

**SPARTAN** RACE / 2025



# SPARTAN RACE DAY PROGRAM

## BIG BEAR TRIFECTA

SNOW SUMMIT

MAY 17-18, 2025

**SPARTAN — 2025**  
**UNITED STATES NATIONAL SERIES**

HOSTED BY:



**BIG BEAR LAKE**



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What will you make in Big Bear?



## HOW TO GET HERE

### GENERAL PARKING:

880 Summit Blvd  
Big Bear Lake, CA 92315

### SHUTTLE INFORMATION:

Signage will direct you to offsite parking once turned onto Summit Blvd.  
There is a 5-10 minute shuttle ride from general parking to the event venue. 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.  
Only those with VIP access will be allowed in the lot at the base of the resort.

### VIP PARKING:

VIP parking address and pass will be emailed to persons who purchased a VIP parking pass.  
Space is limited! Avoid the shuttles by purchasing your VIP parking pass for \$40 today.  
<https://race.spartan.com/en/races/big-bear-california>

## TRAVEL & LODGING

### [ENGINE](#)

As our official lodging partner, 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.



## Big Bear Spartan Trifecta Weekend May 17th & 18th 2025

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### BEAST & SPRINT EVENT SCHEDULE

Saturday, May 17th

6:00am	Registration Opens
6:00am	Festival and
Merchandise Opens	
7:00am	Sprint Elite Men &
Women Start	
7:10am	Beast Elite Men &
Women Start	
7:15am	Beast Age Group Start
Times Begin	
8:00am	Beast Early Morning
Start Times Begin	
10:00am	Beast Open Start Times Begin
11:00am	Competitive Kids Awards
11:15am	Sprint Competitive Awards
11:30am	Last Beast Heat
12:00pm	Trifecta Tent Opens for Multi-Trifecta Medal
Redemptions	
12:00pm	Sprint Open Start Times Begin
1:00pm	Beast Competitive
Awards	
2:00pm	Last Sprint Heat
2:00pm	Registration Closes
9:00pm	Festival Closes

### SUPER, SPRINT & TRAIL EVENT SCHEDULE

Sunday, May 18th

6:00am	Registration Opens
6:00am	Festival and
Merchandise Opens	
7:00am	Super Elite Men &
Women Start	
7:10am	Trail 10K Start
7:15am	Super Age Group Start
Times Begin	
8:00am	Super Early Morning
Start Times Begin	
9:00am	Trail 10K Awards
10:00am	Super Open Start Times Begin
11:00am	Competitive Kids Awards
11:30am	Last Super Heat
11:45am	Super Competitive Awards
12:00pm	Trifecta Tent Opens for Multi-Trifecta Medal
Redemptions	
12:00pm	Sprint Open Start Times Begin
1:30pm	Last Sprint Heat
1:30pm	Registration Closes
9:00pm	Festival Closes



## KIDS RACE EVENT SCHEDULE

SATURDAY, May 17th

### COMPETITIVE 3km KIDS RACE | Required Age 9-14

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

### 3km KIDS RACE | Required Age 9-14

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

### 1.5km KIDS RACE | Suggested Age 7-9

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

### 1km KIDS RACE | Suggested Age 4-6

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

## KIDS RACE EVENT SCHEDULE

SUNDAY, May 18th

### COMPETITIVE 3km KIDS RACE | Required Age 9-14

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

### 3km KIDS RACE | Required Age 9-14

Start Times: 12:00pm

### 1.5km KIDS RACE | Suggested Age 7-9

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

### 1km 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 [Big Bear 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.



## VENUE & COURSE DESCRIPTIONS

What makes Big Bear Mountain Resort one of the most rewarding race venues in the world? Climbs, climbs, and more climbs taking you to as high as 8,200 feet above sea level. What goes up must come down, so get ready to bomb over 1,200 feet of descent. Be warned — this is a race your calves will never forget. Off the course, enjoy some of Southern California's premier entertainment, local culture, food, and lodging.

This event is a Trifecta Weekend, giving racers the ability to complete a Trifecta (Sprint 5K, Super 10K & Beast 21K) in just one weekend and qualify for the 2025 Trifecta World Championship.

**Special Gear:** Racers should plan to bring appropriate fuel for their needs. Nutrition will be available on course. 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.

- **BEAST:** There will be eleven (11) aid stations on course, including two (2) hydration pack refill stations
- **SUPER:** There will be eight (8) 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

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.

- 5:30pm: Any racer who hasn't passed 8 Foot Wall by this time will be removed from course.
- 6:30pm: Any racer who hasn't passed Tyrolean Traverse by this time will be removed from course.
- 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 [Big Bear 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 1 kilometer or 1.5 kilometer course. No adults allowed on the 3 kilometer 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 [Big Bear 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.
  - 3km, 1.5km and 1km
  - 1km suggested age: 4-6
  - 1.5km suggested age: 7-9
  - 3km REQUIRED age: 9-14
  - Please note: The 1km and 1.5km events are open to anyone 4-14 yrs of age but the 3km 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 3km 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, 2025
- 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

- 1km: Finish Line
- 1.5km: 1km-1.5km transition and Finish Line
- 3km: 1km-1.5km transition, 3km 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.



