



Welcome to the 5<sup>th</sup> Annual October 3<sup>rd</sup> and 4<sup>th</sup> BoldrDash In The Mud Event!  
October 3<sup>rd</sup> and 4<sup>th</sup>, 2015

This packet will provide you with all the necessary information needed to prepare for event day. Please read carefully.

**I. Date/Time/Location of Event**

- A. The 5th Annual BoldrDash In The Mud is scheduled to be held on October 3<sup>rd</sup> and 4<sup>th</sup> at Yawgoo Valley Ski And Sport (160 Yawgoo Valley Road, Exeter, RI).
- B. Registration area will be in the main parking area and identifiable by the 12ft. orange flags.
- C. Registration Opens at 7:30AM for the 8:55AM starting wave. Please arrive 1.5 hours before your scheduled start time to allow for parking and transport, registration, and checking your stuff at bagcheck
- D. Click link for directions to Carousel Industries parking lot. <http://bit.ly/directioncarousel>
- E. Click link for directions to Yawgoo Valley Ski and Sport <http://bit.ly/I4hWICQ>

**2. Things to do Before Race Day**

- A. Get a good night rest
- B. Print and sign the waiver from the BoldrDash website, located on the Mud Event Page or through the link provided in your bib number confirmation e-mail. We do not have waivers on site for you to sign and all participants must sign a waiver.
- C. Racers under the age of 18 MUST HAVE A PARENT OR LEGAL GUARDIAN PRESENT TO SIGN THE WAIVER TO RUN.
- D. Get your bib number from the email on September 30<sup>th</sup>. You will be checking in on event day by bib number.
- E. PLAN TO CARPOOL – Parking is \$10 per car (cash only).
- F. PACK A PHOTO ID AND BRING CASH. BoldrDash Race will have some great **BRANDED MERCHANDISE** for sale!
  - Pull Over Sweatshirts
  - Zip Up Hoodie
  - Long Sleeve T-shirt
  - Tech T's
  - Hats, eyblacks and more!
- Yawgoo will be open with food & beverages for sale.



- Runners 21 and over will receive one FREE beer or Cider from Harpoon brewery. Thank you Harpoon!! You must have a picture ID and receive a bracelet upon arrival.
  - Spectators at \$10 per person 13 and over. Children 12 and under are \$5. Kids 2 and under are FREE
  - No spectator fee for children running in the kids race. One adult per registered child is included in the fee.
- F. Decide what to wear. Loose fitting clothing is not recommended. No cleats/bare feet.

### 3. Event Day

- a. Arrive at least 1½ hours before your scheduled start time. BRING YOUR PHOTO ID with you to registration. You cannot run without a photo id.
- b. The registration/check-in area will be identifiable by the 12ft. orange flags at the main entrance to Yawgoo
- c. Put your timing chip on your ankle. DO NOT PUT ON YOUR WRIST or your timing may not register! The colored wrist band (to identify your wave time) will be placed on you by a BoldrDash volunteer. YOU WILL NOT BE ALLOWED IN THE START AREA IF YOU DO NOT HAVE THE APPROPRIATE COLORED WRIST BAND.
- d. Have your printed and signed waiver with you at registration. ALL RACERS UNDER THE AGE OF 18 MUST HAVE A PARENT OR LEGAL GUARDIAN PRESENT TO SIGN WAIVER. PARENT OR GUARDIAN MUST HAVE PHOTO ID. There will not be printed waivers available on site.
- e. Depending on weather conditions, you will either pick up your t-shirt at the registration area or you may be directed to a separate area for t-shirt pick up.
- f. Next on your agenda after the registration area is to be marked with your bib number on your arm and leg.
- g. *BoldrDash Race LLC and Yawgoo Ski and Sport are not responsible for lost keys/belongings.* Your bib number will be used to check in and check out your bag and you must present your bib as verification of your bib number. We do NOT hold bags for spectators.
- h. Once check-in procedures are complete, you are welcome to visit some of the fabulous vendors and sponsors located in the festival area!
- i. 15 minutes before your wave time - head to the start line and get ready to run!
- j. **Race Day Spectators- Please advise your spectators to remain off the physical race course at all times.**



- k. Spectators should not touch or attempt any obstacle and/or take photos from anywhere other than the designated spectator areas. Spectators found on the course will be asked to leave the facility.
- l. Reminder - registrations are NON REFUNDABLE. BOLDRDASH IS A RAIN OR SHINE EVENT.

