

# 2014 “In Their Shoes” Mud Run Checklist

- Shoes**

Make sure laces are really tight. Cross-trainer shoes work very well.

- Shorts/Pants**

Wear tough shorts that extend below the knee, or form fitting pants to protect sensitive areas.

- Socks**

Long socks are highly recommended. Ankle socks slide down into the shoe.

- Shirt**

T-Shirts or tank tops are recommended. Mud can be dense and your skin needs to be protected.

- Bring extra clothing**

Bring an extra pair of clothing, to include undergarments. Sandals or open-toed shoes are recommended for after the race. This helps wet/muddy feet dry.

- Sun block**

Sun block is recommended for events during the warmer months.

- 2 Garbage bags**

Bring garbage bags to throw muddy clothes in.

- Towels**

Bring 3 towels: 1 long towel and 2 medium sized towels. Bring the long towel to wrap around in case the weather gets cool.

- Cash**

Cash is accepted for registration. Also, vendors will be selling food and drinks on site.

- ID and waiver forms**

You will not be able to pick up your packet without your ID. All participants MUST fill out and SIGN the liability waiver. The waiver form will be available at the registration table.

- Medium Bag**

Bring a bag to place your personal effects in. Personal bags may be stored in POVs or the bag check station.

- Eye Protection**

Bring a durable pair of sunglasses to protect your eyes. Clear lenses will work best, but dark lenses are acceptable.

- Water & Sports Drinks**

Bring water and your favorite sports drink for after the run to rehydrate with. Refreshments will be sold at the event.