

# Blue Ridge Mountain Mudurance

5K Mud Race in Luray, VA  September 30, 2017



- 1. King of Hay Mountain** Sponsored by D.R.'s Quick Stop  
A high stack of huge, farm-grade hay bales; racers must work together to help one another reach the summit then climb back down.
- 2. Tipping Point** Sponsored by Massanutten Resort  
Imagine you are back to your playground days, look at that seesaw over there, and now go run across it. This is a real tricky one. Once you get near the halfway point, try slowing down to let the board tip the other direction.
- 3. Quick Step** Sponsored by LD&B Insurance and Financial Service  
Jump across 4 platforms that are angled 45° toward the center. The platforms are positioned alternately, left and right, across the length of the field.
- 4. Bag Brigade** Sponsored by Luray Fire Department  
Racers must carry a sandbag a short distance while running walking over the balance beams before returning the sandbag.
- 5. Balancing Act** Sponsored by Page Co-Op Farm Bureau  
Balance is the key at this obstacle as you walk your way across these beams while carrying a sand bag.
- 6. Army Crawl** Sponsored by The Town of Luray  
Crawl through narrow tunnels to make it through this obstacle.
- 7. Building Blocks** Sponsored by Luray Rescue Squad and Stanley Rescue Squad  
Pick up a cinder block and carry it along with you. Remember to keep a flat back and move quickly.
- 8. The Slider** Sponsored by Yogi Bear's Jellystone Park Camp – Resort  
A Slip n' Slide that sends racers flying down a 150' tarp and into a pit of muddy water. Grab your mat and be on your way!
- 9. Spider Web** Sponsored by Del-Val Engraving, LLC  
Don't get caught in the spider's web as you bend and turn to find your way out.
- 10. Through and Through** Sponsored by Judd's Excavating  
This is a combo obstacle. 1) Thick mud that can suck the shoes right off your feet! Make sure you tie those laces tight! 2) This is the ultimate test of core strength as you shimmy your way across. Fall and you'll pay the price into the muddy pool below. 3) Hold onto those shoes again.
- 11. Artic Plunge** Sponsored by County of Page & Reddy Ice  
This bone chilling experience will take your breath away as soon as you get in. Do you like cold showers? Completely submerge yourself halfway through the obstacle.
- 12. Claustrophobia** Sponsored by Town of Luray Parks and Recreation  
Conquer your fear of dark; close spaces when you go under these hay tunnels. We promise there's a light at the end!
- 13. Skidmarker** Sponsored by Page County Sheriff's Office  
45° angles makes this obstacle challenging and fun. Without a foothold, you'll have to find another way to scale this obstacle: you might want a teammate up above or down below to give you a hand.
- 14. Step Lightly** Sponsored by Luray High School  
Stacked and widely placed tires will test your agility and ability to maneuver quickly.
- 15. Tire Flip Flop** Sponsored by Sunrise Farms  
Show us your muscles by flipping each tractor tire three times.
- 16. Rubber Mountain** Sponsored by Page County Tire & Auto  
There's no easy way to scale the tire mountain...
- 17. Tire Drag** Sponsored by Page County High School  
Grab and pull the rope till the tire has crossed the line.
- 18. Up the Creek without a Paddle** Sponsored by Racine Multisports  
Creek Crossing, you'll go in and out of the creek 2 times.
- 19. Mud Crawl** Sponsored by Valley Health Page Memorial Hospital  
Crawl on your belly without touching the roped barrier overhead. Stay low and keep your butt down!
- 20. Mudalanche** Sponsored by Tactical Speed Shop  
Slide down the drainage pipes and get ready for the mud below! Swim through the mud and climb back up the drainage pipes!
- 21. In the Trenches** Sponsored by Luray-Page County Chamber of Commerce  
Climb over a tall mud mound and slide down into a muddy pit, over and over again. If you don't start this obstacle with a team, you'll come out with one.
- 22. Mud Pit** Sponsored by Page County Economic Development & Tourism  
A little dirt and mud never hurt anyone, right? Stay low and crawl like you mean it.
- 23. Monster Hill** Sponsored by K3 Solutions, LLC  
Monster Hill will make you feel the burn! Conquer this mountain and you're almost finished with the race.
- 24. New Heights** Sponsored by The Manor House & Cottages at The Mimslyn Inn  
Vault over this 6' wall on your way to the finish line! Everyone knows you need teamwork to reach new heights, so grab a buddy and learn to lean on each other.