

**SPARTAN** RACE / 2025



# SPARTAN RACE DAY PROGRAM

## MONTEREY

TORO PARK

MAY 31 - JUNE 1 , 2025



Engine



LIONEL  
UNIVERSITY



REIGN  
TOTAL BODY FUEL



United States  
Border Patrol



## HOW TO GET HERE

### GENERAL PARKING:

1021 Monterey Salinas Hwy, Salinas, CA 93908

### SHUTTLE INFORMATION:

There is an 15 minute shuttle ride from general parking to the event venue.  
Please plan accordingly.

## 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.



# Monterey Spartan Event Weekend

## May 31st & June 1st 2025

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### SUPER EVENT SCHEDULE

Saturday, May 31st

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

### SPRINT & TRAIL EVENT SCHEDULE

Sunday, June 1st

6:00am	Registration Opens
6:00am	Festival and Merchandise Opens
6:45am	Trail Marathon Start
6:50am	Trail Half Marathon Start
6:55am	Trail 10k Start
7:00am	Sprint Elite Men & Women Start
7:15am	Sprint Age Group Start Times Begin
7:45am	Sprint Early Morning Start Times Begin
9:00am	Trail 10K Awards
9:45am	Sprint Open Start Times Begin
10:00am	Trail Half Marathon Awards
11:00am	Competitive Kids Awards
11:15am	Sprint Competitive Awards
12:00pm	Trifecta Tent Opens for Multi-Trifecta Medal Redemptions
1:00pm	Last Sprint Heat
1:00pm	Registration Closes
5:00pm	Trail 50K Awards (subject to change according to conditions)
9:00pm	Festival Closes

\*Schedule subject to change



## KIDS RACE EVENT SCHEDULE

SATURDAY, May 31st

**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, June 1st

**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 [Monterey Spartan Event 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

Welcome to beautiful Toro Park. Located just six miles from downtown Salinas, this park is filled with picturesque woods, rolling golden hills, and some of the most ideal coastal California weather. A true fan favorite, this course boasts all the demanding features that you've come to know from Spartan; brutal climbs, open field sprints, and our famous punishing obstacles, all ready to set your muscles ablaze.

Come pound your way through these rugged trails while enjoying some of the most beautiful views the Golden State has to offer. While your muscles will be on fire, begging for mercy, the awe-inspiring scenery makes everything worth it. What an amazing place to truly become unbreakable.

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.

- **SUPER:** There will be six (6) 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.

