



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

PRESENTING  
SPONSOR:



# THE BEST MEMORIES ARE MADE IN MUD



KIDS

**MUD  
RUN**

11<sup>th</sup>  
Annual

**SUNDAY, JUNE 7**  
**20TH AVE YMCA**

## MUD RUN PARENT INFORMATION

- Run packets/t-shirts may be picked up at the 20th Ave YMCA at registration on Race Day beginning at NOON.
- Kids will be released in waves based on age. Siblings may run together regardless of age. The times below are scheduled wave times. Please arrive at your scheduled wave time. This is a rain or shine event.
  - 12:30 p.m. • Wave 1
  - 1:00 p.m. • Wave 2
  - 1:30 p.m. • Wave 3
- Wave Times listed above are for kids 4-16 years only. One parent per registered child is permitted to run the course with their child for free. *Please note that some obstacles are only for the kids and parents will be required to walk around.*
- A wristband is required for anyone on the course. A parent wristband will be provided for every child registered. Kid wristbands are **green**. Parent wristbands are **purple**.
- **NEW THIS YEAR!** Kids can run the course as many times as they would like! No need for a re-run wristband like in years past.
- All parking will be in the front YMCA parking lot. No cars will be allowed on the road going around the building. Beware of children and obey staff and volunteers.
- The course includes wet, dry, muddy and sandy obstacles. Kids should wear old clothes and shoes. They will get wet and muddy! We encourage you to bring a change of clothes for each participant for the way home or be prepared with towels.
- Kids may skip an obstacle if they do not feel comfortable. They can just simply run past. Parents are NOT allowed to carry their child through any obstacle.
- Cold water hoses will be provided to rinse the filth off before heading home.
- **The YMCA WILL NOT BE OPEN.** There will be boys' and girls' changing tents for kids who want to put on dry, clean clothes before going home. We recommend that you bring a plastic garbage bag to place your kids muddy clothing/shoes in. The changing tents will act as temporary locker rooms, so multiple people will be allowed in at one time. These are not individual changing tents.



### **FREE MINI MUD RUN** • Ages 1-3 | Sponsored by Quandt Plumbing, LLC.

Only children between 1-3 years old permitted. One parent/guardian allowed per child. Please be mindful of others waiting for their turn. These obstacles are not built for adults.



### **SUPER FUN FOAM ZONE** • Noon-3:00 p.m.

Get ready for even MORE messy, sudsy fun! Kids can enjoy our fan-favorite Foam Zone before or after tackling the muddy course. From bubbles flying to smiles everywhere, it's the perfect extra splash of excitement for an unforgettable day of fun and adventure!

**Come make memories, get messy, and celebrate summer with the community at the Y!**

