



FREQUENTLY ASKED QUESTIONS

REGISTRATION

Can I run as an individual or do I have to be a part of a team?

You can run individually or as part of a team. We are encouraging teams of five (5) as a way to share the experience and provide assistance to others during the obstacles.

How do I form a team?

Decide on a team name and enter when you register. Communicate to each team member to sign up for that team and the same wave (start time).

Can I sign up all my team members together?

Yes. When you Register there is a drop down that allows you to choose how many people you will be registering in that transaction.

What if I want to join a team after I've signed up as an individual?

Email publicrelations@gaylord.org with your request.

Will there be a pre-race packet pick-up?

Yes. Emails will be sent in June when and where the packets will be available.

I see a "Donate" section on the webpage; do I have to donate?

No, but those who raise \$250 or more get their registration fee REFUNDED. There will be prizes for those individuals who raise the most money. All proceeds from the event go to the Gaylord Sports Association and other programs. Some may choose to donate in addition to their registration fee and some people have donated that can't attend.

How old do you have to be to participate?

Racers must be at least 12 years old and accompanied by an adult if less than 18. There is a "Kids' Obstacle Course"! Free for ages 5-11. See the Festival Area for further details.

What do the participants get?

All racers will receive a quality, one-of-a-kind Gauntlet t-shirt. After the race, your wrist bracelet will entitle you to a free beer of your choice. Minors will receive their choice of bottled water or Powerade. Water will be given during the race and photos will be online afterwards. Parking and checking belongings is free. Showers and towels are provided. **There are no hidden charges of any kind.** Prizes and recognition will be given to the top three categorical winners. Runners interested in winning a medal should sign up for waves before 2pm as the award ceremony will be at 3pm.

RACEDAY

Do you have directions?

The Gauntlet will be held on the main Gaylord Hospital campus located at: 50 Gaylord Farm Road, Wallingford, CT 06492

Where is the parking and is there a charge?

There is **no charge** for parking, but it is limited and we strongly recommend all teams travel together. If you are traveling from different areas, it might be best to meet up at a local commercial area park and then all come in one car. Attendants will be on hand to direct you to parking when you arrive on Gaylord Farm Road.

What will I need to do when I arrive at the race?

After parking, follow the signs for Check-In. Remember to bring your government-issued or school photo ID. Check-In will occur in the Chauncey Conference Center. You will receive your bib with timing chip, official Gauntlet shirt and non-removable bracelet. The bracelet will be necessary to be on the race course and to get your free beer/Powerade in the Festival Area.

What should I bring to the race?

- 1.** Government or school-issued picture ID.
- 2.** Running gear—Please wear washable clothes and shoes. You will get wet and dirty, but there will be no need to throw out your gear after this race. You will be able to do this race with shorts and shoes, but consider elbow and knee protection.
- 3.** Drinking water. As described below, drinking water will be provided, but depending on how you want to hydrate after the race, you may want to bring water.

4. Blankets, lawn chair and/or small shades. The Festival Area will be on the Gaylord Hospital South Lawn, overlooking the Farms Country Club Golf Course. Plan on spending the afternoon enjoying the music and post-race community feeling.

5. Legal Tender. The Festival Area will have beverages and food supplied by food trucks which can only be bought with cash. There is an ATM inside the Jackson Pavilion Lobby of the Hospital.

6. No alcohol, drugs or weapons can be brought onto Gaylord property. In addition, the entire campus is non-smoking. Only those with proper ID showing their age above 21 will be allowed to drink beer and security will be on hand to enforce these rules and escort anyone who appears intoxicated off campus or contact local authorities. All bags and coolers are subject to inspection.

Will there be a Secure Area for belongings?

Yes. Each racer will be allowed to check a small bag or backpack which is liable for inspection. No loose items. You will be directed to that area after Check-In and it will be on the way to the Start line. It is expected that all belongings will be picked up within 30 minutes of finishing the race.

When should I arrive?

Please arrive at least 1 hour before your wave leaves, after taking into account traffic on the way. This will allow for registration and stretching before your wave is called. Each wave will be asked to present to the Start Area 20 minutes before their wave leaves. It is critical to leave with your wave.

What if I miss my start time?

If you miss your start time, we will make every effort to put you in a later wave, but only if there's space remaining. You may not get an official time and therefore be out of consideration for winning a prize.

