



RACE GUIDE

 SPARTAN
SPRINT



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RACE DAY CHECKLIST

Race registration counters open at 07:30AM

Racers may only complete registration **from 90 minutes** prior to his/her wave start time. Confirm wave start time on the E-Ticket in advance and complete registration **15 minutes** prior to start time.

NECESSARY ITEMS FOR REGISTRATION

- Photo identification, e.g. passport, drivers license, MyNumber card, residence card, student ID, etc. (photocopies accepted)
- PRINTED E-Ticket with wave start time

Bring the aforementioned items to the race registration counter on race day. Spartan Race does NOT mail race packets in advance.

- **Waivers must be signed electronically at registration on race day**
- Upon completing race registration, collect your race packet (items listed pg. 4).
- Review Spartan Race 2025 Rules of Competition:

https://drive.google.com/file/d/1ZTbGnUmpKZpQzX26m9kkN_Fzq-g0LZNY/view

Show photo ID for verification



Personal details (name, DOB) will be confirmed by staff





- **Headband with bib number**
You must wear the Spartan headband with bib number visible on forehead during the race.
- **Wristband with start time**
Secure start time band to wrist. You may only enter the wave corresponding to the time written on the wristband.
- **Timing chip + yellow wristband**
Secure timing chip on either wrist using the yellow wristband. Do not lose the orange timing chip; it will be collected by volunteers after crossing the finish line.

ELITE and AGE GROUP racers will receive a red head band



- **Warm up and stretch on your own**, then make your way to the start line 15 minutes before your race starts.
- **Only warm up in the designated warm up areas**; it is prohibited to warm up in parking lots and other areas not specifically designated for warm ups.
- **Respect race staff and 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.



BY CAR | via Tomei Expressway & Fuji Skyline

Spartan Race Competitors

- Take the GREEN route shown in map below
- 30 min from Gotemba IC via Fuji Skyline
- 30 min from Fuji Yoshida IC via Fuji Skyline

Spartan Kids Competitors

- Take the ORANGE route shown in map below
- 20 min from Tomei EXPY / Susono IC via Onohara on the South Outer Road
- 30 min from New Tomei EXPY / Shin-Fuji IC via Jurigi
- 50 min from Tomei EXPY / Fuji IC via Jurigi or Fuji Skyline

Access information in English ⇒ <https://www.grinpa.com/access/pdf/all1.pdf>

PARKING

SPRINT RACERS⇒SNOW PARK YETI

KIDS RACERS⇒Grinpa





BY CAR | South Fuji Evergreen Line Route

To help ease traffic congestion on race day, we ask for your cooperation with the following:

Spartan Race Competitors: access and exit race venue from Mizugatsuka Park (Snow Park Yeti side)

Spartan Kids Competitors: access and exit from Grinpa via Susono Suyama and use the free shuttle bus to access race venue at Snow Park Yeti



Free Shuttle Buses
 (approx. every 10~15
 min.; 10 min. one-
 way ride)

＜南富士エバーグリーンラインに関して＞

通行料金一覧

二輪車(125CC超) 370円

軽自動車/普通自動車 520円

マイクロバス 1,250円

円

大型自動車 2,000円

お支払方法

現金 または右参照





BY CAR | Parking Fees Explained

Parking: ¥2,000 (same for Grinpa and Snow Park Yeti)

Payment: Cash only upon entry

Spartan Race Competitors

- Access parking lot from the Snow Park Yeti side
- If the parking lot is full, you will be directed to the Grinpa parking lot.
- Use the free shuttle bus service at the Grinpa entrance to go to and from Snow Park Yeti
- Upon completing your race, take the shuttle bus back to Grinpa to your vehicle. With limited parking spots, please be considerate of Spartan Race competitors in later waves.

Show your Yeti parking ticket for discounted admission to Grinpa, only on race day:

Adults: ¥1,300 ⇒ ¥1,100

Kids, Seniors: ¥900 ⇒ ¥700

Show your finisher medal for discounted one-day tickets to Grinpa for the competitor and accompanying guests, only on race day

SPRINT RACER



YETI側の駐車場をご利用ください

Example of Spartan Race Yeti Parking Ticket



Spartan Kids Competitors

- Access the parking lot from the Grinpa side
- Use the free shuttle bus service at the Grinpa entrance to go to and from Snow Park Yeti

Show your Grinpa parking ticket for free entry to Grinpa amusement park, only on race day
Show your finisher medal for discounted one-day tickets to Grinpa for the competitor and accompanying guests, only on race day:

Adults: ¥3,700 ⇒ ¥2,400

KIDS RACER



ぐりんぱ側の駐車場をご利用ください

Example of Spartan Kids Grinpa Parking Ticket





RACE REGISTRATION

Registration opens **90 minutes** prior to the start time of each wave.
Racers with a start time at 07:30 will have less than 90 minutes to complete registration.
and must be completed **15 minutes** before your start time.

STEP 1. Pre-race Preparation

Bring the following items on race day:



- Photo identification
- PRINTED E-Ticket
- Waivers will be signed electronically on race day

DON'T FORGET TO CHECK YOUR RACE START TIME

ALWAYS use Google Chrome 

Safari, Firefox, and other browsers do not display the E-Ticket correctly

STEP 1: Find Your E-Ticket (ONLY FROM 18:00 ON THURSDAY, JULY 17)

- Click link to access My Account <https://tickets-jp.spartan.com/my-account>
- Login using your email address and password
- Under My Account, click Orders
- Click the cog symbol and select PRINT TICKET
- E-Ticket will be displayed (see image)
- Click Print



STEP 2: Collect Race Packet

Ensure race packet contains the following:



Headband (bib number)

Red: COMPETITIVE

Black: OPEN

Headbands must be worn and visible during the race

Timing Chip, Wristband

Secure timing chip around either wrist using yellow wristband

Return timing chip upon crossing finish line



SCHEDULE



TIME	EVENT
7:30 AM	Venue opens
	SPRINT ELITE registration starts
9:00 AM	SPRINT OPEN registration starts
	SPRINT ELITE start
9:30 AM	SPRINT AGE GROUP start
10:30 AM	SPRINT OPEN start
11:00 AM	ELITE Top 3 Awards
1:00 PM	SPRINT OPEN last wave
1:30 PM	AGE GROUP Awards
3:00 PM	BIGGEST TEAM Awards
4:00 PM	Course closes
5:00 PM	Venue closes



RULES & REGULATIONS

Official Spartan Race Rules of Competition

Obstacle categories are classified as:

- (1) **Mandatory obstacles:** an obstacle which a racer must complete before progressing further on the race course. Failure to complete a mandatory obstacle requires a penalty to be served by the racer
- (2) **Pass/Fail obstacles:** multiple or single attempt obstacles must be completed successfully, or a penalty must be served by the racer

Penalties to be served are as follows:

ELITE, AGE: Penalty Loop run, if the run is available. If no run is available, 30 burpees in the predetermined penalty zone. Distance of run may vary depending on terrain or the addition of weighted carries.

OPEN: Choose from Penalty Loop run or 30 burpees

All protests must be made to the race director in-person at the Results booth on race day. **The final decision always rests with the race director, after which no further protests can be made.**

For details and guidelines pertaining to obstacles and penalties, review the official 2025 Spartan Race Rules of Competition at https://drive.google.com/file/d/1ZTbGnUmpKZpQzX26m9kkN_Fzq-g0LZNY/view

Spectators, Photography, and Media Coverage

- Spectators are not allowed on the race course at any time.
- Providing aid and support that would give a racer an unfair advantage, including the provision of hydration, food, and material objects, as well as pacing, is strictly forbidden.
- Racers may take still photography and film for personal use only. Any media taken must be limited to the racer's time on the race course. For example, a racer registered for the OPEN cannot enter the race course to film or take photos of ELITE or AGE racers on the race course.

The race director reserves the right to modify the course, competition rules, and race regulations under any circumstances for the safety of the racers, volunteers and staff. Similarly, the same rights apply pertaining spectator or racer entry onto the course, photography, and media coverage.

