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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 http://www.spartanrace.com/event_socal.html
- Click on the BIB NUMBER Link at the top of the page (bib's will not be posted until **Thursday**).
- 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, or FORHEAD**.
- There will also be a link to print out the race waiver on the SoCal Event page.
- **Print the waiver and fill it out prior to race day.**

2. PRE-RACE PACKET PICK-UP

- Will be available at Road Runner Sports from 4pm-7pm.
- Opportunity to beat the Saturday rush.
- You will receive:
 - Spartan Race T-Shirt.
 - Spartan Race Bib.
 - Timing Chip & Ankle/Wrist Strap.
 - Free Meal Ticket
 - Free Drink Ticket
- Address to Road Runner Sports:
Road Runner Sports
5553 Copley Drive
San Diego, CA 92111
Phone: (858) 974-4455



3. EVENT SCHEDULE

Friday, February 25th

| Time | Event | Location |
|---------------|------------------------------------|--------------------|
| 4:00pm-7:00pm | Pre-Registration Packet Pick-Up | Road Runner Sports |

Saturday, February 26th

| Time | Event | Location |
|-------------|--------------------------|--------------------------|
| 6:00am | Volunteers/Talent Arrive | Vail Lake Resort |
| 7:00am | Registration Opens | Registration Tent |
| 8:00am | MC Begins | Start Area |
| 9:00am | First Heat | Start Area |
| 9:15am | Second Heat | Start Area |
| 9:30am | Third Heat | Start Area |
| 9:45am | Fourth Heat | Start Area |
| 10:00am | Fifth Heat | Start Area |
| 11:00am | Band Begins | Stage in Sponsor Village |
| 12:00pm | Spartan Kid's Race | Start Area |
| 1:30pm | Awards Ceremony | Sponsor Village |



4. DIRECTIONS

From **Temecula Town** to the **Vail Lake Resort**:

- Start: **Temecula**
- Head **Southwest** on **Main Street** toward **Old Town Front Street**.
- Take **1st left** onto **Old Town Front Street**
- Turn **Left** at **CA-79 S/Temecula Parkway**
- Continue for 12 miles (passing entrance to Vail Lake Resort)
- At 12miles on CA-79S/Temecula Parkway turn left into Vail Lake
- **Continue through gate to main event site/Vail lake parking attendant**

From **San Diego** to the **Vail Lake Resort**:

- Start: **San Diego**
- Begin on **CA-163 North**
- Take **Exit** toward **I-15 North**
- Keep **left** at the fork and **merge** onto **I-15 North**
- Take **Exit 58** toward **Indio**
- Turn **right** at **CA-79 S/Temecula Parkway**.
- Continue for 12 miles (passing entrance to Vail Lake Resort)
- At 12miles on CA-79S/Temecula Parkway turn left into Vail Lake
- **Continue through gate to main event site/Vail lake parking attendant**

From **Los Angeles** to the **Vail Lake Resort**:

- **Merge** onto **US-101 south** via ramp on the **left** to **Interstate 10 Fwy E/Interstate 5 Fwy South**.
- Take the **CA-60/Pomona Exit**.
- **Merge** onto **CA-60 East**.
- Take **Exit 29A** to **merge** onto **CA-71 South** toward **Corona**.
- **Merge** onto **CA-91 East**.
- Take **Exit 51** to merge onto **I-15 South** toward **San Diego**
- Take **Exit 58** for **CA-79 South**.
- Turn **left** at **CA-79 S/Temecula Pkwy**.
- Continue for 12 miles (passing entrance to Vail Lake Resort)
- At 12miles on CA-79S/Temecula Parkway turn left into Vail Lake
- **Continue through gate to main event site/Vail lake parking attendant**



5. PARKING

- There will be a \$5 Parking fee per car including spectators.
- Parking will be available at the Vail Lake Resort.
- Parking officials will be present.

6. REGISTRATION

- The Registration tent will be near the Start/Finish area.
- Registration begins at **7:00am**.
- Show up at least **45 minutes** prior to your **Heat Start Time**.
- Participants will come with **Race Waivers completed, Bib Numbers already written on Forehead, Hand, or Arm, 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**.
- Participants will then present **Bib Number** and state his or her **Last and First name** to a volunteer that is in charge of looking up his or her Bib Number.
- Registration is according to **BIB NUMBER**.
- Participants will then receive:
 - Race Bib (Bibs should be pinned on your front, back, or legs)
 - Spartan Race T-Shirt.
 - Chip Timer and Velcro ankle/wrist strap.
 - Free Meal Ticket (In Registration envelope).
 - Free Drink Ticket (In Registration envelope).

7. BAG CHECK

- There will be **No Bag Check** at this event.
- Participants are **responsible for his or her valuables**.
- You will be within easy distance of parking lot to place valuables in your car.



8. EVENT TIMING

- A Timing Chip will record times.
- Participants will receive a chip timer and ankle/wrist strap.
- Chip timer must be fastened around wrist or ankle.
- Upon completion of the race at the Finish line:
 - Drop Chip Timer and ankle strap into buckets at either side of the Finish Line.
 - You will then receive your Spartan Race Medal.
- **Times will be posted at the Timing Station near the Finish Line.**

9. START TIMES

- Each Racer should know start time prior to race-day.
- Start times will be posted on the **SoCal Event page**.
- Heats will start every **15 minutes** beginning at **9:00am**.
- Show up **45 minutes** prior to your **Heat Start Time**.

10. SPECTATORS

- **Spectators are allowed to view and to be present on race grounds free of charge.**
- Spectators may bring cameras, but must adhere to cautions and restrictions areas.
- **Spectators are not allowed to walk the course.**

11. FACILITIES

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



12. 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!

13. FOOD & BEVERAGES

- Each participant will receive one Free Meal & Drink Ticket at the Registration Tent.
- Present Meal ticket at Food tent for your free meal and Drink Ticket for free drink.

14. POST RACE PARTY/AWARDS CEREMONY

- There will be an awards ceremony, live band, and variety of activities during the course of the day.
- There will be a Kid's Race beginning at **12:00pm** for children under the age of 14. NO REGISTRATION REQUIRED.
- Awards Ceremony will include:
 - 1st Place Overall Male & Female: Spartan Sword
 - 2nd & 3rd Place Overall Male & Female: Spartan Race Prize Pack
 - Best Costume: Spartan Race Belt.
 - Best Abs Male & Female: Washboard Trophy.
 - Best Injury: Spartan Race Water Bottle.

15. 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 irresponsible acts of few.

16. ACCOMMODATIONS

- Spartan Race Incorporated has partnered with the Fairfield Inn and Suites Temecula to for all of your lodging needs. Call (951) 587-9800 for details.

17. 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 SoCal Event Page at http://www.spartanrace.com/event_socal.html.



18. 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 provided on the SoCal Event page or you can go directly to the website at <http://nuvisionactionimage.com/>

19. 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.
- By the end of the 2011 season, Spartan Race has pledged to raise enough money to build a specialty home for a deserving troop!
- If you wish to donate log onto: <http://feemania.com/events/register/1> for the Spartan Race donation page and remember, every penny counts!

Green Sneakers

- Spartan Race has partnered with Green Sneakers at the event to pick up your unwanted shoes!
- If you have muddy shoes or just ones in your closet that you never wear, there will be a drop-off station at the event.
- Green Sneakers will then take your shoes and recycle them to the less fortunate that would otherwise go shoeless.

20. CONTACT

- For any questions or concerns read our Frequently Asked Questions (FAQ's) section: <http://www.spartanrace.com/faq.html> call our office: (781) 255-9900 or email us at spartanusa@spartanrace.com