COLORADO SUPER & SPRINT WEEKEND
MAY 13TH & 14TH, 2017

SPARTAN RACE DAY PROGRAM
COLORADO SUPER & SPRINT WEEKEND | FORT CARSON, CO
MAY 13th & 14th, 2017

SUPER EVENT SCHEDULE
SATURDAY, MAY 13th
6:00am  Registration Opens
7:30am  Men’s ELITE Start
7:45am  Women’s ELITE Start
8:00am  Expo Opens
8:00am  Competitive Block Begins
8:45am  Morning Block Begins
10:00am  Festival Challenge
11:00am  Festival Challenge
11:50am  Awards
11:15pm  Afternoon Block Begins
1:00pm  Festival Challenge
1:00pm  Last Heat
1:00pm  Registration Closes
2:00pm  Festival Challenge

SPRINT EVENT SCHEDULE
SUNDAY, MAY 14th
6:00am  Registration Opens
7:30am  Men’s ELITE Start
7:45am  Women’s ELITE Start
8:00am  Expo Opens
8:00am  Competitive Block Begins
8:30am  Morning Block Begins
10:00am  Festival Challenge
10:50am  Awards
11:00am  Festival Challenge
11:15pm  Afternoon Block Begins
1:00pm  Festival Challenge
1:00pm  Last Heat
1:00pm  Registration Closes
2:00pm  Festival Challenge

KID’S RACE SCHEDULE
SATURDAY, MAY 13th
Varsity Spartan-2 Miles (Ages 11-14)
9:00am and 2:00pm

Varsity Spartan-1 Mile (Ages 9-13)
10:00am, 11:00am, 12:00pm and 1:00pm

Jr. Varsity Spartan-1/2 Mile (Ages 4-8)
10:30am, 11:30am, 12:30pm and 1:30pm

SUNDAY, MAY 14th
Varsity Spartan-2 Miles (Ages 11-14)
1:00pm

Varsity Spartan-1 Mile (Ages 9-13)
9:00am, 10:00am, 11:00am and 12:00pm

Jr. Varsity Spartan-1/2 Mile (Ages 4-8)
9:30am, 10:30am, 11:30am and 12:30pm

Replenish and recover with FitAID! Doctor developed-Spartan approved. Visit us in festival to learn more about FitAID or enjoy a cold one after your race.
www.lifeaidbevco.com

Made with 100% grass-fed beef, we’ve taken gourmet meat snacks to their primitive state. More meat. Less bull. No junk. Vegans need not apply.
www.countryarcher.com

Heuberger Subaru, supporting the local community and your adventure lifestyle for over 45 years. Stop by our booth in festival today.
www.bestbuysubaru.com
PRE-RACE DETAILS
Follow these Pre-Race instructions to ensure quick registration on race day.
• Visit the Colorado Super & Sprint Weekend Event Page on our website.
• Look up your start time under the START TIMES tab
• Bring your barcode and photo ID to pick up your packet on race day.

RACE DAY REGISTRATION FLOW
Please show up at least 2 HOURS prior to your Heat Start Time.
Note: All racers must run in their designated start time. Please be in the starting corral on time.

SATURDAY SUPER: Registration Opens: 6:00am // Registration Closes: 1:00pm
SUNDAY SPRINT: Registration Opens: 6:00am // Registration Closes: 1:00pm

WHAT YOU NEED: Registration Barcode and Photo Identification

STEP 1: Proceed to Registration Tent area and locate a Spartan Volunteer. This is where you will be checked in and receive all necessary race items.

STEP 2: Present your photo ID and registration barcode to the Volunteer. Receive your packet. Your packet will include:
- Spartan Headband with Bib Number
- Wristband with Start Time
- Timing Chip and Wristband
- Free Drink Wristband

STEP 3: Once you have your race packet, timing chip and drink wristband, proceed to the Festival Area/Expo Area.

STEP 4: Visit the Expo Area where you will find Spartan-approved sponsors/vendors sampling and selling product.

STEP 5: Check your bag at On-Site Bag Check. Please note:
- Bags will only be returned to individuals whose name and number match up.
- Bags can be checked for $5.00 per bag.
- Be sure to check out our sponsor The Locker House for other storage options.
- Bag check will be open before the first heat and close when the last bag is picked up.

