From the Start, follow the Blue Spectator Route to Berlin Walls, which is the first obstacle your Mudder will conquer.

At the Spectator Outpost, the Yellow Spectator Route will start. Follow this route to see your mudder at Pitfall, Bale Bond and Skidmarked, in that order.

- Next you will see them climbing the Ladder to Hell which will be great for pictures (you’ll see).
- Next, walk down the hill to see your mudder attempt Everest 2.0.
- Return to the Spectator Outpost and rehydrate, you will catch your mudder next at The Block Ness Monster.
- After that, your Mudder will hit Quagmire, Mud Mile 2.0 and Pyramid Scheme, all on the Blue Route.
- The final obstacles your mudder will hit are Augustus Gloop and Electroshock Therapy.

Finally, meet your Mudder at the finish line to congratulate them and enjoy a cold Guinness.
Sonoma Raceway
October 14th & 15th

On course at Tough Mudder NorCal

- From the Start, follow the Blue Spectator Route to Berlin Walls, which is the first obstacle your Mudder will conquer.
- At the Spectator Outpost, the Yellow Spectator Route will start. Follow this route to see your mudder at Pitfall, Bale Bond and Skidmarked, in that order.
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- Next, walk down the hill to see your mudder attempt Everest 2.0.
- Return to the Spectator Outpost and rehydrate, you will catch your mudder next at The Block Ness Monster.
- After that, your Mudder will hit Quagmire and Mud Mile 2.0.
- The last obstacle on the Tough Mudder Half is Pyramid Scheme.
- Finally, meet your Mudder at the finish line to congratulate them and enjoy a cold Guinness.