



PRERACE

CONFIRMATION EMAILS: Lost the confirmation email you received after registering? Email us [here](#) to have another one sent to you. Due to the high volume of emails, please allow 5-10 business days for a response.

WAIVERS: When you registered, you electronically signed a waiver for your race and you'll agree to it a second time when you sign-in on our computers on-site. No need to print a waiver!

BIB NUMBERS & REGISTRATION: Unlike most races, you will not have a pre-assigned bib number. When you show up to registration the day of the race, you just need to choose the lane designated to your specific race (BFX/Elite, Open Waves, Child/Spectators, etc.) and check-in.

FACEBOOK EVENT PAGES: Want to know when there are workouts in your area leading up to the race? Want to win free swag through contests with your local BattleFrog race manager? First, find your event [here](#) and then join the event you plan on attending to stay up to date with that specific race!

RACEDAY

WHAT TO BRING (Recommended not Required): Sunscreen, Bugspray, Change of clothes, Hydration Packs, Cameras/Action Cams

WHAT NOT TO BRING: Outside Food/Beverages, Coolers, Tents, Animals (except service animals on duty)

PARKING: Parking costs \$10 on-site and is CASH ONLY! Please use appropriate change when possible to speed up the parking process. In the event a venue requires the use of shuttles, you'll be notified prior to the event to plan accordingly.

REGISTRATION: All you need is your ID, that's it! We recommend participants showing up at least an hour before their wave to have the appropriate time to go through registration, bag check, check out the festival area, stretch and get ready for an amazing run on one of our courses.

SPECTATORS: Adults (ages 13+): \$10, Children (ages 3-13): \$5. As a spectator, you'll have access to a festival area including access to the start and finish lines (including a view of a few obstacles, venue permitting), an inflatable obstacle course, face painting, food and drink vendors and much more!

BAG CHECK: \$5. You can check and recheck your bag if necessary.

WAVE TIMES: Please run in your appropriate wave times. If you miss your designated time, feel free to jump in a later wave.

SHOWERS & CHANGING TENTS: BattleFrog will provide a way to shower off, whether with designated showers, lakes or the ocean depending on the venue. We also provide male and female changing tents to change into your finisher shirts after the race so you can enjoy the festival area!

RESULTS & PHOTOS: Make sure to check out our on-site results and photo tent to see how you fared against the competition and maybe catch a glimpse of yourself on the course!

PORTRAIT STATION: Take advantage of our professional portrait station and grab a free photo you'll want to use for your next #ThrowbackThursday photo! These portrait photos will be posted in an album on our Facebook page within a week of your race.

FUTURE RACE REGISTRATION: Loved BattleFrog and want to sign up for a future race? Visit our future registration tent and get an unbeatable deal for a future event.

FIELD TEAM: Want to earn free BattleFrog races, swag and other perks? Stop by the Field Team tent and find out how you can become a member and start earning rewards today.

AWARD CEREMONY: Our elite races feature some of the best in the sport so come support those on the podiums. Check your local race timeline to see when your award ceremony takes place.

POSTRACE

RESULTS & PHOTOS: Want to see how you looked beasting through the Jerry Can carry? Have an epic photo coming down the Tsunami? BattleFrog will email a link with both the participant photos and the official results within a week after your event. You can also find the links to these in a Facebook post on the official BattleFrog page along with a link on our website (to access on the web, go [here](#), hover over the Events menu, go down to Past Events and click your appropriate event).

FUTURE RACE REGISTRATIONS: Loved BattleFrog and want to sign up for a future race? Keep an eye out for an email immediately after the race for a great discount to a future BattleFrog race.