

SPARTAN

HOLIDAY 2015

THERE AND BACK AGAIN

JODI
ECKLAND'S
LIFE AFTER
DEATH



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JOE DE SENA





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Spartans,

We're coming up on the Holidays, and at this time of year, as the days get shorter and darker, I want you to keep in mind one thing: don't take the cookie now.

One of my favorite psychology studies taught me this. Back in the 70s, when I was growing up, Walter Mischel was out at Stanford looking at how often kids are willing to hold off on one cookie now for two later. This, I believe, is the key to success in every aspect of life—especially during the Holidays.

These are the months when self-control keeps us from sliding head-first into a metaphorical snowbank. These are the months when we all need a little extra strength to wake up early, get outdoors, get our blood pumping, eat real food, and keep portions healthy at Holiday meals. However, as Spartans, we love that winter brings an extra challenge. Because of it, we'll come out stronger in the spring.

I'm proud to send out this issue of our magazine. I'm proud of the kick-ass team at Spartan HQ, I'm proud of the thousands of loyal volunteers and racers who keep this beast alive, and I'm proud of you for joining us as we dive into a deeper, fitter, more purposeful life.

Stay gritty this winter. Snow burpees are not optional.

Joe De Sena

CEO and Founder, Spartan Race, Inc.

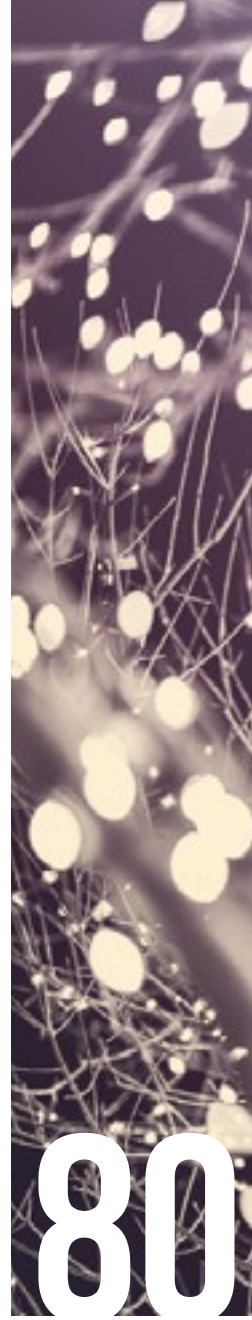
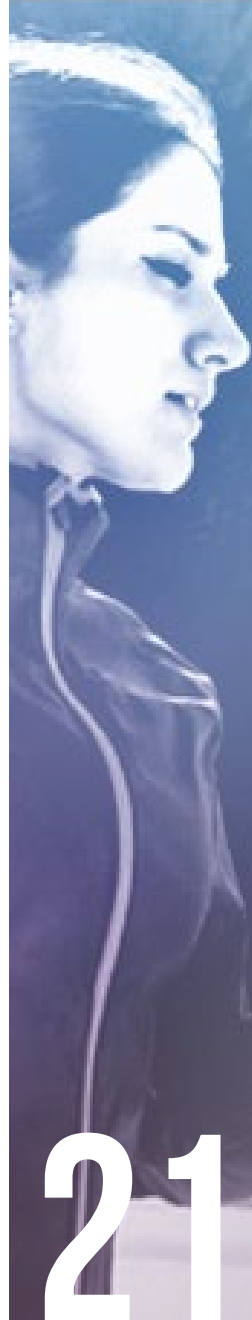
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FROM RACE TO AGOGE

THE SPARTAN ASCENT

BY DAVID DELUCA

Three mud-encrusted medals: blue, green, and red—the Spartan Trifecta. For years, nothing has symbolized all-around fitness, grit, and Spartan follow-through more than this. But where do Spartans go when these three gauntlets shrink to playgrounds and wearing all their medals becomes a strength workout in itself? They Spartan up the ante on a new three-spiked challenge of self-mastery: finish the Hurricane Heat, conquer the 12-Hour Hurricane Heat and survive the Agoge. How does it begin?



(HH) THE HURRICANE HEAT

"WHY ARE YOU NOT DOING BURPEES?" Joe De Sena barks, his black hoodie drenched in the downpour of Hurricane Irene. "I told you to do burpees!" Before him, an assembly of sweaty bodies heave prostrated on the ground. They are the the first Hurricane Heaters.

Just then, a suave, bearded twenty-something man turns the corner and shouts, "Stop! Lay down on the ground. Plank." This is Tony Matesi, Joe's unofficial co-barker and Spartan's official Director of Endurance Events. The Heaters pant, groan—and smile at the contradictory commands. Their shirts are heavy with rain. This is the first of four hours. "Why are we doing this again?" one sweating Heater says to another. I think it had something to do with teamwork?"

"No questions! More burpees!" Joe stalks through the ranks, his hands in his pockets. To answer the first sweaty Heater's question, the Hurricane Heat began as a unofficial substitute for two Spartan Races in Amesbury, MA that were cancelled by the state government due to—well, due to the hurricane. The event rests on a simple premise: the Warrior's Ethos, a philosophy born in the military and whose 23 words carry centuries of weight:



"I WILL ALWAYS PLACE THE MISSION FIRST, I WILL NEVER ACCEPT DEFEAT, I WILL NEVER QUIT, I WILL NEVER LEAVE A FALLEN COMRADE."



"I will always place the mission first, I will never accept defeat, I will never quit, I will never leave a fallen comrade." Through its four-hour, paramilitary, non-competitive structure, strangers from diverse backgrounds find themselves flung into teams and forced to navigate grueling, mind-bending obstacles.

Through their shared suffering, the Heaters live, breathe, and work as one, and afterwards they leave with an adamant bond of friendship. Jennifer Sullivan, one of the first and faithful, smiles as she remembers, "I never made friends like I made that day." In fact, one of those friends became her husband, and just one year later, the Hurricane Heat in Chicago ended with their wedding ceremony.

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(HH12HR) 12-HOUR HURRICANE HEAT

Take what we were just talking about, and twist the pain dial up three notches. That's the 12-Hour Hurricane Heat, the event that the four-hour Hurricane Heat wants to be when it grows up. Conceived by Director of Endurance Events, Tony Matesi, as a bridge between the Spartan Beast and the upper echelons of endurance, the 12-Hour Hurricane Heat demands even greater physical preparation and mental toughness. In the words of Matt Wiltshire, a veteran 12-Hour Heater, it makes a Spartan Race look “like a blur.”

The formula is viciously simple: go for three times as long, add a team weight component that mixes team exercises with nonlinear thinking trials, and pit the team members against each other with individual time hacks. The directors give orders solemnly, but as soon as they sense that you're on the same page, they rip it

out of your book. To prepare, Matt Wiltshire gives grim advice: “You can't really expect anything; you just have to be ready for anything. Just FFIO: f***ing figure it out.”

While the 12-Hour Heat stretches longer, it also delves deeper. With the clear lines of the Warrior Ethos blurred by the 12-Hour Heat's individual time hacks, racers are left to explore their ethics on their own and face the consequences. Two-time 12-Hour finisher Fabian Lindner stresses the clash of morals; “What do you do,” he asks, “when your ‘mission’ is to complete a time hack and you see someone struggling?”

The 12-Hour Heat bends bodies and minds to the extreme, but the meaning of the challenge leaves them with a sense of victory. A loyal soldier of both the German Special Forces and competitive ultra-endurance events, Fabian Lindner comes out of each Heat with a profound self-knowledge that “extends to all aspects of life” and makes him feel immune to daily stresses. Rachel Beard, another zealous 12-Hour Heater, doubted herself at first. “I'm four-foot-ten. I really thought I would be the asshole who weighed everybody down... but that was not the case...We finished [the Heat] together.” At the finish line, Rachel's 12 hours of torture quickly gave way to a “huge boost of confidence.”





AGOGE

Rewind to Hurricane Irene. Now fast forward four years. Pittsfield, VT. It's 11PM, the air is quiet, and the moon shines bone white through a canopy of trees. Joe is in his black hoodie addressing about 40 people, all of whom are wearing camouflage military uniform and towing enormous rucksacks. Nobody has any idea what trail they're on.

"Here's what we're gonna do," Joe announces from behind his glaring headlamp. "We're gonna take these bags of cement, wrap them in black trash bags, and carry them up the mountain."

The people in uniform do not groan. They do not laugh. They have been sweating for the past seven hours, and for all they know, the Agoge—"that's what this is called, right?"—could last for days. One by one, they do as Joe says, bending, but not breaking, under the insane weight.

That word Agoge—pronounced "uh-GO-ghee"—comes from Greek, from the name of the training that every Ancient Spartan boy had to pass through before becoming a citizen. It taught resiliency, obedience, courage, perseverance, and sacrifice. The modern Spartan Agoge centers around five of the principles taught by the ancients:

Purpose: Having a clear intention or objective in one's life.

Commitment: Being dedicated to a fulfilling, healthy, meaningful life through one's actions.

Resiliency: Adapting to change and overcoming stress and adversity repeatedly.

Knowledge: Gaining information, facts and situational awareness through lived experiences.

Integrity: Personal morality, responsibility and practical application of one's moral compass

IT TAUGHT RESILIENCY, OBEDIENCE, COURAGE, PERSEVERANCE, AND SACRIFICE.

The objective of the modern Agoge is simple: test one's skills and one's moral compass, and unlock participants' full potential. There is no finish line, no winner or loser, and no sadistic race director deliberately trying to break the racers down, and, as you could have guessed, little to no information given out to the participants beforehand. Participants form lasting friendships and new memories, some of which are downright bizarre, that become stories...that become legends. Yours could be one.





THERE IS NO TIME TO BE AFRAID

Pardon my Greek, but if these events scare the shit out of you, that's OK. These are really tough. When people run these events, they water the soil with your blood, sweat, and tears, and they bury their old selves in the dirt by the finish line. That said, these people are just people—not freaks of endurance or superheroes. They are, in many ways, just like you. Don't be afraid. Fear is the only thing that makes these events tougher than you.

You've heard it said a thousand times: Spartan Race is more than a race. "You'll know at the finish line," they say. All of these events—from the relatively tiny Spartan Sprint to the titanic Agoge—point not to their finish lines but through them, to a larger, more purposeful, more disciplined, more laser-focused life. They not only rebuild self-esteem but spark relationships and rekindle dreams. What you "know" at the finish line isn't just the finish line. We can't tell you what it is. Nobody can. You have to find out for yourself. ✕

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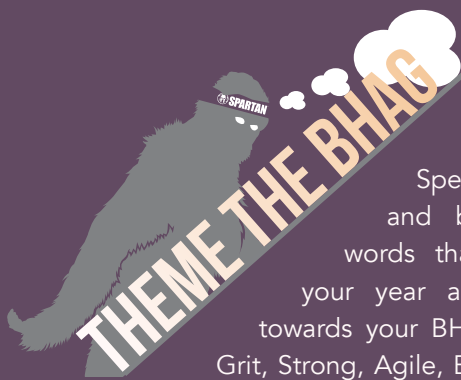
WHAT'S IN YOUR BHAG?

BY JEFF GODIN PH.D., CSCS, SGX

WITH THE NEW YEAR come new goals. Big goals. No, make that **Big Hairy Audacious Goals** (BHAGs). Originally a business concept from the work of James Collins and Jerry Porras, these monsters of goals are the ones that seem a little crazy to everyone else but you. They're daring, and they walk the line between possible and impossible. JFK had a BHAG of landing someone on the moon. Jack Lalanne had a BHAG of swimming the Golden Gate channel while towing a 2,500-pound cabin cruiser. Edmund Hillary and Tenzing Norgay had a BHAG to climb Everest. This is how big we're talking. What's in your BHAG? Complete a Trifecta? A triple Trifecta? The Agoge? Your first Spartan Race? Whatever your BHAG is, it is yours. Make sure you own it. Achieving your BHAG will not happen by chance. Only thoughtful planning, flawless execution, and an indomitable spirit will get you there. Here are a few steps you can take now that will help you achieve that BHAG in 2016.



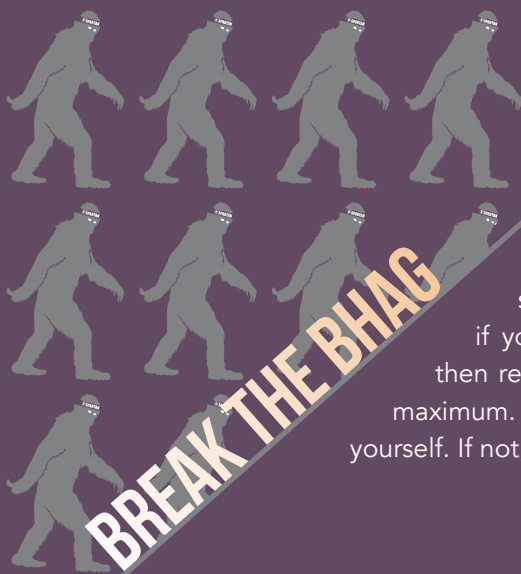
Start by writing your BHAG down in words, and then find pictures from the Internet or magazines that express your vision. Create a “shrine” of pictures in your workplace and or home that will serve as constant reminder of your BHAG. Include any pictures that are relevant to you, motivational memes, pictures of obstacles, and scenery from the different race sites, anything that inspires you to move towards your BHAG.



Spend 30 minutes and brain storm 20 words that will describe your year as you progress towards your BHAG. Happy, Fit, Grit, Strong, Agile, Believe are some examples you could begin with. With which one of them do you identify the most? Write it down and post it in your shrine, on your desk, on the home screen of your phone, or even on a yellow sticky note on your bathroom mirror.



Do not keep your BHAG a secret. Holding yourself accountable to your friends is one of the best ways to reach your BHAG. Share your BHAG with everyone: your friends, family, your colleagues at work, strangers on the street, people you’ve just met—you get it. Ask for their support. Support motivates.



Break your BHAG up into smaller goals. As you achieve each of these smaller, short-term goals, you will be one step closer to your BHAG. What will it take to meet your BHAG? Is there a fitness requirement, such as strength, power, and endurance? For example, if your BHAG is to be able to do 100 pushups straight, then record your baseline on day one. Every week, test your maximum. Record that number. If it’s higher than last week, reward yourself. If not, do ten more.



The most time-consuming—and the most important—thing you can do to achieve your BHAG is to plan. Strong intentions and great support cannot get you there. (Remember that your BHAG is on the edge of unrealistic, insane, and unfathomable to most.) I remember a time when I was in a trail race and I was feeling really good, running fast and effortlessly, only to discover that I had been running on the wrong trail for the last 3 miles. Training without a plan can have similar results. Write a plan and develop an accurate “road map” that will lead you directly to your BHAG.

BY THIS TIME NEXT YEAR, you will be basking in the glory of success and empowerment—wondering what your next BHAG is going to be. But for now, write it down, visualize it, theme it, share it, break it up into smaller pieces, and plan it out. ✕

Dr. Jeff Godin is Spartan's Head of Fitness Education and an Associate Professor in the Department of Exercise and Sports Science, Fitchburg State University.



BHAGs are scary. Oftentimes we don't achieve them on our first attempt. We get knocked down, but we get back up, brush ourselves off and get back to work. Ten unmanned NASA spacecraft failed to make it to the moon before one actually worked. (It took a lot more manned failures before Armstrong made it.) Don't let fear of failure keep you from going for your BHAG.



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THE
LEGEND
AND
LEGACY:

MARATHON 

BY DUSTIN DOROUGH



KNOWING THAT HOPE
WAS SOON TO BE LOST,
THE ATHENIANS SENT
PHEIDIPPIDES TO RUN
FOR AID, AND HE DID
EXACTLY THAT.



There's nothing easy about a marathon. Not the training, not the running, and sure as heck not figuring out where the whole thing started. The current standardized distance was only made official back in 1924, so we are less than a century of standardization into an event that was inspired and created nearly 2,500 years ago. Its beginnings are legendary, but the story is generally told in one of two ways.

I'm sure you've heard the tale of a Greek messenger running 26 miles from a victorious battlefield, hurdling the bodies of slain adversaries, and, upon reaching home base, proclaiming one word, "Victory!" only to fall down dead immediately afterward. That runner's name was Pheidippides. This particular story was originally penned by Lucian and is generally believed to be exaggerated in the details for the sake of dramatic effect. (It works, though, doesn't it?)

There is another history, though, which was written by Herodotus (author of "The Histories", our main source of information about the Greco-Persian wars outside of modern archaeological excavations) and tells a much different tale. In this, the runner is of the exact same name, but he is of much greater skill and value. He was a running courier by profession and was fighting a great battle. Knowing that hope was soon to be lost, the Athenians sent Pheidippides to run for aid, and he did exactly that.



