

EVENT INSTRUCTION PACK



TOUGH MUDDER TRI-STATE

Saturday November 20 & Sunday November 21, 2010

IMPORTANT:

YOU MUST READ THESE INSTRUCTIONS BEFORE YOU ARRIVE AT RACEWAY PARK



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[TOUGH MUDDER EVENT SERIES - FACEBOOK](#)

1. EVENT SCHEDULE

SATURDAY NOVEMBER 20		
TIME	EVENT	LOCATION
8:00 am– 12:30 pm	Registration	Green Zone
9:00	Red Start Group	Start Area
9:20	Blue Start Group	Start Area
9:40	Green Start Group	Start Area
10:00	Orange Start Group	Start Area
10:20	Teal Start Group	Start Area
10:40	Purple Start Group	Start Area
11:00	Yellow Start Group	Start Area
11:20	Black Start Group	Start Area
11:40	Hot Pink Start Group	Start Area
12:00	Bright Green Start Group	Start Area
12:20	Light Purple Start Group	Start Area
12:40	Silver Start Group	Start Area
1:00	Pink Start Group	Start Area
1:20	Brown Start Group	Start Area
12:00	Post Party begins	Green Zone
3:00	Awards Ceremony begins	Green Zone
5:00	Post Party ends	Green Zone

SUNDAY NOVEMBER 21		
TIME	EVENT	LOCATION
8:00 am– 12:30 pm	Registration	Green Zone
10:00	Red Start Group	Start Area
10:30	Blue Start Group	Start Area
11:00	Green Start Group	Start Area
11:30	Orange Start Group	Start Area
12:00	Teal Start Group	Start Area
12:30	Purple Start Group	Start Area
12:00	Post Party begins	Green Zone
3:00	Awards Ceremony begins	Green Zone
5:00	Post Party ends	Green Zone

2. RACEWAY PARK

Directions: To avoid any traffic issues on your way to the event at Raceway Park be sure to check out the directions below and choose the most appropriate route for you.

- **TRAVELING SOUTH:**

Take the New Jersey Turnpike to Exit 9, follow the signs to Route 18 South. Go six miles to the Englishtown exit. Take Route 527 South five miles. Make a left onto Pension Road (Raceway Park billboard on left). Go 1/4 mile, track entrance on the left.

- **ALTERNATE ROUTE TRAVELING SOUTH:**

Garden State Parkway South to Exit 123 to Route 9 South. Travel Route 9 South for 10 miles to Texas Road. Turn Right onto Texas Road. Go three miles to the traffic light. Make a left onto Route 527 South. Go one mile making a left onto Pension Road. (Raceway Park billboard on left) Go 1/4 mile, track entrance is on the left.

- **ANOTHER ALTERNATE ROUTE TRAVELING SOUTH FOR MAJOR EVENTS:**

Use Exit 8A of the New Jersey Turnpike. Follow the signs for 32 east (Jamesburg-Monroe). Follow Route 612 East to Route 522 East for 2.5 miles. Make a left onto Mounts Mills Road (sign on right reads Hoffman Station) Stay on Mounts Mills Road for 2.5 miles. Make a left onto Old Bridge-Englishtown Road. Go 4/10 mile to Raceway Park's *major event entrance*.

- **ANOTHER ALTERNATE ROUTE TRAVELING SOUTH:**

Use Exit 8A of the New Jersey Turnpike. Follow the signs for 32 east (Jamesburg-Monroe). Follow Route 612 East to Route 522 East for 2.5 miles. Make a left onto Mounts Mills Road (sign on right reads Hoffman Station) Stay on Mounts Mills Road for 2.5 miles. Make a left onto Old Bridge-Englishtown Road. Go 4/10 mile to Raceway Park's new major event entrance.

- **TRAVELING NORTH:**

New Jersey Turnpike North to Exit 8 to Route 33 East. Go eight miles to the Englishtown Exit. Take Route 527 North. Follow to stop sign by Agway and turn Left. Go through Englishtown. At the third light (Quik Chek on Left) make a right onto Gordons Corner Road. Go 1/4 mile; make a left onto Pension Road. Go two miles, track entrance is on the right.

- **JERSEY SHORE AREA:**

Route 35 North to Route 34 North to Route 18 North to the Tennent Road exit (Route 520). Stay to the right, go through the light. Make a right at second light onto Union Hill Road. Go approximately six miles to the stop sign. Make a right onto Pension Road. Go one mile, track entrance on the right.

