



## **Participant Guide**

**Texas Super Spartan  
Saturday, December 3, 2011  
Rough Creek Lodge & Resort  
5165 County Road 2013  
Glen Rose, Texas 76043**



## 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/texas-obstacle-racing-super-spartan.html>
- Click on the **BIB NUMBER Link** at the top of the page (bib's will not be posted until **end of day on Thursday, December 1, 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 **ARM AND FOREHEAD** & write your **AGE** on the back of your **RIGHT CALF**.
- Print out the **race & venue waivers** & bring them with you on race day. Both are located on the TX Event Page <http://www.spartanrace.com/texas-obstacle-racing-super-spartan.html>

## 2. EVENT SCHEDULE

### Friday, December 2nd

Time	Event	Location
5:15pm	Hurricane Heat	Rough Creek Lodge & Resort

### Saturday, December 3rd

Time	Event	Location
6:30am	Parking, Registration & Festival Opens	Registration Tent
7:00am	Bag Check Opens	Bag Check Tent
8:00am-2:30pm	Heats	Start Area
12:15	Jr. Spartan Adventure (kids race)	Festival Area
1:30pm (for 8am & 8:30am heats)	Awards Ceremony	Festival Area
3:30pm	Cash Prize Heat	Start Area
15 min after top 5 male/female cross finish line	Awards Ceremony for Cash Prize Heat	Festival Area
6:00pm	Festival Closes	



### 3. DIRECTIONS

- Address is:  
5165 County Road 2013  
Glen Rose, Texas 76043  
Following Parking Attendants

### 4. PARKING

- All parking will be on-site (address above)
- **\$10 per car parking fee (CASH ONLY)**. Follow directions from parking attendants. Please don't park on the roads or you will be ticketed. This applies to anyone (spectators, racers, King Leonidas, etc).

### 5. REGISTRATION

- The registration area will be the first group of tents you see as you walk from your car towards the main festival.
- Registration opens at 6:30am & closes at 1:30pm. You must pick up your chips and bibs by 1:30pm.
- Show up at least 1 Hour prior to your Heat Start Time.
- Please come with **Venue Waivers completed**, Bib Numbers already written down your upper arm, calf, hand & forehead as well as ID Present.
- Your last name will be used to find your packet, proceed to the lane with first letter of your last name
- You will receive:
  - Race Bib (Bibs should be pinned on your front, back, or legs)
  - Chip Timer and Velcro wrist strap
  - Free Drink Ticket (Please bring ID)
  - One wristband for access to the festival.. **Nobody can 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 available**)



## 6. BAG CHECK

- Bag check is open from 7am to 6pm
- Bag check is \$5
- Only check bags that can be closed shut

## 7. 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 wrist strap into buckets at either side of the Finish Line
  - You will then receive your Spartan Race Medal & T-shirt
- **Times will be posted at the Timing Station near the Finish Line and will be on the website as quickly as possible.**

## 8. START TIME

- You should know your start time prior to race-day.
- Heats will start every **30 minutes** beginning at **8:00am**.
- Show up **AT LEAST 1 Hour** prior to your **Heat Start Time**.

## 9. CASH PRIZE HEAT

- Start time is 3:30pm (registration is CLOSED)
- The best of the best go head-to-head to see who will be the male & female "World's Best Obstacle Racer"
- Top male & female will receive \$10,000
- For more details, check out the Texas Event Page:  
<http://www.spartanrace.com/texas-obstacle-racing-super-spartan.html>



## 10. SPECTATORS

- Anyone entering the festival **MUST** have a wristband (this includes racers)
- All other Spectators, tickets are \$10, sold on-site (please bring cash, limited Credit Card service available).
- All Spectators receive a Race guide and \$5 Spartan Bucks to use for Merchandise
- Food and drink will be for sale. (please bring cash)
- Live Music will be playing from 9am–6pm
- All spectators must sign a waiver before accessing the course. The waiver will be available at the Spectator Tent on race day.

## 11. FESTIVAL CHALLENGES

- Located throughout the festival are the pull-up challenge, Concept2 Rowing challenge, ice plunge challenge, and traverse wall challenge that are open throughout the day for you to try (except the ice plunge) and at specific times for the actual competition component.
- See the volunteer at each challenge to register to compete.

