MUD RUNS

Down, Dirty &

DANGEROUS
The Danger
The danger is real at the Spartan Death Race. This competitor should feel lucky that he just got a small scrape.
Popular Obstacle Races

• Smaller, local races existed minimal

• Commercialization of extreme obstacle races:
  • Spartan Death Race 2007
  • Warrior Dash Dash 2009
  • Tough Mudder 2010

From 2,000 participants to 2 million participants, in less than five years.
<table>
<thead>
<tr>
<th>Race Name</th>
<th># of Races</th>
<th># of Runners (approx.)</th>
<th>Cost per runner</th>
<th>Company Profit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warrior Dash</td>
<td>39</td>
<td>750,000</td>
<td>$40 - $75 (Depends on registration)</td>
<td>$50 Million</td>
</tr>
<tr>
<td>Tough Mudder</td>
<td>36</td>
<td>470,000</td>
<td>$90 - $200 (Depends on registration time)</td>
<td>$70 Million</td>
</tr>
<tr>
<td>Spartan Race</td>
<td>42</td>
<td>350,000</td>
<td>$60-$205 (Depends on registration /level)</td>
<td>$30 Million</td>
</tr>
</tbody>
</table>

*All figures are from 2012 *

(Keneally, 2012)
### Tough Mudder

**Participants Register Now**

Already registered? Visit our registration center for info & to manage your registration.

<table>
<thead>
<tr>
<th>Pricing Type</th>
<th>Effective Dates</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Week Special</td>
<td>Before Aug 13, 2012</td>
<td>$95</td>
<td>$85</td>
</tr>
<tr>
<td>Early Bird Discount</td>
<td>Aug 14, 2012 to Oct 4, 2012</td>
<td>$105</td>
<td>$95</td>
</tr>
<tr>
<td>Tough Discount</td>
<td>Oct 5, 2012 to Dec 6, 2012</td>
<td>$115</td>
<td>$105</td>
</tr>
<tr>
<td>Mudder® Entry</td>
<td>Dec 7, 2012 to Jan 31, 2013</td>
<td>$125</td>
<td>$115</td>
</tr>
<tr>
<td>Standard Entry</td>
<td>Feb 1, 2013 to Mar 28, 2013</td>
<td>$135</td>
<td>$125</td>
</tr>
<tr>
<td>Late Entry</td>
<td>Mar 29, 2013 to May 16, 2013</td>
<td>$145</td>
<td>$135</td>
</tr>
<tr>
<td>Final Entry</td>
<td>May 17, 2013 to Jun 9, 2013</td>
<td>$180</td>
<td>$170</td>
</tr>
<tr>
<td>Registration Closed</td>
<td>After Jun 9, 2013</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Prices will increase at midnight Mountain Time on the dates listed above. Prices subject to change at Tough Mudder’s discretion.
Texas woman seriously injured in weekend Volkslauf

BY RACHEL COOK Californian staff writer rcook@bakersfield.com

A Texas woman remains in intensive care at a Bakersfield hospital after falling from an obstacle at a fundraising race Saturday.

Mandy Trept, 32, dislocated two vertebrae and suffered damage to her spine when she fell from a obstacle during Bakersfield Volkslauf m run, according to her father, Ted Trept. He said Mandy Trept had traveled to California from Arlington, Texas, to vacation with her moth and compete in the race with friends from IronOnline, an Internet weight training forum.

"All I know is that somehow or other I’m assuming she lost her grip and fell," said Trept, who plans to fly from Texas to California Tuesday morning with another daughter, Amy Trept.

"It's taking a while to sink in," Amy Trept said by phone from Texas. "It's kind of unbelievable. I tragic."

Sheena Crider, registration coordinator for Volkslauf, said the obstacle Mandy Trept fell from is a ladder made of planks of wood attached to telephone poles called the "stairway to heaven." The obstacle is at the end of the running portion of the race. Crider said Mandy Trept was competing in the 5K race and the course was still teeming with runners when the accident occurred.

