



# SPARTAN RACE DAY PROGRAM

## TRI-STATE NEW JERSEY

MOUNTAIN CREEK RESORT

APRIL 27-28, 2024





## HOW TO GET HERE

### GENERAL PARKING:

Mountain Creek Resort  
200 NJ-94  
Vernon Township, NJ 07462

### SHUTTLE INFORMATION:

There is a 10-20 minute shuttle ride from general parking to the event venue depending on which lot you are parked in. Please plan your timing accordingly.

### DROP OFF INFORMATION:

Drop off/pick up for rideshare apps and friends/family is permitted at the general parking area.

### VIP PARKING:

VIP parking address and pass will be emailed to persons who purchased a VIP parking pass two days before the event. Avoid the shuttles by purchasing your VIP parking pass for \$35 in advance.

VIP Passes can be purchased only on the event website, one pass valid per day.

No VIP passes will be sold onsite any day.

### ULTRA MANDATORY PACKET PICK-UP PARKING (Friday):

An email will be sent to Ultra racers with Friday parking information Monday prior to the event.

## TRAVEL & LODGING

### [HOTEL ENGINE](#)

As our official lodging partner, Hotel Engine is saving Spartans up to 60% on hotel lodging for race day and beyond. Sign up for free to enjoy exclusive rates, extra rewards, huge selection and 24/7 US-based support.



# Tri-State NJ Spartan Trifecta Weekend April 27th & 28th 2024

## PRE-RACE EVENT SCHEDULE

Friday, April 26th

2:00pm	Ultra Mandatory Pre-Race Packet Pick-up Begins
6:00pm	Ultra Mandatory Pre-Race Packet Pick-up Ends

## ULTRA & BEAST EVENT SCHEDULE

Saturday, April 27th

5:00am	Ultra Registration Opens
5:00am	Festival and Merchandise Opens
6:00am	Ultra Competitive Start
6:15am	Ultra Open Start Times Begin
6:30am	Beast Registration Opens
7:00am	Last Ultra Heat
7:30am	Beast Pace Group 1 Start
7:45am	Beast Pace Group 2 & 3 Start
8:00am	Beast Pace Group 4 & 5 Start
8:15am	Beast Early Morning Start Times Begin
10:00am	Beast Open Start Times Begin
11:00am	Competitive Kids Awards
12:00pm	Last Beast Heat
12:00pm	Registration Closes
1:00pm	Beast Competitive Awards
2:00 pm	Festival Challenge
5:00pm	Ultra Competitive Awards (subject to change according to conditions)
9:00pm	Festival Closes

## SUPER & SPRINT EVENT SCHEDULE

Sunday, April 28th

6:30am	Super Registration Opens
6:30am	Festival and Merchandise Opens
7:30am	Super Pace Group 1 Start
7:45am	Super Pace Group 2 & 3 Start
8:00am	Super Pace Group 4 & 5 Start
8:15am	Super Early Morning Start Times Begin
9:45am	Super Open Start Times Begin
10:45am	Sprint Registration Opens
11:00am	Competitive Kids Awards
11:15am	Last Super Heat
11:45am	Super Competitive Awards
11:45am	Sprint Open Start Times Begin
4:00pm	Last Sprint Heat
4:00pm	Registration Closes
9:00pm	Festival Closes



