

PARTICIPANT INFORMATION

A group of participants in the Muddy Kids triathlon. In the foreground, a woman on the left and a young girl in the center wear blue headbands and medals. Behind them, a man with a beard is drinking from a water bottle, and another man on the right is smiling. Two young boys are in the front row, also wearing headbands and medals. They are all outdoors, and some have mud on their faces and bodies.

KENTUCKY



EVENT

MUDDY KIDS is a 1.5 – 2.2 miles adventure event series for kids ages 5-15, with fun and challenging obstacles, mud, & entertainment for the whole family.

This event is taking place in Kentucky, KY on Saturday Sept 6, 2025!



LOCATION

Mild 2 Wild

1840 KY-465, Sparta, KY 41086



PARKING

There will be plenty available parking at the venue.

Parking fee of \$10 is applicable per car.



WAIVER

Adults that participate on course must sign our liability waiver on-site at the "Participant Check-In" tent.

A waiver will need to be signed by each registered participant at registration.

No waiver – no run.



REGISTRATION

Printed or electronic ticket confirmation showing each registered adult and child. Every child must be accompanied by a parent or guardian at the check-in tent. You need to present yourself at our registration tents with your ID and ticket to collect your wristband which will allow you on the course. A bracelet will be giving to all registered children and adults at the registration tent. We suggest that you plan to arrive 30 min ahead of your scheduled wave time.

- An electronic copy of your ticket will be accepted, however, we highly recommend bringing a printed copy or a screenshot in case of poor connectivity at the venue
- Under 18's MUST have a waiver signed by a parent or guardian – no waiver, no run, no exceptions.
- 5 –15-year-olds MUST have a parent or guardian present that is registered to participate in the same wave time as them. There will be NO exceptions.



BAG CHECK

We have a Bag Check available for \$5 per bag (cashless payments only).

Please note – no rechecking bags allowed. The bag check is not in a covered area and is open to weather, so please leave valuables at home.



START TIMES AND WAVES

Our first wave starts at 9:00am and will continue in 15 min intervals until the final wave at 12:00pm. Please enter the starting pen 5 min before your start time so we can get you revved up, warmed up and excited about your muddy experience! You are only allowed to show up at check-in 30 min prior to your selected starting time. Staff members make sure that you can only check in within the correct time slot.

Please note – If the members of your team do not all have the same preferred start time, you can arrive and register, and we will group you together at the same start time.



CONTACTLESS PAYMENT

We have a Bag Check available for \$5 per bag (cashless payments only).

Please note – no rechecking bags allowed. The bag check is not in a covered area and is open to weather, so please leave valuables at home.



CHILDREN AND GUARDIAN SUPERVISED PARTICIPATION

We require parents/ guardians to be on the course with all participants younger than 18 who they feel will need support based on their physical abilities.

Parents, you know your children best. As our partners in building brave and perseverant kids, our expectation is that you will make the best decision for your child(ren) - based on where they're at emotionally and physically - when determining your involvement with them on course and when helping them make decisions on which obstacles and/or difficulty of obstacles to take on. We want your time at Muddy Kids to be the most positive experience possible the whole way through, and your participation is key in helping ensure it is.



WATER STATIONS

We know how important hydration is, so we want to assure you that there will be at least two water stations along the course.



COURSE

We don't focus on fastest times or competition; we focus on fun! The average time to complete the course is 2 hours, but it is entirely up to you and your team. There is no pressure to run, you can walk the entire course at your leisure.

We have a variety of obstacles along our single loop course with a variety of challenges so be prepared to:

- Wade, crawl or paddle through water and mud
- Climb ropes, nets and inflatable walls
- Traverse across balance obstacles
- Slide, glide, shimmy or roll down poles, small hills, and embankments
- Move over, through or under poles, climbing frames and hanging from bars

If you feel that an obstacle is a little too much for you, you are welcome to walk through and continue your run.



MEDALS

All children and adults will receive their official Muddy Kids finisher medals at the finish line. Congratulations!



RINSE OFF STATION

There will be a rinse off station available where you can get the majority of the mud off and change into your clean, dry clothes. Please don't forget your towel and an extra set of clothes.

We strongly advise that you bring an unused bin bag and a towel for your car to protect your interior from your posterior on the drive home.



WHAT TO BRING

Your smile, some ID, your gear and a form of cashless payment. To make your day as hassle-free as possible, we encourage you to bring the following items as well:

- A change of clothes
- A towel to dry yourself off
- Sunscreen
- Bin bags for your dirty clothes and shoes (trust us, the mud gets everywhere!)
- Water bottle or camelback



WHAT TO WEAR

As this is an outdoor, physical event, we suggest you wear comfortable clothing that is easy to move in. Try to avoid very absorbent fabric, like cotton or wool, and light colors. Closed shoes like trainers, trail or running shoes are also best. Please note – they will get dirty!! We really encourage you to make a statement by dressing up and showing off your inner child and fun side, let your imagination go wild.



PHOTOS

There will be official photographers on the course. The photos will be available online after the event for digital download. An update will be posted on our Facebook page once the photos have been uploaded. Please allow 2-3 days for the photos to be ready - there are loads of photos to sort through!



WEATHER

At Muddy Kids, we don't let a little (or a giant pool full) of mud stop us so we certainly aren't going to let a little rain get in our way either. Before event day - unless we have specifically contacted you to say otherwise, please assume that the race is on! Weather conditions that would stop our fun are: hurricanes, tornadoes, forest fires, earthquakes, extreme hail or blizzards. On event day - should there be a need to delay the start of a wave, it will be communicated at the venue, so please arrive as scheduled.



REMEMBER TO HAVE FUN!

We are honored to welcome you to Muddy Kids!

We aim to inspire and challenge kids, and forge family bonds, through family adventure and entertainment. Our events encourage kids to courageously face the obstacles they will encounter during their adventure and carry that courageousness over to the obstacles they encounter in life. Muddy Kids is committed to helping foster a more active, adventurous, and perseverant younger generation through family activity, entertainment, and inspirational performances.

