

Thank you for signing up to Mud Monsters Run, which is taking place on Sunday 17 May 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>)

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

Wave Time:

Distance:

View your booking:

T-Shirt size (if purchased):

BE PREPARED FOR RACE DAY:

Registration opens from 8.30am on Sunday 17 May. Please arrive at the venue at least 1 hour before your start time to give yourself plenty of time. 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 you will need to bring a form of **photo ID** with you to the registration tent in order to sign in and receive your registration items. 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** (except for under 18's but we must see parent/guardian ID). 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. **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 and you will be given your **race number headband and a wristband** to indicate the distance you are running and the wave you are in. If you have pre purchased a t-shirt then this will also be given to you at registration, this will either be in our grey or black finish.

You MUST be wearing your wristband when you 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 midnight Tuesday 12 May, 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.

10KM RUNNERS

Please be aware that if running the 10km you must have reached the half way check point by **1.10pm** this is the latest time you can begin your second lap, if you miss this cut off time you will not be able to continue and will have to retire after your first lap.

RUNNERS UNDER 16

All runners under the age of 16 must be accompanied by an adult running with them on the course at all times.

BEFORE RUNNING

Make sure you have breakfast in the morning and if you are running a bit later on make sure you have something to eat about an hour and a half before you run to give you lots of fuel to get around the course, for example a banana, peanut butter sandwich or similar...

ON THE DAY

- Some waves will include people running different distances (3km, 5km or 10km)
- There are no penalties for failing or missing an obstacle
- A number of obstacles have 2 options...a harder option to push yourself or an easier option, it is your choice to do whichever one you wish
- The deepest water on the course will be a maximum of 4feet deep depending on weather conditions and is only for very short distances, i.e three steps and it's back to waist depth or less. We do not have any swimming sections, you should be able to stand in all of our water
- Water stations...there is 1 on the 5km and 2 on the 10km

- 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

- All runners must be across the finish line by 4.30pm

SPECTATORS

There is **FREE** entry for all spectators and we encourage you to bring all your friends and family to support you. We have a **great spectator area** which overlooks lots of the obstacles so there will be **plenty for them to watch**. We will have music playing all day and plenty of food and drink and an inflatable slide and trampolines for the kids. This year we will also have **Face Painting** for the **Queen Victoria Hospital**, all takings go to this amazing cause as donations.

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 so make sure you bring cash with you even though most can accept card as well.

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 fit into the small bags provided, will be stored for **£1**. If you would like to leave any **larger items** (such as a bag) you can but there will be a **£3 charge** to do so, the profits made on the bag drop will go to the charity running the bag drop which this year is the **Kent and Sussex Air Ambulance**. Please only bring your items to be checked in **once you have signed in** and been assigned a race number. 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** to show whether you are running in the 3km, 5km or 10km distance. Ensure you put this on your wrist straight away and that it stays on as you will need this when you cross the finish line in order to get your **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 **The Charming Belle** offering tasty burgers, fries and hot and cold drinks, yummy pizzas from **Pizza Craft**, ice cream from **Whippy Ices**. We will also have **Orange Beach Bars...**perfect for a post run celebratory drink, they will also be providing a whole range of coffees and hot drinks!

EVENT VILLAGE

There will be **toilets and a changing area plus our amazing 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, 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 for each wave so please ensure you only take part in the relevant wave warm up, your wristbands will specify your 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 you 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

Dehydration is a very dangerous risk and the most common cause for not completing races. We highly advise all racers to drink fluids before, during and after the race.

There will be **water stations** placed throughout the course and every runner will receive water when finishing, but make sure you hydrate before running too.

POST RACE

Bring a bag and change of dry clothing, shoes, wipes and towel, there will be **a changing area (Separate female and male areas). 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 amazing HOT SHOWERS, 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 your muddy moments so make sure you smile and keep your race headbands on at all times so you can be tagged in your pictures. All photos will be available for you to download and share for **FREE** after the race. 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 you will still get around but it will be **VERY** slippery - please take extra care. Shoes that might be dangerous will not be allowed, there will be **NO** spikes or studs allowed on the day, our officials will be

checking footwear and if they are deemed to be dangerous you will not be allowed to run. Also you will **not** be allowed to run in bare feet at any time. Make sure you **tie laces up tightly** otherwise they might be claimed by the mud.

We recommend that you wear 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 you from scratches. Make sure whatever you wear you are happy to get **VERY MUDDY!**

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

AVERAGE TIME

The time you take doesn't matter to us but lots of people like to know so they can give their supporters an idea how long they might be, so the averages are...

5km = Around 1 hour 30 minutes

10km = Around 2 hours 30 minutes

3km = New this year but we expect around 45 minutes to 1 hour

Everyone must have crossed the finish line by 4.30pm.

IMPORTANT INFORMATION

Please remember you signed up to take part at your own risk and it is your responsibility to keep safe. If at any point you feel an obstacle might risk injury to yourself – please do not attempt it.

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

High Obstacles – In short **DO NOT JUMP** off any obstacle. When exiting an obstacle above ground level lower yourself to the ground carefully, if you do jump (not recommended) it is done so at your own risk, then do so with both knees and heels together, this will greatly reduce the risk of injury.

Terrain – You must 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 stay alert of your 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, take care on all obstacles and if you feel unsafe at any point do not attempt to complete the obstacle.

Medical Conditions and Disabilities – If you are pregnant you should NOT participate in this race and if you do so it is totally at your own risk! It is your responsibility to notify us of any medical conditions that might affect your ability to take part in the race. If you 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. Always try to keep your 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 you fall 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 you run:

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

After running:

- ensure you clean your hands thoroughly with soap and water before handling/eating food
- thoroughly clean cuts or abrasions using soap and water
- handle your 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 midnight Tuesday 12 May. 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 (possibly) 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 Team