

Subject to change. Updated June 24, 2016

• What do I need for Race Day?

- o Photo I.D.
- o Appropriate footwear is highly recommended
- Change of clothes for after the race you will get dirty and wet!! And a dry towel!
- o Gloves may come in handy for the rope and wood obstacles, but are not required.
- Spending money for extra beer, food, and Pirate Plunder Gear.

• When does the event start?

 The first untimed wave begins at 10:00am and continues every 15 minutes. Last wave starts at 4:00pm. Please show up at least 1 hour before your assigned wave time. Your wave time will be determined during the registration process.

• What is the length of the course?

• 5K with 16 obstacles.

How much does it cost?

- Through June 30th
 - Regular Registration \$57.00
 - Team Registration (8 or more) \$47.00 (Fee is per person)
 - Cascade Summit Physical Therapy Competitive Division Registration \$67.00

o After June 30th

- Regular Registration \$67.00
- Team Registration (8 or more) \$57.00 (Fee is per person)
- Cascade Summit Physical Therapy Competitive Division Registration \$77.00

Note: We now offer a \$10.00 military discount. You must show military ID at packet pickup.

- Cascade Summit Physical Therapy Competitive Division (9-10am)
 - This will be a chip timed wave of a max of 200 runners. Groups of 20-25 will be released every 5 min to help spread out the runners. All Competitive Division runners will need to be

ready to race by 9am – bibs and chip timers in place. Competitive Division times will be tallied and the top 3 male and top 3 female runners will each receive awards. The Competitive Division will include at least three new diversions and one diversion on the existing obstacles. Regular untimed waves will begin at 10am.

• What to leave at home?

- No outside food or beverages
- No glass containers
- o No real weapons and/or firearms will be allowed
- No bad attitudes
- No pets allowed on site or on course. You will be asked to leave the event grounds.
 Please leave your pets at home!
- What is the minimum age requirement?
 - All participants must be 15 years or older on race day.

• When and where is Packet Pickup?

 Packet pick up will be held Friday, July 22nd from 4:30-6:30pm at the Yakima Convention Center (Room E). On-site packet pickup will also be available on race day. <u>Gates open on</u> <u>Saturday, July 23rd at 7:30am</u>.

• What to bring to packet pickup?

- Your photo I.D.
- Signed race waiver. You can download the PDF from the website and bring it with you signed or we will have copies on site to fill out.

• Can I pick up my friends entry packet?

- Yes, you can but you will need the following:
 - Copy of friend's photo I.D.
 - Signed letter from friend stating you are allowed to pick up their packet
 - Signed, initialed, and dated participant waiver.

• What do I get as a race participant?

- o Pirate Plunder Race T-shirt
- Custom Pirate Plunder Finisher Medal
- Post-race: FREE beverage ticket (One Free PowerAde, soda, or beer for those over 21)
- Pirate Plunder Race Bib (with safety pins)
- Unlimited digital rights to all images provided from the event day.

• What is in my race packet?

- Pirate Plunder T-Shirt
- Map of the race course
- Pirate Plunder Race Bib (safety pins included) with Beverage ticket and Gear Check ticket.

• Where can I leave my gear?

• There will be a free bag check area for all your gear. Your gear check ticket is attached to your race bib.

• Is the race timed?

There will be a running clock during the race. This race is meant to test your strength, stamina, and love of mud. There are no winners or losers. Do your best and we will all party when it's over! *See *Cascade Summit Physical Therapy* Competitive Division for timed details.

• What if there is inclement weather?

 Rain or shine we will race. The Pirate Plunder Adventure Race reserves the right to cancel or delay the event if runner, spectator, or staff safety is compromised. There will be no refunds.

• Can I wear a costume?

 Absolutely! We encourage all participants to wear costumes, the crazier the better. Make sure that your attire will not harm the other participants. Remember, there is no nudity allowed—PLEASE!

How do I volunteer?

Volunteers are pretty much the most amazing people on the planet! We are always looking for individuals or groups that are willing to volunteer for our events. If you feel the calling to be the best volunteer ever and help with a great event, please contact us at: shannon@visityakima.com or 509-573-3083.

• What do I get for being a volunteer? (Minimum of 4 hours required)

- Volunteer Pirate Plunder T-shirt
- A meal and refreshments after your shift
- o 25% Discount on registration with minimum of 4 hours of volunteer time.
- A Free Drink (21+ can have a beer, but must consume after your shift)
- o Good time, fun party, and lasting memories!

• Will the race be difficult?

• The course is designed to be hard but not impossible. We encourage each of the runners to help each other - (another reason the race is not timed). We want all runners to have fun and feel a sense of accomplishment when they finish.

Is the Pirate Plunder Race safe?

Pirate Plunder Race takes every precaution to create as safe an environment as possible.
 There will be emergency staff on standby for the duration of the event.

What if I can't complete an obstacle?

• If there is an obstacle that's too much for you, go around. No shame there. Personal safety is the most important thing.

Do I have to be in good shape to participate?

The Pirate Plunder Race is designed to be hard but not impossible for any level of current 0 physical fitness. We suggest runners to increase their physical training in anticipation of the event. You will be running a 5K course with 14' climbing walls, mud pits, and hills. We recommend that you are running regularly (2+ times a week - min 3 miles per run), able to complete 5 pull-ups, and able to complete 15-20 push-ups in a row.

Do I have to sign a waiver to participate?

• Yes! When you pick up your registration packets, you must have a signed and initialed waiver in which you acknowledge (among other things) that by participating in the Pirate Plunder Race you expose yourself to certain risks, including the risk of personal injury. For legal reasons, we suggest that you read and understand the waiver before you sign it.

Can I bring friends and family to watch?

 Yes! The course is spectator friendly. Friends and family are welcome to watch, free of charge! There will be a general area for finish line viewing and obstacle viewing.

Do I have to register online?

• Yes, all registration must be completed online.

Will there be race photos available?

• As part of your entry fee, you will have **Full Digital Access** to all photos taken during the race! A link will be emailed to you when the photos are available for download!

Can I get a refund?

• We do apologize, but no refunds will be given under any circumstances.

For more information or questions, contact us at info@pirateplundrerrace.com



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