Event Schedule ....................................................................................................................................... 2
Pre-Race Details & Registration ........................................................................................................ 3
Course Description .......................................................................................................................... 3
Course Cutoffs ................................................................................................................................... 4
Equipment & Clothing ..................................................................................................................... 4
Awards ............................................................................................................................................... 5
Kid’s Race .......................................................................................................................................... 5
Directions/Parking .......................................................................................................................... 5
Spectators .......................................................................................................................................... 6
Food/Beverage & Sponsor Sampling .................................................................................................. 6
Facilities ........................................................................................................................................... 6
Spartan Information .......................................................................................................................... 6
Inclement Weather ............................................................................................................................ 7
Expo & Sponsors ............................................................................................................................... 8

Learn about hotel rewards programs and member benefits from Marriott Rewards. Book your rooms for your next race to start earning points and miles today.
www.marriott.com/rewards

America’s premier law enforcement agency is looking to fill positions. Go to www.cbp.gov/careers or visit our booth for info on U.S. Customs and Border Protection.
www.cbp.gov

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.yokohamatire.com
NORTH FLORIDA SUPER & SPRINT WEEKEND | BUNNELL, FL
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
12:15pm  Afternoon Block Begins
1:00pm  Festival Challenge
1:30pm  Last Heat
1:30pm  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
8:45am  Morning Block Begins
10:00am  Festival Challenge
10:50am  Awards
11:00am  Festival Challenge
11:15pm  Afternoon Block Begins
12:00pm  Last Heat
12:00pm  Registration Closes
1:00pm  Festival Challenge
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

Propel Water has enough electrolytes to put back what you lose in sweat. Stop by our booth in festival to learn more about our hydration products.
www.propelwater.com

Super Fit Foods seeks to positively change lives by providing quality meals with exemplary customer service. Stop by our booth in festival today for more information.
www.superfitfoods.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


PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

• Visit the North Florida 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: 1:30pm
SUNDAY SPRINT: Registration Opens: 6:00am // Registration Closes: 12:00pm

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. For each checked bag, you will receive $5.00 in Spartan Bucks, which can be redeemed only at the Merchandise Pods.
• Bag check will be open before the first heat and close when the last bag is picked up.

COURSE DESCRIPTIONS

Terrain: We’ve tested out the terrain at Florida Cracker Ranch (FCR), and we can now say with some certainty that hell is not made of ice or lakes of burning sulphur—it’s made out of mud. There are no hills here—it’s Florida—but don’t think that this course will show you Southern hospitality: what FCR lacks in elevation it makes up for in sticky, soul-crushing, shoe-stealing swamp. So tie your shoes tight and join us for the chance to redefine “demanding,” battle your swamp demons and do what you once thought was impossible.
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 three (3) aid stations on course with one (1) hydration pack refilling station and 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.
- **4:00pm:** All racers on the course must have a working headlamp on them. If you do not have a headlamp, you risk being pulled 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.
- Keep in mind, a headlamp may be required if you have a later start time. Check “Course Cutoffs” for more details.
- Shoes with spikes are not allowed.
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>
</tr>
</tbody>
</table>

• 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 North Florida Super & Sprint Weekend. 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.

HOW TO GET HERE
VENUE ADDRESS: Florida Cracker Ranch
500 Cemetery Road, Bunnell, FL 32110

General Parking: 500 Cemetery Road, Bunnell, FL 32110
General parking is available at the venue for $10.00 per car or $20.00 per van and is about a 10 minute shuttle ride to festival. Parking passes are cash only & pay as you enter. Please note parking is limited. Please follow signs as directed.
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.

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.

www.perfectshaker.com

Don’t lose your grip or rip. Before you start the race, make sure to check out our OCR gloves. For more info on the Official Glove of Spartan Race visit the URL below.
www.fitfour.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
• 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 North Florida 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
• Yokohama: Official Tire Partner

Expo Exhibitors:
• Propel: Official Hydration Partner for Florida Spartan Race Series
• Super Fit Foods: Information on Meal Prep Plan Options in Festival