

A photograph of a woman with dark hair, wearing a brown t-shirt, crawling through a deep, brown mud puddle. She is smiling broadly. In the background, other people are also in the mud, and a banner with the word "MUD" is visible. The scene is outdoors and appears to be a mud run event.

LEVELED Book • J

Mud Runs

MULTI
level
J•M•P

Written by Keith and Sarah Kortemartin

Mud Runs



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Focus Question

Why do people participate in mud runs?

Words to Know

adventure

course

balance beam

tricky

costumes

zombie

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Correlation

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What's in a Mud Run Course?

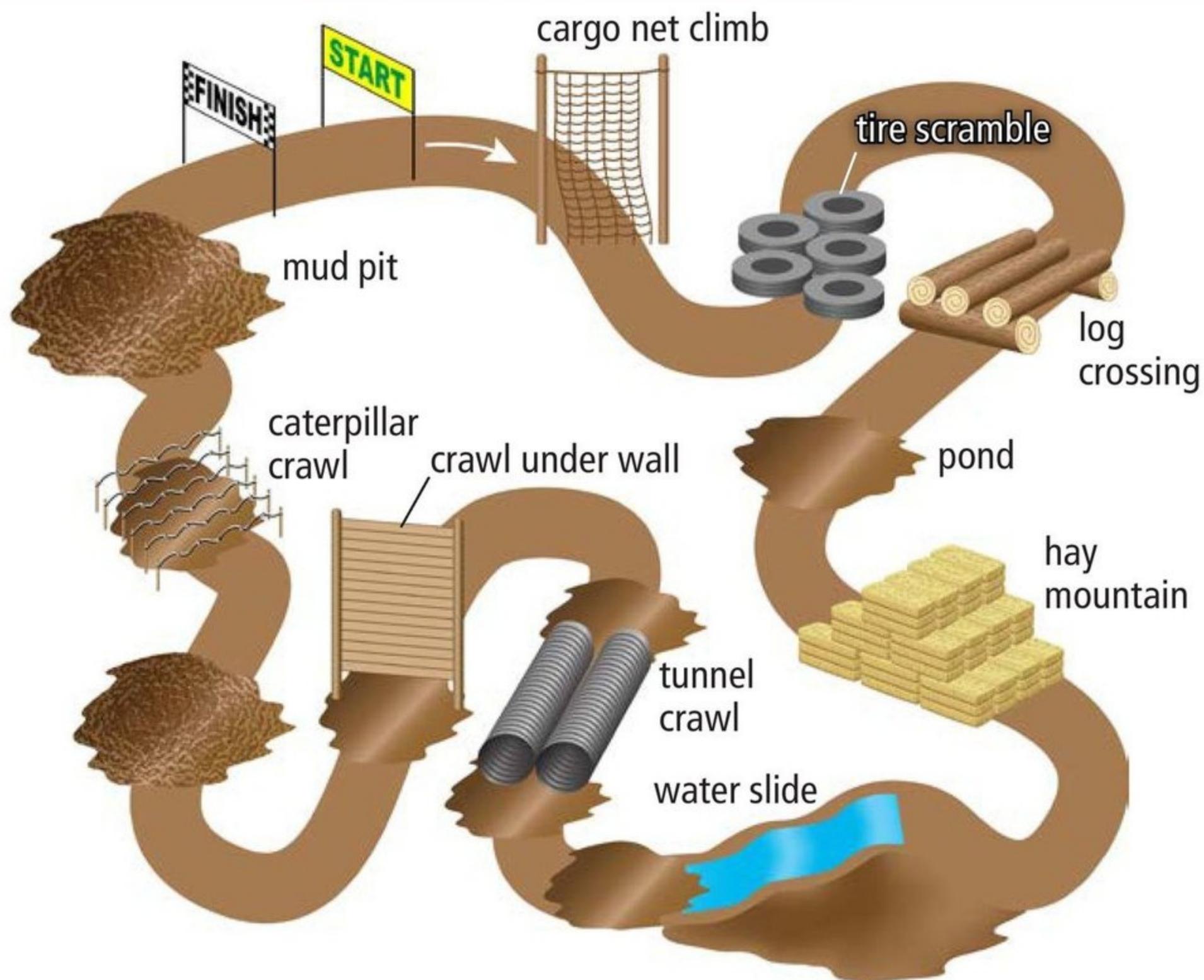


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Racers cross a mud pit during a mud run.

