



NIIGATA

GALA YUZAWA SNOW RESORT

025.9.13 BEAST SPRINT



RACE GUIDE

 **SPARTAN**
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NEW: Early Check-In for Spartan Race Niigata

For the first time ever, racers may check-in and collect their race packets in advance of race day! Skip the queues on race morning and be stress-free!

 Friday, September 12 16:00-18:00
 GALA Yuzawa Snow Resort

All are welcome, but racers registered for the BEAST Elite and Age Group are strongly encouraged to check-in on Friday. Merchandise will also be available for purchase - it's the ultimate pre-race experience!

- No parking available
- Racers are responsible for bringing their own race packets, including timing chips and wristbands to the race. Lost and misplaced timing chips, e.g. left behind at hotel, will incur a replacement fee.



RACE DAY CHECKLIST

Race registration counters open at 06:30AM

Racers may only complete registration **no earlier than 90 minutes** prior to his/her wave start time. Confirm wave start time on the E-Ticket in advance and complete registration **30 minutes** prior to start time. **Depending on start time, competitors competing in the earliest heats will have less time to complete registration. Long queues and crowding expected; plan accordingly.**

NECESSARY ITEMS FOR REGISTRATION

- Photo identification, e.g. passport, drivers license, MyNumber card, residence card, student ID, etc. (copies accepted)
- PRINTED E-Ticket with wave start time (available from Sep. 11 18:00PM)

Multiple individual registrations can be processed at once. Racers 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.

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://bit.ly/4hcfYTh>

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.



ACCESS

新潟レース会場情報

GALA Yuzawa Ski Resort

1039-2 Yuzawa, Minami-uonuma, Niigata 9496101

<https://maps.app.goo.gl/cM6iR9T54xbLo7W17>



RACE DAY PARKING

UNAVAILABLE

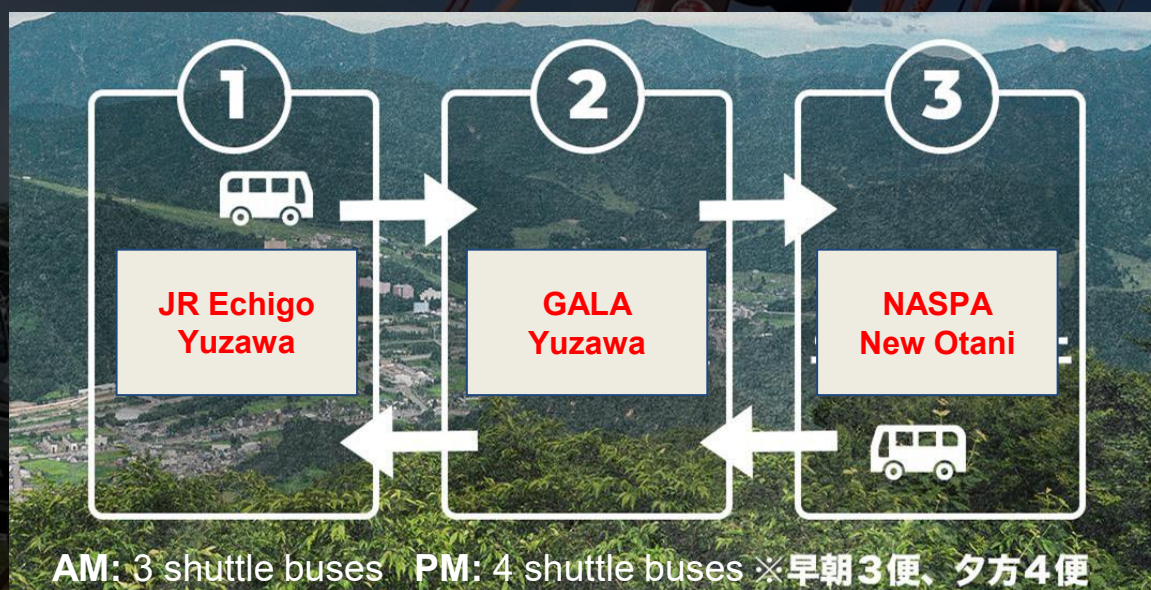
Do NOT park at restaurants, shops, and commercial facilities while at the race venue. Racers and spectators are advised to come to the race venue using public transportation. Personal vehicles MUST use public or paid parking lots in the vicinity or risk being towed at owner's expense.



By public transportation: Alight at Echigo Yuzawa station (Joetsu Shinkansen) and walk 20-30 minutes.

