

To Media and Sponsors

Several thousand brave runners will take on 24 obstacles, 21 kilometers, absolutely breathtaking scenery in the worlds biggest fun mass start obstacle race. This is the StrongmanRun 2017.

Surrounded by sloping vineyards stands a monumental geographical formation, the largest recorded mass of Granite, Paarl Rock. And how's this for epic, your track is around this giant where the "mother of all obstacle races" will take place.

This is not the only reason runners keep coming back for the Fisherman's Friend StrongmanRun kick, and 2017 will be no different. Every obstacle is build in mass style allowing enough space for runners to complete obstacles without waiting in long queues. It is unique, challenging, fun and ran by thousands of athletes world wide. The race has different options as well. The 8KM, 15KM and the popular 21KM, all equip with amazing obstacles. While you part take in the race, fun and entertainment awaits your friends and family as they cheer you. StrongmanRun also host a mini obstacle race for the kids.

StrongmanRun is an international race that take place yearly in multiple nations with 95 000 competitors in 2016. South Africa is the first country outside Europe to host the event for the 2nd year. As a notion of unity and camaraderie the different nations send athletes to partake at each others races and South Africa is no different. We will be sending 5 athletes to participate at the 10 year celebration of the StrongmanRun in Germany. Come and find out who they are.

Join us at the Pepperclub luxury hotel and spa Cape Town corner of pepper street and loop street as we announce our 5 representatives who will represent us in Germany and learn more about the South Africa StrongmanRun 2017. Date: 11th May - Time: 18:30 for 19:00.

Rsvp before 10th Mei | Contact Ferdinand Rabie 082 851 9999 | Email bookings@fgroup.co.za.

For more information regarding the 10 year celebration StrongmanRun in Germany visit our website: <http://strongmanrun.com/>

[CLICK HERE TO VISIT OUR WEBSITE](http://strongmanrun.com/)