## 12. FACILITIES

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

## 13. KID'S RACE

- There will be a **Kid's Race** at this event!
- The Race will start at the **START LINE** at **12:15pm**.
- Cost is **\$20** race day or **\$18** if register before 11/30.
- Registration can be done online:
- <http://www.spartanrace.com/register.php?eventID=5644>
- **Registration for the kid's race closes at 12:00pm.**
- Bring **Cash** or **Check** if you are planning to register on-site.



#### **14. 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!
- Crazy costumes are highly recommended! (Just don't get your cape stuck in the barbed wire or fire jump)
- Shoe Donation will be available

#### **15. FOOD & BEVERAGES**

- Each participant will receive **one** Free Drink Ticket that will be given to them when they pick up their bib & chips. **WE WILL NOT HOLD THESE FOR YOU. DON'T LOSE IT—YOU WILL ONLY GET ONE TICKET!**
- Food and beverage will be for sale so please bring cash.

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

- There will be an awards ceremony at **1:30pm** and other activities during the course of the day. Awards include top 3 male and female from the Elite heats and other day-of awards like best injury, best costume, and best abs! The Cash Prize Heat awards ceremony will take place 15 minutes after the top 5 male and female cross the finish line.

#### **17. 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.

#### **18. ACCOMMODATIONS**

- Please check the Texas Event Page for lodging information:  
<http://www.spartanrace.com/texas-obstacle-racing-super-spartan.html>



## 19. RESULTS

- 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 website at: <http://www.spartanrace.com/spartan-obstacle-racing-events.php>
- **Results will be posted as quickly as possible. Please do not email asking when they will be posted.**

## 20. PHOTOS BY NUVISION ACTION IMAGE

- Photos will be available about a week after the event, provided by Nuvision Action Image photography.
- You can access photos from their website: <http://nuvisionactionimage.com/> or on the Spartan Race website at: <http://www.spartanrace.com/spartan-obstacle-racing-events.php>
- **Photos will be posted as quickly as possible. Please do not email asking when they will be posted.**

## 21. CHARITIES

### *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, go to:  
[https://secure2.convio.net/hfot/site/Donation2?idb=326363797&df\\_id=1105&FR\\_ID=1030&PROXY\\_ID=2791&1105.donation=form1&PROXY\\_TYPE=31](https://secure2.convio.net/hfot/site/Donation2?idb=326363797&df_id=1105&FR_ID=1030&PROXY_ID=2791&1105.donation=form1&PROXY_TYPE=31)



## 22. CONTACT

- For any questions or concerns, please read our Frequently Asked Questions (FAQ's) section: <http://www.spartanrace.com/faq.html> or email us at [registration@spartanrace.com](mailto:registration@spartanrace.com). Please read the entire participant guide, Texas Event page & FAQ's BEFORE sending an email. We will be on-site the week of the race and have very limited email access. We will respond as quickly as we can.

## RACE DIRECTOR NOTES

Racers, we are excited to cap off our 2011 season with a fun and awesome event. Consider the following as you prepare:

- This 8-mile course is relatively flat (except for a short "foothills" section), fast, and full of obstacles that will challenge your full body strength and endurance.
- At about 3.5 miles you will have the option of exiting the race. Consider it a true test of will-power to be cold, tired, and muddy while you wave goodbye to the warm food, refreshing beer, and comfort of clean clothes.
- Your chip will be removed and you will **not** receive a time if you choose this exit.
- There will be a 75 yard open water swim across a lake about half-way through the course (before the "3-mile" exit). Last we checked, the water was about 55 degrees. We will have slack rope lines running the length of the swim to hold onto if necessary. For those completely petrified of swimming or who can't swim, we'll have a limited number of life-jackets on rotation.
- Three water stations will be on course. There will be **no food**. Just water. 8 miles can be slow when you add in some tough obstacles so plan your nutrition accordingly.
- Spectators will have limited course access. Because of liability reasons they **MUST** sign a waiver at our **Spectator Tent** before going out onto the course.
- Race fast, be safe, and have fun!