

Mud Monsters Ninjas - Pre Race Information

Dear XXX

Thank you for signing up to Mud Monsters Ninjas, which is taking place on Saturday 22 June at our site in East Grinstead. Below is everything you need to know for the day.

Location: Mud Monsters Run, Stuart Way, East Grinstead, West Sussex, RH19 4RR (our What3Words are: [///friend.wipe.melon](https://w3w.co/friend.wipe.melon) <https://w3w.co/friend.wipe.melon>)

Arrival Time: Please try to not check in any earlier than 1 hour before you race

Wave Time: XXX

BE PREPARED FOR RACE DAY:

Registration opens from 8.30am on Saturday 22 June. Please arrive at the venue at least 1 hour before your start time to allow for any potential parking issues. Please try to check in at registration no earlier than 1 hour before your wave to help us manage the flow of people.

Please note that as a parent/guardian you will need to bring a form of **photo ID** with you to the registration tent in order to sign in. This can be a photocopy or a photo on your phone of a passport/driving license etc but you **MUST** have ID with you, **no ID, no running, no excuses**. Please make sure you have your photo ID (or photocopy or photo of ID) ready to go when you are signing in to help us speed up the process as much as possible, to confirm we **DO NOT** need to see ID for anyone under 18, just parent/guardian ID. **There is NO need to print this email or your confirmation email.**

When you arrive please head for our registration tent where you will need to sign in your Ninja and you will be given their **wristband and headband** and if you are registered to accompany them on the course you will also be given a wristband. If you have pre purchased a t-shirt then this will also be given to you at registration.

Your Ninja MUST be wearing their wristband when they cross the finish line...no wristband, no medal.

Please note - There **WILL BE** guaranteed spaces for sale on the day if there are any people who missed the online booking deadline.

TRANSFERRING YOUR SPACE

If you can no longer take part and have someone who would like to take your place then we do allow you to transfer this online, however the deadline for this is 17 June, if you miss this deadline then we **will be able to process transfers on the day**. Please send the new runner your confirmation email (or get them to print it out) they will need to bring this on the day to the **'Sign up on the day'** area at the Registration Tent. Here they can fill out their details to take the place, there will be a **£10 (cash only)** charge for all on the day transfers.

BEFORE RUNNING

Make sure your Ninja has breakfast in the morning to make sure they have lots of fuel to get around the course.

ON THE DAY

- Look out for the signs and markers showing where to go for the Kids Run
- This is a 2km course
- All obstacles are optional for our Ninjas and if they don't want to do something then there is no pressure at all, it is all about them having fun
- There will be mud on the course which is all part of the fun but if your Ninja doesn't want to get muddy for any reason there is a way around the mud most of the time
- There will be a cup of water provided for each child at the end of the race if they would like it plus a small selection of items from **PIP Organic** who are supplying us a small quantity of 100% organic treats for the finishers
- We will have 4x4 vehicles onsite carrying medical staff around so we can respond quickly should there be any problems on course, please watch out for them and move out of the way if you need to. There will also be a medical base in the event village if you need to see anyone. Alert any marshal if you need medical assistance and they can radio our medical team
- If you are assisting a child please remember you are NOT there to participate with them, most of the obstacles are child specific or can be dangerous for other children if an adult gets on, so please where possible just provide assistance and encouragement

SPECTATORS

There is **FREE** entry for all spectators and we encourage you to bring all your friends and family for support. We have a **great spectator area** which overlooks some of the kids obstacles and a number of adult ones so there will be **plenty for them to watch**. We will have music playing all day and plenty of food and drink plus there will be an **inflatable slide** and **trampoline** to keep kids busy and even a **Face Painter**.

Spectators can walk to a few of the other parts of the course but please take note of the signs where we ask you not to go and respect this, it is for spectator safety and the safety of the runners that we have this in place, plus our site is big and it's easy to get lost. Please bear in mind this is private land and you enter at your own risk. The ground can be uneven and slippery at times so please keep this in mind.

We have full catering facilities offering both hot and cold food and drinks throughout the day as well as activities for children so make sure you bring cash with you.

Please **do not** bring any of the following to the race site:

- Alcohol
- BBQs
- Glass containers/bottles

Dogs **must** remain on a lead at all times and please make sure you clean up after them.

This is Sussex countryside and we expect it to be left as it was found, we ask for the support of our spectators and racers to do the same and keep the site and parking areas clean. There will be **plenty of rubbish bins and a skip** on site please use these or take any rubbish home with you.

PARKING

Parking on the day is **£5 per car, so please make sure you have the money ready**.

TRAIN

There is a train station in East Grinstead which is a 4 minute taxi ride or a 20 minute walk from our site. If you are jumping in a cab from the station let them know the run is on the Herontye Estate and is off of Stuart Way.

KEY/BAG DROP

There will be a key and bag drop facility on site. **Keys** and anything that fits into the small bags provided, will be stored for **£1**. If you would like to leave any **larger items** (such as bags) you can but there will be a **£3 charge** to do so, all the profits made on the bag drop will go to the charity looking after it. Please only bring your items to be checked in **once you have signed in** and been assigned a race number. This will be manned by **East Grinstead Lions Club who are a charity**. Please note all items left at the bag drop are at your own risk.

Make sure you leave plenty of time to put your bag in as it can get busy and you don't want to miss your start time.

FINISHERS MEDALS

When you sign in you will be given a **wristband** for your Ninja. Ensure you put this on their wrist straight away and that it stays on as you will need this when you cross the finish line in order to get their **medal (No wristband, no medal)**.

FOOD AND DRINK

There will be catering facilities available throughout the day with hot and cold snacks and various drinks available. There will be **Ditch Brisket** offering tasty brisket burgers and loaded fried, yummy pizzas from **Pizza Craft**, moreish mac & cheese from **Mac Man** and sumptuous sausage from **Macs Gourmet Hotdogs** plus fresh coffee from **Caffe del Mattino** and **ice creams from Tonibell**. We will also have **Orange Beach Bars**...perfect for a post run celebratory drink for the adults, plus they will be offering some special children's drinks too!

EVENT VILLAGE

There will be **toilets and a changing area plus new for 2024 HOT SHOWERS!!!**

There will be a great atmosphere in the event village so make sure you hang around when you have finished, grab a drink and some food, chill out on the grass or bring a picnic blanket and cheer on the runners still going and swap muddy stories with other finishers.

If you would like to take advantage of a **HOT SHOWER** when you have finished, and lets face it who wouldn't!! Then you can buy tokens from registration when you check in the morning or from the bag drop or the shop throughout the day, tokens are £2.50 and this will give you one hot shower. Please try to bring cash for this to speed up the process, we can take card payments but only on registration or in the shop. Shower spaces are limited so make sure you buy a token when you arrive so you don't miss out.

PRE RACE WARM UP

There is a pre race warm up being provided each wave so please ensure your Ninja only takes part in the relevant wave warm up, their wristbands will specify the start time and it **will be checked** before entering the warm up area. Everyone **must** attend this as it includes a short health and safety briefing. It will also make sure they are properly warmed up and ready to go, the warm up and briefing will last approximately 5 minutes, once it has finished there will be a countdown then it will be time to go!

HYDRATION

We highly advise all runners to drink fluids before and after the race.

There will be a cup of water provided for each child when they finish.

POST RACE

Bring a bag and change of dry clothing, shoes, wipes and towel, there will be a **changing area**. You can store your bag in the bag drop (£3 donation to the charity manning the bag drop for bags / £1 donation for keys) also why not take advantage of our new HOT SHOWERS for 2024, showers cost just £2.50 and you can buy tokens from registration when you arrive or the shop or bag drop throughout the day. Please note the bag drop can only accept cash.

PHOTOS

Epic Action Imagery will be on site on the day capturing all the muddy moments so make sure you brief your Ninja to smile. All photos will be available for you to download and share for **FREE** after the race. Your Ninja will be tagged in the photos by the number on their headband so make sure they wear it and it is easy to see. Check Facebook for the link to photos. Some teaser shots will be shared on Facebook on the day please allow a couple of days for the photographers to get all the pics live, we will share the link when they are ready.

WHAT TO WEAR

It would be ideal to wear cross country, trail or fell running shoes which have grippy soles, with our course **the bigger the grip the better**. Normal trainers are not ideal, however runners will still get around but it can be **VERY** slippery - please take extra care. Shoes that might be dangerous will not be allowed, there will be **NO** spikes, studs or football boots allowed on the day, our officials will be checking footwear and if they are deemed to be dangerous they will not be allowed to run. Also no one is allowed to run in bare feet at any time. Make sure to **tie laces up tightly** otherwise they might be claimed by the mud.

