



Participant Guide

**Arizona Super Spartan
Saturday, February 11th 2012**

**Rawhide
5700 West North Loop Road
Chandler, AZ 85226**



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:

1. Go online to [the Arizona Super Spartan Event Page](#).
2. Click on the **BIB NUMBER Link** at the top of the page (bib's will not be posted until **end of day on Thursday, February 9th, 2012**)
3. Your name will be in alphabetical order according to your **last name**; there you will find your **bib number and heat start time**.
4. Timing Chip – the timing chip should be threaded through the orange wrist strap and placed on your wrist.
5. Find your bib number and write it on your **ARMS, AND FOREHEAD AND YOUR AGE ON YOUR CALF**.
6. [Click here link to print out the Race Waiver](#).
7. **Print the waiver, complete it, and bring it with you on race day! Also, don't forget your bib number on Race Day or at Pre-Race Packet Pick-up.**

2. PRE-RACE PACKET PICK-UP

Will be at [Road Runner Sports](#) on **Friday, February 10th 2012 from 4pm-8pm** at 43 South McClintock Dr. in Tempe, AZ 85281. Please do not call Road Runner Sports with any race questions!

- You maybe pickup **FOUR** other racer packets only if you have signed waivers from each person. No exceptions!
- Each racer packet will contain:
 - Race Bib (Bibs should be pinned on your front or back)
 - Timing Chip (\$40 value) and Orange wrist strap
 - Free Drink Ticket (Attached to your bib and labeled Raffle/ Drawing – don't lose this, we would suggest tucking it into a safe place prior to hitting the trail 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

Friday, February 10th

Time	Event	Location
4:00pm-8:00pm	Pre-Race Packet Pick-Up	Road Runner Sports, Tempe store

Saturday, February 11th

Time	Event	Location
5:30am	Hurricane Heat	Parking Lot
7:00am	Parking, Registration, Festival & Bag Check Opens	Registration/ Bag Check Tents
9:00am	First Heat (Elite)	Start Area
11:05am	Traverse Wall Challenge	Festival Area
12:05pm	Jr. Spartan Adventure (kids race)	Festival Area
1:05pm	Pull-Up Challenge	Festival Area
1:30pm	Registration closes	Registration Tent
1:35pm	Awards	Festival Area
2:05pm	Box Jump Challenge	Festival Area
3:05pm	Concept2 Rowing Challenge	Festival Area
6:00pm	Festival Closes	

4. Parking

- All parking will be at:
Rawhide
700 West North Loop Road
Chandler, AZ 85226

Following Parking Attendants **(PLEASE CARPOOL)** limited parking available



- **\$10 per car parking fee (CASH ONLY).** Follow directions from parking attendants.
- **The festival is a short walk from the parking lot through Rawhide's old western town.**

5. REGISTRATION

- The registration area will be the first group of tents you see as you walk in from parking area towards the main festival.
- Registration opens at 7:00am & closes at 1:30pm. You must pick up your chips and bibs by close of registration.
- Show up at least 1 Hour prior to your Heat Start Time.
- Please come with **Race Waivers completed**, Bib Numbers already written on your forehead, down your upper arm, as well as ID Present.
- Your bib number will be used to find your packet, proceed to the lane designated to your number.
- You will receive in the envelope:
 - Race Bib (Bibs should be pinned on, have your race number written on your forehead, and arms with your age on your calf.)
 - Timing Chip and Orange wrist strap to be placed on your wrist
 - Free Drink Ticket (Located on your bib titled Raffle/ Drawing – 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)**

6. BAG CHECK

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

7. EVENT TIMING

- You will receive a Timing Chip (\$40 value) and Orange wrist strap
- Your Timing Chip will record times



- Chip must be threaded through the orange wrist strap & **worn on the 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 may only run in your assigned heat time. Running in the wrong heat time will impact your results and will result in disqualification.
- Show up **AT LEAST 1 Hour** prior to your **Heat Start Time**.

9. 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).
- 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 & Live Music will be playing from 9am – 6pm.

10. FACILITIES

- There will be portable toilets on site.
- An outdoor wash station will be available with Dial-For-Men Speed Foam soap- please bring your own towel.

