

USMC MUD RUN RULES

The USMC Mud Run has many hazards to include; water/mud, holes, hills, uneven terrain, and obstacles over 6ft in height, be careful while running the course ***safety is paramount***. We strongly recommend you get warmed up and stretch your muscles stay hydrated and prepare yourself mentally for the 16th Annual USMC Mud Run Challenge, remember the goal is to complete the course safely.

1. Race officials have final say on all aspects of the race especially Safety.
2. All Teams will start and finish together as a team.
3. All team members must be a minimum age of 14 and a minimum of one adult over the age of 18 per team.
4. Every team must maneuver through each obstacle to be qualified for competition.
5. Team members may assist each other across all obstacles.
6. No hostile contact with other teams.
7. No interference with other teams navigation over or through obstacles.
8. No objects can be carried or picked up along the course to assist in crossing obstacles.
9. Each team must designate a captain. Team captain will ensure all team mates have assigned race numbers on and is visible throughout the race.
10. Teams will observe all safety requirements.

Penalties

1. 1 minute per infraction cited by race official.
2. 2 minute penalty for wall
3. 10 minute penalty for loss of a team member
4. No time if team withdraws from the course.

Safety

1. Do not grab the engineer stakes.
2. Do not grab the engineer tape, which marks the course.
3. Give way to faster teams.
4. If you feel you can not do an obstacle go around, nothing is worth getting hurt over.
5. Drink lots of liquids
6. Follow all signs and listen to course managers and officials.
7. **Leave all body jewelry at home—rings can cause “degloving” of fingers.**
8. THINK SAFETY and Good Luck

**Assumption of Risk,
Release from Liability and
Waiver**

Whereas, The Greater Columbia Marine Foundation, hereinafter described as GCMF, has for sixteen years sponsored what is commonly known and designated as the USMC Ultimate Challenge Run and Pollywog Kids Race; and

Whereas, participating in this event is physically demanding and mentally challenging and is a hazardous activity; and

Whereas, the undersigned is fully familiar with the hazards, the potential for injury, illness or damage, and has either previously participated in the race or has read materials describing it or has otherwise evaluated the potential for personal injury and resulting damages and understands that participating is a strenuous event requiring proper physical conditioning; and

Whereas, the GCMF is organized for charitable and eleemosynary purposes and requires as a condition of participating that the undersigned participant, in consideration of permission to enter this activity, does hereby, for myself, my heirs, executors, administrators, personal representatives, assigns, and anyone entitled to act on my behalf, irrevocably release and forever discharge the GCMF, its officers, agents, servants, and employees; sponsors; the Ft. Jackson facility; the South Carolina National Guard; the owners of the property; promoters; managers; inspectors; officials; volunteers of the road race; and any and every other person participating in the race from any and all claims for damages for injury or liability of any kind, illnesses alleged to result from the race, or damages of any and every kind suffered by me as a result of my participating in or travel to or from this event and further agrees to indemnify and hold harmless those released for costs, attorneys fees, or other expenses should I or any person for or on my behalf file a legal action against GCMF or any of those described in this document.

I recognize and acknowledge that running or walking in a road race and particularly in this mud race activity is a potentially hazardous activity. I represent that I am medically able and properly trained and am physically and mentally able to participate in this race.

I agree to abide by any decision of a race official relative to my ability to safely complete the walk or run. I am informed and know of the risks associated with participating in the event, including but not limited to, the effects of weather, contact with other race participants, slipping and falling, traffic, and the conditions of the road. I know, recognize and appreciate these risks, realizing this is a strenuous activity which requires physical conditioning and hereby represent and certify that I am in good health and in physical condition to participate in this event.

I also give permission to the GCMF for the full, free and unconditional use of my name and photograph in connection with this race in any type media, written account, broadcast or telecast of this event from beginning to end for any legitimate purpose.

I understand that the rules require a team of four (4) participating and by execution of this legally binding document, state that I have read and fully understand the conditions of entering and participating in this year's annual USMC Ultimate Challenge Run.

Participant Signature or Parent's Signature (if under Age 18)	Print Name & Date	Team Name
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All individual participants under the age of 18 that will not have a parent present at the event MUST have a Notary Public sign below. JROTC groups are excluded from this requirement.

Sworn to and subscribed before me

This _____ Day of _____, 2009

Notary Public of South Carolina	Print Name	My Commission Expires
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