



## General Rules

All dogs must be on a harness or collar and 6 ft. leash. Harnesses are highly recommended as you can use them to help your dog over an obstacle!

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 obstacle volunteer will give you a sticker for any obstacles both of you overcome. You must have all obstacle stickers to qualify for our runner prize drawings.

A positive attitude and good sportsmanship required. If your dog becomes lame or has health problems during the course, you must stop the run. We are sorry, but credits cannot be given once the start line has been passed.

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 and still receive an obstacle completion sticker. Otherwise, go around the jump.

Female dog cannot be in heat (also includes the one week period before and after the heat period). Breaking the rule results in immediate disqualification from the race without appeal.

Pregnant (from 2nd month onward) or lactating bitches may not take part in the race. Breaking this rule results in immediate disqualification with no right to appeal.

Thank you for registering for our run! Please read our Runners Guide below.

Dear Participant,

This guide serves to make your participation in the run with your four-legged as smooth as possible. You'll find the relevant information about things you need to do before the run or when you arrive, the process of registration and other important stuff. Important things to do before the run.

### Packet pick up locations before run:

Check your registration and print the confirmation email you receive after applying. If you cannot print these documents, you may use a smartphone or tablet to present them.

If you are unsure about the rules of the run, read them again! Use this checklist to verify you have all you need before coming:

- Download the Responsibility Agreement, Waiver Release Liability and Privacy Protection Agreement and sign.
- The human member of the duo must also carry a photographed ID.
- Dogs **MUST** have the following vaccination in order to run: Rabies vaccine. These vaccinations are highly recommended: Distemper/hepatitis/lepto/parvo/parainfluenza. **You must check the box on the Waiver Release Liability form indicating your confirmation that your dog is current on rabies vaccination, we will not allow you to run without it!**
- After you have prepared everything, put them in one place so you don't forget anything at home. All duos must have the agreements, the confirmation and the vaccination confirmation.

### Post Packet Pick up Participants:

- Grab your bib and dog's number tag.
- It is also highly recommended that your dog be on some sort of flea and tick prevention. You will be in the woods of Oklahoma-there will be bugs. Bring bug prevention coverage for yourself also!
- Don't forget your dog's gear (collar, leash, harness, muzzle if necessary). All dogs are required to be on no longer than a six-foot leash during the run. **FLEXI-LEADS are NOT allowed on the course.** We have some great harness and hands-free leashes for sale on our website-and will have some for sale on site if you want them.
- Please come prepared to have your keys in a running pack or some other way of keeping them on you during the run. Due to COVID19 safety reasons, we will not have a place to store these for you.

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. 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.

- Sunscreen
- Sunglasses
- Change of Clothes
- Camera/Cell Phone
- Garbage bags
- Change of Shoes
- Towels
- photographed ID

If you wish to participate with an action cam or put it on your dog, please be sure to put your contact information on it (name, phone number). In case you lose it on the track, we can arrange to get it back to you afterwards this way.

Bring cash to buy food and drinks and goodies.

After you have prepared everything, put them in one place so you don't forget anything at home.

## The most basic rules - whether you participate, cheer for the others or rest

We ask that all visitors and participants please wear a face covering (some will be provided) and maintain a safe distance from each other in the Tailgate party area. All the Vendors will be spaced at least 12 feet apart from one another to help with social distancing. Please - let's all be courteous to one another so we can have this event again next year!

In all event areas, dogs must always be kept on a leash, it's forbidden to set them free!  
If your dog is aggressive or antisocial toward humans or other animals, please muzzle it! It is your responsibility to monitor your dog's behavior!

You are responsible for your own and your dog's physical safety. St. Francis Animal Health will be on-site if an issue occurs, please seek them out if needed or ask a volunteer if you need help.

Everyone has to collect their own dog's dropping and dispose of it in the bins. Failure to do this may lead to removal of the run and event.

Littering is forbidden! The bins are there so you can conveniently dispose of anything you no longer need.

Only participants may enter the track. Please cheer, take photos or make videos from outside the track if you are not a participant.

Photos and video recordings will be made of 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.

No smoking is allowed in Choctaw Creek Park.

## Packet pickup on-site:

You may pick up your packet on the day of the run; however, please plan your arrival in a way you can register 1 hour before your start the run. Be mindful that you might have to wait. If there is a long line, our assistants will prioritize those whose starting time is imminent. Please read and follow steps below:

1. Choose the queue pertaining to your starting number, prepare the necessary papers. First, your confirmation is checked, then you hand in your Responsibility Agreement, Waiver Release Liability and Privacy Protection Agreement and your identity is confirmed (valid photo ID is necessary).
2. If everything is fine, you receive your starting package: bib number and dog's number tag. You will need to put these on your dog and yourself before the run starts.
3. Once you have your package, you're done.
4. If any of your papers are missing, you need to leave the queue and head over to the problem sorting area. This is where you can get your agreements. Get back to the pickup queue only when you have filled out and signed the forms.
5. Don't forget that you need to be in the starting area 15 minutes before your run starts. These 15 minutes also serve for you to warm up properly! If the weather is hot, you should visit one of the watering areas to cool down your dog's body properly-as well as yours. In hot weather, we will only allow you to participate if your dog is wet. We'll call your attention to this via PA announcements if needed.

