



Test your limits *like never before!*

Leap into the "Cat's Lair"TM and Take
the Extreme FAME Fitness Challenge

By LEE DAVY

Are you ready for your most intense competition yet? You've never experienced anything like the challenge of obstacle course racing! Try it and you'll know why this ultimate extreme sport is exploding in popularity.

Just look to the armed forces to see that obstacle courses are integral to the most grueling training regimens around the world. Following these same principles, the sport of obstacle course racing provides an unparalleled test of athleticism, intellect and ambition.

As the innovator in obstacle course racing, Dynamic Conditioning is thrilled to team up with the World Natural Sports Organization (WNSO) and FAME World Events to feature the second annual Ultimate Cat's LairTM Obstacle Course Challenge and first ever Extreme FAME Fitness Challenge at FAME: Fitness And Model Expo (FAME 2006).

Can you handle the Cat's Lair?

Envision the toughest elements of the World's Strongest Man competitions, obstacle courses, playground equipment and Gladiator-type activities all in one and you've got the incomparable Ultimate Cat's Lair Obstacle Course Challenge.

Exceptional agility, power, balance, stamina, instinct and intelligence are crucial to conquering challenges like the "Tire Pit,"

"Spider Web" and the "Gauntlet." Speed and strategic thinking are key to overcoming obstacles such as monkey bars, sand pits, cargo nets, climbing walls and ropes.

As you drive to complete each punishing component, the Cat's Lair will stretch your physical and mental skills to their absolute limit!

The Extreme FAME Fitness Challenge!

For the first time anywhere, you can push your body to new heights with this brand new category at FAME 2006. It's a truly unique contest designed for those competing in fitness, figure, bodybuilding and fitness modeling who want to put their muscle to the ultimate test.

In addition to symmetry, definition and creative routine events, a wide range of fitness challenges will test speed, agility, power and balance. Then we'll take it further, combining these components with the grueling Ultimate Cat's Lair Obstacle Course Challenge.

Are you up for the *ultimate* challenge? Don't just look good. Become the Extreme FAME Fitness Champion at FAME 2006! ★

Lee Davy is CEO and Director of Conditioning with the Dynamic Conditioning Centre (DCC) in Toronto. For more information about the Ultimate Cat's Lair Obstacle Course Challenge and Extreme Fitness Challenge taking place at FAME 2006, including how you can participate in pre-qualifiers, check out www.FAMEworldtour.com or www.dccentres.ca.