



**GOLIATH GAUNTLET** 1/25 BC

# GAUNTLET

**30**  
October

**20+**  
Obstacles

**3+**  
Miles

# PARTICIPANT INFORMATION PACKET



[GOLIATHGAUNTLET.COM](http://GOLIATHGAUNTLET.COM)

# GOLIATH GAUNTLET SPONSORS


Thank you to all of our sponsors who have made the Goliath Gauntlet a reality! These businesses have stepped up to help Sheridan House provide *Answers for Today's Family*.





# IT'S NOT JUST ANOTHER RACE!

Sheridan House is a multi-faceted non-profit dedicated to helping families through the following ministries:

-  Youth Residential Program
-  Parenting on Purpose (daily blog and podcast)
-  Counseling Centers
-  Single Moms Program
-  Marriage and Parenting seminars



A Sheridan House boy earns the Eagle Award for excellence in character and servant leadership.



A single mom shops for free groceries at the Sheridan House Food Pantry.



A boy in the Residential Program works hard on his academics.



A single mom lives in a Transitional Housing Triplex with her kids!

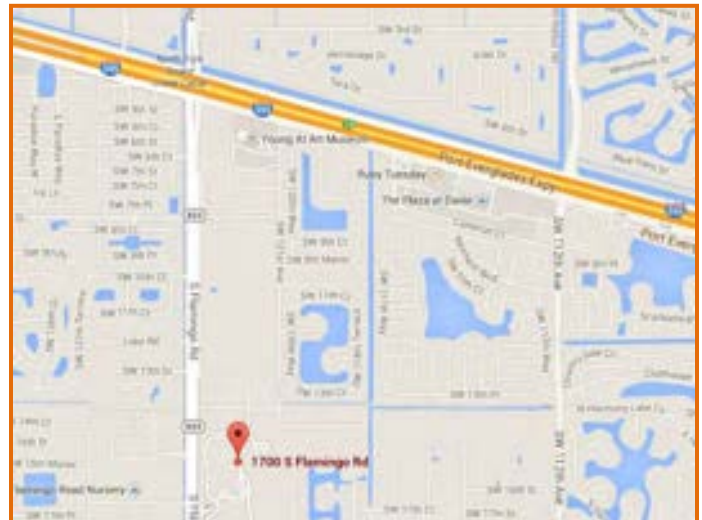
100% OF THE PROCEEDS SUPPORT AT-RISK CHILDREN AT SHERIDAN HOUSE

# DATE AND TIME

- Saturday, October 30, 2021
- Parking opens at 6:15 am
- Entrance Gate opens at 6:45 am
- Competitive wave starts at 7:30 am
- First regular wave starts at 7:45 am
- All participants are timed. Competitors wear electronic timing chips on their race bibs *and* ankle (see page 7 for information on how to retrieve your time).

# LOCATION

Sheridan House Family Ministries  
1700 South Flamingo Road  
Davie, FL 33325



# PARKING

Parking is FREE for all guests at the Goliath Gauntlet! When arriving at the property, our volunteers will direct you where to park. Please walk to the main gate or look for the golf carts that will deliver you to the main gate.

## If you need assistance:

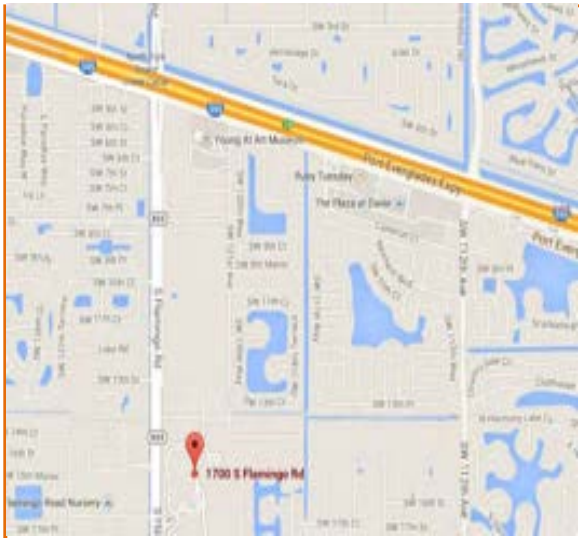
Goliath Gauntlet volunteers are dressed in **Red EVENT STAFF** shirts.