A Messy Race

Mud runs are races where people run through mud.

People have been running in mud runs for about thirty years in the United States.

Races are held all over the country.

Some mud runs are for people who are good at sports.

Some are just for fun.

All mud runs are the same in one way.

People get very muddy!



Sticky mud makes everything harder in a mud run.

They Don't Make It Easy

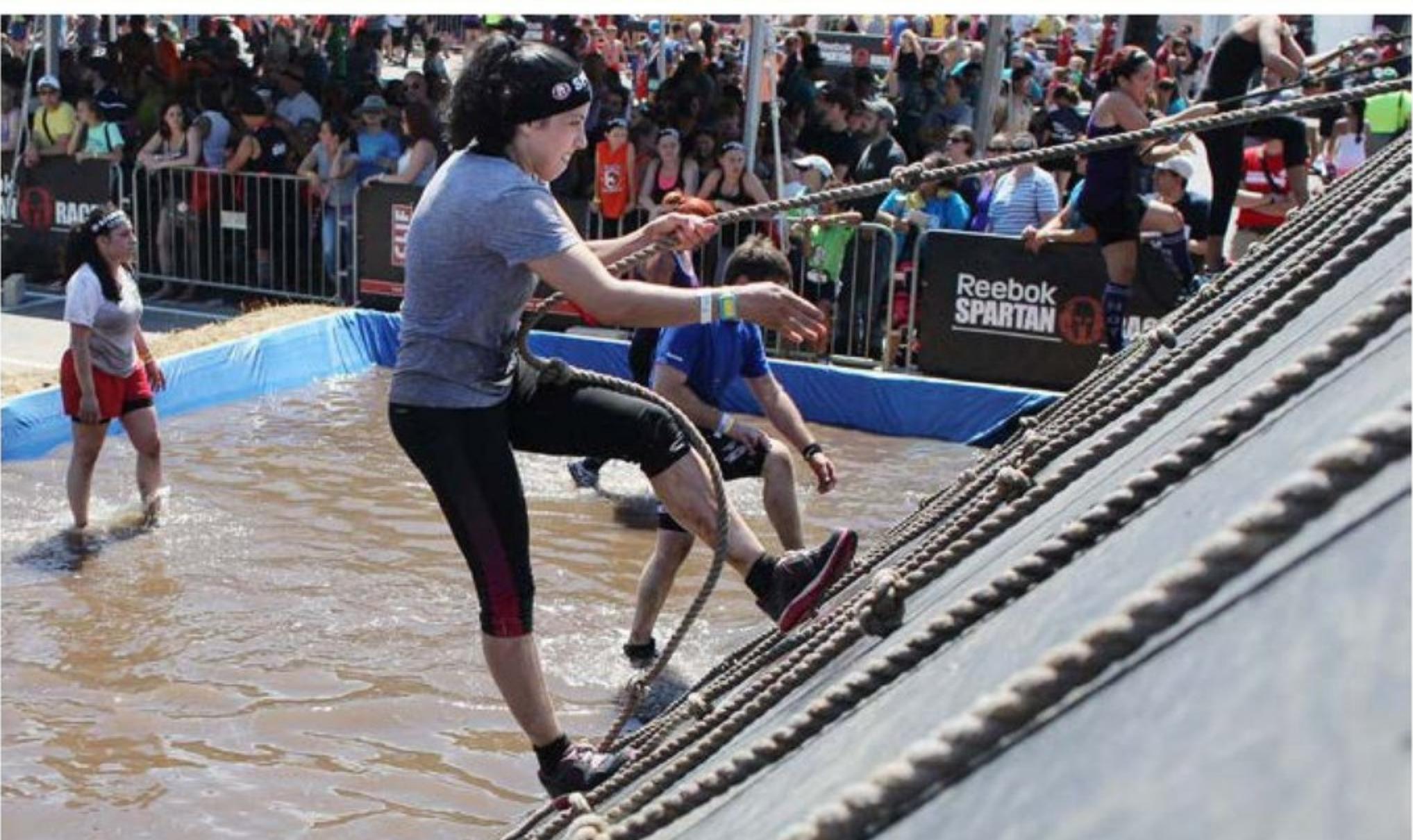
Running through mud isn't easy.

