

## Mud Hero 3K Ontario Triple Crown - June 26/27/28, 2020, 2020

### Location

#### Highlands Nordic

1182 Nottawasaga Rd Concession 10 S,  
Duntroon, ON L0M 1H0

[Click here to see a map of the location](#)

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### Obstacle course

#### TRIPLE CROWN

- Earn your Triple Crown: 3K Rush, 21K Half and 10K Challenge
- Purchase the Triple Crown Pass to complete the three distances and receive a unique Triple Crown medal in addition to your finisher medal.
- Collect at the results tent
- All **Challenger and Age Group** heats in the Triple Crown races are OCRWC qualifying events
- This is in addition to your finisher medal

#### MUD HERO 100M DASH

- Friday June 26th

#### MUD HERO 3K RUSH

- Friday June 26th. Triple Crown event

#### MUD HERO 21K HALF

- Saturday June 27th. Triple Crown event

#### MUD HERO 10K CHALLENGE

- Sunday June 28th. Triple Crown event

### Event pricing

#### Register early and save!

Until December 25, 2019: \$39.99:\$59.99 + HST

\* Online fees are additional. Registration closes on 2020-06-27 23:59:00 EDT. Please note, entries are non-refundable. See our Contact Us page if you would like to edit or transfer your entry. Entries can't be transferred or edited once registration is closed. Participants may not transfer wave times once a wave is closed. Participants must be 13 years or older to participate.

### Free stuff

#### 3K Rush, 21K Half and 10K Challenge:

- A Mud Hero finisher Tshirt and race bib.
- Complimentary photos of yourself at Mud Hero.
- Water stations on course and one at the finish.
- Timing chip
- Mud Hero finishers medal.
- Access to our Mud Bash including DJ and live bands.

- Free Temporary Mud Hero Tattoos.

## **Wave times**

## **Bag check**

\$5

## **Mud bash**

The spectacle of Mud Hero is like no other! With DJs, live bands, cash BBQ, sponsor give-aways, live demos and alcohol/non-alcohol drinks, enjoy the festivities as you cheer your fellow Mud Heroes on to the finish.

## **Spectators**

Get a festival pass for your family and friends to see you rock the obstacles Access to the festival, Mud Bash and designated obstacle viewing areas \$10/ pass. Kids under 15 are free Available at registration on event days

## **Groups**

If you know at least 10 friends who want to be Mud Heroes, prior to registering email [info@mudhero.com](mailto:info@mudhero.com) to receive a discount code for \$5 off per Hero. This discount code will only last 2 weeks, so make sure your entire group registers within that time period. The discount can only be applied when you register; it cannot be applied after you register.

## **Lodging**

## **Parking**

Parking is \$15 per car and \$30 for RV or school bus. CASH ONLY, HST included We encourage carpooling!

## **Volunteer**

Want to be part of the Mud Hero experience, but don't really want to take on the six kilometer course? Volunteering at our events puts you right in the middle of the action – and helps us put on the best events possible for our muddy participants!

[Sign up as a volunteer here!](#)