After fighting in the battle alongside his fellow Greeks, Pheidippides showed the Greek countryside the meaning of haste as he ran through the night, reaching Sparta the next day after covering over 150 miles. Upon arriving, he pleaded with the Spartans to send

from taking the field until the moon was full. Carrying this news, Pheidippides turned around and ran 150 more miles back to Marathon, where, it is written, he immediately joined the fight.

I want you to imagine this. Imagine fighting a war with sword, shield, spear, and hand while wearing full hoplite armor. Now, imagine running a 300 mile loop in around 3 days. After that, imagine picking up your armor again and rejoining the fight against a force that outnumbers your countrymen by a factor of four to one. That is the legacy we carry. Every time we, "AROO!" or call ourselves Spartan, we summon the fighting spirit that pulsed in ancient Greece. Spartans might be the most well-known, but they were not alone in having stout hearts. Because of Sparta's legacy, we must continually strive to better ourselves and challenge ourselves in new ways. If called upon today, could you push yourself to travel even 26 miles over land? What about 50? 100?

THEY UNDERSTOOD THAT BEING IN THE BEST POSSIBLE PHYSICAL SHAPE COULD LITERALLY MEAN THE DIFFERENCE BETWEEN LIFE AND DEATH.

aid, "Men of Sparta, the Athenians ask you to help them, and not to stand by while the most ancient city of Greece is crushed and subdued by a foreign invader; for even now Eretria has been enslaved, and Greece is weaker by the loss of one fine city." The Stoic Spartans were moved, and they pledged to aid them as soon as possible. Sadly, the Spartans couldn't move troops just yet because their religious laws forbade them

Could you summon the strength to clear the rocks and boulders from a collapsed mountain pass? From the age of seven, when Spartan boys entered the Agoge, until the age of 30, when they were finally considered to be grown men, they trained for the impossible. They trained so that they would never be caught in a situation that their bodies could not handle. They understood that being in the best possible physical



shape could literally mean the difference between life and death.

In addition to that, they also valued mental strength, which is one thing we often neglect to train and more often neglect to test. A quick wit was as valued as any of the weapons in the hand of a Spartan and we owe them for the existence of Laconic phrases in our popular media today. If your body is pristine and your mind still lacking, then you've only finished half of your training.

This is why we have the tier system in our Spartan Race lengths. Finished a Sprint? Try a Super. Finished a Super? Try a Beast. Still feeling cocky? Give the Ultra Beast a shot. We pour this attitude into other events such as the Hurricane Heat, the 12-Hour Hurricane Heat, and the Agoge, which are designed to push you beyond your perceived limits and show you a glimpse of the real strength you hold, especially when working as a team—just like the phalanx formation of days long past.

This winter, when your legs are burning from a long, chilly run, or your arms are shaking from shoveling

mountains of snow, or your head is reeling from a crazy day at work, or the kids are building a snowman in the garage, or the cold and darkness makes you want to throw your training into the ditch, think back on Pheidippides and the culture that gave birth to that tenacity in such great abundance. Think of one small country fending off an empire, and, more importantly, think of the fact that you hold the exact same strength as they did. ✕

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THE TOP FIVE WINTER OBSTACLES AND HOW TO PLOW THROUGH THEM

AT SPARTAN, WE LIKE TO REMIND OUR RACERS of their deep ties to their primitive ancestors. The fact that we walk on two legs, the shape of our feet, our opposable thumbs—these all serve to remind us that we are awesome animals meant to move in awesome ways. But our membership in the animal kingdom comes with a not-so-awesome side effect: our training goes to sh** in the winter.

BY DAVID DELUCA

If you find that your teeth start to chatter at the thought of your winter training program, this article is for you. We've asked seasoned coaches from all over the country—yes, even sunny California—to share their best tips for avoiding hibernation, eating smart, and staying motivated from first frost to springtime.



“SET PERSONAL GOALS, CELEBRATE PERSONAL BESTS, AND PROVIDE YOURSELF HEALTHY REWARDS LIKE MASSAGE THERAPY FOR MEETING COMMITMENTS.”

HACK HOLIDAY HABITS

Trainer Ali might not know snow, but she knows something about the power of habits. Once a month at her gym in Foothill Ranch, CA, Ali would host a potluck with her gym members. Usually the clients who attended would take healthy portions and then call it a meal, but after the Holidays struck, their good habits unraveled. “I was mortified,” she recalls, “to see that...the serving amounts at the following potluck were three times what they were prior to the Holiday break.” Apparently everyone was still in Feast Mode.

To snap her clients out of it, Ali devised a simple accountability program: the 90-Day Holiday Fitness Challenge. The challenge required clients to commit to eating healthy, continuing their workouts, and—because Spartans love a challenge—upping their workouts slightly to counteract the effects of the season. “It was a great success,” says Ali.

If your winter eating strategy closely resembles that of a grisly bear, then follow Ali’s advice. Find another friend (or five) who understands your unstoppable appetite, and make a pact to persevere together.





THAW YOUR MOTIVATION

A resident of New England, Jen Kelmer knows snow. “We had the winter of all winters, last year,” she laughs. But for Jen and her clients at the Fitness Asylum in Shrewsbury, MA, the snow doesn’t weigh as much as the sheer boredom that comes with the season. Her solution: be inventive.

“You have to put more planning into making workouts exciting in the winter months,” says Jen. “Set personal goals, celebrate personal bests, and provide yourself healthy rewards like massage therapy for meeting commitments.” All the brain needs, it seems, is some positive reinforcement. (And we could all use a massage.)

Variety helps, too. Spartan.com is home to hundreds of WODs unique enough to spark a fire under anyone’s bored ass. Jen notes that “there really is no excuse not to work out with these in hand as most exercises require no equipment.”

MELT YOUR FRAME OF REFERENCE

A trainer as well as a mentor to his clients in Plainfield, Illinois, Ryan Hart uses winter as a teachable moment. “I advise my clients to use this time to change their frame of reference instead of use these reasons for excuses,” he says. (Prepare for an onslaught of wisdom.)

For Ryan, winter is a reminder that “[Reebok] Spartan races are life personified.” By this, he means that the Holidays, the snow, the darkness, and the cold are “obstacles...just like the rope climb, the Herculean Hoist, spear throw and Z-wall.” They aren’t barriers in his mind; rather, they’re opportunities to apply the Spartan Code. You wouldn’t back down during a race when you’re muddy, sweaty and gasping for breath, so why would you back down in the comfort of your home?

“Turning down that second helping at Thanksgiving or running with a headlamp on a snowy winter night isn’t easy,” Ryan adds. “But it is Spartan, and that’s what makes us all better for doing it.”

GEAR + ALL THE TRAILS = SUCCESS

Coach Kim Donovan trains all winter long “OUTSIDE,” and she has the Ice Bugs to prove it. Wait, what are those? Is that a— is that a disease? No, Ice Bugs are one of many solid pairs of winter trail shoes, and for Kim, “they make all the difference.”

The “difference” for Kim’s clients might be relatively small, though, thanks to her training. By the time upstate New York gets its first blanket of snow, Kim’s clients have been running exclusively on trails since spring. After that, no depth of snow can bury their momentum. “We run, lift rocks, and burpee our way through the mountains. There’s no time to get cold!” Kim takes advantage of the fact that humans can get used to anything. Spartans know this, so they train with an intention to get used to everything that seems hard. When life gives them snow, they make footprints.

WINTER: A PERSONAL PROBLEM

Armando Vengoechea trains on the tropical island paradise Puerto Rico, where “sometimes it is a little bit cold.” Before you print out this article and use it as a firestarter, be aware that Armando’s warm weather doesn’t produce perfectly motivated athletes at his gym. Like Trainer Ali from California, Armando understands that the greatest obstacles are not snowbanks and sub-zero temperatures; they are our own thoughts.

For Armando, the problem is FEAR: False Evidence Appearing Real. “If you run and hide every time you feel afraid or uncomfortable,” says Armando, “you will be running all your life.” In other words, the discomfort of winter is no different from any other discomfort. Snow, rain, heat, cold, darkness, intense sunshine, apathy, loneliness, lethargy—it’s all the same. Either you eat the FEAR, or it eats you.

Let’s get some practical advice on the table. Armando’s top tip is to remember why you’re training. “Write down [your goals],” he says, “and read [them] three times a day, in the morning, afternoon, and night.” As Viktor Frankl said, “A human being with a why can endure any how.” And don’t just go it alone; make it social. Tell trusted friends why you’re training through the winter so they can pelt you with snowballs (or coconuts) when you don’t get out of bed.

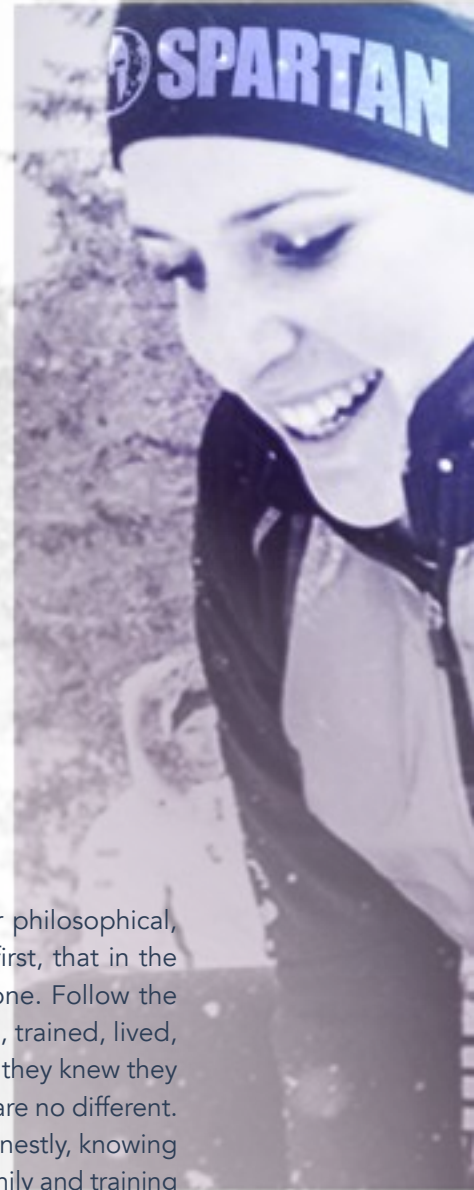


“WE TRAIN SMART, AND THAT MEANS TRAINING HONESTLY, KNOWING OUR WEAKNESSES, AND ASKING OUR FRIENDS, FAMILY AND TRAINING PARTNERS TO HELP US WHEN WE CAN'T MUSCLE IT ON OUR OWN”

PLOWING AHEAD

Whether your snowstorms are physical or philosophical, it is important to remember two things: first, that in the war against winter you need not fight alone. Follow the example of the Ancient Spartans, who ate, trained, lived, and fought as an insoluble group because they knew they needed each other. We modern Spartans are no different. We train smart, and that means training honestly, knowing our weaknesses, and asking our friends, family and training partners to help us when we can't muscle it on our own.

Second, remember the wisdom of the Ancient Stoics, who believed that it doesn't matter so much what happens to us, but rather how we react to it. As our featured coaches have hinted, the hardships that come with winter training don't need to be barriers. They can be games, obstacles, or even training tools that propel us forward. Being Unstoppable doesn't mean being numb to our environments; it means becoming an expert at finding the best view of whatever challenge we face. ✕





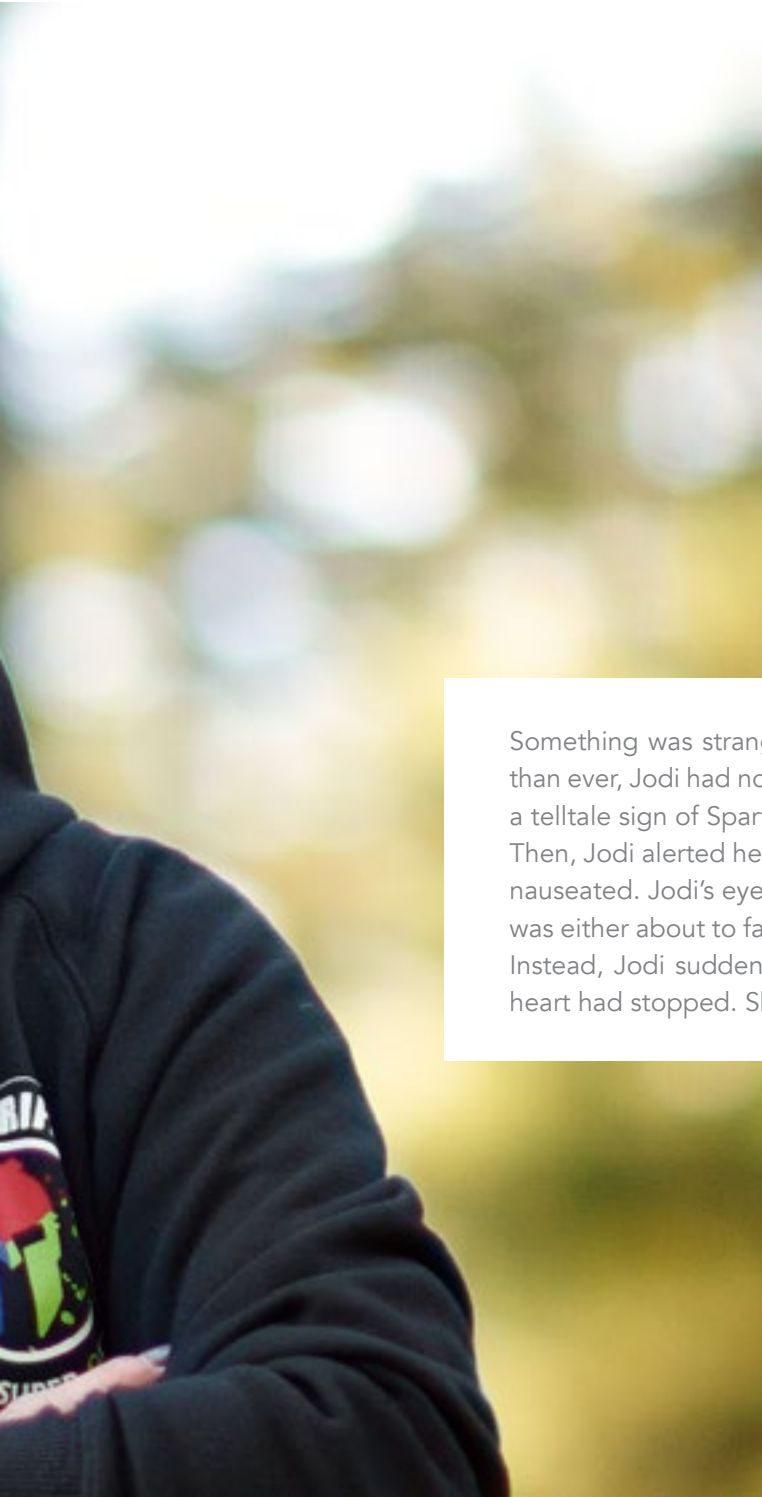


THERE & BACK AGAIN

How Jodi Eckland's
Sudden Death in the Gym
Changed Her Life Forever

Credit: Tom Hawkins Photography





BY DAVID DELUCA

On Monday, January 19th, 2015, Jodi Eckland was stretching at her gym in Vancouver after a workout. A lifelong athlete and zealous obstacle racer, Jodi had made a habit of sweating a bucket a day. Just a week before this day, she and her boyfriend had purchased a season pass to all West Coast Spartan Races. They had set a goal for the New Year: complete a double Trifecta and race with the elite heat. For Jodi, the harder challenge was always the better one.

Something was strange today, though. Despite having pushed her body harder than ever, Jodi had not broken a sweat. She wasn't out of breath. Maybe it was just a telltale sign of Spartan Unstoppability, but her trainer was worried nonetheless. Then, Jodi alerted her trainer. "I don't feel very well," she said. She was dizzy and nauseated. Jodi's eyes were widely dilated, which signaled to her trainer that she was either about to faint or about to vomit. But neither of these things happened. Instead, Jodi suddenly collapsed on the floor. Her breathing had stopped. Her heart had stopped. She was dead.

By chance or by design, an off-duty doctor happened to be training at Jodi's gym. She rushed to Jodi's limp body and started performing CPR. "Call 9-1-1." "I already called!" The doctor pumped Jodi's chest and breathed into her lungs. Again. A minute passed. Two minutes. Three. Every second, another desperate pump from the doctor's hands, another frenzied breath. Eleven minutes pass. Finally, a screaming siren. Hurried footsteps. "EMT, where is she?" A bag unzipped. "Clear!" A jolt of electricity. "Clear!" Jodi's body trembled. "Clear!" Another spasm. The EMT pressed his index and middle finger to Jodi's neck. "She's back. Get the stretcher."



