

# INFLATABLE5K FAQs

## 👉 Is The Run A Race?

The Inflatable 5k is not a race. This is all about having fun & taking part with friends & family.

## 👉 What Should I Wear?

Want to get dressed up for the run? Go for it! We would recommend light running clothing, including a long sleeved top and good running shoes. A rain jacket is also a good idea if we have wet conditions on the day.

## 👉 Can I Bring My Friends And Family To Watch?

Yes, but why not encourage them to enter and give it a go?! Please do also share a car if possible as parking may be limited at the venue. If they come in a separate car, parking charges will apply.

## 🚗 Is There Parking Available?

Parking is charged £5 per car, please have change ready for our parking marshals.

## 🔴 Can I Skip Sections On The Course?

Yes, if you don't feel like doing a particular obstacle, please check with our marshal on each obstacle before.

## 👉 Is There An Age Limit?

The inflatable 5k is open for ages 5+. Children aged 15 and under must be accompanied by a participating adult at all times (max 3 children per 1 adult).

## 👉 What Is Included In My Entry?

You will receive your pre-event information and E-ticket via email after placing your order and on the week of the event on a Monday morning at 9am. Please ensure to have your E-ticket ready at the QR station on the day of the event, where you will receive your running bib(s). All participants will receive a finishers medal, goodie and refreshing drink at the finish line.

## 📧 Will I Receive Any Additional Information Before The Event?

Yes, we will send out a pre-event information pack via e-mail on the week of the event on a Monday morning at 9am. This will include confirmation of your entry, direction maps with parking and venue details, & your start time.

### What Does Flexi Wave Mean?

This means you can start any time between 09:00am - 14:00pm if you are a 2.5k / 5k. If you are a 10k or 15k you can start any time between 09:00am - 12:00pm. Please note: The start and end time may change depending on the Event Location you are attending.

### The Course

The course is 2.5k long and each lap will be a repeat of the obstacles.

5k - 2 laps

10k - 4 laps

### Can I Leave My Bag Somewhere While I Take Part?

Yes, there will be a bag drop at the event centre which costs £3 per bag.

### Are Dogs Allowed At The Event?

Sorry, we do not allow dogs at our events. Guide dogs and assistance dogs are permitted.

### I Am Pregnant, Can I Run?

We would advise against it, however, it is your responsibility to contact a medical professional regarding this.

### Is Water Provided On Course?

Yes, we have a water station approximately 2.5k around the course.

### Can I Wear A Gopro?

You are able to wear an action camera yes. It is your own responsibility to keep this safe and undamaged.