## TRAIL PRE-RACE DETAILS

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

- Visit the [Big Bear 10K Trail Run](#) event page on our website.
- For pre-race venue specific details, visit our [Trail Facebook page](#) 1-2 days before race weekend.
- You must screenshot or print 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!

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

## TRAIL REGISTRATION

Registration will have a Trail specific lane, you must show a valid photo identification to pick up the bib packet. For additional information, please visit the [Big Bear 10K Trail Run](#) event page.



## TRAIL COURSE INFORMATION

Big Bear is the most legendary mountain resort in Southern California, and has long been a favorite training ground for some of the country's top runners.

You'll be following in their footsteps as you explore the picturesque trails of this venue, featuring buttery singletrack winding through high altitude pine forest, plus some gnarly, technical climbs and descents.

You'll experience wide views of the Southern Sierra, wildlife, wildflowers, and did we mention the altitude?

Special Gear: Racers should plan to bring appropriate fuel for their needs.

## AID STATIONS

There will be one (1) water-only station on course.

## COURSE CUTOFFS

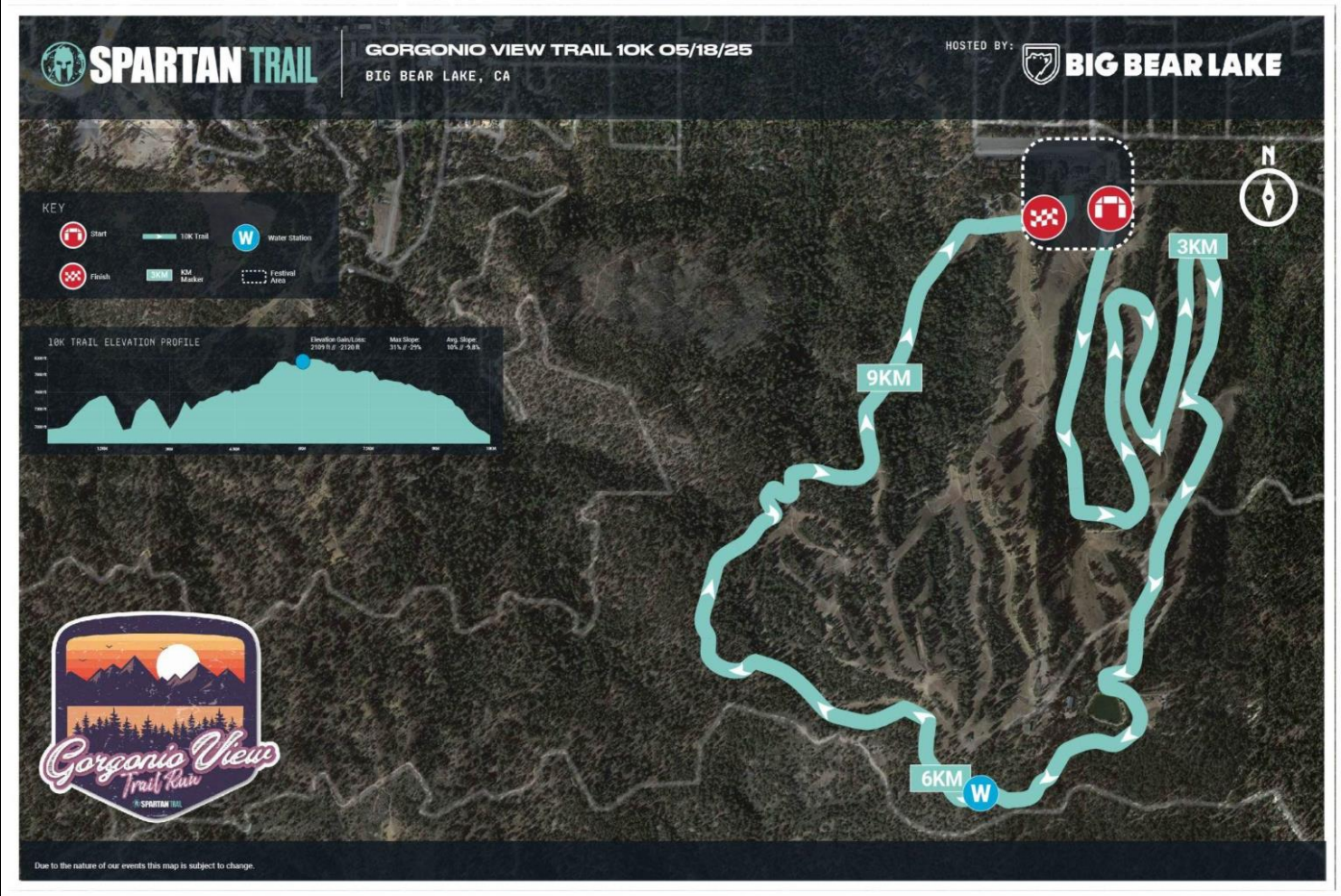
Trail Course Cutoff is three hours. Additional cutoffs at intermediate aid stations may be established by the Race Director.

**\*\*All information subject to change per each event**





TRAIL COURSE MAP





## SPARTAN RACE FESTIVAL

Opens at 6:00AM every race day, the Festival will feature leading national partners 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 Edge members get 20% off merchandise on event day by showing their barcode at the Merch checkout counter. Learn more about Spartan Edge 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 Volunteering possibilities here!](#)

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!