



RACE GUIDE

 **SPARTAN**
BEAST //

 **SPARTAN**
SPRINT //



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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 the E-Ticket in advance and complete registration **by 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)
- Signed waiver
- PRINTED E-Ticket
- Bring the aforementioned items to the race registration counter on race day. Note that Spartan Race does NOT mail race packets in advance.
- Upon completing race registration, collect your race packet (items listed pg. 7).
- Review Spartan Race 2023 Rules of Competition: <https://bit.ly/47Uw6od>



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SPARTAN


7:00AM

- **Headband with bib number**

Put on your Spartan headband. Ensure bib number is visible on the forehead during the race.

- **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 the timing chip on either wrist using the yellow wristband. Do not lose the orange timing chip.

- ELITE and AGE GROUP competitors will receive a red headband


SPARTAN
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- Warm up and stretch on your own. Make your way to the start line 15 minutes before your race starts.

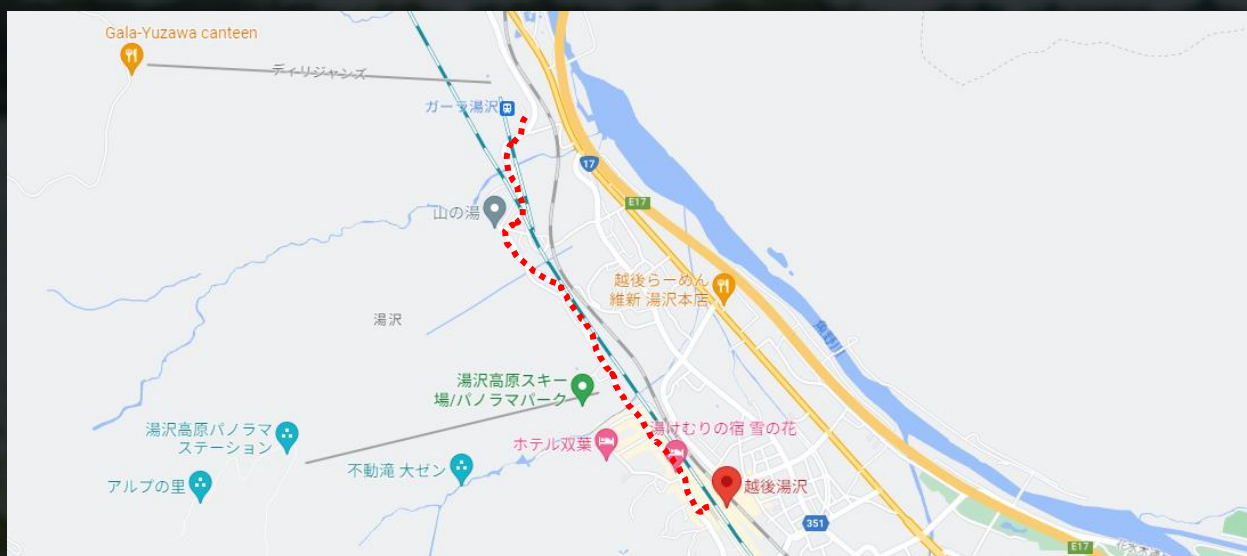
- Respect race staff and volunteers. They are out there for long hours to help enforce the rules and safety standards. Listen to them and help us thank them, it goes a long way.



ACCESS

*** RACE DAY PARKING UNAVAILABLE**

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

Yuzawa Uonuma Taxi: 0257-84-2025



COVID-19 MEASURES

Masks and Face Coverings

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

Closed and Crowded Spaces

Congestion is expected by obstacles and near photographers on the course. The festival area may also be a crowded indoor setting with people in close proximity. Please take personal precautions as necessary and avoid spaces that are closed, crowded, or involve close contact when possible.

