

2026 Volunteer Information & Gauntlet Obstacles:

Thank you for volunteering for the Gaylord Gauntlet!!! Besides having a good time for a good cause, our priority is to run a safe race for runners and volunteers. Please contact someone at the Volunteer Center if you need to report any issues, including medical emergency or obstacle safety issue, have any questions, or need assistance or relief.

Volunteer Center Contact Numbers:

Sports Association Cell Phone at Volunteer Tent: 203-671-8122

Bill Harpin: 203-525-8885

Katie Joly: 860-306-5826

Kathleen Sullivan: 860-965-0940

General Race Information:

The first race wave begins at 8:00 am. The last wave is at 2:00. Waves will start every 10 minutes.

We ask race volunteers to wear their volunteer t-shirt to identify you as a volunteer.

All volunteers will receive a drink ticket that you can use for a free beer or sports drink after you finish volunteering. Volunteers should pick up a lunch at the volunteer tent before going out to your assignment. Food trucks will also be available in the festival area for purchase of food.

We have 24 obstacles this year. If you are at an obstacle, we recommend bringing a chair, bug spray and anything you will need for the duration of your assignment.

Instructions to all Obstacle Volunteers:

- Be engaged! Shout encouragement and cheer on the runner! Encourage teamwork!
- Safety is our First Priority!! You are our eyes on the course!
 - Please direct runners in the proper and safe usage of the obstacles.
 - Encourage runners to try each obstacle, but be understanding if they don't. There is a way to go around every obstacle if needed.
 - Shut down any obstacle that is unsafe and direct people around it. Notify volunteer center so that we can send someone out to make a repair.
 - Volunteers should not routinely physically help runners on obstacles, but feel free to render assistance as appropriate.
- Please contact Volunteer Coordinators if:
 - Anything concerns you regarding the obstacles
 - If there becomes a significant bottleneck at an obstacle
 - Anyone is injured or needs assistance in any way

- You find any structural issues with any obstacle
- You need to shut an obstacle down for safety
- You need to leave your assigned location prior to your end time. A replacement will be found for you.
- Water is needed at the water stations
- In the event of a **medical or storm emergency**:
 - The Wallingford Community Emergency Response Team, known as the **CERT Team** are onsite to help with emergency communications. Most obstacles will have a CERT volunteer at or near your obstacle and will have radios to report a medical or storm emergency quickly. CERT volunteers will be wearing NEON GREEN shirts.
 - If there is not a CERT volunteer, or for any non-emergency communications, please call the volunteer tent.
 - In the event of a storm emergency, please follow the Emergency Action Plan at the end of this packet.
- **Obstacle Instructions:** Please read the instructions about your obstacle or volunteer assignment in this packet! Some obstacles have weight limits and specific instructions to give volunteers. We will be checking in with volunteers once you are at your obstacles to provide any additional instructions. ***We recommend taking a photo of the map in this packet in the case of rain and wet maps***
- **Bathrooms/Portable toilets** are located near the festival area, at obstacles #10 and #14, at the tennis courts and at the building at the softball fields.
- **Water Stations:** Obstacles #9 and #18. Finish Line.
- **Mile Markers: Mile 1 = Obstacle #9, Halfway = Obstacle #13, Mile 2 = Obstacle #16, Mile 3 = Waterslide.** There are 24 total obstacles.
- **VOLUNTEER DROP OFF AREAS ARE INDICATED BY A VOLUNTEER DROP OFF SIGN and labeled on the map in your packet.**
- **Volunteer Shifts/Relief:** If you are a half-day volunteer, please remain at your assigned obstacle until you are replaced. Please educate your relief person on your obstacle when they arrive. If you are working the morning shift (7a-11a), your relief should arrive before 11am. If you are working until the end of the race, a sweeper person will come to let you know all runners have passed your obstacle and you will be free to go. You may walk off the course and return to the Festival Area or your car. If you were dropped off, please return to the same spot and we will pick you up.

Obstacle Volunteer Instructions

Please review the description and instructions for the obstacle you are assigned.

