

The image features a vertical wooden plank background with a weathered, brownish-gold tone. Two strands of silver barbed wire run horizontally across the top and bottom of the frame. In the center, a shield-shaped logo is set against a white background with a distressed, splattered edge. The logo contains the text 'Fitness First' in a blue script font, 'TOUGH BLOKE' in large, bold, red block letters, and 'CHALLENGE' in white block letters on a dark brown horizontal bar.

Fitness First

**TOUGH
BLOKE**

CHALLENGE



TIME TO HARDEN UP!

From the stables of Maximum Adventure comes an off road running event that combines the challenges of cross country running, man made and natural obstacles, water crossings, mud and some unexpected surprises. The challenge is simple, clear the obstacles and get around the course in as short a time as possible to be in the running for the coveted Tough Challenge Trophy!

Contrary to the name, the event is also open to females in the "Tough Chick" category and a range of age categories, starting from 16 years of age.



WHEN: Saturday 13th December 2008

WHERE: 90mins south of Sydney

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FitnessFirst

MAXIMUM
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