- **ALTERNATE ROUTE TRAVELING NORTH:**

Garden State Parkway North to Exit 105 to Route 18 North to Tennett Road exit (Route 520). Stay to the right, go through the first light. Make a right at the second light onto Union Hill Road, go approximately six miles to the stop sign. Make a right onto Pension Road. go one mile track entrance on right.

- **ANOTHER ALTERNATE ROUTE TRAVELING NORTH FOR MAJOR EVENTS:**

Use Exit 8 of the New Jersey Turnpike. Go east on Route 33 for 4 miles to the Jamesburg-Perrineville jughandle (follow sign for Jamesburg). Go 1 mile and turn Right onto Federal Road to Mounts Mills Road. Make a right onto Mounts Mills Road. Then make a left onto Old Bridge-Englishtown Road. Go 4/10 mile to Raceway Park's *major event entrance*.

- **TAPPANZEE BRIDGE/NEW YORK THRUWAY:**

I-87 to Exit 14A to Garden State Parkway South to Exit 123 to Route 9 South to Texas Road. Go three miles to traffic light. Make a left onto Route 527 South. Go one mile, make a left onto Pension Road. (Raceway Park's billboard on left) Go 1/4 mile, track entrance on left.

- **VERRAZANO BRIDGE:**

Staten Island Expressway (I-278) to 440 South (West Shore Highway) to Outer Bridge to Garden State Parkway South to Exit 123 to Route 9 South for 10 miles to Texas Road. Turn Right onto Texas Road. Go three miles to traffic light. Make left onto Route 527 South. Go one mile, make left onto Pension Road. (Raceway Park's billboard on left) Go 1/4 mile, track entrance on left.

- **NEW YORK CITY VIA LINCOLN TUNNEL/HOLLAND TUNNEL/GEORGE WASHINGTON BRIDGE:**

New Jersey Turnpike South to Exit 9 to Route 18 South. Go six miles to the Englishtown exit. Take Route 527 south for five miles. Make a left onto Pension Road (Raceway Park's billboard is on the left). Go 1/4 mile, track entrance on left. OR New Jersey Turnpike South to Exit 11 to Garden State Parkway South to exit 123 to Route 9 South for 10 miles to Texas Road. Turn Right onto Texas Road. Go three miles to the traffic light, make a left onto Route 527 South. Go one mile, make a left onto Pension Road (Raceway Park's billboard on left). Go 1/4 mile, track entrance on the left.

SPECTATORS:

All spectators MUST register online through Active.com for [Saturday](#) and / or [Sunday](#). For legal and insurance reasons we are required to charge for spectators and we require all spectators to sign a physical waiver.

Please note: For permitting reasons, Spectator tickets will not be on sale on the day of the event so all spectators must register beforehand in order to attend.

To save time on event day print off and sign the waiver [here](#), and bring it with you to registration.

On arrival at Raceway Park all spectators must pick up their wristband from spectator registration. Please bring the email confirmation from Active.com and ID in order to receive the wristband. Note: children under 10 are allowed to spectate for free.

FOOD & BEVERAGE:

Food and beverages provided by Raceway Park will be on sale throughout the day of the event. This will include the concessions area inside the Green Zone and barbeques and grills outside near the finish area. Vegetarian food will also be available.

EVENT-RELATED FACILITIES:

- **Info Desk:** The Info Desk is located inside the Green Zone. It is the primary location for obtaining information.
- **Bag Drop:** There will be a Bag Drop facility located on site. We recommend participants bring their own bag.
- **Toilets:** Portable toilets for participants are located in the parking lot. Spectator toilets are located in the Green Zone.
- **Showers:** The Fire Department will set up a de-con shower in the Green Zone.
- **Lost & Found:** Any items found during the event should be turned in to the Info Desk. Participants should first check with the info desk if they have lost items during the day. Items that remain unclaimed after event day will be taken back to the Tough Mudder HQ. If unclaimed after one month, items will be donated to charity. If you have lost an item you must contact Tough Mudder at **917-338-2135**.

3. REGISTRATION

Participant registration will be open on **Saturday at 7:00 am** and **Sunday at 8:00 am**. Please allow 45 minutes to register.

All participants must bring a valid photo I.D. to registration and will be required to sign a liability waiver. If you do not sign the waiver, you cannot start the event. To save time on event day print off and sign the waiver [here](#), and bring it with you to registration.

All participants will receive:

- one race bib with a color corresponding to their Start Group
- one free Tough Mudder branded cotton t-shirt
- selected Tough Mudder approved goods

All participants will receive a colored wrist-band, which must be worn for identification purposes.

