



SPARTAN RACE CANADA

VANCOUVER SPRINT/ SUPER WEEKEND

JUNE 10 – 11, 2017

MOUNT SEYMOUR

NORTH VANCOUVER, BC

10 Easy Steps For A Great Reebok Spartan Race Experience!

1. Once you arrive at the race venue, proceed to the Registration tent located near the entrance to the Festival Area.
2. Proceed to the "REGISTRATION" tents with your, Confirmation Barcode (paper copy or digital) and Photo Identification in hand. Choose any lane to have your bib packet and timing chip assigned.
3. Pick up your race packet from one of our awesome volunteers.
4. Loop the yellow wristband through the timing chip and attach it to your wrist.
5. Keep your bib number as a souvenir.
6. Head into the Festival Area and before you drop off your bag, check out our Spartan Merchandise tent and sponsors.
7. If you choose, drop your stuff at the "BAG CHECK" tent for safe-keeping. Bag Check is \$5 per bag – CASH ONLY!
8. Look for the "START" signs and Prepare for Glory!

REEBOK SPARTAN RACE ATHLETE GUIDE CONTENT

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1. VANCOUVER EVENT SCHEDULE – SAT, JUNE 10

Time	Event	Location
8:00am	Festival/ Registration/ Bag Check Opens	Festival Area
9:00am	Men's Sprint ELITE Start	Start Area
9:00am	Kids – Elite Start (9 to 13 years, 3km)	Kid's Zone
9:15am	Women's Sprint ELITE Start	Start Area
9:45am	Competitive Sprint Start	Start Area
10:00am	Kids Race (9 to 13 years, 1.5km)	Kid's Zone
10:00am - 12:00pm	Morning Sprint Start Times, Every 30 Minutes	Start Area
11:00am	Kids Race (4 to 8 years, 1km)	Kid's Zone
12:00pm	Kids Race (9 to 13 years, 3km)	Kid's Zone
12:30pm - 1:00pm	Afternoon Sprint Start Times, Every 30 Minutes	Start Area
1:00pm	Kids Race (9 to 13 years, 1.5km)	Kid's Zone
1:00pm	Adult Registration Closes/ Last Open Heat	Registration/Start Area
2:00pm	Kids Race (4 to 8 years, 1km) Kids Registration closes	Kid's Zone

VANCOUVER EVENT SCHEDULE - SUN, JUNE 11

Time	Event	Location
8:00am	Festival/ Registration/ Bag Check Opens	Festival Area
9:00am	Men's Super ELITE Start	Start Area
9:15am	Women's Super ELITE Start	Start Area
9:45am	Super Competitive Start	Start Area
10:00am - 11:00am	Morning Open Start Times, Every 30 Minutes	Start Area
11:00am	Registration Closes/ Last Open Heat	Registration/Start

2. PRE-RACE DETAILS – PLEASE READ!

Follow these Pre-Race Instructions to ensure a speedy registration on race day!

1. Visit the **Vancouver Event Page** on our website.
2. Scroll down to Important Race Documents.
3. **ATHLETE START TIMES will be posted on Monday, June 5th.**
4. Click on the **Start Time** tab to find your exact start time.
Enter your email address and press find to search for your start time and view your confirmation barcode.
5. **Bring one valid form of Photo ID.**
6. **EVERY RACER MUST SHOW A VALID FORM OF PHOTO ID!**

WAIVERS: Racers who have registered online do **NOT** need to sign an additional waiver (this has changed from previous seasons). We now scan your barcode for this information.

**Athletes who have registered between June 8-9 or plan to register on race day WILL need to sign a waiver on site. If you wish to print one off ahead of time, it can be found [here](#).

DO NOT FORGET YOUR PHOTO ID!!!

3. RACE DAY REGISTRATION FLOW & BAG CHECK

NOTE: Race Day Registration prices will reflect the current pricing online.

NOTE: Show up at least 2 HOURS prior to your Heat Start Time.

Saturday Sprint: Onsite registration **OPENS** at 8:00am and **CLOSES** at 1:00pm (adult races), 2:00pm (Kid's).

Sunday Super: Onsite registration **OPENS** at 8:00am and **CLOSES** at 11:15am.

