



**June 3, 2023**  
**8 am**

**War Memorial Park**  
**5511 W. Markham**  
**Little Rock, AR 72205**



## RACE DAY INSTRUCTIONS

*The organizers of the Mud Run truly believe that stepping up to the start line of any race should be a celebration of the human spirit. Since its inception, the Mud Run has maintained the highest standard of silliness, coupled with a huge helping of organized chaos, equality, and humor.*

*Thank you for joining us for the 2023 Mud Run – Little Rock's Dirtiest 5K. Please read this document carefully. It contains the latest information about our race that you will need race morning. Be sure to share this with your family and friends! Enjoy your race and we will see you at the finish line.*

- We Mud Run – rain, wind, heat, or flying monkeys
- Wear your race number on the **Front** of your person!
- The lighter and more breathable your clothing (or your costume) the better.

*With the extreme heat that we are experiencing in Arkansas this summer it is very important that each participant is not over-exerting themselves while exercising. Please be aware of the signs that your body is giving you. If you are not feeling right, please slow down or stop. Race staff will be available on the course to assist you, or give you a ride if needed.*

*As you prepare for the event, please hydrate as a part of your preparations. Not just on the day of the event, but for several days prior to the Mud Run. We will have water on the course as well as water and Gatorade at the start/finish line.*

### **Race Day Timeline** (*ish applies*)

7:00 am	Late Registration Opens/Package Pick Up
7:50 am	Presentation of Official Types ( <i>very important</i> )
7:55 am	Rules and All Other Silly Stuff ( <i>yes that's important too!</i> )
8:01ish am	Official Race Start
8:25 am	Mud Bug Start
8:45 am	Awards Ceremony & Other Official Stuff

### **Weather**

Our first priority is the safety of participants, volunteers and spectators. Weather forecasts will be monitored prior to the event and athletes will be made aware of these conditions and possible dangers. Unless there is an eminent danger, we will start the race. Hot weather will not stop the race nor will rain unless there is thunder and/or lightning associated with it. If the weather is in question, please check the website for updates race day. We will also post updates via email and Facebook.

The Race Director, in consultation with law enforcement, fire/EMS and other officials, will monitor the weather and make a decision if any action will be taken to modify the race. Possible changes include: Altering the start time, shortening the course, or in extreme situations, cancellation of the event. Visible lightning will cause the race to be postponed until it is safe to resume.

According to weather.com, this is what the forecast is for Saturday, June 3.

Sat 03 | Day

91°



Variable clouds with scattered thunderstorms. High 91F. Winds NNW at 5 to 10 mph. Chance of rain 50%.

48%

NNW 7 mph

Humidity  
59%

UV Index  
9 of 10

Sunrise  
5:56 am

Sunset  
8:18 pm

Sat 03 | Night

70°



Scattered showers and thunderstorms. Low near 70F. Winds NE at 5 to 10 mph. Chance of rain 50%.

47%

NE 7 mph

Humidity  
75%

UV Index  
0 of 10

Moonrise  
8:17 pm

Moonset  
5:13 am

Full Moon

## Race Numbers

**SUPER IMPORTANT REMINDER:** Your personal safety is very important to us. Please take time to write out emergency information on the back of your race number along with any life threatening conditions, as well as allergies for medical personnel.

You aren't in a rodeo! Race numbers must be worn on the front of your person on the outermost layer. Race officials must be able to see your entire race number to know you are officially registered. Race numbers are non-transferable and may only be worn by the participant to whom it is assigned.

## Pre-Race Support / Toilets

Arrive at least 30 minutes early to familiarize yourself with the area. Please pick up your race number, safety pins, and any last minute instructions at packet pick up. Please see the map for details.

Portable toilets are located near the mud pit. There are not portable toilets on the course. If you have to duck into the woods, please remember there could be critters in them there woods.

## Rules of Competition

Every sport has silly rules, official commandments, or an unwritten code of conduct. *Annoying right?* The Mud Run is no exception. The Mud Run has more of what you'd call '*guidelines*' than actual rules.

Here are a few of the guidelines:

- "ish" is defined as sorta; somewhat; in a way; not exactly; near or about; approximately.
- Everything is an "ish".
- Organizers reserve the right to add an "ish" as needed.
- **REALLY** – The only thing serious about our race is **THE MUD!**

## Course, Timing, and Time Limits

- The course is 3.1ish miles.
- The course is considered a cross country course. Most of the course is on the old golf cart path, however you may have to run in the grass. Course could have chug holes, rocks, tree roots, crazy clowns, and garden gnomes.
- Please stay on the course and try not to wonder off. You could become lost quickly or find Sasquatch's cave.
- Timing is important so we will try to remember to start a clock, but chances are we will forget. So if you want to keep track of your time, then start your watch.
- Time limit will probably be about an hour. The mosquitoes will carry you off the later you go.
- Please don't litter. If you have trash, please carry it out.



