

MAN VS MOUNTAIN

2019 OBSTACLE INSTRUCTION

Obstacle completion is voluntary for standard and student runners

Competitive runners must successfully complete obstacles. Unlimited attempts may be made to complete. Competitive runners who are unable to successfully complete, must tear off wrist band and give to volunteer

Range Runner

Must go under and over all walls for successful completion.

Competitive: Must complete without assistance from another participant.



Cliff Hanger

Must go under and over all wall for successful completion.

Competitive: Must complete without assistance from another participant.



Tangled Timber

No style points, just get through the tangled mess of rope that line the path through the trees.



Crevasse Cross

Traverse wall using only the hand holds and foot holds and ring bell at the end. DO NOT use top of wall or ground.

Competitive: Must complete without assistance from another participant. Cannot use top of wall or touch ground. Must ring bell at the end.



Dome Drag

Drag tire by a rope up the hill and back down the hill and place tire in the pile.

Competitive: Must complete without assistance from another participant. Must use rope to pull tire.



Frost Bitten

Get low and crawl the distance through 8-12 inches of snow!



Kegeerator

Hoist keg up until you reach the reach the last knot and red indicator. Once your reach last not, you must release keg slowly and under control until rope is taught.

Competitive: Must complete without assistance from another participant. Must not drop keg. Must reach last knot/indicator before releasing.



Charlie Brown Christmas Tree

Again, no style points, drag/carry/pull tree and drop back off at the curb.



Headwalls

Climb over all walls for successfull completion.

Competitive: Must complete without assistance from another participant.



Crossing the Pass

One foot in front of the other to complete this obstacle.

Competitive: Must complete without assistance from another participant.



Boulder Dash

Carry two buckets by the handle and go the distance! Buckets returned to same place you picked up.



Ground Hogs Burrow

Squeeze your way through the pipes and out the otherside until you see your shadow!



Crag Crawl

Crawl, walk, and roll over the cargo ropes.

Competitive: Must stay on ropes and not walk on framing to complete.



Slippery Knolls

Make your way over a series of slick ramps.



Oiler Nation

Climb to the top and ring the bell!



Peak Performance

Your almost there! Climb over a fresh mountain of snow once you cross the bridge.



The Summit

To reach the summit, you must use the rope to pull yourself up to the top!
Climb down the ladder and sprint to the finish!

Competitive: Must complete without assistance from another participant.

