

Tuff Muck Challenge – WHAT TO KNOW!

WHAT TO BRING

- Nothing of sentimental value or anything you don't want to get muddy or potentially lost. You can leave your valuables at the registration table.
- Water – we will have water coolers at the course but bringing your own is a great idea! IT IS GOING TO BE VERY HOT! STAY HYDRATED!!
- Extra Clothes, towel & bag – you can rinse off in the fire hose or our outdoor showers, but you will want to change out of your clothes after the event. We DO NOT provide towels, so bring your own. Then you will want a bag for your dirty clothes to go in. We do have changing rooms!

WHAT TO WEAR

You are going to get extremely muddy, so wear clothes that you don't mind ruining.

Also, participants must wear footwear.

Our recommendations are....

- running shoes or trail shoes
- 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 a fire hose to rinse off in and a changing room)
- gloves
- no jewellery (unless you have a waterproof watch to keep track of your time)
- sunscreen

THE PLAN FOR RACE DAY

- Arrive close to 30 minutes before your wave starts
- Put on sunscreen 15 minutes before your wave to ensure it absorbs well.
- Park at the Wesleyan Church parking lot by the bandstand at 1177 West Riverside Drive.
- Visit the Registration table first. We are located at the first tent you see!
- Be at the starting line 10 minutes before the wave begins. You will be given instructions and complete a quick warm up to get your muscles moving and heart pumping.
- Follow the flagging and arrows along the course so you don't get lost (the course is in a compact area, we will find you, but no one wants to get off course)
- If you are unable to do an obstacle, just skip it! No worries, this is meant to be a fun course. We want everyone to be safe and have fun!
- PLEASE DO NOT LITTER. We will have many garbage cans on-site, please find one.
- If you are interested in doing the run AGAIN for a second time, visit the registration table, and pay just \$10 to hop into another wave.

AFTER THE RACE

- At the finish line you will receive a bottle of water and your medal! Don't forget to get both of those.
- Photo opportunities are plenty. We have a banner hung onsite for selfies and group photos. We encourage you and your cheerleaders to take photos, and if you are willing to share them with us, we would be THRILLED. You can share them with us through facebook messenger (Perth-Andover Tuff Muck Challenge) or email recreation@vilsv.ca
- You will get an emailed survey after the event. WE TRULY hope you provide us with your feedback so we can continue to grow the event and make it bigger and better each year.
- If you had fun, we would love some shoutouts on social media about the event. Please tells your friends 😊