

GLOW LAB



# TOUGH GAL TEAM CHALLENGE

## FINAL COMPETITOR NOTES

Welcome to the Glow Lab Tough Gal Team Challenge. We hope that you all enjoy the event; it's going to be loads of fun and an amazing experience.

### Start and Race Briefing

The Start Line is under the finish line. Start time is at 10.20am. Please be there no later than ten minutes before the start of your event.

### Start Sequence

The event will be set off in waves with a break of around 2 minutes between waves. This is to reduce the congestion at all of the course obstacles. Merit prizes will be awarded to the first three teams across the line.

### Bib Number

Your race number must be pinned to the FRONT of your shirt, please do not cover it with any other clothing or costume. You do NOT need to hand this in at the finish line. There is no timing for the Tough Gal Team Challenge.

### Teams

You will be competing in your team of three therefore you and your team members need to start and finish the event together.

### Event Obstacles

There is a wide variety of obstacles on the course. There is an electrified crawl which has a small electric fence unit attached. If you have health issues or don't feel comfortable doing this obstacle please see the marshal at that event to be given directions on how to miss out that section of the course.

### Prize-Giving

Prize-giving will take place at 12.45pm, or earlier if results are available. There are heaps of great spot prizes but you must attend prize-giving to be eligible for these. Medals will be awarded to the first 3 Tough Gal Teams who cross the finish line.

### Purchased Merchandise

All purchased merchandise is to be collected from the Merchandise stand on the day of the event. If you do not collect your merchandise and it needs to be sent out afterwards there will be a \$5 postage fee.

### Hot Food and Drinks

There is a wide variety of hot food and coffee available for purchase. Each competitor will receive a Tough Guy and Gal branded reusable cup as well as a bottle of Loaded at the finish line. Water is also available free of charge for competitors.

### Key Drop

We encourage you to leave your bag and gear in the car. Car keys can be left at the Merchandise area (look for the signs) for safe keeping while you do the event. Please leave any valuables at home.

### Hazards / Spectator Safety

Due to the nature of the courses, there are many natural and man-made hazards on the course. At many stages the ground is uneven and has the potential for injury, be extremely careful of hazards throughout the event. Certain areas are out-of-bounds to spectators; please obey all signs and the directions of marshals at all times. There are a large number of hazards on site including unfenced lakes - please be very careful and keep children supervised at all times.

### Changing Facilities – toilets - showers

Both men's and women's changing facilities are available. Hot showers are available but please limit your shower to a maximum of two minutes to allow for others. Please use the cold wash down showers before using the hot showers to remove mud.

### Footwear – Compulsory

Due to the nature of the course and the number of competitors spiked shoes are not permitted to be worn and it is highly advised that you tape your shoes onto your feet as the swamp may gobble them up.

### Event Photos

A professional photography company, Marathon Photos, will be taking action shots throughout the event. Your personalized proofs may be viewed from Wednesday on [www.marathon-photos.com](http://www.marathon-photos.com). A great way to remember your day!

### Dogs

Dogs are NOT permitted at any of the event venues.

**We hope you have an amazing and memorable day!**  
**The Event Promotions Team.**