



A. FACT SHEET

- **Full details on:** <http://urbanathlon.menshealth.com.sg/2016/>
- **Date:** March 13, 2015 (Sunday)
- **Time:** 7am – 11am
- **Start/End Point:** Kallang Practice Track
- **Distance:** Approximately 14km, with 9 obstacles (including a FINAL challenge)
- **Fee and Category:**
Nov 2015 till 15 Jan 2016: Early bird
Individual: \$108 per participant
Team (4 pax or more): \$98 per member

After 15 Jan 2016 (till 21 Feb 2016):
Individual: \$128 per participant
Team (4 pax or more): \$118 per member
- The race is open to men and women 18 years old and above
- Each participant will receive a race pack worth over \$305, including an adidas race singlet and free six-month Men's Health digital subscription. Those who complete the race will each get a finisher's T-shirt, medal and personalised certificate.
- Outstanding prizes await the top three runners.
- Event sponsors:

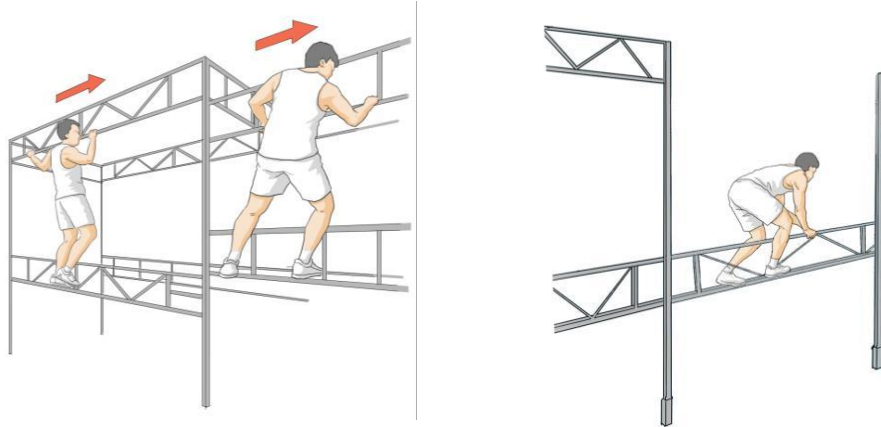
ORGANISER	SPH Magazines
PRESENTER	Tigerair and Scoot
OFFICIAL	adidas
APPAREL	
MAIN SPONSORS	100Plus, Goodyear, Lab Series
PARTNER	Isagenix, Mount Alvernia
SUPPORTED BY	Sport Singapore
OFFICIAL MEDIA	ONE FM

B. DETAILS OF OBSTACLES

<http://urbanathlon.menshealth.com.sg/2016/race-information/obstacle/>

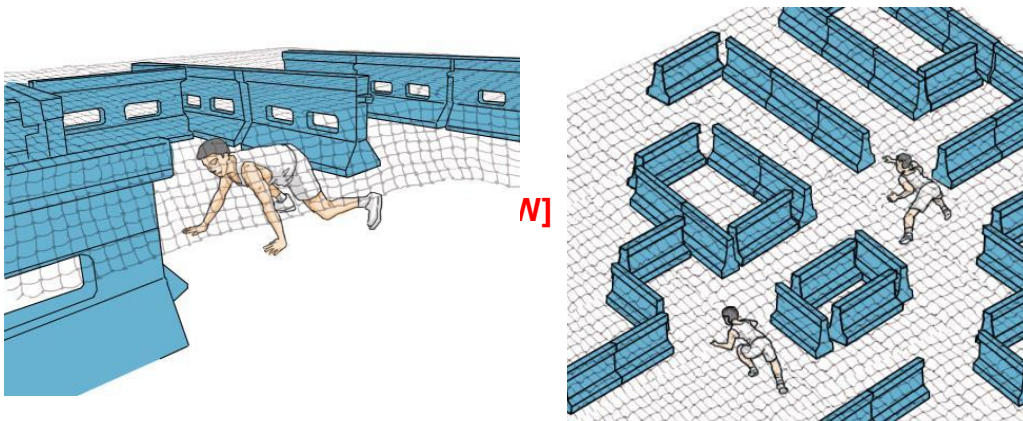
OBSTACLE 1: SIDE WALK [NEW]

Be a spidey and manoeuvre sideways across the frames.



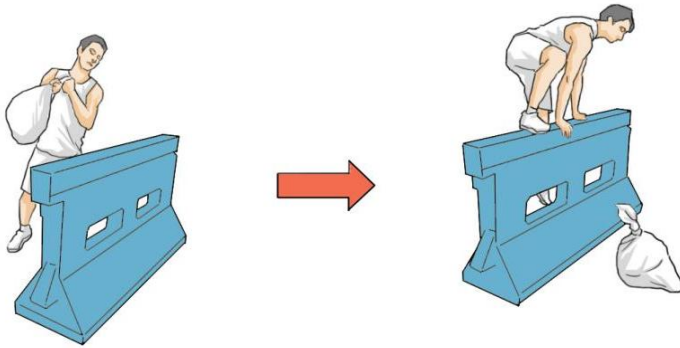
OBSTACLE 2: MAZE RUNNER [NEW]

Crouch, duck and crawl your way out of the maze.



