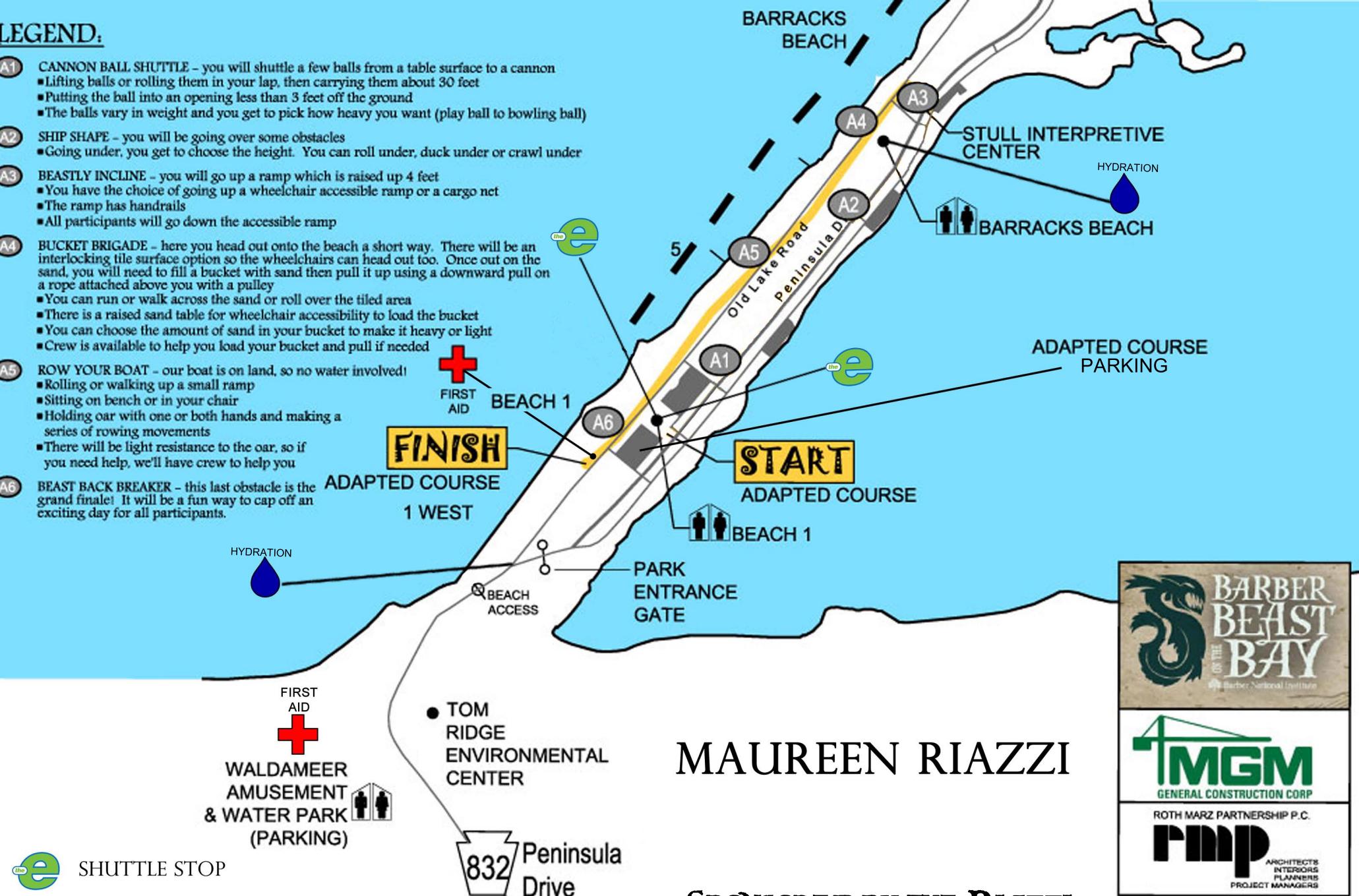


## LEGEND:

- A1** CANNON BALL SHUTTLE – you will shuttle a few balls from a table surface to a cannon
  - Lifting balls or rolling them in your lap, then carrying them about 30 feet
  - Putting the ball into an opening less than 3 feet off the ground
  - The balls vary in weight and you get to pick how heavy you want (play ball to bowling ball)
- A2** SHIP SHAPE – you will be going over some obstacles
  - Going under, you get to choose the height. You can roll under, duck under or crawl under
- A3** BEASTLY INCLINE – you will go up a ramp which is raised up 4 feet
  - You have the choice of going up a wheelchair accessible ramp or a cargo net
  - The ramp has handrails
  - All participants will go down the accessible ramp
- A4** BUCKET BRIGADE – here you head out onto the beach a short way. There will be an interlocking tile surface option so the wheelchairs can head out too. Once out on the sand, you will need to fill a bucket with sand then pull it up using a downward pull on a rope attached above you with a pulley
  - You can run or walk across the sand or roll over the tiled area
  - There is a raised sand table for wheelchair accessibility to load the bucket
  - You can choose the amount of sand in your bucket to make it heavy or light
  - Crew is available to help you load your bucket and pull if needed
- A5** ROW YOUR BOAT – our boat is on land, so no water involved!
  - Rolling or walking up a small ramp
  - Sitting on bench or in your chair
  - Holding oar with one or both hands and making a series of rowing movements
  - There will be light resistance to the oar, so if you need help, we'll have crew to help you
- A6** BEAST BACK BREAKER – this last obstacle is the grand finale! It will be a fun way to cap off an exciting day for all participants.



MAUREEN RIAZZI

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