

Esrar Race FAQ

- Can I compete in just the individual race?
 - Yes, anyone who is 18 or above is able to compete in just the individual race.
- Can I compete in just the team relay on Saturday?
 - In order to compete in the team relay, you and your team members must qualify by competing in the individual race on Friday. Receiving the top 16 combined will win you a place in Saturday's relay event. Good luck!
- How old do I have to be to compete?
 - In order to compete, you have to be 18 years or older. If you aren't 18 yet, come check out the race anyway, it's fun to watch and we'll have all sorts of other activities happening.
- How much is the entry?
 - Entry is 300QR for individuals, and 700QR for teams registering for the team relay.
- How long is the race?
 - The race is 5KM, and will consist of about 20 obstacles. Last year, the average time to complete the race was 24 minutes.
- How hard is it?
 - The race is not easy! That being said, we encourage all people to participate, no matter your level of fitness. We will have our team members to help encourage and support you along the way, and you are able to stop at any time if you are uncomfortable.
- What happens if I cannot do an obstacle?
 - Some obstacles have 2 levels of difficulty. If you are not able to over take the obstacle, you will be given an alternative exercise to complete instead!
- Will I get dirty?
 - Yes – and that's half the fun! Some of our obstacles have water elements, and may require you to touch the ground. Since you will get dirty during the race, please bring a change of clothes with you. There will be bathrooms/changing areas available in Aspire Park.
- How do you determine the winner?
 - The winner of the individual race (Men's and Women's) and the winners of the relay are determined by who completes the race with the fastest time. Results are recorded via timing chips - each participant will be equipped with a chip prior to the beginning of the race that accurately measures time.
- Is there a separate race for women?
 - Men and women will start the race at different heats on the first day, and there will be a Men's and Women's winner (there will be many different heats starting the race at separate times, to ensure obstacles do not get crowded and the safety of participants.) More than likely, men and women will be on the track at the same time – it is dependent upon on participants' speed.
- What's the deadline for signing up?

- Please note that registration is on a first come, first serve basis, so hurry up and register!
- How many people do I need on my team to compete in the relay?
 - Relay teams need to have 3 individuals.
- How many teams will compete in the relay race?
 - Only 16 teams will qualify for the relay race on Saturday.
- Can my relay team have males and females?
 - Yes!
- How long is the team relay race?
 - The team relay race will be held on over 2 races on Saturday. The morning race will hold the round of 16 and the quarterfinals. The semifinals and finals will be held in the afternoon.
- Can I attend even if I'm not competing?
 - Yes! Please come support our participants in the race. We will have a great spectator area, including a vendor village that will be selling food, drinks, and other cool stuff.
- Is there a prize?
 - Yes! The prize will be announced on our social media platforms. Don't forget to follow us on @esrarrace on all social media platforms.