WHAT YOU NEED: Registration Barcode and Photo ID

FOLLOW THESE RACE DAY REGISTRATION STEPS:

STEP 1:

Proceed to Registration Tent area and locate a Spartan Volunteer.

STEP 2:

Present your photo identification, and registration barcode to the Volunteer. Receive your packet.

Your packet will include:

- Spartan Headband with Bib Number
- Start Time Wristband
- Timing Chip and Wristband

STEP 3:

Once you have your race packet and timing chip, proceed to the Festival Area.

STEP 4:

Visit the Expo Area where you will find Spartan-approved sponsors/vendors sampling and selling product.

STEP 5:

Check your bag at On-Site Bag Check.

Please note:

- Bags will only be returned to the individuals whose name and number match up.
- Bags can be checked for **\$5.00** per bag – CASH ONLY

Saturday & Sunday: Bag Check tent will open at 8:00am and CLOSE when the last racer picks up their bags.

****All bag check purchases will receive either a \$5 credit from the Spartan Merchandise trailer (min. \$20 purchase) or a cold beverage from the Somersby Beer Festival.**

4. START SCHEDULE

SATURDAY, JUNE 10 - SPARTAN SPRINT SCHEDULE

9:00am - Elite Men

9:15am - Elite Women

9:45am – Competitive

10:00-12:00pm - Open (Morning) *Heats will be released every half-hour*

12:30-1pm - Open (Afternoon)

1:00pm - Last heat of the day

**NOTE: ALL RACERS MUST RUN IN THEIR DESIGNATED START TIME.
Please be in the starting corral on time.**

If you do not know your start time, you can locate it on the [Vancouver Event Page](#).

If you have any problems with your registration, please come to the “Race Day Registration” tent and we’ll help resolve it.

SUNDAY, JUNE 11 - SPARTAN SUPER SCHEDULE

9:00am - Elite Men

9:15am - Elite Women

9:45am – Competitive

10:00-11:00am - Open (Morning) *Heats will be released every half-hour*

11:00am - Last heat of the day

NOTE: ALL RACERS MUST RUN IN THEIR DESIGNATED START TIME.
Please be in the starting corral on time.

If you do not know your start time, you can locate it on the [Vancouver Event Page](#).

If you have any problems with your registration, please come to the “Race Day Registration” tent and we’ll help resolve it.

5. COURSE DESCRIPTION/CONDITIONS

****Please be aware that there will be snow on the course!!**

The Sprint and the Super will involve hill climbs and descents, both in the open and in the forest. Make sure to wear suitable footwear as hills will be more difficult to navigate in the snowy conditions. Prepare for anything!

Please note that NO type of footwear traction devices like YakTrax, crampons or shoes with spikes are allowed on the course. Use of them is subject to penalty or disqualification.

6. WATER STATIONS

Racers should plan to bring appropriate fuel for their needs – please DO NOT LITTER (Make sure that any packaging, etc, goes into a pocket and finishes the race with you)!!! No fuel will be provided on course, only water.

- Hydration packs are allowed but can NOT be refilled at the water station on course so make sure they are filled before you get to the Start line!

Water Stations: At each stop you will be able to drink as much water as you want, however we ask that you only take 1 cup.

- SPRINT: there will be 2 water stations on course.
- SUPER: there will be 4 water stations on course.

As always we highly suggest following proper hydration steps in the week leading up to the event.

7. COURSE CUTOFFS

- SPRINT participants must be at the finish line by **5:00pm**.
- SUPER participants must be at the finish line by **5:00pm**

Any racers remaining on course at these times will be removed from the course for their own safety and will be considered a DNF. This means you will not get a finishing time, medal, or shirt. The race will not count for your Trifecta, and you will not get a refund or a future race credit. Additional course cutoffs may be announced on Race Day and Spartan reserves the right to modify, change cutoffs and remove racers for health and safety issues, or unforeseen events.

8. EVENT TIMING

You will receive a Chip Timer (\$40 value) and yellow wrist strap to record your time and results. Chip Timer must be fastened around wrist in order to record your finish time properly.

Upon completion of the race at the Finish line:

- Drop Chip Timer and wrist strap into buckets at either side of the Finish Line.
- You will then receive your Spartan Race Medal and T-Shirt.

