



2024 Pre-Run Guide

The day is near and we couldn't be more excited that you are going to play in the mud with us this year! Check out this Pre-Run Guide for all of the information you need to know about the event.

PACKET PICK-UP & SCHEDULE OF EVENTS

For those who can't wait until race day, we have set up several convenient packet pick-up options (see below for locations and times). If you can't pick up your packet in advance, you will also be able to pick them up Saturday in THOR Village inside of Lucy Park. At packet pick-up you will be asked to show some form of I.D. or a copy of your registration email. You will also need to turn in a signed accident waiver. **To reduce your packet pickup time, please print off and complete the waiver at the end of this document.**

***If you would like to pick up a packet for a friend, you will need to bring a completed waiver form for each runner (signed by the participant). You can use the form at the end of this document.**

PACKET PICK UP LOCATIONS

Endurance House

5007 Taft Blvd

Wichita Falls, TX 76308

Wednesday, Apr 10th (5 – 8 pm)

Thursday, Apr 11th (12 – 2 pm & 5 – 8 pm)

Friday, Apr 12th (12 – 2 pm)

THOR Village inside Lucy Park

100 Sunset Dr

Wichita Falls, TX 76302

Friday, Apr 12th (5 – 8 pm)

Saturday, Apr 13th (8 am – 1 pm)

Online registration will remain open up until event day. On-site registration will be available for \$60 for adults and \$35 for kids. There are no discounts available during on-site registration.

Saturday, April 13th

8:00 am – Venue Opens for Runners! Jump out of bed, grab some coffee, and get to the park!

8:10 am – Runners in the Competitive wave begin to line up.

8:20 am – Competitive wave starts and the other waves begin to line up.

Runner waves are in 10 minute increments. Start lining up for your wave as soon as the wave before you starts. Once in your wave, gather according to running speed. Rabbits at the front and turtles at the back. Take your time and enjoy the THOR experience with your friends and family.

10:00 am – We will give out the awards for the male and female overall winners and runners-up near the emcee area in THOR village.

1:00 pm – Last wave leaves the starting line.

9:00 am - 2:30 pm – Finish Line Festival. Once you cross the finish line, relax and enjoy your post-run beverage while you wait for your friends. Then head over and check out our vendor area. We've got plenty of great warrior grub for you to chow down on! There will also be a place to rinse off.



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WEATHER

If there is inclement weather, we will do EVERYTHING in our power to hold THOR as scheduled... however in the case of excessive wind or rain, we may be forced to modify the event. Runner safety is our highest priority. Watch for emails and check out the THOR Facebook page for updates.

RUN MORNING

Arrive early and stay late! We want you to enjoy yourselves. THOR waves will be leaving at scheduled times, be sure to arrive early enough to find parking and get to the starting line. Your race bib **IS** your ticket to the run! You **MUST** have the bib in order to be on the course. **NO EXCEPTIONS!**

GEAR CHECK BAG & PACKING LIST

At packet pickup you will be given a clear bag you can use the morning of the event for items you don't want to take out on the course with you. Bring this bag to the specially marked bag drop area in THOR Village and event volunteers will help you attach the Gear Check tag from your bib to your bag so you can claim it after the run. However, please remember THOR is not responsible for any lost or stolen items.

You are likely to get dirty! You might want to bring some of the following items to make your run more enjoyable.

- Cash for food/beverages
- Change of Clothes
- Change of Shoes
- ID (if you wish to enjoy the adult beverages provided by Standard Sales)
- Sunscreen
- Camera/Cell Phone
- **Towels** (Not the nice monogrammed ones)
- Sunglasses
- Garbage bags

PARKING & SHUTTLE

Parking will be available on a first come first serve basis in Lucy Park. There are a lot of parking spaces but they are spread out all over the park. **NO PARKING ON THE GRASS is allowed for this event!**

For your convenience, we will have a shuttle available for participants to catch a ride within the park from your vehicle to the THOR Village area and vice versa.

STARTING LINE

We are back in Lucy Park! The starting line is near the canoe launch area in the back NW corner. (Same place as the last event, just look for the large group of people having a great time!) For the exact location, see map below. It's a bit of a ways from the entrance, so give yourself plenty of time to find parking and get to the starting line.

Please make sure your bib number is attached and visible on the FRONT of your shirt. This is how you will be identified as a THOR runner at the start & finish line.



THOR KIDS Run

We are very excited for the THOR KIDS run! Here are a few important items to know:

- All of the above information pertains to the THOR KIDS events.
- Waivers for the kids must be signed by a parent or guardian in exchange for their packets.
- All THOR KIDS will receive a finisher's medal and other cool stuff.
- The course for the youngest kids is about ½ a mile. The course for the older kids is a little over 1 mile.
- Please write your child's name and your contact information on the back of their bib.
- For smaller kids, we encourage parents to walk along the course with their kids, although it is not required. We will have volunteers to assist them if needed. Parents do not need a bib or registration to run with their child.



FINISH LINE FESTIVAL (THOR VILLAGE)

When you finish the race you are invited to join the festivities at the finish line and bask in your heroic glory! The finish line festival is the place to be if you want to cheer on the other runners and check out the fun! It's a great place for friends and family to hang out while you run as well!

