

CITY MAYHEM

DOWNTOWN
2012 STL

»»»»» OBSTACLE COURSE CHALLENGE

APRIL 21, 2012

PRESENTED BY: LIFT FOR LIFE GYM

RACE INFO

The City Mayhem Obstacle Course Challenge presented by Lift For Life Gym offers a unique run along the city streetscape of downtown St. Louis. The **4 mile** run starts near the Soulard Market and winds through industrial settings and urban landscapes toward the riverfront near the landmark Saint Louis Arch and back. There are a number of gut-busting obstacles and station challenges along the route. All runners must complete each station challenge and overcome each obstacle in order to contend for the Mayhem Muscle Awards.



General Race Information

Pre-Race Packet/Shirt Pickup

There are three times when you will be able to sign in and get your packet/shirt:

Thursday, April 19th at the Center of Clayton (50 Gay Avenue, 63105) from 3:30 p.m. to 7:30 p.m.

Friday, April 20th at Lift For Life Academy (1731 South Broadway, 63104) from 3:30 p.m. to 7:30 p.m.

Saturday, April 21st at the corner of Lafayette and 3rd Street in Soulard from 8:00 a.m. to 9:00 a.m.

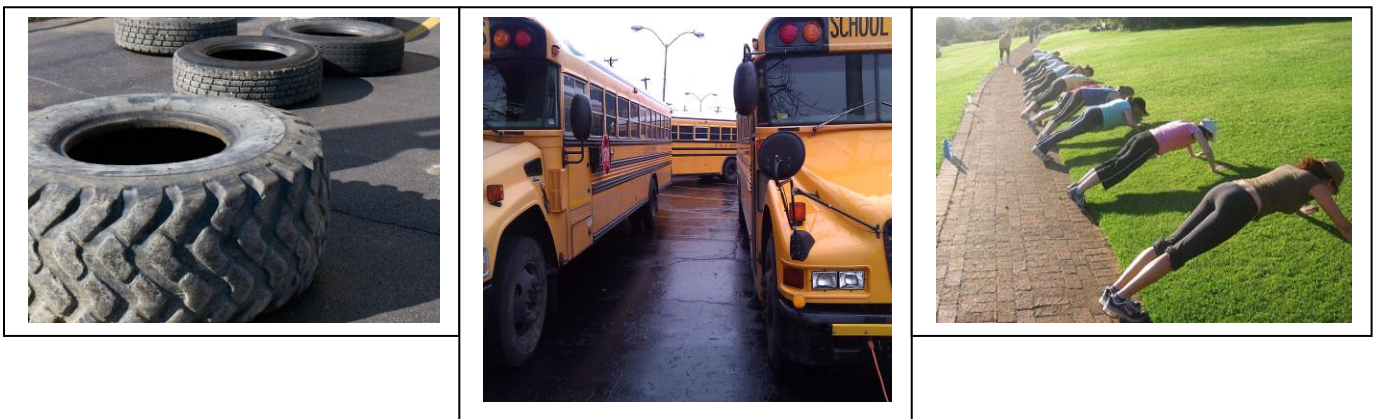
Please check back often as start times may vary.

Start Time and Location:

Participants will line up at the start line at approximately 9:00 a.m., which is located at the corner of Lafayette and 3rd Street in Soulard. In order to avoid major bottlenecks on the course, athletes may start in waves of runners, at established intervals, based on our final number of participants the day of the race. Athletes are required to complete all of the official obstacles and follow the established, marked course. Skipping or not properly executing any of the obstacles may result in a time penalty or disqualification.

The Course

The **4 mile** course begins in Soulard, along 3rd street. It heads north toward Downtown St. Louis for approximately a half mile before encountering the first obstacle.



Below is a tentative list of some obstacles and/or challenges that runners might encounter during the City Mayhem Obstacle Course Challenge, in no particular order. Expect some surprises!

1. Tire Hoop
2. Barricade Crawl
3. Push Up Challenge
4. School Bus Situation Station
5. Stacking Station
6. Squat Walk
7. Tire Flip Challenge
8. Rapid Speed Recycle
9. Dumpster Push
10. Cross Train Pain Station
11. Riverfront Anchor Chain Carry
12. Mayhem Maze
13. Military Combat Crawl

Finish & Post-Race

One of the highlights of the City Mayhem Obstacle Run is the post-race celebration. Toast to your accomplishment at a Brewery Beer Garden, watch the Mini Mayhem Obstacle course for kids (ages 5-12) and enjoy live entertainment.

RULES

As a registered athlete in the 2012 City Mayhem Obstacle Run Challenge, you agree to abide by certain considerations that are put in place for the benefit and protection of all participants, volunteers, and staff.

The following list of rules is not comprehensive and is designed to give you a clearer sense of what the expectations are for participants. A complete and official version will be available before the race in the program book.

- You must complete all marked obstacles to the satisfaction of the monitors.
- If you are unable to complete an obstacle you can opt to take a time penalty.

- If you leave the course, you must return to the same spot before proceeding.
- If an obstacle or part of the course becomes unsafe during the race, it will be removed.
- If you are behaving in an inappropriate manner that creates a potential risk to you and another athlete's health or performance, you will be immediately removed from the course.
- **The use of any and all portable media devices with headphones, including iPods, is not allowed**
- No outside assistance is permitted during the event. Racer-to-racer assistance is permitted if both parties are actively participating in the event.
- It is the responsibility of the racer to know and understand the race route.
- All racers must wear an unaltered race number on the front of their person, at all times. Race numbers must be clearly visible throughout the event, unless stated otherwise by Race Officials.
- Racers caught littering the course will be assessed a time penalty and may be disqualified from the event.
- Race Management reserves the right to change or alter the course at any time for logistical, weather or safety reasons.
- Race Management reserves the right to postpone or cancel the event in the event of Mother Nature or if it deems the conditions to be unsafe.

Please contact us with any questions! Send an e-mail by [clicking here](#).

EVENT SPONSORSHIPS are currently available! Email jmiller@liftforlife.org for details on partnering with Lift For Life Gym on this unique event!