



SUPERHERO DASH 2016



THE ROUTE

- The race will start in the upper parking lot of Tower Road Beach. Racers will line up by the starting line according to their bib numbers.

TOWER ROAD BEACH

- Race will start in the park at Tower Road 3 runners will go every 2 minutes down the stairs.
- Runners will head towards the beach house and follow the boardwalk to the first Obstacle.
- Once completing the “LOG CLIMBING OBSTACLE,” run up the hill to the sidewalk to Sheridan Road and head south on Sheridan Road towards Lloyd Beach.



LLOYD BEACH

- Arrive at the entrance to Lloyd Park and head towards the beach.
- Runners will complete the “WALL OF FAME OBSTACLE”





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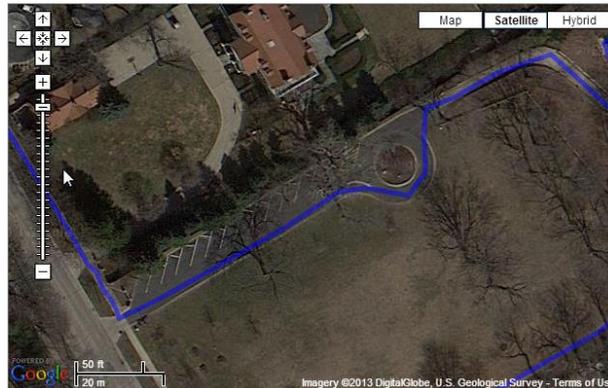


- Runners will continue south to Maple Street Beach.



MAPLE STREET BEACH

- Run around the circle in the parking lot and head down the ramp to the stairs behind the beach house.



- At the beach you will be faced with the “BALANCE BEAM AND TIRE DISASTER OBSTACLE.” After completion head up the stairs to Maple Street Park.

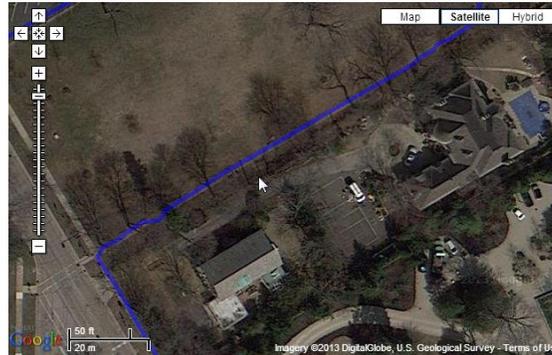




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- At Maple Street Park, you will have to complete the “SLACK LINE OBSTACLE.” Once completed head to Sheridan Road.
- Once at Sheridan Road pick up a **LOG** for the “LOG RUN” and run south with the *LOG ALL THE WAY TO ELDER LANE BEACH*.



ELDER LANE PARK/BEACH

- At Elder Lane Park, you will be faced with the “ARMY CRAWL OBSTACLE.”
- You will have to get down and army crawl through a section of rope climb over a 4ft wall, army crawl through another section of rope, climb over a 6ft wall, army crawl through another section of rope, and climb over a 8ft wall.



- Once finished with the Obstacle, run along the path to the stairs and go down to the beach.



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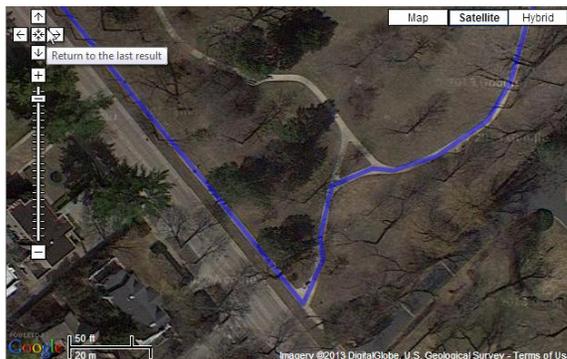


- Once on the beach you will be faced with a 12ft wall that you will have to climb over.
- After you climb up the wall, you will need to perform the “SAND SLED PULL OBSTACLE.” Upon completion head up the ramp and continue to the parking lot.
- Approach the parking lot and follow the path to Sheridan Road and head south towards to Centennial Park.



CENTENNIAL PARK

- You will enter Centennial Park through the south entrance and be faced with the final Obstacle, the “VICTORY LAP,” where you will run around the Centennial Park to the Finish!





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- Once you finish all your Obstacles you are invited to the celebration party in Centennial Park and pick up your 2015 Winnetka Total Fitness Obstacle
- At the party will have food from The Grand Food Center, a DJ taking requests, an award ceremony once all runners have finished the race, and a chance to stop by to pick up information from our partners to help with your next Obstacle!



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Obstacle Descriptions

Obstacle 1-Tower Beach

LOG CLIMBING OBSTACLE

Your first OBSTACLE you will have to successfully complete the log run. There will be piles of logs spread out on Tower Beach. You must leap/climb over all 4 piles and then run up the ramp to Sheridan Road and head towards Lloyd Beach.

Obstacle 2- Lloyd Beach

WALL OF FRAME OBSTACLE

For your second OBSTACLE you will have to climb over a 4 foot A-Framed wall and then climb over a six foot A-Frame wall. After climbing over the walls you will run up the stairs and head south towards Maple Beach.

Obstacle 3-Maple Beach

BALANCE BEAM and TIRE DISASTER OBSTACLE

The third OBSTACLE you encounter will be the Balance Beam and Tire Disaster OBSTACLE. You will have to balance yourself over 3 12ft balance beams that will have rows of tires separating each beam.

If you fall off any of the balance beams, you must start the obstacle over. If you fail your second time, you must wait 30 seconds to proceed [ONLY FOR COMPETITIVE DIVISION].

Obstacle 4-Maple Park

SLACK LINE OBSTACLE

When you reach Maple Park, there will be a slack line with a spot line in between two trees. You must slide yourself across the slack line in full to complete this obstacle. If you fall, you must start the obstacle over. If you fail your second time, you must wait 30 seconds to proceed [ONLY FOR COMPETITIVE DIVISION].

Obstacle 5- Maple Park

LOG RUN

Before you say good bye to Maple Park you pick up a log and carry it with you as you run down Sheridan Road to Elder Park.



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Obstacle 6-Elder Park

ARMY CRAWL OBSTACLE

You will have to get down and army crawl through a section of rope, climb over a 8ft wall, army crawl through another section of rope, climb over a 6ft wall, army crawl through another section of rope, and climb over a 4ft wall.

If you are unable to climb any of the walls, you will have to wait 30 seconds before proceeding to the next wall or obstacle [ONLY FOR COMPETITIVE DIVISION].

Obstacle 7-Elder Beach

SAND SLED PULL OBSTACLE

During this obstacle, you will have to pull a sled filled with sand that weighs roughly 50lbs (25lbs for Family Division) over a distance of 50 ft.

Obstacle 8-Centennial Park

Your final obstacle will be to enter Centennial Park on the south end and then run around the park to the turnaround in the parking lot and sprint to the finish.



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Parking for The Superhero Dash will be at:

- Top Parking Lot of Tower Road Beach
 - Upper Parking Lot of Lloyd Beach
 - Elder Lane Beach Parking Lot
- Lots will close 15 minutes prior to the start of the race at 8:45am and 9:45am.
- Cars are not able to leave lot once race begins and parking lots will reopen once the race is completed.

Note: A shuttle service will be available to drive patrons back to corresponding parking lots after the race celebration, following the non-completive division.