

2016 Spartan

Vermont Ultra Beast, Beast & Sprint Weekend

September 17th-18th, 2016

Killington Ski Resort

Killington, VT



10 Easy Steps For A Great Reebok Spartan Race Experience!

- 1. Once you arrive at the race venue, proceed to the “WAIVERS” & “BIB NUMBERS” tent located near the entrance to the Festival Area.**
- 2. Fill out and sign your Participant Waiver and Venue Wavier.**
- 3. Find your Bib number located at the Bib Number Wall. Write it on your waiver.**
- 4. Proceed to the “REGISTRATION” tents with your Waivers and Photo Identification in hand. Choose the lane with the number sequence that matches your Bib number.**
- 5. Pick up your race packet from one of our awesome volunteers.**
- 6. Loop the yellow wristband through the timing chip and attach it to your wrist.**
- 7. Keep your bib number as a souvenir.**
- 8. If you choose, drop your stuff at the “BAG CHECK” tent for safe-keeping. Bag Check is \$5 per bag.**
- 9. Head into the Festival Area, look for the “START” signs located within Festival.**
- 10. Prepare for Glory!**

REEBOK SPARTAN RACE ATHLETE GUIDE CONTENT

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ULTRA BEAST & BEAST EVENT SCHEDULE

SATURDAY, SEPTEMBER 17th

Time	Event	Location
5:00am	Ultra Beast Registration Opens	Registration Area
6:00am	Ultra Beast ELITE Men & Women Start	Start Area
6:00am	Festival/ Registration/ Bag Check Opens	Festival Area
6:15am	Ultra Beast Competitive Start	Start Area
6:30am - 6:45am	Ultra Beast Open Start, Every 15 Minutes	Start Area
7:00am	SGX Warm Up Area Opens	Festival Area
7:30am	Beast Men's ELITE Start	Start Area
7:45am	Beast Women's ELITE Start	Start Area
8:00am - 9:00am	Beast Competitive Start Times, Every 15 Minutes	Start Area
9:15am - 12:00pm	Beast Morning Start Times, Every 15 Minutes	Start Area
10:00am - 10:30am	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
10:00am	Festival Challenge	Festival Area
11:00am - 11:30am	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
11:00am	Festival Challenge	Festival Area
12:15pm - 2:00pm	Beast Afternoon Start Times, Every 15 Minutes	Start Area
11:50am	Awards - BEAST	Festival Area/ Main Stage
12:00pm & 12:30pm	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
1:00pm	Festival Challenge	Festival Area
1:00pm & 1:30pm	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
2:00pm	Registration Closes/ Last Heat	Registration Area/ Start Corral
2:00pm	Festival Challenge	Festival Area
2:00pm & 2:30pm	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
TBD	Awards - ULTRA BEAST	Festival Area/ Main Stage

BEAST & SPRINT EVENT SCHEDULE

SUNDAY, SEPTEMBER 18th

Time	Event	Location
6:30am	Festival/ Registration/ Bag Check Opens	Festival Area
7:00am	SGX Warm Up Area Opens	Festival Area
8:00am - 8:15am	Competitive Start - BEAST	Start Area
8:30am - 9:30am	Morning Start Times - BEAST	Start Area
9:00am - 9:30am	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
10:00am	Men's ELITE Start - SPRINT	Start Area
10:00am	Women's ELITE Start - SPRINT	Start Area
10:15am - 10:30am	Competitive Start Times - SPRINT	Start Area
10:45am - 1:00pm	Open Start Times, Every 15 Minutes - SPRINT	Start Area
10:00am - 10:30am	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
10:00am	Festival Challenge	Festival Area
10:50am	Awards - SPRINT	Festival Area/ Main Stage
11:00am & 11:30am	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
11:00am	Festival Challenge	Festival Area
1:00pm	Registration Closes/ Last Heat	Registration Area/ Start Corral
12:00pm & 12:30pm	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
12:50pm	Awards - BEAST	Festival Area/ Main Stage
1:00pm	Festival Challenge	Festival Area
1:00pm & 1:30pm	Kids Spartan Race 1 Mile & ½ Mile	Kid's Zone
2:00pm	Festival Challenge	Festival Area

PRE-RACE DETAILS – PLEASE READ!

Follow these Pre-Race Instructions to ensure a speedy registration on race day!

