

THE F3 WIKI-MUD

Wiki (/ˈWɪkḱ/): *a document that allows collaborative editing of its content and structure by its badass users.*

There's lots of video out there about how to complete various mud run obstacles and lots of advice about what to wear... fat lot of good it does you if you're going in blind. There's absolutely no substitute for experience... but here's an attempt anyway:

First, this is the Mud RUN. Yes you've got 36 obstacles to complete but your time will never get any better than the speed you can run a 10K through the woods. You can do all the Merkins in the world but if you're a 1 hour plus 10f K runner, you can go ahead and tack on whatever time you think it might take you to do the obstacles and there's your time. The best way to get faster at the mud run is to get faster on your feet.

It may not seem obvious but most obstacles have a pace to them... the pace of the mob ahead of you clogging up the works. Your best chance of getting ahead in the mud run is by passing people on the run portions and doing the best you can not to get bottled up on the obstacles.

Second, the 36 obstacles are really more like six obstacles repeated in differing fashions which makes preparing for them much more reasonable. Then factor in your team's abilities and you can come up with a strategy. Here are the obstacle categories and what fits in each:

1. **Pits & Hills** - various mud/water features and the various soft dirt hills to go over)
2. **Crawls** - Tunnels, Under Logs, Camo Net crawl
3. **Low Verticals** - 5' Walls, Over Logs
4. **Climbs** - Cargo net, Slat walls, Overhanging bar climb
5. **Bars and Ropes** - incline/decline Monkey Bars, Rope Swing, Tarzan, Parallel Bars, Giants Ladder, Rope Slide
6. **Teamwork** - The 10' Wall, Weaver, Fireman Carry, The Tire Hole

Each of these can be negotiated differently based on the skill/strength of your team. Keep in mind, as a team, you may need to work through obstacles differently to address one or two #FleshAnchor's so plan accordingly. There are three categories below but people's skills may fit into different subsets depending on their ability at each task. For example, a fantastic runner might be a surprising failure on the cargo net. Know yourself and know your team. For the purposes of this wiki, the categories of athlete are:

1. **Survivor** (ie, just trying to survive the mud run)
2. **Solid** (well conditioned F3 guy without the bells and whistles)
3. **Stud** (elite machine capable of leaping small buildings in a single bound).

So, here's how that plays out in the mud run. Some combination of the basic run speed of each

person combined with their relative fitness level and ability on most obstacles determines how a team finishes... assuming they can all get along. It helps if everyone's run speed is nearly the same. The obstacles, though, must be tackled based on the abilities of the weakest man. This is a team activity so it is up to each team to figure out their collective strengths and weaknesses and plan their approach to each obstacle accordingly.

The Obstacles

Pits & Hills: Pits / Water Hazards / Goo

A **Survivor** should have no trouble with these kinds of obstacles because they're designed to slow everyone down anyway. When moving through a pit filled with muck, take your time, watch the guy in front of you and follow in their path. This is important because you'll find limbs and tree trunks beneath the goo the hard way if you blaze your own trail. If you're just getting through it, then just follow a leader... on someone else's team.

Solids are they guys blazing the trail with the eye of experience. It means taking some risks but a typical F3 guy isn't going to be satisfied with the pace of the CrossFit-er lumbering down the creek and will want to plow ahead. You can still take advantage of the other suckers slamming their legs into the brush, you're just going to suffer a bit more on the passing moves when a stump snags your toe. Keep your steps tall and short and lean forward with your hands ready to catch you rather than tearing up your shins. Learn how to fall easily and hop back up rather than making long aggressive strides that will cause the worst damage if you hit a tree.



Studs are in trouble here... there's no way to do these extremely quickly and the ramifications are severe if you aren't careful. If you've just got to fly, though, stay to the shallows, high-step it the whole way or lift your legs and swim. Also, make sure you've got the right gear. Shin guards or just some padded calf compression sleeves could save your morning.

The consistency of the mud varies from muck hole to muck hole, and from year to year. Getting

in and out of the muck can be treacherous and frustrating depending on the mob ahead of you. It may, depending on the penalty, be better to run the “Euphrates River” on the bank, through the brush and not right down the middle. Choose wisely.

