



MT.FUJI-SUSONO
— SNOW PARK YETI —



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

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 2024 Rules of Competition: <https://bit.ly/3QGKwke>

Show photo ID for verification



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



身分証明書を提示いただき、
本人確認を行います。



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SPARTAN


7:00AM

- **Headband with bib number**

Put on Spartan headband. Ensure bib number is 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. COMPETITIVE racers will receive a red head band


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- **Warm up and stretch on your own**, then make your way to the start line 15 minutes before your race starts.

- **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

- **By Car via Tomei Expressway**
 - 20 min from Susono IC via Evergreen Line (¥520 toll; cash or credit card/e-payment)
 - 30 min from Gotemba IC via Fuji Skyline (¥520 toll; cash or credit card/e-payment)
 - 30 min from Shin-Fuji IC via Jurigi
 - 40 min from Fuji IC via Jurigi
 - 60 min from Kawaguchiko IC via Higashifuji-goko Road
- **Access information in English:** <https://www.yeti-resort.com/en/access/>
- **Parking is ¥2,000 exact cash only; approx. 1,000 spaces available**
- **Parking lot opens at 0700 AM; racers must arrive at least 90 min. in advance of start time**

By Public Transportation + Race Shuttle Bus

- Convenient round trip and one way shuttle buses depart from/arrive at Shinjuku, Yokohama, and Gotemba stations to the race venue and back! Brought to you by Fujikyu Travel for a seamless race travel experience with fellow Spartans. Sign up by July 12 23:59 at: <https://bit.ly/3WAJKcD>



For the health and safety of everyone involved, please take note of the following:

Masks and Face Coverings

Masks are optional and up to individual discretion in both indoor and outdoor settings.

If You Feel Unwell

Reconsider participating in Spartan Race and stay home if you have any of the following symptoms: fever, cough, or a sore throat.

If You Test Positive for COVID-19

Do not participate or attend Spartan Race if you have tested positive for COVID-19 in the 5 days prior to race day.

Spartan Race staff and volunteers are encouraged and expected to be mindful about ensuring good hygiene by regularly and thoroughly cleaning their hands, covering their mouth and nose when coughing or sneezing, and helping to clean and disinfect surfaces frequently.



RACE REGISTRATION

Registration opens **90 minutes** prior to the start time of each wave 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

Recommended browser: Google Chrome 

STEP 1: Print E-Ticket

- Click link to access My Account <https://tickets-jp.spartan.com/my-account>
- Login using your email address and password

STEP 1.1

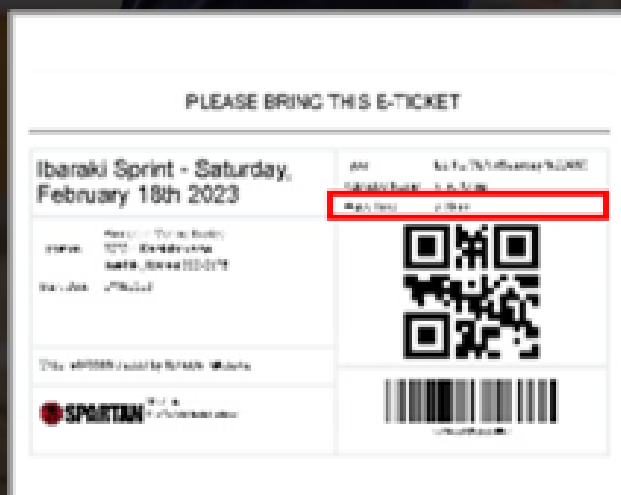
- In My Account, click Orders

STEP 1.2

- Click the cog symbol and select PRINT TICKET

STEP 1.3

- 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 COMPETITIVE registration begins
9:00 AM	SPRINT OPEN registration begins
9:00 AM	SPRINT PACE GROUP 1 starts
10:15 AM	SPRINT PACE GROUP 5 starts
10:30 AM	SPRINT OPEN starts
11:00 PM	OVERALL TOP 3 AWARDS
12:00 AM	AGE GROUP AWARDS
1:00 PM	SPRINT OPEN last wave
2:00 PM	BIGGEST TEAM AWARD
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 competitor 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

For details and guidelines pertaining to obstacles and penalties, review the official Spartan Race 2024 Rules of Competition at <https://bit.ly/3QGKwkE>

COMPETITIVE HEAT: Penalty Loop run

Length of loops may vary by terrain and may be modified to include carrying objects

OPEN HEAT: 30 burpees OR Penalty Loop run

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.

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 COMPETITIVE 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 competitors, volunteers and staff. Similarly, the same rights apply pertaining spectator or competitor entry onto the course, photography, and media coverage.



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. Spartan Race reserves the right to modify or close the race course for reasons pertaining to the health and safety of competitors, volunteers, and staff.

All competitors must cross the finish line by 16:00 (4:00PM). Competitors who cross the finish line after 16:00 will be marked as DNF (Did Not Finish). No medal or t-shirt will be given to competitors who finish after 16:00. In addition, the venue closes at 17:00 (5:00PM). We appreciate your cooperation and understanding on departing the race venue by 17:00.

Timing & Results

- Preliminary race results can be checked at the Results booth.
- 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 facilities with access to water

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 the venue's medical facilities.**

AWARDS

Podium winners will be announced on race day via official Spartan Race social media channels. Prizes for the OVERALL and 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.

• OVERALL TOP 3 MEN, WOMEN

Awarded to the top 3 men's and women's finishers; 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+

Awarded to the top 3 men's and women's finishers in each AGE GROUP category. Excludes OVERALL Top 3 winners. Age group reflects age on December 31 of the calendar year.

• BIGGEST TEAM

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

• BIG TEAM (Teams of 20 or more)

Teams of 20 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 and follow us on Instagram!



VENUE NOTES

Snow Park Yeti will be closed to the public for Spartan Race Fuji Susono. Please keep in mind that the surrounding areas remain open to the public.

- As a special exception, tents will be permitted in the designated Tent Area denoted in the map below. Tents can be a maximum of 2 meters x 2 meters; pegs are allowed.
- Due to terrain surface, cushioned mats recommended.

The restaurant will be a designated family zone for families with children of elementary school age and below.

- Due to space limitations, families are asked to be mindful of sharing space with others.



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

- **Warming up is strictly prohibited in off-limit areas (as indicated by signage)**
- **Tents only permitted in designated area by stage**
- **No glass containers and cooler boxes**
- Do not bring hazardous materials
- No inquiries about the race to venue staff - they will not know the answer or solution

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!

Contact

Spartan Race Japan Customer Service

10:00-17:00 | Weekdays Only

Email: info@jp.spartan.com

Race Day Contact

Applicable on race day only

Phone: 080-7683-2588

Calls accepted on 07/20 07:30-16:00

Limited to Spartan Race Fuji Susono inquiries and support

PHOTOS

Free photo downloads & photos 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 Susono」の写真がご覧いただけます! オールスポーツ



SPARTAN RACE Mt. FUJI Susono SPRINT

イベントID: **E1546027**

注文期限: **2024年9月4日 (水) 24:00まで**

※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: **E1526195**

注文期限: **2024年9月4日 (水) 24:00まで**

※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。

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 〒160-0023 東京都新宿区西新宿6-3-1 新宿アイランドウイング13F

TEL 050-1743-5272

FAX 050-3606-6867

E-mail support@photocreate.co.jp

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.



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PARTNERS



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