## KIDS RACE EVENT SCHEDULE

SATURDAY, April 27th

**COMPETITIVE 2 MILE KIDS RACE** | Required Age 9-14

Start Times: 9:00am Males and 9:15am Females

**2 MILE KIDS RACE** | Required Age 9-14

Start Times: 12:00pm and 2:00pm

**1 MILE KIDS RACE** | Suggested Age 7-9

Start Times: 10am, 11am, and 1pm

**1/2 MILE KIDS RACE** | Suggested Age 4-6

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

## KIDS RACE EVENT SCHEDULE

SUNDAY, April 28th

**COMPETITIVE 2 MILE KIDS RACE** | Required Age 9-14

Start Times: 9:00am Males and 9:15am Females

**2 MILE KIDS RACE** | Required Age 9-14

Start Times: 12:00pm

**1 MILE KIDS RACE** | Suggested Age 7-9

Start Times: 10am, 11am, and 1pm

**1/2 MILE KIDS RACE** | Suggested Age 4-6

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

**INCLUSIVE HEAT** | Ages 4+

Start time: 1:30pm

## PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- Visit the [Tri-State NJ Spartan Trifecta Weekend](#) event page on our website.
- Your specific start time will be in your **Spartan Account** approximately 10 days prior to race day.
- You must screenshot or print and bring your heat time, registration barcode, and photo identification to pick up your packet on race day. [Click here](#) for instructions to locate your barcode. This is important, as you will have to show your heat time prior to entering, and service can be unreliable.
- (New for 2024!) Spartan is going cashless! Please plan to bring a credit/debit card for all onsite purchases, including Registrations, Spectator entries and Merchandise!

For a complete description of how to complete each obstacle, what's allowed, what constitutes "failing" an obstacle, official penalties, and a video on how to complete a proper Spartan burpee, [click here](#).

All Competitive racers are required to abide by the official Spartan Rulebook. This includes being officiated and video recorded. Read up on the rules now and get ready to race.

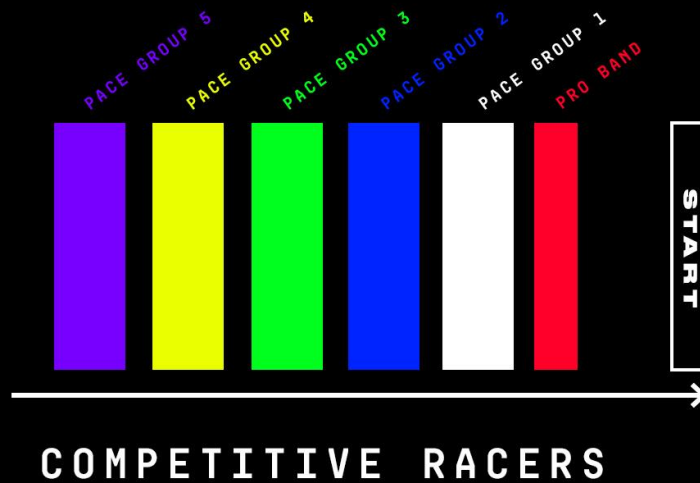
Competitive winners **MUST** be present at the time of the award ceremony to receive their award. No awards will be given or mailed out after race day.



## COMPETITIVE RACING

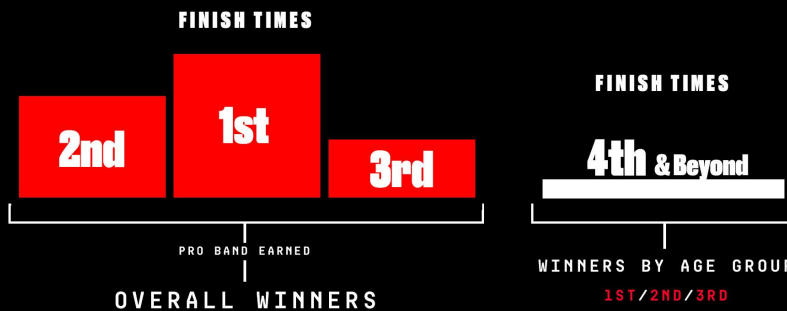
- Racers in the Competitive Category will be provided a Pace Group wristband at Registration, which corresponds with their estimated pace that was selected at checkout.
- All Pace Groups will be loaded into the start line sequentially, in the order shown in the diagram below (Fig. 1)
- Any racer that has earned a Pro Band (either with a Top 15 Elite finish in 2023 or a Top 3 Competitive finish in 2024) will be given priority access in the first heat, regardless of the Pace Group on their wristband, as long as they are physically wearing the Pro Band.
- Please refer to the race schedule in this document to confirm the specific time for your Pace Group
- When multiple Pace Groups share the same heat time, the faster group will be given the opportunity to load in first. Listen for announcements at the start entrance for your Pace Group and be sure to visibly display your Pace Group wristband as you enter.
- Any Competitive racer that misses their Pace Group start may race in a subsequent Competitive heat; however, once all Competitive heats have begun, no late starters will be allowed. (Please visit Customer Service for reassignment to an Open heat).
- Competitive Racers will be ranked on a single leaderboard, with Overall Winners and Age Group Winners being awarded as shown below (Fig. 2)

