

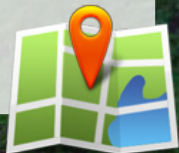
H2O Band Aids Say Cheese! Rinse & Change



THE COURSE

Distance: 5K (+ or -)

- 1 - Marsh Madness
- 2 - Day Stream-In
- 3 - Boulder Hurdle
- 4 - Rainbow Bridge
- 5 - Stairs to Heaven
- 6 - Bear Den Climb
- 7 - Log Jam
- 8 - Tunnels of Fun
- 9 - Slippery Pipe
- 10 - Mountain Mud Crawl



RUNNER INFO

- Free parking available.
- Arrive at least 1 hour before your start time.
- No jewelry, head phones or iPods on course.
- Leave all valuables at home.
- Lockers are available for all runners.
- Bring a change of clothes/shoes. A rinse off/changing area will be provided.
- Keep an eye out for fellow participants.
- Stay hydrated. Water stations available.
- Photo ID required for alcohol purchases.
- Be prepared to have fun and get muddy!

Visit www.shawneemt.com for more info!

TEAMWORK &
TONS OF MUD!

TONS OF FREE PARKING