# OPTIONAL EARLY PACKET PICKUP AT SHERIDAN HOUSE

Bypass race day check-in lines!

There is an optional early packet pickup at Sheridan House in Davie, Florida. Once on Campus, please proceed to the Family Resource Building, which is the large yellow building by the flag pole.

## PACKET PICK UP



Sheridan House  
1700 S. Flamingo Road  
Davie, FL 33325

Phone-954-583-1552

**Wednesday, October 27th**  
9:00 a.m.-8:00 p.m.

**Thursday, October 28th**  
9:00 a.m.- 8:00 p.m.

# RACE DAY ARRIVAL

We recommend that competitors arrive at least an hour before their wave starting time. Competitors have to park, pick up a packet (which includes a race bib and ankle timing strap AND a starting wave wrist bands), and then make their way to the starting line in time for the start of their assigned wave.

To get into the starting line corral you must be wearing your race bib, ankle timing chip and starting wave wrist band. The color of your wristband is important; it lets us know your starting time. You must race in your assigned time/group.

**\*If you picked up your race packet at Sheridan House on October 27th or October 28th [and are wearing your race bib number on your shirt, starting wave bracelet and timing chip on your ankle] you get to bypass registration!**

# SPECTATOR INFORMATION

To register as a spectator go to: [goliathgauntlet.com](http://goliathgauntlet.com)

All spectators will receive:

- Access to obstacle course area. (However, to avoid getting run over, please stay away from the orange flags and cones that designate the race course and keep children close by your side).
- Access to awesome food trucks, music, vendors, and Goliath Gauntlet Gear.

Each spectator will need to fill out a waiver. To expedite the check-in process, please print and sign a waiver and bring it with you to registration. If you are under 18, a parent or guardian must also sign. All spectators will check in by last name at spectator registration.

**Spectator tickets are \$10 and can be paid online (thru October 28th ) or at the late-registration table for all you procrastinators!**

- Children 12 & under are FREE.
- **Parking is also FREE.**

# START TIMES

The start times will be posted on the Goliath Gauntlet website on Monday, October 25th. The start times will also be emailed to all participants.

# RACE FINISH TIMES

Displayed live on site (TV monitors) and live at GoliathGauntlet.com

Each participant will receive a timing chip that needs to be attached to an ankle. Race times and a finisher's certificate will be published live at:

[GoliathGauntlet.com](http://GoliathGauntlet.com)

# COMPETITIVE WAVE [for Competitive Wave only]

1. All competitors must start in the 7:30 a.m. competitive wave time.
2. All obstacles must be completed from start to finish. If a competitor fails to complete an obstacle they must start the obstacle over **from the beginning**. **If a competitor is unable to complete an obstacle, they can still finish the race but will not be eligible for cash prizes.**
  - **THE COMPETITIVE WAVE PARTICIPANTS MUST FINISH ALL OBSTACLES WITHOUT HELP OR OUTSIDE ASSISTANCE.**
3. The entire course must be run. If any competitor cuts the course or skips an obstacle he/she will be disqualified from any awards or prizes.
4. NO CLEATS OR METAL SPIKES.
5. Competitors must not interfere or obstruct fellow competitors.
6. Time protests must be made by 8:30 am to a Goliath Gauntlet Official at the finish line (look for Red EVENT STAFF shirt).
7. The course is well-marked. Stay inside the orange flags/cones and follow the signs.
8. **Wear the orange competitive wave wrist band found in your race packet while racing in the competitive wave!**

# COMPETITIVE WAVE AWARDS

We will be awarding the Top 3 Male and Top 3 Female Competitive Wave Participants:

**1<sup>st</sup> place male:** \$250 cash / 1<sup>st</sup> Place Medal / 12 pack of ROWDY Energy Drinks  
**2<sup>nd</sup> place male:** \$150 cash / 2<sup>nd</sup> Place Medal / 12 pack of ROWDY Energy Drinks  
**3<sup>rd</sup> place male:** \$100 cash / 3<sup>rd</sup> Place Medal / 12 pack of ROWDY Energy Drinks

