

Brave Participants Prepare to Take on One of Nature's Toughest Mud Running Races in the UK!

Written by Australian Business

ESSEX, ENGLAND, October 04, 2013 **/24-7PressRelease/** -- On Sunday 6th October, race organisers, Mucky Races are welcoming hundreds of brave runners to their latest and toughest mud running race, The Gauntlet Part 2.

Starting at Spains Hall in Essex, participants will have a choice of either a 6km or 12km race, taking on both natural and manmade obstacles including mud filled pits, water logged terrain, hills, 9Bar Wall, Heavy Net, River Crawl, and Spiders Web.

Mucky Races off road running events are for people of all abilities who want to try something different, mud running is not just about reaching the finish line faster than everyone else, it is about breaking out of your comfort zone, getting covered in mud, pushing your body to the next level and often working together with other people to find your way through the race obstacles to cross the finish line.

The Gauntlet Part 2 mud running race is a fun, challenging, safe but very muddy race that gives you a great alternative to your usual running routine, not to mention the opportunity to make new like-minded friends whilst traipsing through mud up to your waist, bragging rights and most importantly the sense of achievement from completing one of the toughest mud running races in the UK.

When taking part in a mud running race, seasoned mud runners give the following tips; tie your shoes tight enough so that they don't slip off. Wear tight socks so that they won't fill with mud and sag. Bring a change of clothes, shoes and a towel. Don't wear any rings or loose jewellery and most importantly have fun.

If you're all about living life to the max and can laugh off a face-plant into the mud, then you're the type of person who can take on a Mucky Races mud running race. Why not sign up for The Gauntlet Part 2 on Sunday 6th October in Spain Hall Essex. Visit <http://www.muckyraces.co.uk> to find out more and register your place.

Mucky Races offers extreme off road running events throughout the UK. Including Mud runs, colour runs, obstacle course races and more. Register for races online.