## Starting Time Slots:

The first run starts at 9AM. Afterwards, a limited number of runners may start every 15 minutes. The last runners start at 2PM. You'll need to start in the slot you chose at application, you can find your time slot on the starting package's envelope. You need to visibly wear your bib number and your dog's bib tag. Without these, you may not enter the starting area! The time slot is checked with your bib number when you enter. Please be mindful of the dogs in the starting area, they will be excited, maintain a safe distance from each other. Be very careful to avoid accidents even in the starting zone.

## The track Obstacles:

The length of the track is approximately 5km (3.1 miles) and it has 20 (or so) obstacles. There will be at least one volunteer at each obstacle who will tell you what you need to do if needed, monitors how you execute it, and warns you if you're not doing it in the appropriate way. Volunteers cannot help you physically (i.e. they cannot help you pick up stuff you'll need to carry, they cannot hold on to your dog, etc.). Should you or your dog get into trouble, however, you can count on them to help. It is possible for you to help your four-legged friend with the obstacles. **It is forbidden to lift the dog by its collar, hair, skin or any of its limbs!** You may lift the dog in your arms, or by its harness. If the volunteer at the obstacle decides that you cannot get the dog to complete the obstacle in a humane way, or if the duo is taking long enough with the attempt that they are holding up the safe progress of the runners behind them, they may ask you to step aside or move on to the next obstacle.

You can only receive help from other runners in the spirit of fair play, not from spectators. Of course, you can help others, too, if you see that they require assistance. If you witness injury or accident, even if it occurs between two obstacles, provide help to the best of your abilities and notify the next Muddy Buddies volunteer! The Muddy Buddies run route involves different types of terrain, look under your feet and watch out for the depression in the terrain and vegetation. Make sure your shoes are tied well and your dog's leash or harness is securely attached before attempting any of the mud obstacles.

Water Stations: There will be two water stations for both humans and dogs, where you can have fresh drinking water. If you wish, you may carry water with you, however glass bottles are not allowed on the track. It's strictly forbidden to litter in the entire area of the event (there will be bins at the water stations). Those caught littering or leaving dog poop behind will get disqualified from the run immediately.

## **At the finish line once you're past the finishing gate:**

You get your medals and feel appropriately proud about your achievement!

The Volunteers will check bib number and put you in the prize drawing, only finishers will be eligible for the prize drawings.

The volunteers check your bib number and hand you over the corresponding finishing package, including your medals.

Don't forget to stop over at the finishers photo booth (if available) and get your well-deserved mud photo taken with your dog. Then head over to the Tailgate party area to get your post-run snacks and drinks.

## **Our recommendations for participants**

Please do everything in your power to ensure the safety and good atmosphere of the run. This is our common interest. Here you can read some pieces of advice which will give you the basics of having an extremely fun day at the run.

Be alert to your dog's physical and mental state! You know your dog best. Do you know how it behaves in a crowd? Is it social enough? If it can't get along well with other dogs or it's bothered by lots of people running nearby, play it safe and put a muzzle on it!

## **Prepare for the run together.**

5 KM are a far cry from a marathon, but if you have not prepared it can seem very daunting. Add on the obstacles throughout the run and it can be a very exhausting experience, so prepare, prepare, prepare. We will be posting training tips and ideas on where to prepare on our Facebook pages. You'll be presented with a challenge which if you beat, you'll have every right to feel proud!

Don't eat and don't feed your dog if there's less than 2 hours left before your run.

As you need to be at the starting gate 15 minutes before you start the run, use the time to limber up thoroughly! You'll need it!

If you feel that an obstacle is too difficult or risky, it's best if you go around it! The rules allow you to do this. Don't forget that you're responsible for your dog, you're the one who knows them best, therefore you're the one who knows if an obstacle is insurmountable for them.

Help your dog! You may facilitate their passage at any of the obstacles, you may even pick them up. Read the pertaining part of the Rules of Competition if you haven't done so already.

We strictly adhere to the Rules of Competition and the Code of Ethics, please keep this in mind! Pay attention to the other runners and their dogs as well, not just yourself! You're not alone on the track.

If someone needs help, give them a helping hand. It only takes a small effort, but it could mean a lot to someone in trouble.

