

TOUGH MUDDER LONDON WEST 2017 - SPECTATOR PACKET



CULDEN FAW - FAWLEY, HENLEY-ON-THAMES, RG9 3AP

SPECTATORS

[Download the Spectator Map Here](#)

- Signed [Spectator Waiver](#) for spectators.
- Spectator ticket price will increase to £20 on-site
- Children 12 and under are free, but must sign a waiver with a parent or guardian.
- Spectators must have a valid photo ID such as a photo driver's license or passport.

PARKING

Saturday and Sunday Parking
Culden Faw, Fawley, Henley-on-Thames, RG9 3AP

- General Parking will be **£20 CASH ONLY** on site
- Premium Parking can only be purchased online
- Disabled parking is available on-site
- No camping, RVs or overnight parking in car park

[Purchase Saturday Parking Passes](#)

[Purchase Sunday Parking Passes](#)

TIPS

- Spectator routes are marked with colored signs stating the name of the route. These signs run from the beginning of the route to the end.
- Note: Due to the distance of the course you will not be able to follow your Mudder to every obstacle. Allow yourself enough time to walk to the obstacles that you wish to see.
- Spectators may cross over the course route, but please be mindful of participants on the course.
- Your spectator wristband allows you access to the Yellow and Blue Spectator Routes. Both routes will be marked with the flags seen below.

VIEWING ORDER

This is the order in which you will hit the obstacles on course that are on the Spectator Routes. Be mindful of the pace of your Mudder and choose the obstacles you wish to see wisely.

1. Bale Bonds
2. Arctic Enema – The Rebirth
3. Killa Gorilla
4. Birth Canal
5. Mud Mile 2.0
6. Pyramid Scheme
7. Funky Monkey – The Revolution
8. The Reach Around
9. Everest 2.0
10. Kong
11. Electroshock Therapy

YELLOW SPECTATOR ROUTE

YELLOW ROUTE

1. Killa Gorilla
2. Funky Monkey – The Revolution

BLUE SPECTATOR ROUTE

BLUE ROUTE

1. Bale bonds
2. Arctic Enema – The Rebirth
3. Killa Gorilla
4. Birth Canal
5. Mud Mile 2.0
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DON'T FORGET



Bag Drop

Swing by the bag drop tent and keep your stuff clean while you get dirty. £3 CASH ONLY. **All proceeds go to our charity partner Help for Heroes.**



Merchandise

Stop by the merchandise tent to get your event t-shirt, or visit our [website](#) to get gear for the course.



Camping

Get your camping tickets online in advance. Prices will increase on event day. Buy camping tickets [here](#).



Information

Lost something? Have a question? Visit the Information Tent next to check-in.



Coming September 2017

Spread the word about Will Dean's upcoming book – [IT TAKES A TRIBE](#) – Building the Tough Mudder Movement.

MUDDER VILLAGE MERRELL

Get ready to test the traction of your shoes at Merrell's all new 'Get a Grip' challenge in the Mudder Village. This specially designed contest, involves you, some tyres and a lot of mud. With daily prizes on offer, this is one not to be missed.



The For Goodness Shakes team are your resident protein experts. With the tastiest protein drinks on the market, be sure to grab a For Goodness Shake at the finish area and test your strength on their Human Hamster Wheel to be in with a chance to win a year's supply of shakes.

Kingstone Press

Completing a Tough Mudder wouldn't be the same without a refreshing Kingstone Press Cider when you cross the finish line. Make sure you strike your best pose for the Kingstone Press finisher's photo wall.



Lucozade will be providing on course hydration and helping motivate the Mudder community through their Made to Move mantra.



Get your hair back in shape at the rinse stations with Head & Shoulders shampoo on offer to all participants.



BOSCH

Ever wondered about the technology that helps create the Tough Mudder obstacles? Visit our friends at Bosch in the Mudder Village to find out more and take part in some of their power tool related challenges.

Jeep

The famous Jeep Mud Mile D.J makes a much anticipated return for the 2017 season on course along with face painting and vehicles on display in the Mudder Village.

TREK

Trek on course nutrition products will provide the boost you need to overcome Tough Mudder obstacles. Don't forget to check out their reflex challenge in the Mudder Village area.



RUN FOR A CAUSE



HELP for HEROES

Support For Our Wounded

Tough Mudder's Official UK charity partner is Help for Heroes, which provides support for servicemen and women and veterans suffering from injuries or illnesses sustained in the line of duty. Click [here](#) to begin fundraising.



SAFETY

- Do not attempt electric shock obstacles if you have certain health conditions such as epilepsy, metal in your body or a pacemaker.
- Although unlikely, contact with mud, animals and recreational water may cause illness. If you begin to feel unwell with symptoms such as fever, diarrhoea or vomiting, particularly if lasting for 3 or more days, please consult your GP.
- You **MUST** be able to swim 25 metres if you attempt water obstacles.
- If you do not feel comfortable completing any obstacle, **DO NOT** attempt it; and use the bypass lane.

