



 **SPARTAN
TRAIL**

RACE GUIDE



TABLE OF CONTENTS

- P3** Race Day Checklist
- P5** Access
- P6** COVID-19 Measures
- P7** Race Registration
- P8** Schedule
- P9** Rules & Regulations
- P11** Facilities & Venue Map
- P12** Awards
- P13** Important Notes
- P14** Sponsors & Partners





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 - registration cannot be processed more than 90 minutes before wave 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. 4).



- **Headband with bib number**

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

- **Wristband with start time**

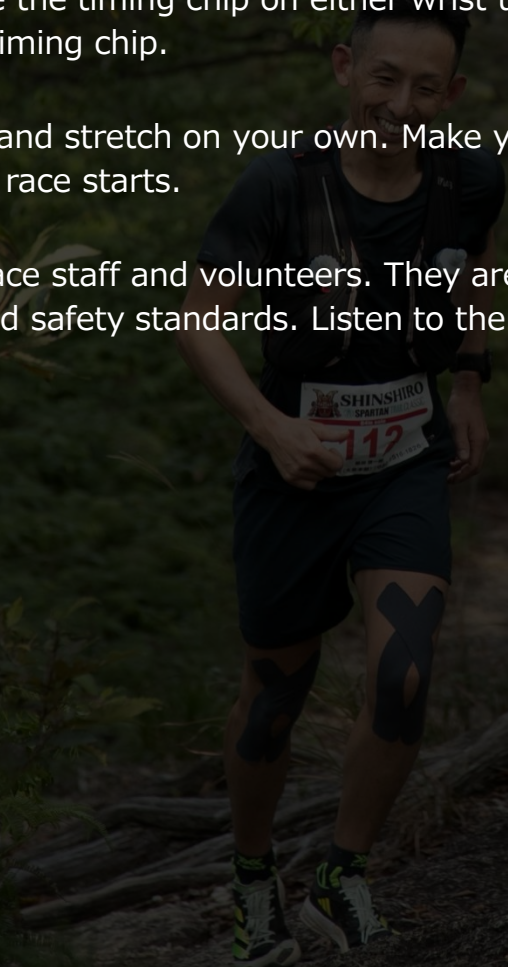
Secure start time band to wrist. Competitors may only enter the wave corresponding to the time written on the wristband.

- **Timing chip + yellow wristband**

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

- 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

Fujiyama Snow Resort Yeti
2428 Suyama, Susono, Shizuoka 410-1231



Spartan Trail takes place at Fujiyama Snow Resort Yeti
Parking available for approx. 1,350 vehicles

By Car via Tomei Expressway

- 20 min from Susono IC via Evergreen Line
- 30 min from Gotemba IC via Fuji Skyline
- 30 min from Shin-Fuji IC via Jurigi
- 40 min from Fuji IC via Jurigi
- 60 min from Kawaguchiko IC via Higashifuji-goko Road

For access details via other transportation modes:
<https://www.mso-spfes.com/access>

MSO MT.FUJI SUSONO OUTDOORS SPORTS FESTIVAL エリアマップ

会場内は全面禁煙となります

キッチンカーエリア

9/30 出店者

タコライス 478
feel free
cook Olive
SMILEMOON

10/1 出店者

赤チャリ商店
Can on cafe
エビおじさん
BANANALIFE 静岡沼津店

- 11 ワンズボディ
- 12 アローズジム
- 13 リカバリー鍼灸院
- 14 BOOK OFF
- 15 ~016~エアブラシボディイベントアート
- 16 ランニングと朝食
- 17 サンクト・ジャパン
- 18 みらい建設部
- 19 裾野市観光協会
- 20 休憩エリア
- 21 休憩エリア
- 22 大会本部
- 23 出入口



- 1 みしまや酒店
- 2 はんぺんや
- 3 山本商店
- 4 パート
- 5 翔食品
- 6 お好み焼き鉄板焼き潜酔狂
- 7 MERREL
- 8 ALTRA
- 9 Victory 車両展示
ライトキャンピングカー・キッチンカー
- 10 DEFENDER 車両展示

- SPARTAN 受付
- バス乗降場
- レストラン
- ロッカー
- 救護室
- 男性更衣室
- 女性更衣室
- トイレ
- 自動販売機
- 喫煙所



COVID-19 MEASURES

Mask and Face Coverings

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

Closed and Crowded Spaces

You may encounter congestion periodically throughout the course and parts of the festival area may be crowded indoor settings 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 Trail if you have tested positive for COVID-19 in the 5 days prior to race day.