Credit: Tom Hawkins Photography

“MY CHEEKS WERE SWALLOWING MY EYES. I HATED [MY REFLECTION]. I FELT LIKE I WASN'T THE SAME PERSON.”

Jodi woke up with a mouth full of tubes and arms porcupined with IVs. She had been in a medically-induced coma for 32 hours. All around her, familiar faces smiled: her mother, father, boyfriend, cousins, brothers and sisters, aunts, uncles, friends —everyone was there to see her.

“I didn't know what was going on,” she recalls, remembering what others have told her. “They had to restrain me. I remember all I wanted was for my boyfriend to sit on the bed with me, but there was no space because of all the machines.”

After about a week of testing and biopsies, the doctors gave Jodi a harrowing diagnosis. “I had cardiac sarcoidosis.”

Sarcoidosis is a rare autoimmune condition that causes the immune system to attack healthy body tissues. In cardiac sarcoidosis, clusters of cells called granulomas collect in the heart and provoke the immune system into a state of perpetual defense. As a result, Jodi's immune system “never turn[s] off. It's your body fighting against its own cells.” Despite its seriousness, cardiac sarcoidosis is nearly impossible to detect.

“The only real symptom,” Jodi's doctors told her, “is heart failure.”

Once the doctors determined that this was the cause of Jodi's heart failure, they began treatment. First, they equipped her chest with an ICD, a tiny, automatic, internal version of the regular defibrillators that occupy wall space in any gym. “If I ever 'die' again,” Jodi explains, “it would shock me back, and in theory I would be fine.” If the heart beats faster than 170 BPM, the ICD acts as a pacemaker and takes it back down. In addition to the ICD, the doctors put Jodi on corticosteroids, which silenced her confused immune response and allowed her heart to regain strength. In two weeks, Jodi was allowed to leave.

In the cold Vancouver winter that followed her heart attack, Jodi found herself imprisoned within a new, narrower set of limits. Her blood coursing with the corticosteroid Prednisone, she perpetually craved carbs, even after full meals. As a result, she gained 30 pounds. Her bones grew brittle, and she bruised easily. For months, her face was swollen. “My cheeks were swallowing my eyes,” she says. “I hated [my reflection]. I felt like I wasn't the same person.”





Meanwhile, Jodi's ICD put a hard limit on her heart rate, which blocked her from all of her usual exercise. Anything that brought her higher than 170 BPM, and she risked fainting. For months, the web of electrical leads in her chest prevented her from raising her arm above her head. Even Jodi's easiest runs came with great pain; Jodi grasped her chest from start to finish as the ICD bounced with each step. "I didn't realize how hard it would be to come back," she says. "I started to think, 'Why am I doing this?' 'What am I trying to prove right now?'" Eventually, Jodi quit her hardcore running group, and the friendships she had built there ruptured and dissolved. The pain in her heart became a pang of sorrow. "I felt really broken," she says, her voice choking with emotion. "My motto used to be, 'just push through it.' But I'm not able to have that motto anymore. I told [Daniela, the instructor] about my condition, and all she said was, 'OK, well, when do you want to start?'" (Jodi's voice tightened again.) "She said that she was going to update all of her certificates, and that she was going to take some classes that summer to learn how to do CPR with a defibrillator. This was really touching to me." When Jodi started attending classes, she lagged behind the others in the class and often had to take five. But Daniela never once pressured her to go beyond what she knew were mortal boundaries.

Because she felt so welcomed, Jodi attended her boot camp long after her free month was up. Meanwhile, she joined a new running club, the Fraser

Street Running Club, which she describes as "a community of positivity, no matter what level you're at." Finally, in September, her cardiologist cleared her to run her first Reebok Spartan Race since her heart attack, provided she take along a trusted friend who knew her story—and CPR, of course. On September 12, 2015, Jodi completed the Red Deer Super, a clear sign to her that she was back in action.

But for Jodi, finishing a Reebok Spartan Race is more than a benchmark for physical fitness. "Even though you're racing other people," she says, "you're racing yourself, you're racing your own obstacles, you're racing your own story...No matter where you are in your fitness journey, when you finish [a Reebok Spartan Race], you really do feel Unstoppable." CPR, surgery, and medication may have brought Jodi back to life, but it was the kindness and support she found in her fitness communities that refilled her life with joy. "I feel embraced by the Spartan Community," Jodi says, "It's a supportive community, one that pushes you no matter what level you're on. Even when you're out there on the course, you have people that you're talking to, and you're sharing what you've gone through."

Off the course, Jodi feels "grounded and thankful" because of the graciousness of the Fraser Street Running Club. "I'm touched by little gestures [of kindness]," she adds.

The harsh reality of Jodi's new limits changed her frame of reference in an unusual way. "I've noticed that my limits are a lot smaller now. A 10K is a huge



Credit: Tom Hawkins Photography



Credit: Tom Hawkins Photography

accomplishment now," she says. "I didn't complete [the Beast] in the time I did last year, but I'm not broken. I was still able to do it, and I was able to make it through." While her limits have changed, Jodi still sets high goals. "I would really like to get back to where I was, and I would like to try to run a marathon...and be an ultramarathoner." Aside from racing, Jodi plans to finish her degree in psychiatric nursing at Douglas College so that she can help people who are sidelined by mental illness.

Spartans like Jodi redefine what it means to be Unstoppable. Sooner or later, we all learn that we are not literally invincible, and that death is much too close for comfort. Even so, Jodi is unstoppable in her relentless adaptation, her engagement with an enduring community of athletes, and her commitment to setting and achieving high goals. We might not all be blessed to come back from the dead, but we follow Jodi's example and live extraordinary lives within human limits. ✕

"I WOULD REALLY LIKE TO GET BACK TO WHERE I WAS AND I WOULD LIKE TO TRY TO RUN A MARATHON...AND BE AN ULTRAMARATHONER."



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FOOD BASICS

A SPARTAN KITCHEN

BY JASON JAKSETIC

You've heard people say that Spartans eat "real food." But what does that mean? Whole foods grow in nature: fruits, vegetable, nuts, and animals. Ultimately, Spartan ingredients are things you could hunt and gather for yourself if your local farmer, co-op or food store didn't save you the trouble. These items are easily digestible, unprocessed, complete energy sources. Any processing that happens, Spartans do it themselves.

This old school approach to food is not an easy route. It's not what you were taught to do. (Well, maybe your great-grandmother tried to teach you.) But it is the Spartan way to eat healthily. For example, the Spartan Food of the Day

(FOD) was engineered to be your one-stop daily tutorial on how to prepare whole food ingredients for yourself. The purpose of this piece is to give you a comprehensive list

of the food ingredients you should have on hand in order to make our meals that you can find everyday at Spartan.com.

SPARTAN FOODS DON'T HAVE INGREDIENTS LISTS.



This list is just the essentials. For example, almonds—not almond milk or almond flour. (If you want those, check out Spartan.com and learn how to make them yourself.) Grab these whole food ingredients to stock up your Spartan Kitchen, grab your Spartan FOD, and get cooking.

SPARTAN FRUITS

Apples
Avocados
Bananas
Berries: *Blackberries, Blueberries, Cranberries, Raspberries, Strawberries*
Dates
Grapes
Mangoes
Melon: *Cantaloupe, Honeydew*
Pears
Peppers: *Chili, Green, Jalapeño, Red*
Pineapple
Stone Fruit: *Apricots, Cherries, Peaches, Plums*

SPARTAN VEGETABLES AND LEGUMES

Artichokes
Asparagus
Beans: *Adzuki, Black Turtle, Red Kidney, White*
Brussels Sprouts
Cauliflower
Collards
Eggplant
Kale
Lentils
Parsnips
Romaine
Spinach
Sweet Potatoes
Tomatoes
Winter Squash: *Acorn, Buttercup, Butternut, Delicata, Pumpkin, Spaghetti*

SPARTAN MEATS

Beef
Chicken
Cod
Elk
Lamb
Salmon
Scallops
Shrimp
Swordfish
Tuna
Turkey

SPARTAN NUTS/SEEDS

Almonds
Cashews
Chia seeds
Flax seeds

SPARTAN SPICES

Black Pepper
Cardamom
Cinnamon
Rosemary
Salt
Turmeric

SPARTAN SWEETENERS

Honey
Maple Syrup



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CLICK NUMBERS FOR NAVIGATION



01

SEPTEMBER 19–20, 2015
VERMONT **SPRINT** | **BEAST** | **ULTRA BEAST**



02

OCTOBER 3–4, 2015
WORLD CHAMPIONSHIP: TAHOE

03

OCTOBER 10, 2015
PITTSBURGH **SPRINT**

04

OCTOBER 17, 2015
ALABAMA **SUPER**

05

OCTOBER 17, 2015
SEATTLE **SUPER**

06

OCTOBER 31, 2015
DALLAS **BEAST**



01



SEPTEMBER 19, 2015

VERMONT BEAST | SPRINT



MEN'S ELITE

- 1st Jesse Bruce—3:28:05
- 2nd Matt Kempson—3:42:46
- 3rd Junyong Pak—3:46:12
- 4th Ethan Nedeau—3:46:42
- 5th William Ferullo—3:47:42

MASTERS ELITE MEN

- 1st Ethan Nedeau—3:46:42
- 2nd Michael Baker—4:00:59
- 3rd Lance Reed—4:05:27
- 4th Chris Baynes—4:09:05
- 5th Charles Vassallo—4:11:59

TEAM RACE

- 1st Bond Beasts—1:35:08
- 2nd Irish Spartans—1:40:45
- 3rd Spartans Of The Northeast—1:48:31
- 4th NE Spahtens—1:51:07
- 5th Spartan Grads N' Dads—1:54:38

WOMEN'S ELITE

- 1st Nancy Bourassa—4:08:53
- 2nd April Cockshutt—4:29:35
- 3rd Jackie Landmark—4:30:42
- 4th Kathleen Lanphear—4:32:59
- 5th Nicole Duquette—4:44:08

MASTERS ELITE WOMEN

- 1st Sarah Barnes—4:44:48
- 2nd Laura Lunardi—4:50:26
- 3rd Debbie Koch—5:02:03
- 4th Sue Phillips-Leclerc—5:16:54
- 5th Maria Tornudd—5:29:00

MEN'S OPEN

- 1st Vincent Larochelle—3:46:22
- 2nd Dakota Seiple—4:00:49
- 3rd Nick Fitzsimmons—4:17:36
- 4th Jeffrey Hepp—4:17:53
- 5th Benjamin Rodkey—4:19:47

MASTERS OPEN MEN

- 1st Nick Fitzsimmons—4:17:36
- 2nd Michael Senna—4:25:09
- 3rd Bruno Brisebois—4:34:22
- 4th Peter Keeney—4:40:46
- 5th Gary Villeneuve—4:42:33

WOMEN'S OPEN

- 1st Katie Dobias—4:46:06
- 2nd Ana Arellan—5:05:45
- 3rd Carrie Harris—5:19:00
- 4th Chrystal Thibedau—5:24:55
- 5th Sarah Filleter—5:26:16

MASTERS OPEN WOMEN

- 1st Ana Arellan—5:05:45
- 2nd Tracy Wolford—5:47:05
- 3rd Dina Bonetti—5:56:14
- 4th Michelle Roy—5:59:37
- 5th Michelle Parker—6:01:30





MEN'S COMPETITIVE

1st Kevin Lavoie–1:04:17
 2nd Nate Baynes–1:06:47
 3rd Nick Wyand–1:07:42
 4th Michael DiSomma–1:09:36
 5th Kevin Donoghue–1:09:37

WOMEN'S COMPETITIVE

1st Sylvie Manaigre–1:22:02
 2nd Laura Messner–1:24:06
 3rd Alex Sawicki–1:28:51
 4th Melissa Berke–1:33:17
 5th Perry Ashenfelter–1:48:01

MEN'S OPEN

1st Tom Martin–1:18:36
 2nd Spenser Sawyer–1:18:53
 3rd Christian Avery–1:21:17
 4th Trey Waversak–1:21:53
 5th Henry Pettit–1:22:03

WOMEN'S OPEN

1st Abigail Serra–1:21:45
 2nd Amanda Auger–1:26:28
 3rd Jacqueline Duckering–1:29:07
 4th Karine Samson–1:35:43
 5th Tonya Conley–1:38:30

MASTERS ELITE MEN

1st Kevin Donoghue–1:09:37
 2nd Ed Halvorson–1:20:02
 3rd Charles Guck–1:39:36
 4th James Ploof–1:40:15
 5th Robert Benigno–1:41:20

MASTERS ELITE WOMEN

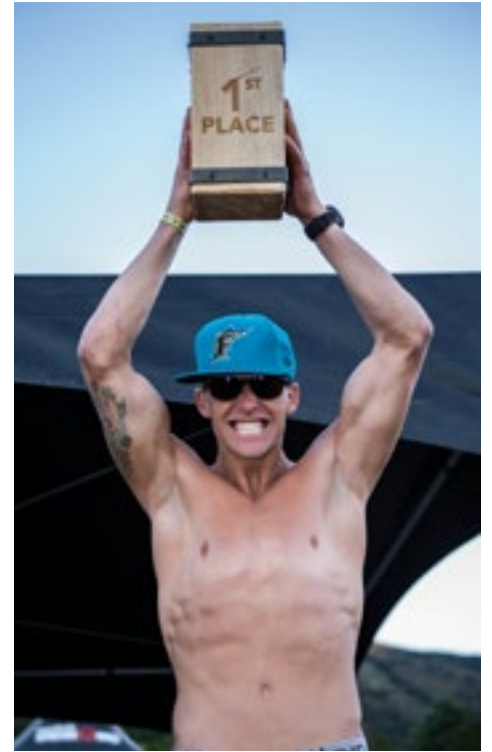
1st Maria Tornudd–2:09:56
 2nd Ida Spaulding–2:31:33
 3rd –
 4th –
 5th –

MASTERS OPEN MEN

1st Henry Pettit–1:22:03
 2nd Beej Ward–1:29:19
 3rd Mark Wells–1:30:31
 4th Aaron Steif–1:31:55
 5th John Peterpaul–1:32:33

MASTERS OPEN WOMEN

1st Elizabeth Cullen–1:43:39
 2nd Peg Rieley–1:52:28
 3rd Karen Kasupski–1:52:42
 4th Tania Solano–1:55:20
 5th Natalie Levreault–1:55:43





01.2



SEPTEMBER 20, 2015

VERMONT **BEAST** | **ULTRA BEAST**



MEN'S ELITE

- 1st Ben Kinsinger–3:19:49
- 2nd Ryan Kempson–3:35:42
- 3rd John Kinnee–3:36:47
- 4th James Delorie–3:37:23
- 5th Max Cooper–3:47:19

WOMEN'S ELITE

- 1st Ember Schmitt–4:41:58
- 2nd Deanna McCormack–5:05:28
- 3rd Chrisa Dustman–5:17:13
- 4th Tracy Conmy–5:31:11
- 5th Cynthia Johnson–5:58:14

MEN'S OPEN

- 1st Phillip Ghandi–4:00:05
- 2nd Jesse Aguilar–4:14:36
- 3rd Olivier Loudig–4:19:15
- 4th Steven Strachan–4:22:07
- 5th Scott Zerull–4:25:53

WOMEN'S OPEN

- 1st Terri Moore–4:04:49
- 2nd Rachel Beckman–4:14:33
- 3rd Natasha Kinkade-Groetke–4:45:47
- 4th Tara Frapfrie–5:32:27
- 5th Kelly Wehner–5:45:35

MASTERS ELITE MEN

- 1st Kevin Babic–3:52:22
- 2nd Paul Reynolds–3:58:26
- 3rd Ken Engasser–4:16:05
- 4th Michael Salmon–4:36:08
- 5th Todd Cambio–5:24:14

MASTERS ELITE WOMEN

- 1st Deanna McCormack–5:05:28
- 2nd Gail Harrison–9:27:09
- 3rd –
- 4th –
- 5th –

MASTERS OPEN MEN

- 1st Olivier Loudig–4:19:15
- 2nd Steven Strachan–4:22:07
- 3rd Chris Lacey–4:49:19
- 4th Chris Arnold–5:01:04
- 5th Wanderlei De Silva–5:07:36

MASTERS OPEN WOMEN

- 1st Natasha Kinkade-Groetke–4:45:47
- 2nd Alethea Hutchinson–6:24:53
- 3rd Rihana Azam–6:43:21
- 4th Wendy Costa–7:47:00
- 5th Brenda Thorn–7:51:16



