

Health Advisory

August 23, 2023

Dear Tough Mudder Participant,

We are reaching out to you through an abundance of caution to alert you that you may have been exposed to bacteria that can cause skin infections through your participation in the August 19-20 Tough Mudder event at Sonoma Raceway.

We have received numerous reports of race participants complaining of symptoms including rash, itching, fever, lethargy, and flu like symptoms. These symptoms could be indicative of a minor illness called Swimmers' Itch, but they can also indicate a Staph infection or other more serious bacterial infection such as Aeromonas, which was identified from at least one affected race participant. These bacterial infections can develop when skin is exposed to soils and mud. If untreated, serious illness and sepsis may develop.

If you are experiencing an unresolving or worsening rash, flu like symptoms, fever, lethargy (fatigue) or myalgia (nerve pain) please reach out to your medical provider or local emergency department. You may want to take this letter with you to show to your provider.

Sincerely,

Karen L Smith, MD, MPH  
Health Officer  
County of Sonoma  
Department of Health Services  
(707) 565-4567