

# WHAT TO KNOW BEFORE YOU GO

**XLR8 Obstacle Course event is going to be a lot of FUN - please take note and act upon the below 10 things to know before you go.**

1. Get your tickets on time as our events sell out fast and always register under the name of the participant who is racing, that helps us getting you ready for the race!!! Eventbrite will send you a confirmation email with your ticket/s...that's all you need!!!
2. Start preparing for the race: strong supportive shoes [tick], socks [tick], long sleeves and long pants [tick], excited [tick], cannot wait [tick]...you are pretty much ready.
2. PLEASE Car Pool and get there on time, latest 10 minutes before the race starts. Please park in the dedicated parking area by following the car parking attendant's instructions.
3. Registration is at the XLR8 HQ – Look for the shed, you cannot miss it! You can see the shed from the parking area. There is no need to come an hour before race time (30 minutes is plenty of time), our registration process is quick and you should not have to wait any longer than 5 – 10 minutes.
4. To enter the race you must show your ticket. This can be a paper copy or preferably on your mobile device as that is kinder to the environment.
5. **Everyone entering** the obstacle course area must have a ticket or prior consent by the officials of XLR8 obstacle course, which applies to staff and registered volunteers only. If you are a spectator you have a perfect view from the spectators viewing area. You are not allowed to enter the obstacle course area.
6. Did you know there are two ways of participating in an XLR8 race; you can enter to 'complete' or you can enter to 'compete'.
  - Entering to Compete  
You can enter to compete as an individual or as a team; and you can, but don't have to finish as a team.  
You will be timed as an individual.  
You must overcome EVERY obstacle on the course; you are not permitted to skip obstacles. However, after a legitimate attempt at overcoming the obstacle you may do 20 burpees instead of overcoming the obstacle.
  - Entering to Complete  
You can enter to complete as an individual or as part of a team.  
You don't have to be timed; although you can be if you want to.  
You can skip any obstacle that you don't fancy although we'd encourage you to give them all a go anyway. You are happily letting a competitor pass or jump in front in front of you.
7. Racers, you will be coated in mud at the end of the race and very wet as you have the option to be hosed down army style! Bring a towel, flip flops, and something clean to wear.... just saying...
8. Did your friend just say "I wish I could go!".... well registration is only an additional \$20 on race day so feel free to drag, umm, we mean bring, them with you!
9. If you bring your (not participating) children to spectate please be mindful that we cannot babysit or supervise them, they must stay off the course and be accompanied and supervised by a responsible adult at all times so we can focus on the participants and their safe and fun race (and as per T&C's no pets are allowed).
10. FREE photos are made available on the Facebook page of XLR8 Obstacle Course\*. Smile your best, muddy smile!

We refer to the Waiver form and Terms and Conditions prior to your participation in the XLR8 obstacle course event. The Terms and Conditions are on our website: [www.baldivisfitness.com.au/terms](http://www.baldivisfitness.com.au/terms). Also don't forget to browse through the FAQ's when you are there.

Your mud-loving friends at XLR8 Obstacle Course

\*subject to available photographers