## 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

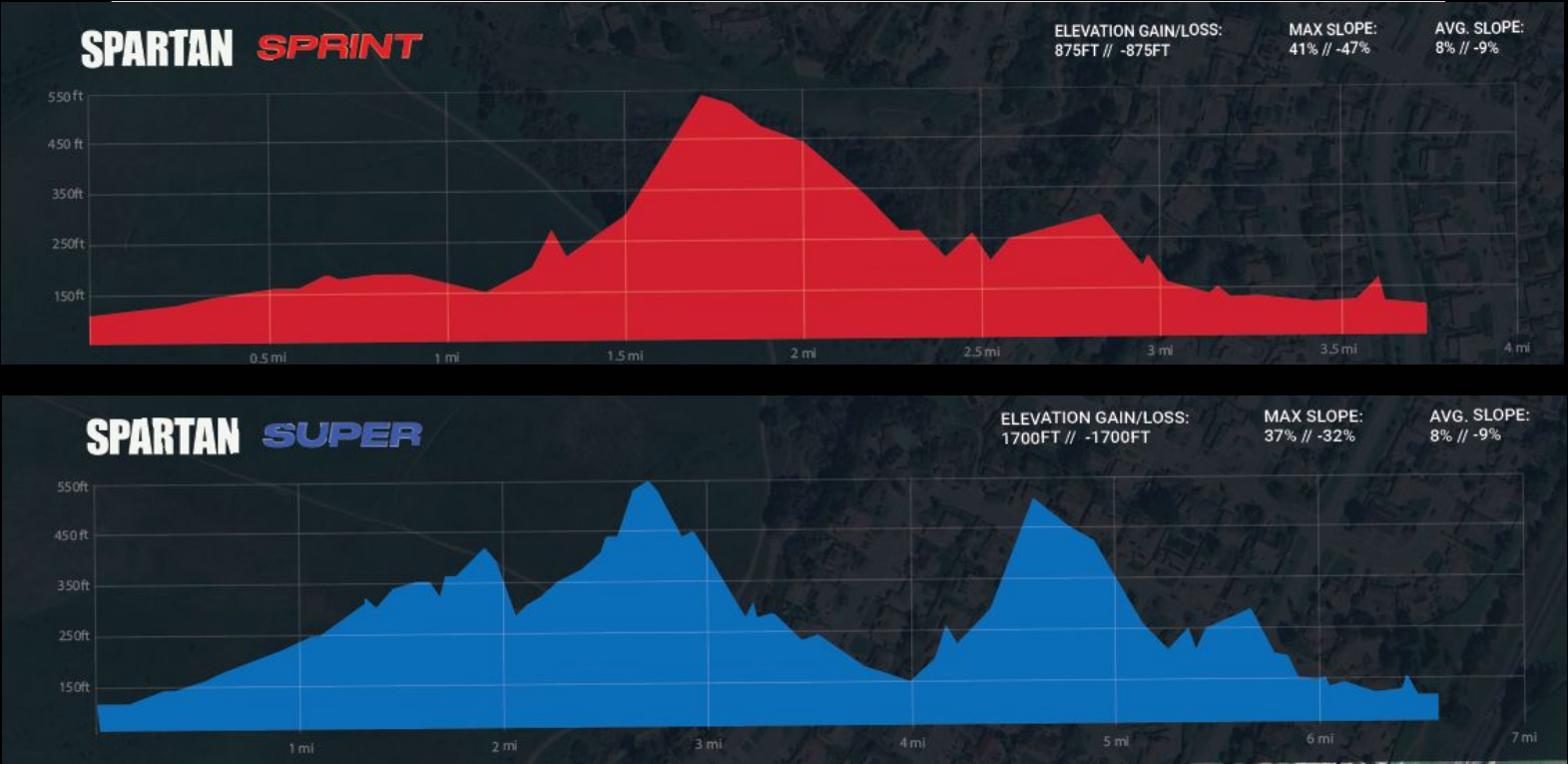
- All participants are encouraged to bring a change of clothes, shoes, and a plastic bag for wet and muddy items. There will be changing tents at the event. Please plan your post-race gear accordingly.
- Hydration packs are strongly recommended for all racers.
- Shoes with spikes are not allowed.
- Our 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 [Monterey Spartan Event 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 [Monterey Spartan Event 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 [Monterey Trail](#) 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 [Monterey Trail](#) event page.



## TRAIL COURSE INFORMATION

Toro Park is a vast, sprawling venue full of iconic Bay Area trail scenery. Picture rolling golden hills, sparse coast live oak offering brief moments of shade, and smooth trails carrying you up and down through pastures and arroyos.

Special Gear: Racers should plan to bring appropriate fuel for their needs. Nutrition will be available on course for the Marathon and Half Marathon only. Hydration packs (or water containers of some variety) are strongly suggested for all racers.

## AID STATIONS/TRANSITION AREA

- **MARATHON:**
  - On Course: The Marathon course is composed of two identical loops. On each loop there will be two (2) aid stations on that will provide you with water, electrolytes, and fuel. There will also be two (2) water only stations.
  - Transition Area: At the end of the first loop, runners will enter a transition area where there will be additional snacks, water, and electrolytes. Runners are also encouraged to leave a drop bag in this area prior to the start of the race so that they may access it after the first loop. From the transition area racers will re-enter the course for their second loop.
- **HALF MARATHON:** There will be two (2) aid stations on course with water, electrolytes, and fuel, as well as two (2) water only stations.
- **10K:** There will be two (2) water-only stations on course.

## COURSE CUTOFFS

Trail Course Cutoffs are ten (10) hours for the Marathon, six (6) hours for the half marathon, and three (3) hours for the 10k. Any Marathon racer who has not completed their first lap and started their second five (5) hours after the start of the race will not be allowed to start the second loop, and will receive a DNF. Additional cutoffs at intermediate aid stations may be established by the Race Director.

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



TRAIL COURSE MAP AND ELEVATION PROFILE





## 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!