

 @BeHumanMiddelwater

 be_human_middelwater

Outdoor Facilities

Be Human - Middelwater Farm is the perfect venue to host outdoor or fitness events, as we have different outdoor facilities available.

OUTDOOR FACILITIES INCLUDES

An OCR course | MTB course | Trail run routes.

OCR COURSE

There is a permanent obstacle course on the farm. The course has been completed by Free State OCR Representatives and are divided into 3 categories.

BE FUN:

- Distance: Approximately 6 km
- Suggested age: 12 years. Kids under 12 must run with an adult or caretaker who can assist them on the course and over the obstacles.
- Number of obstacles: 14 built obstacles
- Running fitness: We suggest that competitors must be able to walk or jog at least 5 km on a tar road or trail route.
- Skill level required: Only a basic skill level is needed to complete this course.
- Activities required: Walking, Climbing, Balancing, Gliding, Scaling.

BE FIT:

- Distance: Approximately 8 km
- Suggested age: 14 years. Kids under 14 must run with an adult or caretaker who can assist them on the course and over the obstacles.

- Number of obstacles: 22 built obstacles
- Running fitness: We suggest that competitors must be able to jog an 8km road or trail route comfortably.
- Skill level required: An intermediate skill level will be required as the competitors will hang from their own body weight at least once during the course.
- Activities required: Running, Climbing, Balancing, Hanging, Gliding, Scaling

BE FAST:

- Distance: Approximately 12 km
- Suggested age: 16. Kids under 16 must run with an adult or caretaker who can assist them on the course and over the obstacles.
- Number of obstacles: 20 built obstacles
- Running fitness: We suggest that competitors must be able to jog 10 km comfortably on road or on a trail.
- Skill level required: An Intermediate to high skill level is required as competitors' grip strength will be tested during the course.
- Activities required: Running, Climbing, Balancing, Hanging, Gliding, Scaling, Swinging, Pulling, Carrying



051 492 7333

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OBSTACLES

The OCR course consist of the following obstacles (listed in no particular order):

- Conundrum
- Get a Grip
- Diagonal
- Horizontal Ladder
- Monkey Bars
- Over & Under
- Tyre Field
- Trip Wires
- Espalier
- Tyre Pull
- Bridge Swing
- Rope me Up
- Potholes
- Under Cover
- Farmer's Walk
- Mud Monster
- Wall of Shame
- Vertical Drop
- Stairway to Heaven
- Flipped Tyre
- Slip 'n Slide
- Tower of Trust
- Cable Car
- Balance Beam
- Big Pleasure
- Mine Field

TRAIL RUN & MTB ROUTES

- There is a permanent 6km, 8km and 12km trail run & MTB route on the farm.

GENERAL INFORMATION

- Although the OCR course, trail run routes and MTB routes are available for the general public on Saturdays during the Be Human Markets, the use of the courses and facilities is at your own risk as there are only medical assistance in place on official race days;
- Keep a look out on our What's On Diary on our website and pinned to the top of our Facebook page for official race dates.
- Please note that weather conditions may affect the condition of the trails and OCR course.
- Please note that dogs are allowed on the trails and OCR course.

QUOTATIONS & BOOKINGS

- Contact us on 051 492 7333 or venue@be-human.co.za

