

## **RELAY RACE TURN-BY-TURN DESCRIPTION**

### **RACER 1 (approximately 1K)**

- Depart Main Event Site at the lower part of the park (before the baseball field) and head up Fielding Road
- Turn right onto the Hemlock Trail (the entrance looks like a small field)
- Follow trail until you return to Fielding Road
- Take the next right to get back onto the Hemlock Trail
- Continue straight through the first two trail intersections
  - **Obstacle Course Number One (Over and Under) will be located after the first intersection**
- Turn left onto Serpentine Drive
  - **Obstacle Course Number Two (The Wall). Stay to the left side of the wall as the other side will be used for oncoming runners.**
- After completing the wall Obstacle please pass your race number to your teammate

### **RACER 2 (approximately 2K)**

- Turn right and cross the Vibert Trail Bridge
- Head up Vibert Trail Hill
- Turn left at trail intersection to stay on the Vibert Trail
- Continue on the Vibert Trail and take a left on the trail with the Pipeline on your right
  - **Obstacle Course Number Three (Tunnel)**
- Turn left and continue down the Vibert Trail
- Take your next right and continue across the second Vibert Trail Bridge
- Continue onto Serpentine Drive
  - **Obstacle Course Number Four (The Wall). Stay to the left side of the wall as the right side will be used for oncoming runners.**
- After completing the wall Obstacle please pass your race number to your teammate

### **RACER 3 (approximately 2K)**

- Turn left and cross the cement bridge
- Head up the rock/mud hill
- Turn right onto the gravel packed trail
- Turn right onto packed trail
- Run down Stone Stairs
- Walk down wooden stairs to Waddell Falls
- Run past the Waddell Falls and walk down the next flight of wooden stairs
- Run past Joseph Howe Falls and follow the trail, (the Gazebo and Holy Well will be on your right)
- Take a right and run up Jacobs Ladder
  - **Obstacle Course Number Five (Jacob's Ladder – 175 Stairs)**
- Turn left at the top of Serpentine Drive
- Run Down Serpentine Drive
- Run Across Paved Bridge
  - **Obstacle Course Number Six (Pushups and Tires)**

- Run along paved road past J. Arch Fraser Bandshell, Canteen and Playground
- Turn Right into the Ballfield
  - **Obstacle Course Number Seven (Mud Army Crawl)**
- Finish Obstacle Course Number Five jump over the short wired fence and run to the finish line

**Race Distance – Approximately 5K**