

# SHOALHAVEN 2017

## PARKING

Parking is FREE at Mud Muster Shoalhaven courtesy of Shoalhaven City Turf Club and will be available on-site.

Please allow yourself plenty of time to get to the venue and park. There will be increased traffic and heaps of people around. So take care, watch out for kids and other participants.

**Please be respectful of the area and the land.**

**THE SPEED LIMIT WITHIN THE PARKING AREA IS 10KM AN HOUR. THERE WILL BE CHILDREN IN THE AREA DRIVE WITH CAUTION AT ALL TIMES.**

Do not leave valuables in cars – although there will be security guards around the course, you are responsible for loss of such items.

## EVENT DAY REGISTRATION

### THOSE WHO REGISTERED THROUGH THE WEBSITE:

Participants need to pick up their event day registration pack. It will contain the following:

- Event t-shirt
- Colored Wrist Band – Must be worn at all times and it gets you a beer (18+) and a pie at the end. No wrist band no entry to event.

You will receive an E-Ticket that you can either print out or have on your mobile phone to show to our registration volunteers. If for some reason you forget both we will just need to see some ID. Over 18s must bring photo ID.

## WHEN TO ARRIVE FOR REGISTRATION

To assist with a smooth registration it is suggested that you arrive for the following registration times.

Registration will be open in the following sequence based on wave start times.

All persons 18+ MUST bring photo ID to receive their 18+ wrist band, otherwise they will be given an Under 18 wristband.

Registration time	Wave start time
7.30am to 8.30am	8.55am Toughest Nuts   9.00am   9.30am
8.30am to 9.30am	10.00am   10.30am
9.30am to 11.00am	11.00am   11.30am

## ON THE DAY ENTRIES

On day entries are open from 7.30am, just arrive and bring some ID.

***Please note: If you are under 16 you will need to be accompanied by a parent or guardian who can sign the participant waiver.***

We will take CASH or EFTPOS on the day.

You will pick up your participant pack after signing up for the event.

You may receive a T-Shirt if your size is available. If there is no T-Shirt option available you be given be given a token that can be redeemed for merchandise to the value of \$20 at the Merchandise Tent.

Registration is a pretty simple process but if there is a queue just be patient with our team of volunteers and we will get you in to the event as quick as we can.

We aim to make Mud Muster a great challenge but it is a fun event and our goal is to make sure you guys enjoy the day. So don't stress if you miss your wave start you will still be able to do the event.

Mud Muster participants assist each other on the course; this is the nature of the event so you will get help on the course if you get separated from your team or if you are participating as an individual.

## UNDER 16 YR OLD PARTICIPANTS

Participants under the age of 16 must stay under the supervision of the parent or guardian at all times.

## HOUSE KEEPING

Your participant number **MUST** be written clearly on the top of your arm. Marker pens will be available at the registration exit for this purpose.

The wrist band must remain on participants for the duration of the event. It must remain intact for participants to receive their **complimentary pie and beverage (beer for over 18s, soft drink for under 18s)** supplied by our great sponsors Mrs Macs Pies and the Shoalhaven City Turf Club. These are served at the conclusion of the event.

## RECEIVING YOUR PIE AND BEER 18+ (OR SOFT DRINK U18)

1. After crossing the finish line you first attend the Mrs Macs Pie Van to pick up your Pie.
2. Your wrist band will be cut from your wrist when you have received your Pie
3. You will be handed your wrist band
4. You can then attend the Bar (over 18s) you will hand the Mud Muster Bar Staff your wrist band and you will be able to collect your hard earned Beer or Cider
5. Under 18s will take their wrist band to the recovery aid station next to the Mrs Macs Pie Van and on presentation of their wrist band will receive a soft drink.

## STRICTLY NO BYO ALCOHOL TO THE EVENT

Consumption of alcohol in the car parks or on the course while competing is strictly prohibited. Police and security will be attending the event so don't spoil your day or anyone else's.

Good news though is that the Shoalhaven City Turf Club bars will be open and the event is fully licensed.

## FOOD

There will be a good variety of food and snacks available with everything from pies, coffee, snack bars and sit down meals.