Pits & Hills: Hills

Survivors should make sure to get a running start when going over a sandy mound but, when the momentum fades, turn your feet to the side to get better traction against loose dirt. Toes are narrow and dig down. Your arches can climb a hill slowly that you might otherwise slide back down.

The secret for **Solids** is to pump your arms. Sprint into the hill and swing your arms faster than your natural running pace to keep your legs sprinting vertically. It's a strange trick but these hills won't be so tall that your momentum shouldn't carry you up and over the soft stuff before sliding back down. Stay fast and light.



Studs can treat these like anthills. Look for the low spot or gap in the hill and gun it. On the switchback, take a diagonal line from turn to turn to minimize your overall distance but use the tight corners to pass others. It's harder to pass on the uphill than on the downhill or at each turn when everyone else is pausing to plan their next ascent.

Crawls:

Survivors just need to keep their balance and their butt low. It'll hurt a little but don't be afraid to use your knees. The tendency going under a log in the mud is to try to keep your head dry and clean. Instead, breath like it's a breaststroke... dip your head sideways to keep your face up high and walk your torso under the pole using your arms. Going sideways is a reasonable route to better control how long you're down on all fours but the important thing is to worry less about staying clean and dry and turn your head to avoid getting mud in your eyes. Bear Crawls are a good way to get in shape for most of these obstacles.



Solids will want to take these more like a low, straight bear crawl. spread your arms wide, push with your feet and go fast. Again, don't worry about keeping your knees off the ground. Except

for the Over/Under alternating combo, once you get low, you should be able to just go straight and hard.

Studs have the same forward facing, low approach but will be able to spread their arms and legs wider, like a spider, and almost sprint on their hands and toes. Like swimming over land. Just beware not to bank your head off a low hanging telephone pole.

Low Verticals:

Survivors are at a stage that they will probably need help on many of these. Help, though, is quick and it's why the mud run is a team effort. A 5' obstacle is easier cleared over the back of someone on the ground on all fours than being unceremoniously shoved over once you're only halfway onto a flat pole. Teammates can alternate or work this as all four people leapfrogging across peoples backs. Think of it like a two step checkers move. The alternative is to jump from the ground and then get shoved.

Solids are in much better spot here but still might need a boost on occasion. Stepping up from a kneeling partner's knee gains 18" and may be enough for arm strength to take you the rest of the way. Just try to push hard off the ground and use the knee of your teammate lightly to continue your upward momentum. From a kneeling position the partner has a much smoother, faster leap back up than from being down on all fours.

The best route for more capable Solids , and the one used by Studs below, is the two handed, two footed vault. Jog to the obstacle, plant both hands on the top and both feet on the ground and jump and push at the same time to project your legs up onto the top of the obstacle. Then step down or hop down as your moment carries you on through.

Studs typically use a variation of the vault but can often simply clear the bar or wall altogether landing on the other side without pausing at the top. This is obviously easiest through the first few. Make sure to keep your forward momentum spending as little time on the ground as possible.

Bonus points go to those with long legs and ridiculous strength. A 5' wall is a bit too much for this but if the height is down near 4', it's possible to take them fast enough that a one legged hop up onto the obstacle, landing with the opposite leg on the ground before bounding back up to the next carries you all the way through. When done properly, this attack makes it look like a hurdle event instead of an obstacle.

Utilize your team on walls, and MIND THE LANDING. In past years the three 5-foot walls were the very first obstacle, and there are often worn spots/holes on the back side. Make sure you land softly and don't twist your ankle.

Climbs:

Survivors will need help on some of these, where possible, but many simple climbing obstacles make it difficult to lend a hand. The net and the slat wall just need to be done smoothly and slowly with attention taken at the top to keep your torso low and try not to kick anyone.

Solids will be more attentive to doing these fast than using a teammate to do it. The cargo net can be faster when pulled tight from below but it forces one team member to wait which may make the entire obstacle take longer. Remember to climb the net using the verticals for your hands and plant your legs left and right into the crook of the net openings below to pull it tight rather than pushing straight up with your legs as if it's a ladder. The slat wall illustrated above is faster if steps are taken two at a time... just be aware that they're an odd distance (again, not like a ladder) and so time gained skipping a toe hold may be time lost getting used to the unusual spacing.

