

CAN YOU SURVIVE THE URBAN SURVIVOR OBSTACLE COURSE?



# 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)

## HELP COMBAT CHILDHOOD OBESITY

The Urban Survivor Obstacle Course was created by Master Survival Specialist, Jeffrey McMillan and his team to test your ability to survive urban obstacles by running, climbing, tire flipping, crawling and pulling your way through the 4 acre 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 obesity.
- Childhood obesity increases the risk for certain medical and psychological conditions.

Do you want something different from a marathon or triathlon? This obstacle course will put all those challenges to shame. Let the obstacle 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, strategically designed over a 4 acre course, 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.**

**Saturday Sept 15, 2012**

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FOR MORE INFORMATION**

# Urban Survivor Obstacle Course

## Help Us Combat Childhood Obesity

**Come face the ULTIMATE CHALLENGE - alone or form a team of 4 - at the First Annual Urban Survivor Obstacle Course.**

When: **Saturday, September 15, 2012**

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

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

### Costs:

Individual fees:	Prior to <u>August 15<sup>th</sup></u>	\$30
	Prior to <u>September 15<sup>th</sup></u>	\$35
	At the Door	\$40

Awards go to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners based on time

Team fees:	Prior <u>August 15<sup>th</sup></u>	\$25 each person
(Teams of 4 only)	Prior to <u>September 15<sup>th</sup></u>	\$30 each person
	At the Door	\$35 each person

Family Fun Run begins at 8AM - First timed event begins at 9AM

Award goes to the 1<sup>st</sup> place team – Team with the best time through the course.

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

### Spectators:

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



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