COURSE DESCRIPTIONS
Terrain: Welcome to Fort Carson Army Base. This course is as challenging and inspiring as it gets—you’re at high-elevation and you’re surrounded by Spartans on a military base. This is an experience you’ll be sure to appreciate long after you conquer the course. You’ll be tested against tough obstacles and of course, you’ll do your burpees to earn your finisher medal on the same terrain and crucibles that have continued to test this country’s finest servicemen and servicewomen.
Special Gear: Racers should plan to bring appropriate fuel for their needs. No fuel will be provided on course, only water. Hydration packs (or water containers of some variety) are strongly suggested for all racers. These packs must be filled at the start. Please note that shoes with spikes are not allowed.

Aid Stations: At each stop you will be able to drink as much water as you want, however we ask that you only take one (1) cup.

- **SUPER:** There will be six (6) aid stations on course with no hydration pack refilling station, however you will be able to fill up your pack at the Start Line.
- **SPRINT:** There will be three (3) aid stations on course with no hydration pack refilling station, however you will be able to fill up your pack at the Start Line.

On-Course Hydration Tips:
- Make sure you fill your pack up prior to the race.
- Make sure you carry enough water to be able to keep you hydrated between stations.
- Make sure you stop at every aid station to get water, use your pack in between.
- We highly suggest carrying some type of electrolyte drink in addition to water.
- Make sure to properly hydrate in the week leading up to the event.

COURSE CUTOFFS

Course Closing: Super and Sprint participants must be at the finish line by 9:00pm. Any racers remaining on the course at 9:00pm will be removed from the course for their own safety and will be considered a DNF (Did Not Finish). This means you will not get a finishing time, medal or shirt. The race will not count towards your trifecta, and you will not get a refund or a future race credit. Additional course cutoffs will be announced prior to Race Day and Spartan reserves the right to modify, change cutoffs and remove racers for health and safety issues, or unforeseen events.

- **12:00pm:** ALL racers starting at or after 12:00pm MUST have a working headlamp.
- **5:00pm:** Any racer who has not passed the Rope Climb by this time will be removed from the course.
- **6:00pm:** Any racer who has not passed Bucket Brigade by this time will be removed from the course.
- **9:00pm:** Course is closed. Any racers who have not finished by this time will be pulled from the course.

EQUIPMENT & CLOTHING

- All participants are encouraged to bring a change of clothes, shoes and a plastic bag for wet and muddy items.
- Shoes with spikes are not allowed.
- Keep in mind, a headlamp may be required if you have a later start time. Check “Course Cutoffs” for more details.
AWARD CEREMONY
SATURDAY SUPER CEREMONY: 11:50am
SUNDAY SPRINT CEREMONY: 10:50am

SUPER/SPRINT PRIZE MONEY-ELITE/ELITE MASTERS HEATS ONLY

<table>
<thead>
<tr>
<th>Elite Heats</th>
<th>Elite Masters Heats</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st place: $500.00</td>
<td>1st place: $200.00</td>
</tr>
<tr>
<td>2nd place: $200.00</td>
<td>2nd place: $150.00</td>
</tr>
<tr>
<td>3rd place: $100.00</td>
<td>3rd place: $100.00</td>
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• Along with the prize money, the top three (3) male and female elite racers will also receive a unique Reebok Spartan Race plaque designed by one of our most loyal racers. These are typically mailed about 90 days after the event.

KID’S RACE

• There are three (3) Kid’s Race distances available to race at the Colorado Super & Sprint Week end. Please note, the distances are determined by age groups. Make sure to register for the proper age group.
  • 2 Miles, 1 Mile and 1/2 Mile
• Each Kid’s Race Finisher will receive a finisher’s medal and Kid’s Race T-shirt.
• Each family will receive two (2) free spectator passes at registration, so you don’t need to include these in your purchase.

Kid’s Registration: Registration for the Spartan Kid’s Race will be at the Kid’s Registration tent. A bib number will be assigned upon check-in. The parent/guardian accompanying the child must show valid photo identification in order to pick up the registration packet.

Please make sure to bring cash or a card if you are planning to register on-site. Costs can be found on www.spartan.com under the Kid’s Race tab.

OBSTACLE SPECIALIST TRAINING
FRIDAY OBSTACLE TRAINING SPECIALIST: 9:00am

• The Obstacle Training Specialist Class will take place at 9:00am, Friday May, 12th and will last a couple of hours. Note all participants must arrive by 8:00am or earlier and the class is limited to twenty (20) participants.