Spartan Trail 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:



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

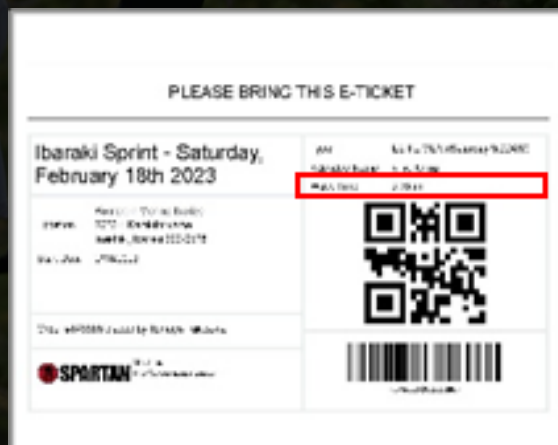
STEP 3

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

STEP 4

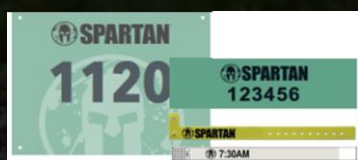
- E-Ticket will be displayed (see image)
- Click Print

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)

All athletes must wear the provided light green headband; it should be 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
9/30 (Sat)	1:00-6:00 PM	Registration (all categories)
10/1 (Sun)	7:00 AM	Venue opens Registration (all categories)
	8:45 AM	Opening Ceremony
	9:00 AM	Spartan 6-Hour Endurance Trail starts
	9:10 AM	Spartan Trail 10K starts
	11:00 AM	Spartan Trail Kids (1.5km) Elementary Gr. 1-3 starts
	11:30 AM	Spartan Trail Kids (3km) Elementary Gr. 4-6 starts
	12:00 PM	Spartan Trail Kids Awards Ceremony
	2:00 PM	Spartan Trail 10K Awards Ceremony
	3:30 PM	Spartan 6-Hour Endurance Trail Awards Ceremony
	4:00 PM	Venue Closes



RULES & REGULATIONS

Official Spartan Trail Rules of Competition

Competition Rules

- 1. Race Details:** Spartan Trail 10K and Spartan Kids Trail are timed races on a marked mountainous trail course. Competitors are ranked according to who finishes with the least amount of time to complete the course and cross the finish line. The Spartan 6-Hour Endurance Trail is based on the number of laps completed. Competitors and teams are ranked according to those who finish with the most number of laps completed.
- 2. Time Limit:** 6 hours (Spartan Endurance Trail). No time limit for Spartan Trail 10K, Spartan Kids Trail 1.5km/3km.
- 3. Gear & Equipment:** The following is required for the Spartan Trail 10K: personal cup/bottle/container for aid stations, cellphone with service in Japan, The following equipment are encouraged and recommended: hydration (500ml or more), personal nutrition, rain gear, portable light, first aid kit (gauze, disinfectant, band-aid, etc.), bear bell, portable toilet, gloves, emergency whistle, and a course map.
- 4. Poles:** In the interest of nature conservation, the use of poles is prohibited.
- 5. Course Marking:** Arrows and course tape will be placed along the course. Race volunteers and staff will also be strategically posted. Always follow the instructions of volunteers and staff.
- 6. Music, Headphones, Earphones:** Refrain from listening to music and/or being unable to hear as it can be very dangerous in the event of an emergency.
- 7. Outside Help:** 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.
- 8. Personal Accountability:** It is the competitor's responsibility to read and fully understand the competition rules & terms for disqualification before participating in this event.

Terms for Disqualification

1. Competitors who do not follow competition rules and disobey staff, volunteers and signs.
2. Competitors caught disposing of personal trash on the trail.
3. Competitors participating under false pretenses, e.g. bib swaps.
4. Competitors who egregiously violate and/or disregard nature conservation rules.
5. Competitors who aggressively overtake or pass other competitors and those sharing the trail. Note that the course is not closed to the public.

