



# **Participant Guide**

**Carolina Super Spartan Race**

**Saturday, June 25, 2011**

**Carolina Adventure World**

**Winnsboro, South Carolina**



## 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/carolinas-obstacle-racing-super-spartan.html>
- Click on the **BIB NUMBER Link** at the top of the page (bib's will not be posted until **Thursday, June 23rd, 2011**).
- 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, AND FOREHEAD**.
- There will also be a link to print out the race waiver on the Carolina Event page.
- **Print the waiver and fill it out prior to race day.**

## 2. EVENT SCHEDULE

**Saturday, June 25, 2011**

<b>Time</b>	<b>Event</b>	<b>Location</b>
7:00am	Registration Opens	Registration Tent
9:00am-11:00	Heats	Start Area
12:00pm	Awards Ceremony	Festival Area
12:35pm	Spartan Kid's Race	Start Area



### 3. DIRECTIONS

**NOTE: IF USING GPS, IT WILL MOST LIKELY TAKE YOU THE LONG WAY AND YOU WILL GET LOST. FOLLOW THESE EASY DIRECTIONS!**

**To Carolina Adventure World:**

- I-77
- Take exit 46 for Rd 20 / White Oak
- If coming north on I77, take a right onto **Camp Welfare Rd/State Rd 20**
- If coming south on I77, take a left onto **Camp Welfare Rd/State Rd 20**
- Drive for 2.5 miles and turn Right onto Arrowhead Road (sign for Carolina Adventure World)
- Follow the main road through the park until you are directed to park

### 5. PARKING

- Free on-site Parking. Follow directions from parking attendants.
- Please carpool!

### 6. REGISTRATION

- The Registration tent will be inside the fenced-in festival area.
- Registration begins at **7:00am** & closes at **10:30am**.
- Show up at least **1 Hour** prior to your **Heat Start Time**.
- Please come with **Race Waivers completed, Bib Numbers already written on Forehead, Hand, and Arm, as well as ID Present**.
- Your **BIB NUMBER** will be used to find your packet.
- You will receive:
  - Race Bib (Bibs should be pinned on your front, back, or legs)
  - Spartan Race T-Shirt
  - Chip Timer and Velcro wrist strap
  - Free Drink Ticket (Located on Bib)
  - Free Meal Ticket (Located on Bib, called “EXTRA”)

**Note: It is easy to lose your bib on the course. Please remove and put in a safe place your beer and meal (“extra”) tickets from your bib before racing.**

### 7. BAG CHECK-



- There will be **No Bag Check** at this event.
- Participants are **responsible for his or her valuables**.
- The parking lot is a very short walk to the main festival area.

## 8. EVENT TIMING

- You will receive a timing chip and wrist strap
- Your Timing Chip will record times
- Chip must be fastened around wrist
- Upon completion of the race at the Finish line:
  - Drop Chip 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

- You should know start time prior to race-day.
- Heats will start every **30 minutes** beginning at **9:00am**.
- Show up **1 Hour** 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 restricted areas.
- **Spectators are not allowed to walk the course.**

## 11. FACILITIES

- There will be portable toilets on site.
- An outdoor wash station will be available – please bring your own towel.

## 12. KID'S RACE



- There will be a **Kid's Race** at this event!
- The Race will start at the **START LINE** at **12:35pm**.
- Cost is **\$10** per child.
- Registration can be done online: <https://feemania.com/events/register/9> under **SPARTAN RACE JUNIOR ADVENTURE** or on site at the **REGISTRATION TENT**. **Kids Race registration closes at 12:00pm**.
- Bring **Cash** or **Check**.

### **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!

### **14. FOOD & BEVERAGES**

- Each participant will receive **one** Free Drink Ticket (on their bib).
- Each participant will receive **one** Free Meal Ticket (on their bib).
- Food, water, and Gatorade will be for sale as well so please bring cash.

**Note: It is easy to lose your bib on the course. Please remove and put in a safe place your beer and meal ("extra") tickets from your bib before racing.**

### **15. POST RACE PARTY/AWARDS CEREMONY**

- There will be an awards ceremony at **12:00pm** and other activities during the course of the day.
- There will be a Kid's Race beginning at **12:35pm** for children under the age of 10.

### **16. 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.

## **17. ACCOMMODATIONS**

- Spartan Race, Inc. has partnered with Holiday Inn Express for all of your lodging needs. Call (803) 333-0315 and be sure to mention Spartan Race.

## **18. 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 Carolina Event Page at <http://www.spartanrace.com/spartan-obstacle-racing-events.html>

## **19. 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 Georgia Event page or you can go directly to the website at <http://nuvisionactionimage.com/>

## **20. 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:  
<https://www.feemania.com/events/register/9> for the Spartan Race donation page and remember, every penny counts!

## **21. CONTACT**

- For any questions or concerns read our Frequently Asked Questions (FAQ's) section: <http://www.spartanrace.com/faq.html> call our office: (781) 255-9000 or email us at [spartanusa@spartanrace.com](mailto:spartanusa@spartanrace.com)