

## FREQUENTLY ASKED QUESTIONS



### **Q: I have never climbed a mountain or tried rock climbing; is ForEverest for me?**

Absolutely. At ForEverest, you don't need any gear or special skills—other than the ability to walk up and down hills—no mountains.

### **Q: Is this a running event?**

Most ForEverest climbers will be walking & hiking. Of course, you can choose to run if you prefer.

### **Q: What do I get as a participant?**

Aside from a really great time and bragging rights that you reached the summit, you'll get:

- Access to digital training challenge
- Custom swag at basecamp and along course
- Digital scoring of vertical feet climbed
- A finishers' medal at the summit

### **Q: Which course should I choose?**

Checkout the course map to see the options. A good guideline is to consider the duration you might be comfortable walking/hiking up and going down hills at a pace you choose. Depending on how much of a personal challenge you seek, use our estimated completion times for each course to make your decision on event day:

- Blue – Level 1: 40-60 minutes
- Green – Level 2: 60-90 minutes
- Yellow – Level 3: 80-120 minutes
- Red – Ultra: 100-150 minutes

### **Q: Do my friends/family and I need to choose the same level?**

No. The beauty of ForEverest is that friends and family can start together and choose different levels. Basecamp and the Discovery Zones will be

great places to meet up, even if some in your group are doing more climbs than others.

### **Q: Can I switch levels during the event?**

Yes. If after your first hill you would like to hike more or less, you can switch levels.

### **Q: What kind of "Everest-like" elements can I expect on the course?**

Be ready for some surprises—just like what might happen on Mt. Everest—you never know! It might be things that mimic the experience of carrying a pack or navigating an ice shelf.

### **Q: When should I arrive to the event?**

If you sign up for Noon, plan to arrive between 11:30 - Noon. If you sign up for 2:30, plan to arrive between 2 - 2:30 PM.

### **Q: What should I wear for the event?**

The weather in Minnesota can be unpredictable in May. Dress appropriately for the weather—could be shorts, a rain jacket or a cozy fleece—and otherwise wear what you might to work out and be active outdoors. Hiking boots are encouraged, but sneakers are a great option, too.

### **Q: What else should I bring?**

No special equipment needed. If you have trekking poles, you are welcome to use them.

### **Q: I heard ForEverest is a zero-waste event. What does that mean?**

That is correct! That means we will not be providing drinking cups or bottled water. Please bring a bottle that can be filled with water on-site, and taken back home with you.

### **Q: How does the training challenge work?**

Once you have registered, you will receive a link to access the training website. Fewer than 4,000 people have ever reached the summit of Mount Everest. All of them first had to work their way to basecamp. The ForEverest Training Challenge is your journey from sea level to basecamp at 17,800 feet. During the challenge, you will earn vertical feet each time you complete and track exercise sessions, mental toughness tasks and nature-related activities.