# SPARTAN RACE PROGRAM INDEX

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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

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

You never compromise, neither do we. The Official Performance Nutrition of the U.S. Spartan Race Series. Come by our tent to try the cleanest and leanest products!

www.etbfit.com
**PRE-RACE EVENT SCHEDULE**
**FRIDAY, OCTOBER 27th**
- 2:00pm  Open House
- 2:00pm  Ultra Beast Packet Pickup
- 6:00pm  Open House Ends/Festival is Closed
- 6:00pm  Ultra Beast Packet Pickup Closes

**ULTRA & BEAST EVENT SCHEDULE**
**SATURDAY, OCTOBER 28th**
- 5:00am  Registration Opens
- 6:00am  Elite Ultra Beast Start
- 6:05am  Competitive Ultra Beast Start
- 6:15am  Open Ultra Beast Start Times Begin
- 6:30am  Last Ultra Beast Start Time
- 7:00am  Expo Opens
- 7:00am  Men’s Elite Beast Start
- 7:15am  Women’s Elite Beast Start
- 7:30am  Competitive Beast Start Times Begin
- 8:45am  Morning Beast Start Times Begin
- 10:00am  Festival Challenge
- 11:00am  Festival Challenge
- 12:00pm  Awards
- 12:15pm  Afternoon Beast Start Times Begin
- 1:00pm  Festival Challenge
- 2:00pm  Festival Challenge
- 2:00pm  Last Heat
- 2:00pm  Registration Closes

**SPRINT EVENT SCHEDULE**
**SUNDAY, OCTOBER 29th**
- 6:00am  Registration Opens
- 7:00am  Expo Opens
- 7:30am  Men’s ELITE Start
- 7:45am  Women’s ELITE Start
- 8:00am  Competitive Start Times Begin
- 8:30am  Morning Start Times Begin
- 10:00am  Festival Challenge
- 10:50am  Awards
- 11:00am  Festival Challenge
- 11:45am  Afternoon Start Times Begin
- 1:00pm  Festival Challenge
- 1:30pm  Last Heat
- 1:30pm  Registration Closes
- 2:00pm  Festival Challenge

**KID’S RACE SCHEDULE**
**SATURDAY, OCTOBER 28th**
- Varsity Spartan -2 Miles (Ages 11-14)
  Start Times: 9:00am & 2:00pm
- Varsity Spartan -1 Mile (Ages 9-13)
  Start Times: 10:00am, 11:00am, 12:00pm, & 1:00pm
- Jr. Varsity Spartan -1/2 Mile (Ages 4-8)
  Start Times: 10:30am, 11:30am, 12:30pm, & 1:30pm

**SUNDAY, OCTOBER 29th**
- Varsity Spartan -2 Miles (Ages 11-14)
  Start Times: 1:00pm
- Varsity Spartan -1 Mile (Ages 9-13)
  Start Times: 9:00am, 10:00am, 11:00am, & 12:00pm
- Jr. Varsity Spartan -1/2 Mile (Ages 4-8)
  Start Times: 9:30am, 10:30am, 11:30am, & 12:30pm
PRE-RACE DETAILS
Follow these Pre-Race instructions to ensure quick registration on race day.
• Visit the Dallas Ultra, Beast, and Sprint 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.
• Click here for instructions to locate your barcode.

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 ULTRA BEAST: Registration Opens: 5:00am // Registration Closes: 6:30am
SATURDAY BEAST: Registration Opens: 5:00am // Registration Closes: 2:00pm
SUNDAY SPRINT: Registration Opens: 6:00am // Registration Closes: 1:30pm

WHAT YOU NEED: Registration Barcode and Photo Identification

STEP 1: Proceed to Registration Tent area and locate a Spartan Volunteer.

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.
- Bag check will be opens at 6:00 am and close when the last bag is picked up.
COURSE DESCRIPTIONS

Terrain: Welcome to Rough Creek Lodge, home of the 2011 Spartan World Championship. The familiar terrain of sprawling hunting grounds keeps Spartans coming back year after year. The terrain is both beautiful and an obstacle in itself -- with cacti along the trail every step of the way, and amazing views. To get to those views though, you’ll have to conquer the hills utilized early and often. This course is also known to continuously throw the unexpected at racers, including double bucket carries and drastic temperature changes.

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. 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.

