

Maybe YOU can be one of us...

The Few...The Proud...

THE MUDDY!

2008 Marine Mud Run

13 September 2008



Date, Time and Place: Race starts and finishes in Knox County's Melton Hill Park on Saturday, 13 September, 2008. Packet pick-up begins at 7am and race starts at 9am. **Directions:** Take Pellissippi Pkwy to Hardin Valley Rd. Go west on Hardin Valley for 2 miles to Steele Rd. Turn right onto Steele Rd. for 0.8 miles to Sam Lee Rd. Turn Left onto Sam Lee Rd for 3 miles into the Melton Hill Park, adjacent to beautiful Melton Hill Lake. Look for "MUD RUN" road signs.

Course Description: This course will be CHALLENGING! Would you expect anything less from Marines? It consists roughly of 3 miles of off-road running, with obstacles, hills, and, of course, mud pits. We recommend that you wear old clothing and shoes, and bring a plastic bag for your muddy clothes after the race.

Individual Registration and Fees: Registration fee (postmarked by 1 September 2008) is **\$25.00**. There will be **NO** race-day registration. Registration will cutoff with the first 1,200 Gung Ho runners.

Individual Awards: Aside from the Purple Hearts that will be earned on our course, awards will be given at an awards ceremony following the race to the top three overall, female and male. Overall individual winners not eligible for age-group awards (three deep). Awards must be picked up on race day.

Age Groups: Male and Female - Under 10, 10-14, 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60+

Teams Categories: There will be team awards in five categories: MALE ONLY, FEMALE ONLY, COED, JROTC and PARA-MILITARY. Teams will consist of at least 4 members. Because Marines never leave their buddies behind, all team members must cross the finish line together. TO REGISTER AS A TEAM, HAVE EACH TEAM MEMBER COMPLETE THE INDIVIDUAL APPLICATION AND THEN SUBMIT THEM ALL WITH THE TEAM APPLICATION ON TOP. FOR ACCURATE TEAM REGISTRATION, WE MUST HAVE ALL THE TEAM MEMBERS' INDIVIDUAL FORMS WITH THE TEAM APPLICATION.

Team Registration and Fees: Registration fee (postmarked by 1 September 2008) is **\$25 per team member**. There will be **NO** race day registration.

Team Awards: 1st, 2nd, and 3rd place awards to the winners of each team category following the race. Awards must be picked up on day of race.

Registration Forms: You may register online at www.active.com or download a registration form from www.MCLknox.org

T-Shirts: Registrants for the 5K will receive a T-shirt to wear with pride, proving they completed our challenge. Shirts will be picked up on race day. Additional T-shirts may be ordered at \$10 each on your registration form.

Note: There will also be a short (200 meter) Kids Mud Run after the 5K for a \$5.00 donation collected on race-day. Kids will receive a commemorative Mud Run ID tag for their accomplishment.

Information: Email - MR2008@MCLKnox.org

The race is an official drop off point for Toys For Tots, so bring a new, unwrapped toy to the race where Marines from D Company, 4th Combat Engineer Battalion, will collect the toys.