Two nurses participating in the race immediately attended to Mandy Trept after she fell, Crider said. She was taken to Kern Medical Center by helicopter.

Mandy Trept's family members said she has undergone two surgeries since the accident. She can raise her right arm a bit, but cannot move her left arm or her legs.

"The surgeons feel that she will be paralyzed," Ted Trept said.
Injured 'mud runners' sue, say course was dangerous

By Matt Markovich | Published: Jan 8, 2013 at 7:08 PM PDT | Last Updated: Jan 9, 2013 at 6:16 PM PDT
Man's body discovered after 'mud run' in Fort Worth

by TERESA WOODARD

WFAA
Posted on April 15, 2012 at 10:24 AM
Updated Monday, Apr 16 at 3:55 PM

FORT WORTH — Friends and family say 30-year-old Tony Weathers was one of the most talented athletes they knew. They cannot understand how a man in such elite physical condition died during Fort Worth's "Original Mud Run" on Saturday.

"He was just exceptional, just exceptional," said Lynetta Moore, Weathers' personal trainer. "Gone too soon."
Two people die in Warrior Dash same weekend MI man is paralyzed in event

by NBC25 Newsroom

Posted: 08.10.2011 at 9:14 AM

The Warrior Dash is a obstacle course race. This is a photo from the Mt. Morris 2011 event.

Photo: 1 of 3

KANSAS CITY / MT. MORRIS -- Reports say two people died after running in the Warrior Dash obstacle race the same weekend another man was paralyzed during the race in Michigan.

WDAF-TV in Kansas City reports 28-year-old Jeremiah Morris suffered a heat stroke during the race Sunday, July 31st. He was rushed to the hospital, and passed away Monday.
Course Design

• Who Designs?
• What Training?
• Any Standards or Guidelines?
• Who Constructs Obstacles?
Race Management

- Supervision
- Emergency Action Plan
- Volunteer Training
- Maintenance
Mud Run "Dive" Leads to a Student's Quadriplegia

Posted on Jan 8, 2013 9:32am PST

According to a college student that partook in an annual mud run, even though he signed a liability waiver, and was told not to dive into a mud pit, the event's emcee goaded contestants to go for it anyway. As reported by Michigan Live the student took the dare, made the dive, and now suffers with paraplegia that has since prompted a personal injury lawsuit against the organizers of the event.

Rochester Hills resident J.S. dove head-first into a mud pit while competing in the 2011 Warrior Dash held annually in Genesee County.

The organizers of the Warrior Dash, Red Frog Events in Chicago, have not given a comment to reporters or filed a response to the lawsuit.

Following J.S.'s injury, the race director for Michigan's Warrior Dash events, Ryan Mortimer, commented, "It's unfortunate. It's hard for us to hear. It was an injury related to the mud pit. He had dove in and unfortunately landed the wrong way."

Up to 25,000 participants take on the five-kilometer race that runs over a span of two days. There are several obstacles to surpass.

During the July 31 race held in the E.A. Cummings Center, J.S. suffered with paralysis from the chest down after attempting the final obstacle of the race: the mud pit.

J.S. signed a standard waiver of liability prior to starting the race. One caveat explicitly explained that contestants were not to dive into, or enter, the mud pit – headfirst.

As the race progressed, however, the emcee employed by the organizers failed to heed that same warning. Instead, the emcee both enticed and encouraged the athletes to dive into the mud pit.

The suit states, "The encouragement to dive into the mud pit was so pervasive that it was common knowledge amongst the race participants that not only were they allowed to dive into the mud pit, but they were encouraged to do so."

Michael Behm, J.S.'s attorney, stated that his client saw several other participants dive into the mud pit after being goaded into it by the emcee.

However, after J.S.'s dive, he sustained a spinal cord injury resulting in quadriplegia, recurrent respiratory failure, pneumonia and months of hospitalization.

Mortimer states that no participants of the event had ever been injured as badly as J.S. had been – and that the event safely been held in 33 different locations nationwide.

The suit seeks over $25,000 for damages, court costs and attorney fees.

