



PHOTOGRAPH
THIS MAP AND
TAKE IT WITH YOU!

KEY

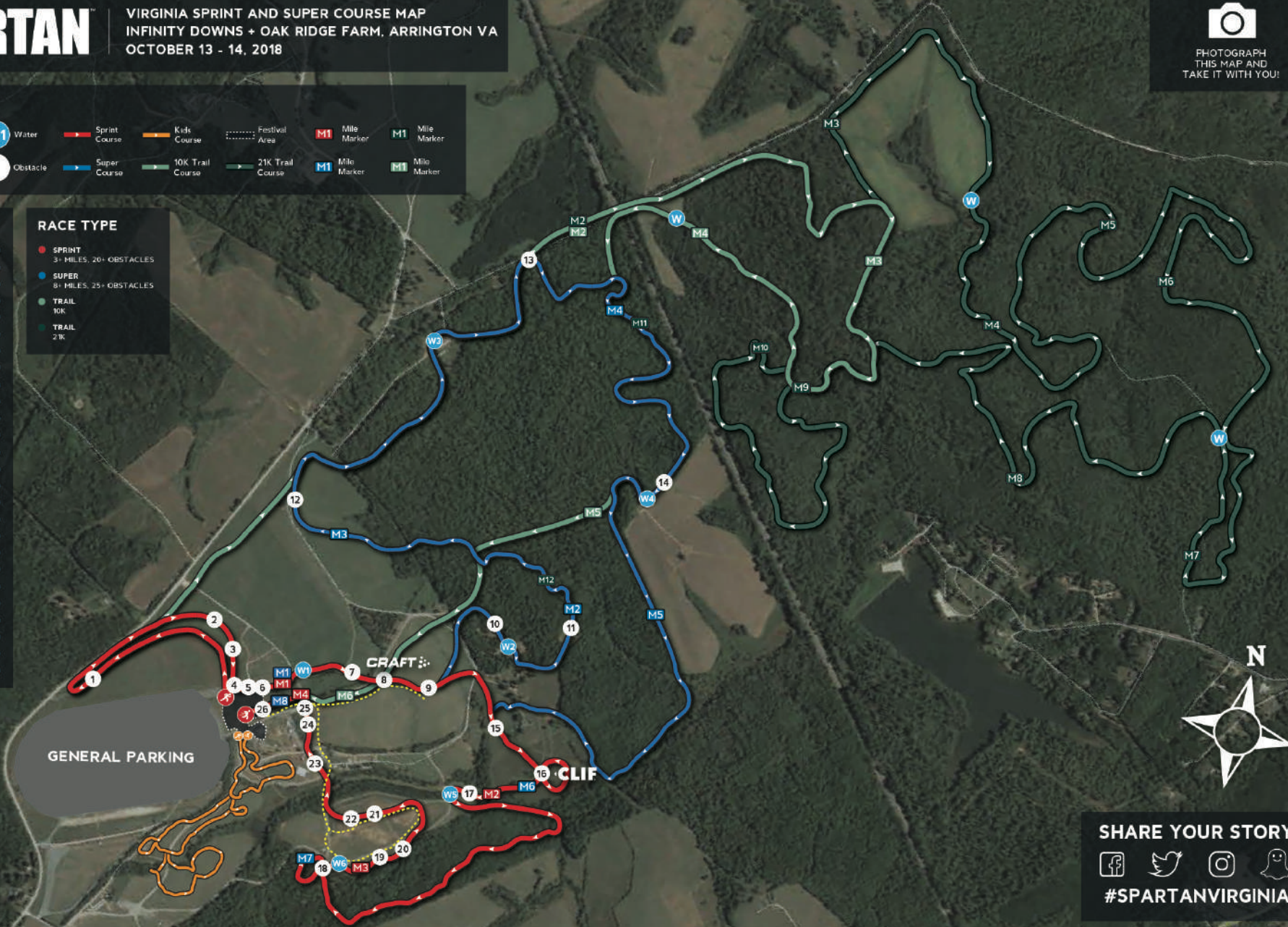
Start	Kids Start	Water	Sprint Course	Kids Course	Festival Area	Mile Marker	Mile Marker
Finish	Kids Finish	Obstacle	Super Course	10K Trail Course	21K Trail Course	Mile Marker	Mile Marker

OBSTACLE GUIDE

- 1 HAY WALL
- 2 OVERWALLS
- 3 BARB WIRE CRAWL
- 4 MONKEY BARS
- 5 DUNK WALL
- 6 SLIP WALL
- 7 ATLAS LIFT
- 8 CRAFT A-FRAME CARGO
- 9 HERC HOIST
- 10 TWISTER
- 11 PLATE DRAG
- 12 STAIRWAY TO SPARTA
- 13 BENDER
- 14 Z-WALLS
- 15 6' WALLS
- 16 CLIF BUCKET BRIGADE
- 17 OLYMPUS
- 18 SANDBAG CARRY
- 19 ROLLING MUD
- 20 7' WALL
- 21 ROPE CLIMB
- 22 VERTICAL CARGO
- 23 MULTI-RIG
- 24 SPEAR THROW
- 25 INVERTED WALL
- 26 FIRE JUMP

RACE TYPE

- SPRINT
3+ MILES, 20+ OBSTACLES
- SUPER
8+ MILES, 25+ OBSTACLES
- TRAIL
10K
- TRAIL
21K



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#SPARTANVIRGINIA