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:

E-ticket

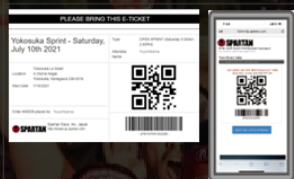
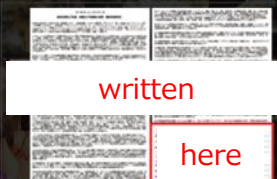


PHOTO ID



Waiver



DON'T FORGET TO CHECK YOUR WAVE RACE TIME

How to find your E-Ticket

STEP 1

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

STEP 2

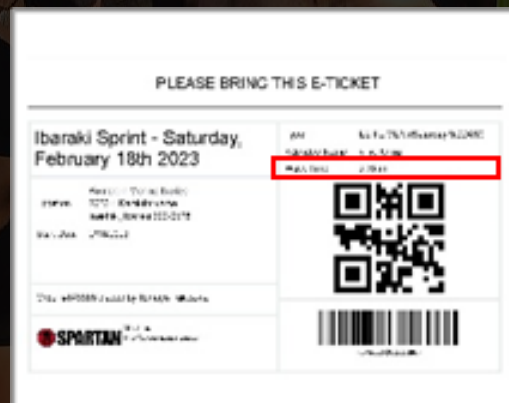
- In My Account, click Orders

STEP 3

- Click the cog symbol and select PRINT TICKET(S)

STEP 4

- E-Ticket will be displayed (see image)
- Click Print



STEP 2. Print and Bring Signed Waiver

Copies will be available on race day

STEP 3. Collect Race Packet

Ensure race packet contains the following:



Headband (bib number)

Red: ELITE, AGE Group
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 registration
7:00 AM	BEAST AGE GROUP registration
8:00 AM	BEAST OPEN registration
	BEAST ELITE MEN starts
8:15 AM	BEAST ELITE WOMEN starts
8:30 AM	BEAST AGE GROUP starts
9:30 AM	BEAST OPEN starts
9:45 AM	SPRINT OPEN registration
11:45 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

For details and guidelines pertaining to obstacles and penalties, review the official Spartan Race 2023 Rules of Competition at <https://bit.ly/47Uw6od>

ELITE, AGE GROUP: Penalty Loop run

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

OPEN: 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.**

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 must be 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 ELITE and AGE GROUP 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.
- 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 injury on certain obstacles, such as the Rope Climb
- Nutrition and hydration, including electrolyte tablets
- Towel or body wipes

No showers available; temporary cold rinse 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 will be deployed throughout the course.
- Medical tent will be available at the Festival Area.



AWARDS

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

Prizes for the top 3 Men and Women in the ELITE and AGE GROUP categories must be collected at the Information booth on race day.

ELITE TOP 3 MEN, WOMEN

The top 3 men's and women's finishers in the ELITE category must collect trophies at the Information booth 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 must collect their awards at the Information booth on race day.

※ 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 the day 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.

BIGGEST TEAM TOP 10

Limited to the Spartan Race in Niigata, the top ten biggest teams overall will each receive a Spartan Strong sandbag pancake (cover only). Covers may be collected at the Information booth on race day.

If you are unable to collect your award(s) on race day, Spartan Race will send the award(s) via post after the race. Consult with the Information booth for details and arrangements.



IMPORTANT NOTES

PROHIBITED ITEMS

- Tents and similar camping equipment
- Coolers and glass bottles
- Dangerous items, including
- Coming to the race venue by personal vehicle

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 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 9/23 06:30-17:00

Limited to Spartan Race in Niigata inquiries and support



PHOTOS

Free photo downloads & photos for purchase



ALL SPORTS community
ALL SPORTS community

OFFICIAL PHOTO SERVICE

Please wear your headband and show us your bib number!

SPARTAN 8888

SPARTAN

You can purchase photos SPARTAN RACE NIIGATA

SPARTAN RACE NIIGATA BEAST/SPRINT

Event ID: **E1365714** Limited-Time Offer: **Nov 15, 2023 24:00** (Japan Time)

g.allsports.jp



Photocreate Co., Ltd. Photo Create  <https://www.photocreate.co.jp/>  support2@photocreate.co.jp

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

FREE PHOTOS

Photos will be taken on the race course at 3 locations. These photos are free-of-charge and will be available on the Spartan Race website. Photos can be searched via facial recognition and downloaded for personal use. Link to photos will be posted on the official Spartan Race Japan Facebook after 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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