MEN'S ELITE

- 1st Daniel Grady Jackson–7:24:45
- 2nd Derek Merkley–7:51:34
- 3rd Francis DiSomma–8:03:51
- 4th Miguel Medina–8:30:48
- 5th Mark Jones–8:30:48

WOMEN'S ELITE

- 1st Rhonda Bullard–9:28:04
- 2nd Caroline Drolet–10:45:14
- 3rd Tiara Cioppa–11:39:48
- 4th Ashley Luscher–12:01:14
- 5th Jen Milligan–12:20:31

MEN'S OPEN

- 1st Nathan Fry–9:08:49
- 2nd Kevin Salley–9:11:58
- 3rd Jake Silverman–9:18:30
- 4th John Flynn–9:24:41
- 5th Matthew Merola–9:28:53

WOMEN'S OPEN

- 1st Kasey Horan–11:15:25
- 2nd Christina Armstrong–12:09:46
- 3rd Kerry Flanagan–12:36:48
- 4th Michelle Christie–12:41:54
- 5th Teri Diabo–13:08:06

MASTERS ELITE MEN

- 1st Derek Merkley–7:51:34
- 2nd Kenneth Berardi–00:57:36
- 3rd Michael Baker–8:52:46
- 4th Laurence Borst–9:22:35
- 5th Jason Leonard–9:49:26

MASTERS ELITE WOMEN

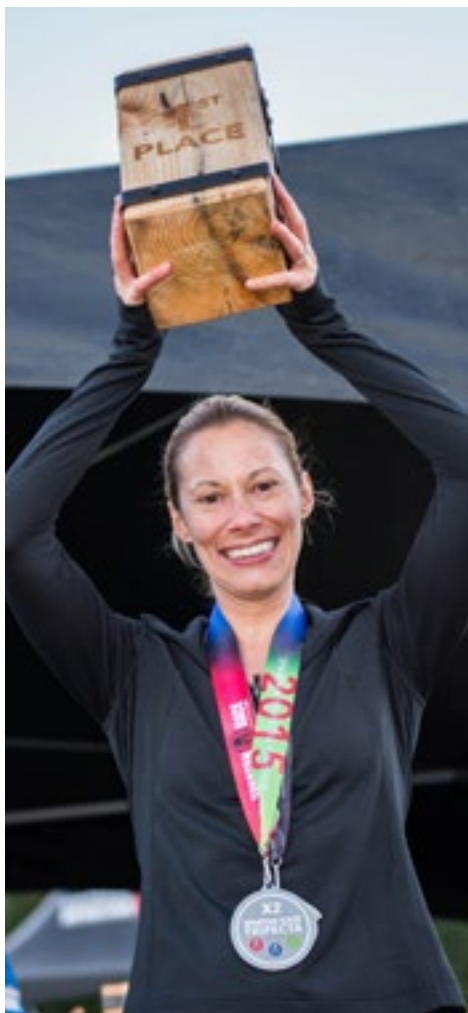
- 1st Rhonda Bullard–9:28:04
- 2nd Tiara Cioppa–11:39:48
- 3rd Debbie Koch–12:44:25
- 4th Heidi Williams–13:25:09
- 5th Leigh Cordell–14:07:59

MASTERS OPEN MEN

- 1st Kevin Salley–9:11:58
- 2nd Charles Vassallo–10:05:11
- 3rd Shawn Higgins–10:59:49
- 4th Rich Bundy–11:03:54
- 5th Don Alexander–11:08:47

MASTERS OPEN WOMEN

- 1st Michelle Christie–12:41:54
- 2nd Maria Sentmanat–13:40:33
- 3rd Jannicka Matt–14:00:48
- 4th Kari Roberts–14:41:25
- 5th Stacey Fenstermaker–14:50:50





02



OCTOBER 3, 2015

WORLD CHAMPIONSHIP TAHOE: **BEAST** | **SPRINT**

CHAMPIONSHIP HEAT

MEN'S ELITE

- 1st Robert Killian–2:25:55
- 2nd Ryan Atkins–2:26:59
- 3rd Cody Moat–2:27:58
- 4th Jon Albon–2:31:38
- 5th Chad Trammell–2:35:01

WOMEN'S ELITE

- 1st Zuzanna Kocumova–2:53:02
- 2nd Lindsay Webster–2:58:01
- 3rd Rachel Pacquette–2:58:42
- 4th Amelia Boone–2:59:19
- 5th Rose Wetzell–3:06:25

MASTERS MEN

- 1st Matt Novakovich–2:47:58
- 2nd Andrew Adamowski–2:52:58
- 3rd Liam Collins–3:06:41
- 4th Tony Curtis–3:09:15
- 5th Michal Ivanco–3:12:55

MASTERS WOMEN

- 1st Jenny Tobin–3:23:46
- 2nd Deanna Blegg–3:43:13
- 3rd Erin Slivka–3:46:47
- 4th Kim A Cole–4:01:00
- 5th Joy King–4:03:28

MEN'S ELITE

- 1st Jeff Huxhold–2:59:58
- 2nd Juan Gomez–3:14:37
- 3rd Matthew Pendola–3:19:52
- 4th Darren Svedeman–3:23:43
- 5th Ben Ward–3:26:01

WOMEN'S ELITE

- 1st Mariah Jones–3:54:54
- 2nd Virgilija Tali–4:16:34
- 3rd Ruby Guevarra–4:21:24
- 4th Molly Ure–4:23:16
- 5th Lauren Griffith–4:26:08



MEN'S OPEN

- 1st Spencer Jones–3:15:19
- 2nd Arnulfo Hurtado–3:24:03
- 3rd Joshua Bonifas–3:30:42
- 4th Dave Gladish–3:31:42
- 5th Mitchell Henderson–3:32:44

MASTERS OPEN MEN

- 1st Frank Avilla–3:34:49
- 2nd DUSM Joe Harkin–3:37:21
- 3rd Jesus Santillan–3:41:35
- 4th Boe Jares–3:41:52
- 5th Doniel Soto–3:47:03

MASTERS ELITE MEN

- 1st Matthew Pendola–3:19:52
- 2nd Ben Ward–3:26:01
- 3rd Clint Steffens–3:46:16
- 4th Nick Bingham–3:47:21
- 5th Robin Moore–3:51:49

MASTERS OPEN WOMEN

- 1st Angel McDonald–4:24:49
- 2nd Brandy McCreary–4:34:15
- 3rd Tracy Jackson–4:36:11
- 4th Irene Peralta–4:49:43
- 5th Julie Werney–4:55:11

MASTERS ELITE WOMEN

- 1st Nancy Couper–4:46:05
- 2nd Juliet Schutte–4:52:07
- 3rd Barbra VanRiper–5:04:49
- 4th Deanna Hall–5:13:36
- 5th Bridget Upton–5:50:45



MEN'S COMPETITIVE

- 1st Ken Corigliano–00:45:19
- 2nd Cody Forman–00:46:05
- 3rd Ken Furuta–00:47:44
- 4th Tanner Farenik–00:50:06
- 5th Hector Mendoza–00:50:56

MASTERS COMPETITIVE MEN

- 1st Ken Furuta–00:47:44
- 2nd Charles Vassallo–00:54:23
- 3rd Jason Hacker–00:57:23
- 4th Scott MacPherson–1:07:23
- 5th Kevin Gilloti–1:07:34

WOMEN'S COMPETITIVE

- 1st Rose Wetzel–00:57:00
- 2nd Allison Tai–00:57:33
- 3rd Kate Hirsch–1:02:31
- 4th Imogen Peltz–1:03:36
- 5th Deidre Nims–1:08:31

MASTERS COMPETITIVE WOMEN

- 1st Deidre Nims–1:08:31
- 2nd Jennica Hirrlinger–1:09:47
- 3rd Tulena Francis–1:15:08
- 4th Shannon Lopez–1:37:08
- 5th Jael Morgan–1:37:08

MEN'S OPEN

- 1st Adam Kwitko–00:59:11
- 2nd Adam Stinson–00:59:31
- 3rd Milan Jakubek–1:00:56
- 4th Carlo Castronovo–1:00:58
- 5th Anthony Graser–1:01:46

MASTERS OPEN MEN

- 1st Milan Jakubek–1:00:56
- 2nd Joseph Castellano–1:02:05
- 3rd Gene Hart–1:08:11
- 4th Chad Marquardt–1:10:46
- 5th Eric Kullman–1:10:54

WOMEN'S OPEN

- 1st Dayna Larsen–1:11:14
- 2nd Rebecca Frostick–1:11:16
- 3rd Kerri Langille–1:13:35
- 4th Jennifer Newkirk–1:13:35
- 5th Lisa Fresard–1:15:06

MASTERS OPEN WOMEN

- 1st Kerri Langille–1:13:35
- 2nd Christina Hepper–1:16:04
- 3rd Amy Smith–1:26:03
- 4th Jeremy Purdy–1:26:04
- 5th Elizabeth Freestone–1:30:57





02.2



OCTOBER 4, 2015

TAHOE CHARITY | BEAST | ULTRA BEAST



CHARITY RACE MEN

- 1st Ian Deyerle–00:48:16
- 2nd Joey Patroliia–00:50:52
- 3rd Ben Greenfield–00:51:41
- 4th Alexander Nicholas–00:53:43
- 5th Mike Bishop–00:57:15

CHARITY RACE WOMEN

- 1st Jackie Landmark–00:53:37
- 2nd Cassidy Watson–00:59:27
- 3rd Jessa Greenfield–1:03:38
- 4th Nicole Mann–1:10:06
- 5th Vlada Davydova–1:10:26

CHARITY RACE TEAMS

- 1st Livestrong–00:51:37
- 2nd Trust Your Hustle–1:14:38
- 3rd Weeple Army For Vets–1:15:16
- 4th Bravo Company–1:15:41
- 5th Slickwillies–1:15:57

MEN'S ELITE

- 1st Elliot Megquier–3:07:03
- 2nd Jeff Emery–3:26:09
- 3rd Aaron Barquist–3:43:38
- 4th Billy McRae–3:55:45
- 5th Jesse Walker–4:00:53

WOMEN'S ELITE

- 1st Tara Cioppa–5:19:58
- 2nd Kelsie Scott–5:23:51
- 3rd Sara Wilhelmi–5:43:04
- 4th April Serrano–5:45:12
- 5th Gail Harrison–5:55:04

MEN'S OPEN

- 1st B. Joshua Munoz–3:50:01
- 2nd Mike Carpenter–4:06:35
- 3rd Ernesto Fuentes–4:10:43
- 4th Greg Young–4:18:39
- 5th Ron Salvatori–4:18:39

WOMEN'S OPEN

- 1st Melinda Dayro–4:22:11
- 2nd Lesley Hackett–4:36:00
- 3rd Emily Kistler–4:48:09
- 4th Nadya Dooley–4:50:06
- 5th Andrea Mejia–5:02:34

MASTERS ELITE MEN

- 1st Jeff Emery–3:26:09
- 2nd Billy McRae–3:55:45
- 3rd Clint Steffens–4:36:55
- 4th Gary Harrison–5:55:09
- 5th Lawrence Franchini–6:05:05

MASTERS ELITE WOMEN

- 1st Tara Cioppa–5:19:58
- 2nd Gail Harrison–5:55:04
- 3rd –
- 4th –
- 5th –

MASTERS OPEN MEN

- 1st Mike Carpenter–4:06:35
- 2nd Greg Young–4:18:39
- 3rd Ron Salvatori–4:18:39
- 4th Michael Bakes–4:22:14
- 5th David Kent–4:25:57

MASTERS OPEN WOMEN

- 1st Melinda Dayro–4:22:11
- 2nd Cortney Maronic–5:04:20
- 3rd Vicki Marotti–5:21:04
- 4th Deborah Morelli–5:51:15
- 5th Amanda Ruth–6:02:09



MEN'S ELITE

- 1st Kevin Lavoie–7:11:27
- 2nd Miguel Medina–7:27:20
- 3rd Alex Devine–7:49:47
- 4th John Hirsch–7:51:39
- 5th Luke Bosek–8:05:01

WOMEN'S ELITE

- 1st Michelle Ford–8:52:43
- 2nd Ashley Seeger–8:53:18
- 3rd Carissa Norman–10:07:38
- 4th Leslie St Louis–10:28:28
- 5th Holly Tomsheck Robertson–12:06:13

MEN'S OPEN

- 1st Chad Hirschman–7:47:03
- 2nd Jebediah Ellersick–8:59:58
- 3rd Francis Paul Dela Cruz–9:05:09
- 4th Aubry Blad–9:56:04
- 5th Carlos Padilla–9:58:33

WOMEN'S OPEN

- 1st Veronica Figueroa–10:22:04
- 2nd Nicole Root–10:36:27
- 3rd Nicole Kifer–10:38:21
- 4th Melissa Erickson–11:03:44
- 5th Ellabeth Del Sato–11:28:03

MASTERS ELITE MEN

- 1st John Hirsch–7:51:39
- 2nd Patrick Wallace–8:39:54
- 3rd Justin Dankel–8:43:30
- 4th Marcelo C Pina–9:40:48
- 5th Oleg Boyarko–10:36:14

MASTERS OPEN MEN

- 1st Dindo Dizon–10:42:54
- 2nd Adrian Torres–10:51:33
- 3rd Adam Liby–10:57:30
- 4th Brain Nahss–11:01:10
- 5th Chris Felix–11:01:16

MASTERS OPEN WOMEN

- 1st Nai X Saechao–11:33:00
- 2nd Michelle Starkey–11:43:14
- 3rd Martha Villa-Tiscareno–12:20:17
- 4th Veronica Aparicio–12:23:05
- 5th Tanya & Ashley Eggert–12:57:44





MEN'S COMPETITIVE

- 1st Chris Schapman–00:54:13
- 2nd Robert Muzikowski–00:54:59
- 3rd Corey Raymo–00:55:26
- 4th Stephen Vassallo–00:56:02
- 5th Neil Perkins–00:56:36

MASTERS ELITE MEN

- 1st Richard Myers–1:00:19
- 2nd Andy Bell–1:00:48
- 3rd Matt Harrell–1:01:48
- 4th Ronald Zaniewski–1:02:58
- 5th John McNavage–1:03:37

WOMEN'S COMPETITIVE

- 1st Katie Huber–1:19:46
- 2nd Carrie Harris–1:22:30
- 3rd Jaclyn LaRosa–1:23:29
- 4th Vanessa Waigand–1:24:04
- 5th Brooklyn Fagan–1:25:13

MASTERS ELITE WOMEN

- 1st Kathleen DePan–1:43:29
- 2nd Jennifer Fennell–1:44:19
- 3rd Amy Dunkin–2:15:13
- 4th –
- 5th –

MEN'S OPEN

- 1st Gabriel McCorkle–1:01:52
- 2nd Frank Rondinelli–1:02:57
- 3rd Brandon Fletcher–1:03:04
- 4th Matt Lipsey–1:04:00
- 5th Robert Edgar–1:06:18

MASTERS OPEN MEN

- 1st Greg Hopkins–1:09:20
- 2nd Bryan Yukon–1:09:20
- 3rd Juan Gomez–1:09:28
- 4th Joe Urbanski–1:09:34
- 5th Bret Rankin–1:09:58

WOMEN'S OPEN

- 1st Carrie McFall–1:21:04
- 2nd Katie Anderson–1:21:09
- 3rd Jacqueline Flaherty–1:21:53
- 4th Amber Conway–1:22:07
- 5th Kathleen Bush–1:22:24

MASTERS OPEN WOMEN

- 1st Tammie Crouse–1:33:03
- 2nd Lori Coffman–1:36:42
- 3rd Becki Morrison–1:37:17
- 4th Danielle McDonald–1:38:09
- 5th Shari Watson–1:39:32

03



OCTOBER 10, 2015
PITTSBURGH SPRINT



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04



OCTOBER 17, 2015
ALABAMA SUPER

MEN'S ELITE

- 1st Bennett Browder–1:42:01
- 2nd Elliott Megquier–1:42:45
- 3rd Philip Smith–1:48:09
- 4th Josh Butler–1:51:32
- 5th Jacob Hunt–1:53:40

MASTERS ELITE MEN

- 1st Rojelio Martinez Jr.–1:56:24
- 2nd Richie Denson–2:07:08
- 3rd Doug Snyder–2:07:48
- 4th Spencer Allen–2:09:28
- 5th David Fogleman–2:09:29



WOMEN'S ELITE

- 1st Janet Barry–1:55:56
- 2nd Samantha Guthrie–2:08:09
- 3rd Jamie Tirrell–2:11:43
- 4th Jamie Cooper–2:12:24
- 5th Emily Rachal–2:18:53