1. Visit the [Vermont Event Page](#) on our website.
2. Click on the correct event tab and scroll down to Race Day Info.
3. **ATHLETE START TIMES will be posted on Wednesday, September 7th.**
4. **Beast & Sprint BIB NUMBERS will be posted by Wednesday, September 14th.**
****Please Note: Ultra Beast BIB NUMBERS will be assigned on Friday, September 16th at the mandatory pre-race packet pickup between 2:00pm-6:00pm.**
5. **Beast & Sprint Participants:** Click on the **Bib Info** tab on the corresponding race page to find your exact start time. **Enter your email address and press find** to search for your start time and bib number. Write it down. Your BIB Number will be used to find your race packet when you arrive on Race Day.
6. **Print the Reebok Spartan Race and Event Venue Waiver** located under **Important Documents**.
7. Fill out the waiver completely and bring it with you along with one valid form of ID.
8. **EVERY RACER MUST SIGN A WAIVER & SHOW A VALID FORM OF ID!**
9. **ULTRA BEAST & BEAST PARTICIPANTS,** make sure you have read and understand specific course cutoffs and mandatory gear requirements.

DO NOT FORGET YOUR PHOTO ID!!!

RACE DAY REGISTRATION FLOW

NOTE: Race Day Registration prices will reflect the current pricing [online](#).

NOTE: Show up at least 2 HOURS prior to your Heat Start Time.

SATURDAY, SEPTEMBER 17th:

ULTRA BEAST: Onsite registration **OPENS** at 5:00am and **CLOSES** at 6:45am.

BEAST: Onsite registration **OPENS** at 6:00am and **CLOSES** at 2:00pm.

SUNDAY, SEPTEMBER 18th:

BEAST: Onsite registration **OPENS** at 6:30am and **CLOSES** at 9:30am.

SPRINT: Onsite registration **OPENS** at 6:30am and **CLOSES** at 1:00pm.

STEP 1: With your Signed Waivers, Bib Number, and PHOTO IDENTIFICATION in hand, proceed to the **REGISTRATION TENTS**.

** If you DO NOT have your Waivers or Bib Number, you can locate these at the WAIVER/ BIB NUMBER tents.

STEP 2: Find the registration lane with the number sequence that matches your BIB number.

STEP 3: Participants will hand race waiver to one of our awesome Volunteers in the Registration tent. **Waivers and ID** will be checked to verify identity before packet is received.

STEP 4: You will receive:

- Race Bib (Take home as a souvenir!).
- Spartan Headband with Bib Number- **please wear headband during race so we can recognize your bib number.**
- Wristband with your Start Time. **All Racers MUST run during their designated start time. This wristband will get you into the start corral and serves as your festival access AFTER your race. Please keep it on at all times.**
- Loop the yellow strap through the timing chip and attach it to your wrist.
- Free Drink wristband (Don't lose this as we won't give you another one!!!)

STEP 5: Once you have your race packet and headband, proceed into the Festival area.

STEP 6: BAG CHECK. If you're planning to store gear at our Bag Check tent, we will tag your bag with a wristband, which will match an identical wristband that you must wear. Once you finish the race, you'll need to turn in your wristband in order to collect your bag. **Bags will only be returned to individuals whose name and number match up.** Bags can be checked for \$5 per bag. For each checked bag, you will receive \$5 in Spartan Bucks, which can be redeemed at the Merchandise Tent ONLY.

Saturday: Bag Check tent will open at 6:00am and CLOSE when the last racer picks up their bags

Sunday: Bag Check tent will open at 6:30am and CLOSE when the last racer picks up their bags

START SCHEDULE

SATURDAY, SEPTEMBER 17th - SPARTAN ULTRA BEAST

6:00AM Elite Men and Women

6:15AM Competitive Heat

6:30AM Open Heat

6:45AM Last Open Heat

SATURDAY, SEPTEMBER 17th - SPARTAN BEAST

7:30AM Men's Elite Start

7:45AM Women's Elite Start

8:00AM Competitive Heats Begin

9:15AM Morning Open Heats Begin

12:15PM Afternoon Open Heats Begin

2:00PM Last Open Heat

SUNDAY, SEPTEMBER 18th - SPARTAN BEAST

8:00AM Competitive Heats Begin

8:30AM Morning Open Heats Begin

9:30AM Last Open Heat

SUNDAY, SEPTEMBER 18th - SPARTAN SPRINT

10:00AM Elite Men and Women

10:15AM Competitive Heats Begin

10:45AM Morning Open Heats Begin

1:00PM Last Open Heat

NOTE: ALL RACERS MUST RUN IN THEIR DESIGNATED START TIME.

