

Race Guide

General Instructions: the course is marked with red signs with white arrows. There are additional markings in the form of ribbons. Please follow all volunteer instructions. Please be courteous to other participants; if someone catches up to you, please let them by. If you fail an obstacle, you may retry it as many times as you want, but you must go to the end of the line each time.

Emergency Information: if there is an injury on the course that requires medical attention, please report it to the nearest volunteer. In case of a thunderstorm, we will sound the airhorn for 5 seconds. Please report back to the parking lot to wait out the storm in your vehicle. We will get participants back on the course when the weather is deemed safe.

Completing the Obstacles:

1. Cobra Crawl: crawl under each obstacle. If you knock one over, you must set it back upright before continuing. Failure to do so may result in a penalty.
2. Rodeo Rails: go over each set of logs.
3. Bucket carry: MANDATORY. Follow the green cones; *do not carry the bucket on your shoulder.*
4. Peg Leg: using only the pegs, traverse across the obstacle. Except for the start and finish, do not use any of the painted beams, only the pegs. Ring the bell at the end.
 - a. Red: Newbsanity Lane-hardest
 - b. Blue: Risk and Reward
 - c. Yellow: Tried and True
 - d. Penalty for failing the obstacle is 10 burpees if more than half the obstacle was completed before failure, or 20 burpees if less than half the obstacle was completed before failure
5. Area 51: Climb over the wall. Go through the pipe, up the rope through the hole, then down the ramp and across the balance beam. TWO TRY MAX. 20 burpee penalty if failed.
6. Muddy Moat/A-Frames: through the pits then over the A-frames using the rock holds/ropes.
7. Linebacker: high step over the logs.
8. Vertigo
 - a. Risk and Reward: climb the tall ladder up and over.
 - b. Tried and True: take the path with 3 small walls.
9. Swamp Thing: go through the swamp and under the log at the end.
10. Traffic Jam: follow the arrows over or under the logs. The direction of the arrow tells you whether it's over, under, or your choice.
11. Everglades North: go through the mud (this is a mud race 🌀).
12. Log Hopping: make your way through the tangle of logs.
13. Shark Attack: *No more than 2 people per cable at a time.* Traverse across the water on top of or under the cable. Use caution on the wooden walkway, as it will be slippery.
14. Newbsanity Rig: *Do not grab any metal part of the grips; this is for your safety. No feet may be used at any time except on the ropes and floating walls.* Each lane is completed by ringing the bell. If your feet touch the ground before ringing the bell, start over. TWO TRY MAX.
 - a. Newbsanity Grip Lane: this is the hardest lane. You may bypass Dragon's Spine (the next obstacle) if you complete this lane. You may only grab the holds themselves; you may not grab the l-hooks, chains, or any metal part above the hold. Ring the bell at the end.
 - b. Ring Lane: your feet may not touch the ground. You may skip rings if possible. Ring the bell at the end.
 - c. Floating Walls: traverse the walls using only the hand and foot holds. Do not touch the top of the wall (it's painted yellow, and it's for your safety). Ring the bell at the end.
 - d. If you fail any lane, do 20 burpees and continue on to Dragon Spine.

15. Dragon's Spine: *Participants should not be in the grass or on the ground on the sides; only use the logs. Logs may be slippery.* under or over the logs for the length of the trench. If your feet are in the grass at any point, you're doing it wrong. This may result in a penalty.
16. Grip or Slip: traverse the monkey bars over the water. Use caution on the wooden walkway, as it will be slippery. No penalty if failed.
17. Snake Pit: go through the pit.
18. Pirate's Path: take the zigzag balance beams to the traverse wall. You may not put your hands or feet on the white pipes at any time. Risk and Reward is on the left, Tried and True is on the right.
19. Grampa's Beard/Balance Beams: *Balance beams will be slippery.* Your choice for completing this obstacle. If you fall off the balance beams, you must start over from the beginning. To complete Grampa's Beard, your feet must clear the pink board. If your body touches the wood chips, you must start over. TWO TRY MAX, 20 burpee penalty if failed.
20. Commando Wall: *There is a sudden deep dip when entering the water, then it shallows up again.* Through the water and over the wall.
21. Royal Flush:
 - a. We expect those that can complete the tall walls to attempt to complete them. 20 burpee penalty for doing the short walls.
22. Rat Trap: *Participants are to wind their way down through the middle of the obstacle. They are not to jump off the top!* DO NOT JUMP OFF THE TOP OF THIS OBSTACLE. Go up the obstacle and weave your way down through the middle, coming out the hole in the bottom. If you take the Risk and Reward lane to the far left, you may start from the front and will not have crawl-unders when exiting.
23. RipCurl: *No more than 6 people on the top at one time.* TWO TRY MAX, 20 burpee penalty if you fail the cargo net lane only.
 - a. Newbsanity Lane (no ropes or cargo net)
 - b. Rope Lane: use only the ropes to get up this lane. If you use any part of the cargo net for assistance, it will count as the cargo lane, not the rope lane.
 - c. Cargo Net Lane
24. Proper A-Tire: carry your tire(s) along the path and through Sneaker Eater. DO NOT abandon your tire in the mud; it must return to the pile where you picked it up.
 - a. For males-if you complete the Newbsanity Lane of RipCurl, you are not required to carry a tire. If you complete the Rope Lane, you must carry 1 tire. If you complete the Cargo Net Lane, you must carry 2 tires.
 - b. For females-if you complete either the Newbsanity Lane or Rope Lane, you are not required to carry a tire. If you complete the Cargo Net Lane, you must carry 1 tire.
25. Sneaker Eater: go through the mud, keeping between the tires/ribbon. Tie your shoes tight for this one!
26. Joker Lane: go through the tire lane, keeping between the ribbons.
27. Cheese Grater: go under any log that you can go under and over any others.
28. Storming the Gate: No more than 4 people on the cargo net or 8 people total on the obstacle at one time.
 - a. Risk and Reward: use the ropes to climb up the wall, then go across the cargo net and down the ladder.
 - b. Tried and True: you may use the ropes or the stairway to get to the top. You may take the cargo net or walkway across the top. You may go down the ladder or the stairs.
 - c. 20 burpee penalty for not traversing the cargo net up top. You may use the stairs to climb up and/or down with no additional penalty.
29. Frog Pits: go through the pits. You should be exiting forwards each time; do not exit out the sides.
30. Fortress Walls:
 - a. Risk and Reward: two tall walls
 - b. Tried and True: seven short walls
31. Funnel Tunnel: Go through the tunnel, then follow the cones to the pit area. 20 burpee penalty for not doing.