



**MUDDER
SON**

**FUN
RUN**

SUNDAY, JUNE 2ND 2019

2:00 - 4:00PM | YMCA DAY CAMP SPRING LAKE

**A MOTHER & SON ADVENTURE RACE. WORK AS A TEAM TO
COMPLETE OBSTACLES ON THE MUDDER COURSES.**

MINI - MUDDER

.5 MILES | 6 OBSTACLES

BIG - MUDDER

1.0 MILE | 8 OBSTACLES

SUPERHERO TRAIL OF TRAINING

**\$30/Team (mother & son) and \$5 for each extra teammate
Register Online at ymcamn.org/hastings or at the Hastings YMCA**



This is where the hard work comes in and heroes are made!
 Along the trail find 5 different exercises that will challenge you to the end.

LOCATION

YMCA Day Camp Spring Lake
 13690 Pine Bend Trail
 Rosemount, MN 55068

(11 minutes west of the Hastings YMCA)

ROCKY RUN

Run up the Amphitheater stairs in your best Rocky Balboa form to his theme song.



CAN YOU DIG IT?

Get your hands dirty and uncover a treasure to move to the next task.



GIANT JIGSAW

Put your minds together, it is time to solve the giant jigsaw puzzle as fast as possible.



SUPERHEROES SLINGSHOT

As a team hone in on your aiming skills by hitting 3 targets with the slingshots provided.



WONDER WOMAN CLIMBING WALL

Help mom feel like the "Wonder Woman" she is as you work together to scale the 4 ft wall that stands in the way!



THE MAP AND OBSTACLES!

The Mini-Mudder will go to the Mudslide Finish after Rocky Run. The Big-Mudder will take the Superhero Training Trail around camp to the Mudslide Finish. Total mileage is as follows:

- Mini: .5 miles
- Big: 1.0 miles

PRO TIPS:

Wear clothes you can move in and get muddy in, you will get dirty! The course is flat and short and obstacles are geared toward all levels and ages. It is encouraged that all participants stay to cheer for other participants on the course once they have completed the race. There will be wave starts every 30-60 seconds dependent on registration to allow ample time for teams to complete obstacles. Questions? Contact Dawn Foss or Amy Rowan at the Hastings YMCA. dawn.foss@ymcamn.org | amy.rowan@ymcamn.org

REGISTRATION FORM (PAYMENT DUE UPON RECEIPT)

PARENT NAME _____ DOB _____

CHILD NAME _____ DOB _____

ADDITIONAL CHILD(REN) _____ DOB _____

_____ DOB _____

_____ DOB _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____