

**2<sup>nd</sup> Turnaround**  
15<sup>th</sup> Street

**OC Music Pier - Race HQ**  
Event Tents on 9<sup>th</sup> St. Side (Bathrooms Here)  
Start Area for All Events

**Race Obstacles**

1. Dean Adams Balance Beam / Wall (8<sup>th</sup> St.) Run N
2. Dietz & Watson Sand Bag Carry (7<sup>th</sup> St.) Run N
3. Grinder #1 EXODUS Sport & Fitness (6<sup>th</sup> St.) Run N
4. Army Crawl (Around Music Pier) Run S
5. Grinder #2 OC Local Gym (9<sup>th</sup> St.) Run S
6. OCFD Plunge Pit (12<sup>th</sup> St. Lifeguard Station) Run S
7. Water Table (15<sup>th</sup> St.) Run N
8. Rope Traverse (15<sup>th</sup> St.) Run N
9. Water Traverse (14<sup>th</sup> St.) Run N
10. Grinder #3 EXODUS Sport & Fitness (14<sup>th</sup> St.) Run N
11. Sand Dunes (13<sup>th</sup> St.) Run N
12. High / Low Wall (12<sup>th</sup> St.) Run N
13. Cargo Low Crawl (11<sup>th</sup> St.) Run N
14. Wall/Ladder (10<sup>th</sup> St.) Run N
15. Tube Obstacle (9<sup>th</sup> St.) Run N

8<sup>th</sup> & 9<sup>th</sup> St. PARKING  
FREE Before 7:30 AM

**Sprint to FINISH**

**START Running North**

Rolling Heats of ~40 Racers Start at 8am

**1<sup>st</sup> Turnaround**  
5<sup>th</sup> Street



POWERED BY 31HEROES

FINAL - 5/21/18

Music Pier Registration & Check-In @ 6:30 AM

8:00 AM Race Start – Sat. 5/26/18

**2018 Obstacle Course**

Start/Finish: Music Pier (9<sup>th</sup> St. Side)

Turnarounds: 5<sup>th</sup> St. & 15<sup>th</sup> St.

100% Volunteer Event – All Proceeds Benefit



Weather Forecast  
5/26/18 8:00 am  
10 MPH from the SW  
Air: Mostly Sunny 66°F  
Water: 57-59°F



- = Hazards
- = Obstacles
- = Kid's Run

Tides: 5/26/18  
High: 6:40 am  
Low: 12:48 pm  
Sunrise: 5:36 am

