



## 2022 Pre-Run Guide

The day is near and we couldn't be more excited that you are going to play in the mud with us this year! Check out this Pre-Run Guide for all of the information you need to know about the event.

### PACKET PICK-UP & SCHEDULE OF EVENTS

For those who can't wait until race day, we have setup a convenient packet pick-up option (see below for location and time). If you can't pick up your packet in advance, you will also be able to pick them up Saturday, May 14, at Choctaw Creek Park at the registration booth. **At packet pick-up you will be asked to show some form of I.D. You will also need to turn in a signed Waiver Release Liability and the Privacy Protection Agreement.** *To reduce your packet pickup time, please print off and complete the forms located here: <https://www.muddybuddiesrun.com/downloads>.*

**\*If you would like to pick up a packet for a friend, you will need to bring the completed forms for each runner (signed by the participant).**

### PACKET PICK UP LOCATIONS

**The Water Bark**  
3800 N. Cromwell Avenue  
Oklahoma City, OK 73122  
**Monday, May 9th (6 – 8 pm)**

**Choctaw Creek Park (packet pickup booth)**  
2001 N. Harper Road  
Choctaw, OK 73020  
**Saturday, May 14th (8 am – 12 pm)**

**Online registration will remain open until May 7, 2022, after that date, on-site registration MAY be available for \$55.**

Saturday, May 14th

8:00 am – Venue Opens for Runners! Jump out of bed, grab some coffee, and get to the park!

8:45 am – Runners in the First wave will begin to line up.

9:00 am – First wave leaves the Starting line.

**Runner waves are in 15-minute increments. Start lining up for your wave as soon as the wave before you starts. Once in your wave, please keep a distance of at least 6 feet between each other. Be aware of your dog's behavior, if you are excited so will they be.**

2:00 pm – Last wave leaves the starting line.

9:00 am – 4:00 pm – Finish Line Festival. Once you cross the finish line, grab your medals and head over to the photo booth (if available). (See Photo Op below) There will be hoses available to you for rinsing off after you are done.

Then head over and check out our vendor area. We've got plenty of great Muddy Buddies grub for you to chow down on! Don't forget to stop by the Roughtail Brewery site to sample some of their awesome beers! There will be goodies for you and your dog to browse and buy.

Everything at our vendors area will be generously spaced apart for social distancing, and masks are requested.

## WEATHER

If there is inclement weather, we will do EVERYTHING in our power to hold the Muddy Buddies Run as scheduled... however in the case of excessive weather, we may be forced to modify the event. Runner safety is our highest priority. Watch for emails and check out the Muddy Buddies Run Facebook page for updates. As we all know this is Oklahoma so we have to be prepared for anything!

## RUN MORNING

Arrive early and stay late! We want you to enjoy yourselves. Muddy Buddies Run waves will be leaving at the scheduled times, be sure to arrive early enough to find parking and get to the starting line. Your race bib **IS** your ticket to the run! You **MUST** have the bib in order to be on the course. **NO EXCEPTIONS!**

## EXTRA GEAR OR CHANGING ITEMS

Please remember Muddy Buddies Run is not responsible for any lost or stolen items. Lock these items in your trunk; or give them to your spectators that are not running in the event. **Please come prepared to have your keys in a running pack or some other way of keeping them on you during the run. Since you could be doing a lot of climbing, crawling and oozing through mud, if your keys fall out of your pocket... they are probably not going to be found! This also goes for dog's tags and collars.** Be aware that if they come off of your dog during the run, we can't guarantee that you will be able to recover them. Please think ahead, be sure everything on you and your dog is secure at all times.

You are most likely going to get dirty! So, you might want to bring some of the following items to make your run more enjoyable.

- Cash for food/beverages
- Sunscreen
- Sunglasses
- Change of Clothes
- Camera/Cell Phone
- Garbage bags
- Change of Shoes
- Towels
- ID

## PARKING

Parking will be available on a first come first service basis in Choctaw Park. There are a lot of parking spaces but they are spread out all over the park.

