



Men's Health SINGAPORE  
**URBANATHLON 2010**

PRESENTED BY



# EVENT DETAILS



Date: 31 January 2010 (Sunday)

Route: Marina Promenade  
(Start/Finish Point) along  
the Singapore River &  
Kallang Basin

Time: 7am - 11am

Format: Approx 12.5km run with 7  
obstacle stations

Target: 1,000 male participants

MensHealth SINGAPORE  
**URBANATHLON** 2010

PRESENTED BY



# RACE ROUTE

- Obstacle **1** *Jumping Start*
- Obstacle **2** *Wall Street*
- Obstacle **3** *Monkey Business*
- Obstacle **4** *Corporate Ladder*
- Obstacle **5** *Tyred Out*
- Obstacle **6** *Leap of Faith*
- Obstacle **7** *Down & Dirty*



Men'sHealth SINGAPORE  
**URBANATHLON** 2010

PRESENTED BY 

# RACE ROUTE

Distance between obstacle stations: 2.5 to 3 km

Total distance: Approximately 12.5km

- Start at Marina Promenade.
- Run towards Esplanade Theatre along the waterfront.
- Pass Esplanade Park towards The Asian Civilisation Museum.
- Arrive at **Obstacle 1: Jumping Start** located beside the Parliament House.
- Continue running along the river past Clarke Quay towards Zouk and cross a bridge across the Singapore River.
- Arrive at **Obstacle 2: Wall Street** near Zouk.
- Run along the river back towards Clarke Quay.
- Arrive at the open field beside Riverside Point for **Obstacle 3: Monkey Business**.

MensHealth SINGAPORE  
**URBANATHLON** 2010

PRESENTED BY



# RACE ROUTE

- Run along Boat Quay back to the Esplanade.
- Head towards the Floating Platform for **Obstacle 4: Corporate Ladder**.
- Continue to the Singapore Flyer for **Obstacle 5: Tyred Out**.
- Run along the scenic waterfront towards Kallang Basin.
- Complete **Obstacle 6: Leap of Faith** at Kallang Sea Sports Club.
- Wade out of the shallow waters onto the pavement along Crawford Street, make a U-turn back and proceed to **Obstacle 7: Down & Dirty** located 2km before the finish line.
- Finish at Marina Promenade.

# OBSTACLE 1

## > Jumping Start

Leap across 5 rows of plastic road barricades.



MensHealth SINGAPORE  
**URBANATHLON** 2010

PRESENTED BY



# OBSTACLE 2

## < Wall Street

Scale a 1.8m high wall and get to the other side.



MensHealth SINGAPORE  
**URBANATHLON** 2010

PRESENTED BY



# OBSTACLE 3

## > Monkey Business

Swing across the 5m long Monkey Bars, to get from one side to the other.



MensHealth SINGAPORE  
**URBANATHLON 2010**

PRESENTED BY



# OBSTACLE 4

## > Corporate Ladder

Test your endurance and work those quads by ascending and descending a 6-storey high flight of steps twice.



MensHealth SINGAPORE  
**URBANATHLON** 2010

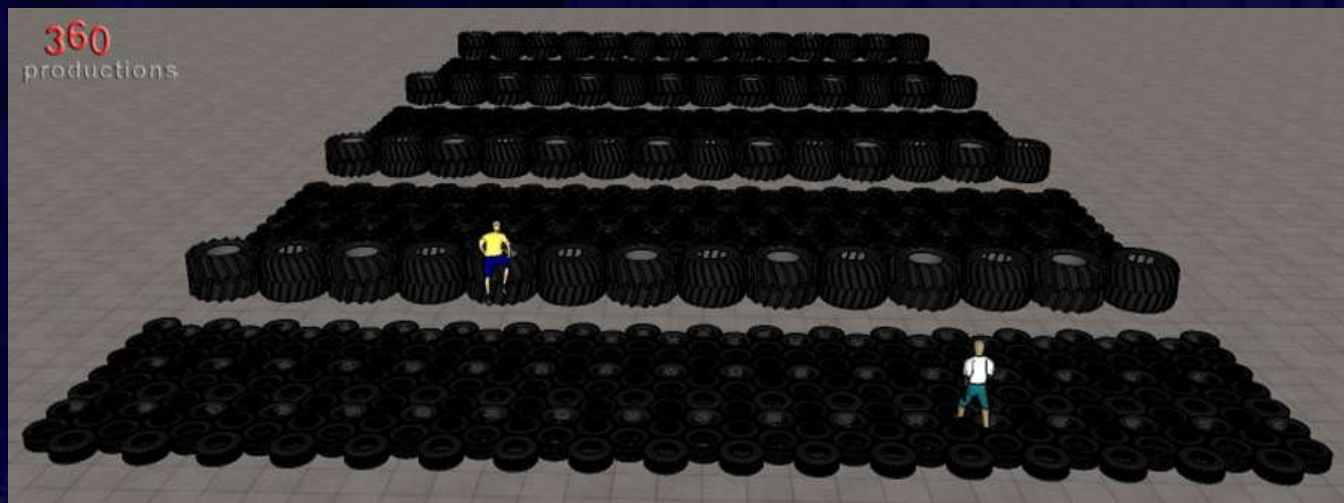
PRESENTED BY



# OBSTACLE 5

## < Tyred Out

Run through a row of tyres without stepping on them or skipping any tyres.



# OBSTACLE 6

## > Leap of Faith

Leap off a platform into the Kallang river and wade through the shallow waters (depth of 1m) back to land.



MensHealth SINGAPORE  
**URBANATHLON** 2010

PRESENTED BY



# OBSTACLE 7

## < Down & Dirty

The final challenge: Crawl through a large mud pit and run to the finish line in a blaze of glory!



MensHealth SINGAPORE  
**URBANATHLON** 2010

PRESENTED BY  Berocca

Men's Health SINGAPORE  
**URBANATHLON 2010**

PRESENTED BY



**Let's Take It Outside**

*Images depicted in this media kit are mainly from the New York City and Chicago Men's Health Urbanathlons, and are for illustration purposes only.*

