



# SPARTAN RACE DAY PROGRAM

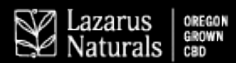
## POCONOS

BLUE MOUNTAIN SKI AREA  
JULY 15-16, 2023

Presented by:



**SPARTAN**  
**ELITE SERIES**  
**NORTH AMERICAN**





## SAFETY MEASURES AND CUSTOMER EXPECTATIONS

Spartans, our #1 priority is keeping you safe. Below are the festival and on-course modifications we're making to ensure a safe, exciting event for everyone. Please review these guidelines carefully before your event.

### HIGH-RISK INDIVIDUALS

High risk individuals, or anyone living with high risk individuals, are encouraged not to attend the event. High-risk individuals may include :

- Anyone over 65 years of age;
- People who have chronic lung disease, moderate to severe asthma and/or severe heart disease;
- People who are immunocompromised: those who have undergone or are undergoing cancer treatment, bone marrow or organ transplantation; anyone with immune deficiencies, poorly controlled HIV or AIDS, or had prolonged use of corticosteroids; and smokers;
- People of any age with class III or severe obesity; or
- Anyone diagnosed with the following underlying conditions: diabetes, liver disease and persons with chronic kidney disease undergoing dialysis.

Always refer to the latest governing body guidelines when deciding if you should attend.

### PRE-RACE HEALTH MONITORING

Customers should monitor their health 14 days prior to race day, and be aware of any symptoms that could indicate they have been infected with the novel coronavirus. Any customer exhibiting the following symptoms in the 14 days prior to an event should not attend. This includes:

- Cough
- Shortness of Breath
- Labored Breathing
- Fever
- Chills
- Muscle Aches
- Sore Throat
- Loss of Taste or Smell

Individuals who have been in close contact for more than 15 minutes with someone diagnosed with COVID-19 or who exhibits the above symptoms in the last 14 days should not attend.



## HOW TO GET HERE

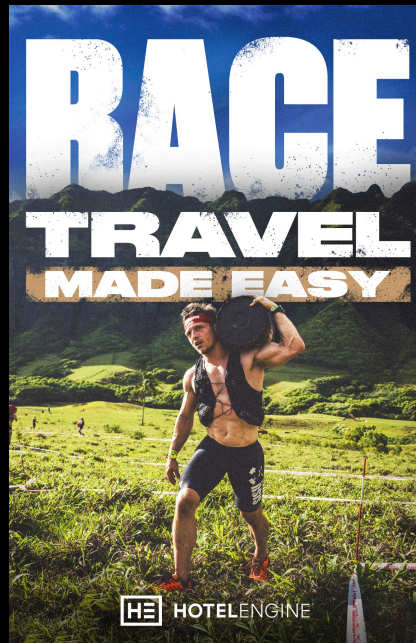
### GENERAL PARKING:

1660 Blue Mountain Drive  
Palmerton, PA 18071

## TRAVEL & LODGING

As our official lodging partner, Hotel Engine is saving Spartans up to 60% on hotel lodging for race day and beyond. Sign up for free to enjoy exclusive rates, extra rewards, huge selection and 24/7 US-based support.

[BOOK YOUR HOTEL HERE](#)





# Poconos Spartan Event Weekend July 14th - 16th 2023

## 3K EVENT SCHEDULE

Friday, July 14th

2:30pm	Registration Opens
4:00pm	3K Age Group Men & Women Start
4:00pm	Registration Closes
6:30pm	3K Awards
7:00pm	Festival Closes

## SUPER EVENT SCHEDULE

Saturday, July 15th

6:30am	Registration Opens
6:30am	Festival and Merchandise Opens
7:30am	Elite Men & Women Start
7:45am	Age Group (14-17, 18-24, 25-29) Start
8:00am	Age Group (50-54, 55-59, 60+) Start
8:15am	Age Group (40-44, 45-49) Start
8:30am	Age Group (30-34, 35-39) Start
8:45am	Early Morning Start Times Begin
10:00am	Open Start Times Begin
10:00am	Festival Challenge
10:30am	Sprint Elite Awards
11:00am	Competitive Kids Awards
11:15am	Super Elite Awards
11:30am	Festival Challenge
11:30am	Sprint Age Group Awards
12:00pm	Super Age Group Awards
12:30pm	Festival Challenge
1:00pm	Last Heat
1:00pm	Registration Closes
2:00 pm	Festival Challenge
8:00pm	Festival Closes

