

DOWN DIRTY

National Mud Run Series 10

PAUL MITCHELL

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Getting to the Race

Address:

Castaic Lake State Recreation Area 32132 Castaic Lake Dr. Castaic, CA 91384 April 25th, 2010

Directions to Venue from Los Angeles:

From Los Angeles Take I-5 Northbound

Take exit 176B for Lake Hughes Rd

Then turn Right on Lake Hughes Rd and follow this road for 0.4 miles

Turn Left at Ridge Route Rd and continue for 0.3 mile

Turn Right at Castaic Lake Dr. and follow event signs to main parking area

Parking at Lake Castaic will be \$11 per car. This fee will be charged at the park entrance. We strongly encourage race participants to carpool to the site and arrive early to allow time to park.

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Early Registration Ends March 21st for the Merrell Down and Dirty 5K - posted 3/15/10

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Packet Pickup

Packet Pick up will be held on Saturday, April 24th at the race site.

Castaic Lake State Recreation Area 32132 Castaic Lake Drive Castaic, CA 91384

Packet pick up on Saturday, April 24th will start at 1:00 PM and end at 5:00 PM. Parking at Castaic Lake will be \$11 per car. It is highly recommended that you pick up your packet on Saturday to avoid rushing on race morning.

Athlete registration and packet pick up will also be available on Sunday morning before the race beginning at $6:00~{\rm AM}.$

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Event Schedule

Saturday, April 24, 2010

1:00 PM Athlete Registration and Packet Pickup Begins 5:00 PM Athlete Registration Packet Pickup Ends

Sunday, April 25, 2010

6:00 AM	Registration and Packet Pickup Open
7:40 AM	Pre Race Meeting at Main Stage
8:00 AM	5K Race Start
8:00 AM	Merrell Down & Dirty Fitness Expo Opens
8:30 AM	10K Race Start
9:00 AM	Post Race Merrell Down & Dirty BBQ Begins
9:15 AM	5K Awards Ceremony
10:00 AM	Adventure Kids Race Begins
10:30 AM	10K Awards Ceremony
12:00 PM	Merrell Down & Dirty Fitness Expo and BBQ End

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Expo

Check out the Merrell Down & Dirty Event Fitness on Sunday, April 25th from 8 AM to 12 PM! Sponsors and vendors will be on site selling gear, offering fitness advice and will feature interactive displays and free samples!

For information on how to become a vendor at the Merrell Down & Dirty Fitness Expo $\underline{\mathsf{email}}\, \mathsf{us!}$

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Parking

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Click here for directions to the site.

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Showers

Bring a towel! There will be showers for all racers to clean off after the race.

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Awards

Awards will be given to the top 5 finishers in each age group.

A special Merrell Down & Dirty Finisher medal will be awarded to each finisher!

Race Divisions are as follows:

Male/Female 14-17

Male/Female 18-24

Male/ Female 25-29

Male/ Female 30-34

Male/ Female 35-39

Male/ Female 40-44

Male/ Female 45-49

Male/ Female 50-54

Male/ Female 55-59

Male/ Female 60-64

Male/ Female 65-69 Male/ Female 70-75

Male/Female 75+

Male/Female Public Safety

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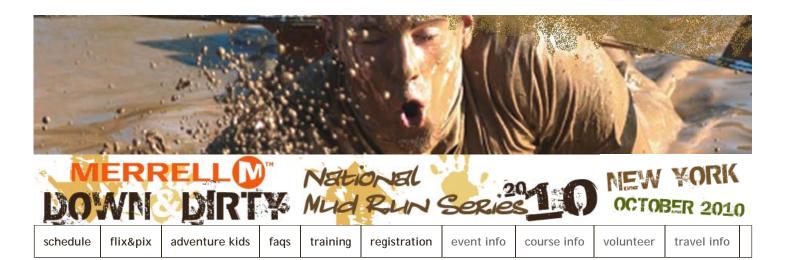
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Post Race BBQ

Join fellow racers in the post race BBQ! The Merrell Down & Dirty Post Race BBQ is included in all racers registration fees and will open at 9:00 AM and go until 12:00 Noon. The BBQ will feature hamburgers, chips and drinks! Don't miss the chance to meet new friends, share race stories and relax after a great race. See you there!

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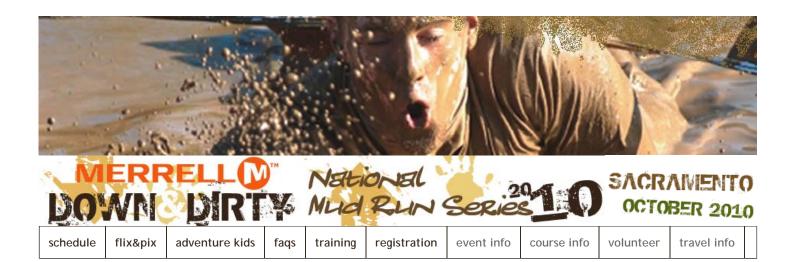
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Obstacles

The Down & Dirty race will feature 4 to 5 military style obstacles throughout the course, check out the photos below to see examples of some of them.





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Mud Pit

The Down & Dirty mud pit is the murkiest, sludgiest, muddiest pit you will ever crawl through! Check out photos of the pit below, see you in the mud!





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