

2nd Turnaround
15th Street

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

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

8th & 9th St. PARKING
FREE Before 7:30 AM

Sprint to FINISH

START Running North
Rolling Heats of ~40 Racers Start at 8am

1st Turnaround
5th Street



POWERED BY 31HEROES
FINAL - 5/21/19

Music Pier Registration & Check-In @ 6:30 AM
8:00 AM Race Start – Sat. 5/25/19

2019 Obstacle Course

Start/Finish: Music Pier (9th St. Side)
Turnarounds: 5th St. & 15th St.

100% Volunteer Event – All Proceeds Benefit



Weather Forecast
5/25/19 8:00 am
9 MPH from the E
Air: Mostly Cloudy 60°F
Water: 56-59°F



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

Tides: 5/25/19
Low: 7:31 am
High: 1:52 pm
Sunrise: 5:37 am



NORTH