Spectator Areas

A designated spectator area will be provided at Spartan Race Mt. Fuji Susono. The following rules apply:

- Children and women have priority
- Refrain from bringing and utilizing umbrellas (ponchos and raincoats recommended) and fragile items (including glass bottles)
- Large items and signage that obstruct others' view are not permitted
- Only the Spartan cowbell is permitted; other noise makers, including loudspeakers, whistles, drums, and sirens are not permitted
- Antagonizing or offensive speech and/or behavior pertaining to racers are not permitted
- Do NOT enter the race course or throw objects into the course



COURSE CLOSURE

In coordination with event organizers, venue management, and relevant authorities, an official course closure and race venue closing time will be strictly enforced. In addition, Spartan Race reserves the right to modify or close the race course for reasons pertaining to the health and safety of racers, volunteers, and staff.

The course closes at 16:00 (4:00PM). Please depart the race venue premises promptly by 17:00 (5:00PM). Racers who remain on the course after 16:00 will be marked as DNF (Did Not Finish) and will not receive a medal or finisher t-shirt.

Timing & Results

- Preliminary race results can be checked using the QR code and entering your bib number (the number on your headband).
- Official race results will be posted on the official Spartan Race website within five days of the race.



Water & Aid Stations

- Water stations will be available on the race course.
- Keep hydrated and be aware of the signs of dehydration.
- Racers are encouraged to bring personal hydration packs and gear.

Racers anticipating three hours or longer on the race course MUST bring personal hydration solutions.



RECOMMENDED ITEMS TO BRING

- Health insurance card or proof of health insurance
- Long sleeves, leggings, or compression gloves to prevent injuries on certain obstacles, such as the Rope Climb
- Nutrition and hydration, including electrolyte tablets
- Towel or body wipes

No showers available; do not rinse shoes, clothes, feet, or body in bathroom or venue facilities with water access

FACILITIES

Bathrooms

- Available in the Festival Area. No bathrooms on course.

Bag Check

- Available at venue free of charge
- Personal items are solely your responsibility

First Aid

- Teams of medical professionals will be deployed throughout the course.
- Medical tent will be available at the Festival Area.
- **Racers and companions must NOT use Grinpa's medical and first aid facilities.**



AWARDS

ELITE Top 3 and AGE GROUP podium winners will be announced on race day via official Spartan Race social media channels.

Prizes for the ELITE Top 3 Men and Women, as well as AGE GROUP Top 3 Men and Women can be collected during the awards ceremony at the stage on race day. **If you cannot participate in the awards ceremony, please collect the award at the information booth. Award recipients who miss the awards ceremony may only collect the medal at the information booth. Standings will not be updated on social media channels after the awards ceremony.**

ELITE TOP 3 MEN, WOMEN

The top 3 men's and women's finishers will be awarded at the stage on race day; prize money will be sent via bank transfer. Spartan Race will directly contact the applicable racers.

AGE GROUP TOP 3 MEN, WOMEN

14-17 | 18-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60+

The top 3 men's and women's finishers in each AGE GROUP category will be awarded at the stage on race day. Excludes OVERALL Top 3 winners. Age group reflects your age on December 31 of the calendar year.

BIGGEST TEAM

The top three biggest teams for each race category will be announced before race day via official Spartan Race social media channels.

BIG TEAMS (Teams of 20 or more)

Teams of 40 or more competitors receive an original, personalized Spartan Race flag. Flags must be collected at the Information booth on race day.

For the most current updates on race day, click the logo below to follow us on Instagram @spartanracejp!





REGARDING TENTS

Snow Park Yeti will be closed to the public on race day. There is little to no shade at the venue premises. As an exception, personal tents are permitted at Spartan Race Mt. Fuji Susono. Please only pitch tents within the designated tent area as shown in the Festival Area Map below.

- Tents must be no larger than 2m x 2m (pegs allowed)
- Cushioning and picnic mats recommended due to the rough plastic surfacing

In addition, the restaurant at the race venue will be open as a Family Area. All families with young children are welcome to use the Family Area.