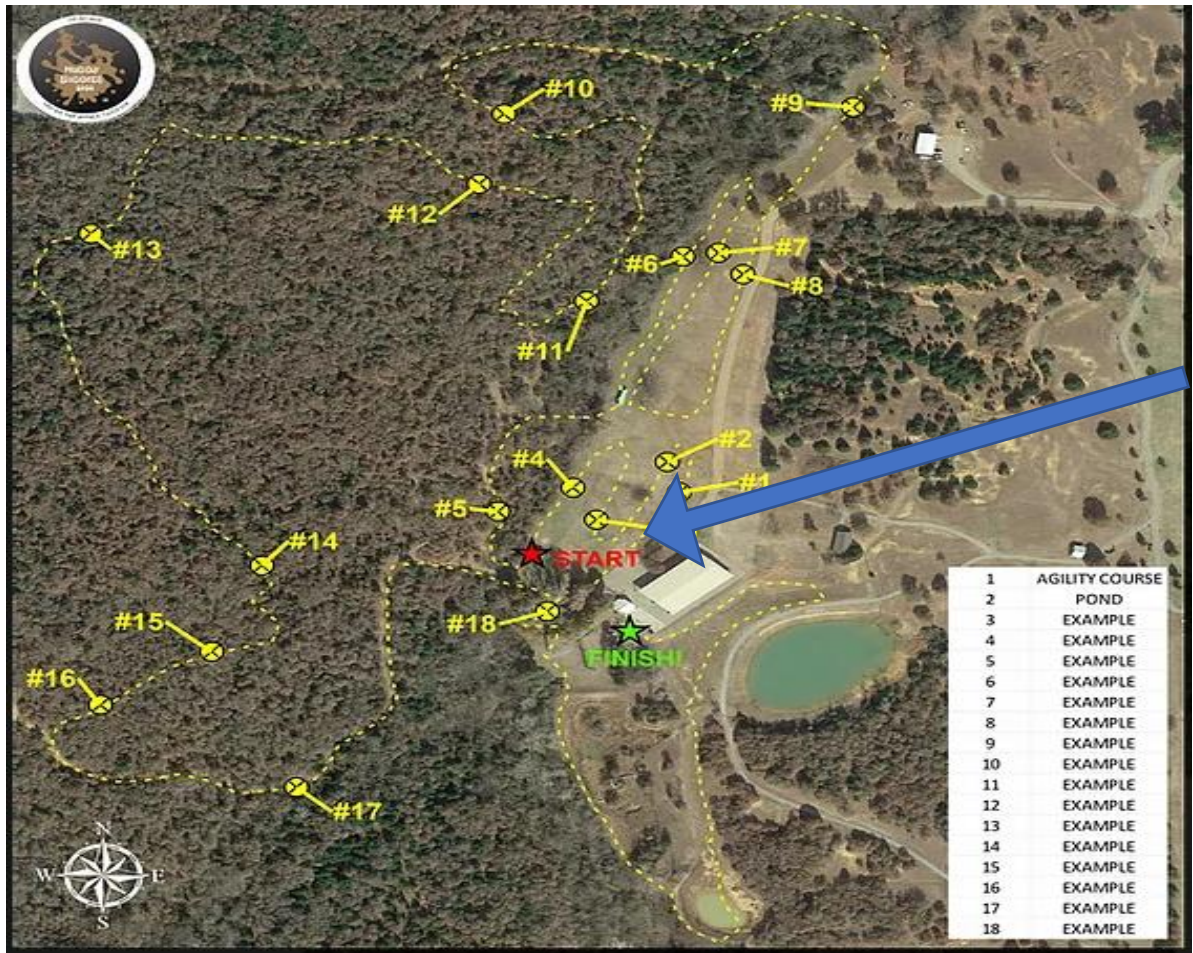
Please be respectful and do not park in the parking lot across the street or in TFCU's parking lot. Street-side parking is available, but be VERY careful of oncoming traffic with your dog if you choose this option.

