



SAFETY TIPS

- This is a trail obstacle course. Despite the fact that the trail has been groomed and many stones and roots have been removed, you must be careful where you place your feet while running.
- Try to stay near the center of the trail.
- The path is clearly marked with signs and orange paint. Keep going in the direction of the arrows.
- The obstacles all have volunteers to help you. Listen to their instructions.
- Evaluate each obstacle and decide whether you are physically capable of safely performing. Help your teammates and use their help.
- All obstacles have paths laid out to walk around, if necessary.
- The volunteers are all in communication with their supervisor who can dispatch help immediately if you are hurt.
- The water stations are marked on the map (Start, Obstacles #9 and #17, and the Finish).
- There is a shower right at the Finish Line and bottled water will be given out to all racers at the Thomaston Feed tent in the Festival Area.
- There is a First Aid Station near the Finish Line for minor injuries; all others will be directed to get formal care or 911 called for anything serious. Hunter's Ambulance service will be on site.
- Deer abound in these woods. Don't forget to check for ticks when you get home!