## SPRINT & TRAIL EVENT SCHEDULE

Sunday, July 16th

6:30am	Registration Opens
6:30am	Festival and Merchandise Opens
7:30am	Sprint Elite Men & Women Start
7:45am	Sprint Age Group (14-17, 18-24, 25-29) Start
8:00am	Sprint Age Group (50-54, 55-59, 60+) Start
8:15am	Sprint Age Group (40-44, 45-49) Start
8:30am	Sprint Age Group (30-34, 35-39) Start
8:45am	Sprint Early Morning Start Times Begin
9:30am	Trail 10K Start
9:45am	Sprint Open Start Times Begin
10:00am	Festival Challenge
10:30am	Sprint Elite Awards
11:00am	Competitive Kids Awards
11:30am	Sprint Age Group Awards
12:00pm	Super Age Group Awards
12:15pm	Trail Elite and Age Group Awards
12:30pm	Festival Challenge
1:00pm	Last Sprint Heat
1:00pm	Registration Closes
7:00pm	Festival Closes



## KIDS RACE EVENT SCHEDULE SATURDAY, July 15th

### **COMPETITIVE 2 MILE KIDS RACE** | Required Ages 9-14

Start Times: 9:00am Males and 9:15am Females

### **2 MILE KIDS RACE** | Required Ages 9-14

Start Times: 12:00pm and 2:00pm

### **1 MILE KIDS RACE** | Suggested Ages 7-9

Start Times: 10am, 11am, and 1pm

### **1/2 MILE KIDS RACE** | Suggested Ages 4-6

Start Times: 10:30am, 11:30am, and 1:30pm

## KIDS RACE EVENT SCHEDULE SUNDAY, July 16th

### **COMPETITIVE 2 MILE KIDS RACE** | Required Ages 9-14

Start Times: 9:00am Males and 9:15am Females

### **2 MILE KIDS RACE** | Required Ages 9-14

Start Times: 12:00pm

### **1 MILE KIDS RACE** | Suggested Ages 7-9

Start Times: 10am, 11am, and 1pm

### **1/2 MILE KIDS RACE** | Suggested Ages 4-6

Start Times: 10:30am, 11:30am, and 1:30pm

### **INCLUSIVE HEAT** | Ages 4+

Start time: 1:30pm

## PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- Visit the [Poconos Spartan Event Weekend](#) event page on our website.
- Your specific start time will be in your **Spartan Account** approximately 10 days prior to race day.
- You must screenshot or print and bring your heat time, registration barcode, and photo identification to pick up your packet on race day. [Click here](#) for instructions to locate your barcode. This is important, as you will have to show your heat time prior to entering, and service can be unreliable.

For a complete description of how to complete each obstacle, what's allowed, what constitutes "failing" an obstacle, official penalties, and a video on how to complete a proper Spartan burpee, [click here](#).

Age Group competitors follow the same rules and standards as Elite racers, including being officiated and video recorded. Read up on the rules now and get ready to race.



## VENUE & COURSE DESCRIPTIONS

In Palmerton, you'll scale Pennsylvania's Blue Mountain, which has tested Spartans year after year and is one of our longest standing venues for a reason. Run in and out of dense forests as you scale the rugged hill designed to test even elites. If you're strong and determined enough, you'll be rewarded with amazing views of the Poconos from the top – and then your challenging descent begins. Don't race alone. Invite your friends and family to cheer you on. This is an amazing course for spectators. They can take the chair lift ride to the top for jaw-dropping views of the course and surrounding area. Put yourself to the test at this "must race" event.

**Special Gear:** Racers should plan to bring appropriate fuel for their needs. Hydration packs (or water containers of some variety) are strongly suggested for all racers. Please note that shoes with spikes are not allowed.

## AID STATIONS

At each stop you will be able to drink as much water as you want, however we ask that you only take one (1) cup. All racers will have the ability to fill their hydration pack at the Start Line.

- **SUPER:** There will be five (7) aid stations on course, including one (1) hydration pack refill station.
- **SPRINT:** There will be three (4) aid stations on course with no on-course hydration pack refilling station.



