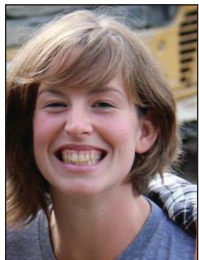


## Why an obstacle course race?



By Amanda Peterson

*Peterson is co-organizer of the Mountain Grind, a nine-kilometre obstacle race to be held in Pender Harbour on April 26.*



photo submitted

Why would anyone want to compete in an obstacle course race?

This is a terrific question and it led me to do some research.

First off, if you haven't heard of obstacle course racing, I suggest you do some research too.

It is an enormous and fast growing race trend.

Some of the bigger events carry names like "Spartan," "Tough Mudder" or "Warrior Dash."

These are not new events but have exploded with interest from thousands of excited and driven participants.

Whether you aim to win or just need an excuse to push your limits, they are fun.

Think of it as an opportunity to spend a day getting dirty, climbing, swinging and running — on a playground for adults.

Some of the larger races host over 10,000 racers in a day, all banding together to take on whatever challenges they may face.

With a "no one gets left behind" attitude, they build a stunning sense of camaraderie.

Many get addicted to this new type of race that comes with a fresh breath of adventure.

There is more to it than just a trendy fitness race, and there is certainly more to it than getting a beer and a T-shirt upon completion.

OCRs are a great excuse to play outside.

They challenge competitors to

It's a mud pit and you will run through it.

take on new training goals outside of the usual running or gym workouts.

No matter where you are with your personal fitness goals, OCRs enable you to race alongside everyone else to achieve the same goal.

OCRs are not about beating your opponents, they are about achieving your personal goal.

That gives anyone a reason to race.

Whether it's your first race or your fifth, you can always train to be stronger, faster in the pursuit of greater endurance.

The best thing about pursuing a training goal is that once your training starts and you feel the benefits, it's likely you won't want to stop.

Every step along the way becomes a great achievement, a milestone toward race day.

Then, every obstacle you overcome, crush, complete or that completes you is a humble fulfilment on its own.

What's next but a new race? Some are five kilometres and some run over 20 kilometres but all provide obstacles that test your abilities in exciting ways. You will be dirty, muddy, freezing, tired and sore and that's what makes them so invigorating.

Getting out of your comfort zone and experiencing the rush of the race is what separates the ones who want to conquer from the ones who play it safe.

Why would you do an obstacle course race?

So you can say you did it.

**For a healthy spring!**

Massage/Ortho-Bionomy Therapy

To help heal:

<ul style="list-style-type: none"> <li>• Neck and Back Pain</li> <li>• Acute and Chronic Pain</li> <li>• TMJ Dysfunction</li> <li>• Frozen Shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Knee Injuries</li> <li>• Headaches</li> <li>• Sciatica</li> <li>• Tennis Elbow</li> </ul>
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**Consultation/Herbal Remedies**

<ul style="list-style-type: none"> <li>• Cold/Flu Remedies</li> <li>• Weight Loss Programs</li> <li>• Hormone Balancing</li> <li>• Stress Management</li> </ul>	<ul style="list-style-type: none"> <li>• Herbal Cleansing Kits</li> <li>• Body/Bath Care Products</li> <li>• Gift Baskets/Certificates</li> </ul>
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