#### **4. Parking**

- a. Parking in all lots is \$10.
- b. There is one lot at the main entrance to Yawgoo. Overflow lots are available up the road in Tubing and at Carousel Industries. Buses will be running from the overflow lots. (See directions above for lot at Carousel Industries)
- c. Free parking is on Mill Pond Road across from Yawgoo. First come first serve.
- d. The last bus will leave Yawgoo at 3:30pm.

#### **5. Start Time Change/Wave Transfer**

- a. There is NO GUARANTEE FOR CHANGES OF ANY KIND ON RACE DAY. You can request to change your start time at the registration area. The cost is \$15.00. If there is room in that wave, a limited amount of transfers will be granted. Paperwork must be filled out and payment made no less than 30 minutes prior to requested wave time. All change requests must be taken care of in the Transfers/New Registration line at Registration. Keep in mind, this NOT an express check in feature. Each new registration/transfer takes time.
- b. Please keep in mind that the days leading up to the race are a critical time for course management. There is very limited time available for communication and virtually no time to work on registration requests. **No changes will be made after September 12<sup>th</sup>, 2015.** As stated clearly when you registered, there are **no transfers of registrations and no refunds for any reason.** If you have any potential registration issues please print your confirmation from Eventbrite and bring it with you on Race Day. Registration issues can be handled by the registration volunteers.
- c. If you miss your start time we will do our best to get you in the next available wave time. We do NOT GUARANTEE you will run in the heat of your choice. All transfers are based on availability. A transfer fee of \$15.00 will apply.

#### **6. Timing - New England Timing Company**

- a. A timing chip is attached to the back of your bib along with your identification label (name, wave time, age, etc.). You will have a second timing chip on a water resistant ankle bracelet. Please wear your bib on the FRONT of your clothing and the bracelet



on your ankle - Do not put the bracelet on your wrist as it will affect your timing if worn differently.

- b. In an additional effort to keep timing accurate, your bib number will be body marked on your arm and leg in our effort to keep timing accurate, plus it makes you look cool!
- c. Your results will be posted approximately 30 minutes after you finish as well as texted to your phone if you gave the appropriate information at the time of your on-line registration. How awesome is that?

## **7. Awards**

We do not give awards for time. BoldrDash is a personal challenge. Every runner who finishes receives an event medal.

## **8. The Course**

- a. We will not be releasing a full map of the course for this event. In an attempt to bring you some exciting new obstacles this year, we will continue to work on course and obstacle development right until event day.
- b. Water - there will be two water stations on the course. The first will be approximately one mile into the course. You will be able to access water stations from two different directions on the course. Runners can visit the station on the way in and on the way out of this section of the event. This offers participants 4 opportunities along the course to hydrate. We will have water and fruit at the finish line. 25 BURPEES to anyone who throws their cup on the ground at a water station. Please use the trash receptacle available to you. Thank you to Dave's Marketplace for providing the water for our water stations!
- c. Course Marking - There will be flags marking each mile along the course.

## **9. Skipping Obstacles**

- a. **BeBold** - BoldrDash stands behind its motto - Boldly Overcoming Limitations with Determination. In life, we face obstacles every day that you can overcome with Determination. We encourage all participants to attempt the obstacles. After all, it is an obstacle course. However, we do not force anyone to do anything.
- b. If you choose not to do an obstacle you may be asked to perform a body weight challenge before you continue.

## **10. T-shirts**

- a. Our VOLUNTEERS are instructed NOT TO CHANGE SIZES on race shirts as that would leave someone else with the incorrect size.



## **11. BoldrDash Merchandise**

Hoodies, zip up sweatshirts and long sleeve shirts, hats, performance wear, sweatpants, and tons more will be available in the BoldrDash merchandize tent at the After Party/Festival Area. We do have internet and credit card machines at this event, but since internet can be sporadic, cash is best.

