

# Students Off And Running

2009-2010

## Down and Dirty Mud Run Tips



**Stretch.** You'll be sore after the race regardless, but stretching will knock off a day of aches.

**Hydrate.** Start drinking water now, don't come to the event on an empty tank!

**Set a pace.** There's a lot of running, climbing and clutching. Don't exert too much energy early.

**Clothing.** Don't wear anything heavy, like a cotton T-shirt. It'll weigh you down when it gets wet and muddy.

**Shoes.** Don't wear anything clunky. Wear shoes that drain well. Some runners duct tape their sneakers so they don't come off their feet when stuck in the mud, but that reduces traction. and can cut off circulation to your feet. A better strategy is to double tie your laces; Coach Sark will show you how at the event. Bring a spare pair, or flips for the ride home.

**Change of clothes.** Bring a towel, plastic bag, and qtips too, so you can dry off after showering when you finish. A change of clothes will also allow you to avoid the inevitable long walk home when your carpool buddy (especially if it's Coach Sarkissian) refuses to let your muddy remains in their vehicle.

**Sunglasses, Goggles, Glasses, and Contact Lenses are not advisable.** Crud and contact lenses don't mix! If you have to wear glasses to see, try and bring an old pair cause they might get trashed. Also, make sure to pack a clean soft, rag to clean 'em after the race.