Though this is the first case of paralysis brought on by the race, a 55 year-old Vassar man stopped breathing near the finish line of the last event, the 2012 Warrior Dash. The man was "shocked" back to life according to a park ranger credited for saving the man's life.

There were over 75,000 spectators and participants at the 2012 event.
Hope College student paralyzed in Warrior Dash landed wrong way while diving into mud pit, organizer says

Published: Tuesday, August 02, 2011, 11:32 AM       Updated: Wednesday, August 03, 2011, 3:31 PM

Runner, Paralyzed After "Mud Run," Sues Organizers

Broken Neck, Bones Reported Among 20 Injuries at Tough Mudder Series

Diving in Mud Pits
Warrior Dash waiver has a check box that you must initial saying: “I will not dive into the mud pit” But then we found three websites that were complimenting the “headfirst dives into the mud” as the best shots and the most “heroic”
Fire Pits
Electric Wires
POULSBO — Wendy Davis, Poulsbo police sergeant and former deputy chief, filed a civil suit Dec. 19 with two other women, Jaclyn Brant and Germaine Szewczyk, claiming the organizers of the Extreme K Mud Run were “grossly negligent” in designing the course.

Davis, Brant and Szewczyk filed against RDGB Royal Farms on Paulson Road in Poulsbo, Silverdale Chamber of Commerce and Kitsap Mall. The suit states the farm designed, managed, directed and maintained the course, and the chamber and Kitsap Mall were sponsors, promoters, beneficiaries, organizers, designers and/or supervisors of the run. The Extreme K Mud Run was held Oct. 6 at Royal Farms.
Negligence

- Duty
- Breach
- Proximate Cause
- Injury
Status

• Minors
• Seniors
• Government Immunity
• Non-Profit Immunity
Defenses

- Waivers
- Assumption of Risk
- Contributory/Comparative Negligence
- Acts of God
Remember you signed a death waiver.
Sheppard by Wilson v. Midway R-1 School Dist., 904 S.W.2d 257 (Mo.App. W.D., 1995)

• Terra Sheppard, a fourteen year old girl, participated in a junior high school track meet hosted by Midway R-1 School District.
• Sheppard alleged that Midway's long jump pit was in an unreasonably dangerous condition because it was not adequately prepared for long jumping.
• Midway denied that the long jump pit was inadequately prepared and alternatively alleged assumption of the risk as an affirmative defense.
• The trial court ruled in favor of Midway.
Sheppard by Wilson v. Midway R-1 School Dist., 904 S.W.2d 257 (Mo.App. W.D., 1995)

- On appeal the court states that: “the assumed risks in such activities [that fall within the primary assumption of risk category] are not those created by a defendant's negligence but rather by the nature of the activity itself.”

- Consequently, if, as Sheppard contends, her injury was caused not by a risk inherent in the sport of long jumping but rather by Midway's negligence in preparing the pit, secondary, rather than primary, assumption of risk applies and the question of her negligence in assuming that risk should merely be compared by the jury as an element of comparative negligence rather than being a complete bar to her recovery.
Sheppard by Wilson v. Midway R-1 School Dist., 904 S.W.2d 257 (Mo.App. W.D., 1995)

- Sheppard contends her knee injury was the result of Midway's negligence in preparing and raking the long jump pit. Substantial evidence was presented at trial to establish that the long jump pit was inadequately prepared and not reasonably safe. This evidence tended to show that Sheppard's injury resulted not from a bad landing, an inherent risk of the sport of long jumping, but rather from the condition of the pit. There can be no question that Sheppard assumed the risks inherent in the sport of long jumping, but she did not assume the risk of Midway's negligent provision of a dangerous facility.
Sheppard by Wilson v. Midway R-1 School Dist., 904 S.W.2d 257 (Mo.App. W.D., 1995)

• Midway presented substantial evidence to support a finding that Sheppard's injury resulted exclusively from an awkward or bad landing, an inherent risk of participating in the long jump.

• Based on these findings and improper jury instructions the case was remanded for a new trial.
We’re Done!