## ON-COURSE HYDRATION TIPS

- Make sure to fill your pack up prior to the race. You can purchase hydration packs at the merchandise tent on race day.
- Make sure you carry enough water to be able to keep yourself hydrated between stations.
- Make sure to stop at every aid station to get water, use your pack in between.
- We highly suggest carrying some type of electrolyte drink in addition to water.
- Make sure to properly hydrate in the week leading up to the event.
- There will not be any fuel or nutrition on course.

## COURSE CUTOFFS

Super and Sprint participants must be at the finish line by 9:00pm. Any racers remaining on the course at 9:00pm will be removed from the course for their own safety and will be considered a DNF (Did Not Finish). This means you will not get a finishing time, medal, or shirt. The race will not count towards your trifecta and you will not get a refund or a future race credit. Additional course cutoffs will be announced prior to Race Day and Spartan reserves the right to modify, change cutoffs, and remove racers for health and safety issues or unforeseen events.

- 8:00pm: Any racer on the course must have a working headlamp on them. If you do not have a headlamp, you risk being pulled from the course.
- 6:00pm: Any racer who hasn't passed Bender by this time will be removed from course.
- 7:00pm: Any racer who hasn't passed A-Frame Cargo by this time will be removed from the course.
- 9:00pm: Course closed. Any racers who haven't finished by this time will be pulled from course.

## INCLEMENT WEATHER

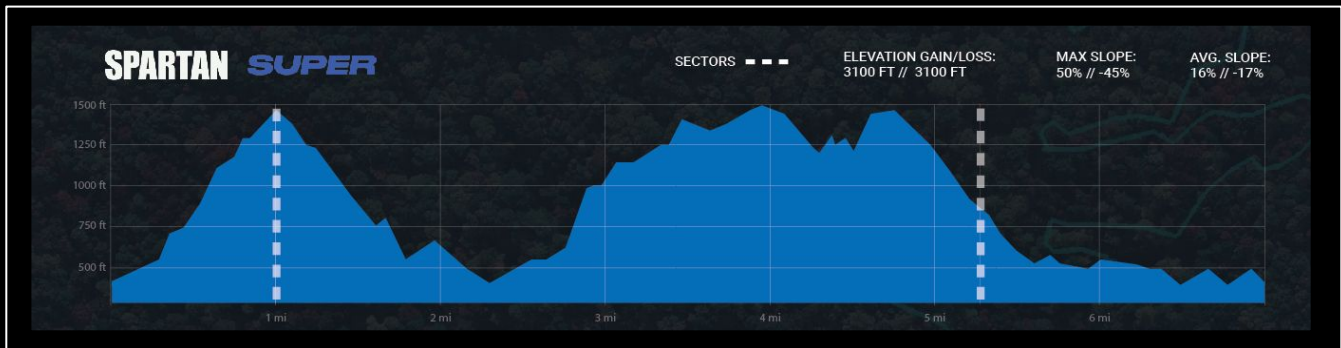
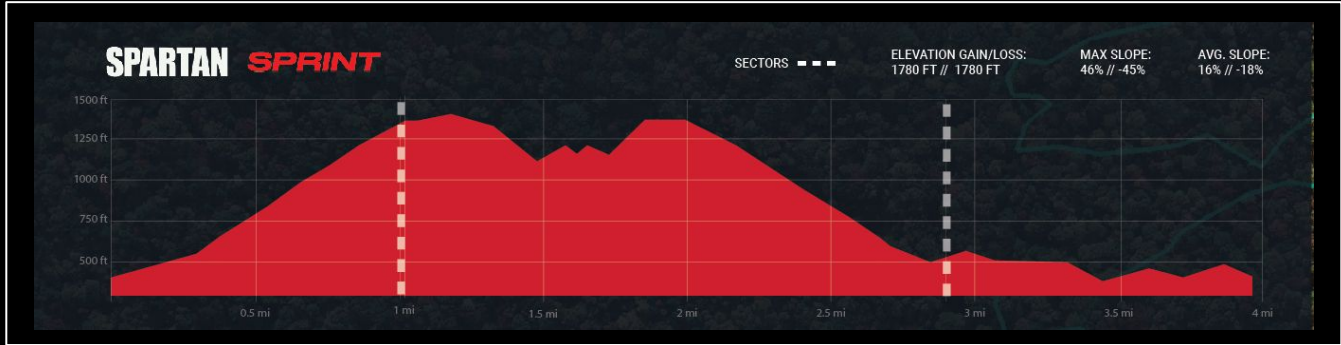
In the event of inclement weather such as lightning, tornadoes, hurricanes, and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course or cancel the event in order to ensure the safety of racers, volunteers, and staff. As always, weather can be unpredictable.