We recommend wearing lightweight, fast drying, breathable clothes that will dry quickly, as cotton, heavy or thick clothing will retain the water and not only weigh you down but also make you colder. Long sleeves and bottoms might help protect from scratches. Make sure whatever your Ninja wears you are happy for them to get **VERY MUDDY!**

You will need to bring a change of clothes with you for them so they can relax and enjoy themselves in some dry, clean clothes after they've run.

IMPORTANT INFORMATION

Please remember you signed up your Ninja to take part at your own risk and it is your responsibility to keep them safe. If at any point you or they feel an obstacle might be too risky then please do not let them attempt it.

Safety – Key Points – None of the obstacles are compulsory, our marshals will encourage but not force runners to try every obstacle, however if there is something that children feel unable to do, then they can simply walk around, the choice is theirs, we do not impose penalties.

Climbing – There are several obstacles that will involve climbing, the most important thing to remember is to maintain **THREE POINTS OF CONTACT** at all times when climbing to avoid falling.

Obstacles – In short **NO ONE SHOULD JUMP** off any obstacle. When exiting an obstacle above ground level all runners should lower themselves to the ground carefully, if they do jump (not recommended) then make sure they do so with both knees and heels together, this will greatly reduce the risk of injury.

Terrain – Please be aware that this is natural terrain with the typical hazards you would expect in open countryside. There are many trip and slip hazards and foot placement will be key to avoid

injury. There will be low branches, sticks, stinging nettles and thistles etc so all runners need to stay alert of the surrounds to avoid injury. Due to the levels of mud onsite, this can quickly and easily be transferred to obstacles which can make them slippery, everyone needs to take care on all obstacles and if at any point it feels unsafe then do not attempt to complete the obstacle.

Medical Conditions and Disabilities – It is your responsibility to notify us of any medical conditions that might affect your child's ability to take part in the race. If they suffer from any medical conditions, you should seek advice from your GP before taking part in the event. Any severe conditions may require a letter from your doctor.

Water and Mud – Water obstacles and some muddy obstacles are supplied from a variety of natural sources including springs, rivers and surface streams, these waters have fluctuating levels of bacteria. Runners should always try to keep their mouth closed when in water or mud.

Running in natural water sources and muddy areas can increase the risk of gastrointestinal infections (diarrhoea and/or vomiting) as well as respiratory, skin, ear and eye infections. Most symptoms of these illnesses, will generally be mild. However, there is also a risk of more severe infections caused by organisms such as E.coli which may cause severe gastrointestinal illness and other problems. These are all very rare and cases have NEVER been reported from our site but we have to make you aware.

If your child falls ill with symptoms after the event, particularly from 3-19 days following, then see your doctor immediately. Common symptoms could include sudden onset of fever, diarrhoea and intense headache.

Reducing the risk of illness

Before running:

- cover cuts, scratches or sores with a waterproof plaster
- consider wearing appropriate protective clothing such as leggings and gloves
- try to advise your child to avoid swallowing and/or splashing water or mud into their mouth

After running:

- ensure you clean hands thoroughly with soap and water before handling/eating food
- thoroughly clean cuts or abrasions using soap and water
- handle their kit with care after use. Rinse it with clean water as soon as is possible after running. Clean with detergent and rinse as advised by the manufacturer. Always wash your hands with soap and water after handling or cleaning your kit. Allow to dry thoroughly before reuse.

CONTACT

Please bear in mind we will have limited access to phone and internet in the week leading up to race day so will probably not be as responsive as normal. Please be patient with us, we will respond to as many of you as we can.

PRE RACE DAY QUESTIONS

I can no longer take part what can I do? – We do not offer refunds or inter race transfers. We do allow online transfers for name changes, the deadline for which is 17 June. Alternatively, we **will be able to process name transfers on the day**. Please send the new runner your confirmation email (or get them to print it out) they will need to bring this on the day to the **'Sign up on the day'** area at the Registration Tent. Here they can fill out their details to take the place, there will be a **£10 (cash only)** charge for all on the day transfers.

My friend has not received this email? – Get them to check all their email addresses and all their spam / junk folders too. All the info other than the wave time will be the same as your email so forward it onto them and if they are unsure what time they are running they can send us a message, but remember we will have very limited access to phone signal and internet.

FINALLY...

Have fun and enjoy getting good and muddy! We look forward to seeing you there :)

The Mud Monsters Run and Ninjas Team