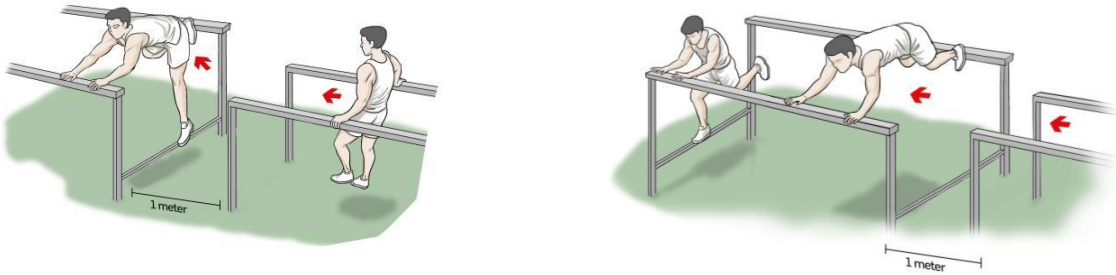
OBSTACLE 3: LIFT 'N' LOAD [NEW]

Lift a 20kg sand bag over barricades.



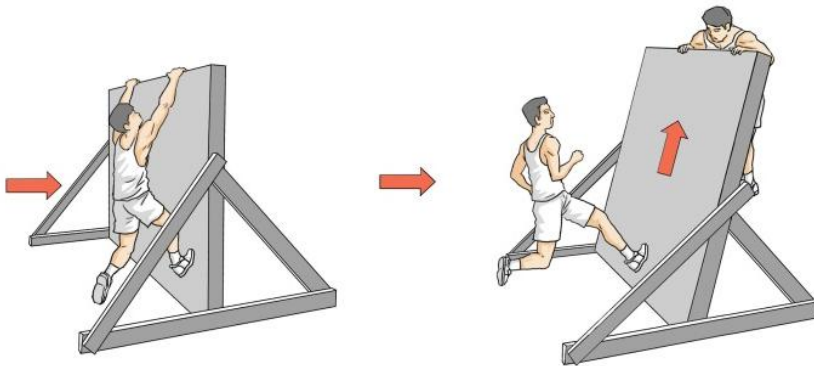
OBSTACLE 4: LATERAL MOVE

Power through two sets of parallel bars.



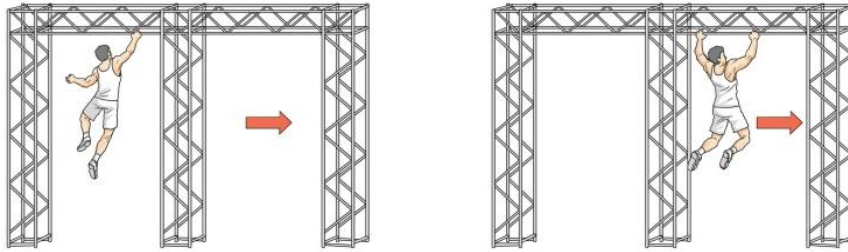
OBSTACLE 5: BARRIER BREAKERS [NEW]

Conquer a series of straight and sloping walls.



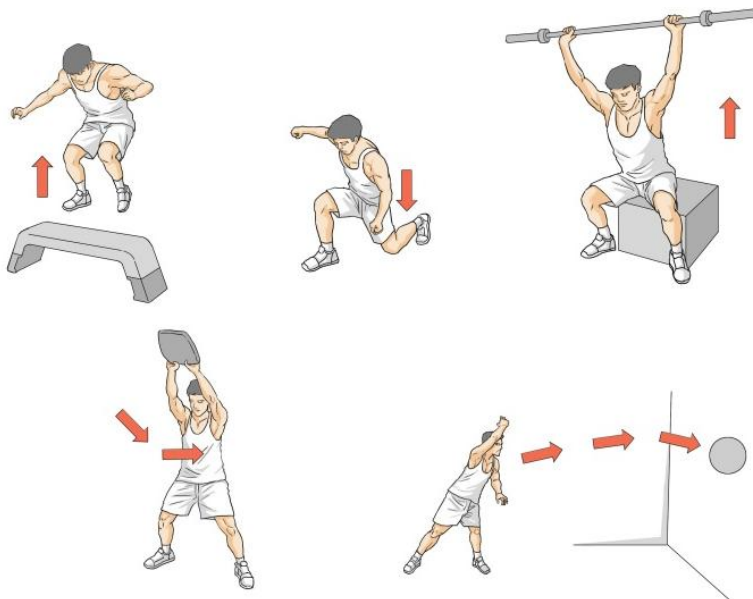
OBSTACLE 6: SWINGING FORTUNES [NEW]

Swing your way across the truss.



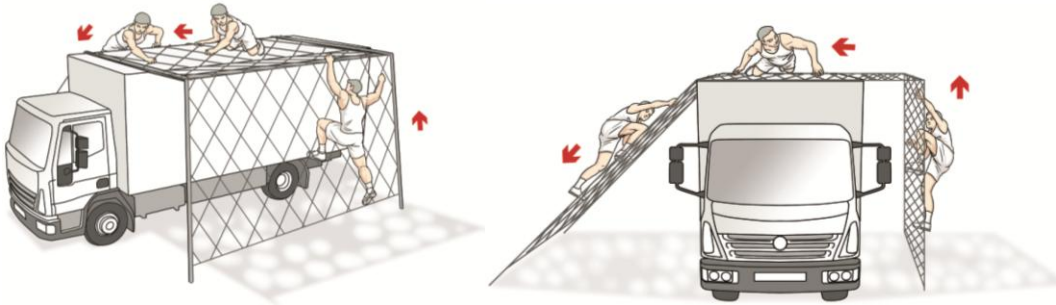
OBSTACLE 7: METCON MADNESS [NEW]

A 5-in-1 Crossfit obstacle that will work out every ounce of muscle on you.



OBSTACLE 8: NETWORK

Climb up and down a 3.2m high 3-ton truck using a rope web.



OBSTACLE 9: FINAL OBSTACLE **[NEW]**

Obstacle shall be revealed around mid February

**FINAL
OBSTACLE
TO BE
UNVEILED
SOON!**

*Hint: Be prepared to be high
& (not) dry