**1<sup>st</sup> place female:** \$250 cash / 1<sup>st</sup> Place Medal / 12 pack of ROWDY Energy Drinks  
**2<sup>nd</sup> place female:** \$150 cash / 2<sup>nd</sup> Place Medal / 12 pack of ROWDY Energy Drinks  
**3<sup>rd</sup> place female:** \$100 cash / 3<sup>rd</sup> Place Medal / 12 pack of ROWDY Energy Drinks

Prizes will be awarded at 8:30 am at the Finish Line area. Recipients must be present to accept award.\*

**Stay in the finish line area if you are in the top 5 finishers just in case someone is disqualified.**

\*Cash prizes are comprised of the competitive wave entry fees collected from competitors. **100% of the competitive wave entry fee is paid out in cash awards.**

# TOP TEAM AWARDS

We will be awarding the top three teams with the best finishing time! In order to do this, we will be combining the top five times from each team following the event. Team captains will be contacted and each winning team will be given a plaque to commemorate its achievement. Results will also be posted on the GoliathGauntlet.com website within 24 hours of the race.



# EVENT PHOTOGRAPHY

There will be professional photographers stationed all around the course to catch the muddiest and sweatiest moments!



**Participants will be able to download free high quality digital photos.** Competitors will receive an email with a link once all the pictures have been uploaded. This year's new software will find your photos three different ways: By race number, facial recognition or finish time.

The professional photographers are donating their time and talent to help make this event great to help support the at-risk children served by Sheridan House Family Ministries!

## WHAT PARTICIPANTS NEED TO BRING:

- Photo ID.
- If you went to early packet pickup wear your **bib number** [attach before entering the gates], **ankle timing chip** and **starting wave wristband**.
- To get your wave time go to: [GoliathGauntlet.com](http://GoliathGauntlet.com)
- Wave times are posted by 5 p.m. on Monday, October 25th.
- If you did not sign a waiver online when registering you have the ability to print out the waiver and bring it to the registration tables (If you are under 18, a parent or guardian must sign as well).
- Appropriate athletic attire is covered below. No cleats or metal spikes permitted and for your safety no running barefoot.
- Report to the starting line 10-minutes prior to your wave time wearing your wristband, race bib and ankle timing chip.

## SUGGESTED ITEMS TO BRING:

- Spending money for Goliath Gear and Food Trucks – Yum!
- Sunscreen
- **Consider wearing gloves to protect your hands.** Gloves are not necessary but some competitors like gloves with rubber or leather on the inside to help with grip on the bars, ropes and walls.

## WHAT YOU SHOULD LEAVE AT HOME:

Kindly do **not** bring any of the following items to the Goliath Gauntlet:

- Alcoholic beverages are not permitted on the grounds or parking area
- Outside Food or Beverage
- Glass containers
- Please no cleats or metal spikes!
- Pets (service dogs are permitted)
- Weapons

## DRESS CODE (for competitors)

The Goliath Gauntlet is a family-friendly event. Men, please leave the Speedos at home! Ladies, no crop tops. There will be barbed wire, wood, rope, poles, mud, and rocks so please **dress in a way that ensures you will be protected and comfortable!** **We recommend wearing a full length athletic tee shirt** [for both men and women] so you can protect your body and wear your bib number.

## OPTIONAL BAG CHECK

We will have an optional free bag check area located next to registration. This is offered as a courtesy. We are not responsible for lost or stolen items.



Competitors don't need to worry about their Goliath Gauntlet goodie bag. They will receive their swag when they cross the finish line!

# LOST AND FOUND

There will be a lost and found table in the bag check area. We are not responsible for lost or stolen items.



**WARNING:** Those running with cameras or Go-Pros are at risk of losing them in our mud and water obstacles. It is always a good idea to place contact information on valuable items. Be sure to secure all items while on the course.

# WEATHER

- This is a rain or shine event (you are going to get wet and muddy anyway!).
- Lightning, tornado warnings, or tropical weather systems may provide cause for delays or postponement of the event.
- Please check your email, Facebook or Instagram for updates if severe weather is forecasted for race day.