Studs also have an advantage on the cargo net. Most of us have to get to the top and then hike our legs over the top bar to climb back down the other side. Studs can, instead, reach over the top of the net, grab the net in both hands and somersault over the top. Once right side up again, either walk right down facing out or flip around and climb down as you climbed up the front side. Note, this can get messy... if you are at all uncertain you can catch your momentum from a summersault with the simple net in your hands, don't try it. The entangled crash landing at the bottom will not be worth the 15 seconds you saved trying the maneuver. And make sure there's no one below you when you flip over. Kicking a teammate in the face isn't worth it.

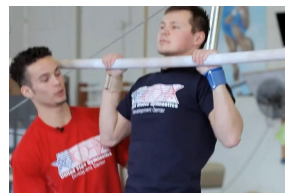


Climbs: The Reverse Bar Climb

This one seems to have tripped people up so it deserves a little commentary. It's a difficult obstacle for a team to assist with and can be, likewise, difficult for both **Survivors** and **Studs**. Rock climbers are familiar with an inverted ascent and the challenge is that the legs become less and less useful the greater the upside-down angle. The way to overcome that is to push with your legs while pulling back with your arms to tuck your body closer to the angle and putting your weight back down on your legs. This feels counterintuitive but it means you can get your feet onto the higher rungs before making the last reach around and onto the top of the obstacle platform. Then, having your legs closer beneath you and still with some leverage, you can walk yourself over the protruding overhang. The alternative is to get your fingers on the edge and just do a full pullup/press but beware the surface you're going up onto.

Studs have fun with this one. Two options... the straightforward one is to do the rock climbers technique like above and just do it quickly. No frills, just keep your body tight to the pivot point and go through it. Bonus points, though, for the backwards roll typically called a "Chinup Pullover": Facing back down the trail you came from with the platform above you, jump up, grab the highest bar and swing your legs up and over the lip rolling your forearms so that you land chest down on the top of the obstacle. It's a gymnastic move (see the sequence to the right) requiring an acrobatic flare but if done right, you're already on hands and knees going backwards down the back side of the obstacle rather than trying to turn back around on top as with the rock climber technique.

"I found this one near-impossible (along with the Weaver) to the point I'd rather take the penalty than even try it again. The energy wasted trying to get my 230 pound frame upside down over the edge was just too much." -- Sway



Bars and Ropes:

This category of obstacles include a wide variety of physical requirements. **Survivors** will have to be able to swing across the rope swing and maneuver across the parallel bars (no big deal). The Rope Slide is the same for everyone with only minor variations. The Tarzan and the Monkey bars and likely the vertically stacked bars will require teamwork. If you can carry someone, do it. If not, let the strongest guy make it across and then carry the next guy.

Bars and Ropes: Horizontal Slide Bars

Survivors can do these solo ... but they can take time and so using whatever latitude is allowed at each obstacle is the name of the game to get through it quickly.

For **Solids** and **Studs** the monkey bars require nothing more than good technique. Going uphill on the monkey bars seems strange but you just need to pull yourself up a bit (using two hands on one bar) before reaching up to the next one. Do that several times and you're at the top where, going down, it's just like the monkey bars you grew up with only downhill.

Bars and Ropes: Downhill Rope Slide (Closed due to Injury)

This is not hard for either **Survivors** or **Solids** and just takes a little common sense. Grab the rope above you and swing your feet out and cross your toes over the rope creating a triangle with the arches of each foot touching the sides of the rope. Then start sliding your hands down the rope allowing the rope to glide along between your shoes (not your bleeding calves). If you are able, let the downhill distance give you some momentum and just ride it as far as your hands will let you go. Drop into the water and race it out. Worst case scenario you end up in the water and have to swim a bit... which is still faster than crab walking down the rope trying to avoid rope burn across your achilles or calves.

And a note on speed, this was one of the bottlenecks that slows everyone down... a bunch of guys were slow poking it through this one and we waited two or three minutes for a rope to clear before we could get it done. If you've got a bunch of pansies in front of you, a stout shake of the rope will much more quickly clear your path (just kidding... but do try to move it along on this obstacle).

Studs shouldn't need to do this any quicker. Grab the rope, let it slide between your feet and, if you can, even your hands if the rope is wet and slippery enough. If you're concerned about momentum, consider going down head first. That allows you to pull with your arms once you lose momentum and also flip over at the end and be pointed head first up and out of the muddy hole.