## EQUIPMENT & CLOTHING

- All participants are encouraged to bring a change of clothes, shoes, and a plastic bag for wet and muddy items. There will be changing tents at the event. Please plan your post-race gear accordingly.
- Hydration packs are strongly recommended for all racers.
- Shoes with spikes are not allowed.
- Our official merchandise tent will open at the same time as the festival area. Forget your racing shoes, change of clothes, spare socks? We can help.



# COURSE ELEVATION PROFILES





## FRIDAY 3K ELITE SERIES

The 3K race at this event is part of an invite-only North American Elite Series. If you are an Elite racer, head to the [FAQ](#) to learn more.

### 3K EVENT SCHEDULE

Friday, July 14th

2:30pm	Registration and Festival Opens
4:00pm	3K Age Group Men & Women Start
4:00pm	Registration Closes
6:30pm	3K Awards
7:00pm	Festival Closes

We're thrilled to have spectators join us for the 3k elite series event free of charge! As you watch some of the world's top athletes compete, we want to remind you that merchandise will be available for purchase throughout the event.

From hats and t-shirts to water bottles and keychains, our merchandise stand will have a variety of items for you to choose from.



## KIDS PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- Visit the [Poconos Spartan Event Weekend](#) event page on our website.
- For pre-race venue specific details with our onsite Kids Race team, visit our [Kids Facebook page](#) 1-2 days before race weekend.
- You must screenshot or print and bring your heat time, registration barcode, and photo identification to pick up your packet on race day. Log into your **Spartan Account** to see your chosen start time and barcode. [Click here](#) for instructions. This is important, as you will have to show your heat time prior to entering, and service can be unreliable.
- Two spectator passes are provided per family. Spectating is available anywhere along the outside of the orange Kids tape. One parent may run with a racer on the half mile or one mile course. No adults allowed on the two mile course.
- Children must be supervised at all times within Festival and an adult or guardian must be present at all times within Kids Course or Kids Festival while their child is racing.

Visit our [KIDS FAQ](#) for more information

## KIDS REGISTRATION

Registration for the Spartan Kids Race will be at the Kids Registration tent. The parent/guardian accompanying the child must show valid photo identification to pick up the bib packet. For additional information, please visit the [Poconos Spartan Event Weekend](#) event page and click the “Kids Race” tab.



## KIDS RACE

- There are three Kids Race distances available to race at the event.
  - 2 Mile, 1 Mile and ½ Mile
  - Half Mile suggested age: 4-6
  - One Mile suggested age: 7-9
  - Two Mile REQUIRED age: 9-14
  - Please note: The .5 and 1 mile events are open to anyone 4-14 yrs of age but the 2 mile requires a minimum age of 9 on race day.

Each Kids Race Finisher will receive a Finisher Medal and Finisher T-shirt.

## KIDS TWO MILE COMPETITIVE

- Obstacle failure requires completion of the designated penalty loop (red course tape) before continuing
- Podium placement is based on the racers age on December 31, 2023
- Kids Awards Ceremony is at 11:00 AM local time at the Main Stage.
- Visit our [KIDS FAQ](#) for more information on rules and age requirements

## KIDS WATER STATIONS

- Half Mile: Finish Line
- One Mile: Half mile-one mile transition and Finish Line
- Two Mile: Half mile-one mile transition, two mile transition, and Finish Line

## KIDS TRIFECTA

Claim your hard earned Trifecta medal at the Trifecta Tent located in Festival. Tag #spartankids on social to show the world your accomplishment!

Don't forget to stop by the merchandise tent to shop our latest Kids apparel ranges and accessories.



## TRAIL PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- Visit the [Poconos Spartan Trail](#) event page on our website.
- For pre-race venue specific details, visit our [Trail Facebook page](#) 1-2 days before race weekend.
- You must screenshot or print your heat time, registration barcode, and photo identification to pick up your packet on race day. [Click here](#) for instructions to locate your barcode. This is important, as you will have to show your heat time prior to entering, and service can be unreliable.