## Lost & Found

Please leave your valuables at home. There is no lost and found.

## Water Stop

We strongly encourage you to carry a water bottle with you. There will be a water stop about 1 ½ miles.

## Photographers

RBS Pics Photography is the Official Photographer of the Mud Run. Photographers will be stationed along the course and at the finish line to take your photo. Please make sure your race number is visible on the front of your body.



## Unsportsmanlike Conduct

Unsportsmanlike conduct is unacceptable and will not be permitted during any Little Rock Marathon event. *"Unsportsmanlike conduct"* shall include, but is not limited to, failure to heed the instructions of race officials; intentional disregard of the rules, or abusive language and/or actions toward any race official, volunteer, participant, or spectator. Individuals behaving unsportsmanlike may be disqualified (*at the discretion of race officials*), have their registration terminated, and be prohibited from participating in future Little Rock Marathon events.

## Post Race

*What is more glorious than the Mud Run Mud?* Probably nothing, but second best is getting hosed off after the race. Grab a water and/or a Gatorade when you are finished playing in the pit. Little Rock Fire Department will be on hand to hose everyone off. Then, check out the samples and goodies provided by our friends at Community Bakery, Andy's Frozen Custard, and Flyway Brewing Company (*must be 21 and over to get a sample from Flyway*).



## Competition Categories and Awards:

Only the top three men and top three women will be timed - unless we forget to start the clock (*then we give it a pretty good guess*).



Anyways, awards will be given as follows:

- Cleanest
- Dirtiest
- Best Costume
- Best Entrance Into The Pit
- Best Performance While In the Pit

Awards are given based on the decision of the Official Judge and Mud Queen, *AND* do not necessarily reflect the views and opinions of the staff. (*Although tokens of appreciation do sway the balloting*). Awards will not be mailed.

## Helpful Hints, Useful Tips, Inklings, Ponderings, Sage Advice

- Bug spray is highly recommended. It is Arkansas.
- The Mud Run has its own vernacular. See Definition section if you are interested.
- Wear your grungy clothes and old sneakers, because more than likely they won't be going home with you. There will be a free rinse off area.
- Bring a towel or two to dry off.
- Bring a big trash bag (*unless you want your car trashed*).



- Leave your valuables at home (*someone lost a diamond ring in 2011*).
- Drink fluids before and after the race. See Weather section for more details
- It is tempting, but please **Do Not** dive head first into the mud pit (*although points are given to the most artistic entrance into the pit*).
- This is a fun run so help your neighbor if they need it.
- No pushing, shoving, crying, or biting while in the pit.
- There will be medical staff at the finish line.
- Small children or small animals should not go in the pit unattended (*in 2012 someone lost their dog in the pit – looking for a lost diamond ring. Fear not – the dog was found. The ring was not so lucky.*)
- No metal detectors in the pit (*remember we found the dog*).
- Wear a cool costume (*come on – all the kids are doing it*). Please try it out before race day. Wardrobe malfunctions do not count toward best performance in the Mud Pit.
- No roller blades, no whining, small horses, *no grumpy people*.
- Baby strollers are strongly discouraged unless you have an all-terrain stroller.

### Other Incredibly Compelling Information

- Mud Marshals have “ultimate power”. If you do not crawl through the mud pit properly they will send you back through.
- You must ask the Mud Marshals for permission to enter the mud pit a second time.
- Our Mud Marshals will escort participants caught trying to skip the mud back through the mud pit.

### Definitions

- **Vernacular:** *the language spoken by the people of the Mud; silly nonsense stuff we made up.*
- **Ish:** *defined as a kinda-sorta; somewhat; in a way; not exactly; near or about; approximately.*
- **Chick-In-Charge (aka CIC):** *person in charge; the big kahuna or big enchilada; task master.*
- **Mud Marshal:** *refers to an individual that has been designated to by the Queen to ensure all individuals entering the Pit are good and dirty; having ultimate power.*
- **Mojo Stick:** *a scepter carried by the Queen as a symbol of her sovereignty over the Pit.*
- **The Pit:** *that of stories and legends; filled with magically substances which when traversed will give the participant a source of energy and/or well-being.*
- **Majestic Mud Mountain:** *a mystical place where individuals claim to attain, or believe in the possibility of attaining, insight into mysteries transcending ordinary human knowledge, as by direct communication with the divine or immediate intuition in a state of spiritual ecstasy.*

