



MESS FEST™

BY YMCA OF THE NORTH

Frequently Asked Questions

Q: What is the Y Mess Fest?

A: It's a 2-mile trail race that includes obstacles and challenges along the way. Most of the challenges will invite you to get messy.

Q: What are the obstacles?

A: There will be things to climb over, under, around and through. The obstacles are designed to be fun while challenging you. There may be tests of your balance and strength, bear crawls, climb-overs, and games. Additionally, there will be obstacles where you will be in a box or pit of corn, mud, paint, gelatin, glitter, etc. You may get wet or dodge items while you run. YOU WILL GET MESSY!

Q: Is this a mud run or a color run?

A: No, but there will be both mud and paint at this event, along with many other kinds of messy items!

Q: Is this a kids-only race?

A: No, kids and adults are welcome, as long as they are over the age of 5.

Q: How many racers are expected?

A: Between 1,000 and 1,500 total racers, spaced out over the entire event time.

Q: Is the race timed?

A: No. Our events are not timed. Our purpose is to create a love for nature and life-long outdoor adventure, while challenging oneself in fun ways. Our races are tough but so much fun that everyone finishes.

Q: Is there a mass start?

A: No. Participants have a 20-minute window for their start time. We start participants about every 30 seconds to provide spacing between groups. This allows us to have a big race without the crowding of a big event.

Spreading out the racers creates a nice and easy flow from check-in to start, through the course/obstacles all the way to the finish line and medals. You'll choose a start session at registration, and we'll guide it from there.

Q: What should we wear during the race?

A: You will get messy!! Wear clothing and shoes you are okay with getting messy.

You'll want to wear comfortable clothing that you don't mind getting full of mud, paint, etc... All products used will be biodegradable, and we'll be doing our diligence in using non-toxic products, but they could permanently stain your clothing and shoes.

Please wear your grubby clothes and not your favorite outfit! Please also bring a plastic bag, and a full set of clean clothing and shoes to wear home so you don't bring the mess into your car.

All racers will be required to wear close-toed shoes that cover their entire foot. For your safety, please do not wear flipflops, sandals or open-backed shoes. This will be upheld for your safety.



Q: Can I clean up after the event?

A: Yes. We will have a group washing/shower station and minimal group changing tents. Tents will not be private but will allow you to wash off a lot of the race mess. Please plan to bring a towel and someone who can hold up the towel to provide some privacy if you'd like.

Q: If I don't want to do a particular obstacle, can I skip it?

A: Yes. All obstacles are optional; you can simply walk around the obstacle.

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Q: My family wants to come and watch the race but won't be participating. Can they walk along?

A: Your family is welcome to watch, but they cannot be on the racecourse. Only registered participants are allowed on the course. They are welcome to cheer you on at the start and finish line, which will be in the same general area.

Q: How long will it take to complete the race?

A: We anticipate it will take about 60 minutes for the race and clean-up.

Q: Can I bring my child in a stroller?

A: Only registered participants will be allowed on the racecourse, and the course will not be stroller-accessible in all parts.

Q: Can I bring my pet to the event?

A: No. With exception to Service Animals, pets will not be allowed at the event.

Q: What about inclement weather?

A: Except for lightning or other extraordinary conditions, we'll race; it's all about getting messy anyway!

Q: Will you send out race week updates?

A: Yes. Watch and accept email from the YMCA and follow us on Instagram and Facebook for current updates.

Q: What does our registration include?

A: Besides a great course and fun obstacles, you'll get swag, a hand-crafted medal, & snacks at the finish line.

Q: What is the Adventure Lab?

A: We're a division of the YMCA of the North. We're always cooking up adventures in the outdoors for the whole family.

To Register or Volunteer, click [HERE](#).

