

FitELITE Freak 5k

FAQ (Frequently Asked Questions)

What is the FitELITE Freak 5k?

The FitELITE Freak 5k is the ultimate race for adrenaline seeking junkies. This 5k race covers several different types of rugged terrain as well as multiple planned obstacles throughout the event. Each obstacle is designed to test and challenge every racer.

What do I get?

- Free beer.*
- FitELITE Freak 5k t-shirt.
- Finisher FitELITE Freak 5k "I FREAKin' DIT IT!" dog tag.
- Live music and DJ.
- The self-satisfaction that you conquered the Freak 5k!
- Freak 5k race bib.
- Age division prizes.
- The craziest FREAKin' day of your life.

**One beer is included for each participant who is 21 years or older. Be responsible - do not drink and drive.*

Additional beer, clothing, merchandise and food items will be available for purchase on race day.

What should I bring?

- Your photo ID (required at packet pick-up).
- A change of clothes.
- Toughness, Intensity, & Perseverance
- An initialed, signed, and dated copy of the participant waiver. This is optional, but will greatly help save some time in line! [Click here to download.](#)

What should I wear?

Prepare to get dirty! Wear clothes or a costume you don't mind getting dirty. We highly recommend good, solid running shoes too. There will be a place to rinse off after the race, but we'd also recommend a change of clothes and/or a towel or garbage bag to sit on for the drive home!

I want to wear a crazy costume / run barefoot / etc.?

Yes, crazy costumes are allowed; however, please keep it PG-13. Also, we highly recommend wearing running shoes. Keep in mind you will need to affix your chip timer to your foot (they work best attached to shoes, but zip ties will also be available at packet pick-up!)

I'm not in good shape. Can I do this?

Finishing the FitELITE Freak 5k is more about mental toughness than being in great shape.

Is the FitELITE Freak safe?

There's certainly risk involved in FitELITE Freak 5k, but we take every precaution possible to get you to the finish line safely. There will be paramedics and an ambulance on site in case of an emergency. You enter the FitELITE Freak at your own risk.

What age divisions are there?

The FitELITE Freak 5k has the following divisions for men and women:

14-19
20-29
30-39
40-49
50-59
60-69
70+

Please note every wave will consist of people from every age division. You may register for any available wave regardless of your age. Just choose the time you'd prefer to race!

When and where is the post-race party?

Beer will be served when the gates open until after the awards ceremony.

Music will be playing from a couple hours before the start of the first wave until three hours after the start of the final wave.

I can't swim. Can I participate in FitELITE Freak 5k?

Absolutely. Any body of water you'll be traveling through is only a few feet deep.

What if it rains?

The race goes on. Trust that it will be a lot of fun if it does.

Will there be a water along the way?

Yes. There will be one water station at the half-way point on the course to keep you hydrated on your journey!

How long is the course?

The FitELITE Freak is a 5k race with various obstacles to be conquered throughout.

Can we compete with teams?

There's no team division, but you're welcome to compete with friends or family to help you through the obstacles.

How do I train for Warrior Dash?

Day 1: Run, run and run some more. Just when you feel like you can't run any longer...start running again.

Day 2: Dig a hole. Throw the mud to the side. Dump water on the mud. Then do 100 burpees...in the mud.

Day 3: Find a sand dune. Run up it. Then do it backwards.

Day 4: Challenge yourself to a FitELITE CrossFit workout!

Day 5: Replace a traditional jump for a plyometric box jump... then replace that with a jump over fire.

Do not shower or shave for weeks. Practice the art of covering your body in mud.

Repeat until October 16th, 2010.

What's chip timing?

A chip is a miniature transponder in a specially designed housing, marked with a unique identification number corresponding to each Freak participant. When participants pass the electronic equipment at the start and finish, your time is automatically recorded.

How can I volunteer?

Please email us at info@fiteliteonline.com.

I'm terrified of a specific obstacle. Can I still participate?

You're expected to complete all obstacles. If you're unable to complete an obstacle you may bypass the obstacle, although you'll be disqualified from all prizes.

Can I get a refund? Can I transfer my registration?

Sorry, no refunds or transfers under any circumstances.

Are there showers available after the challenge?

There will be a fire truck and hoses to help spray you down, but stay home if you don't like getting dirty.

I think my company would be a great fit as a FitELITE Freak 5k sponsor. How do I make this happen?

Click on the sponsorship page for the sponsorship form and contact us at info@fiteliteonline.com to discuss your opportunities.

Do you accept mail-in entries?

Yes. Click on the mail-in registration form, print it, fill it out, and send it in.

Can I bring my dog/pet?

Your dog/pet can enter the spectator area, but is not allowed on the course. All dogs must be on a leash and their owner is responsible for cleaning up after them.

What is packet pick-up?

Packet pick-up is where all participants must "check in" and pick up their packet. Your packet includes your race bib with safety pins, your chip timer, your t-shirt, and any extras in the goodie bag.

Please bring the following with you to packet pick-up:

1. Your photo ID (required at packet pick-up).
2. An initialed, signed, and dated copy of the participant waiver. This is optional, but will greatly help save some time in line! [Click here to download](#). Copies will also be available to sign at packet pick-up.

Can I pick up my friend's packet?

Yes, but you will need the following three items:

1. A copy of your friend's photo i.d.
2. A signed letter from your friend stating that you are allowed to pick up their packet.
3. A signed copy of the participant waiver. [Click here to download](#).

Race packets and materials must be picked up on-site. They will not be shipped to participants.

Can my kid(s) compete?

The FitELITE Freak 5k is only open to participants 14 years old and older.

For any participant under 18 years old on race day, your parent or guardian must be present during packet pick-up to sign a waiver and release for you. If your parent is unable to be present at packet pick-up to sign the waiver, please [click here to download the waiver](#).

I have a different question. How do I find the answer?

Please e-mail us at info@fiteliteonline.com.