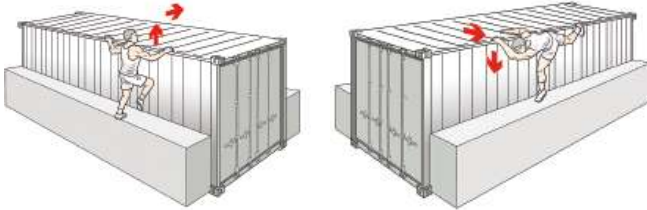


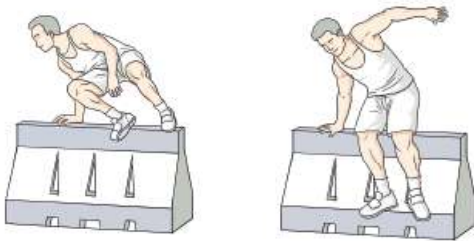
## Men's Health Urbanathlon 2011

### A. Details of obstacles



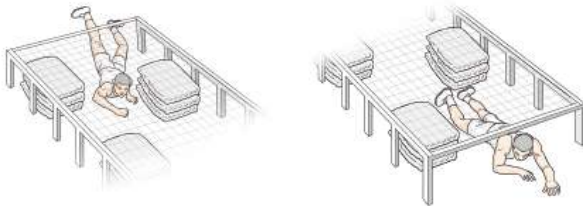
#### Obstacle 1: **Wall Street**

Scale up and down a 2.6m high container. Step boards of 1.1m high will be provided to assist participants to scale up and down.



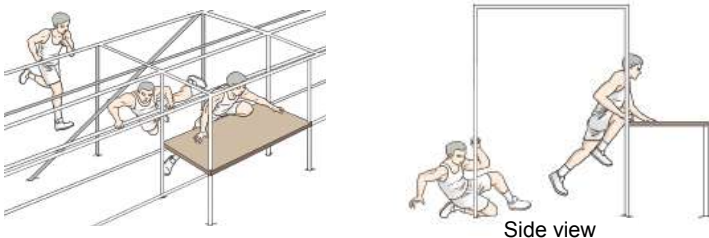
#### Obstacle 2: **Quantum Leap**

Leap across 10 rows of road barricades.



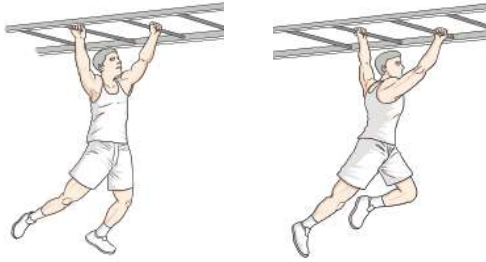
#### Obstacle 3: **Brawl & Crawl**

Leopard crawl for 10m in a zig-zag path.

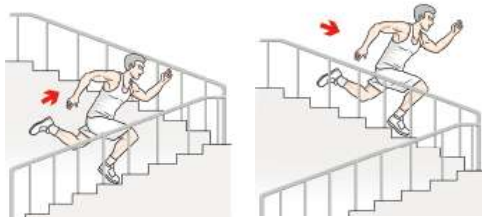


#### Obstacle 4: **Frame Works**

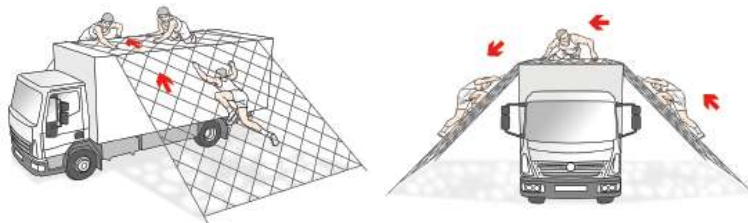
Dodge and climb your way through a scaffolding structure.



**Obstacle 5: Monkey Business**  
Swing across a 5m long monkey bar.



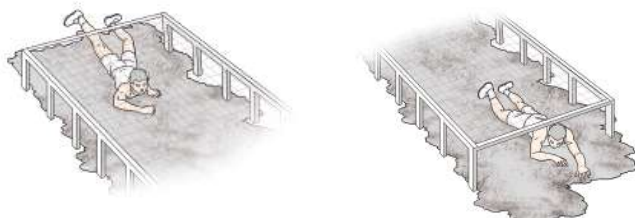
**Obstacle 6: Corporate Ladder**  
Ascend and descend flights of stairs in a building.



**Obstacle 7: The Network**  
Climb up and down a 3.2m high 3-ton truck using a rope web.



**Obstacle 8: Tyred Out**  
Run through a row of double-layered tyres without stepping on them or skipping any.



**Obstacle 9: Down and Dirty**

Conquer a large mud pit located near the end point of the race.

**B. Men's Health Urbanathlon 2011 Fact sheet**

- Date: Feb 20, 2011 (Sunday)
- Time: 7am – 11am
- Start/End Point: Nicoll Highway MRT station
- Route: Along the Singapore River and Marina Bay
- Distance: 12km, with 9 obstacles
- Fee: \$128 per participant; \$118 for Men's Health Urbanathlon 2010 participants
- The race is open to men 18 years old and above.
- Each participant will receive an adidas runner's T-shirt and a race pack worth more than \$400, including a free 6-month subscription of Men's Health. Those who complete the race will receive a finisher's T-shirt and medal, and a personalised certificate.
- Participants will also stand a chance to win a pair of air tickets to Langkawi, Malaysia, worth \$1,000, and other prizes in a lucky draw.
- Outstanding prizes await the top 10 runners, with the first prize worth more than \$13,000.
- Event sponsors:

<b>ORGANISER</b>	SPH Magazines
<b>CO-ORGANISER</b>	HiVelocity
<b>PRESENTER</b>	Subaru
<b>OFFICIAL APPAREL</b>	adidas
<b>MAIN SPONSORS</b>	Biotherm Homme, Davidoff Champion, Four Seasons Organic Market, Futuro, Nautica Watches, Olympus, Polar, Redken For Men, Sloan's
<b>PARTNERS</b>	Action Asia, Capello Loft For Men, Durex, Sportade, True Fitness

**C. Route Map**

