



**MERRELL M™** NATIONAL MUD RUN SERIES 2010 SPONSORED BY **PAUL MITCHELL**

**DOWN & DIRTY**

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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.

## gettin' dirty

Don't miss the first ever Merrell Down & Dirty race in Los Angeles! Sign up today!

## latest dirt

[Matchbox® Teams Up with MESP, Inc. to Give Kids the Ultimate Outdoor Adventure - posted 4/14/10](#)

[Merrell Down & Dirty National Mud Run Series Adds Chicago Event to 2010 Tour! - posted 4/1/10](#)

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

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**MERRELL M™** NATIONAL MUD RUN SERIES **2010** SACRAMENTO OCTOBER 2010  
**DOWN & DIRTY**

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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 AM.

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Los Angeles Down & Dirty Mud Run  
 Castaic Lake State Recreation Area  
 Sunday, April 25th 2010



**MERRELL M™**  
**DOWN & DIRTY**

NATIONAL  
MUD RUN SERIES 2010

**MESP**  
LIFESTYLE SPORTS MARKETING

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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 [email us!](#)

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**DOWN & DIRTY**

**NATIONAL MUD RUN SERIES 2010**

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## Parking

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[Click here for directions to the site.](#)

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**DOWN & DIRTY**

NATIONAL  
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SPONSORED BY  
SACRAMENTO  
PAUL MITCHELL  
OCTOBER 2010

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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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**MERRELL M™** NATIONAL MUD RUN SERIES **2010** NEW YORK  
**DOWN & DIRTY** OCTOBER 2010

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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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## 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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## 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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**MERRELL M™** NATIONAL MUD RUN SERIES 2010 PHILADELPHIA  
**DOWN & DIRTY** JULY 2010

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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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