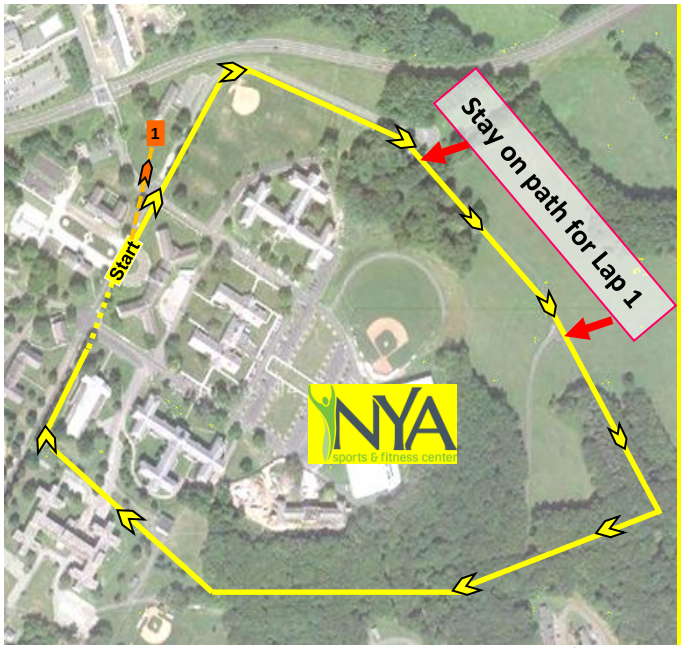
ELITE COURSE



Lap 1

"The Sprint!"

START

Run full lap
"First lap no obstacles"

NYA sports & fitness center

Newtown Parks and Recreation

2016 MAD DASH NEWTOWN

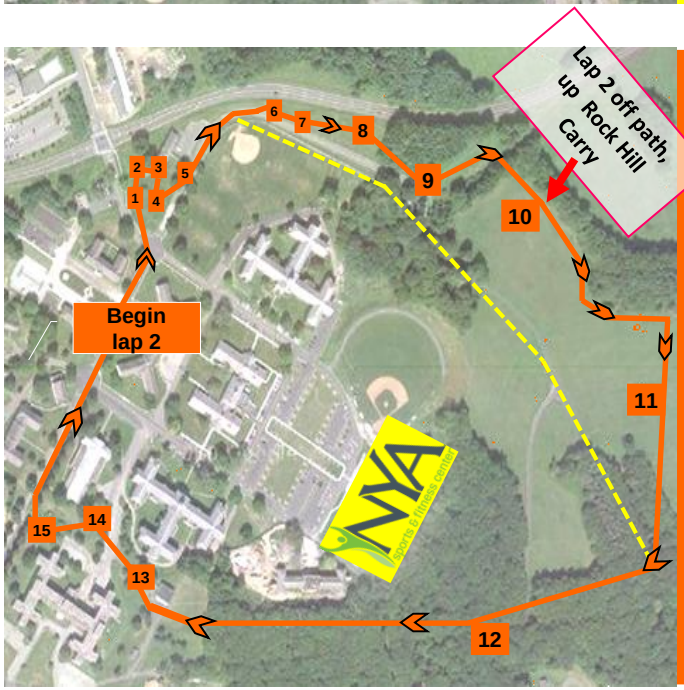
ELITE COURSE=5.1 miles

(Includes 3 Course Laps)

Ages 8+ and Superheroes

DANBURY ORTHOPEDICS
Exceptional Care. Real Results.

pepsi

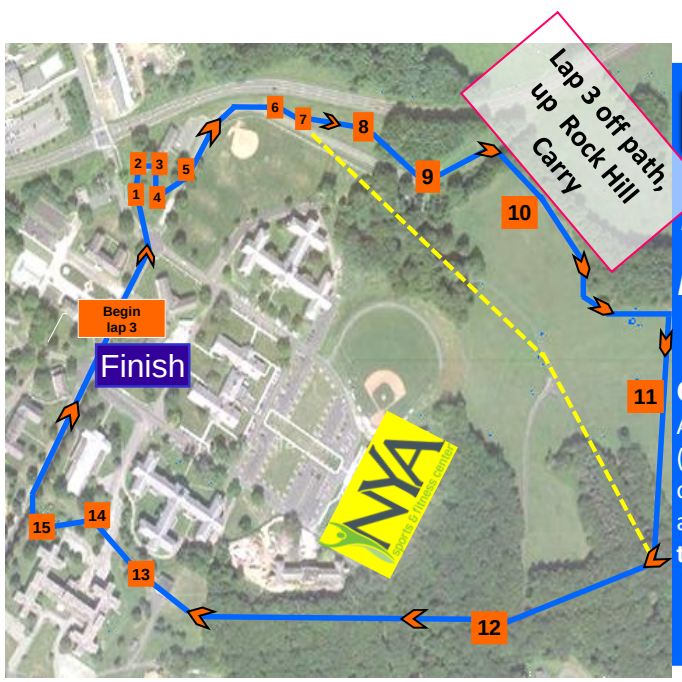


Lap 2

"Time to Get Dirty!"

