SPARTAN ATHLETE GUIDE
CONTENTS

3 | PRE-RACE
6 | RACE DAY
10 | ETIQUETTE
13 | POST RACE
1. PRINT WAIVER/REGISTRATION BARCODE/BRING ID
2. EAT/HYDRATE
3. BRING CASH
4. NO SENTIMENTAL ITEMS
5. BRING HYDRATION PACK
6. BRING HEADLAMP
7. REMEMBER ELECTROLYTES
8. BRING EXTRA CLOTHING
1. **PRINT WAIVER/REGISTRATION BARCODE/BRING ID**
   Make sure to print and pack your waiver, registration barcode and bring a photo ID. You’ll need them to pick up your packet.

2. **EAT/HYDRATE**
   Eat. Hydrate. Eat. Hydrate. It is important to get yourself race ready in the days leading up to your event.

3. **BRING CASH**
   Don’t forget to bring cash, it will make parking, bag check and buying food and drink easier on race day.

4. **NO SENTIMENTAL ITEMS**
   There will be a secure bag check on race day, but we suggest leaving sentimental items at home (rings, jewelry, etc.)
5. **BRING HYDRATION PACK**
   Bring a hydration pack. Fill it up before you leave the house. You can never have enough water.

6. **BRING HEADLAMP**
   Don’t get stuck in the dark. If you are running a longer distance race, or starting later in the day, don’t forget your headlamp.

7. **REMEMBER ELECTROLYTES**
   Keep your energy up. Pack salt tabs or electrolytes for a boost and to help prevent cramps during the race.

8. **BRING EXTRA CLOTHING**
   Get cleaned up. Pack extra cloths, flip flops, a plastic bag to put your muddy clothes in, and a towel to dry off after showering.
1. ARRIVE 90 MIN. EARLY
2. FOLLOW SIGNS
3. PROCEED TO REGISTRATION
4. WEAR YOUR HEADBAND/WRISTBAND
5. BUY YOUR MERCH
6. CHECK YOUR BAG
7. WEAR YOUR HYDRATION PACK
8. STRETCH WITH SGX
9. STARTING LINE 15 MIN. EARLY
1. **ARRIVE 90 MIN. EARLY**
   Plan to arrive at least 90 minutes before your start time. You want to have enough time to get race ready.

2. **FOLLOW SIGNS**
   Follow the signs to your parking location. Drive cautiously as there will be people walking as you approach the venue.

3. **PROCEED TO REGISTRATION**
   Proceed to the REGISTRATION TENT with your registration barcode, signed waiver, and photo ID to pick up your race day packet.

4. **WEAR YOUR HEADBAND/WRISTBAND**
   Gear up with the Spartan headband (you want to look badass in your pictures) then loop the yellow wristband through the timing chip and attach it to your wrist.
5. **CHECK OUT OUR SPONSORS & BUY YOUR MERCH**
Our sponsors and Spartan merchandise will sell out during the race weekend. If you see something you want, make sure to get it before it’s gone.

6. **CHECK YOUR BAG**
Check your bag.

7. **WEAR YOUR HYDRATION PACK**
Put on your hydration pack (make sure it’s full).

8. **STRETCH WITH SGX**
Get loose. Stop by the Spartan SGX area to get your warmup and stretch on. You’ll be glad you did.
9. STARTING LINE 15 MIN. EARLY

Make your way to the starting line 15 minutes before your race starts.
ETIQUETTE

1. STAY TO YOUR RIGHT
2. PASS ON YOUR LEFT
3. DO NOT LITTER
4. FILL YOUR WATER CUP
5. CONSERVE YOUR WATER
6. 30 BURPEE PENALTY
7. HELP FELLOW SPARTANS
8. RESPECT VOLUNTEERS
1. STAY TO YOUR RIGHT
Stay to your right to allow faster runners to pass.

2. PASS ON YOUR LEFT
If you want to pass someone, make sure to let them know you are coming on their left. A simple “on your left!” is enough.

3. DO NOT LITTER
Do. Not. Litter. We want to keep nature clean and beautiful.

4. FILL YOUR WATER CUP
At each water station you can fill up your cup as many times as you need, however we ask you only take 1 cup.
CONSERVE YOUR WATER
You cannot fill your pack up at every water station, conserve your own supply for when you need it most.

30 BURPKE PENALTY
If you cannot engage in any obstacle or have a condition which might be impacted by an obstacle, you may choose to complete the 30 burpee penalty instead.

HELP FELLOW SPARTANS
Spartans help each other. If a fellow racer asks for help, help them. If you need help, ask someone.

RESPECT VOLUNTEERS
Respect the volunteers. They are out there for long hours to help enforce the rules and safety standards. Listen to them and help us thank them, it goes a long way.
POST RACE

1. Grab your finisher shirt
2. Shower up
3. Watch for results/photos
4. Plan your next race
1. **GRAB YOUR FINISHER SHIRT**
   After crossing the finish line, make sure you grab your finisher tee shirt, refuel with a banana and water, then have your finisher photo taken.

2. **SHOWER UP**
   Showers will be available, so clean up and get ready to celebrate your victory with your friends, family and fellow Spartan Race finishers.

3. **WATCH FOR RESULTS/PHOTOS**
   Your results, photos and post race offers will be emailed to you a couple of days after you cross the finish line. Keep an eye out for them.

4. **PLAN YOUR NEXT RACE**
   Start planning your next race, you have a Spartan TRIFECTA to earn. Keep the spirit alive by challenging your friends to race with you.