 Mile:** Participants must lateral shuffle across field (follow marked course) and hula hoop 5 times at the end.

**Youth 1 Mile:** Participants must lateral shuffle across field (follow marked course) and hula hoop 5 times at the end.

### **MENTAL CHALLENGES |**

**3 Mile:** Participants will climb the Look Out Tower and provide an answer to a mentally stimulating YMCA question

### **"FIRE" JUMP |**

**3 Mile:** Participants must jump over "fire"

**Youth 1 Mile:** Participants must jump over "fire"

### **HILL ZIG ZAG RUN |**

**3 Mile:** Participants must complete a series of zig zag hill runs.

**Youth 1 Mile:** Participants must complete a series of zig zag hill runs.

### **HILL RUN SLIP N' SLIDE |**

**3 Mile:** Participants must run to the top of the hill. Once on top, they will slide down the slip n slide, run to the finish line

**Youth 1 Mile:** Participants must run to the top of the hill. Once on top, they will slide down the slip n slide, run to the finish line