

Tricredibles

Subject: FW: [Tricredibles] Tough Mudder Experience

For those of y'all curious about the Tough Mudder...

It was tough but mostly lots of fun. The 11 miles of running was the easy part. Some obstacles, like crawling through dark trenches with just rocks and dirt on the bottom or climbing a rope sideways to get across an area of water, were painful and tough for me. But other obstacles weren't that bad because they were meant for you to get help from other Mudders, like climbing over tall walls or running up a tall, steep, skateboard ramp obstacle.

It was fun because there was no pressure to go fast - they make you take a pledge that it's not a race. Of course for those that are very competitive there is an early wave they can start in... and the top 5% from them can compete in a 24-hour Mudder... not for me!

I would definitely not say it is "possibly the toughest event on the planet", not even close... although it could be very tough (nearly impossible) if you don't get any help from anyone. But because of the different philosophy of this event compared to triathlons, I would say all triathlons are tougher.

I did end up with a few cuts, scrapes, and bruises all over, and my shoulders and abs are still sore two days later, but surprisingly my legs are fine :)

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