

# DOWN & DIRTY

5K OBSTACLE/  
MUD RUN  
May 18, 2019



## OLDHAM COUNTY PARKS AND RECREATION

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Are you up for the challenge?

# Volunteers Only

Oldham County Parks and Recreation is in need of volunteers to fill several job duties for these races to be a success. If you have Beta hours, service hours or just some extra time this is a great opportunity for you to get 3+ hours and have fun doing it.

All volunteers will receive a t-shirt for working and one free run through the obstacle course.

**Please fill out form and mail to OC Parks and Recreation or call 502-225-0655 ext. 5402**

Name: \_\_\_\_\_  
Phone (H): \_\_\_\_\_ (C): \_\_\_\_\_  
Shirt Size: S M L XL XXL

### Volunteer Opportunities with Start Time:

- (Check jobs you wish to help with)  
(You can check more than one)
- \_\_\_\_\_ Water stop (8:30 a.m.)
  - \_\_\_\_\_ Course directions (8:30 a.m.)
  - \_\_\_\_\_ Registration (7:00 a.m.)
  - \_\_\_\_\_ Course prep. (5:00 a.m.)
  - \_\_\_\_\_ Course Tear Down
  - \_\_\_\_\_ Finish Line (8:30 a.m.)



### Down & Dirty Obstacle/Mud Run Registration Form

Name \_\_\_\_\_ Team Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
Shift Size: (Men & Women sizes available)     S     M     L     XL     XXL  
Gender:  Male  Female  
(add \$2.00 for XXL shirt)

Send entry form and check to:  
Down & Dirty Obstacle Mud Run  
1551 N. Hwy 393  
LaGrange, KY 40031

Wave Time: Each wave is capped at 100 participants.  
\_\_\_\_\_ 9:00 a.m. Wave    \_\_\_\_\_ 9:15 a.m. Wave    \_\_\_\_\_ 9:30 a.m. Wave    \_\_\_\_\_ 9:45 a.m. Wave

Entry Form (circle races)	
Before April 1st	\$30.00
Before May 1st	\$35.00
After May 1st	\$40.00
Total	

\_\_\_\_\_ 10:00 a.m. Wave (Family Wave - ages 7 and up)\*  
\* Family wave is open to youth ages 7 - 15 accompanied by at least one family member/guardian ages 16+

All participants must read and sign waiver form day of the race.

**OLDHAM  
COUNTY**  
**DOWN & DIRTY**  
**OBSTACLE  
MUD RUN**

**Saturday, May 18, 2019**

**Wendell Moore Park**

**Registration Fees:**

- \$30.00 (January 1 - March 31, 2019)
- \$35.00 (April 1 - April 30, 2019)
- \$40.00 (May 1 - May 18, 2019)

**Group/Team Discount:**

Receive one free entry for every 10 participants on the team. Entries must be received at the same time.

**Race Day:**

Late registration and packet pickup starts at 7:30 a.m.

**Race Bling:**

All participants will receive a t-shirt, finish medal and \$5.00 voucher for after party.

**After Race:**

Hoses will be provided to clean off the mud. Aquatic Center locker rooms (showers will be closed) will be open to change your clothes.



**COURSE**

Come take on this 5K course with around 20 obstacles that will challenge you physically as you traverse over walls and through the mud to the finish line. Course is a mixture of surfaces (Asphalt, grass and mud).



**After Party**

Join your friends, family, and other mudders at the after party to recount your challenge. Grab some needed grub at one of the food trucks. Relax and listen or dance to cool tunes from DJ Tim.

The party area opens at 9:30 a.m. and closes at 1:00 p.m.

- Go to [www.oldhamcountyky.gov](http://www.oldhamcountyky.gov) and click on parks and recreation to register online and get a course map.

**Waiver Form**

I, the undersigned participant in "Oldham County Parks and Recreation 2019 Down & Dirty Obstacle Mud Run", do hereby agree for myself, my heirs, executors, and assigns that Oldham County Parks and Recreation, Oldham County Fiscal Court and any agents, officers, employees, and sponsors thereof, shall be released from any and all claims for personal injury or injury, loss, or damage to personal property suffered or sustained by me in connection with, or arising out of or resulting from, any and all activities associated with the "Oldham County Parks and Recreation 2019 Down & Dirty Obstacle Mud Run" while on or about the premises of the United States, Commonwealth of Kentucky, Oldham County, Oldham County Parks and Recreation Department. I further assume the risk of personal injury, loss, or damage to myself and loss, injury, and damage to my property while on the above premises and while participating in the above activities. I understand that I, my child or any family member(s) may be photographed during the course of this Oldham County Parks and Recreation program and the photographs may be used in print media or on the internet for promotional purposes.

Signature or (signature of parent if under 18)