

# Mighty Mudder FAQs



## **Where does the event take place?**

Mighty Mudder takes place at Ancaster Leisure, near Grantham. If travelling by SatNav search for Ancaster Leisure, Ancaster, Grantham, Lincolnshire, NG32 3PY.

## **I've never done an obstacle course race, should I do this event?**

The Mighty Mudder course is perfect for anyone who has always wanted to try an Obstacle Course Race (OCR), as well as seasoned pros. The course is designed to be challenging if you choose to tackle this course individually, but we encourage teamwork and support along the course. Please make sure you train and are physically fit for this event.

## **What kind of obstacles can we expect?**

There are over 50 obstacles along the course. Some involve heights, water, mud and a combination of all three. There are times when you will need to submerge yourself under muddy water and be in confined spaces. If you feel uncomfortable with an obstacle, assess it and if you don't feel you can take part in that obstacle you can move past it. You are under no obligation to complete an obstacle, but we recommend giving it your best effort.

## **I can't swim or I don't feel comfortable in water. Do I have to do obstacles with water?**

No. You're under no obligation to complete an obstacle you don't feel comfortable with. Just go around the obstacle in questions and continue the event with a smile on your face.

## **How long is the course?**

The course is just over 5k. If you are tracking the course on a GPS tracker, this may show a longer route. This is due to the obstacles on course – we like to offer value for money where we can.

## **How does the registration process work on the day?**

You will be given your event wristband when you register for the event.

## **We want to sign up as a family, how do we do this?**

You can enter online by adding adult and child tickets to your entry. Children must be 12+ and under 18s must be accompanied by someone aged 18 or over. Please choose your wave time for your family.

## **I have signed up online. When will I receive my pack?**

For this event we will not be sending any information out in the post. Where possible we are trying to reduce our impact on the environment and will be using emails and social media to contact you. Please ensure you have opted in for email communications for this event.

## **I would like to change my wave time, how do I do this?**

Please select your wave time carefully as we cannot make changes to wave times after you have registered. If you have any issues with your wave time, please contact [fundraising@stbarnabashospice.co.uk](mailto:fundraising@stbarnabashospice.co.uk)

## **Is there parking on site?**

Yes, we are offering free parking for this event. Please follow the marshal's directions when you arrive.

**Can I bring my family/friends to watch?**

Yes, the course in places is very spectator friendly. We have highlighted spectator hotspots on our course map. Please be aware, some viewing sites are on uneven/high ground and care should be taken moving around our site. If your spectators would like to wait in the Event Village, they are more than welcome to enjoy the entertainment, food and drink available.

**What should I wear on the day?**

We would recommend you wear something that you don't mind getting muddy. Gloves and calf guards/long socks are equally popular for this kind of event – trust us.

**Will I be able to have a shower once I have completed the course?**

We are still confirming some details for this event, but we will ensure there is an area to clean up and dry off after the event.

**Will there be first aid facilities available?**

Yes, we will have a medical team available throughout the day who will attend any medical concerns. They will be roaming the course and will be at the Event Village.

**What happens if I don't feel well while I am on the course?**

Please tell a marshal if you are feeling unwell, injured or unable to carry on. A member of the team will then bring you back to the Event Village where you will be assessed by our medical team.

**I have opted for the non-sponsorship entry option, but I would still like to fundraise. What can I do?**

We are always grateful to anyone who wishes to fundraise for St Barnabas Hospice – thank you! We recommend setting up a JustGiving page to fundraise online. You can also request a paper sponsorship form by contacting [fundraising@stbarnabashospice.co.uk](mailto:fundraising@stbarnabashospice.co.uk)

**Can I download a sponsorship form?**

Yes, you can download a sponsorship form to print from the Resources section on our website.

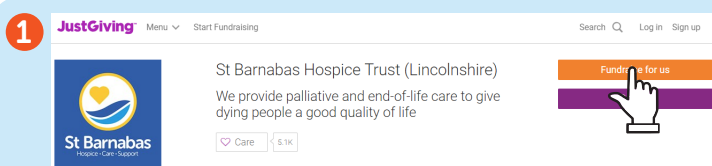


# Fundraising Hints & Tips

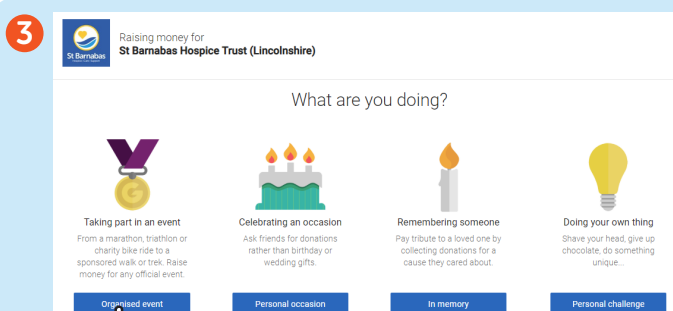
The minimum sponsorship required to take part in our Mighty Mudder is £50...that's easy!

## JustGiving™ Set up a JustGiving page

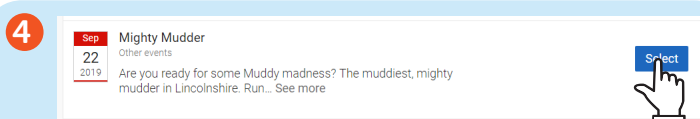
Go to [www.justgiving.com/stbarnabas](http://www.justgiving.com/stbarnabas)



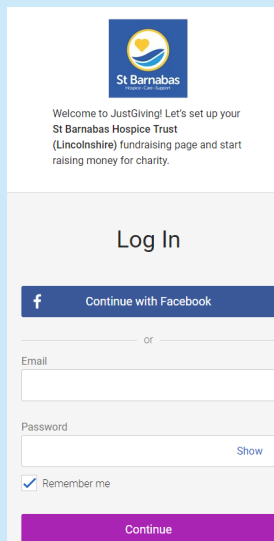
Click on 'Fundraise for us'



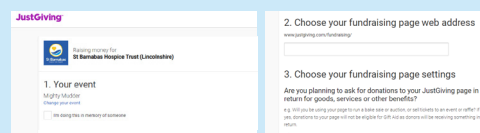
Click on 'Organised Event'



## 2 Create your account



## 5 Follow the final instructions



Now you are ready to promote your page!!

### HINTS & TIPS

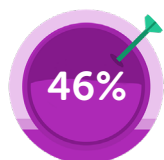
#### Promote your selfie

Fundraisers with pictures on their page raise 14% more per photo. A perfect excuse for a #selfie.



#### Shoot for a target

Pages with a target raise 46% more. Aim high and tell the world.



#### Update your page

Let supporters know how you are doing by updating your page often, they will enjoy following your progress and you can even do it through our smartphone app.



#### Tell your personal story

Tell your story about why you are fundraising, and why the cause means so much to you.

