

TOUGH MUDDER 2024



TOUGH MUDDER EVENT PROGRAM

TORONTO

GOPHER DUNES

SEPTEMBER 14-15, 2024



HOW TO GET HERE

GENERAL PARKING:

439 2nd Concession Road Street
Courtland, ON N0J 1E0 Canada

DROP OFF INFORMATION:

Drop off/pick up for rideshare apps and friends/family is permitted at the general parking area.

TRAVEL & LODGING

[HOTEL ENGINE](#)

As our official lodging partner, Hotel Engine is saving Tough Mudders up to 60% on hotel lodging for event day and beyond. Sign up for free to enjoy exclusive rates, extra rewards, huge selection and 24/7 US-based support.

**TOUGH MUDDER TORONTO
SEPTEMBER 14TH - 15TH, 2024**

10M and 3-5M EVENT SCHEDULE

Saturday, September 14th

7:00am	Registration Opens
7:00am	Festival and Merchandise Opens
7:45am	First 15K Wave
11:00am	First 5K Wave
11:45am	Last 15K Wave
1:45pm	Last 5K Wave
2:00pm	Registration Closes
6:00pm	Festival Closes

10M and 3-5M EVENT SCHEDULE

Sunday, September 15th

8:00am	Registration Opens
8:00am	Festival and Merchandise Opens
9:00am	First 15K Wave
9:00am	First 5K Wave
11:45am	Last Wave - All Distances
12:00pm	Registration Closes
6:00pm	Festival Closes

*Schedule subject to change

PRE - EVENT DETAILS

Follow these Pre-Event instructions to ensure quick registration on event day.

- Visit the [Tough Mudder Toronto](#) event page on our website.
- Your specific start time will be in your [Active Tough Mudder account](#). You may start in any wave at or after your assigned start time.
- Sign your waiver.
- You must screenshot or print your QR code and bring your photo identification to mudder services on event day. [Click here](#) for instructions to around your start time.

For a complete description of each of our obstacles, [click here](#).

EVENT DAY REGISTRATION FLOW

Please show up at least 1 hour prior to your Start Time. Note that all Mudders may run in their designated wave time or any wave after your assigned time on that day. Please note the final wave time of the day in the schedule.

BEFORE ARRIVAL: Print or screenshot your QR Code and bring Photo Identification.

STEP 1: Proceed to Registration Tent area and check in with a Tough Mudder Volunteer.

STEP 2: Present your photo identification and QR code to the Volunteer. Receive your wristband. You will receive:

- Wristband with Start Time and Bag Drop ID
- Free Drink Wristband and Over 21 Wristband

STEP 3: Once you have your start wave wristband, proceed to the Festival Area.

STEP 4: Visit the Festival Area where you will find Tough Mudder-approved partners/vendors, as well as our official merchandise tent.

STEP 5: Proceed to the start corral.

VENUE & COURSE DESCRIPTIONS

We are headed back To Gopher Dunes for our second instalment of Tough Mudder - Toronto Style! Situated south of London and west of Toronto, Gopher dunes provides amazing terrain for a muddy event! The property offers miles and miles of different level motocross tracks as well as incredible wooden trails which will all be used to bring a fun, fast, muddy event.

Special Gear: Participants should plan to bring appropriate fuel for their needs. Nutrition and electrolytes will be available on course. Hydration packs (or water containers of some variety) are strongly suggested for all participants. Please note that shoes with spikes are not allowed.

AID STATIONS

At each stop you will be able to drink as much water as you want, however we ask that you only take one (1) cup. All participants will have the ability to fill their hydration pack at the Start Line.

- **15K:** There will be ten (10) aid stations on course, included one (1) hydration pack refill station and including three (3) fuel stations where nutrition and/or electrolytes will be provided.
- **5K:** There will be four (4) aid stations on course.

ON-COURSE HYDRATION TIPS

- Make sure to fill your pack up prior to the event. You can purchase hydration packs at the merchandise tent on event day.
- Make sure you carry enough water to be able to keep yourself hydrated between stations.
- Make sure to stop at every aid station to get water, use your pack in between.
- We highly suggest carrying some type of electrolyte drink in addition to water.
- Make sure to properly hydrate in the week leading up to the event.

COURSE CUTOFFS

As a safety precaution for participants, Tough Mudder only operates in daylight hours (except for specific night time events). All participants must be at the finish line by sunset. Any participants remaining on course after sunset will be directed back to the Festival Area in the most direct path possible. You will not get a refund or a future event credit in the event of removal from course.

INCLEMENT WEATHER

In the event of inclement weather such as lightning, tornadoes, hurricanes, and the like, Tough Mudder reserves the right to eliminate obstacles, select portions of the course or cancel the event in order to ensure the safety of runners, volunteers, and staff. As always, weather can be unpredictable.

EQUIPMENT & CLOTHING

- All participants are encouraged to bring a change of clothes, shoes, and a plastic bag for wet and muddy items. There will be changing tents at the event. Please plan your post-event gear accordingly.
- Hydration packs are strongly recommended for all participants.
- Shoes with spikes are not allowed.
- Our official merchandise tent will open at the same time as the festival area. Forget your running shoes, change of clothes, spare socks? We can help.

OFFICIAL MERCHANDISE TENT

Whatever the weather, we've got you covered.

- Sunglasses, sunscreen, rain gear
- Venue specific products - let the world know where you conquered a Tough Mudder
- OCR specific footwear, apparel, socks and gloves

MUDDER VILLAGE EXPERIENCE

Mudder Village will feature leading national and local partners with highly experiential activations and free swag to accompany your day in the mud. Come early before your start wave to connect with other Mudders in the community and plan to stay well after your event to enjoy your free finisher beer while the party keeps going with a live DJ. Learn more about the National partners who will be on-site below.

- Need a little boost before and after you hit the course? Ice cold cans of [REIGN Total Body Fuel](#) are available to help you fuel, refresh, and recover with zero sugar, zero calories and zero artificial flavors or colors.

VOLUNTEERS

Want to run for free? Experience Tough Mudder in a new way and volunteer with us! Celebrate at the Start, Finish, or encourage our participants at the obstacles. Explore the possibilities here: [Volunteer Sign Up Link](#) Have a team, company or group interested in volunteering together? Email mvp@toughmudder.com to coordinate!

SPECTATOR PASSES

- Some venues have unique spectator viewing access to get your favorite Tough Mudder's picture. All spectators need a Mudder Village Pass to spectate the event.
- You can pre-purchase Mudder Village Passes for spectators on the event webpage [here](#) at the cheapest available price of \$15.
- On-the-day spectator tickets are also available to purchase for \$20 at Mudder Services. Please note there can be queues to purchase onsite tickets, to avoid these we advise purchasing prior to arriving onsite.
- Spectators will check-in on event day the same way as participants at Registration. Please have your Ticket and Government-issued photo ID ready to show on arrival to site.
- **NOTE:** We recommend taking a screenshot of your QR Code for quick-reference when you check in at Registration.
- Food, drink and sponsor product will be available for purchase.

CONTACT TM HQ

For any questions or concerns that haven't been addressed here, please visit our [contact](#) and [FAQ page](#). We will see you out in the mud!

HOORAH!