

Coming this spring: The Mountain Grind

Unlike other communities, the Sunshine Coast still lacks a marquee adventure race — but all that is about to change.

Coming April 26, “The Mountain Grind” will challenge competitors with a nine-kilometre course featuring any number of obstacles to make them wish they stayed in bed.

It’s the brainchild of two local fitness instructors, Amanda Peterson and Silke Linnmann, who were inspired after visiting Whistler’s 20-kilometre Tough Mudder event last year.

But Peterson says they aren’t trying to duplicate the Tough Mudder.

For instance, Peterson promises there will be no electricity involved, referring to the Mudder’s infamous “Electric Eel” obstacle in which wet competitors are forced through a water trough of live wires.

“There will mud pits, log carries, climbing walls, monkey bars and rope swings,” says Peterson.

“Basically things you have to



photo submitted

Silke Linnmann and Amanda Peterson have been working on the details as well as the course of the Mountain Grid for the past couple of months. They’re seen here taking a break from preparing a section of the course near the Malaspina Substation.

crawl over or climb under. So, kind of a like a fun obstacle course, not as extreme as the Tough Mudder.”

Though Peterson kind of downplays the discomforts to be expected, she affirms there will be plenty of mud and water.

The course is currently under construction near the Malaspina substation but when completed, it will likely involve part of the Suncoaster Trail as well as Crown land and BC Hydro transmission line corridors.

Peterson said that at least two volunteers, Mike Bathgate and John Schroeder, have been instrumental in offering time and equipment to help set up the course so far but they will be looking for more community help as the event draws closer.

Peterson says the format will allow teams or individuals who want to challenge the course alone but will be

capped at 300 competitors.

The event will be “chip-timed” in which competitors race with a transponder that digitally records finish times.

The event is set for April 25 and 26 which is also the weekend of the April Tools Wooden Boat Challenge.

Peterson says the conflict should be minimal as April Tools Saturday will be used for registration starting at 3 p.m. and a pre-race “kickoff” party that evening.

The actual race will run the next day on Sunday, April 26.

Peterson says they plan to provide training tips and programs to help competitors train properly for the event and will be coming out with more information, including course maps, in the coming months.

For more information, visit www.mountaingrind.ca.

Royal Canadian Legion
~ hosts ~

Rotary Art Auction

Nov. 8

Doors: 6pm

Complimentary Champagne & Appetizers

Dinner Tickets: \$30

Dinner: 6:45 pm

Tickets: at The Bar,
Harbour Insurance,
or any Rotarian.

