

Location	Volunteer Names	
<b>Parking</b>	Tanner Lohman	
<b>Registration</b>	Ericka Goodrich	
<b>Finish Line</b>	Monica Lavalette (Elite Band)	
	Cindy Nesburg	
<b>Course Direction</b>	Royce Hazera (top of hill)	
	Kim Bates (top of hill)	
<b>ZONE 1</b>		
20x Pull Up Burpees	April Coggins	Lucia Nethercote
Sand Bag Carry	Carmine D'Alessio	Connor Lavalette
10' Wall		
4x SLED Pull	Rocco D'Alessio	
<b>ZONE 2</b>		
Rope Climb (5x for ELITE)	Max Fortney	
30x Single Dumbbell Thruster	Doug Oliver	Julie Lohman
Cliff Hanger	Mari Wood	Charlie Green
10x Suitcase Carry Burpee	Nicole Evers	
<b>ZONE 3</b>		
Small Hurdle Walls	Brooke Champagne	
2:00 Timed Hold	Sara Cloutier	Kristen Fortney
Ninja Rig	Dom D'Alessio	AJ Brinkley
25x Deadlifts	Matt Green	
<b>ZONE 4</b>		
Cargo Net Climb		
25x Slam Ball Toss	Rickie Cantrell	Sam Harris
Low Ninja Rig	Natalie Heneks	
50x Wall Balls	Courtney Brinkley	Amanada D'Alessio