Finisher Times will be posted at the Results Tent near the Finish Line and will be on the Spartan Race Website as quickly as possible.

9. AWARDS

The Elite award ceremonies will take place in the festival area at 12:00pm on Saturday (Sprint) and 12:30pm on Sunday (Super).

10. PRIZING

1. All of the Spartan Race Canada race weekends will be host to at least one (1) elite heat per gender per weekend. Some race weekends will host multiple elite heats in different distances – Sprint, Super, and / or Beast. There will never be two elite heats of the same distance eligible for prize money on the same race weekend. Prizing for each elite heat (one per weekend) will be a Spartan Race custom wooden plaque as well as cash and / or merchandise prizing outlined below.

2. Prize money for elite heats is prorated based on entries

WOMEN

Heat size W50+	1st \$250 2nd \$150 3rd \$75
Heat size W25 -50	1st \$150 2nd \$100 3rd \$50
Under 25 entrants	1st \$100 2nd \$50 3rd \$25

MEN

Heat size M100+	1st \$250 2nd \$150 3rd \$75
Heat size M50-99	1st \$150 2nd \$100 3rd \$50
Under 50 entrants	1st \$100 2nd \$50 3rd \$25

3. Masters prizing will consist of gear, and / or merchandise credits.
(Masters are considered any racer 40 years or older as of race day).

Minimum Masters Heat Sizes to be considered for prizing:

25 Masters Men

10 Masters Women

4. All athletes are required to wear their Spartan Race Finishers t-shirt on the podium. If an elite athlete is wearing any competitive OCR clothing/caps then they forfeit their prize money.

5. Prizing will be given to the top three of each gender of the KIDS race elite wave.

11. iTaB FINISHER MEDALS – [click here](#)

- iTaB can help you to customize your Spartan Finisher Medal!
- All Spartan Race Finishers have the opportunity to order a personalized iTaB for their medal. The brushed silver look of the iTaB compliments the back of your Finisher Medal for the seamless look of a custom medal!
- For \$10 iTaB allows you to engrave your medal with your finishing time, race location, team name or any other info unique to you & your race.

12. OFFICIAL SPARTAN RACE FINISHER SHIRTS

2017 Finisher Shirts can be collected in the finish line sequence after you've completed the race. Wear it with pride; you'll have earned it! Be sure to wear your medal as proof that you're a Spartan finisher!

13. FREE RACE PHOTOS

Your FREE Race Photos will be available approximately one week after the event. The link to the photos will be on our [RESULTS](#) page on our website, and will be emailed to each participant. Stay tuned for more updates!

14. KID'S RACE SCHEDULE & INFORMATION

SATURDAY, JUNE 10

9:00am - ELITE 9 to 13 years (3km)

10:00am - 9 to 13 years (1.5km)

11:00am - 4 to 8 years (1km- approx)

NOTE: This is one of two heats that can facilitate parents running with their children

12:00pm - 9 to 13 (3km)

1:00pm - 9 to 13 years (1.5km)

2:00pm - 4 to 8 years (1km)

NOTE: This is one of two heats that can facilitate parents running with their children

Each finisher will receive a finisher's medal and Kids Race Shirt.

Kids can still be registered online [here](#) for all Kid's Races until 10pm on Friday, June 9th. Registration on-site for the Spartan Kids Race will be at the Kids Registration tent starting at 8:00am on Saturday, June 10.

Our staff will have a list of pre-registrants at the Kids Registration tent and a bib will be assigned to them upon check in. The parent/guardian accompanying the child must show a valid photo ID in order to pick up the registration packet. Please make sure to bring **Cash or Card** if you are planning to register on-site.

**Each family will receive two free spectator passes at registration (so you don't need to include these in your purchase).

15. DIRECTIONS

VENUE ADDRESS: Mount Seymour, 1700 Mount Seymour Road, North Vancouver, BC V7G 1L3

16. PARKING & SHUTTLE INFO

PARKING

Free parking will be available at the top of Mount Seymour. Space at the top is somewhat limited so please carpool where possible.

