TOUGH MUDDER FULL MIDLANDS 2017 - INFO PACKET

BELVOIR CASTLE, GRANTHAM, NG32 1PE

EVENT DAY OVERVIEW

- Please arrive on-site one hour before your assigned start time*
- Have your parking pass or £15 cash ready upon arrival
- Head to check-in with your waiver, ID, and Start Time Confirmation Email
- Put on your bib and wristbands, they are MANDATORY
- Bag Drop is available to check your belongings (£3 CASH ONLY)
- Please head to the warm up zone 15 minutes prior to your assigned time
- The course will be 10+ miles and will take approx. 3-5 hours to complete
- **CAN'T MAKE IT?** Transfer to another event here.

Don't Forget:

- ❑ A valid photo ID
- ❑ Signed waiver
- ❑ Start Time Confirmation
- ❑ Change of clothes
- ❑ Cash for food & drink

Find your assigned start time here

USE #TOUGHMUDDER TO SHARE YOUR TOUGH MUDDER EXPERIENCE

PARKING

Saturday and Sunday Parking
Belvoir Castle, Grantham, NG32 1PE

- General Parking will be **£15 CASH ONLY** on site
- Premium Parking can only be purchased online
- Disabled parking is available on-site
- No camping, RVs or overnight parking in car park

Purchase Saturday Parking Passes | Purchase Sunday Parking Passes

START TIMES

Saturday from 8am-1:30pm
Sunday from 9am-12:15pm

- PLEASE BE ADVISED NEW START TIME PROCESS: Start times will be strictly enforced
- You will need your Start Time Confirmation Email printed or on your mobile phone to check-in
- No email? Get your start time using the lookup tool.

Start Time Look Up | Start Time FAQ

MINI MUDDER

- Mini Mudder is a 1-mile muddy obstacle course, designed for Mudders-in-Training
- Children must be 7-12 years old and at least 1.1m (3.5ft) tall to participate
- **A signed Mini Mudder waiver and a parent or guardian's supervision are required**
- **Tickets will increase to £20 on-site**

MM Info Pack | MM Waiver

SPECTATORS

- Children 12 and under are free, but must sign a waiver with a parent or guardian
- Spectators must have a valid photo ID, such as a photo driver's license or passport
- Spectator routes will start from the start line
- **All spectators must sign a spectator waiver**
- **Spectator tickets will increase to £20 on-site**

Spectator Waiver | Spectator Info Pack

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DON'T FORGET

Bag Drop
Swing by the bag drop tent and keep your stuff clean while you get dirty. **£3 CASH ONLY. All proceeds go to our charity partner Help for Heroes.**

Merchandise
Stop by the merchandise tent to get your event t-shirt, or visit our website to get gear for the course.

Information
Lost something? Have a question? Visit the Information Tent next to check-in.

Coming September 2017
Spread the word about Will Dean's upcoming book – IT TAKES A TRIBE – Building the Tough Mudder Movement.

MUDDER VILLAGE

MERRELL

Get ready to test the traction of your shoes at Merrell's all new 'Get a Grip' challenge in the Mudder Village. This specially designed contest, involves you, some tyres and a lot of mud. With daily prizes on offer, this is one not to be missed.

FOR GOODNESS SHAKES

The For Goodness Shakes team are your resident protein experts. With the tastiest protein drinks on the market, be sure to grab a For Goodness Shake at the finish area and test your strength on their Human Hamster Wheel to be in with a chance to win a year's supply of shakes.

Kingstone Press

Completing a Tough Mudder wouldn't be the same without a refreshing Kingstone Press Cider when you cross the finish line. Make sure you strike your best pose for the Kingstone Press finisher's photo wall.

Lucozade SPORT

Lucozade will be providing on course hydration and helping motivate the Mudder community through their Made to Move mantra.

head & shoulders

Get your hair back in shape at the rinse stations with Head & Shoulders shampoo on offer to all participants.

BOSCH

Ever wondered about the technology that helps create the Tough Mudder obstacles? Visit our friends at Bosch in the Mudder Village to find out more and take part in some of their power tool related challenges.

Jeep

The famous Jeep Mud Mile D.J makes a much anticipated return for the 2017 season on course along with face painting and vehicles on display in the Mudder Village.

TREK

Trek on course nutrition products will provide the boost you need to overcome Tough Mudder obstacles. Don't forget to check out their reflex challenge in the Mudder Village area.

RUN FOR A CAUSE

HELP for HEROES
Support For Our Wounded

Tough Mudder's Official UK charity partner is Help for Heroes, which provides support for servicemen and women and veterans suffering from injuries or illnesses sustained in the line of duty. Click here to begin fundraising.

SAFETY

- Do not attempt electric shock obstacles if you have certain health conditions such as epilepsy, metal in your body or a pacemaker.
- Although unlikely, contact with mud, animals and recreational water may cause illness. If you begin to feel unwell with symptoms such as fever, diarrhoea or vomiting, particularly if lasting for 3 or more days, please consult your GP.
- You MUST be able to swim 25 metres if you attempt water obstacles.
- If you do not feel comfortable completing any obstacle, DO NOT attempt it; and use the bypass lane.