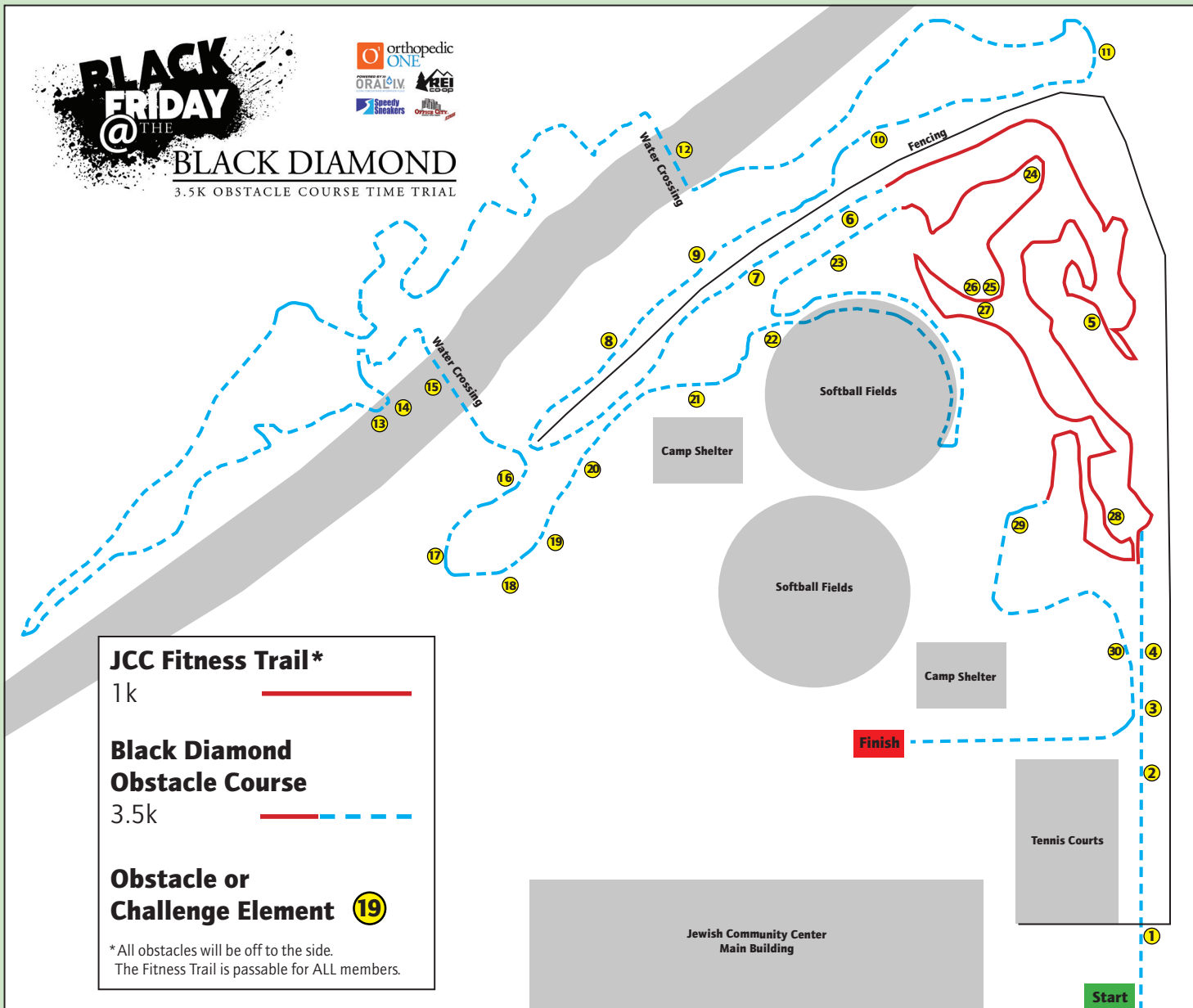




# BLACK DIAMOND

3.5K OBSTACLE COURSE TIME TRIAL



**JCC Fitness Trail\***  
1k

**Black Diamond Obstacle Course**  
3.5k

**Obstacle or Challenge Element** 19

\*All obstacles will be off to the side.  
The Fitness Trail is passable for ALL members.

## Obstacle Listing

- |                                   |                                      |  |
|-----------------------------------|--------------------------------------|--|
| ① Ladder Climb                    | ⑫ Water Crossing 1                   | ⑳ Rope-unzel                           |
| ② 4ft Wall                        | ⑬ Rope Repel                         | ㉑ Balance Stumps                       |
| ③ 8ft Wall (over)                 | ⑭ Tire Ladder                        | ㉒ Run the Ridge                        |
| ④ 8ft Slanted Wall (over)         | ⑮ Water Crossing 2                   | ㉓ Wall Traverse                        |
| ⑤ Tire Hop                        | ⑯ Devil's Staircase                  | ㉔ Tip of the Spear                     |
| ⑥ Tire Flip (4 Flips, 2 each way) | ⑰ Hurdles                            | ㉕ Bear Crawl                           |
| ⑦ Tarzan Traverse                 | ⑱ Tyrolean Traverse                  | ㉖ Mr. Beefy (Irish Table)              |
| ⑧ Under/Over/Through              | ㉒ Wall Hangers (from Indian Mud Run) | ㉗ 8ft Slanted Wall (Over Reverse Side) |
| ⑨ Papa Bear (Sternum Checker)     | ㉓ Bar Hop                            |  |
| ⑩ Log Roll                        | ㉔ Baby Bear (Sternum Checker)        |  |
| ⑪ Tame the Dragon                 | ㉕ Log Carry (Around Softball Fence)  |  |



**"Don't go where the path may lead, GO INSTEAD WHERE THERE IS NO PATH AND LEAVE A TRAIL."**  
— Ralph Waldo Emerson