

TOUGH MUDDER EVENT PROGRAM

NASHVILLE

NEAL FARMS

OCTOBER 19, 2024

Presented By AAA



EXPECT *something* MORE™



HOW TO GET HERE

GENERAL PARKING:

5275 Trousdale Ferry Pike
Lebanon, TN 37087

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 NASHVILLE
OCTOBER 19TH, 2024

15K & 5K EVENT SCHEDULE

Saturday, October 19th

7:00am	Registration Opens
7:00am	Festival and Merchandise Opens
8:00am	First 15K Wave
10:00am	First 5K Wave
11:45am	Last 15K Wave
12:45pm	Last 5K Wave
1:00pm	Registration Closes
4:00 pm	Festival Challenge
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 Nashville](#) 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

Nashville might be the home of country music, epic concert venues, delicious hot chicken and a bustling downtown scene with one too many bachelorette parties - but we know it as one of our most iconic stops in the South. Bring your energy and prepare for an unforgettable challenge with brand new obstacle innovations, shoe-sucking mud and the same ice-cold finisher drink you know us for.

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 six (6) aid stations on course, including a fuel station where nutrition and/or electrolytes will be provided.
- **5K:** There will be three (3) 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.
- Grab a complimentary [Kodiak](#) bar on-course (15k Course Only) and when you cross the finish. Kodiak bars are crafted with 100% whole grains and are protein packed, offering nourishing, great-tasting products that provide the hearty nutrients you need to crush the course and feel great.
- [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.

COURSE CUTOFFS

As a safety precaution for participants, Tough Mudder only operates in daylight hours. 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.

- Thought the course was hard? Now it's time to celebrate HARDER with [The Beast Unleashed](#) & Nasty Beast Hard Tea! Flavors you know, now brewed hard at 6% ABV. You will have the choice between a complimentary finisher beer or finisher malt beverage provided by [Oskar Blues](#) and Monster's The Beast. Cheers your muddy finish with a can of Dale's Light Lager or Monster's The Beast malt beverage flavors! (for those aged 21+).
- 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. Make sure to grab a free REIGN x Tough Mudder neck gaiter, and don't miss your chance to win some epic swag from the main stage.
- Meet [Border Patrol](#) Agents to learn about exciting career opportunities with the nation's largest law enforcement organization. We look forward to meeting you at our booth to chat about the life and perks of being an Agent.
- Stop by the [Wilde](#) booth 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!
- [SHIELD Health and Fitness](#) is a Made in USA manufacturer who makes performance tapes for training, racing, and recovery. Come to the SHIELD Health and Fitness booth for some support pre or post racing - they will be offering taping services, taping tips (for training, course running, and recovery) and product offers at special Tough Mudder Pricing!
- Get fast-acting pain relief with new [Icy Hot® Massaging Balm](#), the easy-grip design and solid balm format massages into muscles and joints while keeping hands clean. It starts out with a cooling sensation to dull your pain, followed by a warming sensation to relieve achy muscles and joints. Come by the Icy Hot tent for all your recovery needs!

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!