Absolutely no parking in Parkgate Village or on any streets or areas where parking is prohibited or restricted by signage. If you ignore these signs we are not responsible if you are ticketed or towed or both. Please Note: Parkgate Village Shopping Centre will be enforcing this on Saturday.

SHUTTLE

There will be shuttle service from the bottom of Mount Seymour to the top, so please give yourself some time to reach the top. The first buses are scheduled to pick up from Dorothy Lynas School for 7:00am and 7:30am, then every half hour on the 00's and 30's.

Parking is available on residential streets around Dorothy Lynas, as well as at the school. Please DO NOT park in the Parkgate Mall or Rec Centre parking lots.

17. SPECTATORS

Spectator passes are available online for \$15 [here](#) for Saturday and [here](#) for Sunday. Please come by the Spectator Tent to pick up your wristband.

****All Spectator Pass purchases will receive either a \$5 credit from the Spartan Merchandise trailer (min. \$20 purchase) or a cold beverage from the Somersby Beer Festival.**

- Food and drink will be available for sale (please bring cash).
- Unique Spectator Course access with obstacle viewing, to get your favorite Spartan Racer's pictures!
- DJ & Emcee entertainment all day.
- For detailed spectator information, please see: [Spartan Race Spectator Guide](#).

18. EQUIPMENT & CLOTHING

- **Dress for snowy conditions – there will be snow on the course!!**
Please check conditions for Mount Seymour the night before to plan ahead of time – layer up!
- Wear shoes with good grips as the snow will make the course slippery (we strongly advise against wearing basketball or tennis shoes).
- **Please note that NO type of footwear traction devices like YakTrax, crampons or shoes with spikes are allowed on the course. Use of them is subject to penalty or disqualification.**
- All participants are encouraged to bring a change of clothes, shoes, and a plastic bag. You are going to get wet and muddy!
- Shoe Donation will be available- we'll clean and send your filthy running shoes to needy feet all over the globe. Just tie them together and toss them in the pile by the showers.

19. FOOD & BEVERAGES

- Food and beverages will be available for sale in our festival area throughout the day! Please bring cash.
- Have your ID ready if you are planning on visiting our Somersby Beer Festival.
- The Somersby Beer Festival will be open from 12:00pm to 5:00pm – Saturday & Sunday

Note: Cash is available from the Spartan Merchandise trailer.

20. RESPONSIBLE DRINKING

Spartan Race HQ reminds you to drink responsibly.

21. FACILITIES

- Porta-Potties will be located throughout the festival area.
- Washing Stations are located on-site, but bring a towel and a change of clothes.

22. GENERAL INFORMATION

- ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES. LEAVING YOUR CHILD UNATTENDED WHILE YOU ARE RACING WILL RESULT IN BEING PULLED OFF THE COURSE AND ASKED TO LEAVE.
- No pop-up tents are allowed in the festival. Tent space is reserved for Sponsors.
- Dogs are permitted on site but as per BC Parks rules, all dogs must be on leash at all times.
- No coolers or glass bottles allowed on property. Security staff will check for them as you enter.
- Shoe and clothing donation available both in festival and in parking lots. If you want to donate your muddy clothing and shoes make sure you drop it off at the proper tent and not on the ground.
- If you wear a GoPro, please make sure your contact information (name & phone number) is somewhere on the camera. If you lose the camera on the course, this is the only way we are able to identify it.
- You must have ID to check in. Racers ages 14 and older can participate in the adult's race. Those under 14 are encouraged to join the Kids race.
- Please DO NOT call venue with questions! Our [Vancouver Event Page](#) is your best source for up-to-date information. Please check back early and often.
- Drink plenty of water before the race and come prepared!

23. INCLEMENT WEATHER

In the event of inclement weather such as lightning, tornadoes, hurricanes and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course, or cancel the event in order to ensure the safety of racers, volunteers and staff.

As always, weather can be unpredictable. Please come prepared for chilly morning and evening temps and possible rainstorms.

24. CONTACT SPARTAN HQ

All Spartans do their homework. For any questions or concerns that haven't been addressed here, please visit our [Frequently Asked Questions Page](#). It should have answers to all the questions you'll need to get you prepared for race day



For more information, please visit the [Vancouver event page](#) on our website!