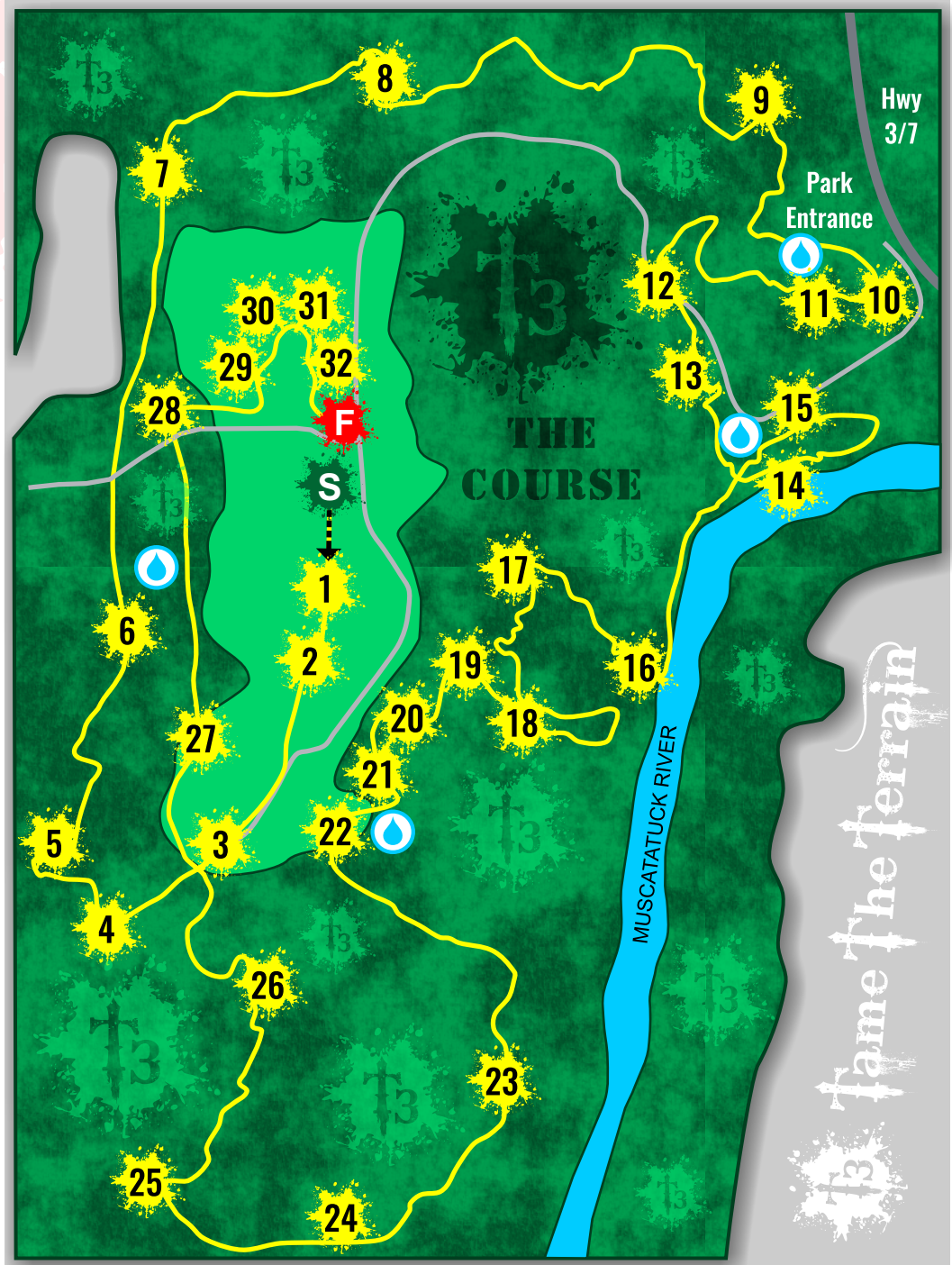




# JUNE 18th, 2022

Visit [www.TameTheTerrain.com](http://www.TameTheTerrain.com) for details!

- 1 - Mud Pits
- 2 - Hurdles
- 3 - Pearly Gates
- 4 - Bear Crawl
- 5 - Go Toward the Light
- 6 - Tree Climb
- ⦿ WATER STATION
- 7 - Stumped?
- 8 - Ups & Downs
- 9 - Hang in There
- ⦿ WATER STATION
- 10 - Bear the Burden
- 11 - Slippery Slope
- 12 - Canyon Creek
- 13 - Devil's Bathtub
- ⦿ WATER STATION
- 14 - River Clean Up
- 15 - Rock Climb
- 16 - The Ravine
- 17 - Out of the Depths
- 18 - Log Carry
- 19 - Stepping thru the Stations
- 20 - Cast The Net
- ⦿ WATER STATION
- 21 - Mini Ravine
- 22 - Take Up Your Cross
- 23 - Over the Walls
- 24 - Spider's Web
- 25 - Zip It
- 26 - The Gorge
- 27 - Jacob's Ladder
- 28 - Walking on Water
- 29 - Pit of Despair
- 30 - Barbed Wire Crawl
- 31 - Stairway to Heaven
- 32 - Hotter n Hell



**"God looked at everything he had made, and found it very good." Genesis 1:31**

**WARNING!** I understand that the course is such an extreme test of human physical and mental limits that I may not be able to safely complete it, even if I am sufficiently fit, healthy, skilled, and physically trained to safely participate. I understand that it is my responsibility to continuously monitor my own physical and mental condition during the Tame the Terrain Mud Race (hereinafter "T3"). The "T3", whether recreational or competitive, presents many unique challenges heightened by the rough ever changing terrain. It is an inherently dangerous activity with risks too numerous to list, which includes but is not limited to the steep, slippery, uneven condition of roads and trails which contain rocks, trees, ledges, soft sand, mud, slippery grass water and other bumps, ruts, stumps, brush (all of which can be hidden or obscured by vegetation), collisions with other participants, pedestrians and mountain vehicles or other man-made objects, including obstacles, gates and equipment; and the failure of other components. Falls are a common occurrence of the activity. Always proceed cautiously and walk whenever conditions warrant. Be aware that even minor injuries can become life-threatening emergencies when they occur far away from rescue personnel and it takes a great deal of time for rescue personnel to locate and reach an injured participant.