

Reach the Peak FAQ's

Saturday, August 17th, 2019

Why is Reach the Peak being touted as Sullivan County's Toughest Race? This depends upon your definition of tough. *Reach the Peak* is an adventure challenge that incorporates all-around toughness, strength, stamina and grit. *Reach the Peak* gives participants the opportunity to test themselves in every way, in one place and in one morning. Also, this year there will be a trail run only option, no obstacles.

Where will proceeds for Reach the Peak go? *Reach the Peak* proceeds will support programming at Claremont Parks & Recreation Department (www.claremontparks.com)

How do I pre-register to participate in Reach the Peak? Registering on line is fast and easy at www.claremontnh.com/residents/departments/parks-and-recreation/reach-the-peak . Pre-registering qualifies you for the early bird discount. Registration is also available the day of the event, starting at 8:00 AM. No race day registration for teams, we need to have all teams in the system and ready to go for the timer. *You can add a team member to a registered team on race day.

Is there an age requirement to participate in Reach the Peak? Yes, you must be 11 years old or older on the day of the event to participate, for legal and insurance reasons. There will be a one-mile kids' course for ages 10 and younger.

Is there a registration limit for Reach the Peak? Yes. The event is limited to 500 participants.

What is the deadline for registration? Register early to save some money. Participants can pre-register at www.claremontnh.com/residents/departments/parks-and-recreation/reach-the-peak . On the morning of the event, participants can register between 8:00 AM and 9:30 AM, No race day registration for teams.

How much does it cost to participate?

Team Registration; a team **must** have a least 4 individuals to be qualified as a team, max of 15

January 31 to July 5 - \$20.00 per person

July 6 to August 9 - \$33.00 per person

August 17 (Race Day) - NO TEAM REGISTRATION ON RACE DAY.

*You can add a team member to a registered team on race day.

Kids Race – 1-mile kids' course! Children 10 & Under, Individual Registration

January 31 to August 9 - \$5.00 per person

\$10.00 per kid on Race Day!

Individual Registrations – 11 and older

January 31 to July 5 - \$30.00

July 6 to August 9 - \$50.00

August 17 (Race Day) - \$75.00

What is included for the entry fee? In addition to participation in the event itself, each participant will get a *Reach the Peak* Shirt and a Finisher medal. There will be assorted fruits, health bars, and other healthy snacks for racers, along with lots of bottled water. There will also be trophies for the top male, female, and team.

Still a lot TBD here, as we may add other items.

Can I bring friends and family to watch? Absolutely – *Reach the Peak* is spectator friendly. Spectators are encouraged and are FREE to come and watch.

If I sign up but can't participate, can I give my registration to someone else? No. *Reach the Peak* registrations are non-transferable and non-refundable. The person who signs up must be the same one who participates.

Do I have to sign a waiver to participate? Yes. On the registration site, you must sign a waiver in which you acknowledge (among other things) that by participating in *Reach the Peak* you expose yourself to certain risks, including the risk of personal injury. For legal reasons, we suggest you read and understand the waiver before you register for the event. A hard copy registration/waiver form will be signed on the day of the race if the participant is registering on race day.

Can I get a refund? No. We do not issue refunds, regardless of circumstance, nor do we issue partial refunds.

If I am injured and cannot participate, can I get a refund? It is impossible for us to assess each injury on a case by case basis and therefore do not offer refunds when participants are injured and cannot participate. Know that your registration fee is going to a good cause!

Is there a team size maximum?

A team **must** have a least 4 individuals to be qualified as a team, maximum of 15, average team size is 4.

What does the official team time look like, and how is it determined?

The team time is calculated by the timer using the following formula: Fastest 2 team racer times + slowest 2 team racer times / (divided by) 4 = Official RTP team time.

Can I view the course in advance? The event website includes a schematic of the course. The actual course, however, will not be finalized until the evening before the event. Arrowhead is a city park so you can check out the area at any time.

How should I train for Reach the Peak? It is important to prepare yourself both mentally and physically for *Reach the Peak*. You should be in good physical condition, running regularly each week, running up hills. The event includes belly-crawling, wall-climbing, mud-slogging, monkey-bar traversing, huge slip n'slide, and more. Be prepared to be wet and dirty when you finish the race – and VERY tired. Basic training for *Reach the Peak*. Walk or jog up the old lift line. Once at the top circle right and come down the ATV trail. Back at the bottom turn left and loop around the perimeter of the middle school fields then back to the lodge. Head back up the lift line to the top of main slope, take a left across the top of the main slope and climb the face. Once at the top circle left coming down the bow trail and heading down the tubing area. This will be "easier" than race day as you won't be going through the water pit twice, fighting through tires, climbing walls or carrying tires but it gives you a sense of the distance. Be aware that there may be tall grass in certain areas until race day, as parts of the course will not be mowed until the day before the race.

What should I wear to participate in Reach the Peak? Running or hiking shoes, warm but light-weight clothing, & gloves.

Will Reach the Peak be cancelled if there is bad weather? No. It is happening rain or shine!

What time do the races start? Kids, 1 mile, race – age 10 and younger, starts at 10:00 AM.

Reach the Peak, age 11+, starts at 11:00 AM.

Can I bring my pet to *Reach the Peak*? For health and safety reasons, we prefer no pets at ***Reach the Peak***.

Will there be showers? All participants will have the opportunity to be hosed down by volunteers after finishing the course.

Will there be food & beverages? There will be a variety of healthy snacks for participants, and food available for sale by Arrowhead Rec. Area and possibly other vendors.

Will there be alcohol? No. This is a family-friendly event.

Is there an awards ceremony? Yes, immediately following the event once all competitors have finished the race.

Can I have a poster for my gym/office?

Yes, fliers will be available at the community center, (603) 542-7019.