

Mud Run offers challenges to athletes of all abilities

Tom Robinson
For The Dallas Post

Dallas resident Nicole Farber has created 3R Ops Mud Run for those who would like a bit more excitement than simply running or walking a 5-kilometer course.

Billed as the Mud Run With Options, the event, scheduled for Saturday, July 20 at the Northeast Fairgrounds in Pittston Township, is the first for Farber and her newly-formed promotional company, ENX2, LLC.

"Basically, it's a three-mile obstacle course," Farber said. "You can walk it, run it or race it at top speed for prizes."

And, if necessary, Farber said, you can even get or give a little help from or to your friends.

"It's an escape from reality a little bit," Farber said. "You are not going to be judged. There are going to be people there helping and encouraging each other."

The course will have variety.

"There will be 14 or 15 obstacles," Farber said, "such as a hay bale maze, running through tires, climbing walls, angle walls, mud pits to crawl through, creeks to run through, two different waterfalls at the start and finish."

Farber said that more than two weeks before the event she already had nearly 1,000 registrants, ranging from workout enthusiasts to groups of friends and co-workers.

The most competitive will be tested in an extreme challenge area with military-style obstacles.

"There's a feeling you get when you do a mud run or an obstacle course," Farber said. "It's very empowering, depending

on how you do it. You can get teams together and it helps with the team-building aspect.

"... Sometimes you'll meet an obstacle that you'll need help or people to encourage you to get through. That's kind of like some aspects of life with different obstacles to get through."

Farber said when entrants meet an obstacle that is too difficult, then can simply go around, if they choose.

The 8 a.m. Extreme Challenge will feature \$1,000 for the first-place male and female competitors and \$500 for second place.

As race director, Farber arranged several sponsors, including Dallas Little

People, where the single mother sent her 10-year-old son Nikolus, a Dallas Elementary School student.

"Dallas Little People has always been a supporter of the children in our area by encouraging children with their athletic abilities and talents," Farber said.

Farber said she has always been impressed by the way owner Barbara Kohler and Dallas Little People encouraged physical fitness and a healthy lifestyle while supporting her son's love of sports.

The race will help benefit Harding resident Stephanie Jallen in her efforts to compete in Russia during the 2014 Winter Paralympics, according to Farber. Jallen, a Wyoming Area student, will participate in the event.

Parking fees will support the Pittston Township Fire Department.

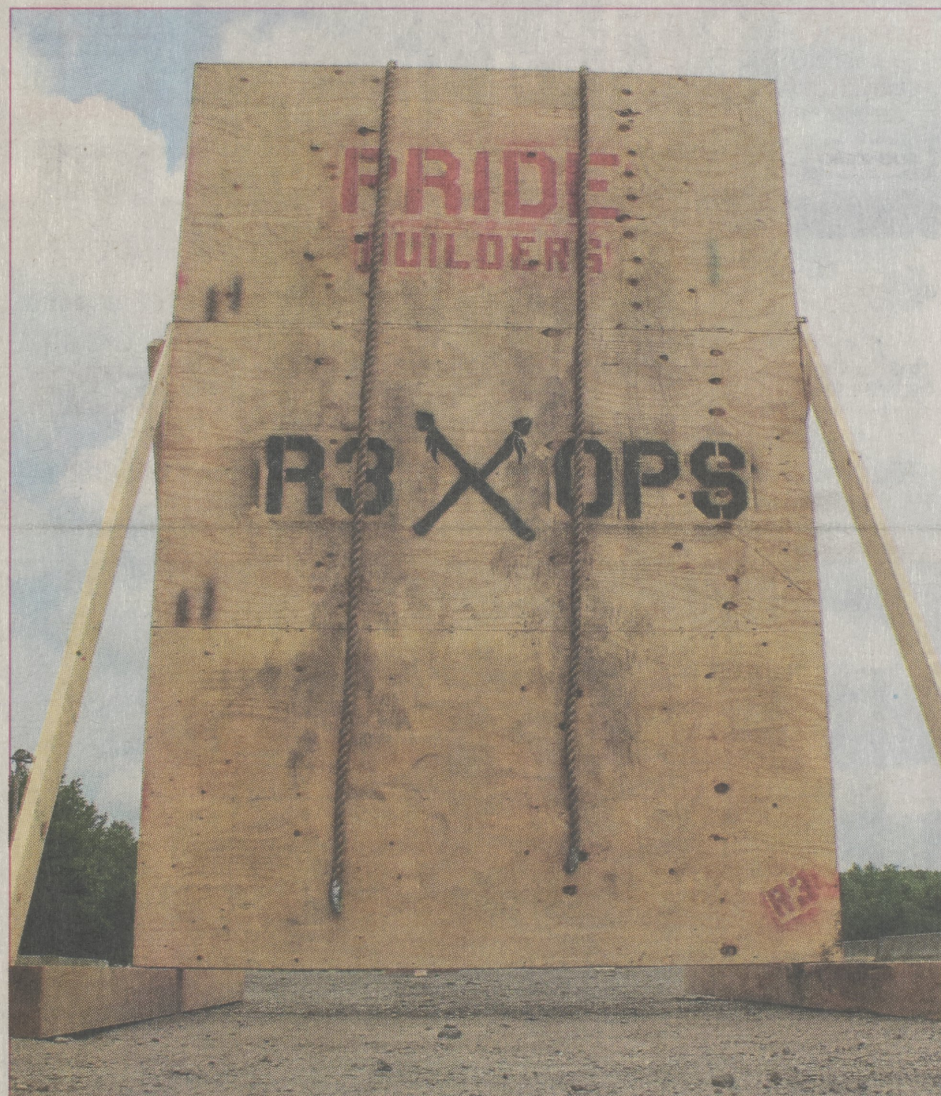
Outdoor showers will be available for rinsing off after the race.

WANT MORE INFORMATION?

More information and a registration page is available at www.r3ops.com.



Nicole Farber, right, ENX2 CEO and R3 OPS race director and Barbara Kohler, director of Dallas Little People, are teaming up to sponsor R3 OPS - The Mud Run With Options on Saturday, July 20 at Northeast Fairgrounds in Pittston Township.



'Do the John Wall' on this straight forward obstacle at Saturday's R3Ops Mud Run.



An overview of the extreme area at Saturday's R3Ops Mud Run.



A trio of balance beams called 'Walk the Line' is offered for Rugged, left, Refined, right, and Rogue, center, runners at Saturday's R3Ops Mud Run.



These hay bales will be used for an obstacle called "Ho Hey!" which is a maze at Saturday's R3Ops Mud Run.

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