5K 'Mud Run' obstacle course nears completion



NORMAN CANNADA | THE JOURNAL

Work is nearing completion on a 5K Mud Run and obstacle course behind the Shaver Recreation Complex in Seneca. An "invitation only" trial run of the course will be held Saturday.

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THE JOURNAL

SENECA — Runners looking for a new challenge will soon find it with a new 5K Mud Run and Obstacle Course being built behind the Shaver Recreation Center.

"We are building the Augusta National of all mud runs," said Riley Johnson, events coordinator for the City of Seneca. "If you think about basic training (in the military), this is it. People love a challenge and they love to get dirty."

The course, which is being built near the walking/running track and the Seneca Disc Golf Course, is a 5K trail with "mud pits" and a military-style obstacle course.

"Mud runs are fairly common," said Cindy Cain of the Seneca Recreation Department. "It's more challenging than a typical 5K run because you actually run through the woods and the mud and there are also obstacles along the way."

The course, mud pits and all will be open Saturday for a trial run "by invitation only" event.

"We're inviting a group of people who have done these mud runs and letting them try out the course and give us some constructive criticism about places that are too hard or not challenging enough," said Johnson. "We want to use the expertise of these people to help us build a great course."

Riley said plans call for two mud runs each year, one in the spring to benefit the Collins Children's Home and Family Ministries in Seneca, and the other in the fall to benefit the Seneca Recreation Department.

At other times during the year, the trail will be open to the public, although it will not be the same as it is during one of the mud run events.

"It's a nice trail to walk or run year round," said Johnson. "The mud pits will be covered up and the cargo nets will come down, but a lot of the obstacle course will remain up year round."

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