

FINAL SPARTAN RACE DAY INSTRUCTIONS

*****PLEASE READ*****

LOCATION: Camp Fortune 300 Chemin Dunlop, Chelsea, QC J9B 2N3, Canada

SITE RULES: Dogs are allowed on site. Alcohol will be served on site by the vendors.

WHEN TO ARRIVE: The race begins at 10am with groups of people leaving **every 30 minutes until 2pm. Please know your personal start time!** If you have picked up your race pack(waiver, bib, chip, shirt) please arrive 45 min-1 hour before your race time.

If you **HAVE NOT** picked up your race pack: ensure to be on site **1 hour and 30 min** before your race time. High visibility tape and arrows will mark the course and marshals will help direct you. If you cannot complete an obstacle, a penalty of 30 burpies will be applied.

ON DAY SIGN UPS: will be available for a few hundred spots available on a first come first served basis. Bring 60\$ cash only.

REGISTRATION / RACE PACK PICK UP: will be offered prior to the race day June 30th, 3-8pm at **Running Room Store** on 160 Slater Street, Ottawa K1P 5H8. Please know your race number and start time. Team mates may pick up other peoples packs as long as they have name(s) and race number(s). If you **CANNOT** make it to a race pack pick up, it is offered on the day of the race, however, you must turn up **1 hr and 30 min** ahead of your scheduled race time due to large line ups and to make it to the start line on time!

LIABILITY WAIVERS: will **ONLY** be accepted on race day at the registration area, notice the liability waiver sign. They must be filled in entirety and signed. **No waiver, no racing, no exceptions!** This is your ticket into the event!

TIMING CHIPS: will be found in your race pack, this will track your race time. Use the zip tie provided and tie chip securely to your shoe. **DO NOT** lace the chip on your shoe or place the chip inside your shoe. **No chip, no timing, and a penalty of \$10.00 will apply** if you forget to bring your chip or forget to return it!!! Return your chip at the finish line. Someone will be there to remind you!

BIB NUMBERS: must be pinned on the **FRONT** of your chest or shorts. Must be visible at all times!

KEY / BAG DROP: Key drop **Will** be available for \$1.00, which will be supervised at all times. Bag drops **NOT** available. Spartan Race is **NOT** responsible for lost or stolen objects.

WATER STATIONS: Make sure to hydrate the day before racing and on the race day! Water stations will be available at the finish line only. Spartans did not have a water bottle during battle!

WARM UP: We highly encourage a good warm up. We will have a team on site providing some services.

POST RACE BBQ: BBQ will start shortly after the first heat has crossed the finish line. Food costs are NOT included in the race fee.

CONTESTS & AWARDS: Expect various FUN contests with Spartan prizes to be won! The awards ceremony will commence once the top finishers of the last heat have crossed the finish line.

MERCHANDISE: Spartan Race merchandise will be available to commemorate your EPIC achievements. Items range from \$5.00-\$40.00. Cash only please.

Thank you to our racers, sponsors and partners for making Spartan Race a success!
Happy Racing.

AROO!

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