Can I change my start time before the day of the race?

Yes, but by June 19th and only if your desired wave isn't already filled. Email your request to **publicrelations@gaylord.org**.

How are your events timed?

All runners have a RFID timing chip in their bib. Timing is provided by Racewire and is very accurate to the point where the runner crosses the finish line. Team times will be posted as the time of the last team member to finish. Results will be posted onsite as well as Facebook after the race. Awards will be announced at 3 p.m.

THE GAUNTLET

How does the race start?

Waves of runners leave every 20 minutes to help prevent back-ups on the course, starting at 8 a.m. At 1 p.m. the intervals decrease to 15 minutes with the last Wave going off at 2:00 p.m. Waves are limited to 50-60 people for the same reason. Every racer has a timing chip in their bib and the timing assumes that they left in their correct wave. Every attempt will be made to reassign runners to another start time if they miss their wave. It will create problems, however, and the runner may not have their choice of wave time, teams won't be able to be kept together and there won't be official times posted.

How long will it take to complete the course?

The course is just over 5K (3.3 miles) with 22 obstacles. Your finish time will depend on your athletic ability and preparation. Top times are generally in the low 20s. Most people will finish within 30 to 60 minutes.

How do I train for this event?

The breakdown for muscle use for the Gauntlet is 75% lower body, 25% upper body. Please review the Exercise link for the proper way to perform some of the exercises you might want to routinely do in preparation for the race besides running. It might be a good idea to get some open field and trail running experience as well.

Will there be pictures taken of me along the course?

There will be amateur photographers stationed throughout the race trying to capture as many participants as possible and posting the pictures on our webpage within two weeks of the race. There will be no charge to download pictures. Spectators will have the opportunity to take pictures near the same area.

Does the course involve swimming, total body immersion, hypothermia or electricity?

No. There will be water and mud, but no obstacle will have deep water, ice or electrical shock. That said, there will be some obstacles that you've never done before in this type of race.

Is there a course/obstacle map?

Yes. It will be posted in May on the webpage under Event Downloads. Have fun figuring out the obstacles from their name. 😊

What if I don't want to do an obstacle?

All runners should assess each obstacle as they approach to determine if their physical prowess and fitness level will enable them to complete it without injuring themselves or others. All obstacles will have the space to be circumvented, if desired. Teams in competition for time should be prepared to help any teammate struggling with an obstacle.

Will there be drinking water during the race?

We provide water at the start, two stations on the course and again at the finish line. Spectators may bring water, but otherwise beverages will be available to all for purchase in the Festival Area.

Can I run barefoot?

This is not recommended. Just over half of the course will be on wooded trails and there is a good chance of injury from rocks, roots, sharp objects, etc., in addition to splinters.

AFTER THE RACE

Will there be showers?

Yes. There will be an open shower area near the finish line to rinse off.

Will there be a changing area?

Yes. There will be a very plain, tarped off area for separate men and women changing areas near the showers. Towels will be provided free of charge.

What if I sustain an injury?

There will be hospital staff available at a First Aid area for minor injury help and EMS will be onsite assuming they are not in transport. Staff will decide what can be safely evaluated and initial treatment rendered vs referral to a local Urgent Center or Emergency Department. Please note that Gaylord Hospital does not have an Emergency Department.

FESTIVAL AREA

What kind of beer will be sold at the race?

Beer sponsorship changes from year to year, but will be posted on the website near to the time of the race.

Are pet allowed?

No. Unfortunately, due to the crowd size and potential for disruption, only service pets will be allowed.

What else will be in the Festival Area?

Multiple food trucks for varying appetites and tastes will be present. There will also be health-related booths that may be of interest to athletes. There is a “Kids’ Obstacle Course”. Children ages 5-11 who are accompanied by an adult can run through several age-appropriate obstacles from the Festival Area to the Slippery Slide. As space allows, the kids can then go down the slide.

REFUNDS AND WEATHER

Can I get a refund if I can't attend?

No. Unfortunately, all registrations are non-refundable. You can, however, transfer your registration to someone else for no charge until June 19th.

What happens if it rains?

Rain or shine, the Gauntlet goes on—that’s just part of the deal. There is no Rain Date. The course and obstacles have been devised with the potential for inclement weather and there will be some tent cover provided in the Festival Area. The race will be halted should lightning occur or any serious weather event (eg tornado).