

# WHOO'S GETTIN' DIRTY? MUD RUN's 2019 Athlete Guide



Thank you for being part of the 2019 Whoo's Gettin' Dirty? Mud Run (WGD)!

## LOCATION

**ASUMH Campus 1600 S College St.  
Mountain Home, AR 72653  
(In Front of The Sheid)**

## SCHEDULE

### **Friday, October 25 @ The Sheid**

5:00 to 7:00 p.m. - Packet pickup

### **Saturday, October 26 @ The Sheid**

7:00 a.m. (MUST pick up packet prior to 30 min of your wave start time)

8:00 a.m. – 10K **COMPETITIVE** Start\*

8:30 a.m. – 5K **COMPETITIVE** Start \*

8:45 a.m. – 10K NON-COMPETITIVE Start\*

9:00 a.m. – 5K NON-COMPETITIVE Start\*

9:15 a.m. - 5K NON-COMPETITIVE Start \*

9:30 a.m. - 5K KIDS & PARENTS NON-COMPETITIVE Start\*

9:45 a.m. – FUN RUN ONLY\*\*

**\*Start Time:** Arrive and be ready to run 30 minutes prior to your wave start time. Waves may start early. If you miss your wave, simply join the next available wave. Those who sign up after we reach 300 runners will be directed to register for the Fun Run\*\* wave, which will be at 9:00.

**\*\*Fun Run:** We have only 300 medals & shirts. We want everyone to participate, so we will open a FUN RUN wave after we reach 300 runners! If you register after we reach 300, you will be directed to register for the FUN RUN. Your entry will be slightly discounted, but you will NOT receive a medal, t-shirt, custom bib, team bandana, or be chipped timed, which means you are running simply to have fun with friends and to give to the ASUMH Foundation.

**Race Day Registration:** The FUN RUN wave is the ONLY wave open on race day. The runners in this wave will receive generic bibs with NO finisher medal, NO shirts, NO bandanas, & NO chips (not included in results).

**Awards:** We will give out awards after all the 10K & 5K competitors have finished - likely between 9:00 and 9:30.





**SHIRT SPONSOR**



**START/FINISH LINE**



**MEDAL SPONSOR**





**BIB SPONSOR**



**HOSPITALITY BOOTH SPONSOR**



**TEAM SPONSOR**





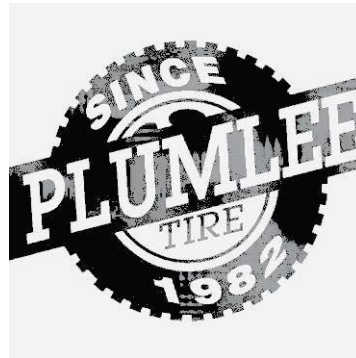
**MILE MARKER SPONSORS**



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## IN-KIND SPONSORS



**BORDERLINE**

Mtn. Home Concrete, Inc.  
NCAR Quarries, Inc.  
Dilbeck Excavation, Inc.





## THE COURSE

### OBSTACLES

The 5K course has approximately 15 obstacles, including muddy areas and pits. The 10K course has approximately 30 obstacles, including muddy areas and pits. The 10K & 5K will split at the end of Mile 2. The 10K will merge back with the 5K at the beginning of Mile 3. Refer to the list of obstacles and map below.

If you are running competitively (wishing to win an award), you must complete every obstacle. If you fall, slip, slide, etc. in the process, you must start over so that you complete the entire obstacle. If you are unable or wish not to complete an obstacle, feel free to do an alternative exercise (burpees, jumping jacks, or squats). You will not be eligible for an award, but your friends will get some giggles.

### VOLUNTEERS AT OBSTACLES

There will be at least one volunteer at each obstacle, except for muddy areas and pits. They will monitor the competitive runners to verify they complete each obstacle (if they wish to win an award). They will help all runners get through the course with instructions on how to complete the obstacles (if needed).

### ALTERNATIVE EXERCISES

If you are unable to complete an obstacle, or simply wish to pass, we encourage you to have fun with us by doing one of our alternative exercises: 10 Burpees, 20 Jumping Jacks, or 30 Squats (air squats). *Google It!*

### AID STATIONS

There will be two aid stations on the course that will provide water and Tailwind. They will be located near obstacles #11 and #26 (available to both the 5K & 10K runners).

### BATHROOMS

There will be porta potties located at the start/finish line and on the course. The Shuid will NOT be available. It will be locked before, during, and after the race.

### EARBUDS/MUSIC

We do not prohibit earbuds, but please take into consideration that there are people around you, and you can't hear if you're rocking out. Please be considerate. In addition, it is possible for everything on your person to get wet and muddy.





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## OBSTACLE LIST

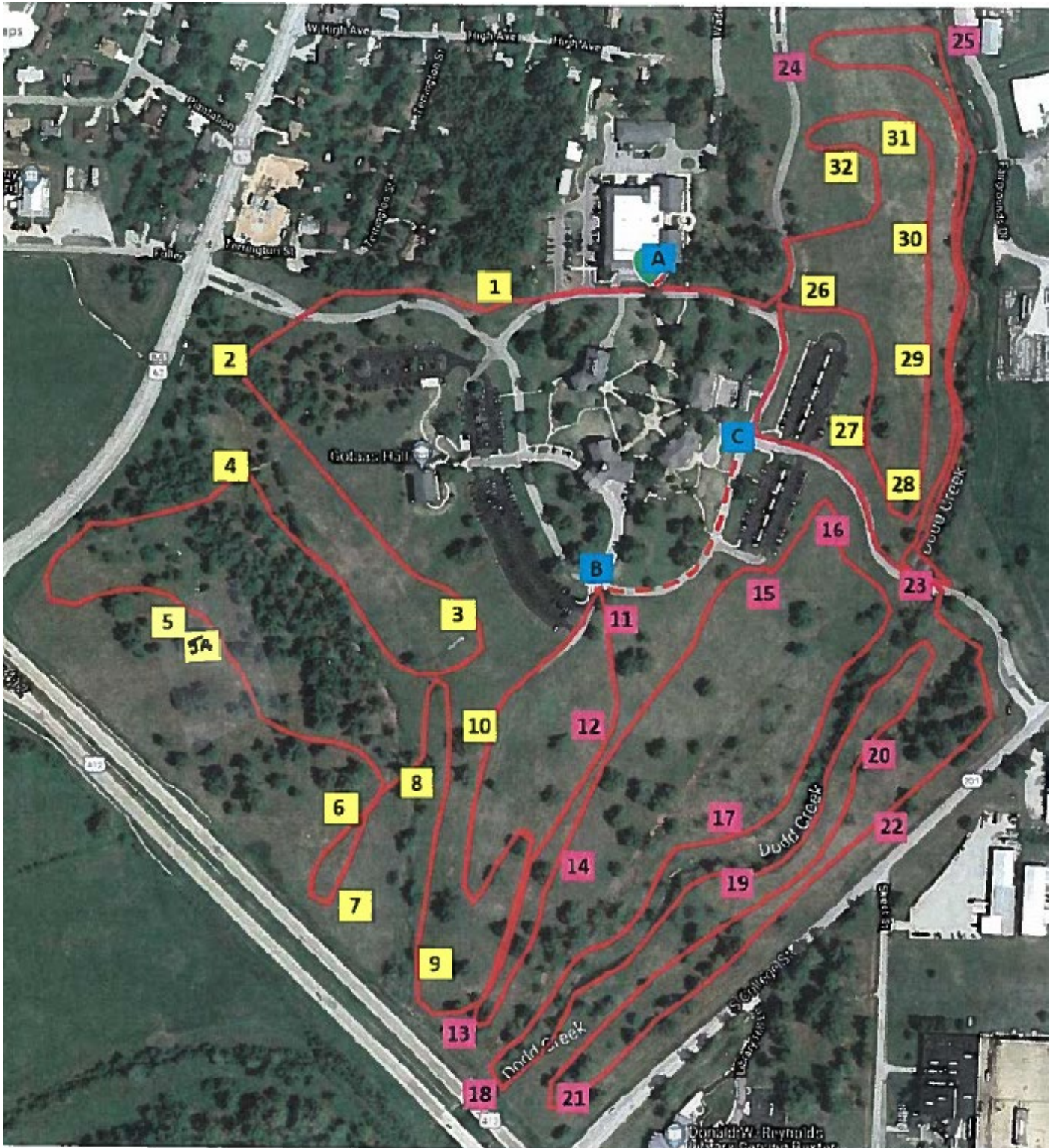
START LINE		
1	Muddy Mess	5K/10K
2	Haystack Walls	5K/10K
3	Tire Rolling Pin	5K/10K
4	Sandbag Carry	5K/10K
5	A-Frame Climbing Wall	5K/10K
5A	Muddy Mountain	5K/10K
6	Culvert Crawl	5K/10K
7	Monkey Bars	5K/10K
8	Muddy Mess	5K/10K
9	Low Rope Crawl	5K/10K
10	Over Under Logs	5K/10K
5K-10K SPLIT		
11	Slip & Slide	10K
12	Tire Pull	10K
13	Climbing Wall	10K
14	Vertical Cargo Net	10K
15	Tire Mountain	10K
16	TBD	10K
17	Haystack Walls	10K
18	Creek Crossing	10K
19	Stump Walk	10K
20	Muddy Mess	10K
21	Slanted Wall Hurdles	10K
22	TBD	10K
23	Creek Underpass	10K
24	Hay Bale Hurdles	10K
25	Creek Run	10K
5K-10K MERGE		
26	Slip & Slide	5K/10K
27	Tire Stutter	5K/10K
28	Muddy Mess	5K/10K
29	Balance Beam	5K/10K
30	Tire Wall	5K/10K
31	A-Frame Cargo Net	5K/10K
32	MUD PIT	5K/10K
FINISH LINE		