11. KID'S RACE – Jr. Spartan Adventure

- This Race will start at **12:05pm for ages 10-13 and 12:15pm for 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 \$18 and will receive a finisher's medal



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!
- Crazy costumes are highly recommended! (Just don't get your cape stuck in the barbed wire or fire jump)
- 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.

13. FOOD & BEVERAGES

- Each participant will receive **one** Free Drink Ticket, which can be found in your on your bib titled Raffle/ Drawing. **IF YOU LOSE YOUR COUPON YOU WILL NOT GET A FREE DRINK!**
- Food and beverage will be for sale so please bring cash.

14. FESTIVAL CHALLENGES/AWARDS CEREMONY/ POST RACE PARTY

- **Festival Challenges:**

While you are waiting to race or looking for that extra workout, try-out one of our festival challenges. You can test your skills on the traverse wall, see how many pull-ups you can do at our pull-up challenge, fight through as many box jumps as possible on our box jump challenge, or give your lungs a good workout at our Concept2 Challenge. Enter the official challenge time during the day and take a shot at winning a season pass and other cool prizes.
- **Traverse Wall Challenge** - The fastest across this 24' long wall using small hand and foot hold wins.
- **Pull Up Challenge** - Cameras will record this entire challenge in hopes of documenting a new Guinness World Record for most pull ups in one minute.



- Box Jump Challenge - Most jumps in two minutes wins.
- Concept 2 Rowing Challenge - See if you can keep from hurling after an all out 2-minute row on the worlds best rowing ergometer.
- First place male and female receive a Spartan Race Season Pass good for free registration in all 2012 Spartan Races. Second and third place male and female win Spartan shwag.
- **Awards will include:**
 - There will be an awards ceremony at **1:35pm** and other activities during the course of the day.
 - Awards by Museum Replicas, Helmets and swords will be awarded to the top 3 male and female from the Elite heats
 - The top 10 male and females will receive a Rumbatime watch
 - Must be present for awards ceremony at 1:35 to receive your awards
- **Post Race Party:**

There will be a post race party held at Sandbar in Chandler, AZ located at 7200 Ray Road for all racers and spectators from 7-10pm directly following the close of the race on Saturday.

 - A \$10 ticket price will supply you with one free beer
 - An event bracelet that will allow for \$3 drafts from 7pm-close and \$5 appetizers from 7-9pm.

15. ACCOMMODATIONS

- Spartan Race has partnered with the Fairfield Inn in Chandler. Use the code "XSR" for a discounted rate.
- Address:
Fairfield Inn Chandler
7425 W Chandler Boulevard
Chandler, AZ 85226
(480) 940-7336



16. 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 here: [Arizona Event Page](#).
- **Results will be posted as quickly as possible. Please do not email asking when they will be posted.**

17. 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 the [Nuvision Action Image website](#). or on the Spartan Race [Event Page](#).
- **Photos will be posted as quickly as possible. Please DO NOT email to find out when they'll be posted, we'll get them up ASAP!**

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 irresponsible acts of few.

19. 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.
 - If you wish to donate, please visit the [Homes For our Troops donation page](#).



20. CONTACT

- For any questions or concerns, please read our [Frequently Asked Questions \(FAQ\) page](#); or email us at registration@spartanrace.com. **Please read the entire participant guide, Arizona 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.**

21. RACE DIRECTOR'S NOTES

- This course is flat and fast. You'll have to take an early lead and keep the tempo up if you want to beat the guy or girl next to you. We're doing our best to slow you down with some tough obstacles, mud, and water features. Are you ready?
- Please plan your hydration accordingly! We will have three water stations on course (hopefully) equally spaced but it's still your responsibility as a racer to show-up prepared. It could be hot and dry (it's Arizona, right?) so don't be that person who complains to us after about not having enough water. Expect to move slowly.
- Please do not remove the course marking ribbon. It only makes it harder for the racers after you. If you are caught removing course markings you will be disqualified (i.e. making headbands from them).
- Fighting for position is part of the battle in a trail race. If you don't want to get stuck behind slow people in the beginning then start fast. It's ok to pass others, too, just be polite and let them know you are passing.
- Finally, make safe decisions while racing and help your fellow racers if help is needed.