

TOUGH MUDDER 2024



TOUGH MUDDER

TOUGH MUDDER EVENT PROGRAM

WORLD'S TOUGHEST MUDDER

CLEAR SPRINGS RANCH
NOVEMBER 9-10, 2024

HOSTED BY:



HOW TO GET HERE

GENERAL PARKING:

5020 Cox Rd,
Bartow, FL 33830

MONDAY BRUNCH PARKING:

Skylight Hanger A - Sun N' Fun Aerospace Expo
4075 James C. Ray Dr
Lakeland, FL 33811

TOUGH MUDDER ENDURANCE SERIES WORLD'S TOUGHEST MUDDER

WHAT IS WORLD'S TOUGHEST MUDDER?

World's Toughest Mudder is a 24-Hour overnight challenge. Starting at 1pm, participants take on a 5-Mile Course featuring a collection of some of our most insane obstacles. With individual and team relay format options, combined with age group categories and new awards + prizes, World's Toughest Mudder 2024 is your gateway to the extreme.

Think you have what it takes? Find out more about World's Toughest Mudder and the rest of the Tough Mudder Endurance Series here: <https://toughmudder.com/tough-mudder-endurance-series/>

WORLD'S TOUGHEST MUDDER NOVEMBER 9TH & 10TH, 2024

TOUGHEST EVENT SCHEDULE

Friday, November 8th

| | |
|--------|---------------------------------------|
| 8:00am | Registration & Pit Check In Opens |
| 1:25pm | Course Open briefing |
| 1:30pm | Course Open begins |
| 3:30pm | Course Open closes |
| 4:00pm | Registration & Pit Check-In Closes |
| 4:00pm | Course briefing |
| 6:00pm | Pit closes (except for those camping) |

TOUGHEST EVENT SCHEDULE

Saturday, November 9th

| | |
|---------|---|
| 7:00am | Registration & Pit Check-In Open |
| 10:30am | Registration & Pit Check-In Closes, must be checked in by this time |
| 10:30am | Make up course briefing |
| 12:30pm | Race briefing & start ceremony |
| 1:00pm | Race Start |
| 4:00pm | Night Ops protocols begin |

TOUGHEST EVENT SCHEDULE

Sunday, November 10th

| | |
|--------|---|
| 1:00pm | Start line closes |
| 2:30pm | Race finish |
| 4:00pm | Pit closed, all personal belongings must be cleared |

TOUGHEST BRUNCH SCHEDULE

Monday, November 11th

| | |
|---------|---|
| 9:00am | Brunch Check-In Opens and Brunch Begins |
| 12:00pm | Awards Ceremony begins |
| 2:00pm | Brunch Venue Closed |

WHAT TO EXPECT WHEN YOU ARRIVE:

- What to expect when you arrive: Bring your ticket and ID and prepare to display it at the registration tent. Once checked-in, you and your Pit Crew members will be allowed to proceed to the pit area to select a 10'x10' space.
- What if I have questions? Have questions or need help? Visit our Mudder Services team when you arrive.

RACE RULES AND REGULATIONS:

- Know the rules before you arrive! Be sure to view all of the [FAQs and Toughest Mudder competition rules here](#).
- The Race Director will share further information on race day around conduct, disqualifications and equipment.
- Penalties
 - Most obstacles are mandatory, but some have penalties if you fail. Expect tests of physical strength, dexterity and mental awareness .
- Timing chips
 - Each person will be allocated a specific chip which matches their bib and name when they check-in on Saturday
- Night Ops
 - During Night Ops (4:00pm Saturday - 7:00am Sunday) all participants must have a headlamp and flasher (glow sticks will suffice in lieu of a flasher) while on course.
- Adaptive Athletes
 - Adaptive Athletes may submit an [application](#) to request placement in one of the following adaptive athlete categories: Vision, Intellectual, Upper Extremity, Lower Extremity, Neuromuscular, Seated Athletes, Short Stature. Tough Mudder will work with athletes based on their individual circumstances. For more information, please see our [FAQs](#).

PRE-EVENT DETAILS

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

- Visit the [World's Toughest Mudder](#) 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 2 hours prior to the 1:00 PM Start Time.

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 bib. You will receive:

- Bib with Timing Chip

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

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

STEP 5: Proceed to the start corral.

VENUE & COURSE DESCRIPTIONS

Get ready for a wild ride at Tough Mudder Clear Springs Ranch in Bartow, Florida, where adventure meets the untamed beauty of the Sunshine State. This epic venue is packed with lush forests, crystal-clear freshwater springs, and wide-open spaces that are anything but a walk in the park. The rugged Florida terrain—think sandy trails, thick vegetation, and swampy water crossings—sets the stage for one of Tough Mudder’s most punishing courses. Expect to face a brutal mix of natural and man-made obstacles that will push your endurance, strength, and teamwork to the edge. And don’t be surprised if you catch a glimpse of a gator or two while you’re out there conquering the wild.