Please be in the starting corral on time. If you do not know your start time, you can locate it on the [Vermont Event Page](#) or at the Bib Number tent near the entrance to the Festival. **If you have any problems with your registration, please come to the “Race Day Registration” tent and we’ll help resolve it.**

COURSE DESCRIPTIONS

Terrain: Welcome to the Birthplace of the Spartan Beast. If you think you’re among the baddest of the east, we welcome you to come play in what is known as “Joe’s backyard.” This is where Spartan Race was born; and that means anything goes. You can expect steep slopes, off-trail descents, massive climbs, and chilly swims. The wonderful ski-town of Killington welcomes Spartans with open arms. Come see where it all began and witness the menace that gave Spartan Race its roots. Be forewarned though: this course has been known to destroy those not prepared in their mind, body, legs and soul.

Special Gear: Racers should plan to bring appropriate fuel for their needs. No fuel will be provided on course, only water. Hydration packs (or water containers of some variety) are strongly suggested for all racers. Please note that shoes with spikes are not allowed. Ultra Beast and Beast participants, please see below for additional information on required gear.

Water Stations: At each stop you will be able to drink as much water as you want, however we ask that you only take 1 cup.

***ULTRA BEAST:** there will be 18 water stations on course with 4 hydration pack refilling stations.

***BEAST:** there will be 9 water stations on course with 2 hydration pack refilling stations.

***SPRINT:** there will be 4 water stations on course with 1 hydration pack refilling station.

Although we will have hydration pack refilling stations on course, we suggest the following:

- 1) Make sure to fill your pack up prior to coming to the race.
- 2) Make sure you carry enough to be able to keep you hydrating between stations.
- 3) Make sure to stop at every station to get water, use your pack for in between stations only.
- 4) We highly suggest carrying some type of electrolyte drink in your pack other than water.
- 5) As always we highly suggest following proper hydration steps in the week leading up to the event.

ULTRA BEAST INFORMATION & COURSE CUTOFFS:

Mandatory Packet Pickup: There will be a **MANDATORY** pre-race packet pickup on Friday, September 16th from 2pm-6pm at the Registration Tents onsite. This will also be an opportunity to ask our staff any final questions before undertaking one of the toughest Spartan races.

Mandatory Gear: One working headlamp with additional working batteries, and two glow sticks with the ability to attach to you.

Recommended Gear: Extra headlamp batteries, a means of carrying at least 32oz of water, electrolytes, calorie source, appropriate gear given the weather, and first aid material.

Gear Drop: Racers may drop Gear Bins on Friday between 2pm - 6pm or on Saturday from 5am-5:45am. Only 1 container per racer will be allowed, and the bin may be no larger than 14"x24" and 7.5 gallons. You will only be able to access your gear in between laps 1 and 2, and then again after you finish. Each lap must be completed with everything you take out of the gear drop area including trash. **Due to having a gear drop and transition are the Bag Check area will not be open for Ultra Beast racers. They need to keep all of their items in the transition area and in the specified container. NO OUTSIDE ASSISTANCE WILL BE ALLOWED IN THE TRANSITION AREA.**

Course Closing: In order to ensure the safety of our racers, you must start on the second lap of the Beast course by 2:00pm. Additionally, you must be at or past the Rope Climb obstacle in the Festival Area by 6:00pm. Any racers remaining on course at 9:00pm will be removed from the course for their own safety and will be considered a DNF. This means you will not get a finishing time, medal, or shirt. The race will not count for your trifecta, and you will not get a refund or a future race credit. The Ultra Beast course will close on Saturday at 9:00pm. Additional course cutoffs will be announced prior to Race Day and Spartan reserves the right to modify, change cutoffs and remove racers for health and safety issues, or unforeseen events.

12:00 ALL Racers starting after 12:00pm MUST have a head lamp and two glow sticks

2:00 UB Racers must be out of the transition area and have started on their 2nd lap

4:00 Any racer on the course must have headlamp and glow sticks on them. If you do not have them you will be pulled from the course.

6:00 Ultra beast racers must be past the Rope climb in the festival area on their second lap

9:00 Course is closed. Any racers who have not finished by this time will be pulled from the course.

BEAST INFORMATION & COURSE CUTOFFS:

Mandatory Gear: One working headlamp with additional working batteries, and two glow sticks with the ability to attach to you. Mandatory gear check will be conducted by Race Staff. By 4:00pm, you may be asked to show that you have in your possession the above gear.

Recommended Gear: Extra headlamp batteries, a means of carrying at least 32oz of water, electrolytes, calorie source, appropriate gear given the weather, and first aid material.

Beast Course Closing: Beast participants must reach the Rope Climb obstacle in the Festival Area by 6:00pm. Any racers remaining on course at 9:00pm will be removed from the course for their own safety and will be considered a DNF. This means you will not get a finishing time, medal, or shirt. The race will not count for your trifecta, and you will not get a refund or a future race credit. The Beast course will close on Saturday and Sunday at 9:00pm. Additional course cutoffs will be announced prior to Race Day and Spartan reserves the right to modify, change cutoffs and remove racers for health and safety issues, or unforeseen events.