Bars and Ropes: Giants Ladder / Stacked Bars

The stacked bars, the giants ladder of two rungs, has three potential techniques, one for each of



our athlete categories.

Survivors should follow the approach illustrated to the right with a little help from your friends. The pullup at the bottom can be a trick easily aided by your teammates. You're all on your own at the top, though, and the height can be disorienting. Be careful handling the bars as they'll be slick.

The **Solids** approach requires more of a gymnast flair than brute strength. Jump up and grab the first bar. Swing your legs forward first and, as you swing backwards again pull up hard and let your swinging momentum get you up high enough that you're pressing the first bar down against your hips. Swing a leg up and then the next bar above you is just a step over bar before going back down the other side. Watch a gymnast on the uneven bars and you'll see this initial move again and again... it takes far less upper body strength if you learn the right technique

Studs can take these at speed if they have a clear lane within the crowds. The move described for Solids is pretty quick but, if you're truly a stud and have a clear run up to the bars you can use your forward momentum and just grab the first bar going under it and roll up onto it moving forward. By that I mean you can swing your legs forward and then, as your momentum carries you upward, fold your legs toward your hands and slide down until your hips and stomach are resting on the first bar. Then it's just a matter of reaching up to the second bar to pull up and over it. You technically went under the first bar and then over the second.

Bars and Ropes: Monkey Bars (Incline/Decline)

While both **Survivors** and **Solids** may need to ride on the shoulders of a teammate to cross this obstacle, **Studs** can probably do these like the kids in the playground. The first few monkey bars are uphill but if you swing a little harder, like you're reaching for a further distance, you can reach upward instead of outward and grab the next bar. BUT, before you let go of your first hand, swing back to gain some momentum before going forward. Otherwise, you'll get caught trying a one armed pull-up on the third and fourth and possibly coming up short.

Bars and Ropes: Single Rope Swing

The Rope Swing may be a challenge for **Survivors** but should be smooth sailing for **Solids** and **Studs** unless you get there cold. If there are no ropes in play it will require a solid leap or just running down into the ditch and retrieving a line for your team. If you're going to try and jump it, the challenge is that the takeoff location is uphill from the run-up which saps your forward momentum. Do it smart by running up and over that initial takeoff placement and down the back side just a little, regaining your momentum before leaping horizontally rather than down from above. That extra speed should carry you across the pit even though you're not starting as high up. If not, though, you have a rope in hand that you can swing back to your teammates before

running back around and doing the obstacle without the flying leap.

Teamwork: Tire Hole

F3's been told that proper traverse of the tire hole will be enforced this year. That means that guys will have to be passed, possibly without touching the tire, through the middle of a tractor tire about four feet off the ground.

For **Survivors** and **Solids**, this just means getting organized. Two guys pick up a third guy between them and pass the third through the hole to the fourth man waiting on the other side. Swap out positions and pass the next guy through. Rinse and repeat until all four have been handed through.

Or use the team OldFudderMucker method - one guy goes straight to the front of the tire, guy going through grabs front guy's shoulders, guys in back lift feet of guy going through, guy in front pulls the guy through the tire without touching. Rinse and repeat, with the guy in front going to the back of the line to help with the next guy's feet. This method takes only seconds, So when you do "superman" during 6 minutes of Mary, you are practicing for this obstacle. Burpees if you sing 'Believe It or Not, I'm Walking on Air' while going through.

Studs might want to test the waters on enforcement. Some rules for this obstacle used to read that the point was that everyone has to get through the tire without touching the tire... which can be done solo without being passed. Dog's do it all the time.

Run at the tire, make yourself small and dive through the hole planting your hands on the ground beyond and rolling over onto your back. If you haven't read the #Disclaimer, now's a good time to refresh your memory. Land on a root or catch a toe and you could really get hurt... and still get yanked by the obstacle police and be made to do burpees. Use your best judgement.

Teamwork: Tarzan Swing

The Tarzan Swing requires some serious arm strength and even more coordination to go it alone. Make sure to use the knots at the bottom for your feet, though. If



you're in the **Solid** or **Stud** category then you've probably tried this obstacle before. The simple process is to never let go of two ropes until you have the momentum necessary to reach the next rope. This can be done with arm strength alone but not with one rope alone.

