



5K
 GETFILTHYCLEAN
**FOAM
 FEST**



365 SPORTS
 EVENTS



Congratulations on signing up for 5K Foam Fest, Canada's Foamiest Fun Run!

This Fun Run is at the top of its class, and the smiles won't stop! If you are looking to beat a world record or run so hard you nearly lose bowel control then you might be disappointed. The 5k Foam Fest is not a hardcore race it's a FUNCORE race.

The goal is to have FUN! Many challenges are presented throughout the course, so walk it, run it, charge it, fun it; this course should be enjoyed at your own pace. Whether you like it or not, it's definitely a workout, so bring your "Eh" game!

There are several activities in our Festival Zone for all ages. For the kids at heart, take the leap of faith on the Sky Fall. For the little ones, they can test out their skills on the Mini Inflatable Obstacle Course Bounce House, and the new Jump Off Inflatable. Food Vendors, Beer Garden, Music, Costumes, and Smiles fill the Festival Zone, so enjoy your day!

Children and Spectators have complimentary access to the Festival Zone.

At the end of the day, not only will you leave with a perma smile and some new friends, you will also have a crisp new 5k Foam Fest beach towel and a dazzling medal to honour your accomplishment!



FESTIVAL AREA INCLUDES

- Complimentary Change Rooms for Men and Women
- Gear Check by Donation to our supported Charity
- Washrooms on the course and in the Festival Zone
- Hose Systems to shower to rid yourself of the Mud and Foam after the run.
- Food Stations for Refreshments and Munchables
- Beer Garden
- Retail Trailer: come check out the 5k Foam Fest Gear and other Fun Novelty Items
- Kids Fun Zone



SCHEDULE

We recommend participants arrive at the 5k Foam Fest at least one hour before their wave time. If you are in a team with 20+ people, please arrive even earlier. Don't worry, if you get through Registration quickly, we have plenty to do in the Festival Zone!

7:00am Registration & Festival Area Open

8:00am First Wave

3:00pm Last Wave: Registration will close 30 minutes before last wave time

5:00pm Festival Area Closed



PARKING

When you arrive on site, please follow the signs to the designated parking area. Parking is \$10.00 per vehicle, **CASH ONLY**. Car pooling is encouraged due to limited parking spaces and it is much better for the environment! 4 people to a car = \$2.50 per person.

REGISTRATION

Once parked, please follow the signage (or in some cases) take the event bus to the Registration and Festival Zone. Registration tents will be clearly marked and our team will review your Liability Waiver (please print, sign and bring with you) and assign a bib #. Once registered, please feel free to mingle about the Festival Zone while waiting for your heat.

You can view your registration info by logging in to:

www.events.com, then log in to your "my events" account.

PHOTOS

Check out the awesome photos from each of our stops! Photos will be uploaded by the Tuesday or Wednesday after each event. Click on a location and search for you and your friends via your bib number or wave time! <http://www.5kfoamfest.ca/photos/photos/>



Please Join your Facebook Event

Page for any updates on your 5k Foam Fest Run!

These are located on our FB page in the events section



(Click the logos above to visit our Social Media Pages)



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EVENT DETAILS

Participants gather in the starting corral 10 minutes prior to their start times, before having the foamiest start you have ever seen! The Starters or Emcee will give you a brief run down of the course and run guidelines, then lead you in a group stretch or dance ;-)

The waves begin at 8am and run every 10 minutes throughout the day; last wave time is usually 3pm, depending on event capacity. Registration closes at 2:30pm, so people who arrive after this are not guaranteed their run.

The wave you pre-selected is the wave time we intend you to go at. However, the sooner you arrive the sooner we'll be able to make sure you are properly registered and able to get you into the foam. This designated wave time is not set in stone, so if there is room in an earlier wave or you choose to go later in an emptier wave, go for it!

COURSE DETAILS

The course is marked with race tape, so stay within the tape and you won't get lost or end up in a place you would rather not be. There are 2 hydration stations and washrooms on course, as well as additional washrooms in the Festival Zone. Foam, mud and water are the main attractions on course, so prepare to get foamy, wet and muddy!