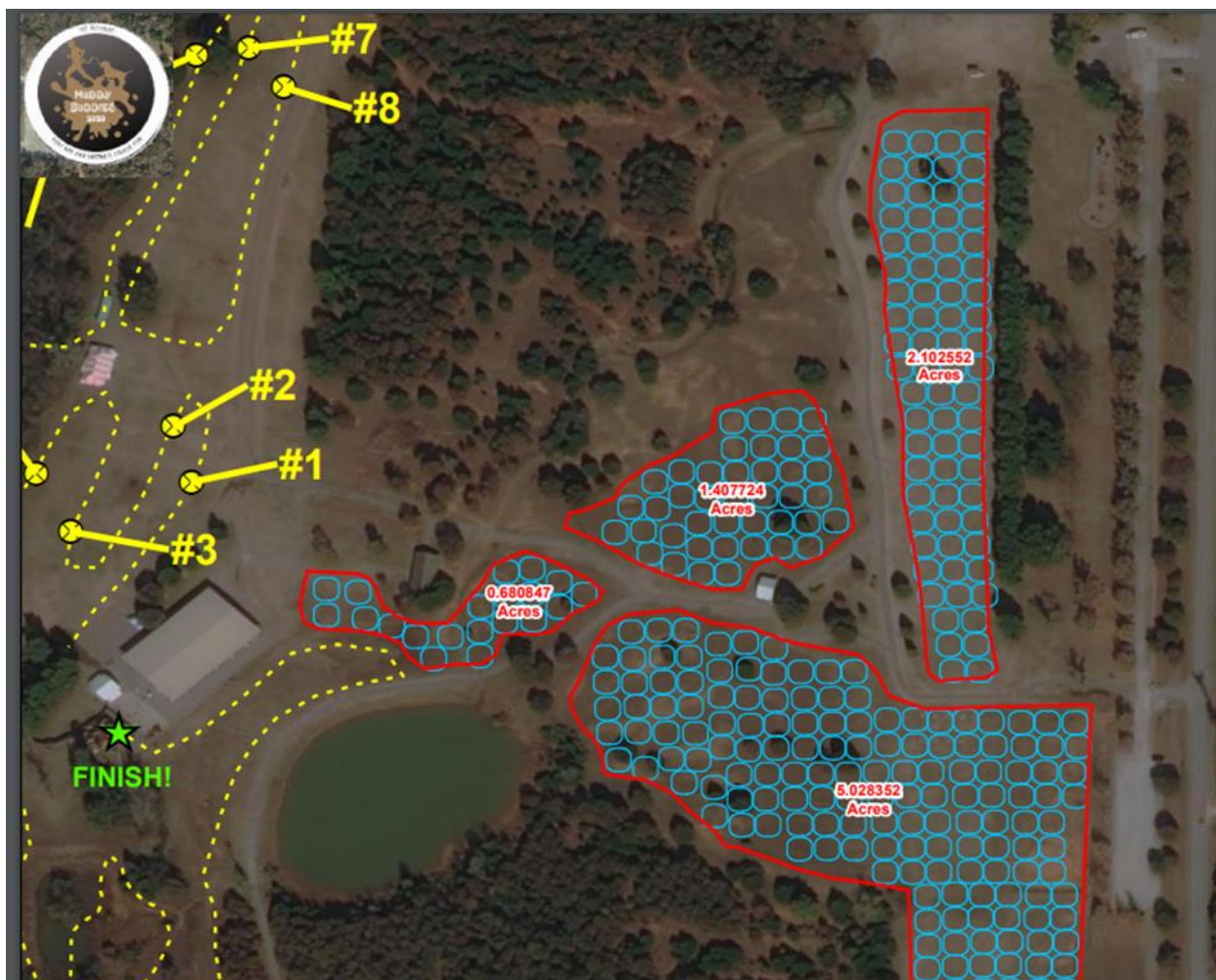
## STARTING LINE

If you have not picked up your packet; you must start at the registration booth, there will be a separate area for packet pickup only. The starting line is near the large pavilion in the back NW corner. (Just look for the signs pointing you in the right direction) For the exact location, see map below. It's a bit of a ways from the entrance, so give yourself plenty of time to find parking and get to the starting line.

**Please make sure your bib number is attached and visible on the FRONT of your shirt. This is how you will be identified as a Muddy Buddies runners at the start & finish line. No bib-no run-no refund -no exception!**

PARKING IS IN RED AND STARTING AREA IS IN BLUE - It is a bit of a walk, come prepared.





## TAILGATE PARTY FESTIVAL

When you finish the run you are invited to join the festivities at the tailgate vendor area and bask in your heroic glory! The Tailgate Party festival is the place to be if you want to cheer on the other runners and check out the fun! It's a great place for friends and family to hang out while you run as well! Please practice social distancing while in our Tailgate area. Let's make this the safest, most fun event we can, after-all, this event *is* about enjoying a healthy lifestyle for you and your dog.

### Photo Op (if available):

Take a moment after you finish your run to snap a photo in front of the Muddy Buddies Run photo backdrop between the finish line and the Sponsors Tents. Be sure to use the hashtag #muddogok2022 when you share your photos so everyone can see all the muddy fun you had with your friends!

Photos and video recordings will be made throughout the event. You may be featured in these and they may be made public. By entering, you consent to being featured in these recordings that may be freely used by the organizers without limitation or compensation of any sort.