12:00 ALL Racers starting after 12:00pm MUST have a head lamp and two glow sticks

4:00 Any racer on the course must have headlamp and glow sticks on them. If you do not have them you will be pulled from the course.

6:00 Beast racers must be past the Rope climb in the festival area by this time.

9:00 Course is closed. Any racers who have not finished by this time will be pulled from the course.

EVENT TIMING

You will receive a Chip Timer (\$40 value) and yellow wrist strap to record your time and results. Chip Timer must be fastened around wrist in order to record your finish time properly. Upon completion of the race at the Finish line:

- Drop Chip Timer and wrist strap into buckets at either side of the Finish Line.
- You will then receive your Spartan Race Medal and T-Shirt.

Finisher Times will be posted at the Results Tent near the Finish Line and will be on the Spartan Race Website as quickly as possible.

FESTIVAL CHALLENGES

While you are waiting to race or looking for an extra workout, try out one of our Festival Challenges. First place male and female challenge winners receive a Free Race Entry to the Spartan Race event of their choice.

Tire Flip Challenge

- Flip a tire as many times as possible in 60 seconds.

Customs & Border Patrol 6' Wall Challenge

- The goal is to get across the wall without falling off and ring the bell in the fastest time!

iTaB FINISHER MEDALS – [click here](#)

- iTaB can help you to customize your Spartan Finisher Medal!
- All Spartan Race Finishers have the opportunity to order a personalized iTaB for their medal. The brushed silver look of the iTaB compliments the back of your Finisher Medal for the seamless look of a custom medal!
- For \$10 iTaB allows you to engrave your medal with your finishing time, race location, team name or any other info unique to you & your race.

OFFICIAL SPARTAN RACE FINISHER SHIRTS

2016 Finisher Shirts can be collected in the finish line sequence after you've completed the race. Wear it with pride; you'll have earned it! Be sure to wear your medal as proof that you're a Spartan finisher!

AWARDS

- Ultra Beast Awards Ceremony will be held at **12:50pm on Saturday.**
- Beast Awards Ceremony will be held at **11:50am on Saturday and Sunday.**
- Sprint Awards Ceremony will be held at **10:50am on Sunday.**
- **SATURDAY ULTRA BEAST PRIZE MONEY - ELITE HEATS ONLY (SATURDAY ONLY):**

Elite Men & Women

1st place \$500
2nd place \$200
3rd place \$100

Elite Masters 40+ Men & Women

1st place \$200
2nd place \$150
3rd place \$100

- **SATURDAY BEAST PRIZE MONEY - ELITE HEATS ONLY (SATURDAY ONLY):**

Elite Men & Women

1st place \$500
2nd place \$200
3rd place \$100

Elite Masters 40+ Men & Women

1st place \$200
2nd place \$150
3rd place \$100

- **SUNDAY SPRINT PRIZE MONEY - ELITE HEATS ONLY (SUNDAY ONLY):**

Elite Men & Women

1st place \$500
2nd place \$200
3rd place \$100

Elite Masters 40+ Men & Women

1st place \$200
2nd place \$150
3rd place \$100

- The top 3 male and 3 female elite racers will also receive a Unique Reebok Spartan Race Plaque designed by one of our most loyal racers - these are typically mailed about 90 days after the event.
- Read all of the rules [here](#).

FREE RACE PHOTOS

Your FREE Race Photos will be available approximately one week after the event. The link to the photos will be on our [Vermont Event Page](#) RESULTS page on our website, and will be emailed to each participant. Stay tuned for more updates!

KID'S RACE

SATURDAY SCHEDULE - SEPTEMBER 17th

Varsity Spartan – 1 mile (ages 9-13)

Start Times: 10:00am, 11:00am, 12:00pm, 1:00pm, and 2:00pm

Online Registration (closes at 5pm Friday, September 17th): \$28

Onsite Registration: \$35

Jr. Varsity Spartan – 1/2 mile (ages 4-8)

Start Times: 10:30am, 11:30am, 12:30pm, 1:30pm, and 2:30pm

Online Registration (closes at 5pm Friday, September 17th): \$28

Onsite Registration: \$35

SUNDAY SCHEDULE - SEPTEMBER 18th

Varsity Spartan – 1 mile (ages 9-13)

Start Times: 9:00am, 10:00am, 11:00am, 12:00pm, and 1:00pm

Online Registration (closes at 5pm Friday, September 18th): \$28

Onsite Registration: \$35

Jr. Varsity Spartan – 1/2 mile (ages 4-8)

Start Times: 9:30am, 10:30am, 11:30am, 12:30pm, and 1:30pm

Online Registration (closes at 5pm Friday, September 18th): \$28

Onsite Registration: \$35

Each finisher will receive a finisher's medal and Kids Race Shirt.