The Foam Machines are cranking out foam ALL DAY, so don't worry about the course being more or less foamy depending on start time. The course transforms as the mud softens and the sun gets overhead. Every experience will be different, so enjoy the challenge we've presented to you.

Can I bring my camera or phone?

Electronics do not mix with foam, water or mud; this will result in most devices getting damaged. We recommend you leave electronics in the car or at home. We won't stop you from bringing electronics, but you do so at your own risk.

What if I am too scared to do an obstacle?

Staff and Volunteers are placed throughout the course. They are ready to leap into action and help you through an obstacle. Or, if you feel you shouldn't do an obstacle for any reason, our staff will help you around it.

Worried about the Foam?

The Foam is air mixed with less than 1% of an environmentally friendly foam solution. Made from natural oils, the foam should not cause irritation. However, we encourage participants to NOT inhale, ingest or rub the foam in your eyes. Best to hose the Foam off yourself once you are done the run.

THE 5k FOAM FEST IS A RAIN OR SHINE EVENT!

Unless we've contacted you to tell you otherwise, assume the event
IS ON REGARDLESS OF WEATHER CONDITIONS.

Weather factors that could cause us to cancel or postpone: lightning, high winds, tornadoes, forest fires, earthquakes, extreme hail or snow.

For additional info, please read our FAQ's page located: <http://5kfoamfest.ca/faq.html>

If you have any questions or concerns please email: info@5kfoamfest.ca

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5K FOAM FEST RULES AND REGULATIONS

By registering for the 5K Foam Fest, I agree to the following terms and conditions:

1. I agree to abide by all instructions given by Run Officials, Staff, Volunteers, and Medical Personnel
2. I will not inhale or ingest mud, foam, or any part of the run course.
3. I acknowledge this is an extreme event and participation presents certain risks which I accept voluntarily.
4. I am physically, mentally, and medically able to complete the course and all obstacles and I agree to exercise personal restraint and not take any unnecessary risks.
5. If I have a known or diagnosed medical condition or I am pregnant, I have received permission from a doctor to participate in this race.
6. I am 8 years of age or older and agree to sign the Liability Waiver prior to participation in the run.
7. If I am less than 18 years of age, my parent or legal guardian has also signed the Liability Waiver.
8. Failure to present a signed Liability Waiver will result in my inability to participate in the Run.
9. I will not urinate or defecate anywhere other than in the washrooms provided.
10. I will wear my bib in a clear and visible location throughout the Run.
11. I agree to allow 5k Foam Fest to film, photograph, and record my image for future commercial and promotional use. I agree to sign the Photo Release in the Liability Waiver.
12. I understand I am required to wear shoes and clothing during the course of the Run.
13. I understand cleats and other sharp objects are not allowed on the course. If I am observed wearing or having a sharp object in my possession, I will be asked to remove it from the course.
14. Run Officials, Staff, and Volunteers will not accept possession of personal property (including but not limited to rings, necklaces, cleats, watches, clothing, etc.) or be responsible for watching or returning any personal property discarded during the course of the Run.
15. I acknowledge any weapons, animals, illegal substances, and outside alcohol are not permitted and agree not to bring such. If any such items are found on my person, they may be confiscated for safety and I may be asked to leave the event grounds.
16. I agree not to drink, ingest, or use any substance, legal or illegal, medicinal or recreational, known or suspected to cause physical and mental impairment prior to or during the Run. Prior to taking any medicines before the Run, I will consult with a medical professional about possible side effects
17. I agree not to deliberately harm, cause injury, or come into contact with other participants and will exercise care and caution to avoid injuring others and myself.
18. I agree to exhibit appropriate behaviour and will not use lewd and inappropriate language and gestures. I acknowledge I may be asked to leave if I do use such.
19. I acknowledge once I have left the course, I will not be permitted re-entry.
20. I understand NO refunds will be given for any reason.
21. I understand registration is closed when the maximum capacity is reached. I will not assist any individuals who are not properly registered or who have been ejected to gain access to the course
22. I understand violation of any of these Terms and Conditions will result in my removal from 5k Foam Fest.
23. I agree to pay for any damage caused by my negligence or failure to abide by rules and instructions of race officials, staff or volunteers.