SPARTAN™
AT&T PARK – STADIUM SPRINT
NOVEMBER 18TH, 2017

SPARTAN RACE DAY PROGRAM

Reebok
U.S. Customs and Border Protection
YOKOHAMA
CLIF
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KID’S RACE SCHEDULE

SATURDAY, NOVEMBER 18th

Varsity Spartan - 1 Mile (Ages 9-14)
9:00am, 10:00am, 11:00am, 12:00pm, 1:00pm & 2:00pm

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

Special Spartans - 1/2 Mile (Ages 4+)
3:00pm

AT&T PARK – STADIUM SPRINT | SAN FRANCISCO, CA
NOVEMBER 18th, 2017

SPRINT EVENT SCHEDULE

SATURDAY, NOVEMBER 18th

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
8:45am Morning Start Times Begin
10:00am Festival Challenge
10:50am Awards
11:00am Festival Challenge
12:15pm Afternoon Start Times Begin
1:00pm Festival Challenge
2:00pm Festival Challenge
5:00pm Expo Closes
6:00pm Last Heat
6:00pm Registration Closes

www.clifbar.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.whiteclaw.com
The Purest Hard Seltzer in the WORLD™. Grab a White Claw Hard Seltzer after you finish today. At 5% alcohol and only 110 calories, it’s like nothing you’ve ever tasted before.

www.ascentproteina.com
Hard Work Defined. If you’re training like an OCR athlete, you need to eat like an athlete. That means higher levels of high-quality protein. Visit us in festival.
PRE-RACE DETAILS
Follow these Pre-Race instructions to ensure quick registration on race day.
• Visit the AT&T Park Sprint Event Page on our website.
• Look up your start time under the START TIMES tab.
• Start times will be posted Wednesday, November 8th
• 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. All bags and personal items are subject to inspection before entering the venue. Upon arrival at the entry gate please have your bags open and ready for stadium personnel.

SATURDAY SPRINT: Registration Opens: 6:00am // Registration Closes: 6:00pm
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 opens at 6:00am and closes when the last racer picks up their bags.

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

Spartans, make sure you protect your hands. Before you start the race, swing by our Fit Four tent to pick up your OCR gloves. $5.00 off your first pair.
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!
shop.spartan.com
COURSE DESCRIPTIONS

Terrain: We return to the home of 8-time World Series Champions Giants along the San Francisco Bay where racers will traverse throughout concourses, locker rooms, plenty of stairs and chairs culminating into an epic finish on the field. We also have added some new obstacles that will get your full body in motion!

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.

• SPRINT: There will be two (2) 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.

EQUIPMENT & CLOTHING

• Shoes with spikes are not allowed.

SPRINT COURSE CUTOFFS

Course Closing: Sprint participants must be at the finish line by 7:30pm. Any racers remaining on the course 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.

• Saturday 7:30 PM: Course is closed. Any racers who have not finished by this time will be pulled from the course.
AWARD CEREMONY
SATURDAY, NOVEMBER 18th at 10:50am on the Giants Dugout (1st Base Side)

SATURDAY SPRINT PRIZE MONEY-ELITE/ELITE MASTERS HEATS ONLY

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<thead>
<tr>
<th>Elite Heats</th>
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<tr>
<td>1st place: $500.00</td>
<td>1st place: $200.00</td>
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<tr>
<td>2nd place: $200.00</td>
<td>2nd place: $150.00</td>
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<tr>
<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. These are typically mailed about 90 days after the event.

KID’S RACE
There are two Kid’s Race distances available to race at the AT&T Park event. Please note, distances are determined by age groups. Make sure to register for the proper age group.

• 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 AT&T Park Sprint (Stadium) Event Page under the “Kids Race” tab.

HOW TO GET HERE
VENUE ADDRESS: AT&T Park - 24 Willie Mays Plaza
San Francisco, CA 94107

Registration will be located at the Willie Mays Plaza on the corner of 3rd Street and King Street

GENERAL PARKING: AT&T Park, Parking Lot A, 6240 3rd St, San Francisco, CA 94158

General parking is available at the venue for $15.00. Parking passes are cash only and pay as you enter. Please note parking is limited. *We highly recommend you take public transportation to minimize the chance of being stuck in traffic.
SPECTATORS

• Spectator passes are available online for $10.00 and on site for $15.00 for Saturday.
• Spectator wristbands can be picked up at the Spectator Tent on Race Day.
• Please print and fill out the Reebok Spartan Race Waiver from AT&T Park 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

• Stadium restrooms will be open on the main concourse level.
• There are no Washing Stations/Showers located on-site.

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 AT&T Park 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
• GT’s Kombucha: Official Kombucha Partner
• White Claw: Official Hard Seltzer of Spartan Stadium Races

Expo Exhibitors:

• State Farm: Insurance Information in Festival
• Brew Dr. Kombucha: Kombucha Samples in Festival
• Country Archer Jerky: Beef Jerky Samples in Festival
• Perfect Shaker: Official Shaker Bottle Sales in Festival
• Equinox: Warm-Ups and Career Recruiting in Festival
• Munk Pack: Oatmeal Squeeze Patch Samples in Festival
• Ascent: Whey Protein Samples in Festival
• Chipotle: Food Samples in Festival
• Horizon Organic: Kid’s Course Sampling
• Fit Four: Official OCR Glove Sales in Festival