



ATHLETE GUIDE

Race Date: Sunday, May 6, 2018

Location: Sunny Hill Resort & Golf Course

Greenville, NY (See directions below-do not rely on GPS)

PACKET PICK-UP

Packet pick-up/registration is next to the lake in the pine grove, near the Club House. Please see map for exact location. Plan to arrive at least 60 minutes prior to your start time to park, pick up your packet, and stretch before you challenge your inner Viking.

For Registration:

- Photo ID required; No Photo ID, No Racing
- Sign your waiver before you receive your race packet
- Body Marking

Packet Pick-up Times:

Sunday, May 6: 6:30am -9:00am at the Registration table by Lake Loree.

Your registration includes a racers bib, timing chip, t-shirt, finishers' medal, lunch, beer/beverage, unlimited digital downloads and an after-party.

Waves start approximately every 15 minutes, the first being the Viking Double & Elite Male at 7:40 AM, and the last wave at 9:15 AM. Viking Elite and Viking Double will have wristbands. Please have your wristband visible, bib and chip attached and ready before your wave. Please arrive to the start line corral at least 15 minutes before your wave for a racers meeting.

Please note that you can only pick up your things at event check-in and they are not mailed out before or after the event. If you are not able to make it, someone can pick up your shirt for you; they just need a copy of your registration confirmation.

COURSE CHANGES

Follow the **YELLOW ARROWS!**

RACE DAY REGISTRATION

Day-of registration ends at 9AM and is available only in-person at the registration table. The cost for race day registration is \$95 payable **only by cash**.

AGE LIMITATION

The minimum age to participate in the race is 14 years. All participants in the race and course training activities will be required to sign a waiver understanding their risks. Racers under the age of 14 will be required to have an adult on the premises while racing. Participants under the age of 18 will be required to have a parent/legal guardian sign their waiver.

WHAT TO WEAR & THINGS TO BRING

We encourage you to wear anything comfortable knowing you will get wet and muddy. Wear good running shoes; bring a towel, plastic bag and a change of clothes. If you usually race with gloves this is the course to bring them to. We will have gloves for purchase. You may wear a hydration pack; however we will have 4 water stations on the course. Costumes are encouraged, especially of the Viking variety, although we ask you to keep the capes at home. Check the weather; the race will go on rain or shine. A rinse station, changing area and bag check will be available.

SOUVENIERS

Don't forget **cash** for additional souvenirs, snacks or drinks. There is an ATM located inside the Golf Club House.

GREAT ATTITUDE!

You have bragging rights that you attended Sunny Hill Resort's Viking Obstacle Race! We are honored that you chose to participate in our race and we welcome you into our Sunny Hill family.

PARKING IS FREE

Upon arrival, our volunteers will direct you to designated parking areas. Parking is located at the Top of the Hill Driving Range located on Fox Hill Rd.

SPECTATORS ARE FREE (NO ENTRY FEE)

Rides are provided to designated spectator viewing areas. Spectators are not allowed on the race course at any time.

RESTROOMS & FIRST-AID STATIONS

Restrooms are located near the pavilion by Lake Loree, the Sunny Hill Clubhouse and by the spectator viewing area on Sunny Hill Rd. Please see the map for specific locations. The First-Aid Stations with EMT personnel are located near the start of the race and the spectator viewing area.

CHILD CARE

Please do not leave your child unattended.

CHECK-IN/CHECK-OUT

If you are staying with us at the resort, check-in is in the main office in the Armae Hall.

PHOTOGRAPHY & VIDEO

Photos are provided by Simply Photography. We are providing unlimited photo downloads free of charge. Please check our website and Facebook page after the race for links to view photos taken on race day. Photos and video taken on race day are the property of Sunny Hill Resort and the Viking Obstacle Race. We reserve the right to use the photos for marketing and promotional material.

Photo Tips:

- 1) Make sure to wear a smile!
- 2) Look for photographers and when you see them run, jump, smile, twirl, or whatever you'd like to do for fun photos!
- 3) Photos should be available on or before the Thursday after the race.
- 4) The photo link will be available on our website.

CHILDREN'S ACTIVITIES

Children are invited to use the many playgrounds in the race area and enjoy rides to the spectator viewing area in one of our signature "Just For Fun Rides". They are not permitted on the obstacle course during the race without prior authorization.