MASTERS ELITE WOMEN

- 1st Juliana Sproles–2:32:07
- 2nd Andi Hardy–2:49:46
- 3rd Gloria Rilo–2:56:11
- 4th Nicole Persinger–2:58:16
- 5th Rachel Mercer–3:06:50



MEN'S OPEN

- 1st Jordan Bryant–1:54:38
- 2nd Chris Carmello–2:01:33
- 3rd Stuart Robertson–2:02:17
- 4th Robert Hungate–2:03:25
- 5th Jason Harvey–2:03:50

MASTERS OPEN MEN

- 1st Chris Carmello–2:01:33
- 2nd Robert Hungate–2:03:25
- 3rd Stephen Verret–2:08:01
- 4th Marc Bradley–2:08:18
- 5th Jeff Rester–2:15:55

WOMEN'S OPEN

- 1st Ash Mrozek–2:34:09
- 2nd Meleah Carter–2:34:58
- 3rd Sarah Pak–2:38:23
- 4th Andra Bruce–2:38:53
- 5th Summer Cameron–2:39:13

MASTERS OPEN WOMEN

- 1st Andra Bruce–2:38:53
- 2nd Carol Gentry–2:46:37
- 3rd Margo Andrews–2:47:57
- 4th Virginia Meikle–2:52:17
- 5th Pamela Craft–2:53:37



TEAM RACE

- 1st Spartan TOADS III–3:09:36
- 2nd Mississippi Mudkickers–3:11:07
- 3rd Crossfit Eastern Shore–2:47:57



05



OCTOBER 17, 2015
SEATTLE SUPER

MEN'S ELITE

- 1st Ryan Kent–1:04:58
- 2nd Chad Trammell–1:07:00
- 3rd John Howell–1:09:07
- 4th Ian Hosek–1:09:46
- 5th Brandon Dean–1:13:04

WOMEN'S ELITE

- 1st Alyssa Hawley–1:22:51
- 2nd Sara Knight–1:29:36
- 3rd Michelle Kinney–1:30:48
- 4th Christina Armstrong–1:34:30
- 5th Jolene Wilkinson–1:35:20

MEN'S OPEN

- 1st Bret Ravsten–1:17:05
- 2nd Matt Hallett–1:22:36
- 3rd Erik Withalm–1:23:25
- 4th Jeremy Hatch–1:25:04
- 5th Nate Lott–1:26:46

WOMEN'S OPEN

- 1st Heather Wilson–1:36:49
- 2nd Jen Houk–1:37:05
- 3rd Myra Davison–1:38:54
- 4th Caroline Andersen–1:41:17
- 5th Jessica Dingwall–1:42:43

MASTERS ELITE MEN

- 1st John Howell–1:09:07
- 2nd Brian Lamma–1:27:01
- 3rd Christopher Rutz–1:28:27
- 4th Sloane Anderson–1:28:50
- 5th Eric Lhuillier–1:28:56

MASTERS ELITE WOMEN

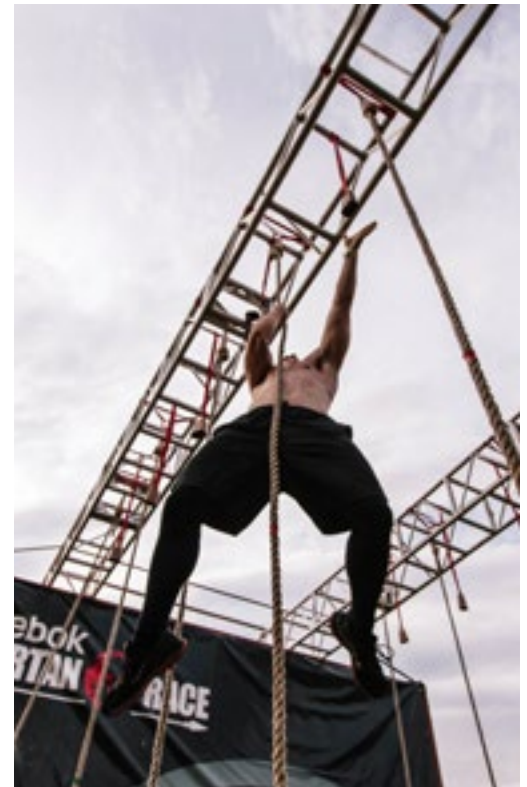
- 1st Jolene Wilkinson–1:35:20
- 2nd Wendy Sailors–1:39:13
- 3rd Nicole Shouman–1:43:20
- 4th Tamara Straub–1:56:15
- 5th Pamela Court–2:05:04

MASTERS OPEN MEN

- 1st Tracy Skay–1:28:06
- 2nd Mike Martinez–1:30:34
- 3rd CJ McHenry–1:32:47
- 4th Adam Krett–1:36:03
- 5th Chris Barringer–1:37:14

MASTERS OPEN WOMEN

- 1st Brandy McCreary–1:44:27
- 2nd Maile Nelson–1:49:56
- 3rd Tracy Jackson–1:51:14
- 4th Katrina Kelly–1:54:35
- 5th Hope Hall–1:55:21





06



OCTOBER 31, 2015

TEAM RACE | DALLAS **BEAST** (SAT)

MEN'S ELITE

- 1st Chris Schapman–1:33:12
- 2nd Ryan Atkins–1:35:03
- 3rd Isaiah Vidal–1:35:03
- 4th Hunter McIntyer–1:35:03
- 5th Matt Novakovich–1:37:23

WOMEN'S ELITE

- 1st Alexandra Walker–2:03:28
- 2nd Randi Lackey–2:05:31
- 3rd Megan Boyd–2:07:43
- 4th Alex Roudanya–2:10:30
- 5th April Dee–2:10:31

MEN'S OPEN

- 1st Jonathan Walmer–1:38:28
- 2nd Nicholas Clark–1:52:31
- 3rd Marc Montano–1:56:08
- 4th Benjamin Pina–1:58:24
- 5th Felipe Guardia Ortiz–1:59:51

WOMEN'S OPEN

- 1st MarySue Lem–2:34:53
- 2nd Manita Lam–2:34:53
- 3rd Shawn Jackson–2:34:54
- 4th Intan Sauer–2:36:54
- 5th Melissa Swanson–2:42:24

MASTERS ELITE MEN

- 1st Matt Novakovich–1:37:23
- 2nd Yancy Culp–1:56:33
- 3rd James White II–1:57:20
- 4th Morris Brossette–2:06:44
- 5th Jasin Cooley–2:07:03

MASTERS ELITE WOMEN

- 1st Jenny Franson–2:20:49
- 2nd Jennifer Fisher–2:30:25
- 3rd Amy Bortoff–2:42:52
- 4th Juliana Sproles–2:42:52
- 5th Kristen Woodland–2:49:19

MASTERS OPEN MEN

- 1st Jonathan Walmer–1:38:28
- 2nd James Hintz–2:07:39
- 3rd Rafael Caballero–2:15:08
- 4th Matt Harrell–2:27:14
- 5th Jan Durin–2:32:58

MASTERS OPEN WOMEN

- 1st MarySue Lem–2:34:53
- 2nd Manita Lam–2:34:53
- 3rd Melissa Swanson–2:42:24
- 4th Nina Wagner–3:12:51
- 5th Sylvia Feil–3:13:29

TEAM RACE

- 1st TEAM 6–1:56:34
- 2nd Lone Star Spartans–2:15:28
- 3rd Christ Fit Gym–2:28:15
- 4th Title Beast–2:34:52
- 5th TEAM 4–2:39:37



06.2



OCTOBER 31, 2015
DALLAS BEAST (SUN)

MEN'S ELITE

- 1st Ryan Atkins—2:17:11
- 2nd Hunter McIntyer—2:17:42
- 3rd Elliott Megquier—2:37:13
- 4th Jamie Duff—2:41:34
- 5th Michael Bell—2:47:22

MASTERS ELITE MEN

- 1st Rojelio Martinez Jr.—2:54:27
- 2nd Kevin Donoghue—3:01:22
- 3rd Rodney Nesbitt—3:14:37
- 4th Brian Dingess—3:22:53
- 5th Michael Gaudet—3:45:36

WOMEN'S ELITE

- 1st Alex Roudanya—2:42:36
- 2nd Alexandra Walker—3:03:15
- 3rd Laura Lunardi—3:09:05
- 4th Jackie Rust—3:34:28
- 5th Erin Low—3:43:08

MASTERS ELITE WOMEN

- 1st Laura Lunardi—3:09:05
- 2nd Juliana Sproles—4:15:28
- 3rd Pamela Hoffman—5:01:40
- 4th Jennifer Krone—5:53:11
- 5th Sheri Neapetung—8:48:02

MEN'S OPEN

- 1st Chris Klebicko—3:04:38
- 2nd James Blair—3:16:06
- 3rd Joseph Henderson—3:20:28
- 4th Oaty Frye—3:23:05
- 5th Martin Schwetter—3:24:11

MASTERS OPEN MEN

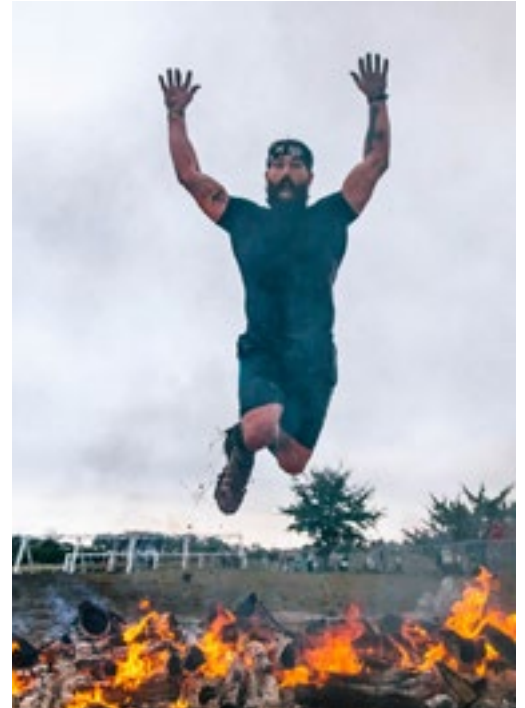
- 1st Joseph Henderson—3:20:28
- 2nd Martin Schwetter—3:24:11
- 3rd Christopher Mueller—3:42:45
- 4th Jan Durin—3:50:29
- 5th Chris Joran—3:52:44

WOMEN'S OPEN

- 1st Jenny Siepka—3:30:46
- 2nd Marie Rutledge—3:34:29
- 3rd Kelsey St Clair—4:02:50
- 4th Jeri D'Aurelio—4:04:20
- 5th Katherine de Rome—4:06:27

MASTERS OPEN WOMEN

- 1st Jenny Siepka—3:30:46
- 2nd Holly Cibelli—4:29:23
- 3rd Joanne Rech—4:39:43
- 4th Amber Christopher—4:54:31
- 5th Jamie Woods—5:12:33



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SPARTAN AWARDS 2015

BY STEFFEN "COOKIE" COOK

The dust settles on another year of mud, grit, ropes and endless smiling Spartan-made heroes passing the finish line. Standards have risen to an all-time high, both in the Elite field and Open ranks. Who stood out this year? Spartan Pro Team and Elite racers, along with staff members, looked back on 2015 and agreed that the following deserve special recognition.



Over the course of a racing season, we see athletes peak and fall. Some power through great stretches, only to meet bitter defeat. These four athletes stood above the competition this year, en route to a fantastic season.



MEN'S MVP: CODY MOAT

7 races | 7 podiums | 3 1st place finishes
3rd at World Championship

The soft-spoken Cody Moat prefers to let his racing do the talking. While other racers ran more events, it was the quality of Cody's events and his performance that won him Men's MVP this year. This 2012 World Champion battled some of the fiercest competition this season and captured a second straight podium finish at this year's World Championship in Lake Tahoe.



WOMEN'S MVP: AMELIA BOONE

10 races | 9 podiums | 6 1st place finishes
4th at World Championship

There are few faces in the obstacle racing community that are as recognizable as Amelia Boone's. One of the pioneers of obstacle racing, Boone raced for redemption in 2015. After breaking her leg just before the 2014 World Championship, she was quickly and unexpectedly sidelined. Boone came roaring back in 2015, winning handily in her return race at the Jersey Beast in April. This kicked off a streak of nine straight podiums, where she was ultimately dethroned at Lake Tahoe. While her final victories slipped out of her fingers, there is no doubting her dominance this year.



2015 featured close finishes, jaw-dropping performances, heartbreak, and triumph. All four of these athletes dominated the course and their competition and are truly deserving of their accolades. They will look forward to an even bigger and better 2016.



MEN'S ROOKIE: RYAN KENT

8 races | 6 podiums | 4 1st place finishes
8th at World Championship

Kent opened 2015 with a bang, winning the SoCal Sprint back in January. That set the stage for an impressive rookie campaign on the Pro Team. At the Montana Beast, one of the biggest races of the year, Kent fought through the wilderness to come out on top. With a rare but dangerous combination of size and speed, Kent will be a force to be reckoned with in the years to come.



WOMEN'S ROOKIE: KATE CRAMER

14 races | 11 podiums | 7 1st place finishes
19th at World Championship

This year welcomed a stacked female rookie class to the Pro Team. With seven women's signings, the field was more competitive than ever. Kate Cramer burst onto the scene with an impressive showing at the SoCal Combine. The former Division 1 soccer star was signed to a contract shortly thereafter. With a string of breathtaking last-minute finishes with fellow rookie Jackie Rust, Cramer showed poise in the spotlight and made it clear she was ruler of the rookie class of 2015.



Joe Forney is a familiar face all over Sparta. Well known for his smile and relentless volunteering, his Trifecta count is well into double digits. But he's not done yet.

"I will turn 60 early next year and nobody cares that I am older than dirt. Spartan has given me a wonderful and diverse extended family around the country and around the world."

"I will get in car or jump on a plane at any time to get to a Spartan Race to see my 'family.' Volunteering is awesome. On race day, you are out on course for a while, but volunteering, you get a chance to spend some time and get to know other Spartans a little better as you help make race day a success."



Go to a race anywhere on the West coast, and chances are you'll see the green and black jerseys of the Weeple Army. According to Dave Huckle, their core value is fun.

"The Weeple Army is a supportive community—more like a family—of runners from beginners to extreme endurance athletes. They enjoy pushing themselves outside of their own comfort zone in order to grow and expand their experiences, while at the same time helping others do the same thing. The Weeple Army is known as the 'Army of Fun' because that is our main goal: to enjoy life and have fun while overcoming obstacles together."



In a nationwide vote done by Spartan racers, the races at Palmerton, Pennsylvania was voted as being the favorite races of the year. Collecting 32% of the votes, the popular venue crushed all competition. Coming second with 17% of the vote was the World Championship in Tahoe.



Without fanfare or a flurry of shameless “selfies”, Scott Weir has quietly established himself as the king of Sparta in 2015. Not only is he the only person to date to have beaten every Ultra Beast, but he has also ravaged Beasts and Hurricane Heats. But why does he walk alone?

“A lot of my races are chosen out of asking what nobody has done before, something that might be a little crazy, but will push my idea of what I can do to another level. These are the ego ideas, some way I can chalk up another first in my personal record book—not my first, the first. I chose to complete all of the Ultra Beasts because it’s the one distance where a finish isn’t always guaranteed—it has to be earned with every step. Oh, and I like shiny things that glow in the dark.”



Collecting 25% of another nationwide vote, the Spear Throw proved to be not just “the burpee maker” but also the most popular obstacle of 2015. Competition was close, however, as the Clif Bar Platinum Rig collected 20% of the vote.



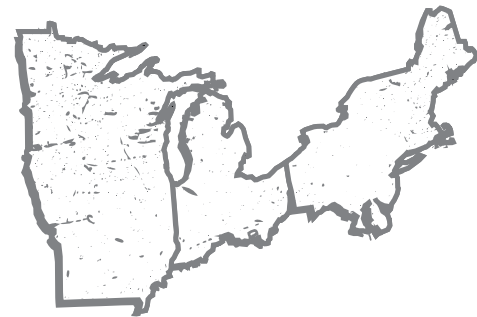
As the Street Team Coordinator for the United States, I am privileged to know 700 dedicated members who go above and beyond to promote and support Spartan Race. I was asked to pick two members to be recognized, and that was impossible to do. I then decided to pick two members from each region. Here are the standouts that we wanted to recognize:



WEST COAST

Brandon Chinn—Brandon is always there when the Street Team needs him. He is a positive person who is energetic and enthusiastic at all events he assists with. He has been a huge force in letting folks know about Spartan Race in the Pacific Northwest, has attended many of the Adventure Runs in Seattle and Kent, tested water samples at race sites and led NBC Viewing Parties with local businesses.

Matt Solum—Matt has been a huge asset to the Street Team. He is extremely active on social media; he typically answers any question on the Street Team and Spartan Volunteer Facebook groups within five minutes. He has helped to put together the in-depth Street Team FAQ's that all members refer to. Additionally, he has also been a huge help on race day such as working the merchandise tent in Utah, as well helping in other capacities at events. He is a role model for all of us.



NORTHEAST

Henry Marte—Henry has been on the Street Team for several years, and it has been a pleasure to watch him grow. He has worked as a photographer on the Workout Tour and now helps to find events around Boston to support his local race. Henry is the kind of person who will have anything you need, no matter how strange the request is. At one Spartan School workout, he showed up with multiple—much-needed—sandbags.

Marc Cooperstein—Marc has traveled all over the country and always makes time to work with the Street Team. He has helped out with races in SoCal, Montana, Texas and all of the Northeast events. Marc is a great asset at races due to his extensive knowledge of the product. He continues to travel and runs Spartans for his IRun4 buddy.



SOUTHEAST

Derryn Hamilton—Derryn has put in more volunteer time than anyone else on the Street Team. Whenever we need extra staffing at an event, she is up for the task. For example, she recently drove 8 hours to Nashville to lead the race for us. Not only that, but she has attended every workout, race, expo, that has been in her area this year. Derryn has been a huge force in promoting Spartan in the Southeast.

Sidney Morris—Sidney eats, sleeps, and breathes Spartan. An SGX Coach and Street Team Member extraordinaire, Sidney is always helping to push our southern races. Thanks to his great personality and outstanding motivation, the Alabama Super was a huge success. Sidney is always happy to teach as well as live the Spartan lifestyle.

MIDWEST

Paul and Denise Kelly-Jones—An amazing husband-and-wife team who spend their weekends traveling to events across the country, Paul and Denise inspire the Street Team and Spartans everywhere with their positive attitude. They both have earned multiple Trifectas and are not slowing down anytime soon.



WELCOME TO THE SOUTH RIM OF AMERICA: CHILE

BY LUKAS PERIC

AS CHILE JOINS THE SPARTAN FAMILY, we want to invite you to participate in the 2016 races we'll be hosting in our country:

Spartan Sprint

Hacienda Picarquín

April 23-24

Spartan Super

Hacienda Picarquín

August 27-28

Spartan Sprint

(location to be determined)

October 1-2

Spartan Beast & Super

(location to be determined)

November 26-27





The first two races are in Hacienda Picarquín, located in the central area of our country, which is known for its beautiful valleys. These valleys will offer Spartans from across the world breathtaking views. Just 45 minutes from downtown Santiago, the scenery, the atmosphere and demanding races will dazzle all attendees.

The April Spartan Sprint will be a challenging 3+ miles circuit with 15+ obstacles. You'll find plenty of climbs and a number of natural obstacles that add even more fun to the circuit. We'll also have Spartan Junior Race for children so they can become passionate about sports early in their childhood.

If you don't know Chile, it's a long, narrow country that extends from the Andes Mountains to the Pacific Ocean on the southwest side of South America. It has a unique geography: its territory includes [Easter Island](#), as well as parts of [Antarctica](#). Continental



and insular Chile, which includes the mainland and offshore islands and archipelagos, covers 756,096 km². Chile's main territory is roughly twice the size of Germany and consists of a strip of land 4,200 km long and 90 to 440 km wide. In the far south, the land is transected by hundreds of islands and fiords. Santiago is the country's capital, largest city, and Chile's main political, economic, cultural and industrial center. It is the gateway to Chile and one of the most modern capital cities on the continent.

Chile is sandwiched between two great forces of nature: the Pacific Ocean to the west and the high peaks of the Andes to the east. The country is located in the southeastern part of South America and borders Peru to the north, Bolivia to the northeast and Argentina to the east. In the country's northern region, the altiplano and deserts predominate, including the Atacama Desert, the most arid area on the planet. We plan to use it for future races, which will be the hottest Spartan races ever.

In the central region, the country's two dominant mountain ranges – the Cordillera de la Costa (Coastal Mountain Range) and the Andes – create a series of valleys lined with fast-flowing rivers and an abundance of farmland. We have chosen the central area for our 2016 season, we'll have four events in beautiful valleys with landscapes that will blow you away.

The country's southern region runs from latitude 38° south to 41° and is known for its large lakes, evergreen forests and snow-capped volcanoes, where we plan on holding our 2017-2019 events. Patagonia, meanwhile, has a territory that combines hundreds of islands with mainland cut by fjords, canals and large glaciers. The region is also home to important inter-oceanic passages like the Strait of Magellan, the Beagle Canal and the Drake Passage, places you simply must see before you die. We look forward to have you all down here. You'll live the best experience of your life.

VIVA CHILE! AROOO!





¡BIENVENIDOS AL EXTREMO SUR DE AMÉRICA: CHILE!

BY LUKAS PERIC

CHILE SE SUMA A LA GRAN FAMILIA SPARTAN y por ello queremos invitarlos a que participen en las carreras que haremos durante el año 2016 en nuestro país:

Spartan Sprint

Hacienda Picarquín

April 23-24

Spartan Super

Hacienda Picarquín

August 27-28

Spartan Sprint

(TBA)

October 1-2

Spartan Beast & Super

(TBA)

November 26-27





Las dos primeras carreras serán en Hacienda Picarquín, ubicada en la zona centro de nuestro país, que se caracteriza por hermosos valles que se convierten en escenarios imperdibles para Spartans de todo el planeta! A tan solo 45 minutos del centro de Santiago, el paisaje, el ambiente y unas exigentes carreras maravillarán a todos los asistentes.

El Spartan Sprint de Abril será un exigente circuito de más de 7 kms. con más de 20 obstáculos. Encontrarás bastantes subidas y un buen número de obstáculos naturales que le agregan aún más diversión al circuito. También tendremos Spartan Juniors para que nuestros niños y jóvenes disfruten y se apasionen por el deporte desde pequeños.

Hablando un poco más acerca de Chile, es un país largo y angosto, que se extiende entre la Cordillera de Los Andes y el Océano Pacífico al suroeste de América del Sur. Tiene varias particularidades geográficas: posee territorio en la Polinesia con [la Isla de Pascua](#), en la [Antártida](#) y en el continente sudamericano. La superficie



de Chile continental e insular equivale aproximadamente a más del doble de la superficie de Alemania, aunque repartida en un franja de 4.200 km de longitud por 90 km en su parte más angosta y 440 km en su parte más ancha, recortada por cientos de islas y fiordos en su parte más austral.

La capital y principal ciudad en cantidad de población y empleos es Santiago. Es el mayor centro político, económico, cultural e industrial del país. Con seis millones de habitantes, es la puerta de entrada a Chile y una de las más modernas capitales en el continente.

Chile está en medio de dos grandes fuerzas de la naturaleza: al oeste el Océano Pacífico y por el este la Cordillera de Los Andes con cumbres de gran altura que sin duda serán elementos claves en todas nuestras carreras. El país está ubicado al suroeste de América del Sur y limita con Perú al norte, Bolivia al noreste y Argentina al este.

En la zona norte predominan el altiplano y los desiertos entre el que destaca el de Atacama, el más árido del planeta, esperamos algún día utilizarlo para tener la Spartan Race más caliente jamás hecha. En la zona central, las dos cadenas montañosas dominantes en la geografía chilena, la Cordillera de la Costa y la de Los Andes, dan lugar a una serie de valles surcados por torrentosos ríos y con gran preponderancia de los campos agrícolas. Estos valles son los elegidos para nuestra temporada 2016, teniendo los 4 eventos en hermosos valles con paisajes que los dejarán impactados. Bajo la latitud 38° sur y hasta el 41° comienza la zona sur de Chile, territorio con grandes lagos, bosques siempre verdes y volcanes nevados, los cuales serán parte de nuestras temporadas 2017-2019. La Patagonia, en tanto, cuenta con un territorio que mezcla centenares de islas con una zona continental recortada por fiordos, canales y grandes glaciares. La región cuenta con importantes pasos interoceánicos como el Estrecho de Magallanes, el canal de Beagle y el Paso de Drake, lugares que no puedes dejar de visitar en tu vida! Los esperamos... Vivirán la mejor experiencia de vuestras vidas...

¡VIVA CHILE! ¡AROOO!



SPARTAN RACE WESTERN EUROPE 2016

january 23 2016

VALMOREL (FRANCE)
SPARTAN SPRINT

april 16 2016

MUNICH (GERMANY)
SPARTAN SPRINT

april 23 2016

ROME (ITALY)
SPARTAN SPRINT/SUPER

may 7 2016

ATLANTIQUE (FRANCE)
SPARTAN SPRINT/SUPER

may 28/29 2016

MADRID (SPAIN)
SPARTAN SPRINT/SUPER

june 4/5 2016

PARIS (FRANCE)
SPARTAN SPRINT/SUPER

june 11 2016

MILANO (ITALY)
SPARTAN SPRINT/SUPER

september 10/11 2016

OBERNDORF TYROL (AUSTRIA)
SPARTAN SPRINT/SUPER/BEAST

october 8/9 2016

BARCELONA (SPAIN)
SPARTAN SPRINT/SUPER/BEAST

october 8/9 2016

CIRCUIT PAUL RICARD (FRANCE)
SPARTAN SPRINT/SUPER/BEAST

MORE RACES TO COME LATER SO STAY TUNED / INFO FOR EACH COUNTRY: FRANCE www.spartanrace.fr
GERMANY www.spartanrace.de / SPAIN www.spartanrace.es / ITALY www.spartanrace.it / AUSTRIA www.spartanrace.at





BY STEPHAN FLOCK

GERMANY & AUSTRIA 2015:

Olympic feeling, rugged wilderness, and a crowning end to the season

After the spectacular races in Munich and Cologne, Germany, the Spartan year ended with a record finale in Oberndorf/Tirol, Austria.



AROO! AROO! AROO! 2015 could not have gone better for Spartans in Germany and Austria. Only three years after the first Spartan crossed the finish line on the European continent in Slovakia, the Spartan Race community has grown to conquer the German-speaking area. First it was Munich and Cologne in the 2015 Spartan race calendar, which attracted the obstacle course community, and then this year Oberndorf in the Tyrol presented a real Trifecta spectacle on the Wilder Kaiser.

This year, Spartan Race set two records in Germany and Austria. The season-opener in mid-April drew over 5,500 Spartans to the starting line in the Munich Olympic Park, which was at the time a new participant record for a European Sprint race. The spectacular Spartan battle at one of the hardest and most memorable Sprints in the history of the international series was followed by a trip into Germany's wilderness right outside of Cologne. In Munich, Spartans took on a course that wound through the urban park in Bavaria under the Olympic Tower. These 3,650 starters faced the rugged nature of the hilly land in Wiehl, near Cologne. In Western Germany, the motocross track in Bielstein was the showplace of both a Super and a Sprint.

The finale came in the middle of September at the Trifecta weekend in Oberndorf in Tyrol. With a Sprint, Super and the first-ever Beast in the region,

more than 3,500 racers from 33 nations finished the season with a crowning finale between the Kitzbüheler Horn and the mountain panorama of the Wilder Kaiser. Racers hailed from Europe, the United States, Russia, Mexico and Argentina. These Spartans, together with volunteers, family, and friends, set a record for participation in Austria.

Looking back at 2015, we believe the next year will be even better. The world's leading obstacle course series will return to Austria and Germany with harder obstacles, better courses and more new races. Two highlights are already entered in the race calendar: the third edition of the Reebok Spartan Race in Munich (April 16) and the Trifecta weekend in Oberndorf/Tirol. Organizers in Munich, Cologne and Oberndorf/Tirol have already proven that when it comes to location, obstacles, planning and implementation of the worldwide Spartan events, they are second to none. That is reason enough for the global community of Spartan warriors to cast their eyes on Germany, Austria and middle Europe. ✕

Up-to-date information on all events in 2016: www.spartanrace.de





BY STEPHAN FLOCK
RÜCKBLICK DEUTSCHLAND/ÖSTERREICH 2015:
 Olympia-Feeling, schroffe Wildnis und ein kaiserlicher Saisonabschluss

Nach den spektakulären Rennen in München und Köln endete das Spartan-Jahr mit einem Rekord-Finale in Oberndorf/Tirol



AROO! AROO! AROO! Besser hätte es 2015 für die Spartaner in Deutschland und Österreich nicht laufen können. Im zweiten Jahr nachdem ein Spartaner im November 2013 in Südfrankreich beim Rennen auf dem Motorsportkurs Circuit Paul Picard die erste Finish Line auf dem europäischen Kontinent überquerte, eroberte die Reebok Spartan Race-Community weiter den deutschsprachigen Raum. Waren es zunächst München und Köln, die im Spartan-Rennkalender 2015 standen und die Obstacle Race Community in ihren Bann zogen, so gesellte sich in diesem Jahr mit Oberndorf in Tirol am Wilder Kaiser ein echter Trifecta-Knaller hinzu. Besser hätte es in diesem Jahr wirklich nicht laufen können.

Gleich zwei Rekorde hatte das abgelaufene Spartan-Jahr in Deutschland und Österreich zu vermelden. Zum Saison-Auftakt Mitte April 2015 gingen über 5.500 Spartaner im Münchner Olympiapark an den Start und stellten zwischenzeitlich einen neuen Teilnehmer-Rekord bei einem europäischen Spartan Sprint Race auf. Dem spektakulären Kampf der Spartaner bei einem der

härtesten und denkwürdigsten Sprints in der Geschichte der internationalen Serie folgte die Reise in die Wildnis Germaniens vor den Toren Kölns. Hatten es die Spartaner im Schatten des Olympiaturms noch mit einer Strecke durch das urbane Naherholungsgebiet der bayerischen Metropole zu tun, so trafen sich 3.650 Starterinnen und Starter in der schroffen Natur des Oberbergischen Landes in Wiehl bei Köln. Schauplatz des Spektakels im Westen Deutschlands, bei dem ein Super- und ein Sprint-Rennen angeboten wurden, war zum zweiten Mal die Motocrossbahn in Bielstein.

Das große Finale stieg Mitte September bei dem Trifecta-Wochenende in Oberndorf in Tirol. Mit einem Sprint, Super und dem im deutschsprachigen Raum langersehnten Beast-Race verabschiedeten sich nicht nur die österreichischen Spartaner bei dem „kaiserlichen Saison-Abschluss“. Über 3.500 Teilnehmer aus 33 Nationen, darunter Athleten aus ganz Europa, den USA, Russland, Mexiko und Argentinien, stellten sich bei der Herausforderung zwischen Kitzbüheler Horn und dem Bergpanorama des Wilder Kaiser den

anspruchsvollen Wettkampfstrecken und spektakulären Hindernissen. Sehr zur Freude der zahlreichen Zuschauer und Freunde, die sich den eindrucksvollen Kampf der Spartaner bei sonnigem Herbstwetter in den Kitzbüheler Alpen nicht entgehen lassen wollten. Gemeinsam mit der angereisten internationalen Obstacle Course Racing Community feierten die Spartaner und ihre Familie und Freunde gleich bei der Österreich-Premiere einen Teilnehmer-Rekord bei einem Rennen dieser Art in der Alpenrepublik. AROO!

Das war 2015 im Rückblick, und es kommt noch besser: das kommende Spartan-Jahr steht unter dem Motto härter, besser, öfter! Denn die Reebok Spartan Races kehren 2016 zurück. Mit härteren Hindernissen, besseren Strecken und gleich mehreren (neuen) Rennen erobert die weltweit führende Serie für Hindernisläufe weiter Österreich und Deutschland.

Grund genug für die globale Gemeinde der spartanischen Kämpfer ihren Blick auf Deutschland, Österreich und Mitteleuropa zu fixieren. Bei den Rennen in München, Köln und Oberndorf/Tirol haben die Verantwortlichen bewiesen, dass die Events in Sachen Location und Hindernisse sowie Planung und Durchführung den weltweiten Spartan-Events in nichts nachstehen.

Das gilt auch für das Spartan-Jahr 2015! Die Organisatoren der Reebok Spartan Race Events arbeiten seit Wochen und Monaten an der Weiterentwicklung der Serie. Die Eroberung des europäischen Kontinents soll auch 2016 im Fokus stehen. Mit der dritten Auflage des Reebok Spartan Races München (16. April) und dem Trifecta Weekend in Oberndorf/Tirol (10./11. September) stehen bereits zwei Highlights im Rennkalender. Und weitere werden in 2016 folgen. Versprochen! ✕

Aktuelle Infos zu allen Veranstaltungen in 2016 findet man auf www.spartanrace.de



LOOKING BACK AND STRIVING FORWARD

BY KELLY MALFARA

Eastern Canada Customer Service

Spartan has grown considerably from its humble beginnings six years ago in Domaine St-Bernard in Québec, where racers faced homemade obstacles and tracked their timing and registration on paper. Thanks to the tireless leadership of Selica Sévigny, Spartan Race Eastern Canada has not only broken its records for annual racer registration, but it has also gained enough momentum to dedicate itself to charity.

This year, Sévigny set a high goal to extend the success of the SREC community to those who matter most: children and those in need. (After all, a Spartan gives generously.) Toward this end, SREC has partnered with Run For Charity to launch their inaugural, full-fledged charity program in 2015. This program is responsible for sourcing passionately engaged volunteers to support race operations in various roles on event days. The first year of the program was a huge success; it raised over \$50,000 for 25 organizations. In exchange for raising money for charity, racers bought tickets at discounted prices via a promotional code. Over 250 charity racers hit the course in 2015, and we hope to have many more next year.

This is not the first time Spartan Canada has given back to its community. For example, Spartan Canada organized a charity day in 2014 with the Montreal Children's Hospital and had their very own race day to raise funds. This program

provided a terrific opportunity for many charities across the country to raise money through Spartan Race. SREC has also worked with a local charity called Soles4Souls run by Gilles Galliano, who aims to "[change] the world one pair at a time." In the many shoes abandoned after races, Selica Sévigny saw an opportunity: with a little soap and elbow grease to cut through the mud, these shoes would be as good as new. A donation bin was set up where racers could leave their shoes for Soles4Souls volunteers to collect and wash them. By the end of the season, they were able to donate around 300 pairs of shoes to shelters in Montréal, changing the lives of men and women in need by giving them sturdy, well-made footwear. One cannot help but think that a global campaign pushing racers to donate unwanted, muddy shoes post race could help thousands in need.



A bottle of Tessemae's dressing and a Spartan helmet, both splattered with brown sauce. The bottle is on the left, and the helmet is on the right. The background is white with some splatters on the surface.

EAT CLEAN.
PLAY DIRTY.



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W W W . T E S S E M A E S . C O M



In addition to Run For Charity, Spartan Race Eastern Canada has also partnered with Kovalev & Friends Foundation for Kids with NHL star, Alexei Kovalev, at the helm. As one would expect in a hockey-crazed town like Montréal, the festival at the Tremblant Super was packed with fans ready to meet this generous and talented man. Kovalev even decided to test his skills on the course and completed it with only a few burpees. We hope that this participation inspires other professional athletes to compete and use their celebrity for a good cause. Kovalev's foundation not only raised funds with charity runners but provided volunteers on the event day.

In addition to modeling Spartan generosity, SREC has exemplified the inclusiveness of the racing community. Spartans come in all shapes and sizes and various athletic abilities, and 2015 brought an unprecedented number of adaptive athletes to the course. For example, Misty Diaz, a 31 year old Californian with spina bifida demonstrated to mothers of children with Spina Bifida that anything is possible. Jeffrey Beausoleil, a young Quebecer born with one leg and one arm, took on multiple SREC races this year to raise money for the Shriner's Hospitals for Children. Longtime Spartan Tyler Young, who has cerebral palsy, also raced again in 2015 (his team's third year). Never have we had a group of more inspirational racers, and we hope 2016 brings even more Adaptive Athletes to our races.

In terms of race development, a booming Junior program was not the only growth in 2015. SREC held its first Ultra Beast at Lac Sainte Marie, Quebec on August 9. The racers had been rallying for the last few years to add this grueling event to the SREC season, so Sévigny decided to give them what they asked for: a brutal course designed to push their physical and psychological boundaries. In the end, the handful who finished wore their glow-in-the-dark medals with pride; they were the first of a



generation of SREC racers to take on this monstrous race.

As we look ahead to the 2016 season already, we could not be more grateful to our dedicated volunteers, charity partners, racers, and everyone else who helped in making the 2015 season such a wonderful success, on and off the course. In particular, Spartan Race Eastern Canada owes much of its progress to the work of its tireless leader, Selica Sévigny. Sévigny is constantly on the scene with an eye for details many overlook. (Her dedication is near-limitless; she has only missed one race in five years, and that was for her wedding.) She and the rest of the team are proud of the steps SREC has taken to become a community partner dedicated to those in need, to encouraging Adaptive Athletes, and to keeping racers of all ages happy and healthy. ✕



BY SOPHIE CLAUDON

FRENCH POWER



Over the past two years, the Spartan community has gained ground among the Frenchies.

This year, Spartan Race France was marked by two legendary races: the Sprint and Super in Paris and the Sprint, Super, and Beast on the Circuit Paul Ricard, bastion of the biggest sporting events in France. Both events brought together nearly 15,000 participants.

The Spartan brand attracts new followers here mainly because of its elite brand. French racers want to get outside their comfort zones, go beyond their limits. Thousands gather around these Spartan values. People from all different backgrounds appear on the starting line: high-level athletes, seasoned runners, CrossFit enthusiasts, trail-runners, and groups of friends who simply decide to share an adventure or raise money for charity.

Well-known sports personalities also come to experience the fun of Spartan Race: Laure Manaudou, swimming Olympic champion Laury Thilleman, Miss France, Christopher Pratt, Boxing world champion Myriam Lamare, and Olympic champion pole-vaulter Jean Galfione.

On this shared course, there's no pretense, and we are all united, all equal, all #Unstoppable and #BornToBattle.

In addition to the races, Spartan workouts have become important community events. Spartan Race France aims to offer two training sessions every

month in cities hosting races. Workouts will be hosted in parks, on the Esplanade of the museums, in the streets of Paris, Lyon, Marseille, on beaches, in stadiums. Every SGX event so far has brought together hundreds of athletes.

Spartan Race accompanies members of her community every day. Coaches provide specific training in sports halls, post weekly workouts on social networks, and create video tutorials that explain techniques for overcoming obstacles. Six Spartan Races are on the calendar for 2016. Four major Spartan Races are confirmed.

4 Good Reasons to Test the Course

1. Participate in the first Winter Race Valmorel Europe in the Alps. Located in the heart of the Alps in a French mountain station and 150 km from Mont Blanc, the first French Winter Race is expected to attract the highest level of sport. Plus, after the finish line, there's plenty of exquisite cuisine in the area.

2. Because you deserve a getaway in the vineyards of Bordeaux, and join the first Spartan Race Atlantic—between ocean and vineyards. It's the French California.

3. The City of Light is a great place to share a weekend with friends.

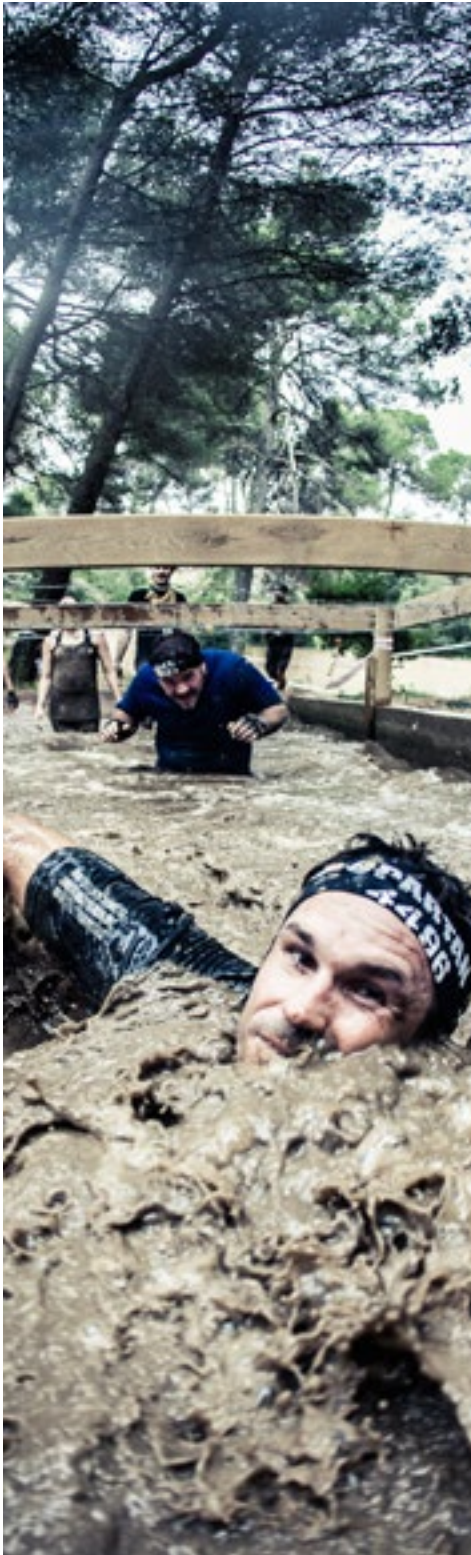
4. It sits right in the tracks of the legendary Paul Ricard Circuit. Lush scrubland, pine and olive trees make this area a real "golf trail" in the heart of the Mediterranean. You'll get good elevation changes and breathtaking views of the sea.

Join now on
www.spartanrace.fr
 À bientôt.



BY SOPHIE CLAUDON

FRENCH POWER



L'année SPARTAN 2015 en France a été marquée par deux courses mythiques : à Paris et sur le Circuit Paul Ricard, bastion des plus gros événements sportifs en France. Les deux événements ont rassemblé près de 15.000 participants.

Ces deux dernières années la communauté Spartan gagne du terrain chez les Frenchies.

Le haut niveau sportif proposé par la marque, attire toujours plus d'athlètes : se dépasser, aller au delà de ses limites... tous se retrouvent autour de ces valeurs, les valeurs SPARTAN ! Comme partout dans le monde, sur la ligne de départ, tous les profils : les sportifs de haut niveau, des coureurs aguerris, des férus de CrossFit, quelques traileurs et des groupes d'amis qui décident de partager une aventure, d'accompagner l'un d'entre eux dans un défi, de s'engager pour une cause caritative.

Des personnalités sportives viennent également goûter au plaisir de Spartan Race.

Laure Manaudou, championne Olympique de natation, Laury Thilleman, Miss France, le navigateur Christopher Pratt, la championne du monde de boxe Myriam Lamare, le perchiste champion olympique Jean Galfione. Face aux obstacles, sur les parcours les masques tombent et nous sommes tous unis, tous égaux, tous #Unstoppable et #BornToBattle.

En marge des courses, les Workouts sont désormais des rendez-vous importants pour la communauté. L'objectif 2016 : proposer deux entraînements pas mois dans les villes qui accueillent des courses. Dans des parcs, sur l'Esplanade

des musées, dans les rues de Paris, Lyon, Marseille, sur les plages, dans des stades.... Sur chacun des événements les coachs Spartan SGX rassemblent des centaines de sportifs.

Spartan Race accompagne les membres de sa communauté dans son quotidien. Les coachs dispensent des entraînements spécifiques dans les salles de sports, postent sur les réseaux sociaux des entraînements hebdomadaires, des vidéos tutorielles et des techniques pour franchir des obstacles. Six Spartan Races devraient être organisées en 2016. Aujourd'hui quatre grands rendez-vous Spartan Race sont confirmés en France.

Voici quatre bonnes raisons de venir tester les parcours

1. Participez à la première Winter Race Valmorel d'Europe dans la chaîne des Alpes. Au cœur des Alpes dans une station de montagne typiquement française et à 150 km du Mont Blanc, la première Winter Race organisée en France devrait attirer des sportifs de très grand niveau... la ligne d'arrivée franchie, vous pourrez partir à la découverte des spécialités culinaires !
2. Offrez vous une escapade dans les vignobles bordelais et participez à la première Spartan Race Atlantique – entre océan et vignes... La Californie française .
3. Un week-end et une course en amoureux à Paris ! dans la Ville Lumière.
4. Elancez-vous sur la course organisée au cœur de la Provence – entre la piste du mythique Circuit automobile Paul Ricard, la garrigue, les pins et les oliviers. C'est un véritable parcours de trail au cœur de la végétation méditerranéenne qui est proposée dans le sud de la France. De bons dénivelés et des vues imprenables sur mer méditerranée.

Inscris-toi maintenant sur www.spartanrace.fr
À bientôt.

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— 2015 —

PHOTOS OF THE YEAR

ACKNOWLEDGMENTS

2015 WAS AN EPIC YEAR FOR PHOTOGRAPHY. We captured our World Champions crossing the finish line, a dog completing its Trifecta, parents watching their kids splash through mud, couples getting married on course, our camera guy falling in a mud pit, friends having the time of their lives, countless burpees...and all walks of life dominating their goals.

We managed to freeze hugs, laughter, tears, anger, blood, sweat, grit, resiliency, and accomplishment at each and every one of our events.

Let's be honest—narrowing down our growing gallery (which contains thousands of photos) would've easily taken over six months. Instead, I had a team of creative eyes cast their votes and was able to choose some favorites that have popped up multiple times throughout the year.

Congratulations to all of the photographers—Looking forward to more killer content in 2016!

Katlyn Evans | Art Director



MOST EPIC PHOTO

1ST PLACE | DAVE GREEN



2ND PLACE | TODD MARTI



BEST OBSTACLE PHOTO

1ST PLACE | NATHAN PRICE



2ND PLACE | DAVE GREEN





BEST RACE PHOTO

1ST PLACE | TODD MARTI



2ND PLACE | DAVE GREEN



3RD PLACE | TODD MARTI



BEST KIDS PHOTO

1ST PLACE | VAN HOPE



2ND PLACE | EFONG CHIU





BEST LANDSCAPE PHOTO

1ST PLACE | TODD MARTI



2ND PLACE | NATHAN PRICE



BEST PHOTO OF JOE

1ST PLACE | JIM STANKIEWICZ





BEST SPONSOR PHOTO

1ST PLACE | NATHAN PRICE



2ND PLACE | KIRK SPEER



FUNNIEST PHOTO

1ST PLACE | JOSH GIBNEY



2ND PLACE | TODD MARTI





— 20  15 —

SPARTAN HOLIDAY GIFT GUIDE



CLICK ICONS FOR NAVIGATION

GEAR

ACCESSORIES

RACE ITEMS



20 X 15

SPARTAN HOLIDAY GIFT GUIDE

The board meeting that decided this gift guide was wrought with more name-calling, 30 burpee challenges, and arm-wrestling than we care to admit. The point is, although no blood was shed, the items below represent the outcome of a painstaking process. We normally don't even recommend buying more stuff, but since it's the Holidays—and since it's all for your loved ones—we'll make an exception. Just make sure you get in 30 burpees at the register.

We only have so many days on this planet. You're either shopping for your loved ones, or you're not. Head to shop.spartan.com now and make some good decisions.

GEAR



SPARTAN ULTRA PACK | \$129.00

The Spartan Ultra Pack combines the latest in hydration technology and pack functionality. The built-in pressurized hydration system sprays water into the mouth through a bite nozzle so you don't break your breathing stride. Ergonomic design allows you to stow and carry everything you need securely without interfering with mobility or performance. Better hydration, less hassle, more Beast Mode.



ULTRA HOODIE | \$90.00

When you've got Spartan grit and pledged to endure your winter workouts in the bitter cold, you don't want to be caught without one of these. Seriously. This hoodie is ultra thick, constructed from two layers of 12 oz. cotton with a tightly woven external weave and brushed inside layer. Protect your body so you can keep getting uncomfortable all winter long.



TRIFECTA GEAR | \$5.00-\$265.00



The first Trifecta is kind of like the Spartan equivalent of graduating from high school. It's a rite of passage. Except, of course, that the Trifecta pictures are f***ing bad-ass and you show them off to all your friends for months. With stickers, display racks, sweatshirts and even watches, our inventory can fit any budget and help your Spartan to celebrate hard-earned accomplishment well into the new year.



SPARTAN WATCHES | \$265.00



What time is it? Time to get a watch. Preferably a watch you can feel safe bringing on your mountain burpee marathon. We recommend this one, which boasts a carbon fiber dial, black Spartan helmet overlay, a black-ionic stainless steel casing, and a Nylon Nato strap. Durable yet sleek, these watches were designed specially for Spartan Race by NFW, an American watch company that supplies watches to the US Special Forces. Pre-order yours today.