Complete…

1.Tunnel Crawl
2.Tire Obstacle
3.Hay Barriers
4.Balance Beam w/Water Cannon
5.Tar and Feather
6.Under Over Police Barrier
7.Barrier Climb
8.Trainer Challenge
9.Mud Pit
10.Rock Hill Carry
11.Trail Run
12.Ladder Excursion
13.Slip and Slide
14.Monster Hill
15.Wall Jump
Run to Tunnel Crawl
to begin final lap 3

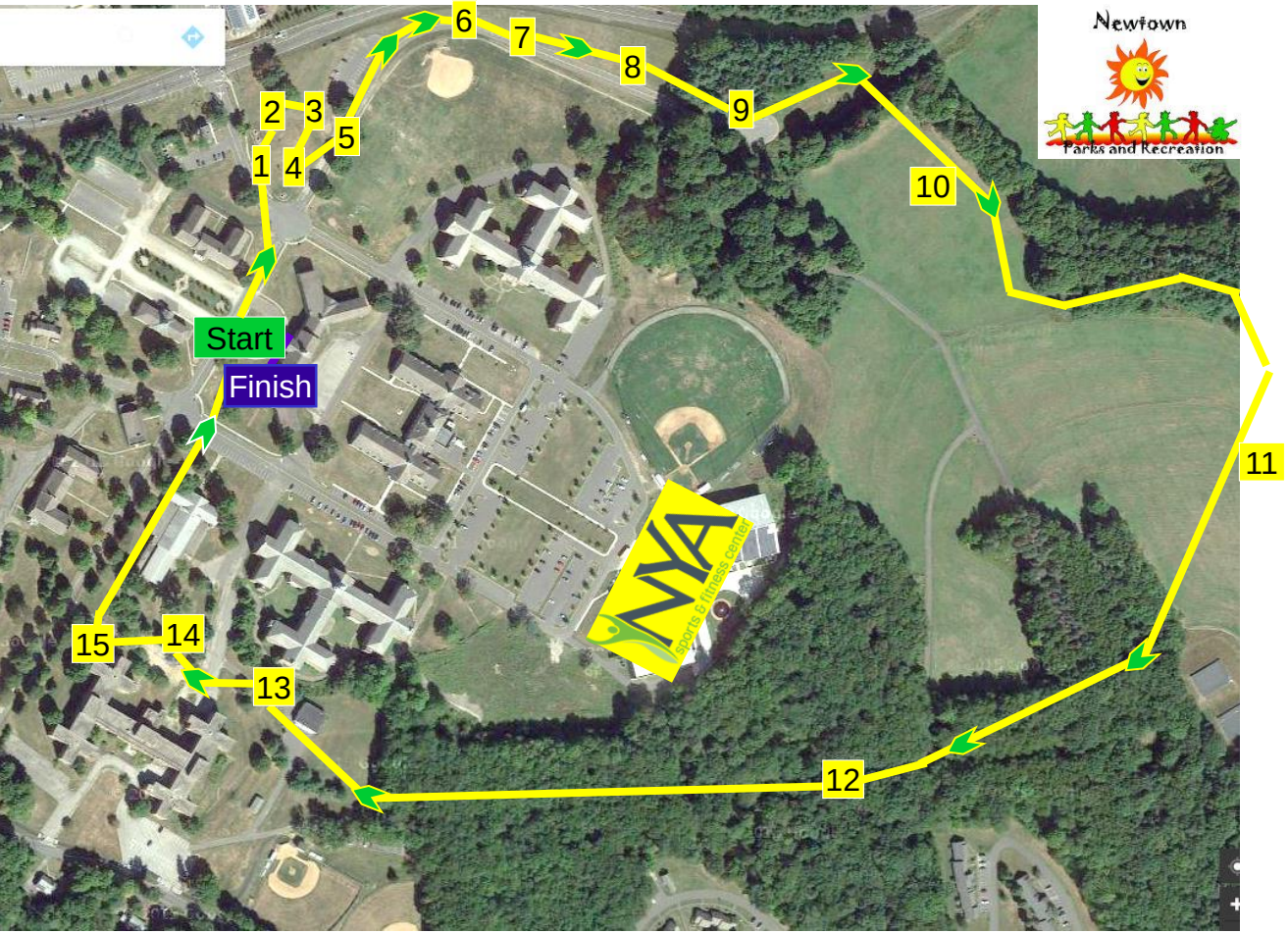


Lap 3

"The Final Round!"

Complete…
All obstacles
(1-15)
once again
and run
to FINISH!