START/FINISH

The start and finish line are located near the lake in front of the pavilion. The start line corral will be marked. Please make sure that you have arrived to the starting corral at least 15 minutes before your wave for a racers meeting. Make sure that you have your bib, chip, body marking and wristband if required.

The finish line will be clearly marked. The Viking Gate is the last obstacle before crossing the finish line. You will be greeted at the finish with your commemorative Viking finisher's medal. Water and post-race snacks will be available for racers. Now it is time to revel in your accomplishment, share in your experiences from the race, cheer on other finishers and enjoy the post-race festivities.

AFTER-PARTY/FOOD

The after-party will be held at the pavilion adjacent to Lake Loree. Racers are required to wear their finisher's t-shirt or bib indicating paid entry. All registered racers receive lunch and a beer/beverage. Spectators may purchase lunch for \$10 for adults and \$6 for children 12 and under. The after-party includes: BBQ, beer/beverages, and music.

SHOWERS-CHANGING AREA-BAG DROP

Outdoor showers will be available for rinsing off after your race. They are located next to registration tent by the lake, behind the paddle ball court.

There will be a changing tent available near the showers.

The bag drop is located near registration in the pine grove by Lake Loree.

Please **DO NOT SWIM IN THE LAKE**. The lake is used as a water source for the resort and swimming is not permitted.

OBSTACLE COURSE RULES

Obstacles may be dangerous. Be smart and use your discretion. There will be volunteers at every obstacle on the course. If you are injured and need assistance or feel that your safety is in danger, please notify a volunteer.

You must attempt every obstacle. If you fail the obstacle you may try the obstacle again, however you must go to the end of the line and not hinder another racer behind you in your next attempt. If you fail after 3 attempts you must complete the penalty for that obstacle. Penalties for obstacles will be 25 burpees.

Racers registered in the elite wave are required to complete all obstacles to be eligible for Viking cash prizes, Thor's Hammer, OCRWC qualification and awards. Racers are given unlimited attempts at obstacles. They may not hinder the next racer in their subsequent attempt. If a racer does not successfully complete an obstacle and chooses to move on to the next, they forfeit their eligibility for prizes and will have their wristband removed by a volunteer. Racers are then required to report their status to the timing company at the finish line.

TEAM WAVE – VIKING CLAN : The Team wave will require teams of at least 3 members, including 1 female to start and finish the race together. To show team unity, teams will carry their own flag through the course while using team work to ensure that the flag does not touch the ground. If the flag touches the ground the team will serve a 25 burpee penalty as a whole. Flags must be a minimum of 2'x3' with the pole a minimum of 3' in length. Teams can help each other through the obstacles. This will be the only wave where a fastest Viking Clan status will be awarded.

All participants must follow the rules given by the race director, event staff, volunteers, medical personnel and law enforcement. Participants must be 14 years of age or older.

No animals, baby joggers, strollers, skateboards, roller skates, roller blades, bicycles or motorized vehicles allowed on the obstacle course.

Participants understand that the Viking Obstacle Course is an extreme course and accept all risks.

We recommend sturdy shoes for this course. Run barefoot at your own risk.

Restrooms are provided at the start/finish line and near the half way mark. Please do not urinate or defecate on or near the course.

Any participant who disobeys the rules and instructions of the Viking course may be disqualified and/or removed from the race at the discretion of the course official and race director. Violations include, but not limited to, unsportsmanlike behavior, offensive language and conduct, nudity, irresponsible or improper behavior.

Participants that choose to leave the course may not return without permission of the race director.

Participants caught cheating; skipping sections of the course, not wearing official bibs or timing devices may be disqualified.

Spectators are not permitted on the course, unless they have approval from event officials or are in designated spectator viewing areas.

Sunny Hill Viking officials reserve the right to modify any event or course rules at any time for any reason. It is the participant's responsibility to know and understand these rules prior to the race.

This race course does include water and the possibility of swimming. If you cannot swim, or are not confident in your ability to complete the water sections, do not attempt it. A fitness-oriented challenge will be available as an alternative to the water obstacle. There will be life guards, however swim is at your own risk.

TIMING

This race is chip timed by Green Leaf Racing. All results will be posted online following the event. Results will be printed and posted on-site as waves are completed. On-line results will be posted following the completion of the event. Awards will be based on official timed results by Green Leaf Racing.