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## COURSE MAP







## POST RACE

### WHAT'S AT THE FINISH LINE?

- Brooks Jeffrey Professional Photographer
- Finisher Medals (for the first 300 people to register)
- WGD Photo Backdrop (for fun photos)
- Hospitality Booth (snacks & coffee)
- Food Truck
- Non-Emergency First-Aid Station
- Hose to clean your dirty self
- Private Changing Station
- Water and Tailwind

**PHOTOGRAPHY:** There will be a photographer from Brooks Jeffrey located at the finish line. There will be pictures for purchase after the race. They will be available ASAP.

**FINISHER MEDALS:** The first 300 people to register will receive a finisher medal, t-shirt, custom bib, and will be chipped timed. If you registered after we reached 300, you signed up for the FUN RUN, which includes a generic bib – no t-shirt, no medal, no team bandana, no chip time (you will not appear in the results). If you signed up for the FUN RUN, you are running simply to have fun with friends and to give to the ASUMH Foundation.

**WGD PHOTO BACKDROP:** There will be a WGD Mud Run photo backdrop for runners to take their own fun pics in front of to prove they conquered the course.

**HOSPITALITY BOOTH:** There will be a hospitality booth near the finish line that will have snacks, water, Tailwind, and coffee for the runners and volunteers.

**FOOD TRUCK:** **White River Smoke** food truck will be at the start and finish line with breakfast casserole, parfait, and BBQ. They accept cash or card.

**COFFEE:** **Cove Coffee** will be at the start and finish line with coffee and pastries.

**NON-EMERGENCY FIRST AID STATION:** There will be emergency medical staff on campus, and they will be mobile. There will be a non-emergency first aid-station at the finish line behind the White River Smoke food truck.

**HOSES:** There will be a hose near the finish line to clean off some of your dirtiness.

**PRIVATE CHANGING STATIONS:** There will be private changing stations near the finish line. They will be located behind the White River Smoke food truck.





## RESULTS & AWARDS

### RESULTS

- Overall winners will be announced at the race as soon as all the 5K and 10K competitive runners have finished.
- This is a chip timed race (Agee Race Timing), so you will receive a chip at packet pickup. If you were one of the first 300 to register, your results will be included and posted on the WGD Facebook page and website.
- Unofficial Results will be posted within 24 hours.
- Official Results will be posted as soon as possible, please give us up to one week after the race to sift through any discrepancies.

