



Muddy Mayhem is just a few days away. The course is looking wonderful, and we can't wait for you to see our challenging new obstacles!

In this email, you can find all the information you should need to make the day go as smoothly and as enjoyable as possible. Please take the time to read through this carefully so you're fully prepared ahead of Sunday.



Location



Woodhall Estate, Watton-at-Stone, Herts, SG14 3NE



Parking



The event car park can be found off the A119, Hertford Rd just outside Stapleford. Your SatNav may send you to the main entrance which will be closed, but parking will be signed from here so please follow the signage. We recommend car sharing wherever you can.



Timings



Remember, the clocks **spring** forward ahead of event day, so make sure you're prepared for this.

08:30 - Registration opens, where you'll collect your event wristband to wear on the course. If you have family and friends who would like to join on the day, they can sign up at the registration marquee. T-shirts will be available to purchase on the day with cash or card payments both accepted.

09:45 - Welcome speech and group warm-up.

10:00 - The first 100 Muddy Mayhem runners will set off, with the next group following 3 minutes after until everyone is on their way. The route will be closed by 11:30.

11:30 - Mini Mudder starts (or once Muddy Mayhem has finished). The route will be closed by 12:00.



What to wear



Just in case you weren't sure... you will get muddy and wet! You will climb over obstacles, run or walk up and down hills, clamber over uneven and slippery ground, and wade in and across the odd stream or river. **Please wear suitable attire.**

Old gym clothing that you might never wear again is often good, and long sleeves, leggings and gloves are also advisable if you have them. We also recommend training shoes with grip... but the most important thing to wear is a smile!

Please Note: If you are accompanying your child in the Mini Mudder, we suggest wearing wellies if you do not wish to get your feet wet.



Facilities



- There will be a baggage facility available at the start, where you may wish to leave a change of clothing and a towel, but please try and minimise the amount of baggage you bring (this will be left entirely at your own risk)
- There are no changing facilities available at this event
- Water will be available after the event
- Food and drink outlets will be open before, during and after the event
- Portable toilets will be available at the Start/Finish area



Course and Marshals



Muddy Mayhem is set in the beautiful grounds of the Woodhall Estate. It offers something for everyone, with very muddy areas, challenging obstacles, breath-taking views, and river

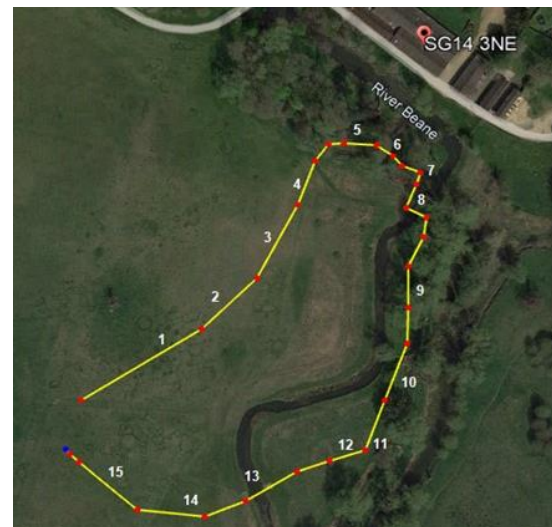


crossings. Volunteer marshals will guide you safely around the course, so give them a wave and thank you when you pass.

At any point should you wish to avoid an obstacle, please run or walk around it. There will be no avoiding getting wet feet though, as stream crossings are part of the course for everyone!

The Mini Mudder course is a mixture of obstacles with sections crossing water and through mud. Children will be allowed to complete as many laps as they wish until the cut off time.

There will be course marshals, but we advise that children under 6 are escorted by a parent/guardian.



Muddy Mayhem exists to support the work of the Hospice, so don't forget to share your JustGiving page with friends and family over the weekend - we often find most people sponsor you on or near the date of the event!

Struggling with fundraising? Here's a quick way to raise £28 before Muddy Mayhem:

- Search your cupboards for a handful of items to sell online. It could be clothing, homeware, children's toys or that DIY tool you bought with best intentions but have never used.
- Sell them on a Facebook selling page or Marketplace, Vinted or even on your doorstep with an honesty box.
- Donate the money you earn to the Hospice - either on our website or directly to your Justgiving page.

£28 could pay for a whole hour of the care we give people in our In-Patient-Unit, so it's a great target to aim for. As you're squelching your way round the route on Sunday 26th March, you can do so knowing you've made a real difference to the people our community nurses and health care assistants visit every day.



And finally ...



By its very nature, Muddy Mayhem is a challenging event taking on obstacles and uneven ground whilst getting wet and muddy. The course is designed so that people of varying abilities can give it a go, but if you have any doubts about your health, please seek medical advice before you take part.

Friends and family are welcome to join you to clap you off and back across the finish line, and part of the course can be seen from the start and finish area. Please note that dogs (except guide dogs) are not permitted to take part or allowed anywhere on the event site.

At the finish, you will receive a warm hospice welcome back at the event village and one of our iconic Muddy Mayhem or Mini Mudder medals. If you get any photos on the day, please feel free to share these on Facebook, Twitter or Instagram using #muddymayhem.