1. **“D Day”**- Crawl under wires through mud. – **Tell runners not to pull up on wire.** Check to make sure wires stay connected.
2. **“Stairway to Heaven”**- 8’ **Ladder wall.** Climb up and over.
3. **“Back and Forth”**- **Fence Jump.** Jump over fence rails, following trail markings on ground (do not step on fence rails). Follow race path up and over fence along road until trail turns into field area.
4. **“Hit the Wall”**- 7’ **Solid Wall.** Climb up and over wall, with or without handholds. Back of wall does have 4x4 that runners can stand on after getting over wall, then jump down.
5. **“The Buck Stops Here”**- **Gaylord Rock Boulder.** Climb up rock and down the side. Volunteer stationed near dismount. If available second volunteer stationed at start of rock climb.
6. **“Loss of Balance”**- **Log Crossing.** Walk over logs to cross stream. Wood bridge and stone wall on right is an alternate route.
7. **“Net Yet”**- **Cargo Net** with pit underneath. Go into pit, then climb up cargo net. Volunteers stationed at bottom and top if available. Alternate route is the path on the right.
8. **“Last Grip Standing”**- **(New in 2026) Upside Down Rope Traverse** – Traverse a suspended rope over a mud pit, hanging beneath the rope and using hands and feet to pull yourself to other end. **THERE IS A MAX OF TWO PEOPLE PER ROPE.**
9. **“Mudder from a Different Brother”** ([Water station #1](#)) **MILE 1** – **Over/Under Logs/Mud Pit** . Climb into mud pool under log and then up over a log and back into the next mud pool (X3). Maintain water station; Fill multiple cups 2/3 full, spaced out on the table for runners to grab and go. Have trash can 5-10 yards down course.
10. **“Hangin’ Aroun’”** – **Monkey bars.** Use wood step to reach rungs (higher on right side). Move hand over hand across rungs to reach other side. Once dismounted, direct racers to the right back onto the course. **Warn runners of steep downslope right after obstacle.** Rope rail on left side to assist downhill.
11. **“Wallenda Time”**- **Rope Walk.** Walk across one of two rope bridges, use upper rope to hold onto (or use rock bridge pathway in middle as alternate route). **ONE PERSON ON ROPE BRIDGE AT A TIME. MAX WEIGHT IS 300 LBS.** *Volunteers should walk back to obstacle 10 or forward to obstacle 12 for pickup when done. Steep hill from 10 to 11! Notify volunteer coordinator which pickup location.*
12. **“Heavy Problems”** – **Log Lift (New in 2026)** Choose a rope (each rope has varying weight items – lightest to heaviest), pull the rope to hoist the object to the top, and drop or lower back down. **Disperse runners to both sides of obstacle.** *Volunteer pick up/drop off at obstacle.*
13. **“Zip it Real Good”**- **Zip line.** **Halfway Point.** Three separate zip lines-one with hand hold only, one with a seat and one with seat and ability for harness attachment for adaptive athletes. **THERE IS A MAX WEIGHT LIMIT OF 300 LBS, SIGNS WILL BE POSTED.** Volunteers should spread out – one at the start of each zip line and one at each landing zone. *Volunteer drop off/pick up near the obstacle entrance.*

14. **“Walkin’ On Air”**- Bouldering Wall. Climb horizontally across one side of wall using foot and hand holds on either side of wall. *Volunteers should walk to obstacle 15 for pickup.*
15. **“The Wobble Walk” – Teeter Totters**. Three different log teeter totters varying in height. Instruct volunteers to pull rope down to lower log.
16. **“Barbarians Castle”. Wall obstacle. MILE 2** Use ladder to climb up to platform, over wall to second platform, use ladder to get down. Caution – Platform is about 6 feet high. Tower on right has water and water guns. Volunteers spread out, 1 in tower, 1 near ladder up wall, 1 at landing zone. *Volunteers should walk to obstacle 18 for pickup.*
17. **“Rock my World”- Rock Garden**. Run through rocks on trail. *Volunteers should walk to obstacle 18 for pickup.*
18. **“Ready to Hurl” (Water Station #2) – High Log Hurdles**. Climb over each log. Maintain water station; Fill multiple cups 2/3 full, spaced out on the table for runners to grab and go. Have trash can 5-10 yards down course.
19. **“Step Lively”- A-Frame Angled Wall**. Climb up and over wall. Volunteers stationed at front, middle and end of obstacle. Advise hesitant runners to consider backing down the second half rather than running down. *Volunteers should walk back to obstacle 18 for pickup.*
20. **“Swinging in the Lane” – Chain Walk**. Step from chain swing to swing about 2 feet off the ground. One person at a time until the first person reaches half-way point. Alternative route is a “tire tunnel” alongside. Runners choose one obstacle (don’t have to do both).
21. **“Heavy Metal” – Garage Doors**. Runners must climb a metal incline using a rope, climb over top into a U shaped metal curtain, up over a pole and down a steep slide. Only one runner at a time until the first runner is over the bar near the end. Guides are allowed with adaptive athletes, stay in center. Instruct runners to go down the middle and **not touch the orange bars** on the side. Watch for pinch points! Recommend hesitant runners use the rope or hang from the hands before releasing at end.
22. **“Awkward Shuffle”- (New in 2026) Pitched Walls**. Traverse two 16’ angled wall sections by using hands and feet on opposite sides to cross without touching the ground below.
23. **“Wet and Wild”- Water slide. MILE 3**. One volunteer can stand on top of slide and one at bottom of slide. Runners to exit from left side of pit. Make sure slide is clear before sending the next person down. Keep slide wet and soapy.
24. **“Firefly Lane”. - Fire Pits, Smoke Obstacle**. Run on path between fire pits (NOT over fire pits). Volunteer will need to maintain two fire trenches with low fire (12-18”). Add logs as needed. Hose nearby.