We'll try to take as many photos as possible, but we cannot guarantee you will be featured in Muddy Buddies Run photos. However, our photographers will more than likely have an option for you to purchase photos from them directly. We will keep you posted on our Facebook page.

## Food Vendors:

Food vendors will be on hand for your after-run munchies! We have some great food vendors lined up so remember to bring some cash!!



## Merchandise:

After you conquer this year's Muddy Buddies course, be sure and stop by our Merchandise Tent to pick up some Muddy Buddies apparel and other merchandise to celebrate your achievement!

## Featured dogs and selflessness partners booths:

In the tailgate party area, you can also find Muddy Buddies Run's selflessness partners: Second Chance Animal Sanctuary, Mutt Misfits and OK Humane Society. Come meet the rescue organizations that were showcased on our website and see why they are so special and were the inspiration for this event. Stories about the dogs we worked with will be located at their corresponding charities' booth. Please take the time to get to know each of these rescues and what wonderful things they do every day.

## Rinsing Station:

We will have several rinsing stations set up with water hoses only. Take a quick trip through to help get most of the mud off of you and your dog before your ride home. However, be mindful of others and remember this is a rinse station only and not your personal shower, save that for when you get home!

## Getting Home:

More than likely, you and your dog will be extremely dirty at the end of Muddy Buddies Run. Please plan accordingly. You should probably bring a change of clothes and towels for your car. Garbage bags and baby wipes are also super helpful. There are restrooms available on the property, but to limit lines, we may have to discourage changing in them if lines get too long.

## RULES AND SAFETY

We have just a few rules to ensure that everyone has a fantastic Muddy Buddies Run experience.

- Be considerate and aware of other participants.

- Follow the directions provided by event officials and volunteers.
- Keep a fair distance between you and other runners, **not only are you excited, so are the dogs.**
- Be mindful of your own physical limitations.
- The obstacles are partly natural, partly constructed. Each obstacle may be muddy or dirty. The participant accepts that their body or clothing and their dog's hair may become wet, muddy or dirty during completion of the event.
- If you want to place a GoPro or any other camera on yourself or your dog, stick your name and phone number on it. If you lose it during the race, it will be easy to find you.
- If you find something that does not belong to you, please hand it in at the registration tent.

### \*\*\* DOGS AND THE RUN \*\*\*

- The dogs must be leashed in the whole area of the event during its time, from opening to closing. Running belts are considered leashes. The length of the leash or running belt cannot exceed 6 feet. The leash must have a hold for the hand, which must be used during the race. **Flexi leashes or similar, automatic cord leashes are not allowed**, regardless of manufacturer or brand. We strongly recommend simultaneous use of a running belt and a harness. **It is forbidden to use PRONG collars during the run!**
- The Racer has to keep the dog on a leash even on the track. They are also obligated to not let go of the leash during the race or during the whole event; the dog must be prevented from breaking free. If this happens, the Racer is obligated to rectify the situation immediately. Failure to do so leads to disqualification. If the Racer has difficulty getting their dog under control again, they may ask any of the other Racers or the volunteers delegated by the Organizer for help.
- If your dog is aggressive or antisocial toward humans or other animals, please muzzle them! It is your responsibility to monitor your dog's behavior! Uncontrolled aggressive behavior will be asked to leave with no refunds-no exceptions.
- Everyone has to collect their own dog's droppings and dispose of it in the bins. Failure to do this may lead to removal of the run and event.
- No dog may be forced over or through an obstacle by pushing or pulling or any other means of compulsion. If your dog refuses an obstacle, just go around, it's okay, really. The dog may be picked up, assisted at any obstacle. Picking up the dog by its collar, hair, skin or limb is forbidden.

#### **Allowed lifting techniques:**

- lifting the entire body by reaching under the legs (taking the dog in one's arm);
- using a harness.

- If your dog becomes lame or has health problems during the course, you must stop the run. We are sorry, but refunds cannot be given.

We will have St. Francis Animal Resource on site, please seek them out if needed or ask a volunteer to help you.

- Some obstacles require your dog to jump over them, the tallest jump will be 20", if your dog cannot make the jump, then they may pass under. Otherwise, go around the obstacle.

THANK YOU

Last but not least we want to thank everyone who has registered and or helped with the Muddy Buddies

Run. To our runners, volunteers, and sponsors... **THANK YOU!**

We could not have done it without you!



### In-kind Donations and support:

