



NIIGATA
— GALA YUZAWA —
BEAST SPRINT



RACE GUIDE

 SPARTAN
BEAST /

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RACE DAY CHECKLIST

Race registration counters open at 06:30AM

Competitors may only complete registration **from 90 minutes** prior to his/her wave start time. Confirm wave start time on E-Ticket in advance and plan to **complete 30 minutes before start time. Depending on start time, competitors competing in the earliest Group heats will have less time to complete registration.**

TO COMPLETE REGISTRATION, BRING THE FOLLOWING ITEMS TO THE RACE REGISTRATION COUNTER ON RACE DAY

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

Multiple individual registrations can be processed at once. Competitors are solely responsible for ensuring the correct headbands and timing chips are worn by each individual, for each race. Spartan Race will not be held responsible for irregularities, including disqualification due to competitor error.

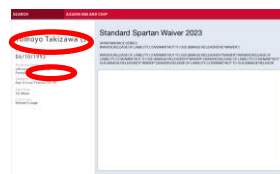
- **Waivers must be signed electronically at registration on race day**
- Upon completing race registration, collect your race packet (items listed pg. 4).
- **Spartan Race does NOT mail race packets in advance.**
- All competitors are encouraged to review the Spartan Race 2024 Rules of Competition:

<https://bit.ly/3QGKwkE>

Show photo ID for verification



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





Headband with bib number

Put on Spartan headband. Ensure bib number is visible on forehead during the race – this is especially helpful for race photo identification.

Wristband with start time

Secure start time band to wrist. Competitors 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 receive a red head band.



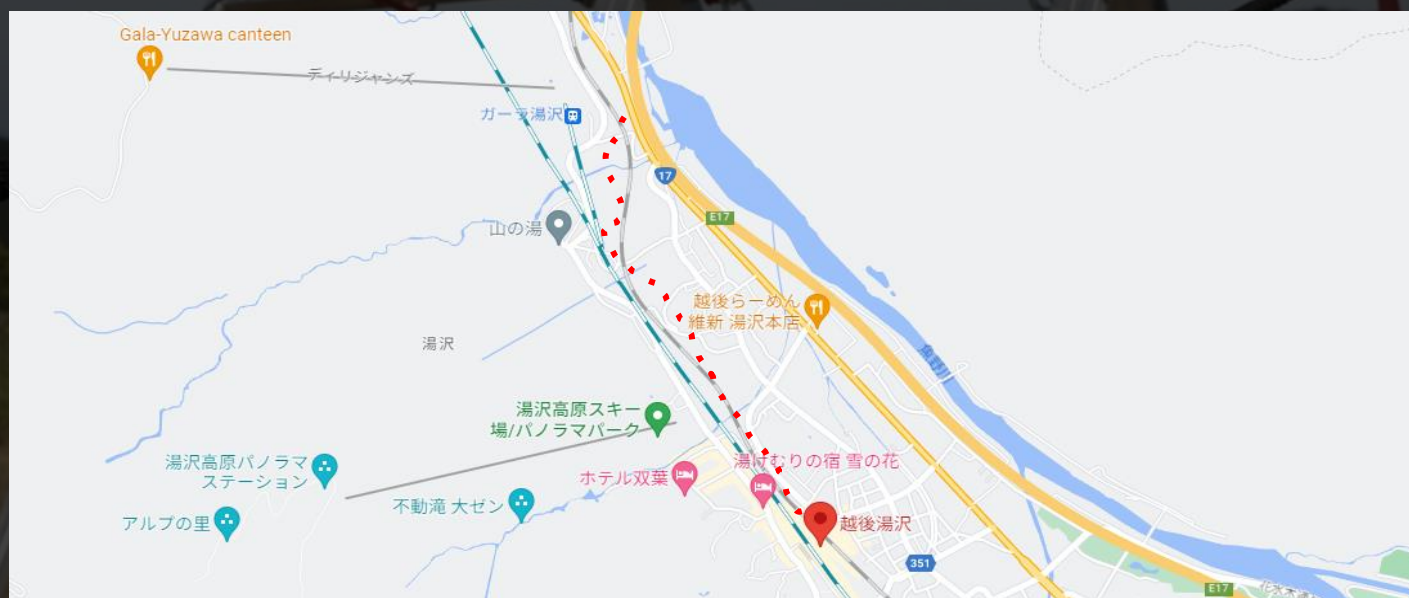
- Warm up and stretch on your own. Make your way to the start line 15 minutes before your race starts.
- Respect race staff and volunteers. They are out there for long hours to help enforce the rules and safety standards. Listen to them and help us thank them, it goes a long way.



ACCESS

RACE DAY PARKING UNAVAILABLE

Do NOT park at restaurants, shops, and commercial facilities while at the race venue. Competitors and spectators are advised to come to the race venue using public transportation. Personal vehicles MUST use public or paid parking lots in the vicinity.



By public transportation: Alight at Echigo Yuzawa station (Joetsu Shinkansen) and walk 20 minutes

By taxi: From Echigo Yuzawa station west exit, about 3 minutes
Expect long delays for taxis



RACE REGISTRATION

Registration opens **90 minutes** prior to the start time of each wave and must be completed **30 minutes** before your start time. Depending on start time, competitors competing in the earliest Group heats will have less than 90 min. to complete registration.

STEP 1. Pre-race Preparation

Bring the following items on race day:

E-ticket



Photo ID



e.g. passport,
drivers license

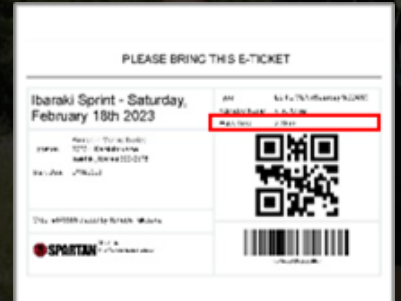
DON'T FORGET TO CHECK YOUR RACE START TIME

Recommended browser: Google Chrome



STEP 1. Find your E-Ticket

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

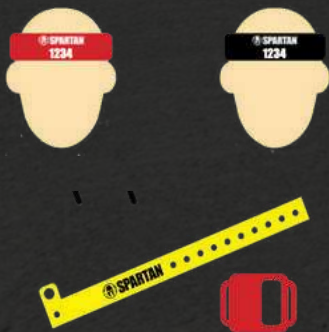


STEP 2. Sign Waiver Electronically

- Race staff will guide you on e-signing

STEP 3. 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

**SPARTAN
BEAST**

**SPARTAN
SPRINT**

| TIME | EVENT |
|----------|---|
| 6:30 AM | Venus opens BEAST COMPETITIVE registration |
| 7:30 AM | BEAST PACE GROUP 1 starts |
| | BEAST OPEN registration |
| 8:45 AM | SPRINT OPEN registration |
| 9:00 AM | BEAST OPEN starts |
| 10:15 AM | SPRINT OPEN starts |
| | |
| | |
| | |
| 4:30 PM | Course closes |
| 5:00 PM | Last gondola departure (descending) |
| 5:30 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 athlete
- (2) **Pass/Fail obstacles:** multiple or single attempt obstacles must be completed successfully, or a penalty must be served by the athlete

COMPETITIVE HEAT: Penalty Loop run

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

OPEN HEAT: 30 burpees

All protests must be made to the race director at the Results booth on race day no later than 30 minutes after release of official results. **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 Spartan Race 2024 Rules of Competition at <https://bit.ly/3QGKwkE>

Spectators, Photography, and Media Coverage

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



AFTER YOUR RACE

In coordination with event organizers, venue management, and relevant authorities, an official course closure and race venue closing time will be strictly enforced.

All competitors must cross the finish line by 16:30 (4:30PM), when the race course officially closes. Competitors who remain on the course after 16:30 will be marked as DNF (Did Not Finish). No medal or t-shirt will be given to competitors who finish after 16:30.

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.

Timing & Results

- Preliminary race results can be checked at the Results booth or by using the QR code below
- 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.
- Competitors are encouraged to bring personal hydration packs and gear.

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



Bookmark link for race day
results



RECOMMENDED ITEMS TO BRING

- Health insurance card or proof of health insurance
- Long sleeves, leggings, compression wear, and gloves to prevent injury on certain obstacles, such as the Rope Climb
- Nutrition, such as gels and solid foods, as well as hydration, including electrolytes and water
- Towel or body wipes
- Heat and sun protection, including hats, sunscreen, ice rings, cold towels, etc
- Cold weather and rainy day attire, such as windbreakers, rain jackets, arm warmers, etc.
- Moisture-wicking, quick to dry fabrics (not cotton)

Spartan Race Niigata is an endurance race in the mountains at elevation; prepare to spend several hours on the course, oftentimes in unpredictable weather
No showers available; temporary cold rinse areas available

FACILITIES

Bathrooms

- Available in Festival Area. No bathrooms on course.

Bag Check

- Available at venue (¥1,000 per locker).
- Lockers are limited in quantity, consider sharing amongst friends and teammates.
- Personal items are solely your responsibility.

First Aid

- Teams of medical professionals deployed throughout the course.
- Medical tent available at Festival Area.



AWARDS

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

Prizes and awards for the OVERALL Top 3 Men and Women, as well as AGE GROUP categories can be collected at the Information booth. **No awards ceremony will be held.**

OVERALL 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 athletes.

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 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.





IMPORTANT NOTES

THE FOLLOWING ACTIONS AND/OR ITEMS ARE PROHIBITED:

- **Illegal parking, including parking in restaurants, shops, and commercial facilities while at the race venue**
- **Warming up in restricted areas**
- **Cooler boxes and glass bottles**
- Dangerous items

- Do not participate or attend Spartan Race if you have tested positive for COVID-19 in the 5 days prior to race day.
- Refrain from calling GALA Yuzawa with questions about Spartan Race

LOST & FOUND

- On race day, all lost and found items will be kept at the Information booth at the Festival Area.
- 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 smart and fuel well in preparation for the race!

See you on race day!

AROO! AROO! AROO!

GENERAL INQUIRIES

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 9/14 07:30-16:00

RACE DAY PHOTOS

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



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
Please wear your headband and show us your bib number!

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 RACE NIIGATA BEAST/SPRINT」の
写真がご覧いただけます!



イベントID: **E1516985**

注文期限: **2024年10月30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。

You can purchase photos
SPARTAN RACE NIIGATA BEAST/SPRINT



Event ID: **E1516985**

Limited-Time Offer:

Until **Oct 30, 2024 24:00 (Japan Time)**

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 support@photocreate.co.jp

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.

SPONSORS



PARTNERS