### About Us

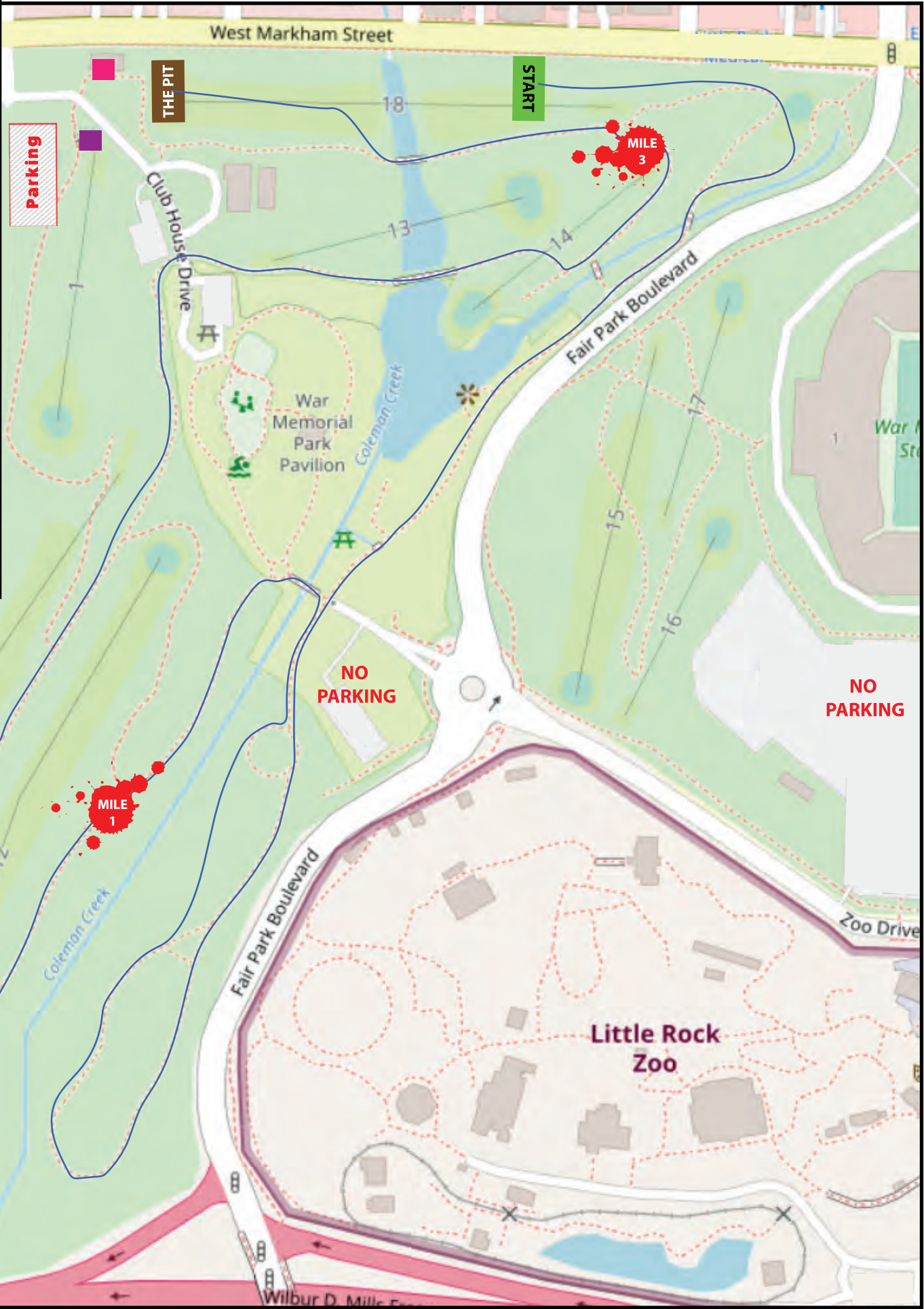
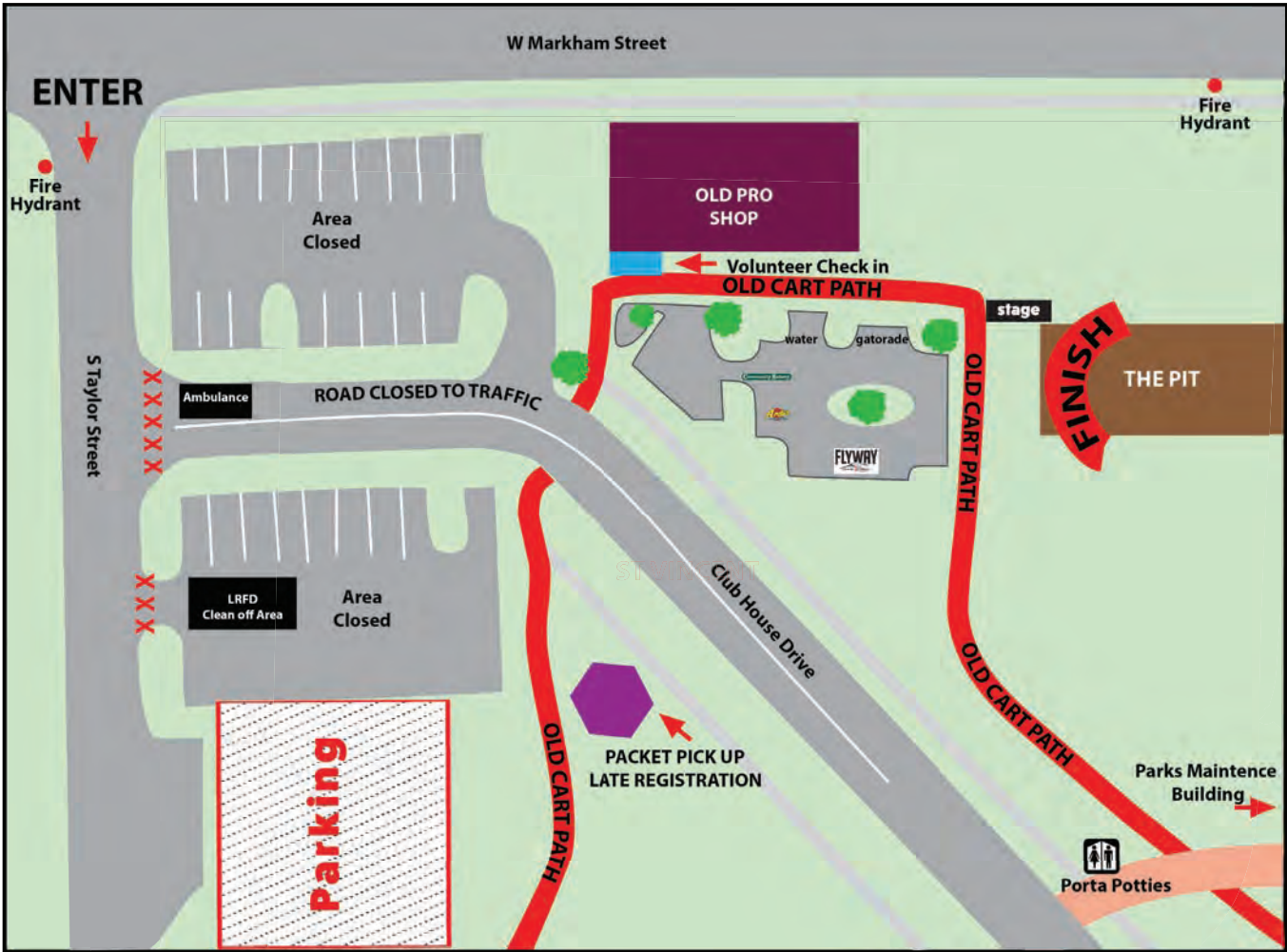
The Mud Run is organized by Little Rock Marathon Events (*LRM Events*), the event management company of the Little Rock Marathon. Its mission is threefold:

- Produce premier events open to athletes of all abilities.
- Promote a healthy lifestyle through running and walking.
- Raise funds and awareness of Little Rock Parks & Recreation.

LRM Events is a division of Little Rock Parks & Recreation. Considered an enterprise fund, LRM Events is a self-supporting government fund that does not derive funds from the City of Little Rock nor its tax revenues.

Since inception in 2003, an estimated \$1.3 million has been donated to Little Rock Parks & Recreation. With an estimated \$3 million in local spending annually, more than 320,000 individuals have participated in a Little Rock Marathon event and/or free training program.





presented by



**JUNE 3, 2023**  
**8 AM**  
**WAR MEMORIAL PARK**

-  Course
-  Mile Marker
-  Old Cart Path
-  Da Mud Pit
-  Packet Pick Up/  
Late Registration
-  Volunteer Check in