

Grandview Mud Bog Weekend: 5K Fun Run/Walk

“Let’s Do One Healthy Thing This Weekend!”

Run Info and Rules

Registration

Register online prior to event, or at event station the morning of the run (Saturday, August 10, 2024)

Registration desk opens at 7:00am behind the Grandview Curling Rink. Parking will be available behind the rink or in the Grandview Kinsmen Community Center parking lot.

Registration fee: \$20 for adults and youths; children 12 and under are free (must be accompanied by adult). Registration fee can be e-transferred to grandviewkinsmen@outlook.com, paid online at www.grandviewmudbog.com, or paid in cash only at the event.

If you pre-register online, please bring your confirmation email to the registration desk.

Entry fee includes voucher to the Fundraiser Breakfast at the Grandview Agricultural Community Center after the race. Children will also receive vouchers event though entry is free.

Waiver and medical form must be signed by all participants or you will be unable to compete. Forms can be found online and either emailed to grandviewkinsmen@outlook.com or brought to the registration desk. Extra forms will be available at the event. For participants under 18, a parent/guardian must sign the waiver.

The Run

Run will begin at 8:00am sharp. Run will have a single clock with time available at the finish line, but participants are encouraged to use their own devices if they are keeping track. Individual runners will not be timed.

While on the Grandview Trail (walking path) portion of the run, please stay to the right, be cautious of the river, and respect other participants. On any municipal roadways, please stay on the left side of the streets and follow normal pedestrian traffic rules. The Municipality has approved the event, but roads might still be active so be cautious and watch for vehicles.

Map of the route is available online and at the registration desk, and there will be signs to follow throughout the run.

There will be a hydration station part way through the run, but it is recommended you bring water with you.

Participants may bring strollers or pets, but please stay near the back so that other participants are not hindered. Please pick up after pets and do not litter along the trail.

Showers will be available in the GACC through the side door after the race. Participants must provide their own hygiene products and towels. And make sure to stick around for your complimentary breakfast!

HAVE FUN!