



# Can You Survive? The Urban Survivor Obstacle Course

WILL YOU BE THE NEXT URBAN SURVIVOR? WILL YOU BE THE FIRST URBAN SURVIVOR?

[WWW.URBANSURVIVALFITNESS.COM](http://WWW.URBANSURVIVALFITNESS.COM)

## What is the Urban Survivor?

The Urban Survivor Obstacle Course was created by Master Survival Specialist, Jeffrey McMillan to test your ability to survive urban obstacles by running, climbing, tire flipping, crawling and pulling your way through the course. You will be tested in ways you never thought possible. Get dirty, be tough and test your physical and mental strength, stamina and overall fitness. Overcome the obstacles in front of you and do what it takes to **CROSS THE FINISH LINE** and become an Urban Survivor!

**CAN YOU SURVIVE?**



### Help Combat Childhood Obesity

Urban Survival Fitness is hosting the Urban Survivor Obstacle Course to raise money to fund programs which will combat childhood obesity.



### Quick Facts...

- Overweight children have an increased risk of being overweight as adults.
- Genetics, behavior, and family environment play a role in childhood overweight.
- Childhood overweight increases the risk for certain medical and psychological conditions.

Do you want something different from the usual Marathons? This course will put all those races to shame. Let the course be your new addiction. Instead of long trails interspersed with only a few obstacles, join us in a unique configuration of some old favorites mixed with new obstacles in a way that catapults your experience to the next level. All this while you have the time of your life competing with like-minded individuals to become the next

**URBAN SURVIVOR.**

**SPONSOR AN OBSTACLE**  
**BE THE FIRST TO COMMIT TO**  
**SPONSORING AN OBSTACLE**  
**AND GET FIRST CHOICE.**  
**CALL 720-838-4401 FOR**  
**MORE INFORMATION**

## Urban Survivor Obstacle Course

Come face the ultimate challenge - alone or form a team - at the First Annual Urban Survivor Obstacle Course.

When: **Saturday, August 18, 2012**

Where: **3540 East 31st Avenue, Denver, CO 80205**

Why: To help fund programs to **Combat Childhood Obesity**

### Costs:

Individual fees:	Prior to <u>July 18th</u>	\$30
	Prior to <u>August 18th</u>	\$35
	At the Door	\$40
Team fees:	Prior to <u>July 18th</u>	\$25 each
	Prior to <u>August 18<sup>th</sup></u>	\$30 each
	At the Door	\$35 each

### Spectators:

Children under 18 free – Kids playground and face painting at the event.

Adults \$5 at the door – Enjoy live music, DJ and Food & Drinks.



Visit our Special Events page at [www.urbansurvivalfitness.com](http://www.urbansurvivalfitness.com) to register you and/or your team  
and get updated information or call us at 720-838-4401