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UIPM RELEASES 'GET STARTED WITH THE NEW MODERN PENTATHLON' BROCHURE

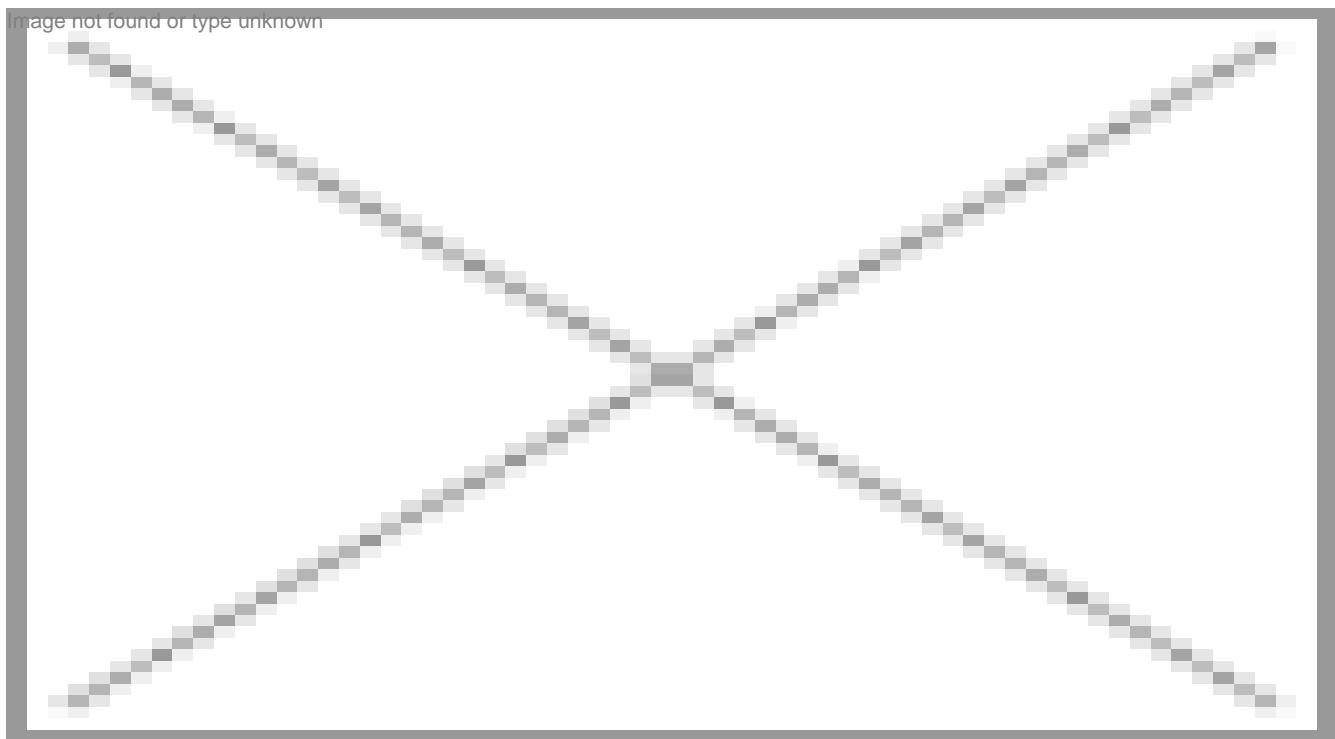


- New resource for Obstacle athletes eyeing LA28 Olympics opportunity
- Brochure provides tips on how to convert to Modern Pentathlon
- President Schormann savours 'incredible opportunity for athletes'

Obstacle racers ready to embark on a journey to the Los Angeles 2028 Olympic Games are the target audience of a new UIPM brochure entitled 'Get Started with the new Modern Pentathlon'.

The 12-page publication is an introductory manual for Ninja, Obstacle Course Racing (OCR) or Adventure Racing participants who are contemplating a switch to a sport that is about to undergo one of the most dramatic transformations in the history of the Olympic movement.

The brochure provides tips on the initial steps of converting to Modern Pentathlon and aims to support not only the generation of athletes eyeing the dream of LA28 but Obstacle participants at all levels. The new UIPM Sports Pyramid sets out the wide range of opportunities.



The introduction to 'Get Started with Modern Pentathlon' poses the question: "Are you ready to tackle a whole new version of the Olympic Games' most demanding sport?

"Obstacle will be integrated into Modern Pentathlon for the first time in 2023, and the journey to Los Angeles 2028 starts [HERE!](#)

"So whether you're an OCR athlete or a *Ninja Warrior* fan, or you just love hurtling across an obstacle course, this is YOUR MOMENT to get started. It's the adventure of a lifetime, one that leads all the way to the top of world sport."

Background

Obstacle Discipline became an official discipline of Modern Pentathlon when it was added to the UIPM Statutes and UIPM Competition Rules & Regulations by the 72nd UIPM Congress, which took place online in November 2022.

It forms part of an application sent by UIPM to the International Olympic Committee in respect of the LA28 sporting programme.

The UIPM 2023 Pentathlon U17 World Championships in Alexandria (EGY) from July 12-16 will be the first global competition to feature Obstacle alongside Fencing, Swimming and Laser Run in the new-look Modern Pentathlon.

The ‘Get Started’ brochure follows a range of resources issued to support the UIPM Sports community with the transition, including the UIPM Obstacle Catalogue for competition organisers, the Obstacle e-learning module for judges, the first Obstacle Discipline Competition Guidelines, which will be used to regulate the new discipline until the first Competition Rules are presented to UIPM 2024 Congress, and the Obstacle Discipline Training Tips for athletes and coaches.

President's remarks

UIPM President Dr Klaus Schormann said: “What a challenge for the future – the new Modern Pentathlon with Obstacle creates an incredible opportunity for athletes.

“We are merging a new, urban, TV-friendly sport with the prestige and heritage of the Olympic Games. It’s going to be fair and accessible to all athletes around the world – now is the time to get involved!”

“In close collaboration with the International Olympic Committee we are committed to an ongoing process of innovation in Modern Pentathlon in the spirit of our founder, Baron Pierre de Coubertin.”