

# TOUGH MUDDER PITTSBURGH 2016 - INFO PACKET

COOPERS LAKE CAMPGROUND, 205 CURRIE RD, SLIPPERY ROCK, PA 16057



## START TIMES

[Find your start time here.](#)

If you registered after August 29<sup>th</sup> 2016, your start time will be sent to you next week.

- Please show up for your assigned start time to prevent lines at registration (and on course).
- Due to demand, some participants have been assigned a different start time than requested.
- The final start wave will go off at **1:30pm on Saturday and 10:30am on Sunday**
- TEAMS: If one person is assigned to a different start time, they are permitted to join the start time that was assigned to the rest of the team.
- CAN'T MAKE IT? Transfer to another event [here](#).

## DON'T FORGET:

- ✓ A valid photo ID (a photo driver's license or passport)
- ✓ Signed [waiver](#) for participation
- ✓ Cash for village experience & bag drop
- ✓ Change of clothes



## PARKING

Location  
Coopers Lake Campground  
205 Currie Road  
Slippery Rock, PA 16057

- Parking will be \$20 CASH ONLY on-site
- Handicapped parking is available on-site
- No camping, RVs or overnight parking
- All violators will be towed



## IMPORTANT LINKS

Saturday Tickets

[Saturday Parking Pass, Spectator and Fruit Shoot Mini Mudder Tickets >>](#)

Sunday Tickets

[Sunday Parking Pass, Spectator and Fruit Shoot Mini Mudder Tickets >>](#)

Waivers

[Participant Waiver >>](#)

[Spectator Waiver >>](#)

[Fruit Shoot Mini Mudder Waiver >>](#)



## SPECTATORS

[Download the spectator map here.](#) Spectator routes will start from the Start Line.

- Spectator ticket price will increase to \$25 on-site
- Children 12 and under are free, but must sign a waiver with a parent or guardian
- Spectators must have a valid photo ID such as a photo driver's license or passport



## FRUIT SHOOT MINI MUDDER

[Fruit Shoot Mini Mudder](#) is a 1-mile muddy obstacle course designed for Tough Mudders-In-Training.

- Saturday Start Waves: 9am, 10am, 11am, 1pm, 2pm, 3pm, 4pm
- Sunday Start Waves: 9am, 11am, 1:00pm
- Ticket price will increase to \$25 on-site
- Children must be at least 42 inches tall
- A signed waiver and a parent or guardian's supervision is required
- Don't forget a change of clothes

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## PRE-EVENT PACKET PICKUP

Tough Mudder has partnered with Merrell and Dick's Sporting Goods to provide last minute gear and the opportunity to save time by picking up your bib and participant wristbands pre-event.

Friday September 9<sup>th</sup>  
4:00 PM to 8:30 PM

Dick's Sporting Goods  
2021 Mackenzie Way,  
Cranberry Township, PA 16066

- Don't forget your ticket, signed waiver and ID.
- All wristbands will be put on by a staff member at the time of pickup.
- For safety reasons we cannot allow you to check-in for a friend.
- Parking for packet pickup is free and available directly outside the store.



### Cellucor Warm-up Zone & Finish Chute

20 minutes before your start time, fuel up to finish strong with a bottle of C4 On The Go at the Warm-Up Zone. Then, at the finish, reward yourself and refuel with the Cellucor FitJoy Bar.



### Bag Drop

Swing by the bag drop tent and keep your stuff clean while you get dirty. \$5 CASH ONLY.



### Shock Top Beer Garden

You've finished the course – now head to the Shock Top Beer Garden to get your hard-earned finisher beer. While you're there, stop by the photo booth for a finisher GIF you can share online.

### Old Spice Samples

Trade sweat and mud for the performance of the new Hardest Working Collection, Old Spice's most powerful anti-perspirant/deodorants and body washes as well as Hair Care products. Ladies, snag Secret anti-perspirant/deodorant.



## CORPORATE TEAMS - GOLD PACKAGE HOLDERS:

Report to the Information Desk to pick up your tokens.

## COURSE AND OBSTACLES

Check out the [course map](#), but also look out for these obstacles in Mudder Village:

### Merrell Mudderhorn

Take the backpack challenge and test the Merrell All Out Crush shoe on the multi-terrain Merrell Mudderhorn



### Cellucor Hydration Stations

Cellucor's Alpha Amino will keep you hydrated and their protein bars will give you the fuel to keep fighting through the mud.



### Microsoft Band

Look for Microsoft Band's obstacle tips on course and don't forget to check out [Microsoft Band](#).



### Army Fitness Challenge

Visit the U.S. Army Reserve Zone for a custom dog tag and compete in the "Fitness Challenge" for a chance to win a limited edition t-shirt.



### Old Spice Pop & Lock

Think you can match the Legendary status of Old Spice's new Hardest Working Collection? Prove it on the Old Spice Pop & Lock.



## RUN FOR A CAUSE

Tough Mudder's official US charity partner is Team Rubicon, the only nonprofit that mobilizes military veterans to support communities devastated by natural disasters. For each Mudder who raises \$150 for Team Rubicon, Tough Mudder will donate \$15. Visit [crowdrise.com/toughmudder](http://crowdrise.com/toughmudder) to begin fundraising today.



## PHOTOGRAPHY

- In 2016, course photos are completely FREE to all participants compliments of Gameface Media.
- Look out for photographers along the course and make sure your bib number is showing.
- Stay tuned for an email post event with a link to find your photos.

## SAFETY

- Do not attempt electric shock obstacles if you have certain health conditions, epilepsy, or a pacemaker.
- You MUST be able to swim 50 yards if you attempt water obstacles.
- If you do not feel comfortable completing any obstacle, DO NOT attempt it; simply continue on to the next obstacle via the bypass lane

USE THE HASHTAG **#TMPITTSBURGH16**  
TO SHARE YOUR TOUGH MUDDER EXPERIENCE  
ON EVENT DAY