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BALE BONDS



FUNKY MONKEY 2.0



EVEREST 2.0



ELECTROSHOCK THERAPY



ARCTIC ENEMA 3.0



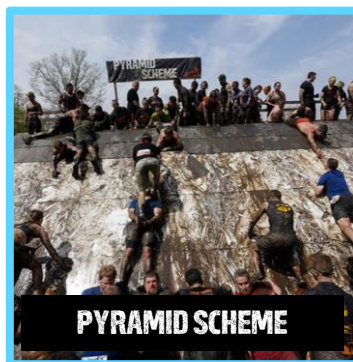
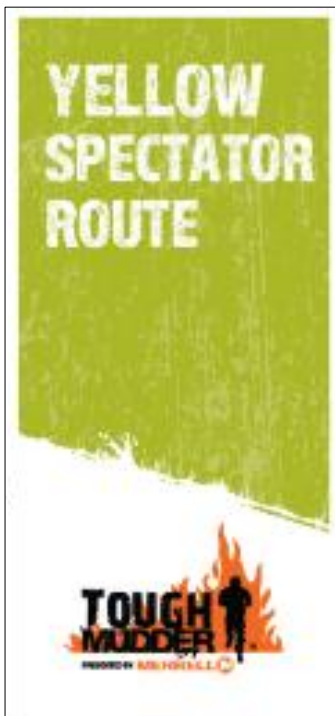
THE REACH AROUND



KONG



MUD MILE 2.0



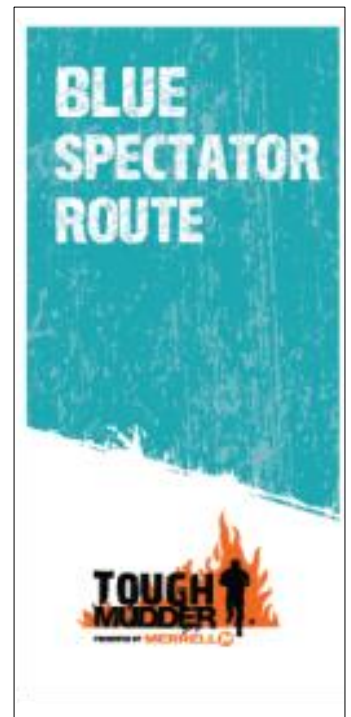
PYRAMID SCHEME



KILLA GORILLA



BIRTH CANAL



MERRELL

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WHY JOIN PROBABLY THE BEST TEAM ON THE PLANET?

If you're awesome at helping others conquer their challenges, then we want you to join our team as a Tough Mudder Volunteer. Our Volunteers are called Mudder MVPs (Most Valuable Players) because they are the driving force behind our team on event day.

AS AN MVP, YOU'LL RECEIVE:

DISCOUNTED PARTICIPANT ENTRY

Run a Tough Mudder for up to 90% off:

£30 when you volunteer for a full day

£15 when you volunteer for a half day

DISCOUNTED MERCHANDISE

20% off merchandise on event weekend

FREE STUFF

Free T-shirt: Tough Mudder MVP t-shirt

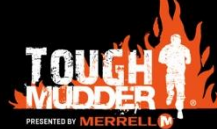
Free food: breakfast and/or lunch

Free beer: one free beer (age limit applies)

Entry to the Most Badass Event of the Year:

including free parking, front-row seats to the best action in the house and lots of muddy hugs.

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ON COURSE AT TOUGH MUDDER LONDON WEST

MAP LEGEND

- Obstacle
- Water Station
- MV Mudder Village
- Half Course Route
- Blue Spectator Route (8 Mi)
- Bathrooms Available

COURSE FEATURES

1. SKIDMARKED
2. KISS OF MUD 2.0
3. BALE BONDS
4. KILLA GORILLA F1
5. BIRTH CANAL 3.0
6. HERO WALLS
7. THE BLOCK NESS MONSTER
8. HERO CARRY
9. SEWER RAT
10. MUD MILE
11. PYRAMID SCHEME
12. EVEREST 2.0

MUDDER VILLAGE

- KONG ELECTRO SHOCK THERAPY
- FINISH
- MEDICAL
- FOOD
- TOILETS
- RINSE STATION
- MERCH
- Jeep
- BOSCH
- Lucozade
- TREK
- BAR
- EXIT
- CHECK-IN
- WARM UP
- BAG DROP

TIPS FOR NAVIGATING TOUGH MUDDER LONDON WEST

- TO ORIENT YOURSELF: HEAD NORTH TO START THE FIRST SPECTATOR ROUTE (THE BLUE ROUTE) AT THE NORTHWEST CORNER OF MUDDER VILLAGE AFTER WATCHING YOUR MUDDER LEAVE THE START CHUTE.

- CHOOSE THE OBSTACLES YOU VISIT WISELY. YOU CAN'T SEE YOUR MUDDER AT EVERY ONE, SO PICK THOSE YOU CAN MAKE IT TO WHILE THEY RUN THROUGH ANOTHER SECTION OF COURSE.

- USING A GPS APP ON YOUR PHONE CAN BE GREAT FOR PINPOINTING YOUR LOCATION ON THE PROPERTY AND IF YOU'RE LOST, USE THE OBSTACLES AROUND YOU TO ORIENT YOURSELF.

ARCTIC ENEMA 2.0

40,000 LBS OF ICE

1955 FEET ELEVATION GAIN

10.4 MILES COURSE LENGTH

10,000 VOLTS ELECTROSHOCK

25 OBSTACLES ON COURSE

THANKS TO OUR PARTNERS

OFFICIAL COURSE MAP

SATURDAY 29TH APRIL
SATURDAY 6TH & SUNDAY 7TH MAY

CULDEN FAW

PRESENTED BY **MERRELL M**

WWW.TOUGHMUDDER.CO.UK