Fig. 1



- Release in groups of 20-30 on rolling basis until all competitive racers are on the course
- Heats release between approx 7-7:30am
- Pro bands are earned by top 3 finish overall in 2024

Fig. 2



\*\*ALL INFORMATION ABOVE IS SUBJECT TO CHANGE



## UPGRADE YOUR RACE EXPERIENCE

SPARTAN+ is a membership platform that gives Spartans everywhere access to access to race-day benefits, our best deals, and world-class coaching.

These benefits include:

- Member Recovery Zone \*At Select Event Weekends
- 100% Ticket Protection if a race is cancelled or rescheduled and you cannot make it
- Guaranteed Start Time of your choice
- Up to \$79 in Photo Credits for high resolution photo downloads\*
- 20% off Merch at Events and Online at <https://www.spartan.com/pages/shop>
- Free Shipping & Returns for Online orders
- Exclusive Race and Merch Discounts
- Member discounts to premium brands

*\*For Terms and Conditions Or to learn more about Spartan+ Membership [here](#).*

### What to expect on Race Day with Spartan+

The Spartan+ Member Zone is a tent located in the festival area marked by the Spartan+ logo blades that requires you to check in by showing your race ticket indicating that you are a member. Inside the tent are a plethora of comforts and amenities available to you all race weekend. The zone was built as the ideal place for pre race prep with specific race fuel, private bathrooms, yoga mats and massage guns. Post race it is the place to relax and connect with your fellow racers.

[Click Here](#) for the full list of locations of the member zone in 2024.

And don't forget when purchasing your venue tee, delta, and other gear at the merch tent, Spartan+ members get 20% off merchandise by showing their barcode at the Merch checkout counter.



## VENUE & COURSE DESCRIPTIONS

Spartans, meet Vernon Peak - New Jersey's largest ski mountain. With 1,040 feet of vertical, and a summit elevation of 1,480 feet, this course will shoot you up and back down the slopes and is one of Spartan's toughest mountain courses. Get ready for steep hills, rocky terrain and stunning views from the top.

Special Gear: Racers should plan to bring appropriate fuel for their needs. Nutrition will be available on course for the **Ultra & Beast**. Hydration packs (or water containers of some variety) are strongly suggested for all racers. Please note that shoes with spikes are not allowed.

## AID STATIONS

At each stop you will be able to drink as much water as you want, however we ask that you only take one (1) cup. All racers will have the ability to fill their hydration pack at the Start Line.

- **ULTRA:**
  - Loop 1: There will be twelve(12) aid stations on course, including two (2) hydration pack refill stations.
  - Loop 2: There will be ten (10) aid stations on course, including two (2) hydration pack refill stations.
  - Transition Area: You will also be able to fill up your pack in the transition area.
- **BEAST:**
  - There will be ten (10) aid stations on course, including two (2) hydration pack refill stations
- **SUPER:**
  - There will be five (5) aid stations on course, including one (1) hydration pack refill station.
- **SPRINT:**
  - There will be three (3) aid stations on course with no on-course hydration pack refilling station.

## ON-COURSE HYDRATION TIPS

- Make sure to fill your pack up prior to the race. You can purchase hydration packs at the merchandise tent on race day.
- Make sure you carry enough water to be able to keep yourself hydrated between stations.
- Make sure to stop at every aid station to get water, use your pack in between.
- We highly suggest carrying some type of electrolyte drink in addition to water.
- Make sure to properly hydrate in the week leading up to the event.





## COURSE CUTOFFS

**Ultra, Beast, Super** and **Sprint** participants must be at the finish line by 9:00pm. Any racers remaining on the course at 9:00pm will be removed from the course for their own safety and will be considered a DNF (Did Not Finish). This means you will not get a finishing time, medal, or shirt. The race will not count towards your trifecta and you will not get a refund or a future race credit. 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.

