

1st ANNUAL TOUGH MIDDLER HIGH ALTITUDE ADVENTURE RACE – Thursday, 10/9/25

"Are you tough enough to take on the tough middler?"

BEFORE THE RACE:

- Students meet in core and teachers pass out t-shirts - students change clothes if needed and put on eye black/color stick paint - LET THE FUN BEGIN!
- 5th and 6th Grade Teams compete with their Period 1/7 Class
- 7th and 8th Grade Teams compete with their Reading Class

RACE SCHEDULE:

- 8th Grade Race starts at 10AM - All classes report to field 9:50
  - Reading classes called to starting line alphabetically by teachers' last name every 10 minutes
  - Timbah **Bell** be at field at 10:00, Conner **Capes** at field at 10:10, Adam **Cheney**, Brandy **Keleher**, Tyler **Neiss**, Mike **Wessler**

- 7th Grade Race follows 8th grade… approximately 11AM -All classes report to field 10:50
  - Reading classes called to starting line alphabetically by teachers' last name every 10 minutes
  - Dana **Berro**, Kevin **Cronin**, Lyssa **Duncan**, Matt **McGaffigan**

- 6th Grade Race follows 7th grade…approximately 12PM All classes report to field 11:50
  - Period 1/7 classes called to starting line alphabetically by teachers' last name every 10 minutes
  - Sarah **After**, Alex **Farmer**, Matt **Fields**, Tara **Marolda**, Ivette **Mejia**

- 5th Grade Race follows 6th grade…approximately 1PM All classes report to field 12:50
  - Period 1/7 classes called to starting line alphabetically by teachers' last name every 10 minutes
  - Amy **Gray**, Georgina **Levey**, Alex **McQuillan**, Kari **Strobel**, Evan **Woody**
  - **REMIND Strobel and Woody's ODE GROUPS TO RETURN EARLY IF THEY DESIRE TO PARTICIPATE**

RULES:

1) Color-specific grade level team shirts distributed on race day to wear.
2) You will race during your grade level time slot, when your class is called even if you are missing someone on your team.
3) All class mates are encouraged to participate for your team to be counted in the final grade level and overall team standings. The class teacher may compete with his/her class.
4) All team members must successfully complete each obstacle before advancing to the next obstacle.
5) Volunteer will mark down the exact start time and stop for your class. The time clock stops when all team members cross the finish line. Time will be recorded from the volunteer at the TIME TABLE station.

6) If a team member is injured on the course and cannot continue they are to wait for medical assistance. If a team member is struggling between obstacles they need to be helped by their teammates – no tough middler left behind!

AWARDS:

- Individual class team pictures taken immediately after each full team crosses the finish line.
- The 4 Grade Level Team Champions and 1 Overall Team Champion announced after the last 5th grade period 1/7 class competes, receives a traveling trophy, and recognized at Nov. all-school pep assembly.

VOLUNTEERS:

- **8:15 - 10am Set-Up (Pick up obstacle materials, set up, place cones, arrows, start/finish line):** Lisa Speaker, Liz Garfield, Jena Schmidt, Kirsten L Bassio, Desiree Whitehead, Molly Gilmore
- **9:50am - 12pm Race Timers (Start/finish stop watch, photo each class at finish, record time on board):** Ashley Connolly, Catherine Lutz, Ashley Stueber, Chris Keleher, Nate Rowland
- **9:50am - 12pm 8th & 7th Grade Obstacles (Judge obstacle & give directions):** Randall Brodsky (Bouncy Bounce), Alicia Cantineaux (Spin City), Catherine Chamberlain (Tire Quick Feet), Lisa Speaker (Sack Race), Lyndsey Haynie (It's All About Balance), Jennifer Kelly Freis (Slip & Slide), Kirsten L Bassion (Bear Crawl), Jennifer Ryan (Log Carry), Desiree Whitehead (Scary Pipe), ? (Hay Bale Climb)
- **11:50am - 2pm Race Timers (Start/finish stop watch, photo each class at finish, record finish time on board):** Danielle Van Arsdale, Karl Adam, Lindsey Port, Daniel Adams, Chris Keleher
- **11:50 - 2pm 5th & 6th Grade Obstacles (Judge obstacle & give directions)**: Randall Brodsky (Bouncy Bounce), Alessandra Strickland (Spin City), Liz Garfield (Tire Quick Feet), Vanessa Adam (Sack Race), Alicia Adams (It's All About Balance), Betty Schou (Slip & Slide), Deidre Hull (Bear Crawl), Randi Vazales (Log Carry), Marianne Stuck (Scary Pipe), Pamela Brigham (Hay Bale Climb)
- **Photographer: TBD**
- **2:30 - 3:15pm Take Down (Return equipment to Jeremy, break down obstacles & start/finish lines):** Casey Slossberg, Elizabeth Hansen, Betty Schou, Jill Waqanibaravi, Chris Keleher, Anjuli DiMaria)

