

THE 5K FOAM FEST™

GETFILTHYCLEAN

REGISTRATION INFO PACKAGE

This package contains everything you need to know about the event, so please read the ENTIRE DOCUMENT very carefully before emailing us with questions. Be sure to download the packet again the week before the event, as we may update it with new information over time.

@5kFoamFestFunRun @The5KFoamFest @5kFoamFest The5kFoamFest 5kfoamfest

THE5KFOAMFEST.COM

WHAT TO EXPECT AT THE WORLD'S FOAMIEST FUN RUN!

THE 5K FOAM FEST

FUNCORE!

This event is at the top of its class, and the smiles won't stop! But, if you are looking to beat a world record or run so hard you nearly lose bowel control, you might be disappointed. **The 5k Foam Fest is NOT a hardcore race... it's a FUNCORE race! We don't have the best reviews in the industry for no reason, so get ready!:)**





THE GOAL IS TO HAVE FUN!

Many challenges are presented throughout the course, so walk it, run it, charge it, and fun it; this course should be enjoyed at your own pace. Whether you like it or not, it's a workout, so bring your "A" game!

THERE ARE SEVERAL ACTIVITIES IN OUR FESTIVAL ZONE FOR ALL AGES.

The little ones can test their skills on the Mini Inflatable Obstacle Course Bounce House and the new Jump Off Inflatable. Food Vendors, Beer gardens, Music, Costumes, and Smiles fill the Festival Zone, so enjoy your day!



CHILDREN & 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, but you will also have a dazzling medal to honour your accomplishment!

FESTIVAL AREA INCLUDES

- Complimentary Change Rooms
- 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 & Hydration Stations for Refreshments & Munchables
- Beer Garden
- Retail Trailer: Come check out the 5k Foam Fest Gear & 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!

7:00 AM **Registration & Festival Area Open**

8:00 AM **First Wave**

1:00 PM **Last Wave*** Last wave is usually 1pm depending on event location.
Registration closes at 12:30 PM

5:00 PM **Festival Area Closed**

PARKING

When you arrive on site, please follow the signs to the designated parking area. Parking is $15-$20 per vehicle depending on location, CASH ONLY. Carpooling is encouraged due to limited parking spaces, and it is much better for the environment! 4 people to a car = $3.75 to $5 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 marked, and this is where you will check-in. Don't forget your ID! Once registered, please feel free to mingle about the Festival Zone while waiting for your heat.

You can view your registration info by logging into: www.raceroster.com with the email address used to register. Go to the top 'Account Menu' and select 'Tickets'. Your order is located under 'Current Orders'. Or, find your registration and event information using the Race Roster app for iOS or Android.

PHOTOS

Check out the awesome photos from each of our stops! Photos will be ready soon after the event.
https://the5kfoamfest.com/australian-photo-instructions/

Please Join your Facebook Event Page for any updates! These are located on our FB page in the events section.

EVENT DETAILS

Participants gather in the starting corral 10 minutes before their start times, before having the foamiest start you have ever seen! The Starters or Emcee will give you a brief rundown of the course and run guidelines, then lead you in a group stretch or dance! The waves begin at 8 am and run every 15 minutes throughout the day; the last wave time is 1 pm* depending on event location.

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 correctly registered and able to get 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! If you are late for your wave, please do not try and get in the next one as it causes line congestion and is not fair to the runners that have shown up on time. Please ask a registration lead or event crew, and we will let you know what time the next open wave that we can get you in will be. If you ever see a line of people waiting to run, it is because this issue is taking place so please respect the formula of the event, the running schedule and the time. There are lots of things to do at the festival, so there is no need to line up. :)

COURSE DETAILS

The course is marked with race tape and arrow signs, so stay within the tape / between the arrows, and you won't get lost or end up in a place you would not rather be. There are 2-3 hydration stations (depending on weather) and washrooms on the course, as well as additional bathrooms in the Festival Zone. Foam, mud and water are the main attractions on the 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 based 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.



FAQ

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. No obstacle is mandatory. Everything is optional.

WORRIED ABOUT THE FOAM? The Foam is air mixed with less than 1% of environmentally friendly foam solutions. Made from natural oils, the Foam should not irritate. However, we encourage participants NOT to inhale, ingest or rub the Foam in their eyes. Best to host the Foam off yourself once you are done with 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: are lightning, high winds, tornadoes, forest fires, earthquakes, extreme hail or snow... And now, apparently, pandemics..?

RULES & 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 7 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.
24. Moving of the event: If the event moves locations and stays within 2 hours of the previous booked location no refunds will be rewarded.
25. If you do not have Medical insurance or activity insurance we suggest you acquire this.
26. We do our best to always produce a full event with all obstacles however please know that sometimes there are circumstances out of our control that we can not fulfill this such as: damaged or broken equipment, maintenance, safety etc. We always work to deliver all obstacles but just like any theme or water park, airline, etc, there can be issues that we just can't solve in time to deliver to our valued clients.

FOR ADDITIONAL INFO, PLEASE READ OUR FAQ'S PAGE LOCATED: WWW.THE5KFOAMFEST.COM/FAQ
IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE EMAIL: INFO@THE5KFOAMFEST.COM



REFER YOUR FRIENDS AND EARN MONEY!

EARN $5 TO $15 PER TICKET PURCHASED THROUGH YOUR REFERRAL LINK!

(REFERRAL AMOUNTS VARY BY EVENT LOCATION AND TICKET PRICE).

PROUD TO GO GREEN!

WE LOVE OUR FUN BUT WE LOVE OUR PLANET MORE!

The 5K Foam Fest is making changes to reduce the impact of our events to our awesome planet.



PRINTER INK FRIENDLY VERSION

DOWNLOAD OUR PRINTER INK FRIENDLY VERSION

DOWNLOAD