### AWARDS

- 5K
  - 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Overall Male & Female
  - 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Overall Master's Male & Female
- 10K
  - 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Overall Male & Female
  - 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> Overall Master's Male & Female

### CHIP TIMING:

**Agee Race Timing** will be timing the race. Chips will be handed out at packet pickup and will be strapped around your ankle. PLEASE RETURN YOUR CHIP AT THE FINISH LINE.



## FAQ

### Is there Race Day Signup?

On Race Day, the FUN RUN wave will be the only wave open. If you register after we reach 300 and/or on Race Day, you will be directed to register for the FUN RUN. Your entry will be slightly discounted, but you will NOT receive a medal, t-shirt, custom bib, bandana, or be chipped timed, which means you are running simply to have fun with friends and to give to the ASUMH Foundation.

RECAP: The FUN RUN wave is the ONLY wave open on race day. The runners in this wave will receive generic bibs with NO finisher medal, NO shirts, NO bandanas, & NO chips (not included in results).

### What should I wear?

<https://www.google.com/.../ocr-101-wear-obstacle-course-.../amp/>

We suggest wearing comfortable clothing and good shoes. Trail shoes are perfect and are meant to get dirty. If you don't have trail shoes, wear a pair that are okay to get muddy. Remember, all things can be cleaned! If it's raining, you may want a jacket and hat to keep the rain off your face. Gloves are a good idea, but keep in mind they are going to get wet. You may find them helpful on the monkey bars, ropes, etc. You can shed clothing along the way, but we are not responsible for items left on the course. Anything left on course will be considered a donation.

### Where should I park?

ASUMH's north entrance will be closed. You may enter the campus from the east and west entrance and park in any parking lot/space available. The Sheid's parking lot will be closed.

### What happens if I don't return my chip?

We will find you! To help ensure we don't have to hunt you down, volunteers will assist you with removing the chips from your ankles as you cross the finish line.

### How does the Competitive Wave work?

If you're racing competitively (**wishing to win an award**), you **MUST COMPLETE every** obstacle. If you fall, slip, slide, etc. you must start over, so that you complete the entire obstacle. There will be volunteers at each obstacle to help runners get through the course. If you are in the competitive wave, you are only required to complete every obstacle if you wish to win an award.



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## How does the Non-Competitive Wave work?

If you're not racing competitively and are out there to have fun, we encourage you to complete as many obstacles as possible. You do NOT have to complete all of them to finish and receive a finisher medal. We want you to be safe and have fun! If you are unable to complete one, we hope you have fun with us by completing one of our alternative exercises: 10 burpees, 20 jumping jacks, or 30 squats (air squats). *Google it!*

## Can spectators roam the campus?

We welcome friends, family, neighbors, and acquaintances. They will be able to walk the campus to watch you have fun throughout the race; however, we ask them to stay off the actual course. We encourage everyone to take a lot of pics and hashtag #WGDMudRun.

## Are there Drop Bags?

There will be an area near the start/finish line for runners to drop a marked bag. You may consider bringing clean/dry clothes for after the race. The Drop Bag area will be staffed, but we are ultimately not responsible for your belongings. Please leave any valuables in your vehicle.

## What is the Inclement Weather policy?

We are planning for great weather and a muddy course. If Mother Nature gives us rain, we will run in the rain. If there is lightning, we will delay the start. Our number one concern is the safety of our runners. Stay up to date here <http://Weather.com>

## How do teams work?

If you signed up with a team, you are running to have fun with friends. There are not competitive teams this year unless you are competing with another team within your company or another business within your industry. Your team captain will know that information – **NOT the race staff.** Don't forget to pick up your team bandana at packet pickup.

## Do you recycle shoes?

We believe in recycling our retired running shoes, so if you have any around the house, please bring them. If you plan to part with your kicks after the mud run, please put them in our recycling pile. There will be signage near the changing stations. You will have the chance to win a brand-new pair of shoes from our friends at Altra!

[www.altrarunning.com](http://www.altrarunning.com)

**We look forward to seeing you Saturday!**