AWARDS

Prizes will be awarded to the top 3 male and female finishers in the elite wave (Wave 1). Participants will be racing for the coveted *Thor's Hammer* for the top male and female finishers, \$1,000 divided and valuable prizes for the top 3 finishing positions. To be eligible for these prizes you must compete in the competitive/elite wave.

Age group awards will be given to the top 3 male and female finishers for 55 and under and 56 and over. All participants who place in the top 3 age group positions will receive prizes.

There will be recognition of the largest team to attend the Viking Obstacle Race.

There will be an awards ceremony. Prizes will not be shipped to winners. You must be present to receive your award.

Obstacle Course Racing World Championships (OCRWC)

The Viking is proud to be a qualifying course for the OCRWC. We are offering 30 spots to the World Championship event.

Top 5 Males and Top 5 Females in each of the following divisions:

- Elite
- 55 and under
- 56 and over

Top 3 Males and Top 3 Females in the:

- Viking Double

WEATHER POLICY

Please note that if the weather or other unforeseen circumstances threaten the safety of the athletes, race management reserves the right to cancel the event or alter portions of the course. Please understand that in the unlikely case that we did have to cancel or make changes, no refunds would be issued because, by race day, many of the expenses associated with the event have been incurred. However, a partial credit would be offered to the next race.

VOLUNTEERS

This year's race is made possible by the support of many volunteers. We are grateful for their support. If you have friends or family coming to watch you race you may want to ask them to consider volunteering. All volunteers receive a free t-shirt, lunch and a beverage/beer. Please take the time to thank a volunteer.

The Greenville Rescue Squad will be on-site volunteering their time and expertise. They will have two locations to help participants in need. There will be a designated area near the finish line as well as a tent near the spectator viewing area, halfway through the course.

Sunny Hill Resort and Golf Course is so thankful to have a dedicated team from the Greenville Rescue Squad and will be offering a donation to their station.

SUNNY HILL RESORT & GOLF COURSE

HOME TO THE VIKING OBSTACLE COURSE TRAINING FACILITY

The fun doesn't end after the race. For over 98 years, Sunny Hill Resort & Golf Course has been proud to be the Great Northern Catskills family and golf vacation destination. Our top-rated TripAdvisor resort and winner of Parents Magazine 10 Best All-Inclusive Resorts is proud to announce that we built the region's premiere obstacle course training facility, offering athlete training sessions, in addition to providing a venue for corporate team-building meetings. To learn more, please like our Facebook page, sign up for our newsletter, and contact Race Director, Tinker Nichol森-Pachter at Tinker@SunnyHill.com.

SAFETY

We are committed to keeping our racers and volunteers safe on this course. Obstacle racing is fun but incorporates many dangerous elements. Use your own discretion at each obstacle and race at your own risk. We have divided our 5.5 mile course into quadrants with zone leaders patrolling each zone on UTV's. Volunteers will report any incidents to each zone leader, who will in turn report this to a central dispatch located in the resorts main office. Proper action will be delegated in this central location and all incidents will be recorded.

DIRECTIONS

Due to poor signage and low visibility on secondary roads (i.e. overgrown vegetation blocking signs on narrow roads), it is highly recommended that you follow the directions provided by Sunny Hill (see below).

From South (New York City)

From NYS Thruway I-87 North, take exit 21/Catskill. From tollbooth take left to RT-23 West. Take RT-23 West to Cairo. Turn right on RT-32 North and continue through RT67 and the village of Freehold. After approximately 500 yards, look for Sunny Hill Resort sign and turn right on to Sunny Hill Road. Parking lot is on left. Go to office in Armae Hall.

From North (Montreal)