- **ULTRA**: There will be sixteen (16) aid stations on course with 1 hydration pack refilling station on Course and ability to top off in the transition area. You will be able to fill up your pack at the Start Line.
- **BEAST**: There will be eight (8) aid stations on course with 1 hydration pack refilling station on Course and ability to top off in the transition area. 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 to 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 to 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.
ULTRA & BEAST COURSE CUTOFFS

Course Closing: Ultra Beast and Beast 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.

COURSE CLOSING: The course closes at 9:00pm. Any racers still on the course at this time are subject to being removed.

TIME CUTOFFS: Racers must be through the Sandbag carry #2 at approximately mile 10.5 (Beast) 23.5 (ultra beast) by 7:30pm.

UB Transition area closes at 2pm. All UB racers must be out of the transition area by 2:00 pm

* HEADLAMP REQUIREMENT: Headlamps will be checked at Mile 9/ WS 6 on course starting at 6:15pm. The headlamps must be on and functioning at this time and anyone not past mile 9/ WS 6 will not be allowed to continue past this point without a headlamp.

All Cut-Offs are subject to change based on Race Management discretion.

ULTRA BEAST INFORMATION

MANDATORY PACKET PICKUP: There will be a MANDATORY pre-race packet pickup on Friday, October 27th from 2pm-6pm at the Registration Tents onsite. This will also be an opportunity to ask our staff any final questions.

MANDATORY GEAR: One working headlamp. See cutoffs for additional information.

RECOMMENDED GEAR: Extra headlamp batteries, a means of carrying at least 32oz of water with additional fluids staged in gear drop bin, electrolytes, calorie source, appropriate gear given the weather and first aid material.

RULES: Be sure you are familiar with the most current rules for participating in the event and completing the obstacles. Please review the updated obstacle rule book HERE!

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

www.lifeaidbevco.com

Visit Outdoor Element's booth to check out their Spartan inspired Survival Braids & the world's first fire-starting carabiner, the firebiner!

www.outdoorelement.com

Check out the latest in OCR & lifestyle gear. Visit shop.spartan.com for a wide range of Spartan-approved products from our partners.

Aroo!

shop.spartan.com
GEAR DROP: Racers may drop Gear Bins on Friday, October 27th between 2:00pm - 6:00pm or on Saturday from 5:00am - 6:00am. Only 1 container per racer will be allowed, and the bin may be no larger than 7.5 gallons. Racers will only be able to access gear in between laps 1 and 2, and then again after they finish. They need to keep all of their items in the transition area and in the specified container. Each lap must be completed with everything that a racer takes out of the gear drop area including trash. NO OUTSIDE ASSISTANCE WILL BE ALLOWED ON COURSE OR IN THE TRANSITION AREA AND NO ADDITIONAL ITEMS MAY BE ADDED TO THE GEAR DROP ONCE THE RACE BEGINS. Anyone who does not want to store valuables in the Gear Drop area will be allowed to check items at the Bag Check area however racers will NOT be allowed to access these items until after they finish or until DNF.

- AFTER SLIP WALL PRIOR TO HERC HOIST, Ultra Beast racers finishing their first lap will be directed to the ULTRA BEAST GEAR DROP area (look for signs and/or volunteers signals). Ultra Beast racers will NOT CROSS THE FINISH on their first lap
- Ultra Beast racers must begin their second lap no later than 2pm. Racers will leave the gear drop area and look for signs and/or volunteer signals to re-enter the course. DO NOT CROSS THE START LINE TO START YOUR SECOND LAP. Racers that do not attempt to complete a second lap will have their timing chip removed in the gear drop area. If racers do not have their timing chip, they must proceed to the results tent to notify timing officials they will be starting the second lap. IF RACERS ARE NOT GOING TO ATTEMPT A SECOND LAP, please let the timing team know, and remove your gear from the gear drop.
- Ultra Beast racers that only complete one lap will be considered a DNF and WILL NOT be considered a Beast finisher. It’s all or nothing.
- NOTE: The loop after mile marker 3/Barb Wire 2, will only need to be completed on the first lap. UB racers will not complete the extra loop on the second lap.

KID’S RACE

There are three Kid’s Race distances available to race at the Dallas event. Please note, distances are determined by age groups. Make sure to register for the proper age group.

