

MUDDY MISSION

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Muddy Mission 2016 FAQs

Who organises the Muddy Mission?

Parkinson's UK manages your booking, race administration and sponsorship money. Course routes, safety and logistics are planned and managed in collaboration with Action Days Out.

Who can take part?

- You must be 14 years and above.
- 14-16 year olds must be accompanied around the course with a guardian and have our [signed disclaimer](#)
- 17 year olds **do not** need to be accompanied on the course but must still have our [signed disclaimer](#).
- All signed disclaimers must be sent or emailed to us by Friday 10 June 2016.

Friends, family and children, are welcome to come along and watch.

How many runners will be taking part?

We're expecting between 200 and 300 runners.

How fit do I need to be?

All fitness levels can take part in the Muddy Mission. It is designed to be a challenge but you can always walk it. The course is a 5k circular route and can take from 1hr to 2.5hrs for people to complete.

What to expect?

Lots of crawling on your hands and knees and climbing up river banks and cargo netting. We have lots of obstacles so if you are not sure that you can tackle one, please walk around and go on to the next one. You will also need to be able to wade through water that may be up to chest height.

Will I be able to sign up on the day?

Dependent on the numbers of runners, you may be able to sign up on the day. The online registration system will shut on Monday 13th June 2016.

What time does it start?

- **10:30am** (dependent on numbers, runners' starting times may be staggered)
- You will need to arrive an hour before the race starts to pick up your race number, timing chip and sign the race waiver.

What facilities will be available?

Toilets and limited changing facilities are available. There are 4 very basic cold water showers. Please bring a towel and a change of clothing along with bin bags to store your dirty clothing. There is plenty of parking (please expect a 5-8 minute walk to the registration area) and a free bag drop. The bag drop is not staffed so please leave only non-valuable items. There is a staff key drop area where you can leave your keys. Please leave other valuables in your car; the car park is manned by staff all day.

Will there be refreshments?

Water is available at the start/finish area before and after the race. If the weather is hot, an additional water station will be in the middle of the course. Food, hot and cold drinks are available at the start/finish area.

Will there be any prizes?

There are awards for the fastest male and female. All runners will receive a bespoke finisher's medal on completing the Muddy Mission.

What sort of clothing should I wear?

We recommend:

- **Cold Weather** – base layers, gloves, hats, windproof top and waterproof socks.
- **Warm Weather** – T-shirts and running bottoms made of sport fabrics. Please bear in mind if you choose to wear shorts and t-shirts, it may result in grazes and cuts.
- **Footwear** – Trainers (please make sure your laces are tied tightly as they can get sucked off in the mud!) **No spikes or studded shoes are allowed.**

What medical provision is available?

Professional medical cover is provided at the start/finish area and on the course by Want Medical. Please give way to any emergency vehicles that requires access to the course.

What if I feel unwell/injured on the day?

Do not take part if you feel unwell/injured before the race. The organisers reserve the right to prevent participation on the day due to medical grounds. If you feel unwell during the race, let the nearest marshal know and they will call for medical assistance. No refunds are provided if you cancel or do not show up on the day. You are not allowed to transfer your race number to any other person.

How much sponsorship do I need to raise?

We ask that each runner with a Parkinson's UK entry pledges to raise a minimum sponsorship of £150. There is no minimum sponsorship for a standard entry but we suggest you aim to fundraise £50. Help us reach our goal of raising £26,000. Sponsorship from the Muddy Mission supports our vital work improving the lives of everyone affected by Parkinson's. If you would prefer to specify how your money is spent, please let us know as soon as possible.

How will Parkinson's UK support me?

We provide you with sponsorship forms and regular e-newsletters containing lots of useful fundraising and training tips. We can also provide fundraising materials such as collection tins, banners and posters on request.

When will I receive my pack?

Your pack containing on the day information and a breathable running top will be sent out at least 2 weeks before the race. You will need to pick up your race number and chip timing at the registration tent on the morning of the Muddy Mission.

If you have any other questions please contact the Events team on **020 7963 3914** or events@parkinsons.org.uk.