

A photograph of a woman with dark hair, wearing a brown t-shirt, crawling through a deep, brown mud pit. She is smiling broadly at the camera. Other people are visible in the background, also in the mud. A red banner with white text is partially visible in the bottom left corner.

LEVELED Book • M

Mud Runs

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level
J•M•P

Written by Keith and Sarah Kortemartin

www.readinga-z.com

Mud Runs



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Focus Question

Why do people participate in mud runs?

Words to Know

adventure
athletes
course

obstacles
themes
zombies

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What's in a Mud Run Course?

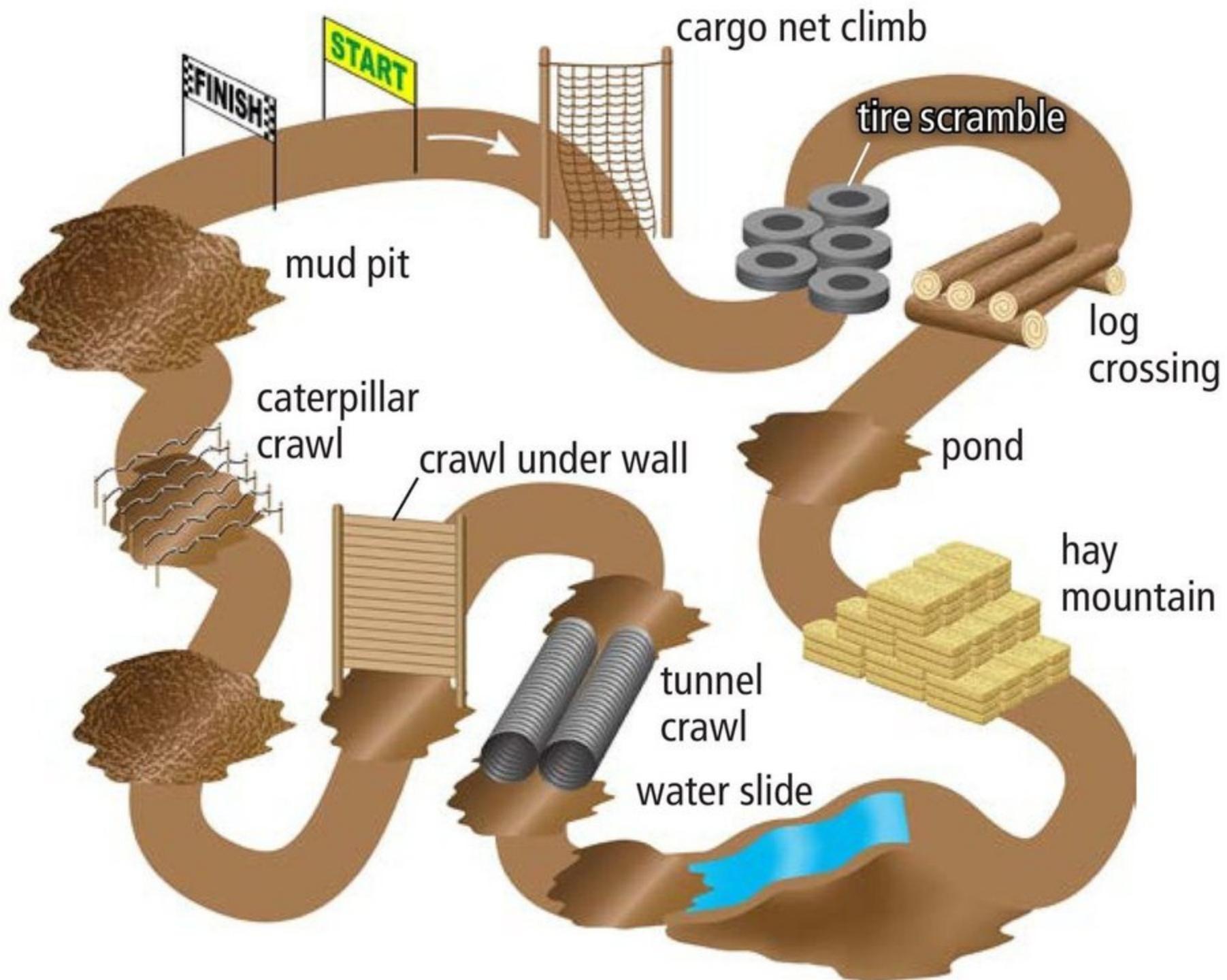


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Racers cross a mud pit during a mud run.

A Messy Race

Imagine that you're running a race. People ahead of you and behind you are running, too. Everyone is tired, sweaty, and covered in mud. You're all having a great time. Welcome to the mud run!



There's no way to do crawls without getting muddy.

Mud runs are just what they sound like: races run through mud. People have been doing mud runs for about thirty years in the United States. These popular races are held all over the country.



Somebody has to be the first one to fall in the mud.

Every mud run is a little different. Some are serious races with trained **athletes**. Others are just for fun. Some are for children only, and others let whole families run together. All mud runs have one thing in common, though. 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 to get through.



Racers climb a slippery wall as part of a mud run.

Mud isn't the only thing that makes a mud run hard, though. Different **obstacles** test your strength and bravery. You'll need to be strong to climb over nets and walls. You'll need to be careful to get past obstacles like the balance beam. You'll need to get right down into the mud to crawl under walls or through tunnels. You'll need to be brave enough to slide down a steep hill or even jump over fire!



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

Monsters in the Mud

Some mud runs have “**themes**,” or flavors. Themes, such as **zombies**, add an extra twist to a run. In a zombie mud run, racers have to run away from people dressed as zombies. Racers can choose to be the ones running from zombies or become zombies themselves and chase others. Which would you rather be?



A group of costumed racers jump over a fire obstacle.

Run in a Costume

Even in regular races, runners often dress up in costumes just for fun. You might dress up as a nurse, a superhero, or your grandma for your mud run. The only limit is your imagination! Costumes get completely covered in mud, and most costumes also get torn during the race. It's all part of the fun.



A team of women compete in a women-only race.

Race as a Team

If you don't want to race alone, you can team up with your family or friends. Your team members might help each other get past an obstacle. Some races force teams to push and pull each other over a wall covered in slippery mud. Mud runs are hard, and teamwork can help everyone have a good time.



Racers look clean and fresh as they leave the starting line.

Running for Fun

You don't have to be a serious athlete to race in a mud run.
Many people run just for fun.

A Good Racing Costume

If you decide to dress up in a costume for your mud run, remember that some costumes work a lot better for racing than others. Anything that sticks out (like wings or a sword) is likely to get in your way once the race begins.



A young boy goes over an obstacle during a mud run.

Just for Kids

Some mud runs are made for children as young as three. The children's races are shorter, but they still have obstacles, mud, and lots of **adventure**. You might climb a kid-sized wall or wiggle through a kid-sized tunnel during the run.

Whichever run you choose, you're in for a good time! Children sometimes have so much fun on these courses that they run them two or three times.



A man is happy after finishing a mud run.

You're near the end of your first mud run. You're running for the finish when—*squelch*—you step into a huge pool of wet, sticky mud. The mud sucks at your shoes and sticks to your clothes, but you power through it. You're not wearing a costume, but you still feel like a superhero as you cross the finish line.



Top Tips for Mud Runs

- Wear old, comfortable clothes.
- Bring something warm because you WILL get wet and muddy.
- You'll need boots or trail-running shoes, not sneakers, because they grip the mud better. Most races don't allow you to wear cleats, though.
- Try not to wear cotton (jeans or T-shirts), because cotton is very cold when it's wet.
- Try not to wear pants with pockets or any loose-fitting clothing. The mud will get into your clothes and weigh you down.
- Drink lots and lots of water.
- Leave valuables at home.
- Most of all, have fun!

Glossary

adventure (n.)	an unusual or exciting experience (p. 13)
athletes (n.)	people trained in sports, games, or other activities that require strength, speed, and skill (p. 6)
course (n.)	a path made for racers to compete on (p. 7)
obstacles (n.)	things that get in the way, making moving forward hard (p. 8)
themes (n.)	the styles of things, such as parties, based on certain subjects or ideas (p. 9)
zombies (n.)	an imaginary monster that is a dead body that moves (p. 9)

Mud Runs

A Reading A-Z Level M Leveled Book

Word Count: 545

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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