Don't litter! Please make sure you dispose of all garbage in the designated bins in the entire area of the event.

We know you always pick up your dog's droppings, but should you happen upon someone who doesn't, give them a dog bag. After all, you always have some extra ones on you, right?

Smoking is not allowed anywhere in Choctaw Creek Park

## Start of the Run:

You must be on time in line for your start time.

You must wait to pass the start line until the timer lets you go.

## During the Run:

There will be obstacle volunteers at as many obstacles as possible.

You may receive help from anyone entered in the run to overcome any of the obstacles.

You may bring treats to reward your dog

If you do not want to complete an obstacle (or your dog refuses), instead, you may choose to bypass it.

In order to receive your completion medal you must finish the course; obstacle substitutions (above) are allowed. Only runners who have completed the run will be entered in the runner prize drawings.

If you are having difficulty with an obstacle, please give way to runners that over take you and signal (see below) that they want to pass. Let them complete the obstacle. Failure to do so will result in you and your dog being disqualified.

If you overtake another runner stuck on an obstacle, you have two choices:



1. Help them over the obstacle
2. Shout a loud "Pass!" If you overtake another runner between obstacles, you must give them a heads up that you are going to pass. Shout a loud "Passing" or "Coming From Behind" and make sure to keep your dog on a short leash on the off side when passing as the other person may still not have heard you.

## End of Run:

You must pass the finish line! Show your bib to the Volunteers so they can put your bib number in the prize drawings.

## Tailgate Area:

Visitors may spectate and enter the area of the event FREE OF CHARGE. They may take photos from the outside, but they need to adhere to the rules and they may not enter the closed-off area of the track. This is where the starting and finishing gates are as well, these will be marked with signs from the parking area. We will have professional photographers that will be located throughout the track and event, so you will be able to get some quality photos of you and your pupper to share with everyone! And who knows-you may be featured on our next year's run advertisements! **We ask that all visitors please wear a face covering (some will be provided) and maintain a safe distance from each other in the Tailgate party area. All the Vendors will be spaced at least 12 feet apart from one another to help with social distancing.** Please let's all be courteous to one another so we can have this event again next year!

What else can you find at the Tailgate party? Hoses to rinse off you and your dog. This is where you and your dog can get rid of the mud and dirt. You may also cool down your dog here if you deem it necessary.

Restrooms: close to the large pavilion- registration area, you will find women's and men's toilets and for the disabled. Additionally, there are several restrooms located throughout the park.

Food and drink: In the festival space there are food truck and vendors where you can buy snacks, main dishes, desserts and drinks.

Merchandise and product demonstrations: In case you need anything else for running with your dog, you may find the most suitable gear of the best quality at the vendors tents. At the vendor stands you will be able to get advice about the health of your dog and familiarize yourself with their products.

## Featured dogs and selflessness partners:

In the tailgate party area, you can also find Muddy Buddies Run's selflessness partners: Second Chance Animal Sanctuary, Mutt Misfits and Oliver and Friends Farm Sanctuary. Come meet the dogs that were showcased on our website and see why they are so special and were the inspiration for this event. The dogs may be located at their corresponding charities' booth. **Please take the time to get to know each of these rescues and don't forget to donate**, without your help they cannot do the wonderful work they do every day. You may get to meet Milo, Odin, Pig and Percy in person.

## Additional Information:

1. If you wish to participate with an action cam or put it on your dog, please be sure to put your contact information on it (name, phone number). In case you lose it on the track, we can arrange to get it back to you afterwards this way.
2. If you find something that belongs to someone else, we ask you hand it in at the registration tent. We're sure you'd be happy if something of yours believed to be lost were found this way.
3. The Water Bark, as the organizer of the run, maintains the right to remove certain obstacles, modify certain parts of the track or cancel the event in cases of extreme weather to ensure the safety of runners and assistants.
4. **Muddy Buddies Run is a firm believer of the spirit of Fair Play.** You may ask another runner for help during your run. This can be a member of your or of another team, or an individual runner. You may only request help from other runners, as asking spectators for help is strictly forbidden. The only exception to this rule is when a dog breaks free and spectators assist in preventing it from leaving the track.
5. If you refuse to help another runner in trouble or endanger the safety of others (e.g. you don't pay attention to your dog, you don't maintain distance, you get pushy or you deliberately prevent faster runners from overtaking you), you may be disqualified
6. All participants have access to emergency medical assistance regardless of whether they run on two or four legs. Please if you suffer an injury, immediately inform a Muddy Buddies volunteer so we may provide you with help ASAP. If you have any questions, contact us at muddybuddiesrun2021@gmail.com until May 5, 2020. Afterwards, we can only provide help at the run.

See you at the starting line! Have fun!