

Schedule of Events

Saturday, August 19th

6:30 – 9:00 AM Registration, & Packet Pick-up (at Poplar Forest)

687 Poplar Forest Dr. Forest, VA 24551

7:30 AM 1st Race Wave Begins

Start/Finish: Thomas Jefferson's Poplar Forest Service Entrance

687 Poplar Forest Dr. Forest, VA 24551

All participants must arrive via the Service Entrance.

Directions from Main Entrance off Enterprise Dr. to Service Entrance

- At stoplight, take left onto Enterprise Dr.
- Take left at stoplight onto Homestead Dr. Homestead will become Bateman Bridge Rd.
- Take last left onto Cameron Dr. (before stoplight)
- At end of Cameron, turn right onto Ramblewood Rd.
- Take 4th left onto Foxhall Dr.
- Service Entrance is located on the left.

Parking: Participants will park in the Northwest Field above the start line. Please follow parking attendants instructions upon arrival. Plan to arrive at least 10 minutes before your wave time to allow time to get from your car to the start line.

Thank you to our Partners!

7 Grains Planning & Investments
AR Workshops Lynchburg
Blue Mountain Brewery
Blue Ridge Regional Jail Authority
Brown Edwards CPA
Buff City Soap
Centra
The Crazy Mason Milkshake Bar
Food Lion
Forest Fire Department
Harris Tire
The Hurt Factory Boxing & Fitness
Jersey Mike's Subs

Kroger
Mallori Teegarden-State Farm
Moore & Giles
Nothing Bundt Cakes
Outside the Cone
Progress Printing
Rehab Associates of Central Virginia
Reliant CEM Services Inc.
Sheetz
United Rentals
Wiley|Wilson
YMCA of Central Virginia



PARTICIPANT GUIDE

August 19th, 2023

Thomas Jefferson's Poplar Forest

All proceeds benefit Children's Educational Programming at Thomas Jefferson's Poplar Forest.

By attending this event, you agree to be photographed and give permission for your image to be used by Poplar Forest for promotional purposes.

Obstacle Descriptions & Rules

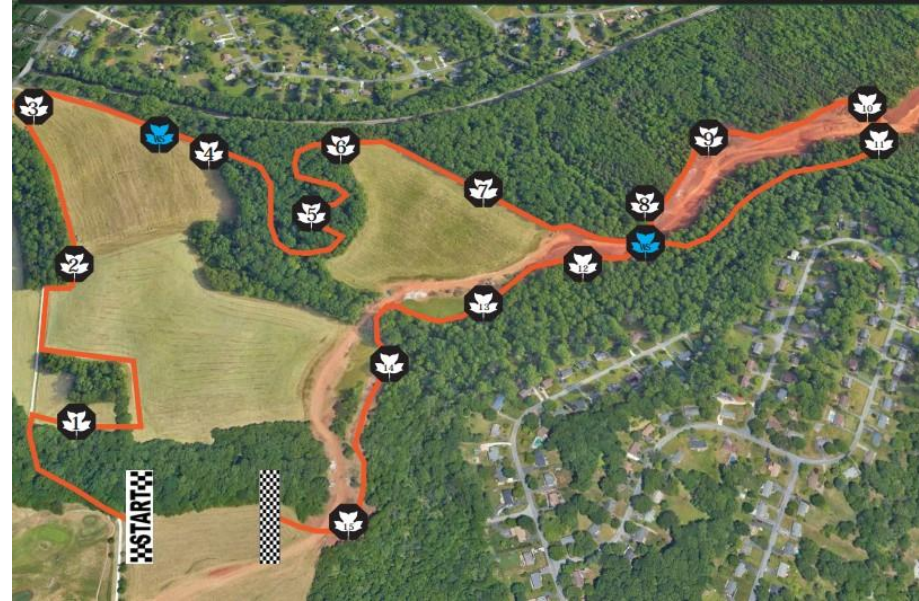
- 1. Low Crawl:** Get down and crawl under the obstacle as quickly as possible.
- 2. Hay Bale Scale:** Climb up and over the hay bales.
- 3. Slanted Wall Climb:** Climb up the wall using the ropes and down the ladder on the other side. *Followed by Water Station*
- 4. Vertical Window Wall:** Jump up and grab the top of the vertical wall as you attempt to jump and swing through feet first then crawl under the cargo net.
- 5. Rope Climb:** Use all your upper and lower body strength to carry yourself as high on the rope as possible.
- 6. Mud Pools:** Crawl under the ropes and through the pools of mud.
- 7. Traverse Wall:** Climb the walls horizontally, not vertically, by using the hand grips (rope or block) and balance to the next wall by crossing the bridge between. *Followed by Water Station*
- 8. Pipe Crawl:** Crawl through 10 foot pipe and out the other end.
- 9. Tire-Run:** Run or step through tires placing one foot in each tire.
- 10. Gravel Bucket Carry:** Carry buckets of gravel up and around barrier before returning to original location.
- 11. 6' A-Wall:** Climb up and over both A-Walls (6ft). *Followed by Water Station*
- 12. Over/Under Saw Horses:** Travel under the 1st Saw Horse and over the 2nd Saw Horse and finally under the 3rd Saw Horse.
- 13. Sand Bag Carry:** Choose two sand bags and carry them across the marked path and return them to the original location before moving on.
- 14. Tire Flip:** Choose a tire and flip it at least 5 times before moving on.
- 15. 8' A-Wall:** Climb up and over the 8ft walls.

All obstacles are optional for the open division. It is encouraged that you attempt to TRY each obstacle if you are able; however, no penalties will be applied for incomplete obstacles.

Individual Elite Competitors and Teams are required to complete all obstacles.

If unable to complete an obstacle, our volunteers are instructed to cut your Elite participant wristband. It is not required that teams remain together throughout the entire race, however, the last member of your team to cross the finish line will be your team's time.

Course Map



Participants Instructions:

- The obstacle course will be run on a variety of surfaces including gravel, grass and mud. The race WILL BE timed.
- If an obstacle is backed up, please wait your turn.
- Volunteers are not permitted to touch participants. Should you need assistance with an obstacle, please utilize your friends and family or choose to skip the obstacle.
- Please hydrate before race morning. There will be three water stations along the course. Food and water will be provided following the race (first-come, first-served).
- The YMCA on Wheels bus and course will be available for children ages 5-12 for \$15/child. Children must be registered and have a wristband to participate. See the day-of registration table if interested.
- Bag/key check is available at the Registration table for no charge. Poplar Forest is not responsible for any lost or damaged items.