

Love is a Battlefield: Start Training with BoldrDash's Singles Heat

Written by Australian Business

(PRLEAP.COM) EXETER (2/13/14): Meeting people can be tough. Meeting active, like-minded people can seem nearly impossible. To make it easier, BoldrDash, Rhode Island's first 5k, military-style obstacle course has introduced the brand new Single's Heat, just in time for Valentine's Day. BoldrDash has seen countless love stories unfold during their races, from bridal parties competing to bond pre-wedding, to a bride who took the Trash the Dress movement to the next level by competing in her wedding gown, to muddy finish line engagements. Now it's time to share the love with the Single's Heat.

Founder, Lynn Hall explains this new heat "is a great opportunity to meet people interested in fitness and fun. So many people start our race as strangers and finish as friends that we thought why not create a heat for people who don't have a team, or are looking to meet new people."

Formed in 2011 by South County resident, Lynn Hall, BoldrDash is a unique physical challenge that is designed for participants of varying fitness abilities. The event has been held in September at Yawgoo Valley since 2011, attracting participants from RI, MA and. In only its third year, BoldrDash has quickly become one of the area's most anticipated events. The first race attracted 600 participants. In 2013, that number grew to over 4,000 participants.

Designed with over 20 obstacles to challenge the body and mind, BoldrDash racers do not run a mile in between obstacles. Instead they conquer as many obstacles as they would in the average 10-mile mud race, climbing, crawling, sliding, swinging, and challenging all 5 kilometers of the race.

"This is an unbelievably fun race — unlike anything you've ever experienced," says founder and president, Lynn Hall. "Yes, it's grueling, dirty, and incredibly challenging, but at the end of the day, bonds are formed and smiles all around. Racers are beat and tired, but proved to themselves that they can do anything they put their minds to."

The upcoming BoldrDash race at Scarborough State Beach on May 3rd marks the first time that racers can compete in a designated Single's Heat. Participants may start the race as strangers, but are sure to finish as friends... or even something more. Single's Heat registration is now open: <https://boldrdash.webconnex.com/BoldrDashBeach> . Stop looking for love in all the wrong places; find it on the course!

BoldrDash is organized to help support local charities and organizations. In 2011 BoldrDash

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helped North Kingstown Schools buy new uniforms for the middle school basketball teams and continue busing for student-athletes to games. Last year (2012) we helped raise money for Pathways Strategic Teaching Center, a division of Trudeau Center, local sports organizations, and SK Cares in South Kingstown. Follow BoldrDash on Facebook at <http://www.facebook.com/boldrDashrace>