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**Get active and give shelter this May in the beautiful rolling hills of Woodford, SE Queensland.**

**We're asking you and your friends, family and colleagues to get muddy in support of the 250,000 people we hope to provide shelter to this coming year.**

Keen to join us on the challenge and help our ShelterBox response teams go further?

***The challenge | Tough Mudder SE Qld, 18-19 May, 2019***

The 2019 Tough Mudder season will kick off at the home of the Woodford Folk Festival (Woodfordia) set amongst rolling hills, epic valleys and thick back-forests all lined up ready to be tackled by the Mudders. Experience the rush of Tough Mudder's new 2019 course which will be a total change up on 2018 with thousands of first-timers and legionnaires alike.

With either 16kms with 23 obstacles or 5kms with 13 obstacles, these courses are designed to test you mentally and physically.  You don't have to be the fittest person in the world, but having your ShelterBox teammates behind you will help you meet the challenge.  Join friends and colleagues on a life-changing adventure where what you accomplish is almost as tough as who you are. Interested?

***Join us***

To secure your ShelterBox charity place in the 2019 Tough Mudder SE QLD please register your interest with Kieryn Deutrom by emailing me on [ambassadors@shetlerbox.org.au](mailto:ambassadors@shetlerbox.org.au)

We'll send you details of your ShelterBox teammates, how to register, details on how you can fundraise for ShelterBox via the Tough Mudder fundraising page, and if you commit to raise a certain amount you'll receive your own ShelterBox kit including running vest, water bottle and more.

**Feel free to send this on to anyone you think is keen for a challenge that will not only make an impact on themselves but to people all over the world.**

**Register your interest today!**