Alternatively, pre-book a shuttle bus ticket from JR Echigo Yuzawa station, East exit (duration: 5 min.) <https://spartanraceniigatashuttlebus.peatix.com>

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



JR Echigo Yuzawa station, East exit



GALA Yuzawa Snow Resort





RACE REGISTRATION

Registration opens **90 minutes** prior to the start time of each wave and must be completed **30 minutes** before your start time. Racers with early start times may have less than 90 minutes to complete registration. Be at the start line **15 minutes** before your start time.

STEP 1. Pre-race Preparation

Bring the following items on race day:

Printed E-ticket



Photo ID



※KIDSは、保護者身分証明書

• 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, SEP. 11)

- 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
6:30 AM	Venue opens BEAST ELITE, AGE GROUP reg. starts
7:15 AM	BEAST OPEN registration starts
7:30 AM	BEAST ELITE starts
8:45 AM	SPRINT OPEN registration starts
	BEAST OPEN starts
10:15 AM	SPRINT OPEN starts
4:00 PM	Course closes
5:00 PM	Last ski lift 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 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 within 30 minutes of your finish. **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 welcome at both the start and finish. However, spectators wishing to view the finish must purchase a ski lift ticket. Spectating is free at the start area.

- 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 GROUP 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

Two designated spectator areas at the start and finish areas will be provided at Spartan Race Niigata. 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



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 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.
- 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.





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
- Fueling and hydration, including electrolytes, gels, and solid food
- 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 shower areas available

FACILITIES

Bathrooms

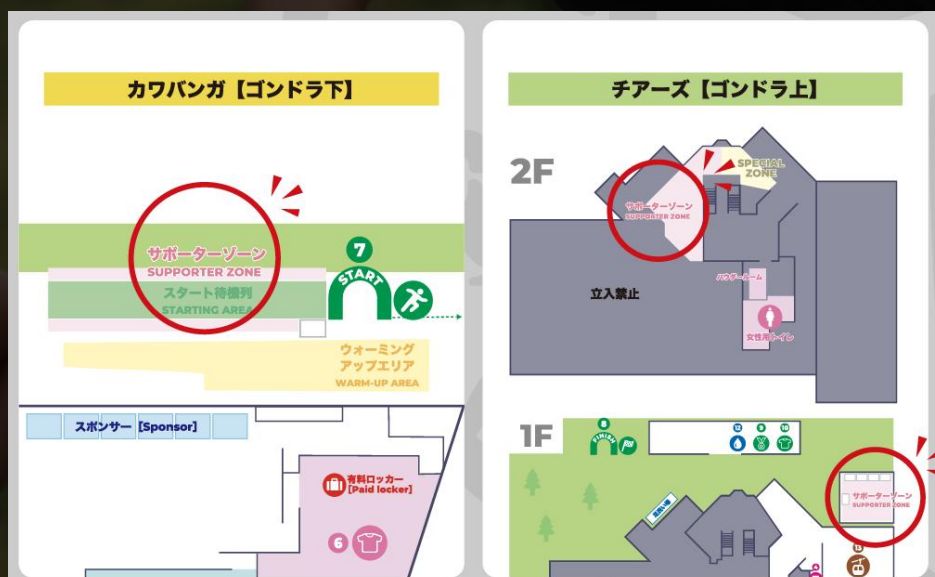
- Available in the Festival Area. No bathrooms on course.

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

ELITE Top 3 and AGE GROUP podium winners will be announced on race day via official Spartan Race social media channels. Top 3 winners displayed on social media are official and final; no changes will be made once winners are posted on official social media.

Prizes and awards for the ELITE Top 3 Men and Women, as well as AGE GROUP categories can be collected at the Information booth. Due to the lack of appropriate space, no awards ceremony will be held.

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 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.



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



IMPORTANT NOTES

THE FOLLOWING ACTIONS AND/OR ITEMS ARE PROHIBITED:

- **Illegal parking, including parking at restaurants, shops, and commercial facilities while at the race venue. All vehicles parked illegally will be towed at the owner's expense.**
- **Warming up in restricted areas**
- **Cooler boxes and glass bottles**
- Dangerous items
- 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

レース当日のお問合せ先

Applicable on race day only

Phone: 080-7683-2588

Calls accepted on 9/13 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！

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

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!



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



イベントID: **E1635347**

掲載期間: **2025年9月19日(金) - 2025年10月29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。

You can purchase photos
SPARTAN RACE NIIGATA BEAST/SPRINT



Event ID: **E1635347**

Scheduled Order Period:

Fri, Sep 19, 2025 - Wed, Oct 29, 2025 24:00(JST)

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



050-1743-5272



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.



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