

TOUGH MOTHERS

Obstacle course races let you test your strength, stamina and mental grit. Toni Krasicki reports.

Believe it or not, a growing number of people love spending their weekends getting wet and dirty, hurtling over walls, wading through muddy water and even crawling under barbed wire. Welcome to the ever-growing sport of adventure challenges, or obstacle course races. They were conceived in the military to train soldiers but hit the mainstream in 2010 when the Tough Mudder challenge became an overnight success in the U.S. Designed for the weekend warrior rather than the athlete, there are generally no winners or losers, and the goal is to help your fellow man or woman finish the course. Here is a selection of obstacle course races happening in Australia.

Reebok SPARTAN RACE



TOUGH MUDDER

The 20km course features 25 obstacles involving mud, fire, icy pools of water and even electric shocks. An all-round test for strength, stamina and mental grit, the event encourages camaraderie as participants must compete as a team and help each other reach the finish line.

toughmudder.com.au



SPARTAN RACE

There are four race distances, ranging from the 7km+ Spartan Sprint to the 40km+ Ultra Beast. You'll race against the clock, and once you're done with the rope climbing, spear throwing, fire jumping and scrabbling up muddy banks, expect no mercy from the Spartan gladiators in the arena.

spartanrace.com.au



TOUGH BLOKE CHALLENGE

The hellish 7km assault course is a combo of trail running and muscle-busting obstacles. It starts off with a 3km run followed by 20 obstacles that include mud-pits, ice-cold water crossings, rope swings, dark concrete tunnels, and muddy trenches covered with barbed wire!

toughblokechallenge.com.au



RAW CHALLENGE

This event is as much about fun as it is about fitness. Participants can even bypass obstacles, making the course as easy or as hard as they like. The 6-8km courses are littered with 30 plus muddy obstacles that will shake up your fitness and get you out of your comfort zone.

rawchallenge.com.au



TRUE GRIT

Designed by Australian Special Forces, this military-style obstacle course features over 30 obstacles over 10-12km. Tackle minefields as simulated mines explode around you, avoid flaming channels and test your upper body strength and stamina to scale a 4m high net.

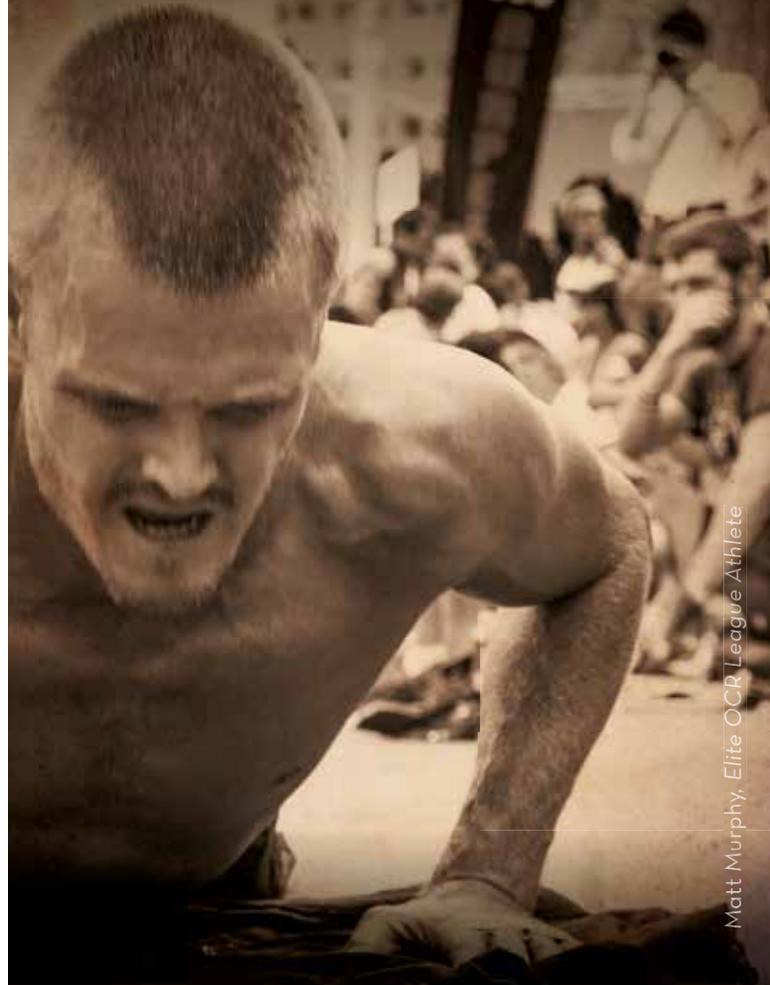
truegrit.com.au



JURASSIC ADVENTURE RACES

Each of these 8-12km races consists of 30-35 obstacles over courses designed by the Australian military and Royal Marines that differ each time. There's also a women's only event, "JurassChic." Just because it's for chicks, don't expect an easy ride, it just means no men.

www.jurassic.com



Matt Murphy, Elite OCR League Athlete

| NOT A BIG FAN OF BURPEES? |
| WELL, HERE'S THE THING. TWINKLE-TOES |
| GIVING YOU 30 BURPEES FOR FAILING AN OBSTACLE WOULDN'T |
| BE MUCH OF A PENALTY IF YOU LIKED THEM. WOULD IT? |
| SHOW SOME SPARTAN SPIRIT |
| YOU CAN START BY DROPPING AND GIVING US 30 |
| THEN REGISTER FOR THE NEXT RACE |
| THEN GIVE US 30 MORE |
| PUT YOUR TRAINING TO THE TEST |
| DISCOVER WHAT YOU'RE MADE OF |
| IF YOU'RE TRUE SPARTAN, YOU'LL KNOW AT THE FINISH LINE |

MELBOURNE
6 OCTOBER

SYDNEY
2 & 3 NOVEMBER

| SPARTANRACE.COM.AU |