



Start (5k @ 8:30 AM & 10k @ 8:45 AM)

***** Failure to complete any obstacle, there will be a 10 second penalty added onto your time...the volunteers are watching. ☺**

GO! START! ROCK ON!!!

- **Mud pit cross** – Runners will simply cross over the mud trench (it is short and sweet, but believe us...you will see this again)
- **Tire field** – Runners will have to run through and over tires.
- **Spider Web** – 60' of webbing. Runners must go over the white ropes.
- **5K/10K Deviation at Dry Creek/Horse Trail**
 - **5k participants** will go left and onto the archery course
 - **10k**...this is what will determine the men from the boys as runners will run (or crawl) up a 500'+ mountain side and along the way pick up a 20 lb. log. Runners will be required to carry the log to the top of the hill. Water and medical will be waiting for you at the top
- **Pick Your Route** – **10k runners** on their way down can pick their route
 - **Steep & straight to the right**
 - **Less steep & curved to the left**
- **Archery** – 5k & 10k join at the archery course where each participant will receive 3 arrows to hit the target. If you can't accomplish this in three...you have 10 jumping jacks before moving on
- **Paintball** –
 - **Left Fast and PAINtfull** – participants can quickly move through this section but you will be shot by paint guns. (a mask must be worn)
 - **Right Slower and Tricky** – this is a little longer and you will have additional natural obstacles but you are safe from being shot
- **The Lake** – Dress for success...you are about to get wet. Participants will enter the lake and be required to go over three logs and then under the Goliath banner.
- **Sand Belly Crawl** – Now that we got you wet, let's get sandy. Runners will hit the sand and crawl under 15' of rope webbing.
- **Water station, medical and a water hose will be available immediately after the lake....just in case you need it.**
- The course will lead you up to a short trail that many DRG-ers have used to go to Eagle's Rock. We won't take you there this year but this short stint of trail run will take you to our next obstacle

- **Mulch Carry** – at the end of the trail, you will come to a large mound of mulch. Runners will have to fill two (2) large buckets and then carry them to our next stop
- **5K/10K Deviation Across the Bridge on River Right** - 5K to the left & 10K to the right
 - **10k participants** will hit the trail to the riverside cabins and then empty their buckets near the cabin area. (look for volunteers)
 - **10k participants** will trail run and in some areas **Riverside Traverse** as runners head to the high adventure obstacle course area
 - **10k participants - Hoist a weight and Get Your Sling Shot** –
 - **10k participants** - Return Via Riverside Traverse & Pick-up at 5K route.
- **5k Participants - Mulch Drop** at one of the Doe River Gorge Camp Obstacles. This will be easy to find as it is along the trail. A volunteer will be there to assist you.
- **10k & 5k Participants** are now together again like one big happy family. All participants will cross the Doe River at what DRG-ers have named “The Ford” after their old blue Ford truck.
- From there all participants will have some **trail running** to their next stop
- **Tire Flip**....If you get a chance, you may want to take in your surroundings at this point. Many lovebirds choose this spot for their weddings. Anyway, participants will now have 300-500 lb. tires that will need to be flipped from two designated points. (Women 300 lbs., men 500 lbs. & we will let you help each other)
- Hit the trails once again
- **FIRE!!!** – Participants will face a fire pit that they will need to jump over to continue on
- **5K/10K Deviation...10k to the right, 5k to the left**
 - **10k participants** will cross the Doe River once again to the Carter County water shed area where they will run a little over a mile loop and along the way be faced with a riddle that the participants will have to answer at the end of the trail...so pay attention. Your reward will be slingshot ammo for a future obstacle
- **5k/10k participants** will meet again at their next obstacle...a 4ft pit of mud/water/muck...fun for the whole family
- **The Coliseum awaits....**Participants will enter the coliseum to meet their “Goliath” and hit the target.
 - **5k participants** – we will have sling shots and ammo for you to use
 - **10k participants** – you better have brought your A game which includes your slingshot and ammo. There will be additional penalties for those that come empty handed.
 - **Participants that hit their target get an easier route home...losers will get marked with red paint and a mountain of pain to climb.**
- **Slippery hill** is our next stop of this journey. Runners will have a fun time trying to make it up this hill of fun
- At the top of slippery hill.... successful participants that hit their targets will go onto the home stretch...unsuccessful participants...go straight to jail...not really that is only in Monopoly...You will get the joy of **climbing Miracle Mountain** (at this point, you maybe praying for a miracle)
- The journey is finally coming to an end with just one more challenge to conquer...**300’ of muddy goodness**. This mud trench will be full of surprises and worthy of a standing ovation.
- If your legs and muddy shoes can make it...the next stop is the **FINISH LINE!**
Congratulations!!!