

MINOTAUR MONDAY

FREQUENTLY ASKED QUESTIONS

Q: WHAT ARE MINOTAUR MONDAYS?

A: MINOTAUR MONDAYS ARE WEEKLY OUTINGS THAT EMBRACE THE GOAL OF GETTING OFF THE BEATEN PATH AND EXPLORING "MINOTAUR TERRAIN". OUR OUTINGS ARE TYPICALLY 1.5-2 HOURS, AND FOR 2020 WE ARE AIMING TO EXPLORE A DIFFERENT SECTION OF THE MINOTAUR SKYRACE OR MINI-TAUR 10 KM COURSE EVERY WEEK. EXPECT A MIX OF TRAIL RUNNING, OFF TRAIL RUNNING, SCRAMBLING, AND POWER HIKING.

Q: WHAT KIND OF SHAPE DO I NEED TO BE IN?

A: MINOTAUR MONDAYS ARE NOT FOR BEGINNERS AND ARE INTENDED FOR PEOPLE WHO ARE SIGNED UP FOR THE RACE (EITHER DISTANCE) OR WHO ARE INTERESTED IN SIGNING UP. IN ADDITION TO MINOTAUR MONDAYS, YOU SHOULD BE RUNNING A FEW OTHER TIMES DURING THE WEEK AND DEDICATING ONE OF YOUR WORKOUTS TO HILLS.

Q: WHAT SHOULD I BRING?

A: DRESS AND PACK FOR THE WEATHER, AND BRING YOUR OWN HYDRATION/FUEL. WE RECOMMEND TREKKING GLOVES AND FOR 2020 HEAD-LAMPS ARE MANDATORY. IN THE INTEREST OF SOCIAL DISTANCING, PLEASE ALSO HAVE YOUR WAIVER PRINTED OFF AND READY TO GO FOR YOUR FIRST OUTING OF THE SEASON.

Q: CAN I BRING MY DOG?

A: SORRY, BUT NO. OUR "MINO DOG" CEDAR COMES ALONG FOR MOST OUTINGS, BUT WE SCOUT THE TERRAIN WITH HIM IN ADVANCE. THE TERRAIN WE GET ON IS TOO UNPREDICABLE TO HAVE MULTIPLE DOGS IN THE GROUP.

Q: WHAT'S THE COST?

A: RACERS, VOLUNTEERS AND SPONSORS CAN JOIN IN FOR FREE, AND FOR EVERYONE ELSE THERE'S A \$5 DROP IN FEE. PLEASE BRING EXACT CASH AS WE DON'T HAVE CHANGE ON SITE.

Q: HOW OFTEN DO YOU DO MINOTAUR MONDAYS?

A: FOR 2020, WE ARE RUNNING MINOTAUR MONDAYS FROM SEPT 7-OCT 12. FOR OUR FINAL MINOTAUR MONDAY, WE WILL BE DOING A SPECIAL THANKSGIVING EDITION RUN ON OUR MINI-TAUR 10 KM COURSE!

Q: DO I NEED TO RSVP? CAN I ONLY COME TO SOME?

A: YOU DON'T NEED TO RSVP AND YOU CAN COME TO WHICH EVER ONES WORK FOR YOUR SCHEDULE/COMFORT LEVEL. WE TYPICALLY POST A DESCRIPTION OF OUR UPCOMING OUTTING A FEW DAYS IN ADVANCE.