Typically on the Tarzan swing, one person has to get across it single handedly but everyone else can be, more or less, carried. The secret is not to send your best guy out first. Send someone who *thinks* they *might* be able to make it. If they can't get all the way across, then they can stay in the water and pass each rope in turn to teammate number two, your most confident guy, who will have a much easier time if not trying to sway back and forth trying to just get to the next rope. If rules are different, though, do whatever is allowed to get through it.

Survivors... consider seriously the penalty. This can be a very time consuming obstacle if you don't have at least one guy on your team who can get across.

To some, this obstacle is a total waste of time to attempt. Organizers estimate less than 1% actually get across successfully. Lines will be long, you then (likely) fail, and you do penalty anyhow. You are however required to make an "attempt". Pick the shortest line, swing into the pit, let go and make sure you swing the rope back to your teammate (not doing this can waste a lot of time, too). Lastly, there will be a ton of PAX doing penalty on other side. Sneak in with a group who's been there for 30-45 secs already and you might get released quicker. - Entourage (3/20/14)

Tarzan Swing Instructional Video Link:

<https://www.youtube.com/watch?v=HWjADw7s4aM&list=LLuF11FiOEmlEQMTMJQeOOSg#t=13>

Teamwork: Weaver

Survivors... skip it and take the penalty.

Solids... skip it and take the penalty.

Studs... skip it and take the penalty.

Why this attitude? The penalty last year (Fall '13) was 1 minute for the whole team. The only way to get through this obstacle safely is through teamwork, using a man below to support the man going beneath or "under" each pole. An elite team might have this figured out such that the support man does the brawny full body lifting of the man going through the obstacle but it's not going to take much less than 30 seconds per person which means at least 60 seconds for each pair to get through it. Make one mistake and hit the ground and the lost time is instantly greater than to take the penalty... and the physical exertion required is substantially greater than the handful of burpees and merkins done in a minute. Unless the time penalty is increased (which of course it may) few teams if any will be able to beat the 60 second penalty clock to complete the obstacle.

This is, by the way, the only obstacle recommended for bypassing. You haven't really done the mud run if you haven't completed the obstacles. Cheating's fine for CrossFit-ers but don't put F3 on your chest and let Marines watch you run away from a challenge. If you're going to skip something be smart and make that decision early... and then man up and take the penalty. The Weaver was so poorly designed in terms of the size of the poles and the spacing of them (unlike the example pictures to the right which are ergonomically designed for comfort in comparison) that I'd be surprised if this obstacle remains without serious rebuilding. If it's still there without revision, weigh the penalty and make a smart choice before blowing ten minutes trying to get through it.

"Last year I fell off The Weaver TWICE. The "damage" done in the fall was far worse than the penalty, and we ended up doing the penalty anyway (which was 60 seconds of Burpees). And make a note of that: 60 SECONDS of burpees, not "x-amount of burpees." When you take a penalty that is time-based, there is ABSOLUTELY NO REASON to AMRAP the penalty! Use the time to recover as much as you can."

The Weaver is a real pain. I agree the penalty is quicker and



conserves energy. If you're going to attempt it, get in a line near the vertical columns that hold the thing up. My team found last race that you could get your feet on top of the column where it meets the cross beam and not rely solely on your teammate below to support you on the underside of the logs. - Entourage (3/20/14)

If I recall from last spring, only two members had to make it thru while the other helped. If correct then probably worth the effort so you can say you didn't skip an obstacle.

Teamwork: 10' Wall

There are several theories on how to do this but the basics are the same for everyone: strongest man is lifted first, heaviest man second, shortest man third and tallest (or best jumper) last.

Technique is also the same for everyone: lifters squat with their backs to the wall while the climber steps on the lifters knees and then shoulders. Lifters place their hands under the heels of the climber and both press with their legs to lift the climber and then push up with their arms to full height. At the top, the first man up has to be strong enough to just pull himself onto the platform, the second man, likewise needs to be strong but will have a man above and two below pushing/pulling and will have an easier time of it. That second man then needs to help pull up the third man. The last guy on the ground is fully dependent on the strongest two at the top being able to haul him up.

Survivors will, on the last man, want to take one or two people from the top and go down and around the wall and lift again from the bottom. This is certainly allowed but takes extra time.

