

FitELITE Freak 5k

Rules and Guidelines

The following rules and guidelines are intended to help produce a fun and safe event for all participants.

- Participants must follow all instructions given from all the race director, race staff, volunteers and medical personnel.
- Participants understand and acknowledge FitELITE Freak 5k is an extreme event and accept all risks associated with the event.
- Registration will close when the cap is reached.
- Every participant must wear the provided FitELITE Freak bib number clearly shown on the front. No participant will be allowed to race without an official bib number.
- Baby joggers, baby strollers, wheelchairs, in-line skates, bicycles, skateboards or any other type of wheeled device are strictly prohibited.
- Participants must be physically able to complete the course and all obstacles.
- Urinating or defecating on or anywhere near the course is strictly prohibited.
- Participants must be 14 years-old or older on race day.
- Several videographers and/or photographers will be stationed along the course. Participants agree to allow the event producer (FitELITE) to use any pictures or video footage of the event for future promotional purposes.

Freak Safety

- FitELITE Freak medical personnel may examine any participant who appears to be injured or suffering. The medical personnel may remove any participant from the event if in the opinion of the medical personnel the participant needs to be removed.
- Participants assume all responsibility for all medical expenses incurred as a result of training and/or participating in FitELITE Freak, including but not limited to hospitalization, ambulance transportation or physician services.
- The event producers (FitELITE) reserve the right to cancel or delay the race due to severe weather or in the event of a disaster.
- We highly recommend participants wear running shoes. Participants should be dressed appropriately.

Freak Obstacles

- Completion of all FitELITE Freak obstacles may be hazardous. It is the responsibility of the participant to leave the course if they cannot complete an obstacle.
- Course officials will be stationed at every obstacle for participant safety.
- It is the responsibility of the participant to notify course officials at any obstacle if the participant ever feels in danger or is injured.
- Any participant who receives assistance from any spectator or non-competitor on any obstacle shall be immediately disqualified.

Wave/Race Start

- Participants will be assigned to a wave. Waves will start every 30 minutes.
- Participants are responsible for knowing FitELITE Freak's start time and check-in method.
- Participants are encouraged to report to their assigned starting location at least 15 minutes prior to the start of their wave.

Course Officials

- Any participant who disobeys instructions from any course official is subject to disqualification and/or removal from the race. This includes but is not limited to unsportsmanlike behavior, offensive language, nudity and excessive use/inability to complete any obstacles.
- No participant, after leaving the course, may return to the course or rejoin FitELITE Freak 5k.
- Any participant found to have shortened the intended and marked course by any length is subject to immediate disqualification.
- Any participant with an unregistered pacesetter shall be immediately disqualified.
- Any participant in FitELITE Freak found not to be wearing an official race bib number or timing device shall be immediately disqualified.
- No non-participant is allowed on the FitELITE Freak 5k course or any obstacles at any time for any reason without prior written approval.

Timing

- Chip timing will be used.

Awards

- Age division awards will be determined based on one's age on race day.
- All awards are based on the official net time.
- Participants must pick up their award in person. No race packets or awards will be shipped.

Amendments

- Event officials reserve the right to modify any event rule at any time for any reason.
- Participants shall be responsible for knowing any modification to the FitELITE Freak 5k rules published prior to the event.