The mud sticks to your shoes
and slows you down.

It's hard to move forward.

The people who plan mud runs
know this.

They use mud to make parts
of the **course** hard.



Some mud runs have parts that are hard to get past.

Racers need to be strong to climb over nets and walls.

They need to be careful to get past parts like the **balance beam**.



There's no way to crawl without getting muddy.

They need to get down into
the mud to crawl under walls
or through tunnels.

They need to be brave to slide down
big hills or even jump over fire!



A woman dressed as a zombie chases racers during a mud run.

Monsters in the Mud

Some mud runs have an extra twist, such as monsters.

In a **zombie** mud run, racers run away from people dressed as zombies.

Racers can run from zombies or choose to become zombies and chase others.

Which would you rather be?



Jumping over fire and wearing crazy costumes are part of mud runs.

Run in a Costume

At many races, runners often dress up in **costumes** just for fun. Costumes get covered in mud, and many also get torn during the race. It's all part of the fun.



A team works together to get over a mud wall.

Race as a Team

People run as teams in some mud runs.

They push and pull each other over walls covered in mud.

Mud runs are hard, and working as a team can help everyone have a good time.



Racers start off clean (top), but they don't stay that way for long (bottom).

Running for Fun

You don't have to be great
at sports to race in a mud run.
Many people run just for fun.

Just for Kids

Some mud runs are made for children as young as three.

The children's races are shorter, but they have **tricky** parts, mud, and lots of **adventure**.

You might climb a kid-sized wall.

You might wiggle through a kid-sized tunnel.



A young boy goes over a large pipe during a mud run.



Kids climb over a wall during a race (top).
A girl climbs up a muddy bank (bottom).

If you choose to run, you're in for
a good time!

Children sometimes have so much
fun that they run the races two
or three times.



People race as Batgirl (top) and Superman (bottom).

In a mud run, even regular people can feel like superheroes!

A Good Racing Costume

If you wear a costume for your mud run, keep it simple. Any parts of the costume that stick out may get in your way during the race.



Top Tips for Mud Runs

- Wear old clothes that are easy to run in.
- Bring something warm because you WILL get wet and muddy.
- You'll need boots or shoes made for running on trails because they grip the mud better. Try not to wear cotton (jeans or T-shirts), because cotton is very cold when wet.
- Try not to wear pants with pockets or any loose clothing. The mud will get into your clothes and weigh you down.
- Drink lots and lots of water.
- Leave anything you don't want ruined at home.
- Most of all, have fun!

Glossary

adventure (n.)	an unusual or exciting experience (p. 12)
balance beam (n.)	a raised, narrow bar upon which gymnasts show their balance skills (p. 6)
costumes (n.)	outfits worn to match the style of a specific time, place, or event (p. 9)
course (n.)	a path made for racers to race on (p. 5)
tricky (adj.)	requiring skill or careful attention to deal with (p. 12)
zombie (n.)	an imaginary monster that is a dead body that moves (p. 8)

Mud Runs

A Reading A-Z Level J Leveled Book

Word Count: 351

Connections

Writing and Art

Would you like to participate in a mud run? Why or why not? Write a persuasive essay explaining your point of view. Use details from the book to support your answer.

Math

Create a detailed map of your own mud run course on a poster. Describe the different parts of the course to a partner or your class.

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