Photo Op:

Take a moment after you finish your run to snap a photo in front of the THOR photo backdrop between the finish line and the Michelob Ultra Beer Tent. Be sure to use the hashtag [#WFTHOR2024](https://www.instagram.com/hashtag/WFTHOR2024) when you share your photos so everyone can see all the muddy fun you had with your friends!

Food Vendors:

Food vendors will be on hand to feed your THOR-size appetite. Remember to bring some cash!!



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Michelob Ultra Beverage Tent:

For those of you 21 and up feel free to stop by the Beer Tent after your run. All you need are the drink tickets attached to the adult bibs and your ID! We will also have non-alcoholic drinks available to help you quench your thirst after your run.

THOR Merchandise:

After you conquer this year's THOR course, be sure and stop by our THOR Merch Tent to pick up some awesome THOR apparel and other merchandise to celebrate your achievement!

Rinsing Station:

All American Car Wash is helping us with an awesome rinsing station. Take a quick trip through to help get most of the mud off before your ride home. However, be mindful of others and remember this is a rinsing station only and not your personal shower, save that for when you get home! **We will have a limited number of small face towels available but please bring your own bath towel to dry off.**

Changing Tent:

There will be a men's and women's changing tent. Leave a fresh change of clothes in the backdrop area before the event. Then pick it up afterwards and head over to the changing tent. We will have bags available for your dirty items. **We only ask two things: 1) PLEASE don't touch the sides of the tents with your muddy clothing or body parts! & 2) please don't leave anything in the tent!**

Shoe Disposal:

If you decide you don't want to take your shoes home with you as a muddy reminder of the fun you had at THOR, then please don't leave your shoes lying around THOR village or in Lucy Park. You can dispose of them in the dumpster located near the rinsing station.

Getting Home:

Unless you are some kind of ninja, you will be extremely dirty at the end of THOR. Please plan accordingly. You should probably bring a change of clothes and towels for your car. Garbage bags and baby wipes are also super helpful. If you are using public transportation, please be respectful of their property.

RULES AND SAFETY

We have just a few rules to ensure that everyone has a fantastic THOR experience.

- Be considerate and aware of other participants.
- Follow the directions provided by event officials and volunteers.
- Be mindful of your own physical limitations.
- But above all, just come out with a great attitude ready to have a good time!
- **If you need assistance while on the course, please call our Emergency Help # 940-782-8887.**

THANK YOU

Last, but not least we want to thank everyone who has registered and or helped with THOR. To our runners, volunteers, and sponsors...THANK YOU! We could not have done it without you!

THOR 2024 Release of Liability and Waiver of Legal Rights

In consideration of being permitted to participate in any way in the Event indicated below and/or being permitted to enter for any purpose any restricted area (herein defined as any area where admittance to the general public is prohibited), the participant or the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The participant and/or the parent(s) or legal guardians(s) of the minor participant should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE, I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/WE fully understand and acknowledge that:
 - (a) There are risks and dangers associated with participation in the Event and the associated activities which could result in bodily injury, partial and/or total disability, paralysis and death.
 - (b) The social and economic losses and/or damages which could result from these risks and dangers described above could be severe.
 - (c) These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.
 - (d) There may be other risks not known to us or not reasonably foreseeable at his time.
3. I/WE HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
4. I/WE HEREBY COVENANT NOT TO SUE AND RELEASE, WAIVE, AND DISCHARGE THE RELEASEES FROM ALL LIABILITY TO THE UNDERSIGNED, OR THEIR PERSONAL REPRESENTATIVES, ASSIGNS, EXECUTORS, HEIRS AND NEXT OF KIN, FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENT(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OR GROSS NEGLIGENCE OF THE RELEASEES OR OTHERWISE. Releasees include the Event sponsors, Event volunteers, the facility used by the Event, including its owners, managers, promoters, lessees of premises used to conduct the event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instructions to engage in risk evaluation or loss control activities regarding the facility or events held at such facility and each of them, their directors, officers, agents, and employees.
5. I/WE HEREBY grant the RELEASEES permission to record my/our voice and photograph in conjunction with the EVENT. I/WE understand and agree that the term "photograph" as used herein encompasses both still photographs and video recordings. I/WE further grant RELEASEES full unrestricted rights to the use of my/our photograph, voice, and likeness in any form, including edited versions, in or over any medium including without limitation printed publications or advertisements, streaming audio and/or video over the internet, broadcast, cable, satellite transmissions, and other media that are unknown at this time, for any purpose including without limitation any commercial purpose.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Event Sponsors: Leadership Wichita Falls and Streams & Valleys

Event: Texoma's Hellacious Obstacle Run (T.H.O.R.)

PARTICIPANT NAME: _____

DATE OF BIRTH: _____

SIGNATURE: _____

DATE: _____

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THIS SECTION MUST BE COMPLETED FOR ANY PARTICIPANTS UNDER THE AGE OF 18

PARENT/GUARDIAN NAME: _____

RELATIONSHIP: _____

SIGNATURE: _____

DATE: _____