- **Ultra & Beast** Cut-Off Times (\*\*All times/locations for Ultra Racers apply to Lap #2)
  - 3:00pm: Any racer who has not departed the Ultra Transition area will be removed from the course.
  - 4:45pm: Any racer who has not passed Tyrolean Traverse will be removed from the course.
  - 4:45pm: Any racer who has not passed Hurdles **must have a working headlamp** or risk being pulled.
  - 6:30pm: Any racer who has not passed Hurdles will be removed from the course.
  - 8:15pm: Any racer who has not passed Slip Wall will be removed from the course.
  - 9:00pm: Course closed. Any racers who haven't finished by this time will be pulled from course.
- **Super & Sprint** Cut-Off Times
  - 9:00pm: Course closed. Any racers who haven't finished by this time will be pulled from course.

## 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.

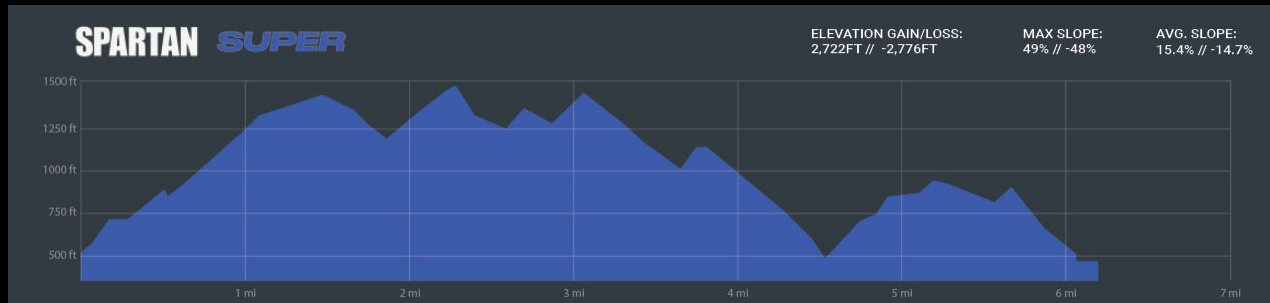
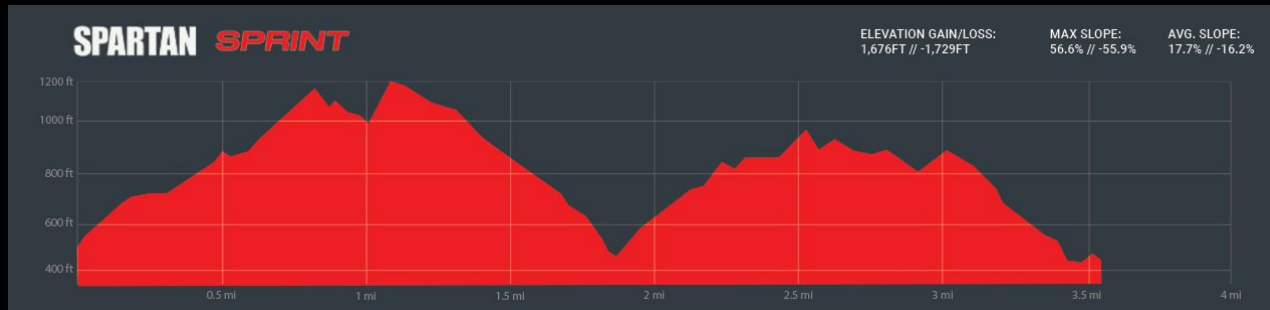
## EQUIPMENT & CLOTHING

- All participants are encouraged to bring a change of clothes, shoes, and a plastic bag for wet and muddy items. There will be changing tents at the event. Please plan your post-race gear accordingly.
- Hydration packs are strongly recommended for all racers.
- Shoes with spikes are not allowed.
- Our official merchandise tent will open at the same time as the festival area. Forget your racing shoes, change of clothes, spare socks? We can help.