OBSTACLES:

AMS Tough Middler Obstacle Course MAP 10-2-25

Obstacle 1 – Bouncy Bounce!

Objective: Remove shoes and get from 1 end of the bounce obstacle to the other.
Equipment: Bounce obstacle, extension cords and electric outlet.
Location: 20 feet from starting line near AHS wood shop.
Obstacle Judge: Randall Brodsky

Obstacle 2 – Spin City!

Objective: Run and spin with the bat connected to the grass and your head 10 times around. 10 people spin. 10 people wait and count.
Equipment: 10 plastic bats.
Location: 20 feet past the bounce obstacle.
Obstacle Judge: Alicia Cantineaux, Alessandra Strickland

Obstacle 3 – Tire Quick Feet!

Objective: Two lines quick feet though tires once student at end of tires next may begin
Equipment: 12 small tires
Location: 30' past Spin City
Obstacle Judge: Catherine Chamberlain, Liz Garfield

Obstacle 4 – Sack Race!
Objective: Three lines. Start at three cones, hop around 3 cones and back to start - high five next in line. take off bag. People can get the sack on while others are racing. Cheer on class while your class finishes.
Equipment: 10-12 potato sacks, 6 cones
Location: 30' past the Tire Quick Feet
Obstacle Judge: Lisa Speaker, Vanessa Adam

Obstacle 5 – It's All About Balance!
Objective: Walk the balance beam boards, jump over 2 hurdles, balance walk, two hurdles - if you fall off beam you get three tries to make it over the beam. Move on if you don't make it.
Equipment: 2 4x4 boards (2 total) set on 4-6 cinder blocks. JZB has two 3x8x10' can donate
Location: 50 feet past sack race.
Obstacle Judge: Lyndsey Haynie, Alicia Adams

Obstacle 6 – Slip & Slide!
Objective: Run and slide down the tarp.
Equipment: 20 x 10 tarp JZB cut and tape, biodegradable soap and fire truck water
Location: Near 3rd base dugout of baseball field run up hill.
Obstacle Judge: Jennifer Kelly Freis, Betty Schou

Obstacle 7 – Bear Crawl!
Objective: Bear crawl your way under the ropes while getting wet.
Equipment: 10 hurdles, 1-2 long ropes tied across the hurdles water from Aspen Fire Dept.
Location: On softball field dirt
Obstacle Judge: Kirsten L Bassion, Deidre Hull

Obstacle 8 – Log Carry!
Objective: Two lines. Carry a log out and back around the cones. Hand to your next team member.
Equipment: 2 logs (4" x 4" x 2 feet). 4 cones
Location: Along first base line
Obstacle Judge: Jennifer Ryan, Randi Vazales

Obstacle 9 – Scary Pipe!
Objective: Crawl through the pipe single file - wait for class to finish before moving
Equipment: 1 3 foot x 7 foot culvert pipe. Bag of spiders, tape, string
Location: 30' past Log Carry
Obstacle Judge: Desiree Whitehead, Marianne Stuck

Obstacle 10 – Hay Bale Climb!
Objective: Two lines - Climb over the hay bales. "No middler left behind!!"
Equipment: Hay bales and rope - Four Suns Ranch, 2 cones to start lines
Location: 20 feet past Scary Pipe
Obstacle Judge: Pamela Brigham

CLASS MUST LINK ARMS & RUN THROUGH FINISH LINE TOGETHER! TIME STOPS.

ASPEN MIDDLE SCHOOL