Registration for the Spartan Kids Race in Vermont will be at the Kids Registration tent. Due to safety concerns, their names will not appear on the bib numbers board, but rather our staff will have a list of these names at the Kids Registration tent. The parent/guardian accompanying the child must show a valid photo ID in order to pick up the registration packet.

Please make sure to bring **Cash or Card** if you are planning to register on-site.

**Each family will receive two free spectator passes at registration (so you don't need to include these in your purchase).

HOW TO GET HERE

VENUE ADDRESS:

Killington Ski Resort | 4763 Killington Rd, Killington, VT 05751

PARKING:

Killington Resort is located in central Vermont at the junction of U.S.4 and VT 100 North in Killington, 11 miles east of Rutland. From the Killington sign on Route 4 (across from Bill's Country Store) drive 3.6 miles up the Killington Road to Snowshed Base Area on left. For those with GPS technology, Killington's Latitude is 43.6775, Latitude DMS is 43 deg 40' 39N. Longitude is -72.7803, Longitude DMS 72 deg 46' 49W.

\$10 per car. \$20 per van. \$50 per bus or RV. Cash only. Pay as you enter.

SPECTATORS

- **Spectator passes are available online for \$20 [here](#) for Saturday and [here](#) for Sunday. Passes will be available onsite for \$25. Please come by the Spectator Tent to pick up your wristband.**
- Please print the Spartan Waiver from the [Vermont Event Page](#) and **bring an ID to the Spectator Tent on race day.**
- Anyone entering the festival **MUST** fill out a Spartan Race waiver and have a wristband (including racers).
- Food and drink will be available for sale (please bring cash).
- Unique Spectator Course access with obstacle viewing, to get your favorite Spartan Racer's pictures!

- DJ & Emcee entertainment all day.
- For detailed spectator information, please see: [Spartan Race Spectator Guide](#)

EQUIPMENT & CLOTHING

- All participants are encouraged to bring a change of clothes, shoes, and a plastic bag. You are going to get wet and muddy!
- Shoe Donation will be available- we'll clean and send your filthy running shoes to needy feet all over the globe. Just tie them together and toss them in the pile by the showers.
- Shoes with spikes are not allowed.

FOOD & BEVERAGES

- Food and beverages will be available for sale so please bring cash and have your ID ready if you are planning on having a beer.
- Your complimentary beer on us will also be available to those of age as well!

RESPONSIBLE DRINKING

- Spartan Race HQ reminds you to drink responsibly.

FACILITIES

- Porta-Potties will be located throughout the festival area.
- Washing Stations are located on-site, but bring a towel and a change of clothes.

SPARTAN INFORMATION

- **ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES. LEAVING YOUR CHILD UNATTENDED WHILE YOU ARE RACING WILL RESULT IN BEING PULLED OFF THE COURSE AND ASKED TO LEAVE.**
- No pop-up tents are allowed in the festival. Tent space is reserved for Sponsors.
- No coolers or glass bottles allowed on property. Security staff will check for them as you enter.

- Shoe and clothing donation available both in festival and in parking lots. If you want to donate your muddy clothing and shoes make sure you drop it off at the proper tent and not on the ground.
- If you wear a GoPro, please make sure your contact information (name & phone number) is somewhere on the camera. If you lose the camera on the course, this is the only way we are able to identify it.
- **You must have ID to check in.** Racers ages 14 and older can participate in the adult's race. Those under 14 are encouraged to join the Kids race.
- **No DOGS/ pets allowed** - Only Service Dogs with proper credentials are allowed.
- **Please DO NOT call venue with questions!** Our [Vermont Event Page](#) is your best source for up-to-date information. Please check back early and often.
- Drink plenty of water before the race and come prepared!
- Get a good night's sleep. This race is no joke...

INCLEMENT WEATHER

In the event of inclement weather such as lightning, tornadoes, hurricanes and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course, or cancel the event in order to ensure the safety of racers, volunteers and staff.

As always, weather can be unpredictable. Please come prepared for chilly morning and evening temps and possible rainstorms.

CONTACT SPARTAN HQ

All Spartans do their homework. For any questions or concerns that haven't been addressed here, please visit our [Frequently Asked Questions Page](#). It should have answers to all the questions you'll need to get you prepared for race day!