# LIFE GUARDS

For your safety there will be certified Lifeguards posted at all water obstacles.\*

\*Don't know how to swim? Skip the lake obstacles and give us 10 burpees instead!



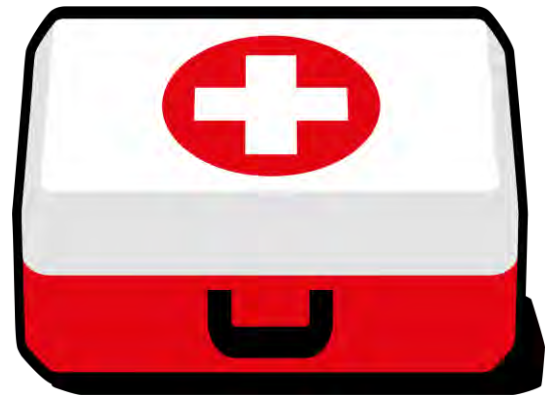
# YUMMY FOOD TRUCKS

Be sure to bring cash so you can grab some yummy food! A portion of sales go to support the ministries of Sheridan House!



# FIRST AID STATION

- **EMS is on property** (check the map on page 14 for the location)
- **First-Aid station** (check the map on page 14 for the location)



THE <sup>®</sup> GRILL  
*on the go*

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*Goliath Gauntlet*

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**Assorted Pastries**

*Fresh Baked Danish, Bagels, Muffins*

**\$2**

**Chicken Empanadas**

*5 for \$4*

**French Toast Sticks**

*5 for \$4*

**Mojo Chicken Sandwich**

*Cilantro Garlic Sauce, Plantain Chips,  
Mixed Greens, Tomato, French Fries*

**\$10**

**BBQ Burger**

*Pepper Jack, Cider Bacon, Cole Slaw,  
House BBQ Sauce, French Fries*

**\$10**

**Caesar Salad**

*Romaine, Sourdough, Parmesan, Tomatoes, Caesar Dressing*

**\$8**

**\$2 Beverages**

*Bottled Waters 16.9 oz, Assorted Powerade,  
Bottled Coke, Sprite, Coke Zero*

# ONE MORE THING... WE THINK BURPEES ARE AWESOME!...

**If you fail to complete an obstacle or choose to skip an obstacle... it's not a problem here – just drop and give us 10 burpees before you move on!**

## How to do Burpees



## CONTACT INFORMATION

Website: [goliathgauntlet.com](http://goliathgauntlet.com)

Email: [info@goliathgauntlet.com](mailto:info@goliathgauntlet.com)

Phone: 954-583-1552 [weekdays only]

Facebook: [www.facebook.com/GoliathGauntlet](http://www.facebook.com/GoliathGauntlet)

Instagram: [@goliathgauntlet](https://www.instagram.com/goliathgauntlet)

Address: 1700 S. Flamingo Rd., Davie, Florida 33325

Thank you for supporting Sheridan House!

We look forward to seeing you at the Goliath Gauntlet!












# 2021 GOLIATH GAUNTLET COURSE MAP



## OBSTACLES

- 1 - Thinning the Herd
- 2 - The Chiller
- 3 - The Escape
- 4 - Gator Pit
- 5 - CoLADDERal Damage
- 6 - Crown of Thorns
- 7 - The Crossing
- 8 - Saul's Walls of Pain
- 9 - Go with the Float!
- 10 - The Purge
- 11 - Inverted Walls
- 12 - The Cave of Adullam
- 13 - Bird Cage
- 14 - Bird Droppings
- 15 - Shin Shredder
- 16 - Totally Tubular
- 17 - Tired
- 18 - The Wall
- 19 - A-WOL
- 20 - Hitting the Wall
- 21 - Goliath

## STATIONS

-  - Tram/Parking
-  - Check-In/Bib Pickup
-  - Water Stations (2x)
-  - Free Bag Check
-  - Emergency Medical Services (2x)
-  - Food Trucks
-  - Wash Down/Clean Up Station
-  - First Aid
-  - Toilets (2x)
-  - Spectator Viewing (5x)
-  - Spectator Check-In