



What to wear and not to wear:

Old Clothes and old trainers they will get very wet and muddy; you may even lose a trainer along the way so tie your laces tight! If you can it is best to wear tight fitting clothes in a light sports material that dries quickly and doesn't weigh you down when wet (not cotton). Also try not to wear loose clothes as they may get caught on the obstacles. No jewellery or watches, best to leave them at home.

Tip: Headbands are a good idea to avoid extra mud and sweat running into your eyes!

What to bring:

- A complete change of clothes and shoes this is a mud run and you will get muddy!
- A carrier bag to put your dirty kit in / Bin Bag to sit in the car
- Plenty of Water/ snack for afterwards you will be hungry
- A large Towel - To dry off with and also in case you need to change under it
- Sun Cream/ Sun Hat

All the other bits/facilities:

- We do have lockers in the gym that can be used to store car keys etc
- We have outdoor hoses to wash off the main mud with and our brand new shower shack is now open with 4 showers in so you can have a quick warm up afterwards. The hot water is limited so if you are in a large group we will suggest a time limit. There is a small changing area in the shower shack and also a toilet.
- We also now have 2 changing tents outside so your group can use these to change in afterwards.
- Please do make sure you wash your hands off after completing the course.
- We have ample free parking
- We have a great large decked seating area & benches dotted around for spectators or for the picnic afterwards. Please note this area is not covered. **We are just about to start work on building a large sheltered seating area with BBQ's so you can enjoy a BBQ, Pizza or picnic afterwards all year round.*
- Absolutely No Mud or Muddy shoes in the gym please, the showers in the gym are not to be used by mud runners as they must be clean at all times for gym members!!

Anything else you need to know please just ask! *Happy Mud Running at Freestyle360*

Freestyle360 Sheaf House Farm, Draycott Road, Blockley, GL56 9DY

T: 01386 700039 E: info@freestyle360.co.uk

www.freestyle360.co.uk