## COURSE ELEVATION PROFILES





## KIDS PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- Visit the [Tri-State NJ Spartan Trifecta Weekend](#) event page on our website.
- For pre-race venue specific details with our onsite Kids Race team, visit our [Kids Facebook page](#) 1-2 days before race weekend.
- You must screenshot or print and bring your heat time, registration barcode, and photo identification to pick up your packet on race day. Log into your [Spartan Account](#) to see your chosen start time and barcode. [Click here](#) for instructions. This is important, as you will have to show your heat time prior to entering, and service can be unreliable.
- Two spectator passes are provided per family. Spectating is available anywhere along the outside of the orange Kids tape. One parent may run with a racer on the half mile or one mile course. No adults allowed on the two mile course.
- Children must be supervised at all times within Festival and an adult or guardian must be present at all times within Kids Course or Kids Festival while their child is racing.
- (New for 2024!) Spartan is going cashless! Please plan to bring a credit/debit card for all onsite purchases, including Registrations, Spectator entries and Merchandise!

Visit our [KIDS FAQ](#) for more information

## KIDS REGISTRATION

Registration for the Spartan Kids Race will be at the Kids Registration tent. The parent/guardian accompanying the child must show valid photo identification to pick up the bib packet. For additional information, please visit the [Tri-State NJ Spartan Trifecta Weekend](#) event page and click the "Kids Race" tab.



## KIDS RACE

- There are three Kids Race distances available to race at the event.
  - 2 Mile, 1 Mile and ½ Mile
  - Half Mile suggested age: 4-6
  - One Mile suggested age: 7-9
  - Two Mile REQUIRED age: 9-14
  - Please note: The .5 and 1 mile events are open to anyone 4-14 yrs of age but the 2 mile requires a minimum age of 9 on race day.

Each Kids Race Finisher will receive a Finisher Medal and Finisher T-shirt and a bottle of PRIME Hydration beverage.

## KIDS TWO MILE COMPETITIVE

- Obstacle failure requires completion of the designated penalty loop (red course tape) before continuing
- Podium placement is based on the racers age on December 31, 2024
- Kids Awards Ceremony is at 11:00 AM local time at the Main Stage.
- Visit our [KIDS FAQ](#) for more information on rules and age requirements

## KIDS WATER STATIONS

- Half Mile: Finish Line
- One Mile: Half mile-one mile transition and Finish Line
- Two Mile: Half mile-one mile transition, two mile transition, and Finish Line

## KIDS TRIFECTA

Claim your hard earned Trifecta medal at the Trifecta Tent located in Festival. Trifecta Medals MUST be collected on race day at the Trifecta Tent. Medals cannot be mailed out after race day. Tag #spartankids on social to show the world your accomplishment!

Don't forget to stop by the merchandise tent to shop our latest Kids apparel ranges and accessories.



## SPARTAN RACE FESTIVAL

Opens at 5:00AM Saturday and 6:30AM Sunday, the Festival will feature leading national sponsors with highly experiential activations and free swag, healthy and functional F&B brands sampling free foods and beverages, gyms and trainers to help you warm up and cool down, workout and OCR gear and accessories companies, and much more. Remember to bring credit cards to take advantage of deals only available to Spartans!

Official Spartan Merchandise Tent:

Stop by Merchandise to see our brand new shoppable store setup and get exclusive access to new products before they sell out on race day.

Spartan+ members get 20% off merchandise on event day by showing their barcode at the Merch checkout counter.. Learn more about Spartan+ Membership [here](#).

## VOLUNTEERS

Want to run for free? Experience Spartan in a new way and volunteer with us! Celebrate at the Start, Finish, or encourage our participants at the obstacles. Explore the possibilities here: [Volunteer Sign Up Link](#) Have a team, company or group interested in volunteering together? Email [volunteer@spartan.com](mailto:volunteer@spartan.com) to coordinate!

## CONTACT SPARTAN HQ

For any questions or concerns that haven't been addressed here, please visit our [Frequently Asked Questions Page](#). We'll see you out on the course!

AROO!