Visit our [TRAIL FAQ](#) for more information

## TRAIL REGISTRATION

Registration will have a Trail specific lane, you must show a valid photo identification to pick up the bib packet. For additional information, please visit the [Poconos Spartan Trail](#) event page.



## TRAIL COURSE INFORMATION

Poconos has a secret that the obstacle racers don't know about. While this is one of the oldest, most tried-and-true venues on the Spartan OCR circuit, there's another side of Blue Mountain that those racers have never touched. Outside of the normal ski area boundary lie miles of pristine singletrack trails too narrow and inaccessible for obstacle building. That means that only Spartan Trail racers get to experience them, and those trails make this race a racer favorite. But you won't get off that easy, because some of Pocono's legendary hills are still waiting!

**Special Gear:** Racers should plan to bring appropriate fuel for their needs. Only water will be available on course. Hydration packs (or water containers of some variety) are strongly suggested for all racers.

## AID STATIONS

There will be one (1) water-only station on course, with additional water station if temperatures exceed 80 degrees at race time.

## LATE STARTS / COURSE CUTOFFS

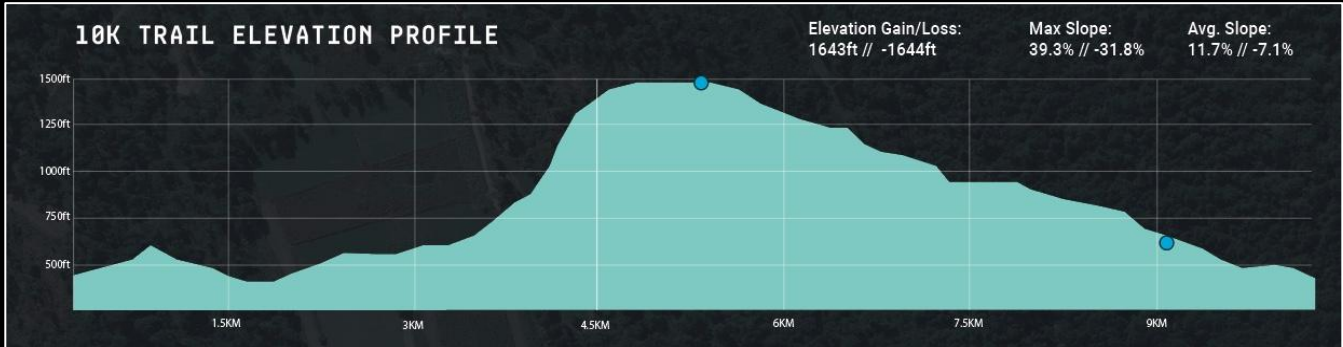
There are no late starts for the Trail race. Start line will be closed as soon as the race is started.

Trail Course Cutoff is three (3) hours for the 10k. Additional cutoffs at intermediate aid stations may be established by the Race Director.

**\*\*All information subject to change per each event**



# TRAIL ELEVATION PROFILE AND MAP





## SPARTAN RACE FESTIVAL

Opens at 6:30AM every race day, the Festival will feature leading national sponsors with highly experiential activations and free swag, healthy and functional F&B brands sampling free foods and beverages, gyms and trainers to help you warm up and cool down, workout and OCR gear and accessories companies, and much more. Remember to bring credit cards to take advantage of deals only available to Spartans!

Official Spartan Merchandise Tent:

Stop by merchandise to see our brand new shoppable store setup and get exclusive access to new products before they sell out on race day.

Spartan+ members get 20% off merchandise with free shipping & returns. Don't miss out on exclusive gear and discounts as well - talk to a Sales Associate to become a Spartan+ member. Learn more about Spartan+ Membership [here](#).

## VOLUNTEERS

Want to run for free? Experience Spartan in a new way and volunteer with us! Celebrate at the Start, Finish, or encourage our participants at the obstacles. Explore the possibilities here: [Volunteer Sign Up Link](#)

## CONTACT SPARTAN HQ

For any questions or concerns that haven't been addressed here, please visit our [Frequently Asked Questions Page](#). We'll see you out on the course!

AROO!