

Announcing the Best Summer Races for the Weekend Warrior: Put Your Training to the Test

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(Newswire.net -- June 5, 2015) --Summer kicks off the busiest season for athletes everywhere that participate in Obstacle Course Racing (OCR), and here are the top 5 you need to be at:

5. Warrior Dash

Since its inception in 2009, the [Warrior Dash](#) has been a strong attraction for those on the OCR circuit. The course extends a bit over a standard 5k run and includes 12 obstacles for athletes to fight through. Included in all the mayhem is Warrior Dash's feature obstacle the Goliath, which looks as daunting as it sounds as the largest obstacle on the course. Towering 30 feet high, reaching the summit is almost as rewarding as the slide down. The Warrior Dash is covering the North East and the Midwest on June 6th with events happening in Nebraska and North Carolina.



4. Tough Mudder 2015

Unlike most of the OCR events that are in this article, [Tough Mudder](#) is not timed. There are no rankings, and there are no podiums. Tough Mudder, probably the most well-known Mud Run series, emphasizes teamwork and comradery over competition and is easily one of the most enjoyable OCR events out there, especially for beginners or those who just want to have a bit of weekend fun with friends and family. Training Tough Mudders will have the pleasure of preparing for obstacles named “The Cry Baby”, “Shawshanked”, and “Fire in Your Hole”. It’s clear the Tough Mudder team has a good sense of humor when it comes to punishing its participants throughout the 12 mile obstacle course (yeah, that’s about two 10k runs). If you and your friends are looking to get into the action, their next event is over in West Dover, VT with a 5:00PM kickoff on June 6th.



3. BattleFrog Series

Known as the obstacle course designed by Navy SEALs, [BattleFrog](#) has nine events set up for 2015 starting with their Tri-State race in Englishtown, NJ set for June 20th. All four race courses will be open, which lets everyone in on the fun. From children to adults, or professional to casual, BattleFrog offers an array of courses that vary in difficulty and length, littered with multiple obstacles that seem to have been plucked straight from a Navy SEAL training facility. If you truly want to test yourself, register for the 8K BattleFrog Xtreme.

2. Savage Race

There’s ice, there’s water, and there’s steel. [Savage Race](#) is one of the most grueling courses with a completion rate of 81.6%. This one is on the short side with an average course length of 6 miles, but there are enough obstacles to swim, crawl, and hang from to more than make up for it. There are only about 12 events this year, so be sure to check when Savage will be heading by you. Their next race will be hosted in Ohio on June 13th. This event includes fan favorite obstacles “Blazed” and “Shriveled Richard”, which is quite literally going through “fire and ice”.

1. The Breckenridge Beast



Spartan Race will host its next Beast at Breckenridge, Colorado. For any OCR athlete or fan, attending this race is a must. This is one of the most highly anticipated events of the year with attendance expected to exceed that of the Montana Beast which supported over 6500 competitors. The race will be nationally televised by NBC and will feature OCR's top athletes. Notable names will be Joe Patroia who is coming off a first place victory in Austin's Super #1 & Sprint #1; Ryan Kent, the current male leader for Spartan OCR; and of course, April Dee (April OCR), who is currently the number one Spartan OCR Athlete. Last year she had 8 first place finishes and 13 podium finishes and this year she is leading the Spartan Rankings with 1482 points. Top Sponsor's to check out during the event for both athletes and spectators alike will be leader in hydration and sports nutrition, [ORALIV](#), as well as new flavors from [Clif Builder's Protein Bars](#). The course spans 14 miles and contains over 30 obstacles to overcome. Save the date because this Spartan Race is set for June 13th. Registrations are still open and available on their [website](#) along with more information.

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