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

There will be one (1) aid station on course, situated at approximately the halfway mark. At this 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 Hospitality Tent.

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.
- [PRIME Hydration](#), Tough Mudder’s Official Electrolyte Sports Drink, fills the void where great taste meets function. PRIME will be available on-course and at the finish to help you refresh, replenish, and refuel.

PIT AREA

- Every participant is allowed to select a 10'x10' marked pit space in the designated pit area.
- The Pit is positioned on a grassy area. Please ensure you have appropriate weights to secure your tent or canopy.
- The following items are prohibited from your pit area:
 - Open flames, fire, camp stoves, generators or fuel sources
 - Heaters or heat-generating devices
 - Any personal transportation, including bikes, scooters, etc.
 - Weapons or firearms
 - Alcohol or drugs
 - Pets and animals other than trained service animals
- You are responsible for cleaning your own pit area following the event. Dumpsters and trash bags will be provided, but any uncleaned pits may result in retroactive disqualification.
- Please do not leave any valuable items in your pit. Tough Mudder is not responsible for lost or stolen items. Parking is a short walk away, leave them in your car!

RACE PROCEDURE

- All obstacles are must complete, except for the penalty obstacles which will be announced onsite during the race briefing.
- The first hour of the event is the Sprint Lap, where no obstacles will be open. During this hour participants will run to spread out along the course. All other obstacles open on a rolling basis from 2:00 PM onward.
- Once participants have completed their 5th lap (25 Official Miles), they will earn an obstacle bypass wristband that can be redeemed to skip any obstacle on course. An additional wristband will be earned at the completion of every subsequent lap.
- Please familiarise yourself with the [Official Rules of Competition](#) prior to race day. This will be updated and posted a few days prior to the event.

SAFETY

- You **MUST** be able to swim 100 meters without assistance if you attempt water obstacles.
- There is one electric obstacle on course, please do not attempt it if you have a heart condition, metal in your body, history of neurological conditions, or are pregnant. You must complete the penalty for any electric obstacle you do not complete.
- Race Officials and Medical Officials may require any Athlete to submit to a medical check at any time throughout the race. If an Athlete is determined to be unfit to continue in competition, the Athlete will be removed from the race and will receive a Medical Disqualification. The Senior Medical Official's decision is final and not subject to appeal
- Athletes requiring medical transport from the course to the medical tent will automatically be medically disqualified

COURSE CUTOFFS

For WORLD'S TOUGHEST MUDDER formats only, Tough Mudder will operate during night time hours. For this reason, all participants are required to wear a headlamp and flasher during the "Night Ops" timeframe from the hours of 4:00 PM to 7:00 AM.

Any participants remaining on course after 2:30 AM will be directed back to the Pit area in the most direct path possible.

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 sponsors with 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 keep the party going with a live DJ. Learn more about the National partners who will be on-site below.

- Need a little boost before, during, or 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.
- Stop by the [Wilde](#) table to enjoy better-for-you snacking with a bag of their crispy protein chips! These chips are crafted from chicken breast, bone broth, and egg whites - packed with protein to fuel you and with flavor to fire you up. Get WILDE!
- 100% WHOLE GRAINS WITH PROTEIN? YES PLEASE [Kodiak](#) Granola Bars are crafted with 100% Whole Grains and offer 7 grams of protein per serving. These bars offer up a chewy, delicious, and balanced alternative when it comes to snacks for hungry folks of all ages.
- [PRIME](#) was developed to fill the void where great taste meets function. With bold, thirst-quenching flavors to help you refresh, replenish, and refuel, PRIME is the perfect boost for any endeavor. With Zero Added Sugar, 10% Coconut Water, BCAAs, Electrolytes, Antioxidants, and more. We're confident you'll love it as much as we do. Drink PRIME!
- Rise from pain with [Icy Hot!](#) Feel the power of Icy Hot contrast therapy - it starts out with a cooling sensation to dull your pain, followed by a warming sensation to relieve achy muscles and joints. Use as directed.

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!

SUPPORT CREW

- All support crew ages 12 and over must be registered and have purchased the pit crew/spectator entry prior to entering the venue.
Members under 12 years of age must be accompanied by an adult 18 years or over and must be supervised at all times.
- You can pre-purchase Support Crew passes on the [event webpage here](#)
- Pit crew members must display their official bib throughout the evening for access to the pit area. Pit crew are welcome to enjoy the hospitality amenities available to participants.
- Pit crew may provide food, beverages, clothing and gear support to their participants in the pit area only. No assistance of any kind may be provided on course.
- Pit crew will be able to access limited areas of the course to spectate and speak with their participant. Please stay on marked spectator path.
- Any unauthorized on course assistance may result in disqualification.

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!