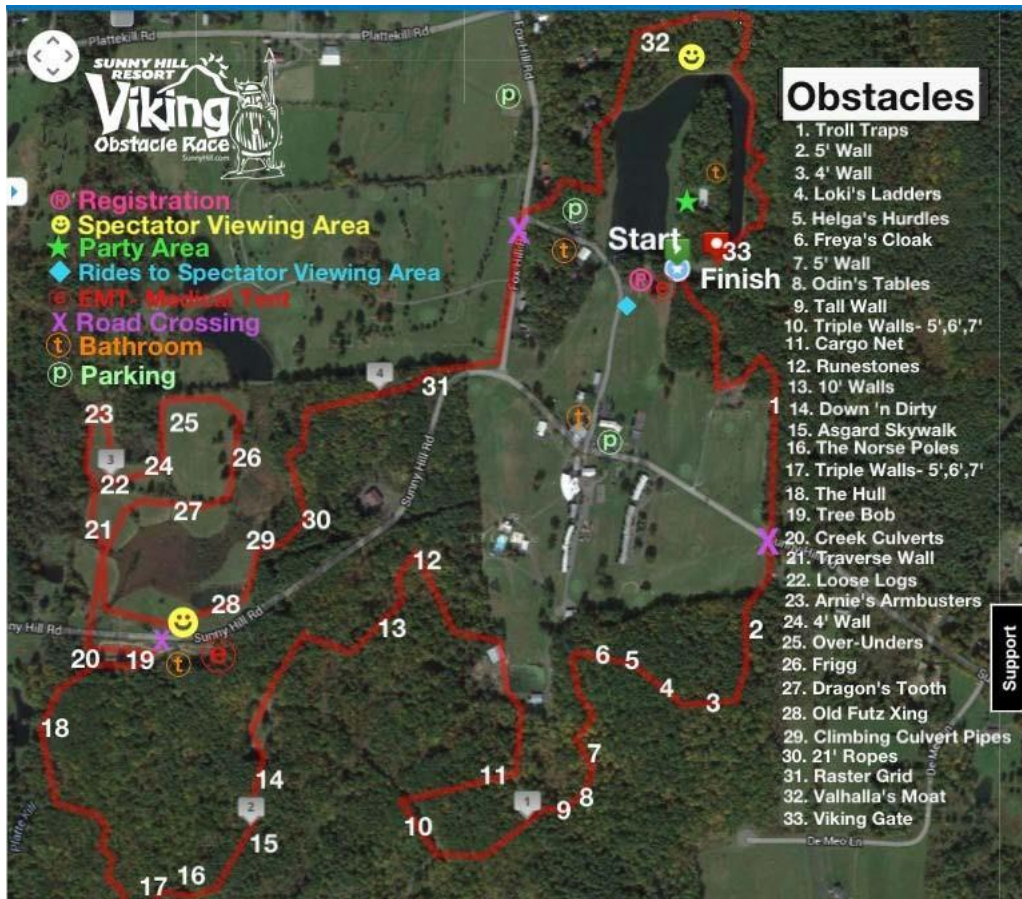
From I-87 South, follow signs to New York City. Follow NYS Thruway I-87 South to exit 21B. Turn left at the light onto RT-9W South. Turn right at 2nd light onto RT-81 West (at Stewart's). Continue for 10.3 miles. Turn left onto RT-41 South (the intersection has no traffic light, look for RED Sunny Hill sign on the left, and a GREEN Greenville Center sign on the right). Cross thru the 1st intersection, 0.9 miles. Turn right on Foxhill Road, 0.4 miles. Turn left on Sunny Hill Road. Parking lot is on left. Go to office in Armae Hall.

From East (Boston)

From NYS Thruway I-90West, follow signs to NYS Thruway I-87 South/New York City. Follow NYS Thruway I-87 South to exit 21B. Turn left at the light onto RT-9W South. Turn right at 2nd light onto RT-81West (at Stewart's). Continue for 10.3 miles. Turn left onto RT-41 South (the intersection has no traffic light, look for RED Sunny Hill sign on the left, and a GREEN Greenville Center sign on the right). Cross thru the 1st intersection, 0.9 miles. Turn right on Foxhill Road, 0.4 miles. Turn left on Sunny Hill Road. Parking lot is on left. Go to office in Armae Hall.

From West (Buffalo)

From NYS Thruway I-90 East, follow signs to NYS Thruway I-87 South/New York City. Follow NYS Thruway I-87 South to exit 21B. Turn left at the light onto RT-9W South. Turn right at 2nd light onto RT-81 West (at Stewart's). Continue for 10.3 miles. Turn left onto RT-41 South (the intersection has no traffic light, look for RED Sunny Hill sign on the left, and a GREEN Greenville Center sign on the right). Cross thru the 1st intersection, 0.9 miles. Turn right on Foxhill Road, 0.4 miles. Turn left on Sunny Hill Road. Parking lot is on left.



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