



Live and Love Obstacles – YES ‘Obstacles’!

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When thinking of obstacle races we generally think of mud, pain and exhaustion. Freezing water, vertical walls, and sheer drops are just a few impediments participants often have to endure over a grueling course. And endure is usually the right word. There are those among us who

may enjoy it, but there are many more who put up with it just to complete the challenge. To be able to answer 'yes' to the question 'are we tough enough to take part and complete it?'

For us runners that are only slightly tempted however it's far too easy for us to dismiss the whole obstacle race thing as too hard core and not worth the effort. Enter the new trend of more easy-going courses, for those of us who've never taken part in an obstacle race before or who just don't want to go through such grueling conditions. Races such as *The Gauntlet Games*, *The Major Series* and *X Runner* are all events that give that extra twist of fun as well as obstacles. And surely that's what a lot of racing is about? – having fun. This is a question that Sarah King, founder of [The Gauntlet Games](#), asked after working in the business for several years.

"I noticed that there was a gap in the market for more approachable obstacle races. There had to be an opportunity for a real giggle with your friends." - Sarah King | Founder and Director Gladiator Events



WIN entry to May's Trent Park race and laugh a way through the obstacles and gladiators – Gauntlet Games – [click here](#)

Courses like this are purely for enjoyment and don't require endless weeks of training. They're a hilarious and fun way of doing something a bit different with our day. The events are designed to be laid-back, approachable and a bit of a laugh – if this sounds like fun, *The Gauntlet Games* are coming to London for the first time this May – so don't miss it. Paint guns, vanishing bridges and water-slides are just some of the obstacles these courses boast – they really are a nostalgic look back to childhood.

Who wouldn't want to take part in an event like this? Compared to road running, an obstacle course gives us urban runners a chance for a bit of a change without a) having to leave London – it's really such a faff, and b) having to change our regular training – a normal level of fitness is sufficient.

Another huge plus – It's entirely possible to complete these fun courses alone. A team with at least one man in it can be a thing of the past, or even having a team at all, although it can be hard to beat the enjoyment of doing it with a group of friends. The obstacles are created to be

manageable and if there's one that looks particularly daunting feel free to go around it. Especially for many women, these events can seem much less intimidating than the numerous 'hard-core' races.

"The Gauntlet Games wanted to appeal particularly to women and 75% of participants are female. This is not saying that it is only for girls but the tongue in cheek nature of the course appeals more to women. Many people arrive looking nervous but on seeing the obstacles they will suddenly smile." - Sarah King

Generally races are significantly male heavy and female orientated races are few and far between. This is one of them. From the athletic and good-looking gladiators of *The Gauntlet Games* to the relaxed game show like atmosphere that these events promote, this is an occasion that's definitely appealing to many female runners. Any nerves that are there usually disappear quickly when the race begins and the enjoyment kicks in.

"The Gauntlet Games has an event village that is family friendly packed with food-stalls, Touch rugby and a bouncy castle." - Sarah King

In light of this, it's hard not to want to try one. Granted, there are not many laid back courses out there, but *The Gauntlet Games*, along with a few others really do seem worth trying for a laugh, giggle and a good time with family and friends. Obstacle courses don't necessarily have to be hard and gruelling, these ones show that it's possible just to have a good time.

About The Author

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Addicted runner, and keen writer and reviewer of all things running related. Member of Herne Hill Harriers for over 10 years and an enthusiastic explorer of London through running. Regular cross-country racer with a definite preference for cold winter runs. Avid reader who's especially keen to hear thoughts on the running scene.

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