

## **GENERAL INFORMATION**

In the heart of the downtown of Perth-Andover, you can become "One Tuff Mucker" by completing the Tuff Muck Challenge. This 5km course will leave you covered in mud as you complete 16 different obstacles along the way. Wave times begin at 11:00 a.m. You can tackle this course on your own or team up with a group and do it together. Come for competition or just for the fun of it! Music will be played throughout the day, with a rocking concert and beer gardens to end the evening. Alcoholic beverages and canteen services will be on site.

## **CAN I GET HURT?**

Yes, of course. But we hope no one gets seriously hurt. It's guaranteed that there will be scratches and bruises. Tuffness is a must.

## **WHAT IS INCLUDED WITH THE REGISTRATION FEE?**

- Event Ticket
- "Caution One Tuff Mucker" Shirt (male & female - different styles) How cool is that???
- Custom Tuff Muck Challenge participant magnet for finishing!

## **WHAT ARE THE AGES OF THE TUFF MUCK CHALLENGE?**

Participants must be a minimum of 14 years of age as of December 31 of the year of the event HOWEVER there is a Kids wave which starts at 10am. Registration fee per kid is \$25. We have volunteers that will be running with them so their parents don't have to.

Maximum age, there isn't one. You know yourself better than anyone else. This is a difficult race, so pace yourself and don't overdo it. We will offer a kids run at a designated time.

## **WHAT ARE THE REQUIREMENTS FOR A PARTICIPANT?**

This is not an easy run!! You will need some training, and this is an intense course and requires endurance!

## **HOW MUCH TO PARTICIPATE?**

Visit the registration page as there are different pricing for early bird registrations.

## **CAN I RUN WITH A TEAM?**

Yes, this event can be either a team effort, or you can participate on your own. Just make sure if you register as a team, you all sign up under the same wave time. Maximum wave limit is 25 participants.

## **WHAT IF I CAN'T COMPLETE AN OBSTACLE?**

If you can't complete an obstacle you have to complete 30 jumping jacks and 20 crunches/sit ups - you're not getting off that easy.

#### **WHAT IF I REGISTER AND THEN I CAN'T MAKE IT. CAN I GET A REFUND?**

No, we are not able to transfer tickets or supply refunds. All sales are final. WILL YOU CANCEL FOR BAD WEATHER?

Not a chance...unless a storm strikes and wipes out all the obstacles!

#### **HOW IS THE STARTING DONE?**

The starting is done in what we call "waves". This means not everyone starts all at once. When you register, you will pick your wave time. Remember if you are entering as a team, register for the same wave time.

#### **WHAT DO I WEAR OR BRING?**

- Running shoes or trail shoes o Shorts & t-shirt (nothing too baggy, you don't want to fetch up on an obstacle)
- Tie your hair up
- Bring a towel and a change of clothes (there will be outdoor showers on-site - they will be cold!!)
- No jewelry (unless you have a waterproof watch to keep track of your time)
- YOU WILL BE COVERED IN MUD, SO WEAR ATTIRE THAT YOU DON'T MIND THROWING OUT IF NECESSARY!

#### **WILL YOU HAVE FIRST AID STATIONS ALONG THE COURSE?**

Yes, there will be first aid stations throughout the course, but remember, no whining!

#### **WHAT HAPPENS AFTER THE RACE?**

After the race, you can choose to shower in our outdoor COLD shower which is our Perth-Andover Fire Department ladder truck, and change into some different clothes. There will be concessions stands on the grounds. Enjoy some entertainment, new friends, and some great laughs. If you choose to stick around, we will all come together and get ready for a final gathering, do a few honorable mentions and get a splash of clean fun!!

#### **WHAT IS A SPLASH OF CLEAN FUN?**

That's for us to know and for you to find out!

#### **WILL THERE BE FOOD AND BEVERAGES AVAILABLE?**

Yes, there will be concession booths on the event grounds. Remember to be in the liquor tent you must be 19 years of age or older, and we will be checking IDs.

**CAN I BRING MY PET?**

No, we are choosing to keep this a pet free event.

**HOW CAN I SIGN UP TO BECOME A VOLUNTEER?**

You can click on the "contact us" at the top of the page or call the Recreation Department at 273-4844