

KEY INFORMATION

Grounds of Hamdan Sports Complex, Dubai
December 7 - 8, 2018



Start TIMES

- You should have selected your start wave – this will be on your confirmation email.
- Start waves are every 15 / 30 minutes.
- Please show up for your assigned start time to prevent lines at registration (and on course). You should aim to arrive at the Hamdan Sports Complex at least one hour prior to your wave start so you have enough time to park, register, put your bag in the bag drop tent and be in time for your warm up
- TEAMS: If one person was unable to select the same start wave as their team, they are permitted to join the start time that the rest of the team selected

Don't Forget:

- ✓ A valid photo ID (a photo driver's license, Emirates ID or passport)
- ✓ Confirmation email with QR code
- ✓ Signed waiver for participation
- ✓ Cash for village experience, there are no ATMs on site
- ✓ Change of clothes (Rinse stations available)
- ✓ Towel
- ✓ Something for your wet / muddy clothes



PARKING

Parking for the event will be in the grounds next to Hamdan Sports Complex (HSC), please follow the directional signage for your relevant parking area. We'll also have attendants on hand to direct you.

We are located in the grounds next to HSC.

Google Maps location can be found [here](#)

If you have purchased Special Ops then please follow the signs for Special Ops Parking. Please remember to bring your confirmation email.

Don't forget you can also get 40% off your Careem rides to / from the venue using the code TOUGHMUDDER



SPECTATORS

A spectator map will be available for all on the day. The spectator routes will start from near the Warm Up area.

- Spectator tickets will be AED 45 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

Event Timings	Friday Dec 7	Saturday Dec 8
Registration Open	7:00 AM	7:00 AM
First Start Wave	8:00 AM	8:00 AM
Last Start Wave	1:00 PM	1:00 PM

What to wear:

- Trainers – Durable with both traction and protection. Oh, and definitely make sure they're washable!
- Tops – Ideally form fitting, quick-drying and breathable. As you'll be getting wet at some point, best to avoid cotton
- Bottoms – We'd recommend something that dries quickly and offers protection along with a full range of motion, we'd suggest shorts or leggings
- If you conquered the du Tough Mudder in 2016 or 2017 – you are now a fully fledged du Tough Mudder Legionnaire. Wear your headband with pride and add your 2018 to the collection!



IMPORTANT LINKS

Waivers – make sure you bring a signed copy of the relevant waiver with you:

[Participant Waiver >>](#)

[Spectator Waiver >>](#)

[du Mini Mudder Waiver >>](#)



du Mini Mudder is a 1.5km obstacle course designed for Tough Mudders-In-Training.

- Friday / Saturday Start Waves: 9:30am, 11am, 12:30pm, and 2pm
- Ticket price will be AED 55 on-site
- Children must be between 7 - 13 years old and be at least 1.1m tall to take part
- **A signed waiver and a parent or guardian's supervision is required**
- Don't forget a change of clothes

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Mudder Village



du Tough Mudder Warm-up Zone

Limber up and get ready to run with our Mudder trainers and The Warehouse Gym in the du Tough Mudder Warm-up Zone.



Bag Drop

Swing by the bag drop tent and keep your stuff clean while you get dirty. Note that all belongings are left at your own risk.



Get Kitted Out

Check out the merchandise tent to see our event merchandise and take home a memento of the day.

PHOTOGRAPHY

- Look out for photographers along the course and make sure you give them a smile and a wave!

SAFETY

- Do not attempt the electric shock obstacle if you have certain health conditions, epilepsy, or a pacemaker.
- 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; simply continue on to the next obstacle via the bypass lane.



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WHAT'S ON



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Share your experience using [#dutoughmudder](https://www.instagram.com/dutoughmudder)



du TOUGH MUDDER PRO TIPS

ARRIVAL INFO

Leave time when arriving for your start wave. This will allow you enough time to get ready to warm up before you take on the course. Please bring cash, there will not be a cash machine on site.

FACE-MARKING

Don't forget to get your face/ arm/ head/ leg marked with your bib number before you set off as this is mandatory.

HEAD CAM*

If you're planning on wearing a head cam, please put your name and address inside the casing. Take it off and hold onto it for all obstacles featuring water. It will come off.

**While we endeavour to retrieve and send back as many head cams as possible, the nature of our obstacles and unidentifiable nature of the cameras make this very difficult. You are taking your head cam onto the course at your own risk.*

FINISHER EXPERIENCE

Once you have your headband and are across the finish line, please take your time to enjoy all your rewards. Along with a Volvic water, you will also receive your Merrell finisher tee and headband.

Please make sure you collect all your finisher rewards; once you have exited the finish you will not be allowed back in.

MEETING POINT

Please pre arrange a meeting point with all spectators and participants in your group as finish times may vary. We suggest the Finish photo board; it makes a great place to catch up with your friends.

BAG DROP*

Please take only your necessary requirements into the base area (car keys, ID, wallet, towel). Put all your team's belongings together in one bag to reduce your waiting time at collection.

**Your belongings are left at Bag Drop at your own risk. While Bag Drop is monitored all day, du Tough Mudder cannot guarantee the security of your belongings.*

IF YOU ARE THE CAPTAIN OF YOUR TEAM OR REGISTERED YOUR FRIENDS ON THEIR BEHALF, PLEASE PASS ON THIS INFORMATION.