Solids, well organized, should be able to do this fairly quickly. It's a step by step process but organization is more important than any other factor. No one has to be unbelievably strong but everyone has to help out.

Studs may take liberties. Taller guys can sprint at the wall, plant a toe and stretch vertically to grab a hand hold along the top of the wall. Single handed ascent requires the right set of abilities but is much, much faster than the step by step process above. Lifters, also, who are strong enough to virtually throw their teammates upward give a big advantage in terms of speed. A single bottom man who can lift his teammates, all of whom are then capable of taking themselves the rest of the way, allow two men to come down the back side and lift the fourth.



Teamwork: Firemans Carry

Survivors should keep in mind that the old fashion piggy back ride is an acceptable option. It won't win any style points but may save your back.

I've been stopped from doing piggy-back in 2 separate races at the Leatherneck and required to do a true fireman's carry by Marine(s). - Entourage (3/20/14)

Solids and **Studs** should be to the point that a firemans carry is part of your fitness vocabulary but make sure you do them correctly... or modify them correctly.

YHC has been carried like this enough times to know that you'll want to be unconscious or anesthetized when you plant your twig and berries on the bony shoulder of your teammate while he hoofs it across a field. The traditional approach is, no doubt, better for the carrier in that it spreads the load across the shoulders and minimizes back strain. However, if your back can handle it and you're willing to provide a more comfortable ride, the following modification will be much appreciated: Rather than planting that shoulder between the legs of your teammate, wrap both of your arms around both legs of the other guy while he folds his abs over your shoulder. Think of it like a solid football tackle. Granted, this will mean that his abs will take a beating... and your back might take a sideways load... but prioritize people. With the finish line in sight, weigh your options and pick your poison.

Traditional Ball Braker



Comfort Ride



Married (Unsanctioned)



Training

All of the following is organized in a fashion to help clarify the training or workouts that can be most helpful in the mud run. As this wiki began, running is the primary means of improving one's mud run time (but don't let that take away the fun of the event if you're really out there for the spirit of the event). Unless you're a Survivor and just want to complete the course or a Stud and have a lot of open real estate ahead of you, you're going to be doing the obstacles near the pace of everyone else around you... or on whom you're waiting. Learn to run fast through the woods. There is no simpler training methodology.

In terms of obstacles, though, except for the teamwork based obstacles, there are specific things you can do to get physically ready.

Pits & Hills:

Training for the mud pits and the soft hills goes back to running. Mud pits require a steady, hard push forward to propel your body against the force of the stagnant mud. Likewise, the sandy hills require forceful forward running strength. Sprint training or hill repeats, as opposed to simple trail running, will get you in shape to plow through the mud pits and up and over the sand dunes.

Crawls:

Bear Crawl exercises are good but spidermans are better. Most obstacles require being lower than a normal bear crawl which means the position and muscle use is different. Get used to the low and flat motion of a spiderman crawl, keeping your knees up and your hands running. Do these at full speed, not plodding along but racing. Merkins will also help give arm strength as well as wheelbarrows and Carolina Dry Docks to improve shoulder strength.

Low Verticals:

Box jumps and dips are your workouts. Box jumps simulate the explosive jumping force needed to hop up and onto a 5' obstacle or over a horizontal log. Dips work the triceps and shoulder muscles needed to lift your body while jumping to get those legs up. Lastly, just find a fence and practice the jump move. Finding the rhythm necessary, and realizing this is more of a jumping exercise than a climbing exercise, will help speed your pace through these kinds of obstacles.

Climbs (Cargo web net, Slat walls, Overhanging bar climb)

Pull Ups. Do them. Climbs are mostly about using your legs properly but, when you get in a jamb, nothing substitutes for having the upper body strength to pull your weight upward without your legs. The overhanging bar climb is a perfect example... if you can't master the rock climbers move around the projection, if you're strong enough, you can just pull yourself up and over by brute force.

Bars and Ropes - (incline/decline Monkey Bars, Rope Swing, Tarzan, Parallel Bars, Rope Slide)

More Pull Ups. And find a rope to climb.

Teamwork (Walls, Tires, and the ever popular firemans carry)

The firemans carry is an F3 staple but lots of people still do it wrong. Practice. Whoever you think you'll be carrying at the end of race, make sure you can carry them and do so in a way that doesn't leave them a soprano for the rest of the day.

