



PARTICIPANT GUIDE
SUPER Spartan Florida
Saturday, February 25th 2012
Oleta River State Park
Miami, FL



CONTENTS

Section	Contents	Page Number
1	Pre-Race Details	1
2	Pre-Packet Pickup	1
3	Event Schedule	2 & 3
4	Directions	3
5	Parking	3
6	Registration	4
7	Bag Check	4
8	Timing	5
9	Start Times	5
10	Spectators	5
11	Facilities	5
12	Kid's Race	6
13	Equipment & Clothing	6
14	Food & Beverages	6
15	Post Party/Awards	7
16	Post-Race Pre-Game Party	7
17	Post-Race After Party	7
18	Responsible Drinking	8
19	Accommodation	8
20	Results Details	8
21	Photos	8
22	Charity & Donation Sheet	9
23	Contact	9



1. PRE-RACE DETAILS

***The Pre-Race Directions are essential for speedy registration on race day! ***

Directions to ensure that you will get through registration quickly:

- Go online to the [Florida Event page](#).
- Click on the **BIB NUMBER Link** at the top of the page (**bib's will not be posted until end of day Thursday 2/23**).
- Your name will be in alphabetical order according to your **last name**; there you will find your **bib number and heat start time**.
- Find your bib number and write it on your **HAND, ARM, FORHEAD, and LEG**.
- Anyone looking for photos **MUST write BIB Number on FOREHEAD!**
- **Print the waiver and fill it out prior to race day.**
- **Race Waivers are located on the top of the [Florida Event Page](#).**

2. PRE-RACE PACKET PICK-UP

- Will be at Runner's Depot on **Friday, February 24th 2012 from 3pm-8pm** at 20335 Biscayne Blvd. #11 Adventura, FL 33180 and it is for **SATURDAY RACERS ONLY**, Sunday racers may pick up packet on the race site starting at 7am Sunday.
- There is a person limit to picking up **FOUR** other packets only if you have the signed waiver of the person you are picking up for.
- You will receive in the packet envelope:
 - Race Bib (Bibs should be pinned on your front, back, or legs)
 - Chip Timer (\$40 value) and Orange wrist strap
 - Free Drink Ticket (Located in the envelope – don't lose this as we won't give you another one!!!)
 - One wristband for access to the festival. **Nobody can enter the festival without a wristband; keep this on at all times.**



3. EVENT SCHEDULE

Saturday, February 25th

Time	Event	Location
6:30am	Parking at FIU Opens	Oleta River State Park
6:40am	Shuttle Buses Begin	Florida International University
7:00am	Festival/Registration/Bag Check Opens	Festival Area
8:00am	First Heat (Competitive)	Start Area
11:05am	Festival Challenge (Traverse Wall)	Festival Area
12:05pm	Jr. Spartan Adventure (Kid's Race)	Start Area
1:05pm	Festival Challenge (Pull-Up)	Festival Area
1:30pm	Awards Ceremony	Stage
2:05pm	Festival Challenge (Concept 2 Rowing)	Festival Area
2:30pm	Registration Closes	Registration Tent
3:00pm	Last Heat	Start Area
3:05pm	Greens Box Jump Challenge	Festival Area
6:00pm	Festival Closes	

Sunday, February 26th

Time	Event	Location
6:30am	Parking at FIU Opens	Florida International University
6:40am	Shuttle Buses Begin	Florida International University
7:00am	Festival/Registration/Bag Check Opens	Festival Area



9:00am	First Heat	Start Area
10:00am	Registration Closes	Registration Tent
10:30am	Last Heat	Start Area
11:30am	Awards Ceremony	Stage
3:00pm	Festival Closes	

4. DIRECTIONS

ALL PARKING WILL BE AT THE FLORIDA INTERNATIONAL UNIVERSITY PARKING LOT:

Florida International University
3000 NE 151st Street
North Miami, FL 33181
[MAP & DIRECTIONS](#)

5. PARKING

- Parking will be at Florida International University.
- From there a shuttle bus will take you to Oleta State Park. **Shuttle bus ride will cost \$5 per person. Children 13 and under ride for free. Cost covers Parking and Bus fee as well as the \$2 park fee.**
- Buses will run from **6:45am** to **5:30pm**.
- **Address:** 3000 NE 151st Street, North Miami, FL.
- **THERE WILL BE NO PARKING AT OLETA RIVER STATE PARK!**



6. REGISTRATION

- The Registration tent will be near the Site Entrance.
- Registration begins at **6:30am** and **CLOSES at 3:00pm on Saturday and 10:00am on Sunday!**
- Show up at least **1 Hour** prior to your **Heat Start Time**.
- Participants will come with **Race Waivers completed, Bib Numbers already written on Forehead, Hand, Arm, and Leg as well as ID Present.**
- Participants will drop **Race Waiver into Race Waiver drop box. Waivers will be checked for completeness before packet is received.**
- Your **last name** will be used to find your packet, proceed to the lane with first letter of your last name
- You will receive in the envelope:
 - Race Bib (Bibs should be pinned on your front, back, or legs)
 - Chip Timer and Velcro wrist strap to be placed on your wrist
 - Free Drink Ticket (Located in the envelope – don't lose this as we won't give you another one!!!)
 - One wristband for access to the festival. **No one will be allowed to enter the festival without a wristband; keep this on at all times.**
- Race Day sign-ups will be \$150 & racers will have to race in the available heats **(if space is available)**

