

14<sup>th</sup> Annual Mad Mud Challenge Weekend  
Girl Scouts of Ohio's Heartland  
Rules and Regulations

**Footwear Guidelines**

**Permitted Footwear:** All participants must be wearing closed-toed shoes that can be secured tightly on your feet. This includes **gym shoes, hiking shoes, and hiking boots that tie** or fasten in a way that is secure.

Some people choose to tape shoes on, but the shoes themselves must still be within these guidelines.

We recommend wearing older shoes that are close to the end of use or designated dirty shoes, since they will be getting very dirty. Some folks choose to thrift used shoes and throw them away after, to give the shoes the most use.

**Prohibited Footwear:** We do not permit anyone to do the course if they are wearing **rain boots, flip flops, crocs, water shoes, slides,** or other slip-on, loose, or open toes shoes.

If they fit loosely or are slip-ons, it's likely that they will slip off which leads to bare feet in the woods.

Open-toed shoes will not be permitted as they are more likely to lead to injury.

Rain boots may seem like a good option for water-proofing, but we have obstacles that are deep enough to fill boots with mud and water, which can lead to uncomfortable suction and for the shoes to slip off.

We do not make allowances for any of these shoe types, even if you have taped them on. If you arrive on the day-of in prohibited shoes, you will need to put on permitted shoes to be allowed on the course. We do not make exceptions, so please be prepared.

Acceptable Shoes



Prohibited Shoes:



