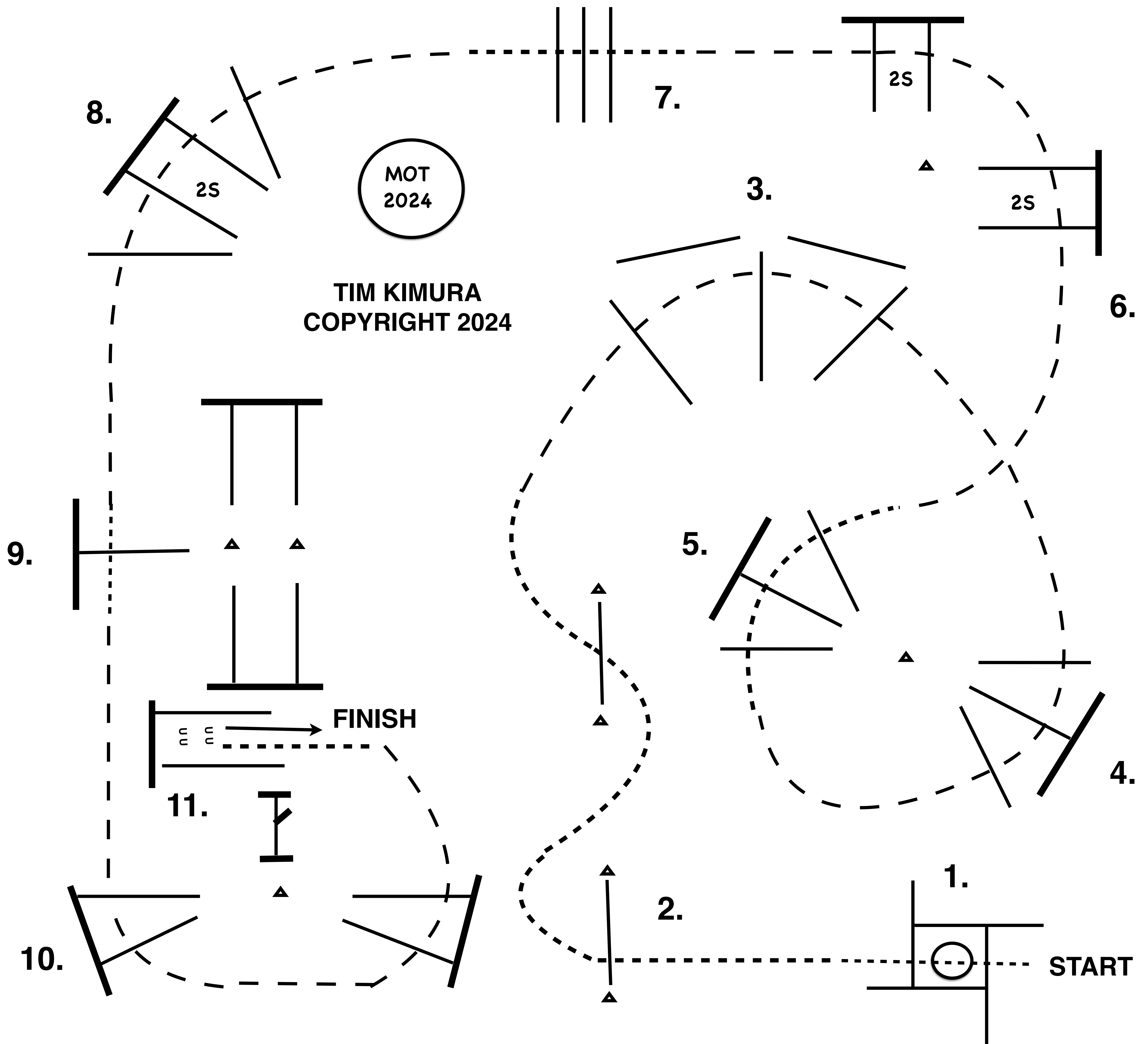


**2024 MARCH TO THE ARCH**

**FRIDAY, MARCH 15th**

**TRAIL: SIDE 1**

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



1. WALK INTO BOX, EXECUTE A 360 TURN EITHER WAY, WALK OUT BOX.
2. WALK THROUGH SERPENTINE, WALK OVER POLES.
3. JOG OVER POLES.
4. JOG OVER POLES.
5. STOP OR BREAK TO THE WALK, WALK OVER POLES.
6. JOG OVER POLES.
7. STOP OR BREAK TO THE WALK, WALK OVER POLES.
8. JOG OVER POLES.
9. STOP OR BREAK TO THE WALK, WALK OVER POLE.
10. JOG OVER POLES.
11. STOP OR BREAK TO THE WALK, WALK INTO CHUTE, BACK STRAIGHT OUT.