Non-Obstacle Assignment Instructions

Registration – Located in Chauncey Building. Assist with packet pick up or instructing on packet pick up process.

Finish Line – Cheer on the finishers! Hand out ONE finisher medal to each finisher who crosses the line. Please direct runners to towels/showers/first aid tent if needed.

Security/Bag Drop – Located in Brooker lobby. Label bags (runner name and phone number) and alphabetize belongings on tables.

Water and Fruit - Water and fruit for runners is located at finish; Please fill cups with water. Place fruit on table for distribution.

Towels – Located near showers. One towel per runner. Instruct runners to place towels in bins when finished.

Water/Gatorade Tent – Drink ticket may be exchanged for one sports drink. Drink tickets can also be purchased separately.

Beer Tent – Assist by cutting off drink ticket bracelets as runners pick up their free beer.

Food Area – Assist Morrison with food preparation.

Emergency Action Plan: Severe Weather Warnings

In the event of a severe weather emergency, we will contact you via cell phone or via CERT Team volunteers. Runner starting waves will be paused as necessary until conditions clear and then resume. Runners on the course will be asked by volunteers to report to the nearest Storm Shelter as follows:

See map with locations of storm shelters

- Start/Festival Area/Obstacle #1 - Return to campus and seek shelter in the Brooker building located near finish line area and racer belongings area (Storm Shelter A).
- Obstacles #2-#7 - Seek shelter in Woodside House near obstacle #7 (Storm Shelter B).
- Obstacles # 8 - 9 – Seek shelter at Duplex house garage on course before obstacle #9 (Storm Shelter C)
- Obstacles #10-12 - Take access path to sports garage near softball field (Storm Shelter D)
- Obstacles #13-19 - Take the course path / access road to the softball field building (Storm Shelter E)
- Obstacle #20 - Seek shelter inside Traurig House, located on Gaylord Farm Road near employee parking area (Storm Shelter F)
- Obstacle #21-24 – Seek shelter inside the Brooker building, located near finish line area and racer belongings area. (Storm Shelter A)

No one will be allowed to leave their Storm Shelter until the “All Clear” signal has been given by the Race Director or Safety Officer who will confer and reach consensus before the race can restart.

Gaylord Gauntlet Course & Access Roads 2026



- 2026 Obstacle List with Common Names**
1. "D-Day"
 2. "Stairway to Heaven"-Ladder wall
 3. "Back & Forth"- Fence Run
 4. "Hit the Wall"-Solid Wall
 5. "The Buck Stops Here"-Gaylord Rock
 6. "Loss of Balance"-Logs
 7. "Gross or Net?"-Cargo Net
 8. "Last Grip Standing"-Upside Down Traverse
 9. "Mudder from a Different Brother"-Under Logs
 10. "Hangin' Around"-Monkey Bars
 11. "Wallenda Time"-Rope Walk
 12. "Heavy Problems"-Sand Pit
 13. "Zip It Real Good"-Zip Line
 14. "Walking on Air"-Climbing Wall
 15. "The Wobble Walk"-Teeter Totters
 16. "Barbarian Castle"
 17. "Rock My World"-Rocks Removed
 18. "Ready to Hurl?"-Log Hurdles
 19. "Step Lively"-A Frame or Pyramid
 20. "Swinging in the Lane"-Chain Walk
 21. "Heavy Metal"-Garage Doors
 22. "Awkward Shuffle"-Pitched Walls
 23. "Wet & Wild"-Water Slide
 24. "Firefly Lane"-Fire Pit

Volunteer Tent Phone #
(203) 671-8122