## **11. Festival Area**

- a. Free for runners and included in the Spectator fee, \$10 per person 13 and up, \$5 per child at the gate. Our fabulous after-party will be blocked off, and waivers must be signed at all entrances..
- b. BEER SALES/CONSUMPTION IS NOT PERMITTED OUTSIDE THE AFTER PARTY AREA. ABSOLUTELY NO TAILGATING IN PARKING LOTS.
- c. Police security/ Yawgoo Rescue staff will be on site.
- d. PLEASE DRINK RESPONSIBLY and plan for your transportation. DO NOT DRINK AND DRIVE if you have consumed alcohol.
- e. DO NOT DRINK BEFORE YOU RACE. BoldrDash Race LLC is not responsible if you injure yourself by doing so. If our staff/volunteers have reason to believe that you are intoxicated or under the influence of alcohol before you race, police security will be called in and you will not be allowed to run the race. NO REFUND will be granted.

## **12. Entertainment**

- a. Free games for runners and for spectators – Human Foosball, Human Checkers, knock the shim,
- b. Other After Party Fun -
  - People’s Credit Union - People’s Credit Union is a proud sponsor of BoldrDash in the Mud. Stop by the People’s tent for a bottle of water and a cool pair of shades
  - Lepre Physical Therapy - Free consultations and pre and post-race stretching, K- Taping for runners
  - Paul Bailey’s - check out their great vehicles
  - Launch Trampoline Park! Visit the Launch Trampoline Park tent to spin their jumbo prize wheel, play interactive dice games, meet their mascot JOEY, and see what prizes they have to giveaway!
  - Hint Water will be providing samples of product to event participants and spectators. Stop by their tent and give Hint Water a try!



- Viridian Energy is here to educate people about the right that you have to choose who supplies your energy and more importantly where that energy is coming from. We are a responsible energy company whose mission is to change the way people buy and consume their energy for a more sustainable future. Go to our tent to learn more about how you can make a difference
- P-Knot Industries LLC is a local startup company whose goal is to educate on the benefits of a consistent Self Myofascial Release/Self Massage practice to decrease pain and increase performance. We also produce the "P-Knot" the next generation of foam roller, made right in Narragansett! Come by and try out this valuable tool, great for race recovery!"
- RBF Fitness will have rehydrate drink samples available as well as adult and kids challenges.
- Vitality Obstacle Fitness is a 4,000 sqft facility dedicated to obstacle and functional training. Whether you want to step up your OCR skills, improve athleticism or just looking to reach those fitness goals you've always had, Vitality is the place for you. With over 30 obstacles that are identical to popular obstacle courses and American Ninja Warrior, strength and conditioning has never been this much fun! Come by our tent and you can sign up for a FREE TWO WEEKS Membership!!
- Stop by and visit the team from Unleashed!

### **13. Photography**

- a. We will have professional/amateur photographers on event day. Once photographs are ready for viewing, we will send an e-mail to our racers, as well as post a link on Facebook to direct you to the BoldrDash website.
- b. Photos will be ready to view approximately one week from completion of the event.
- c. Share your post race photos with us on Facebook and Twitter! Tag BoldrDash Race so we can see all the fun you had!

### **14. Lost and Found**

We will have a lost and found box in the bag check area. Please check there for lost items. Any unclaimed items will be donated or thrown away 14 days after our event concludes. If you lost an item and want to check on it after the race please e-mail [Lynn@boldrdashrace.com](mailto:Lynn@boldrdashrace.com) with any questions. We will be happy to ship your item(s) to you at your expense.



### **15. Weather**

We cannot control the weather, but we will do our best to keep things rolling - barring severe/dangerous weather - BoldrDash is a rain or shine event. RAIN = MUD, HOORAY!

### **16. Refund Policy**

As stated on the website, and during the registration process, there are no refunds/no transfers of registration for any reason. Significant/non-reimbursable expense is incurred with each registration and cannot be recovered.

### **17. Security**

Behavior deemed inappropriate or efforts to undermine the integrity of this event will result in removal from the property and if applicable the filing of criminal charges or civil suit.

### **18. Spectators**

There are specific areas for your spectators to enjoy watching you run and take photos. Spectators must STAY BEHIND the roped off areas for safety reasons. Any non-racers found on the course will be asked to leave the area immediately.

### **Still have questions?**

Check out the Frequently Asked Questions (FAQ) section on our website. More questions? e-mail us at [info@boldrdashrace.com](mailto:info@boldrdashrace.com)

*As Event Day approaches our e-mail volume grows significantly, as does our workload. The closer we get to event day the more our attention moves toward course creation and party planning on site. We will do our best to return your e-mail/phone calls within 24 hours. Any changes in registrations will be made to registrations on event day.*