- 2 Mile, 1 Mile and ½ 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 Kids Race will be at the Kid’s Registration tent. A bib 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 the [Dallas Ultra, Beast, and Sprint Event Page](#) under the “Kids Race” tab.
AWARD CEREMONY
SATURDAY, OCTOBER 28th at 12:00pm and SUNDAY, OCTOBER 29th at 10:50am

SATURDAY ULTRA BEAST PRIZE MONEY-ELITE/ELITE MASTERS HEATS ONLY

<table>
<thead>
<tr>
<th>Heats</th>
<th>1st place</th>
<th>2nd place</th>
<th>3rd place</th>
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<tr>
<td>Elite Heats</td>
<td>$500.00</td>
<td>$200.00</td>
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<tr>
<td>Elite Masters Heats</td>
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SUNDAY SPRINT PRIZE MONEY-ELITE/ELITE MASTERS HEATS ONLY

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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. These are typically mailed about 90 days after the event.

HURRICANE HEAT / HH12HR

SATURDAY NIGHT HH: 5:00pm
SATURDAY NIGHT HH12HR: 10:00pm

• The Saturday Night Hurricane Heat will take place at 5:00pm, Saturday, October 28th and will last 3+ hours. Note all participants must arrive at the designated parking location by 4:00pm or earlier.
• The Saturday Night HH12HR will take place at 10:00pm, Saturday, October 28th and will last 12+ hours.

* Note all participants must arrive at the designated parking location by 9:00pm or earlier.
HOW TO GET HERE

GENERAL PARKING: 5165 County Road 2013, Glen Rose, TX 76043 - follow signs for venue and general parking.

General parking is available at the venue for $10.00 per car or $20.00 per van. Parking passes are cash only and pay as you enter. Please note parking is limited. Please follow signs as directed.

FRIDAY OPEN HOUSE

The Open House is a 4-hour tutorial on our signature Spartan obstacles. This is taught by certified SGX Coaches, providing you with techniques and training advice to conquer any of our obstacles on race day. The focus will be around creating a relaxed setting for you to learn best techniques from our SGX coaches on how to conquer a select group of our signature obstacles. You’ll be able to try the obstacles at your own leisure and receive feedback from the coaches and other racers.

• Participants will Receive:
  • Free Obstacle Tips and Training
  • Free Course Run Through
  • Free Spartan Gift Bag (includes Spartan water bottle and towel) for the first 200 that pre-registers

Please RSVP if you will be joining us.

SPECTATORS

• Spectator passes are available online for $20.00 and on site for $25.00 for Saturday and Sunday.
• Spectator wristbands can be picked up at the Spectator Tent on Race Day.
• Please print and fill out the Reebok Spartan Race Waiver from Dallas Ultra, Beast, and Sprint Event Page and bring it with you along with one 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. Click here for instructions to locate your barcode.
• 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 staff 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 the course, this is the only way we are able to identify it.
• Racers ages 14 and older can participate in the adult’s race. Those under 14 are encouraged to join the Kid’s Race.
• Please DO NOT call the venue with any questions. Our Dallas Ultra, Beast, and Sprint Event Page is your best source for up-to-date information.
• Drink plenty of water before the race and come prepared.
• Get a good night’s sleep. This race is no joke…

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 at 7:00AM every race day, the expo will feature leading national sponsors with highly experiential activations and free swag, healthy and functional F&B brands sampling free foods and beverages, 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
• U.S. Customs & Border Patrol: Official Sponsor
• Clif Bar: Official Protein Bar
• Eat the Bear: Official Performance Nutrition Partner
• FitAID: Official Recovery Drink
• Yokohama: Official Tire Partner
• GT’s Kombucha: Official Kombucha Partner

Expo Exhibitors:
• The Locker House.: Secure Locker Sales in Festival
• Darn Tough: Performance Sock Sales in Festival
• Rapid Recovery Hydration Solutions: IV Hydration Sales in Festival
• Junk Headbands: Performance Headband Sales in Festival
• Glen Rose CVB: Local Tourism Information in Festival
• Optimum Nutrition: Supplement Samples in Festival
• Texas Ale Project: Official Beer Sponsor
• Yumbutter: Nut butter Sales in Festival
• Homeplate Peanut Butter: Peanut Butter Sales in Festival
• Nulo Pet Food: Dog and Cat Food Samples in Festival
• Kung Fu Saloon: Sports Bar and Arcade Promotions in Festival
• Perfect Shaker: Shaker Bottle Sales in Festival
• Frog Fuel: Nutritional Support Sales in Festival
• Shower Toga: Shower and Changing Garment Sales in Festival
• 24 Hour Fitness: Gym Membership Promotion in Festival
• Operation Enduring Warrior: Wounded Veteran Organization in Festival
• Outdoor Element: Survival Gear Sales in Festival
• Gatorz: Sunglass Sales in Festival