Spectators must also sign a physical waiver upon checking in.

Start Times:

Each Start Group is assigned a different color which corresponds to the color contained on their race bib. All Teams Members start in the same Start Group.

Wherever possible, participants have been assigned to the closest available start time that they requested when registering for the event. However, due to demand, participants may find that they are not in the Start Group time they had requested.

Participant groups and start times for [Saturday](#) and [Sunday](#) have been posted on the Raceway Park event page on the Tough Mudder website.

Wounded Warrior Project:

Participants who pledged to raise \$150 for the **Wounded Warrior Project** during online registration **must** have raised this sum on Activegiving.com by midnight of Sunday November 14 2, 2010. We will have records of participants who have not managed to reach this threshold and will require such persons to pay an additional \$50 in order to start the event.

4. COURSE INFO

Course Map:

Details of the terrain and obstacles throughout the course are located [here](#).

Course safety warning:

The course is designed to be very difficult and the terrain is at times muddy, slippery, and potentially dangerous. You will be wet after the first mile, and you **MUST** be able to swim more than fifty yards if you attempt the Walk the Plank obstacle.

Please be advised that participants will be running through thick and acrid smoke. Keep your physical limits in mind.

Heat sheets will be located at each of the Aid Stations, the Water Obstacles and at the Finish Area.

5. EQUIPMENT & CLOTHING

What to Wear:

- Tough Mudder branded performance apparel brought to you exclusively by Endurafit. You can purchase all items [online](#). Endurafit will also have a large selection of items on sale outside in a retail tent near the Finish Area. Cash and credit cards will be accepted.
- Normal running shoes
- Gloves
- Hat
- Hydration system
- Costumes and anything creative

- Warm/dry clothing to change into after the race.

What NOT to wear:

- Participants CANNOT wear spikes or cleats during the event. There will be an inspection at the Start Area—anybody wearing spikes or cleats will not be allowed to start the event.

6. POST-PARTY & AWARDS

The Post-Party is a key component of the Tough Mudder experience. Bands and DJs will be playing live music throughout the afternoon.

If you wish to record your time to be eligible to enter the World’s Toughest Mudder, you can do so after the event through the online survey located on the Tri-State event page of the Tough Mudder website. It is the responsibility of other participants to remember his/her time.

Tough Mudder Respect Awards:

Special awards are given to participants who have completed the race after overcoming serious illness, injury or misfortune. If you feel that one of your Team Members deserves recognition, please email Tough Mudder at info@ToughMudder.com.

Tough Mullet & Mohawks:

Free head-shaves will be available on-site. Participants are encouraged to get a Mullet or a Mohawk.

Free Tattoos:

Free tattoos of the Tough Mudder logo will be available on a first come first serve basis from the VIP Hospitality Suites in the Green Zone –visit the Info Desk for further information. Only tattoos of an approved size are available for free. Participants who decide to get a tattoo must sign a liability disclaimer.

Free Beer:

For participants aged 21 and over, your registration entitles you to one free beer. You will receive a Dos Equis wristband at registration which will be cut off at the free beer stand in the Green Zone in exchange for your free beer.

Raceway Park strictly adheres to and enforces all ABC laws. Identification will be requested if guests appear under 30 years of age. Raceway Park reserves the right to refuse service to anyone not in accordance with these liquor laws. Intoxicated guests will be refused service. Alcoholic beverages from outside Raceway Park will not be permitted at this event.

Neither Tough Mudder nor Raceway Park is responsible for the amount of alcohol that you consume at the Post-Party. Please remember that your susceptibility to the effects of alcohol increases after physical exertion. All Teams should have a designated driver or should arrange their own transportation home after the conclusion of the event.

7. PHOTOGRAPHY

Photography at the event is provided by Brightroom. All participants will be photographed during the event a minimum of 14 times, and Brightroom will be taking team photos at the conclusion of the event.

Make sure your bib is clearly showing and facing forward at all times during the event. In addition, mark yourself with your race number everywhere you can: forehead, legs, chest, neck. If your race number is not visible, you won't be identified in any photos.

Photos will be available to purchase online on brightroom's website within 48 hours of the event. There will also be a link from our website at www.ToughMudder.com/photos.

8. CONTACT

If you have any questions about this Event Instruction Pack please contact Tough Mudder at info@ToughMudder.com. Don't forget to stay tuned to our [Facebook](#) page to get regular updates.

9. MAP

[Click here](#)

