ENGLISHTOWN -- Adventure-seeking fun runners, as well as serious competitors and hard-core fitness enthusiasts -- those who are ready to "Unleash Your Alter Ego" -- can shift into high gear at the inaugural ROCK SOLID MUD RUN.


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The Saturday, August 6, 2011, race at renowned Old Bridge Township Raceway Park at Englishtown, N.J., is the only mud run that offers two courses simultaneously.

The event will feature two all-terrain courses, one a shorter, less-demanding, five-mile route, the other a truly rigorous, challenging 10-miler that presents both a physical and mental challenge.

Both involve running, swimming, crawling, climbing, and jumping. In addition to U.S. Military-style obstacles, the courses will have a few cleverly constructed obstacles unique to Raceway Park. On the course are obstacles, lake crossings, walls, a tunnel crawl, slippery hill climb, and many, many more features -- all while covering four motocross tracks, hundreds of acres of woods, three lakes, and two asphalt race track and more.

The beauty of the ROCK SOLID MUD RUN is its timing -- no freezing air and water temperatures! So water obstacles and cool, sloppy mud promise some welcome relief from the sweltering summer heat! Just as refreshing will be the lively after-party for participants, spectators, and everyone on hand.

The rock solid mud run is open to individuals and five-person teams. (All five team members must compete and finish together to be eligible for timing.) Individuals may compete in either the short course or long course. Teams are categorized as Military, Firefighter/EMS, Police, Corporate, Sports Organization, and Friends.

Registration is online only at

Each entrant is charged an individual fee, whether he/she is competing as an individual or as a member of a team. For those registering before May 31, the cost (long course/short course) is $115/$85. Between June 1 and July 15, the rate is $135/$100. Between July 16 and August 1, it is $155/$115. Spectator tickets are $15. Volunteers are admitted free.

ROCK SOLID believes in quality, not quantity. For that reason, only one race is on our 2011 calendar -- this Saturday, August 6, 2011, event at Old Bridge Township Raceway Park at Englishtown, N.J. Such events often sell out, and if this Saturday event is a sellout as we expect, we will offer an event Sunday August 7.

ROCK SOLID SPORTS will donate a portion of its profits to the Semper Fi Fund. The charity was established to provide injured service members and their families with immediate financial aid and quality of life solutions.

Beginners, intermediate-level fitness buffs, and elite athletes can test their strength and stamina, their flexibility and agility, their power and speed. Whether they're training for combat, the rigorous 9-to-5 job, the football or soccer field, the boxing ring, Roller Derby, the next week at the gym, or simply the rest of life, ROCK SOLID MUD RUN will prepare anyone of any fitness level to tackle any kind of physical performance with confidence.

More information is available at Facebook.com/RockSolidMudRun.

Known worldwide as the home of the National Hot Rod Association's annual SuperNationals drag race, Raceway Park not only is one of the country's most historic motorsports facilities but also one of the busiest. The 308-acre venue at 230 Pension Road at Englishtown, N.J., hosts
various car shows, swap meets, family-oriented thrill shows, as well as the area's largest import, domestic, karting, motorcycle, motocross, and nostalgia races.

Driving directions: From the North - New Jersey Turnpike south to Exit 9. Follow signs to Route 18 south. Go six miles to the Englishtown exit and take Route 527 south five miles. Turn left onto Pension Road. Go one-fourth mile. Entrance is on left. From the South - New Jersey Turnpike north to Exit 8 to Route 33 east. Go eight miles to the Englishtown exit. Take Route 527 north. Go through Englishtown. At the Exxon service station, turn right onto Gordons Corner Road. Go one-fourth mile and make a left onto Pension Road. Go two miles. Entrance is on the right.

About the Semper Fi Fund:

Rock Solid Sports will be donating a portion of its profits to the Semper Fi Fund. The mission statement, expressed on the Semper Fi Fund website, says: “The mission of the Semper Fi Fund is to provide injured service members and their families with immediate financial aid and quality of life solutions. We assist Marines, as well as members of the Army, Navy, Air Force and Coast Guard who were injured when serving in support of Marine Forces during post-9-11 combat or training operations. The Semper Fi Fund provides relief for financial needs that arise during hospitalization and recovery, as well as assistance for those with perpetuating needs. Our program provides support in a variety of ways including: Service Member and Family Support, Specialized & Adaptive Equipment, Adaptive Housing, Adaptive Transportation, Education and Career Transition Assistance, Therapeutic Arts, and Team Semper Fi.

About Old Bridge Township Raceway Park:

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