- Due to limited space and seating, please be mindful of spending long durations and setting down personal items. Thank you for your cooperation.



SPARTAN Festival Area Map

フェスティバルエリアマップ

- | | | | | | |
|---------------------------------|----------------------------|--------------------------------|--------------------------------------|-----------------------------|-------------------------------|
| 1 入場口
[Entrance] | 2 授乳室
[Babyroom] | 3 インフォメーション
[Information] | 4 受付
[Registration] | 5 男性更衣室
[Men's Changing] | 6 女性更衣室
[Women's Changing] |
| 7 スタート
[Start] | 8 フィニッシュ
[Finish] | 9 完走メダル受取所
[Finisher Medal] | 10 完走 T シャツ受取所
[Finisher T-shirt] | 11 リザルトデスク
[Result] | 12 給水所
[Water Station] |
| 13 キッズ受付
[Kids Registration] | 14 キッズスタート
[Kids Start] | 15 キッズフィニッシュ
[Kids Finish] | 16 救護室
[Medical] | 17 物販コーナー
[Merchandise] | 18 シャトルバス乗降場
[Bus Stop] |



IMPORTANT NOTES

PROHIBITED ITEMS & BEHAVIORS

- Coolers and glass bottles
- Dangerous items
- Tents and similar camping equipment may only be set up in the designated area(s)
- Please only warm up in the designated warm up area(s).
- Avoid loitering shirtless outside the race course. In particular, please wear a shirt/top to enter Grinpa and within Grinpa grounds

Direct all race day questions to Spartan Race staff in blue staff t-shirts; on-site facility staff are unable to answer operational inquiries.

LOST & FOUND

- On race day, all lost and found items will be kept at the Information booth
- Photo ID required to reclaim lost and found items.
- Neither Spartan Race nor the venue takes responsibility for lost, damaged, or stolen items.

Don't forget to train and fuel well in preparation for the race!

See you on race day!

AROO! AROO! AROO!

GENERAL INQUIRIES

Spartan Race Japan

10:00-17:00 | Weekdays only

Email: info@jp.spartan.com

RACE DAY INQUIRIES

Applicable on race day only

Phone: 080-7683-2588

Calls accepted 5/24,25 07:00~16:00

Limited to Spartan Race inquiries and support



PHOTOs

Race day photos will be available for purchase



SPARTAN™

オールスポーツが激走を撮影！

ヘッドバンドのナンバーを見えるように装着してください

ALL SPORTS
community

公式写真販売サービス
オールスポーツコミュニティ



SPARTAN



「**SPARTAN RACE Mt.FUJI Susono**」の写真がご覧いただけます！

※写真の閲覧・購入にはオールスポーツコミュニティのログイン・新規会員登録が必要となります

オールスポーツ



SPARTAN RACE Mt.FUJI Susono SPRINT

イベントID: **E1635193**

掲載期間: **2025年7月25日(金)～2025年9月3日(水)**

※注文期限後は、価格が変動(1.5倍～)いたしますので、あらかじめご了承ください。



SPARTAN RACE Mt.FUJI Susono KIDS

イベントID: **E1635247**

掲載期間: **2025年7月25日(金)～2025年9月3日(水)**

※注文期限後は、価格が変動(1.5倍～)いたしますので、あらかじめご了承ください。



SPARTAN KIDS



ご不明な点は以下連絡先までお問い合わせください (TEL: 平日10:00～17:00/FAX&E-mail: 24時間受付中)

株式会社フォトクリエイト TEL:050-1743-5272 FAX:050-3606-6867 MAIL:support@photocreate.co.jp Photo Create

Spartan Race official photographer All Sports Community
will take photos throughout the race

PHOTO PURCHASE

All Sports Community (<https://allsports.jp/>) is the official photographer of Spartan Race. A wide variety of photos throughout race day will be posted online after the race and available for purchase. Photos can be searched using the bib number on headbands – ensure headband is on and bib number is visible at all times. Do not take screenshots of photos for purchase.



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