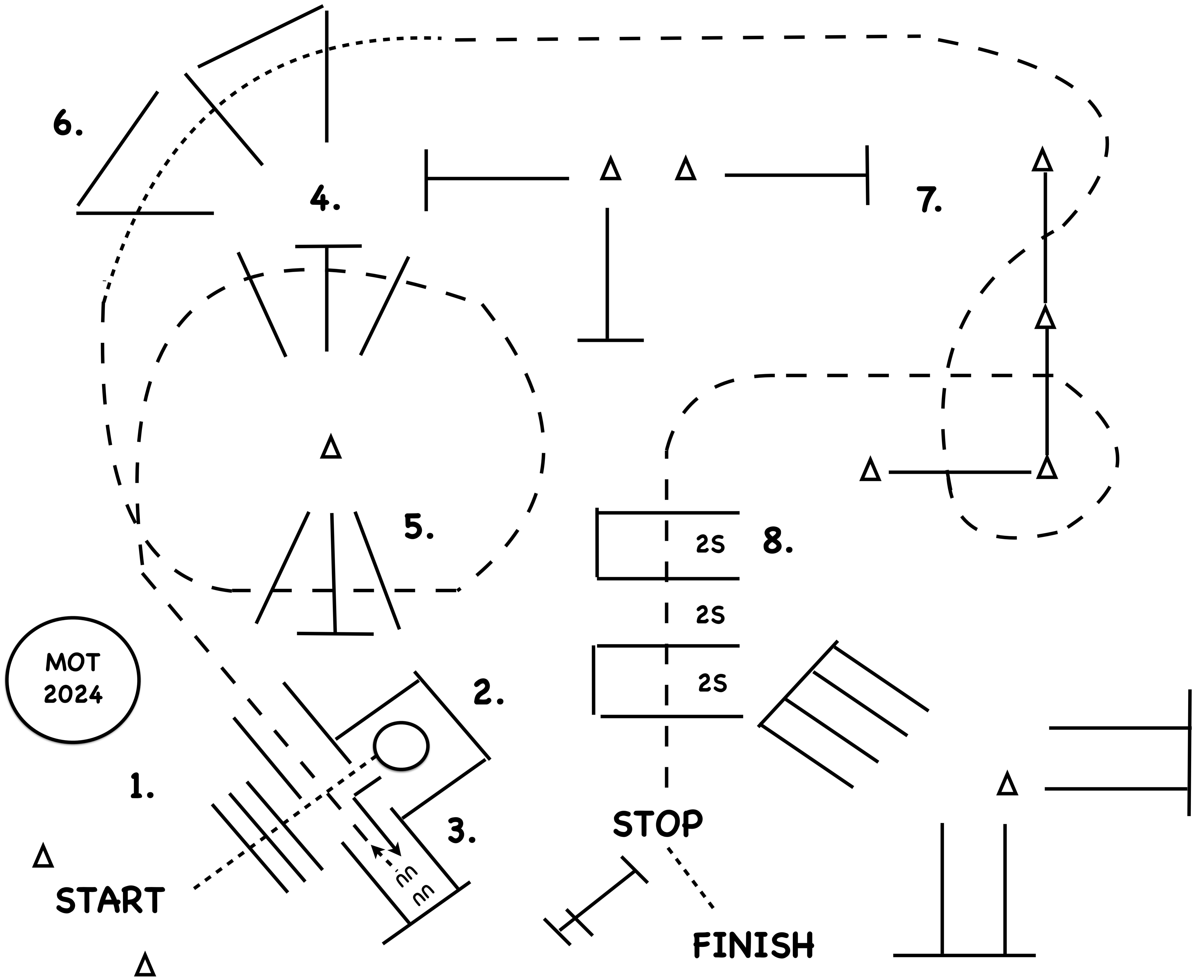


**2024 MARCH TO THE ARCH**  
**SUNDAY, MARCH 17th**

**TRAIL: SIDE 1**

**BLOCK 1 80/280,81/281,84/284**

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1. WALK OVER POLES, WALK INTO BOX,
2. EXECUTE A 360 TURN EITHER WAY.  
SUPPORTED MUST TURN RIGHT
3. BACK BETWEEN POLES, JOG OUT.
4. JOG OVER POLES.
5. JOG OVER POLES.
6. STOP OR BREAK TO THE WALK,  
WALK OVER POLES.

7. JOG THROUGH SERPENTINE,  
JOG OVER POLES.
8. JOG OVER POLES.  
AND COME TO A STOP...  
WALK OUT TO EXIT.