7. BAG CHECK

- Bag Check will be \$5 per bag.
- Bag check will **open at 7:00am** and **CLOSES at 7pm on Saturday and 3pm on Sunday.**
- Look for tent on event site labeled "Bag Check"
- Bags will be labeled by **Last Name.**
- **Bring small bags with zippers that can be fastened shut.**



8. EVENT TIMING

- You will receive a Chip Timer (\$40 value) and Orange wrist strap.
- A Timing Chip will record times.
- Participants will receive a chip timer and wrist strap.
- Chip timer must be fastened around wrist.
- 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.
- **Times will be posted at the Timing Station near the Finish Line and will be on the website as quickly as possible.**

9. START TIMES

- You should know your start time prior to race-day and **must run in your assigned heat, we are able to track this now and you will be asked to leave the course if not in your assigned heat.**
- Start times will be posted on the [Florida Event Page](#).
- Heats will start every **30 minutes** beginning at **8:00am on Sat. and 9am on Sun.**

10. SPECTATORS

- Anyone entering the festival **MUST** have a wristband (this includes racers)
- Spectator tickets are \$15, sold on-site (please bring cash, limited Credit Card service available). Children 13 and under get in for free.
- All Spectators receive \$5 Spartan Bucks to use for Merchandise
- Food (BBQ and healthy options) and drink will be for sale. (Please bring cash)
- DJ & Emcee entertainment all day.

11. FACILITIES

- There will be porta potties on site.
- Washing Station on site, but bring towel.



12. KID'S RACE – Jr. Spartan Adventure

- This Race will start at **12:05pm for ages 10-13 and 12:15pm ages 5-9.**
- **Registration for the kids race will be at the main Registration tent and closes at 12:00pm.**
- Bring **Cash** or **Check** if you are planning to register on-site
- Each child is \$25 and will receive a finisher's medal

13. EQUIPMENT & CLOTHING

- All participants are encouraged to bring a change of clothes and shoes for the post-race party. 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.

14. FOOD & BEVERAGES

1. Each participant will receive **one** Free Beer Ticket, which can be found in your packet envelope (must be 21 or over). **IF YOU LOSE YOUR COUPON YOU WILL NOT GET A FREE BEER!**
2. Food and beverage will be for sale so please bring cash.
3. A few items available will be:
 - a. Paleo Chicken Wraps with Shredded Carrots, Boc Choy and Napa Cabbage with Italian Vinaigrette on the side.
 - b. Turkey and Swiss Wraps with Lettuce, Bacon Bits, and Sprouts.
 - c. Hummus and Grilled Veggies on Whole Wheat Wrap.
 - d. All served on 12 inch wraps with Sun Chips and Fruit.
 - e. Beverages include: Water, Gatorade, Blue Moon, Heineken, Corona, Bud Light, Coors Light, and Miller Light.
 - f. FREE beer tickets are eligible for Bud Light, Coors Light, and Miller Light.
 - g. Blue Moon, Heineken, Corona, Bud Light, Coors Light, and Miller Light will all be available to purchase for \$5 (must be 21 or older).



15. AWARDS CEREMONY

- There will be an awards ceremony, music, and variety of activities during the course of the day (**Only 8:00am & 8:30am Competitive Heat is Prize Eligible**).
- There will be a Kid's Race beginning at **12:05pm** for children ages 5-13 for \$25 per child (online registration) and \$25 per child (On-site).
- Awards Ceremony will include:
 - 1st Place Overall Male & Female: Spartan Battle Sword
 - 2nd Place Overall Male & Female: Spartan Short Sword
 - 3rd Place Overall Male & Female: Roman Pugio

To check out prizes visit [Museum Replicas](#).

16. POST-RACE PRE-GAME

- Head over to [Duffy's Sports Grill](#) after the race to fuel up after a big day and prepare for a big night!
- Enjoy some great food and drink specials all day!
Duffy's Sports Grill
3969 NE 163rd Street
North Miami Beach, FL 33160

17. POST-RACE PARTY

- The Florida Super Spartan Post-Race Party will be held at [PASSION NIGHTCLUB](#) in Hollywood!
- Mention **SPARTAN RACE** at the door and receive cover and one FREE drink before 12am!
Passion Nightclub
5701 Seminole Way
Hollywood, FL 33314



18. RESPONSIBLE DRINKING

- We at Spartan Race remind you to drink responsibly. This race is one of grit and determination that should not be tarnished by the irresponsible acts of few.

19. ACCOMMODATIONS

- Spartan Race Incorporated has partnered with the Sole on the Ocean Resort for all of your lodging needs. Call 786-932-9300 for booking details and be sure to mention SPARTAN RACE for great rates!

20. RESULTS DETAILS

- During the race, results can be found at the timing station, which is near the finish line.
- After the race, a link to the results will be posted on the Spartan Race [Florida Event Page](#).
- **Results will be posted as quickly as possible. Please do not email asking when they will be posted.**

21. PHOTOS BY NUVISION ACTION IMAGE

- Photos will be available about a week after the event, provided by Nuvision Action Image photography. The link to the photos will be on our [Facebook](#) page, emailed to each participant, or you can go directly to the [Nuvision Action Image](#) website.



22. CHARITY

Homes for our Troops

- Spartan Race is proud to announce that it has partnered with Homes for our Troops, a charity dedicated to providing specialty homes for troops that have been severely injured in the line of duty.
- Spartan Race has made it its goal to raise enough money to help contribute to building a specialty home for a deserving troop!
- If you wish to donate [CLICK HERE](#) for the Spartan Race donation page and remember, every penny counts!

23. CONTACT

- For any questions or concerns read our [Frequently Asked Questions Page](#), or email us at spartanusa@spartanrace.com