Please prepare accordingly, come with proper fuel and attire for this early morning class.
HOW TO GET HERE
VENUE ADDRESS: Fort Carson Army Base
27000 Wilderness Road, Fort Carson, CO 80913-4750

Civilians/Non DOD ID: Use Hwy 115 to access Gate 6 (Intersection of Hwy 115 & Wilderness Rd)
Active Military/DOD ID: Please use other gates and access the site via Butt’s Rd via Main Post

General Parking: 2700 Wilderness Road, Fort Carson, CO 80913-4750
General parking is available at the venue for $10 per car, $20 per van or $50 per bus or RV. Parking passes are cash only & pay as you enter. Please note parking is limited.

SPECTATORS
• Spectator passes are available online for $20.00. Passes will be available on-site for $25.00.
• Spectator wristbands can be picked up at the Spectator Tent on Race Day.
• Please bring a valid form of photo identification.
• Food, drink and sponsor product will be available for purchase, please bring cash.
• Some venues have unique spectator course access with obstacle viewing, to get your favorite Spartan Racer’s picture.

FOOD/BEVERAGES & SPONSOR SAMPLING
• Food and beverages will be available for purchase on-site, please bring cash.
• If you are racing and of age, your complimentary beer will be available in the Beer Garden or otherwise specified area.
• Be sure to visit the Expo for free samples and the opportunity to purchase Spartan-approved products from our great sponsors.

FACILITIES
• Porta-Potties will be located throughout the festival area.
• Washing Stations/Showers are located on-site, but bring a towel and a change of clothes.

Any land, any road, any world! Spartans, learn more about the Official Tire of Spartan Race. Visit the link below for info on the Yokohama brand.
www.yokohamaturf.com

You’re not done. You’re a work in progress, building toward something great. That’s why we made CLIF Builder’s - grab yours at the Spartan finish line.
www.clifbar.com

Check out the latest in OCR and lifestyle gear. Visit shop.spartan.com for a wide range of Spartan-approved products from our partners.
Aroo!
www.spartan.com
SPARTAN INFORMATION

- Don’t forget to print and bring your registration barcode to pick up your packet on race day.
- You MUST have photo identification to check in.
- All children must be accompanied by an adult at all times. Leaving your child unattended while you are racing will result in you being pulled off the course and asked to leave.
- No pop-up tents are allowed in the festival. Tent space is reserved for our sponsors.
- No coolers or glass bottles allowed on the property. Security will check for them as you enter.
- If you wear a GoPro, or any other type of POV camera, please make sure your contact information (name & phone number) is somewhere on the camera. If you lose the camera on-course, this is the only way we are able to identify it.
- Please DO NOT call the venue with any questions. Our Colorado Super & Sprint Event Page is your best source for up-to-date information.
- Drink plenty of water before the race and come prepared.

INCLEMENT WEATHER

In the event of inclement weather such as lightning, tornadoes, hurricanes and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course or cancel the event in order to ensure the safety of racers, volunteers and staff. As always, weather can be unpredictable. Please come prepared for chilly morning and evening temps and possible rainstorms.

CONTACT SPARTAN HQ

For any questions or concerns that haven’t been addressed here, please visit our Frequently Asked Questions Page. It should have the answers to all the questions you’ll need answered to get you prepared for the day.
SPARTAN RACE EXPO

Open 8:00am every race day, the expo will feature leading national sponsors with highly experiential activations and free swag, healthy and functional food and beverage brands with free samples, gyms and trainers to help you warm up and cool down, workout and OCR gear and accessories companies and much more. Remember to bring cash or credit cards to take advantage of expo deals specific to Spartans.

Expo Sponsors:
- **Reebok**: Official Apparel and Footwear Partner
- **Marriott Rewards**: Official Global Hotel Partner
- **TomTom**: Official GPS Sports Watch & Timing Partner
- **U.S. Customs & Border Patrol**: Official Spartan Sponsor
- **Clif Bar**: Official Protein Bar
- **Ascent**: Official Performance Nutrition Partner
- **Yokohama**: Official Tire Partner
- **PerfectShaker**: Official Spartan Shaker Bottle
- **Refreshing Co**: Official Spartan Sponsor

Expo Exhibitors:
- **FitAID**: Recovery Beverage Sampling in Festival and Finish Line
- **Country Archer Jerky**: Beef Jerky Samples in Festival
- **Sierra Nevada**: Official Finisher Beer/Beer Sales in Festival
- **Subaru of Colorado**: Exclusive Automobile of the Fort Carson Spartan Race
- **The Locker House**: Secure Locker Rentals in Festival