## SPECTATORS

### ALL SPECTATORS MUST REGISTER!!

Because of the nature of the event, development consent and insurance requirements all spectators MUST REGISTER before entering the Mud Muster Event HQ.

If you have registered to spectate online just attend the spectator registration area and our volunteers will mark off your attendance and you will be given a wrist band for entry to Mud Muster HQ.

**Pre-register online before midnight Thursday 16<sup>th</sup> March \$5 here:**

**<https://www.registernow.com.au/secure/Register.aspx?E=24675>**

**On Day Spectator registration is \$10.**

**ALL SPECTATOR FEES ARE DONATED TO OUR COMMUNITY AND CHARITY PARTNERS.**

Anyone not wearing a wrist band will be removed from the Mud Muster Event.

Under no circumstances are spectators to attempt obstacles or get in the way of participants attempting obstacles. If any spectator is seen to be interfering or entering the course they will be removed from the event.

**Spectators are allowed to walk around the sand track of the race course - this will enable you to see most of the Mud Muster action, or hang out at the finish line and Mud Muster Event HQ.**

**SPECTATORS ARE NOT PERMITTED ON THE COURSE AT ANYTIME.**

All spectators are invited to join their mates and family for a post event catch up and some food and a bevy from the Race Course Bar.

**PLEASE READ THIS:**

**Consumption of alcohol prior to the event is not recommended nor is it a great idea.**

The beer comes after the event!

This is a tough event - all you will need prior to it is a good breakfast, some water and plenty of intestinal fortitude.

**The event organisers will, upon their sole discretion have the right to prevent any participant who is suspected to be affected by drugs or alcohol from participating in the event.**

## **BAG DROP OFF**

The bag drop area will be clearly marked for your bags and is available for all participants. It is located close to the finish line and is a fully covered area to assist in keeping your gear dry in case of rain.

We will have baggage area attendants but event organisers are not responsible for any loss or stolen items.

After the registration process participants will receive a participant number. Write your number on a Bag Tag (available at the Bag Drop) so you can attach it on your bag for ID purposes.

This baggage area is only for use while you are participating in the event. This is not for you to store your bag and keep returning to get one or two items. One drop off – one pick up.

## **WAVE STARTS**

Please refer to the suggested registration arrival times to allow enough time to get in to the event.

Participants will be called to the Mudster Corral 5 minutes before your wave start time.

If for some reason you or your team are delayed and miss your wave start DO NOT STRESS you can start in any of the subsequent waves that are not SOLD OUT.

Mud Muster waves are limited to ensure a smooth flow and limit wait times along the course so that the event experience is enjoyable for all.

## THE COURSE

The course will be clearly marked throughout and participants must remain within the course at all times unless injured or responding to an emergency.

The course will have aid stations with water to help you stay hydrated.

First Aid personnel are also stationed on the course and there will be course marshals that have radio contact should you require medical attention on course.

**Under no circumstances are spectators allowed on the course to hinder or help or participants.**

This ensures all participants and spectators have a safe and enjoyable day – remember Mud Muster participants are challenging themselves to what will probably rank up there with one of the toughest things they will ever attempt, so let's make sure they have the best day they can!

Special thanks goes to our teams who are sponsoring obstacles - you'll be traversing the **Green St Preschool "Hit the Hay" Hurdles**, and the **Malaysia Airlines "Get Up It" Container Climb**.

## CLEANING UP

There will be a cold shower system available for participants. It will consist of a series of spray nozzle hoses.

It is highly recommended that all participants bring with them a change of clothes and towel! There will be mens and ladies change areas and there is also a large toilet blocks located close to the finish and bar area at the event.

## TEAMS INFORMATION

Below is some important information for those in a team:

All participants within a team have to register on event day.

The team captain CANNOT collect team members' packs on their behalf.

Don't forget the fancy dress!

And lastly the most important things...

- **LOOK AFTER EACH OTHER OUT THERE**
- **HAVE FUN**
- **RESPECT EACH OTHER**
- **DRIVE SAFELY**

**WE DON'T TURN BACK, WE LIFT EACH OTHER UP, WE LEAVE NO ONE BEHIND.**

**NOW LET'S GET DIRTY DOWN UNDER!**

*SPECIAL THANKS TO OUR SPONSORS*

