

**How do I enter the No Ego Challenge?**

Fill in the NO Ego Challenge online booking form and pay online.

**What sort of clothing should I wear for a No Ego Challenge race?**

It depends on the weather; you *ARE* going to get cold/wet/muddy. We recommend base layers, tight fitting clothing and no loose cotton clothing. It will weigh you down. Footwear with a good grip - no spikes!

**Do I need to be fit to take part in the No Ego Challenge?**

All fitness levels can take part in The No Ego Challenge. Check out our [training schedule](#).

**Can anyone enter The No Ego Challenge?**

You must be 18 years old and above.

**Can I skip an obstacle on the No Ego Challenge course?**

Yes - if you do not feel confident enough to tackle one of our obstacles just walk around the obstacle. We hope that other No Ego Challenge competitors would help you complete all the obstacles.

**How long does it take to get around a No Ego Challenge course?**

We expect the fastest to be around 60minutes and the slowest when the sunsets. We will be here until you finish, unless it is not safe for you to continue.

**When do entries close for the No Ego Challenge?**

Once we are full - so please book early to avoid disappointment. This is a special location and we hope all cars to be parked on hard standing. This limits the number of entrants.

**Do I need to be able to swim?**

You will need to be able to wade through water that may be up to chest height.

**How far is the No Ego Challenge course?**

One lap is approximately 10km.

**Can I swap my No Ego Challenge entry to a friend?**

An entrant may not switch their entry to a friend

**Are there showers?**

No - bring a towel and a change of clothing. There will be marquees that can be used for changing.

**Valuables**

Do not carry valuables on your person. No Ego Challenge Staff will patrol the car park all day. A marquee is available to leave bags which will be stored for you but No Ego Challenge cannot accept any responsibility for your bag(s) or any personal items.

**How do I volunteer on a No Ego Challenge?**

We encourage people to get involved and are always looking for volunteers for our No Ego Challenges. Please contact us [here](#) for more information.

### **Will there be drinks/food available at the No Ego Challenge?**

You will be able to buy food and drinks on the day.

### **What medical cover do you have?**

First aiders will be on site all day should there be any injuries during a No Ego Challenge.

### **Refunds/transfers for the No Ego Challenge**

There are no refunds for if you cancel and we are unable to transfer your bookings to future No Ego Challenges.

### **Why does the No Ego Challenge start in waves?**

Each No Ego Challenge wave will have a maximum number of entrants and will set off at half hour intervals between 9am and 1.30pm. Starting everyone at the same time can cause major bottlenecks on the No Ego Challenge. Electronic chips will be used for elite groups only, so please request an early wave if you want to be chip timed. There will be clocks at the start and finish of the No Ego Challenge course so you can keep an eye on your time.

### **Why is there a handling fee for No Ego Challenges?**

The No Ego Challenge registration partner charges for the cost of transaction with the bank. We have absorbed some of these costs so that participants only pay £2.95 towards the transaction/payment fee.

### **Are my credit/debit card details safe?**

Yes. No Ego Challenge work in partnership with Active Network, who are a world leading event registration company and have maximum security ratings. Check them out [here](#).

### **Can I register by phone or by post for a No Ego Challenge?**

No, only online registrations will be accepted for the No Ego Challenge events.

### **What Should I bring on the day?**

Please bring a full change of clothes along with your running gear and a towel to the No Ego Challenges. There will be food and drink available on site.

### **What about the weather?**

Generally speaking, we race rain or shine, heat or snow. For us to not have a race, it must be a severe act of God. So, if you get up and it is pouring with rain we are still racing. If it is snowing a bit, we are still racing. If it is cold, we are still racing. If for some reason we must cancel a No Ego Challenge due to uncontrollable weather conditions, emails will go out and announcements will

clearly be made on the site and via social networking channels and website. This No Ego Challenge is in England...come prepared!!

### **Can I wear a costume at a No Ego Challenge?**

Yes you can wear a costume or fancy dress at a No Ego Challenge...anything but your birthday suit. Shoes are required! Prizes will be given for best team and individual costumes.

### **How do I get drinking water during the No Ego Challenge?**

There will be water stations available throughout the No Ego Challenge course.

### **Do I have to sign a waiver to participate in a No Ego Challenge?**

Yes. When you arrive on the No Ego Challenge event day, you must sign a waiver in which you acknowledge (among other things) that by participating in a No Ego Challenge you expose yourself to certain risks, including the risk of personal injury. For legal reasons, we suggest that you read and understand the waiver before you sign it on event day.

### **Ask me a question about No Ego Challenges**

If this FAQ section has not answered your question please email us on [info@noegochallenge.com](mailto:info@noegochallenge.com)