



Race Day Information

Attention Mud Runners,

Thanks for signing up for the 6th annual Mad Anthony Mud Run. This packet contains details about the race, from the “battlefields” to our great post-race party. Be sure to check out the virtual coupons from our amazing sponsors! Please tell them thanks for their support. If you have other questions concerning the race please feel free to email us at rtv@ci.waynesboro.va.us or call 540-942-6735.

Thanks again,

Amanda, Ben & Dwayne

ALL PARTICIPANTS WILL BE BUSED TO THE START LINE!

Packet/Bib Pick Up:

*Friday Feb. 24 at Home Depot Waynesboro
(near the contractor entrance)
5:00 pm - 7:00 pm*

*Saturday Feb. 25 at Coyner Springs Park
8:00 am - 8:45 am*

Race Day registration will be available for individuals only!

Race starts at 9:00 am

ALL participants and spectators will be bused to Coyner Springs Park.

Buses will depart the Waynesboro Town Center (Target Parking Lot) beginning at 7:45am and continue through 8:45am.

Buses will begin taking participants back to Target beginning at 10:00am.

The last bus will depart Coyner Springs Park at 12pm.

Directions to Waynesboro Town Center

811 Town Center Drive

From I-64, take exit 94. When you get off the exit ramp, turn left onto Rosser Ave/ US 340. Continue to follow US 340 S. Turn left at the stop light onto Shenandoah Village Drive (Chic-Fil-A is on the left). Continue on Shenandoah Village Drive and turn right into the parking lot in front of Target Shopping Center. Please refer to the proceeding map for parking.



Course Description

This is not your typical mud run. This is a trail style run with numerous “battles” and ankle deep mud in spots.

- Battle 1: Tire pit
- Battle 2: Tunnel Underground
- Battle 3: Hay bale climb (Thanks *Waynesboro Nurseries*)
- Battle 4: Wall Climb
- Battle 5: Under /over logs
- Battle 6: Swamp run, river crossings & tunnel
- Battle 7: Net Crawl
- Battle 8: Cinderblock Carry-Sponsored by
- Battle 9: Monkey Bars—NEW!
- Battle 10: Cargo Net Climb
- Battle 11: Tube crawl
- Battle 12: Wall Climb



Race Bibs & Timing

All runners will be chip timed by our friends at Blue Ridge Timing

The timing chip is secured on the back of the bib and this is where it stays. DO NOT try to put this on your shoe, forehead or underwear.

Pin your bib on the **front of the shirt** you will be wearing when you are crossing the start/finish line. **PLEASE USE ALL 4 PINS** so you don't lose your bib in the mud.

Starting Corrals

Everyone will start in either Corral 1, 2 or 3. Your bib will be marked with which corral you need to go to. When you go to the start line, find the corral you need to be in, it is marked with a number and orange cone. Stand behind that cone until we release you to battle! *The awards will be based on chip time! It doesn't matter where you start. So yes, a person starting last can actually win!*

Corrals will be released every 3-5 minutes.

Changing Area / Dry Bag Storage

We are opening the restrooms for race day. We will also offer a dry bag storage area. Pin your gear check bib number on your small bag and we will watch it for you during the race. Space on the shuttle buses is limited so please pack lightly...no suitcases please.

Post Race Party

After battling the mud, relax in the Coyner Springs Park shelter next to the cozy fire or outside by the bonfire.

There will be bananas, oranges and water available at the end of the race.

Beer for 2017 - Three Ridges Vienna Lager by Seven Arrows Brewing Company

Our friends at Seven Arrows Brewing Company will be serving up some great local brew for all participants! So after you finish your race, stop by and get yourself a pint. 2 beers are included with your registration for participants 21 & over. Please have your Race Bib & I.D. on hand.

YOU MUST BRING YOUR ID-NO EXCEPTIONS

Make sure you have it with you on the shuttle bus

Our staff will be checking IDs and wristbands to those eligible for alcohol.

All alcohol must be consumed in the specified beer garden area.

Guests can also purchase beer for \$3.00

Awards Ceremony

The awards will take place approximately at 10:30am.

Overall Male & Female:

\$15 gift card to Buffalo Wild Wings

Overall Male, Mixed & Female Group:

\$50 gift card to Buffalo Wild Wings **Team awards will be the cumulative of the 3 lowest times.

Mixed teams must take at least one time from the opposite sex



Special kudos to Buffalo Wild Wings for sponsoring the Mad Anthony Mud Run and our Fitness Cup Challenges with gift certificates to our winners.

They will also be hosting 1 round of their Famous Blazing Wing Challenge after the race.
One overall winner will get some great swag!
Sign up on race day. Space is limited

THANKS TO OUR GREAT SPONSORS!!!



So what's next for Run The Valley?

Don't miss out on our upcoming events! We have lots of opportunities for you AND your family to be healthy in 2017!

Park to Park Half Marathon - April 29

Kid's Mud Run - June 10

Summer Extravaganza 5K & 10K - July 8

Tour de Valley Cycling - September 2

Fall Foliage 5K & 10K - October 14