

OBSTACLES

1. Tire Mountain
2. **Rope climb**
3. Hurdles & carpet
4. Pits of Hell
5. Mud crawl (or water)
6. The Carry (sand bags)
7. Pull the tires
8. The tire carpet
9. Bamboo ladder + net
10. The Wall
11. A-Frame cargo net
12. **Spartan**



Race format

Fun, non competitive event

Open, no categories

Distances:

- Long:5km (2 laps) - 24 obstacles
- Short:2.5km (1lap) - 12 obstacles
- Kids a& families: 1.8km - 10 obstacles

Schedule:

- 5km: 16:00
- 2.5km:17:00
- 1.8km 18:00

No chip timing, no medals, no trophy

OBSTACLE 1

Name: Tire Mountain

Description:

Racers will climb up a pile of tires arranged haphazardly

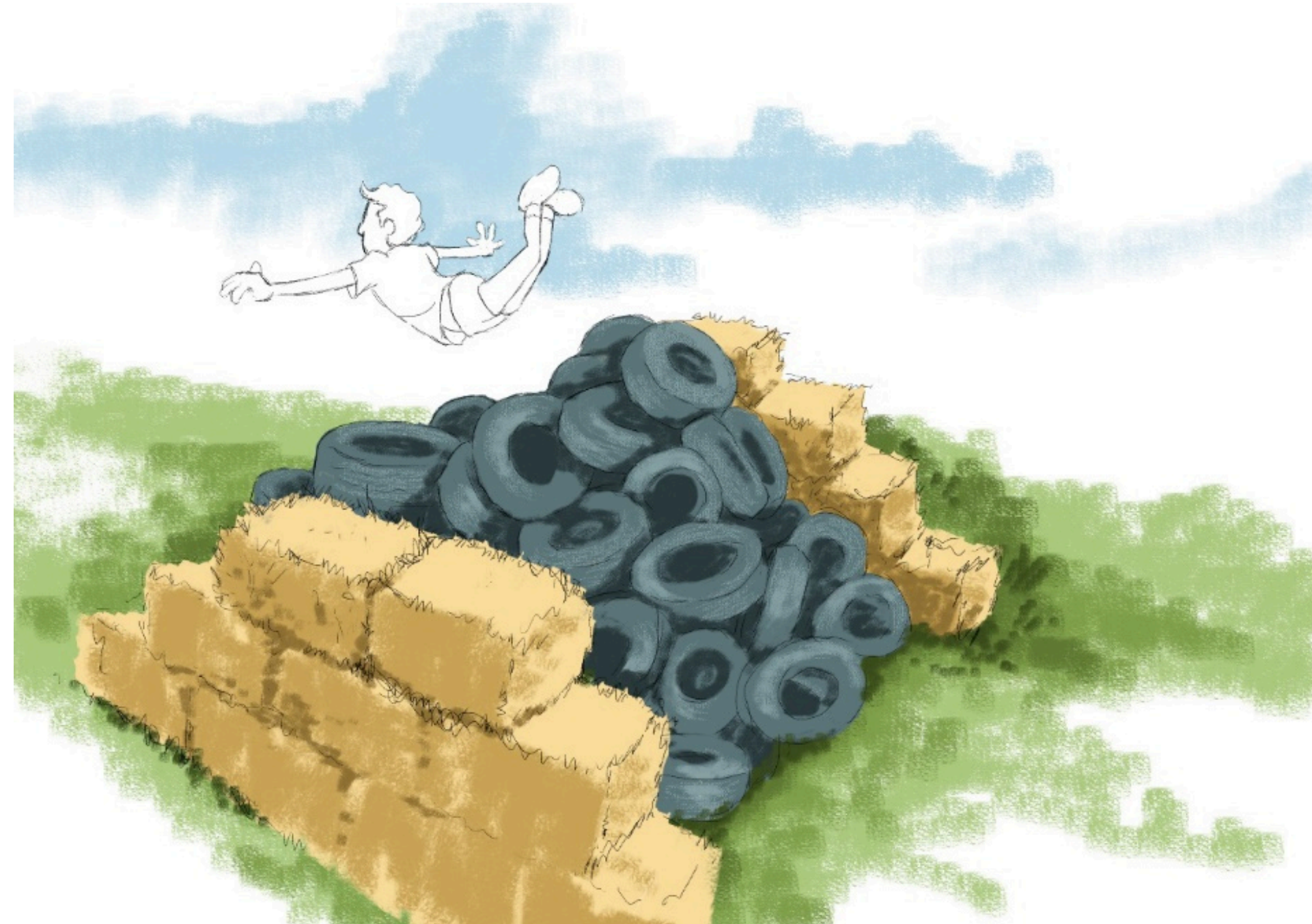
To Do:

1. Build the side supporting walls from Hay Bales
2. Build the pile of Tires making sure to secure them together
3. Pack the gaps with loose hay

Equipment Needed:

4. Hay bales x 60
5. Rope
6. Car tires x 80
7. 1.5m bamboo x 10

Special Note:



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THE SPIRIT OF ADVENTURE XIII



OBSTACLE 2

Name: The Rope climb

Description: Runners climb the slope with ropes

To Do:

1. Fix knotted ropes to ground at the top

Equipment Needed:

2. 5 x knotted ropes
3. Steel pins as anchors
4. Big Bamboo log



OBSTACLE 3

Name: The hurdles & Carpet

Description:

To Do:

1. Tie tires together with string ropes
2. Fix the barriers to the hay bales

Equipment Needed:

3. Hay bales
4. Steel pins as anchors
5. Ropes
6. Barriers x 12



OBSTACLE 4

Name: The Pits Of Hell

Description:

A series of 2 pits dug parallel to each other and filled with mud in the bottom of each pit.

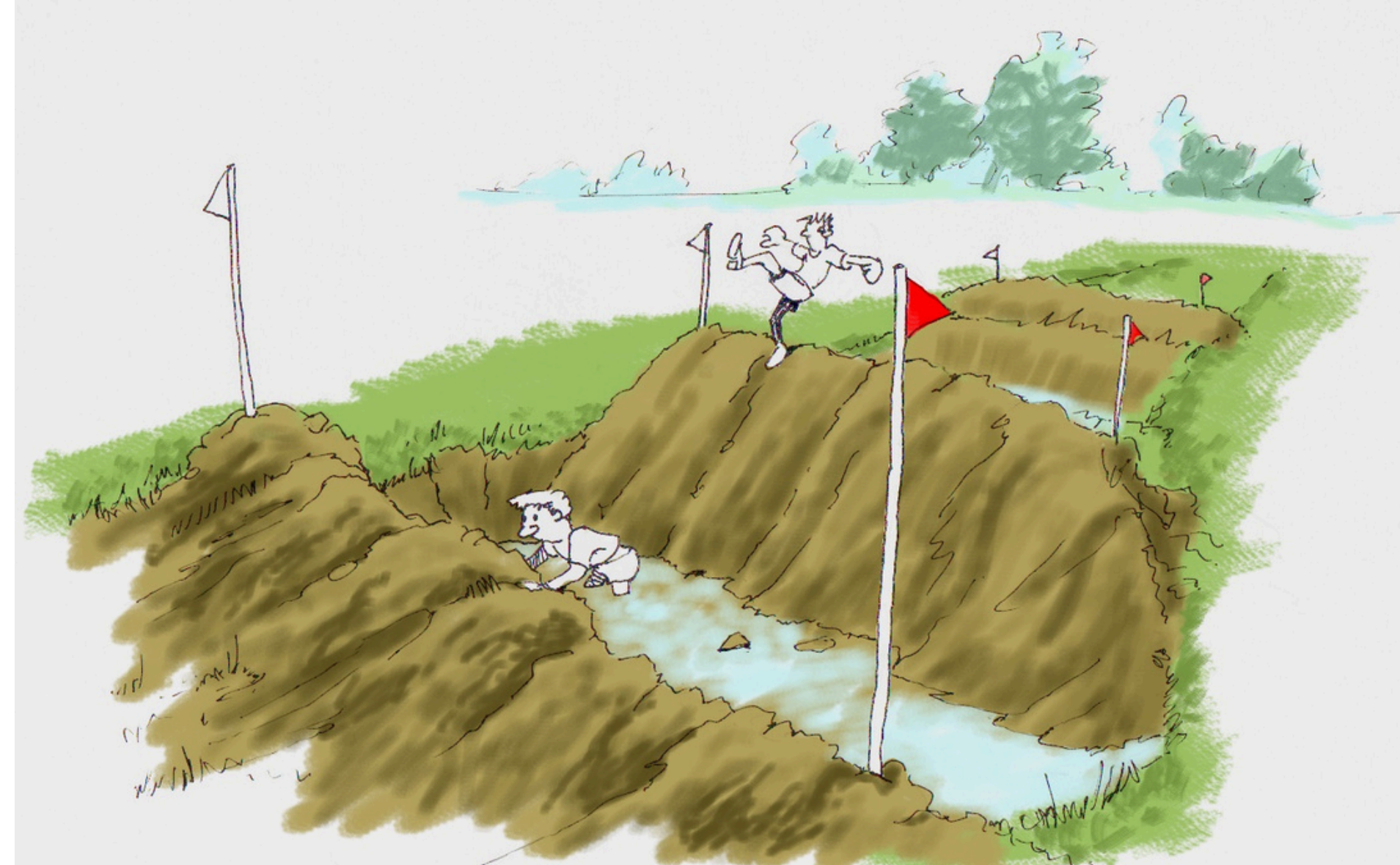
To Do:

1. Decide exactly where the pits will be sited
2. Dig the pits 3m deep, 6m long, 4m wide
3. Clear each pit of sharp objects
4. Make sure that water will stay in the bottom of each pit

Equipment Needed:

5. Makro to dig the pits
6. Steel pins x 6 as anchors
7. 6 knotted ropes

Special Note: It may need to pour water the day before and check in the morning the level-If rocky consider climbing down with ladders (Suanphueng model)





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FUN RUN 2015

THE SPIRIT OF ADVENTURE V



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OBSTACLE 5

Name: Mud (Or water) Crawl

Description:

This will be a purpose build mud pit made from hay bales + plastic liner over bamboo structure. We will build a low net over the top to force the racers onto their bellies and into the mud-water

To Do:

1. Clear the area of wood and sharp objects
2. Build a frame with hay bales and put liner
3. Build a bamboo frame over the top to support a black net roof

4. Equipment Needed:

5. 3m bamboo x 8
6. 1.5m bamboo x 10
7. Hay bales x 16
8. Net
9. Mud - Water

Special Note: It may need to pour water the day before and check in the morning the level





OBSTACLE 6

Name: The Carry (Sandbags)

Description:

Racers will carry sand bags around a short course

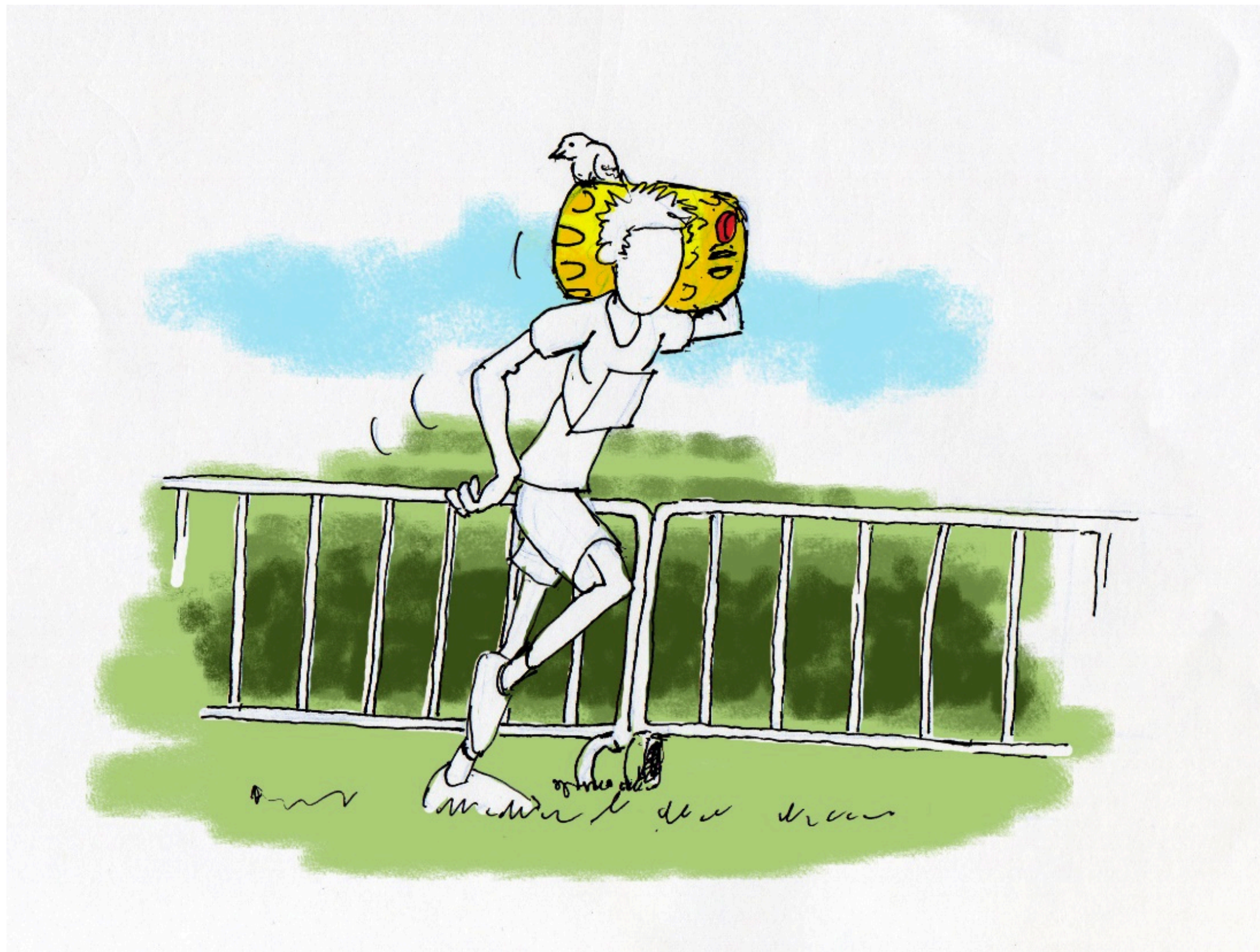
To Do:

1. Clear the area of wood and sharp objects
2. Make the sandbags to the correct weight
3. Create and arrange a short course

Equipment Needed:

4. Barriers x 10 (or tree line)
5. Sacks x 30 x 20kg men
6. Sack x 30 x 10kg women
7. Sack x 20 x 5kg kids
8. Euro tape

Special Note:



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OBSTACLE
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OBSTACLE 7

Name: Pull a Tire

Description:

Racers must pull a car tire to the end of a short loop around the set course

To Do:

1. Mark out an interesting and curving course
2. Prepare a number of car tires

Equipment Needed:

3. 40 car tires
4. Euro tape to mark out the course tree line
5. Rope to pull the tires



PULL THE TIRE



OBSTACLE 8

Name: The Tire Carpet

Description:

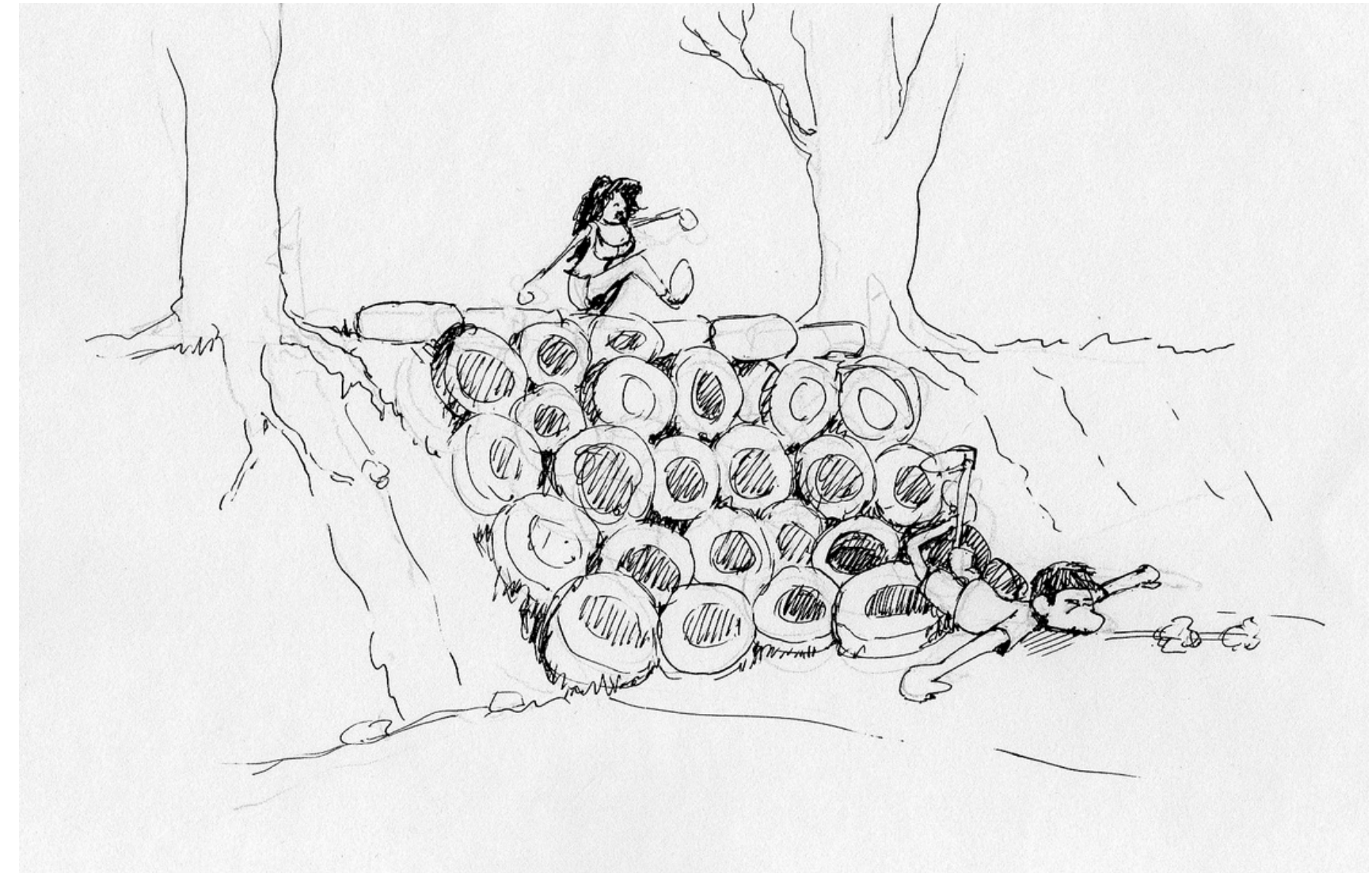
This obstacle consists of car tires laid out on the ground in the form of a carpet. The tires will need to be tied together to stop them moving. The longer the tire carpet, the more difficult the obstacle is.

To Do:

1. Clean the entry and exit points of all vegetation
2. Tie the tires together
3. Create a corridor to make sure the participants stay on

Equipment Needed:

4. Rope to tie the tires together
5. 30 x car tires
6. Anchors at the top (pins?) No trees there
7. Euro tape





OBSTACLE 9

BETWEEN TREE LINE

Bamboo ladder & net craze

Description:

Big bamboo attached to tree

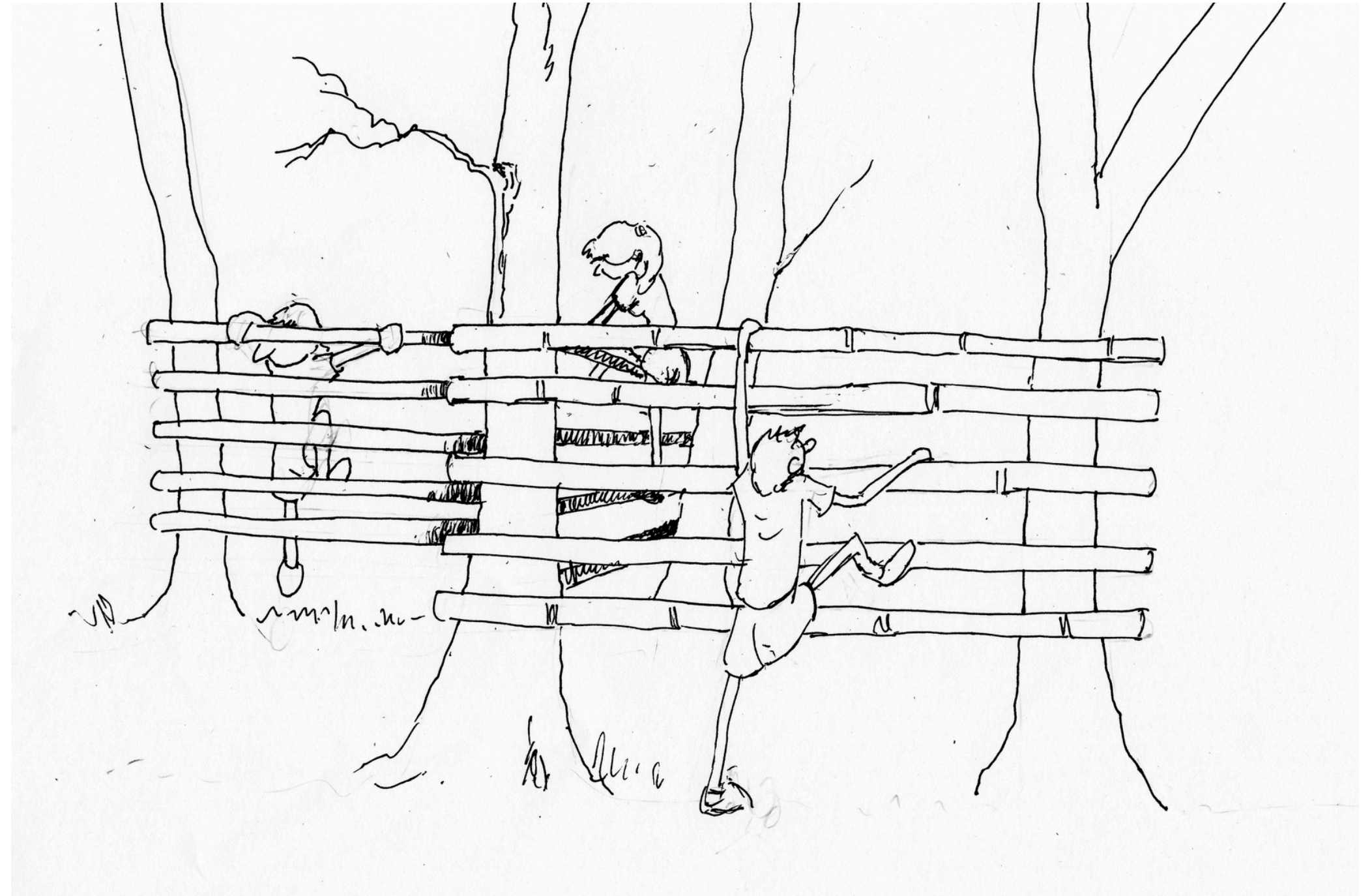
Vertical climb over

To Do:

1. Choose the best solid trees with right distance

**Equipment Needed: (if double width
6mx6m)**

- 2.5 x 5m bamboo poles 10-15cm diameter
- 3.2 metallic poles to secure and reinforce in middle
4. Ropes





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OBSTACLE 9

Name: Bamboo ladder & net craze

Description:

This obstacle consists of a cargo net laid out on the ground and attached to trees and a long bamboo log. Participants must climb down the slope using the net.

To Do

1. Clean the entry and exit points of all vegetation
2. Flatten the slope
3. Create a corridor to make sure the participants stay on

Equipment Needed:

4. Cargo Net 4x3m
5. 2 bamboo logs 10cm diameter
6. Ropes



OBSTACLE 10

Name: The Wall

Description:

This is a flat vertical wall to climb over

To Do:

1. Build a secure wall that is at least 4.5m wide and 2m high
2. Build a landing pad of hay bales

Equipment Needed:

3. Hay bales x 40

Special Note: This structure we will build by the carpenter in wood





OBSTACLE 11

Name: The A-Frame Cargo Net

Description:

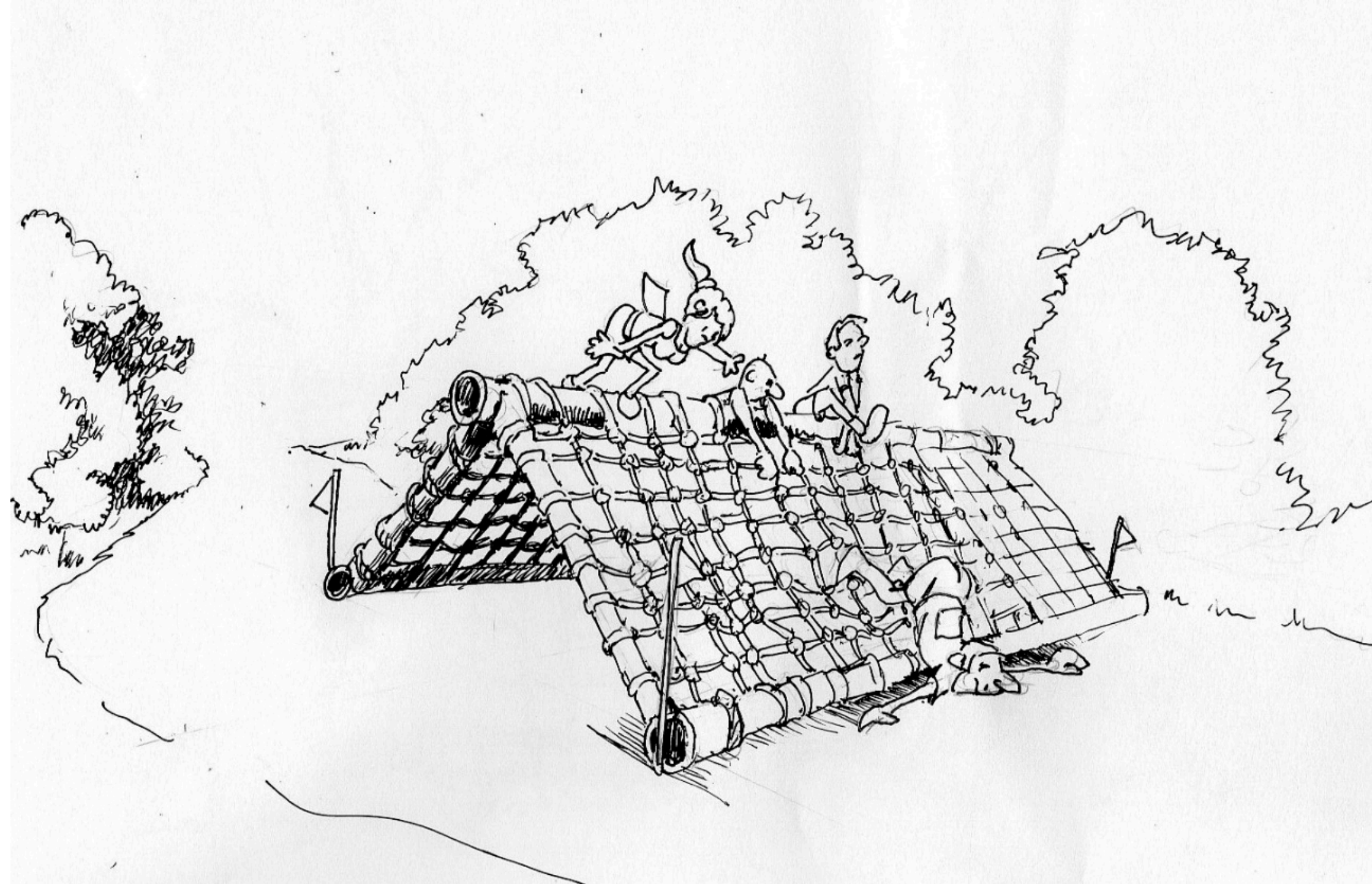
This is the last Obstacle and will be placed just before the Finish Line.

To Do:

1. The ground is already prepared

Equipment Needed: (if double width 6mx6m)

2. 6m pipes x 10
3. 4m pipes x 12
4. Clamps fixed 18 & movable 12
5. Cargo nets 3m x 8m x 2
6. Ropes





OBSTACLE 12

SPARTAN

- Monkey bars
- Rings
- Twister