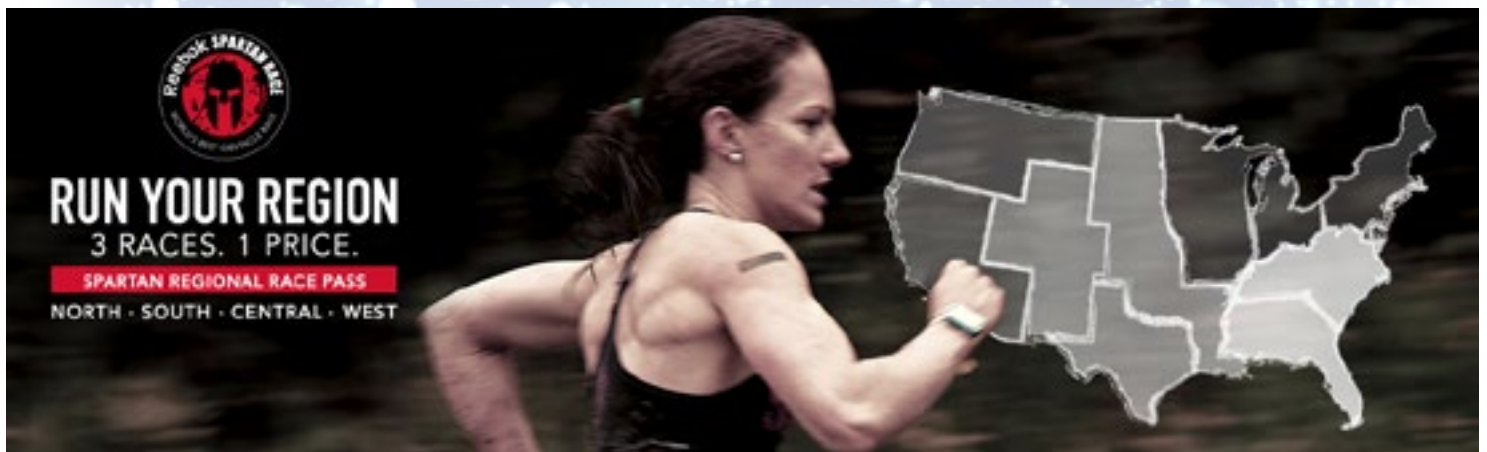


SPARTAN DISTRESSED LOGO HAT | \$22.00

To people who haven't crawled through the mud, climbed over the walls, and fought their way up slick ropes, this might just be a cool looking cap. To Spartans, however, it's a symbol of membership in a community of powerful values. With mesh back construction, adjustable straps, and an easy fit, this hat is comfortable, affordable—and just darn cool.



ACCESSORIES



SPARTAN MEMBERSHIPS | \$49.99–\$549.99

We know—and you know—that running a Spartan Race rewards a person with far more than an extra load of laundry to do. And if one race gives so much, how much does a Spartan annual pass give? Not only does this new VIP pass allow your Spartan to live deeper in the mud and branch out more broadly into the Spartan community, but it provides motivation, a sense of belonging, a clear purpose, and a bold definition to the new year.



SPARTAN MEDAL RACK | \$42.00

Spartans are practical, masters of minimalism. However, it is an undeniable fact that you continue to accumulate medals like a Beast, and they deserve a better home than your sock drawer. The Spartan Medal Display rack provides the perfect backdrop for victory streak. Hang your medals with pride on this authentic, handmade, eco-friendly medal holder, constructed from reclaimed wood and hand-cast nails.

RACE ITEMS



REACT MOBILE | \$79.99



The strongest among us are up and running (literally) before dawn, but the occasional close call with a distracted driver or wilderness creep can throw off even the surest sense of security. The React Sidekick safety device is the world's smallest personal panic button and is the fastest and easiest way to send out a widespread emergency alert to your friends, family, local authorities, and social networks. The Sidekick pairs with the free React Mobile safety app via Bluetooth and lets your contacts know where you are in your moment of distress. Throw yourself into the wilderness, test your grit, but be smart: use React Mobile.



TOMTOM MULTISPORT WATCH | \$249.99



Was your heart in the zone during your workout? Did you run more than 5 miles? How was your pace? Be able to answer these questions with a Spartan level of confidence and precision with the TomTom Multisport Watch, a sleek, multi-functional training tool. This watch tracks your workout in real-time, responds via elegant one-button control, and easily connects to a computer or smartphone.



PANASONIC A1: HD CAMERA | \$199.99

Let's face it. Even a Spartan mind can't keep memories forever. Relive your grittiest accomplishments in HD with the Panasonic A1 Action Camera. This camera is ultra-light, ultra-tough, dustproof, waterproof, shockproof, freezeproof to 14°F, and equipped with WiFi, USB sharing, dual-angle recording, and a wireless twin camera. Sorry, at \$199.99 it's not too good to be true; it's too good, and it's too true.





BY STEFFEN "COOKIE" COOK & JON TOWNSEND

JOE DE SENNA'S 2015

"The reason why Spartan Race keep going from strength to strength is because of the staff. You can't pull this off with amazing staff. When I think about what makes us great or why we are where we are at or even why I know 2016 is going to be great, it's because of the team. As each year goes by—we're still a very young company—the team gets more honed, they get better and more talented. Don't forget that we created this out of thin air. We're all learning. I mean, I have a chiropractor that's running logistics, I've got a gym owner that runs production... we didn't go and find a company that already did all this and had experts. We created this from nothing with the Bad News Bears. It's the team that is going to make 2016 a great year."

—Joe De Sena | Founder of Spartan Race



“HE READ SPARTAN UP! AND THEN QUIT CIGARETTES THAT DAY. HE JUST FINISHED THE BOOK, CLOSED IT, AND QUIT ON THE SPOT.”

SPARTAN UP!'S IMPACT

IN SOME WAYS, 2015 CAN BE CONSIDERED SPARTAN'S Year of Reassertion. One reassertion was the lingering impact of his first book, *Spartan Up!*, which was published in May, 2014. "I never expected [the book] to have the effect that it did...I was always under the assumption that the race had to transform you. I never knew that words could do it." Reading these powerful words has changed certain individuals' lives in remarkable ways. "Within 24 hours of my landing in Asia," Joe recalls, "a guy came up to me and asked, 'Are you Joe De Sena?' I said yes, and he explained how he read *Spartan Up!* and then quit cigarettes that day. He just finished the book, closed it, and quit on the spot."



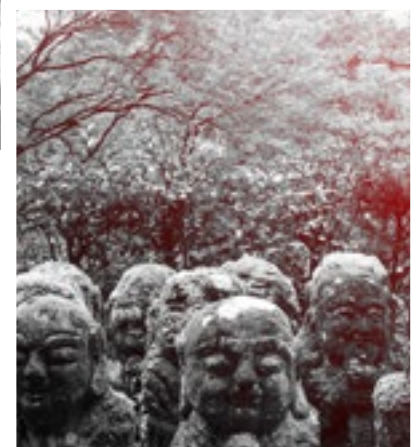
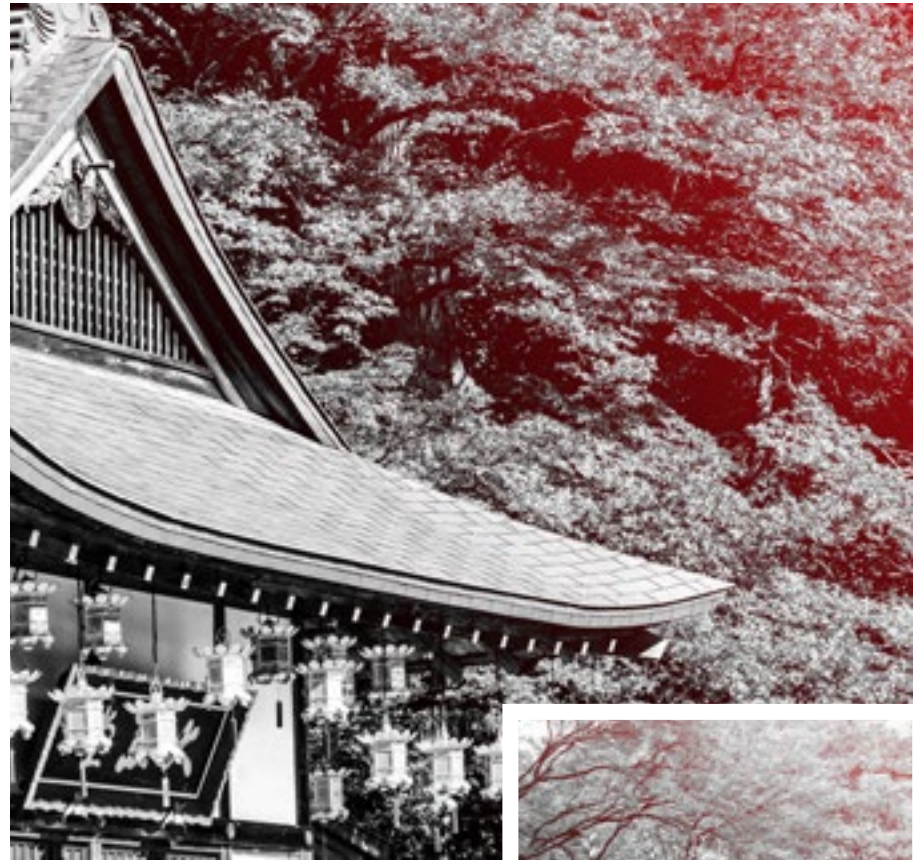
YOUTH ENGAGEMENT

This past year also saw increased involvement between Spartan Race and a younger generation—something De Sena considered a welcome surprise. “An eleven-year old kid shoots me an email and explained how he was asked in class to create a new superhero,” De Sena explained. “He’s a kid that did a few races and wanted to create a Spartan superhero. The teacher said he couldn’t do that because Leonidas already existed. The boy explained that he had created the “De Sena Defender.” In response to this, De Sena contacted a friend in the military and had him visit the boy. He presented him with his very own Spartan coin.

WISDOM FROM ABROAD

Obstacle course racing is an ever-changing world that has taken De Sena to every corner of the globe. One big moment from 2015, he says, was “[landing] in Singapore with the family to spearhead the launch.” In addition to spreading Spartan Race globally, De Sena gained valuable lessons from his time overseas. For example, in Japan, he visited the Tendai Buddhist monks, also known as the ‘Marathon Monks.’ “In order to become a monk at Mount Hiei,” says De Sena, “candidates have a 2,000-year old tradition involving challenges of increasing difficulty. On some level, it’s similar to what Spartan racers must do to earn a Trifecta, minus the 2,000-year part.”

The monks’ test of mental and physical endurance does not end there. Some monks undergo a crucible called the Kaihogyo, a year-long journey of endurance and meditation. “You have to run a marathon every day for between 100-200 days,” says De Sena. After that, candidates are asked if they would



still like to become monks. “After that, it’s 900 days straight of marathons.” All candidates are given a short blade known as a tantō, which they must carry at all times under the condition that, if they quit or fail, they must kill themselves on the course. De Sena was not fazed by this. “The test really is to become a monk or die trying—I was psyched to learn that.”

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A STRONGER COMMUNITY

Spartan Race builds camaraderie in unconventional ways, which makes sense as Spartan Race is more than a company—it's a community. Another powerful moment of 2015 for De Sena was being at the start line at Fort Bragg with Zackary "Nubs" Paben of More Heart Than Scars. "Being there with the soldiers, the boots, and the General with the national anthem playing was powerful. In these moments we see how big the Reebok Spartan Race mission has become."

Spartan's national presence was strong at the Reno-Tahoe International Airport as well. During a flight delay, De Sena noticed several people at the gate wearing Spartan Race shirts. He started doing burpees, and couple more joined in. Then two more, and then a large group. "We transformed that airport, and that was awesome," Joe laughs. This demonstrates how Spartan Race channels the competitor within, even away from the race course.

In 2015, Spartan Race helped inspire others in the endurance racing industry. "The CEO of Ironman reached out [to me] and said, 'Hey, I hope you don't mind, but we love what you're doing with the coin and we're going to copy it.'" De Sena recalled. "To have that happen was pretty great."



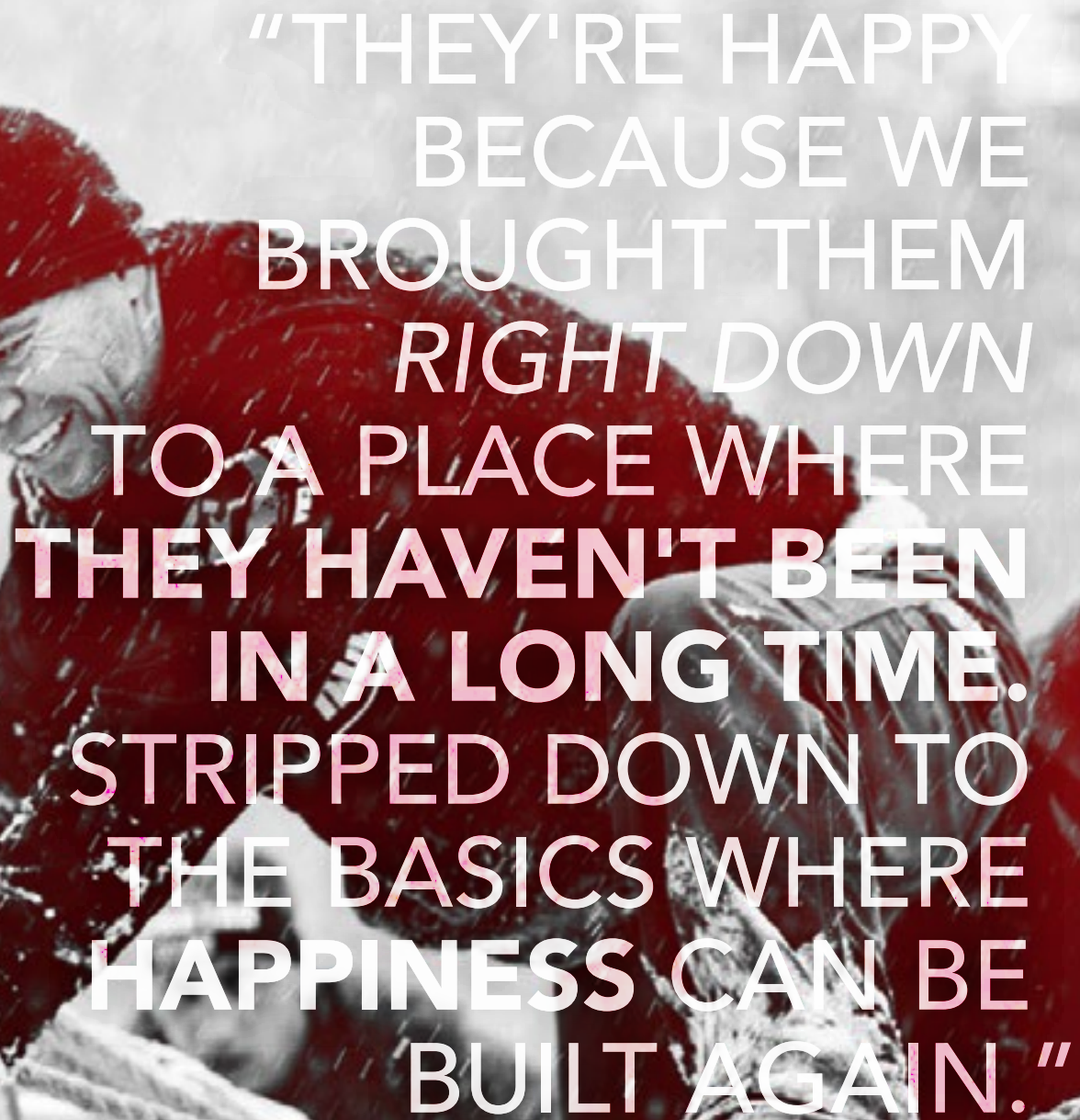


LOOKING FORWARD

This was a year of creativity and collaboration. For example, De Sena highlighted the company's collaboration with two venerated institutions of higher learning: Cornell University and the United States Military Academy at West Point. For Joe, these conversations are "a big deal." Working with these lifelong educators, learners, and leaders has helped De Sena understand that happiness is not absolute. Rather, "Happiness is relative to how you felt a moment ago," De Sena says. Reflecting on what he learned from working with Cornell and West Point, he explains, "It's very hard to be happy if you have everything. So, how do you get incremental happiness?" This, he believes, has everything to do with the experience of a Spartan Race. "You see broken people [on the course], and then when you get across the finish line, everyone is happy. They're happy because we brought them right down to a place where they haven't been to in a long time. Stripped down to the basics where happiness can be built again."

As 2016 approaches, Spartan Race is gaining momentum. By empowering a self-sufficient, inclusive, creative, and resilient Spartan community, Joe De Sena sees 2016 as another successful and pace-setting year. We'd like to thank Joe De Sena for sharing his experiences and giving us a glimpse of 2016. With his vision, energy, and commitment to the mission, Spartan Race will soar to new heights.





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