Terms and Conditions

1. No changes or modifications will be granted once registration is complete. This includes incidents due to personal circumstances. No refunds will be issued for duplicate registrations.
2. No refunds, deferrals or credits in the event of event cancellation due to unforeseen weather conditions or natural disasters, including earthquakes, typhoons, floods, snow, etc.
3. The event organizer and affiliates reserve the right for the use of photography, motion pictures, articles, recordings or any other record of this event for legitimate purposes and use in newspapers, TV, magazines, internet and any media publication, including Facebook posts, Instagram posts, and pamphlets.
4. The use of personal information conforms to the organizer's terms and conditions. Your personal information is used to provide necessary services, including race information, results, service from race affiliates, results, etc. The organizer may release your personal information in life-threatening circumstances.
5. In addition to the outlined organizer's terms and conditions, there may be separate rules pertaining to the event. In the event of discrepancies, the terms and conditions of the event will take precedence.

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 cannot enter the race course after finishing to film or take photos of other 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 16:00 (4:00PM), when the race course officially closes.

Competitors who remain on the course after 16:00 will be marked as DNF (Did Not Finish). No finisher medal or finisher t-shirt will be given to competitors who finish after 16:00.

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.

Water & Aid Stations

- Water stations will be available on the race course.
- Athletes must bring their own cup or containers to fill at aid stations
- 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.



ITEMS TO BRING

- Health insurance card or proof of health insurance
- Nutrition and hydration, including electrolyte tablets
- Towel or body wipes
- Personal cup, bottle, or container for aid stations

No showers available

FACILITIES

Bathrooms

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

Bag Check

- Available at venue
- 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

The overall top finishers will be announced in front of the stage once final results are available. Top finishers overall and by age group will be invited on stage for prizes and photos during the awards ceremony (see pg. 8 for schedule).

10K Top 3 Men, Women Overall

The top 3 men's and women's finishers will receive an award.

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 receive an award.

※ Age Group reflects your age on December 31 of the calendar year

If you are unable to collect your award on race day, Spartan Race will send the award via post after the race. Consult with race staff by the stage for details and arrangements.



IMPORTANT NOTES

1. Bring proof of health insurance.
2. The organizer reserves the right to change the course or cancel the race if weather conditions worsen during the race or if the course conditions change.
3. In the event of an accident during the race, first aid will be provided, but no other responsibility will be assumed. If you wish to purchase separate sports-related insurance, contact your local insurance company. The insurance coverage provided by the organizer is as follows: 5 million yen for death and permanent disability, 3,000 yen per day for hospitalization, and 2,000 yen per day for outpatient visits. For injuries sustained during the event, please note the following:
 - Contact the race organizer via email within one month of race day for documentation related to filing a personal insurance claim.
 - Contact the race organizer via email within two weeks of race day to file an insurance claim with the insurance coverage provided by the race organizer. Email must include the name of the event, your full name, bib number, and mailing address to which the race organizer will send the appropriate forms to for filing a claim. Complete and submit the forms via post. The insurance company will then contact you once the documents are received and confirmed. It may take one to two months for the insurance company to contact you, depending on the timing of your application. In the meantime, ensure all receipts and documentation are kept and stored for reference.
4. The race director and/or race staff may stop an athlete if it is deemed dangerous or impossible for the athlete to safely continue.
5. Use only the designated area(s) for storing your belongings. Do not bring high value or fragile items. The race organizer, Spartan Race, event and venue affiliates will not be responsible for any lost or damaged items.
6. Reusable timing chips are used for timing and results. Timing chips must be returned even if you do not start the race and will be collected at the finish line or when an athlete retires. Each lost or damaged timing chip incurs a penalty fee of 4,000 yen. Depending on circumstances and violation of race rules, a penalty time may be added to a competitor's finish time.
8. The race course is NOT closed to the public. Competitors must coexist alongside vehicles, hikers, and other visitors. Respect everyone on the shared trail – just because Spartan Trail has permission to produce an event does not give competitors the right to be rude or disrespectful. Announce yourself to others, especially when passing.
9. For safety and accountability, competitors who retire or are disqualified must report to race staff at the finish line for final processing. This includes those who retire at a check point or aid station.
10. All competitors over 55 years old must have a medical checkup within one year prior to the race. A medical certificate is not required on the day of the race, but may require submission at a later date depending on circumstances.

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 9/30 08:30-13:00, 10/1 07:00-13:00

Limited to Spartan Trail inquiries and support



SPONSORS



PARTNERS

