

PARTICIPANT *Information*



PITTSBURGH, PA



EVENT

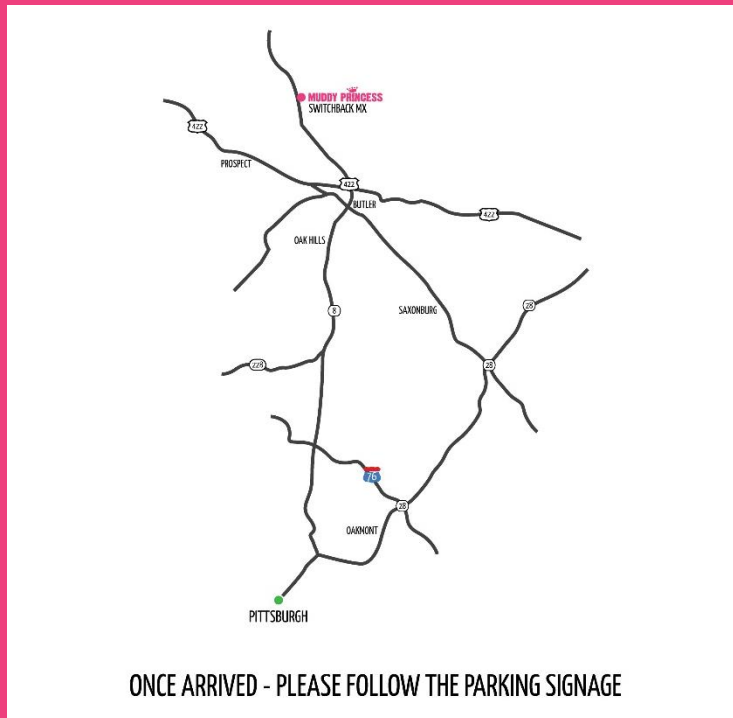
Muddy Princess is a 5km obstacle mud run for women, with an emphasis on having a “girls’ dirty day out” in the mud. This event is taking place in Pittsburgh, PA on Sunday July 20, 2025!



LOCATION

Switchback MX

2469 William Flynn ,Hwy Butler, PA 16001



PARKING

There will be plenty of parking available at the venue. Parking fee is \$10 and only cashless payment will be accepted.



WAIVER

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

You cannot sign the waiver before the event, it must be signed on site.

If you are the parent/guardian of a registered child, there will be an option to sign an additional waiver on site as well.



REGISTRATION

- You need to present yourself at our registration tents with your ID and ticket in order to collect your wristband which will indicate your wave start time. 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.
- 7 – 13 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.



COLLECTING MERCHANDISE

If you ordered any of our Muddy Princess branded merchandise, please collect it from the Merchandise Tent. You will need to produce photo ID to collect your order.

If you missed out on our online shopping, bring your credit card and head over to our Merchandise tent where we will have a wide selection of our Muddy Princess branded items for sale. Only cashless payments will be accepted.



START TIMES AND WAVES

Our first wave starts at 8:00am and will continue in 15 min intervals until the final wave at 1:00pm.

Please enter the starting pen 5 min before your start time so we can get you revved up, warmed up and excited for your muddy experience!

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.



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 18-22 different 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 tire 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 barrels

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



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.



MEDALS

You will receive your official Muddy Princess finisher's medal at the finish line. Congratulations, Princesses!



SAMPLE BAG

Please don't forget to collect your sample bag at the Sample Bag tent after the run. As we need your muddy wristband in exchange, everyone is responsible for collecting their own sample bag.



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 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 their inner fabulousness. Think tutus, tiaras, unicorns, fairies, bright colors, glitter and let your imagination go wild.



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 camelbak



PHOTOS

There will be official photographers on the course. Those photos will be available online after the event (digital download only). The link 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 thousands of photos to sort through!



WEATHER

At Muddy Princess, 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 Princess!

The most important thing for us is to bring you an experience where you feel like a Princess, even while crawling through the mud. This is a girl power, best friend bonding "wow, I never thought I'd be able to do that" memory making day out. Thank you for your support. We hope you have the most fun in the mud with us and enjoy your "GIRLS' DIRTY DAY OUT"

