



FAQ: Frequently Asked Mud Run Questions

WHERE DO WE PARK?

There is plenty of free parking available at Shawnee Mountain.

WHAT SHOULD I BRING?

Bring your signed waiver, Photo ID, a change of clothes, shoes and a towel.

WHAT SHOULD I WEAR?

The average temperature in August is low to mid 80s, so we suggest wearing something light. You also might want to use bug/tick spray before the run. Remember, you're going to get pretty muddy; don't wear your favorite T-shirt, shorts, etc.

WHAT ABOUT MY CAR KEYS?

There are lockers available in the base lodge and the changing areas. Please leave jewelry and other valuables at home. We are not responsible for lost or stolen valuables.

CAN I SEE THE COURSE PRIOR TO THE EVENT?

Visit our [Mud Run page](#) for a course map and description of the course. It's ready to view now! Minor adjustments to the course may be made prior to the event.

IS THERE A CHANGING AREA?

Yes, there will be a hosing off area at the finish line and separate changing areas for men and women.

ARE THE TEAMS TIMED?

Yes, there will be an official timer at the finish line.

DO THE TEAMS HAVE TO STAY TOGETHER?

Teams are required to complete obstacles together and all members **MUST** cross the finish line together to be eligible for prizes.

DO I HAVE TO KNOW HOW TO SWIM TO COMPETE?

All water crossings are shallow and you are not required to know how to swim to get through them.

WILL THERE BE MILE MARKERS ON THE COURSE?

Yes!

WILL THERE BE MEDICAL SUPPORT ON SITE?

Medical support WILL be on site.

WHAT HAPPENS IF ONE PERSON ON MY TEAM OF 4 CANNOT MAKE IT THE DAY OF THE RUN?

You can still participate with 3 members, but you will not be eligible for prizes.

WHAT IF I CAN'T COMPLETE AN OBSTACLE?

Make 3 attempts and then go around, however you will not be eligible for prizes if you fail to complete an obstacle.

SHOULD I BRING MY OWN WATER?

There will be 3 water stations available on the course; carry your own water if you wish.

ARE WE ALLOWED TO BRING ALCOHOLIC BEVERAGES OR FOOD?

No outside food or alcoholic beverages are permitted on the grounds. There will be alcoholic beverages and food for sale after the run.

CAN I BRING MY PET?

Sorry, NO pets are allowed. Please leave them at home.

CAN I BRING MY FAMILY OR FRIENDS TO WATCH?

Friends and family are welcome; in fact, we encourage this idea! Spectators will be restricted to certain areas though and will not be allowed on the Mountain or on the mud run course.

Participants will be encouraged to donate their muddy running shoes after the race. Shawnee Mountain will wash them, pack and ship to Soles4Souls.

<http://www.soles4souls.org/>

What if I have a question not answered here?

Please email us nfish@shawneemt.com and we will add it to this list.