

# Fort Vallonia Days

## Anything Goes Kid's Obstacle Course

Saturday, October 20<sup>th</sup>

3 PM - 5 PM

Any kids 5 - 12 years old

Field behind Vallonia Christian Church

FREE!



Registration ends at 2:30 PM

\*You must have a signed waiver to participate\*



Each participant will receive a 50<sup>th</sup> Anniversary wooden nickel

For questions contact Karlei Metcalf

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## Course Rules

1. Your parent/guardian must sign a liability waiver for you to participate in the Anything Goes Kid's Obstacle Course.
2. Be respectful of other participants. No cutting, shoving, pushing, or rough housing.
3. Be safe. These obstacles have been designed to accommodate kids from ages 5-12. If you don't feel comfortable completing an obstacle, you can go around it.
4. To keep things safe and fair, the run times will be split into two age groups. You can complete the course as many times as you would like during your age group but can only receive one wooden nickel.
  - a. 3:00-3:50 PM - 5 thru 8 year olds run the course
  - b. 4:00-4:50 PM - 9 thru 12 year olds run the course
5. The course will include the obstacles listed below.
  - a. Crawl under string/caution tape
  - b. Climb up and down haybale pyramid
  - c. Tire Flips
  - d. Sack Race
  - e. Rock Wall
  - f. Log Carry
  - g. Hula Hoop Hops
  - h. Milk Jug Hurdles
6. Have fun!