



# IT'S DIRTY WORK ENDING MS

**AUG. 18, 2012  
WEST ORANGE,  
NEW JERSEY**

**Thank you for registering for MuckRuckus MS™ Northeast! Here are all the down-and-dirty details you'll need for the event on Saturday, August 18, 2012. Questions? Contact Karen at karen.drzik@nmss.org or 201-977-6054. You're going to have a blast — we'll see you soon!**

## **IMPORTANT FUNDRAISING INFORMATION**

**Fundraising minimum: All participants must raise a minimum of \$100 by event day in order to participate.** Please note: The \$100 fundraising minimum is in addition to the registration fee. You will not be able to participate without confirmed donations totaling your required minimum of \$100. Be prepared with cash, check or credit card to pay your remaining balance at check-in on the day of the event.

**\$300 prize level:** Anyone who raises \$300 by event day joins the ranks of the **Mud Slingers** — complete with an official MuckRuckus MS™ beach towel. You can pick up your towel under the T-Shirt tent.

**\$1000 prize level:** Anyone raising \$1000 or more joins the elite **Mucky Mucks Club** complete with a MuckRuckus MS™ gym bag & bag tag. You will also receive FREE registration for the 2013 event.

**Top Teams:** Congratulations to our top five fundraising teams who will have special team tables at the event.

<b>TEAM NAME</b>	<b>TEAM CAPTAIN</b>
Filth and Furey	Michael Furey
Hermann Mudsters	Jeff Hermann
Team Joanne	Matthew Roberts
Mudslingers	Tobias Schraven
Zvanaka	Anne Benfield

## **WHAT TO WEAR AND BRING**

**Recreation division:** Long pants are recommended but not required; tennis shoes are OK but we suggest boots to drain the muck and water. Costumes are welcome!

**Competitive division:** Long pants, boots covering the ankle and the timing chip are required. Tights are not acceptable.

Applying bug spray prior to your run is recommended. A gear check will be available to store your items such as car keys, cell phone, flip flops, camera and a change of clothes if desired (all participants will receive an event T-shirt). You may want to bring some old beach towels for your car ride home, as well as garbage bags for wet clothes.

## **PARKING**

**Atkins Office Building (directly across street from event site)**

1500 Pleasant Valley Way, West Orange, NJ 07052

**Saint Barnabas Palliative Care Center**

95 Old Short Hills Road, West Orange, NJ 07052

**Atkins Office Building**

101 Old Short Hills Road, West Orange, NJ 07052

There will be a shuttle available to bring you to the festival area from off site parking areas.

## **WHEN YOU ARRIVE**

**Check-in:** Check-in will be onsite at the festival area across from McLoone's Boathouse the day of the event from 7:30 a.m. to 30 minutes before the last wave. Please note: This is the only check-in this year. Be sure to bring the enclosed waiver with you. If you're between the ages of 12 and 17, make sure your parent or guardian sign the event waiver and turn it in at check-in. Youth waivers must be notarized. (Notary will be on site.)

**Gear check:** Gallon-sized plastic bags are available at the gear check tent. If you're bringing your own bag, please limit to a gallon-sized bag.

**Line up:** Head to the start line a few minutes before your wave time.

**Opening ceremony:** To kick off the first wave of the day, we'll have a special opening ceremony beginning at approximately 8:30 a.m.

## THE ROUTE

We can't wait for you to experience this insanely fun course! New this year, a shortcut option will be available for anyone not wishing to complete the entire course (approximately 5k). Best of all, you don't have to decide ahead of time — just look for signs along the route if you decide to take the shortcut option. Our first aid/medical team will be stationed along the route (courtesy of South Orange First Aid Squad), as well as hydration stations with water and energy drink. Whether you run recreationally or competitively, you're bound to get downright filthy and have a blast every step of the way!

## AFTER YOUR RUN

**Clean up:** Once you cross the finish line head to the hose-down area (courtesy of the West Orange Fire Department) to get rid of the muck and then join us at McCloone's for the post-event party.

**Eat, drink and be merry:** Enjoy a drink (adults age 21 or over only), a delicious meal and great music at McCloone's Boathouse.

## FESTIVITIES AND SPECTATOR INFO

Throughout the day, spectators and participants can catch all the action by watching the start and finish areas, enjoy music and a live DJ, visit our vendors and learn about multiple sclerosis at the MS tent.

**Little Muckers Kids Zone:** Kids don't have to miss out on all the muck! Send 'em to the children's area, where there will be plenty of opportunities for the little one to get dirty. The area will not contain any deep water obstacles, so no lifeguards will be on duty but volunteers will be present to monitor all the action. Volunteers are only available to assist with crowd control in this area and ensure parents do not leave their children unattended. A parent or guardian must be present to supervise at all times! Children ages 5 to 11 are welcome. There's no need to register in advance but a waiver must be filled out on event day.



## TEAM PHOTOS

Team photos will be taken in the team table area. Look for the sign to tell you where to gather your team! To be considered for The Dirtiest Duds Award, make sure to get your photo taken!

## ABOUT THE NATIONAL MS SOCIETY

The National MS Society is a collective of passionate individuals who want to do something about MS now—to move together toward a world free of multiple sclerosis. MS stops people from moving. We exist to make sure it doesn't.

We help each person address the challenges of living with MS through our 50-state network of chapters. The Society helps people affected by MS by funding cutting-edge research, driving change through advocacy, facilitating professional education, and providing programs and services that help people with MS and their families move their lives forward.

## THANK YOU SPONSORS