Gear

Plan on the possibility that whatever you take will be destroyed. That's particularly important for things like wedding rings and that fancy GPS watch. Some gear is designed for this but don't count on it.

Shoes:

The three classes of athlete above will look at their shoes in different light. For most of us, the best worn out pair of running shoes is fine. Make sure they can drain well and have some tread left but otherwise, just use something you're happy to leave behind at the end of the day. For more elite guys, a pair of trail running shoes will help keep the feet light even when caked in mud. Just be aware how little toe protection some of the minimalist shoes provide.

Studs: #LaceEmTight: Obvious, but I've seen many including myself lose their shoes throughout this race losing precious time recovering the shoe or going shoeless. This is a great way to piss off your team and create a panicked state by making them wait or help you get the shoe back...

Even if you're laced up tight, your first few steps in the mud are the time that you're most likely to lose a shoe, I'd tread cautiously as the shoe gets its first coating. Flex your foot upwards at every step if you feel your shoe about to come off.

Salomon Speedcross are my preferred shoe for this mudrun based on mean ability to grip in the mud, draining capabilities, and the way the lacing mechanism works. - Uncle.

Socks / Sleeves:

NO COTTON. I'm not sure that's really necessary among this august readership but if you get to the mud run with cotton socks, throw them away before the race and save yourself the effort of having to do so halfway in. Otherwise, a tight pair of running socks will be good. Many have recommended Smartwool but I prefer synthetics as man made fibers tend to hold up better when wet without the stretch even a little wool in the blend can allow. Can't go wrong with [MudGear ¼ Crew trail socks](#).

Calf compression socks are also a very good idea. They stay in place when wet and give some protection to your shins and calves when plowing through muddy water. Laugh all you like at the guys wearing them but if asked, they'll probably show you the scar they got at the last mud run from the unseen tree limb that was found in painful fashion. Long socks, not calf sleeves, can also protect the back of your legs if you have trouble with the rope and bar slides. Sleeves leave a gap at the ankle between the sock and sleeve where a lot of damage can be done. Many, many people come away with road rash across the back of their legs trying to do something fast without the proper gear.

"See comments on the rope slide. I will DEFINITELY wear some type of high socks this year."

For the record, I made fun of Mission last year for wearing high socks. Who's laughing now. #NotMe" - Sway



Duct tape is a favorite of many around the ankles (and to protect laces from coming untied). See pic (to the left) of almost a ¼" of meat I lost on my ankle last spring on the horizontal pipe "shimmy" (or whatever the heck they call it). That pipe gets covered in sand and literally scrapes skin right off your legs. Full length sock is only way to go IMHO. - Entourage (3/20/14)

Shorts:

It matters not what is on the outside... it matters a lot what's on the inside. What you're looking for is a pair of shorts that can get messy and still stay comfortable. On the inside, though, you need an open mesh shorts liner. Some guys wearing compression undies but, when asked, most don't repeat that choice. Even the possibility of having the wrong chunk of mud miraculously end up in your drawers and then held tight down there is a dangerous idea. For my money, let the boys breathe. Just regular old running shorts -- the kind with a liner -- are awesome.

I'm a compression base layer under shell shorts guy. - Malko

Ditto have worn compression shorts the past 6 races and never had an issue. Definitely recommend the high socks (made that mistake ONCE). - Gangsta Mouse

Shirts:

Put F3 on your chest. Enough said.

Plenty of [shirt choices in the F3 Gear Store](#), but fitted is best - Malko

Gloves:

Most guys opt for a rubber faced glove like [Madgrips](#). Some people cut out the fingers but a tight fitting pair work just fine. What you don't want are gloves with leather fingers which will, once wet, be very slick. Find something durable that's still got grip when plunged into the muck.

Rings

Remove them. You don't want to lose that precious symbol of commitment. Better yet and more importantly you don't want to snag the ring and lose a finger. There's a technical term Ring Avulsion for this, but if you don't believe me [take a look here](#).

Other:

Glide or your lube of choice... as long as it's not sticky. There's a phrase about sand in the vaseline... please don't test it out on the mud run. You want something between your shirt and shorts that will help keep things moving but NOT trap whatever grime gets in there and burnish off a nipple or worse.