OPEN COURSE



2016 MAD DASH NEWTOWN

OPEN COURSE = 1.9 miles

(Includes 1 Course Lap)

Ages 8 and above

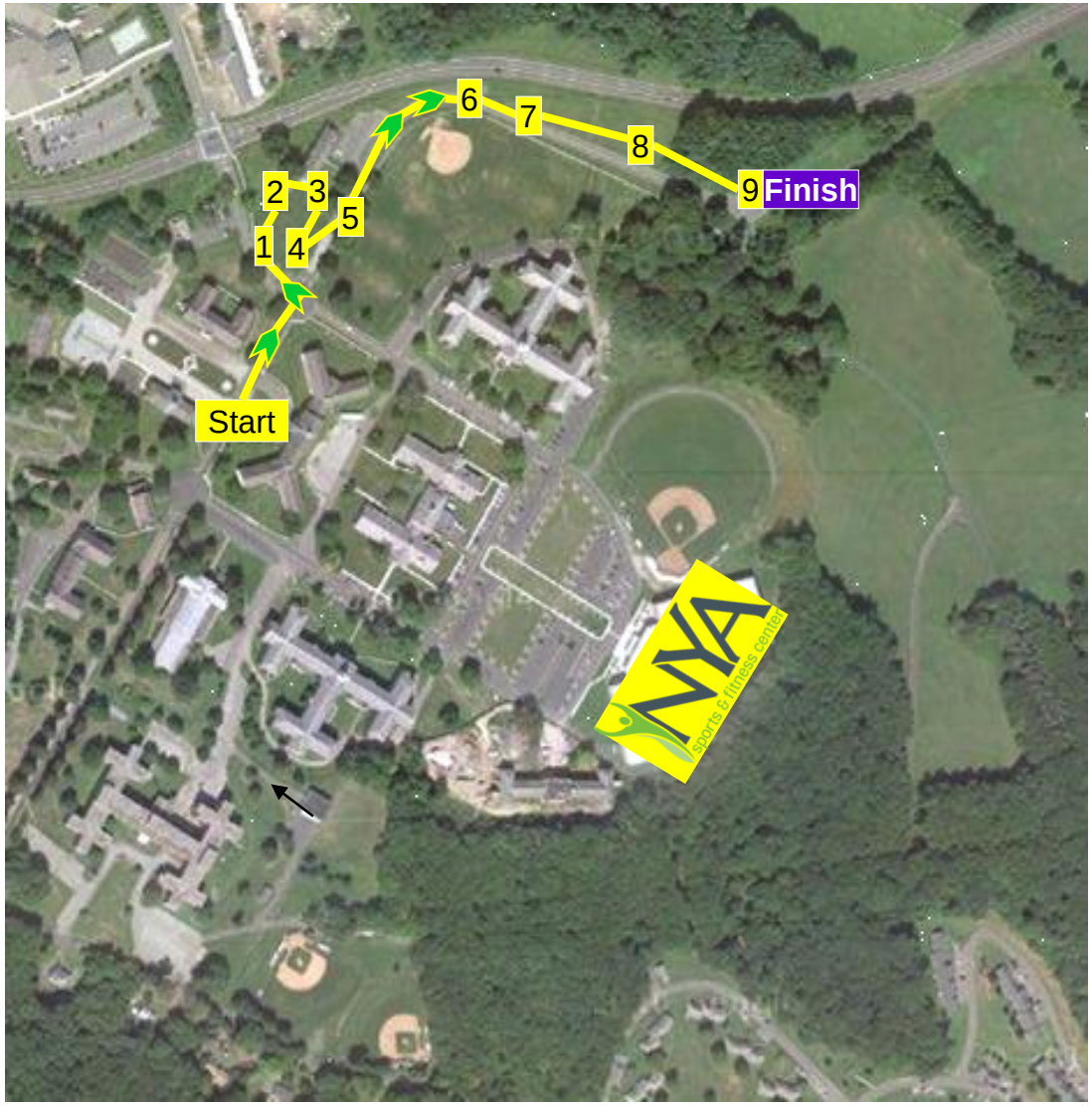
START

Run to

1.Tunnel Crawl
2.Tire Obstacle
3.Hay Barriers
4.Balance Beam w/Water Cannon
5.Tar and Feather
6.Under Over Police Barrier
7.Barrier Climb
8.Trainer Challenge
9.Mud Pit
10.Rock Hill Carry
11.Trail Run
12.Ladder Excursion
13.Slip and Slide
14.Monster Hill
15.Wall Jump

Run to Finish

MINI DASH ADVENTURE



NYA sports & fitness center

Newtown Parks and Recreation

2016 MAD DASH NEWTOWN

MINI DASH ADVENTURE

Ages 5-8

DANBURY ORTHOPEDICS
Exceptional Care. Real Results.

pepsi

START
Run to
1.Tunnel Crawl
2.Tire Obstacle
3.Hay Obstacle
4.Balance Beam w/Water Cannon
5.Tar & Feather
6.Under Over Police Barrier
7.Barrier Crawl Under
8.Trainer Challenge
9.Mud Pit
Finished!