

**SPARTAN** RACE / 2024



# SPARTAN RACE DAY PROGRAM

**UTAH TRIFECTA**  
SNOWBASIN SKI RESORT  
JULY 20-21, 2024

**SPARTAN — 2024**  
**UNITED STATES NATIONAL SERIES**

HOSTED BY:

PRESENTED BY:

**USANA**



**UTAH SPORTS  
COMMISSION**



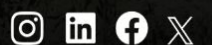


UTAH SPORTS  
COMMISSION



# UTAH: THE STATE OF SPORT

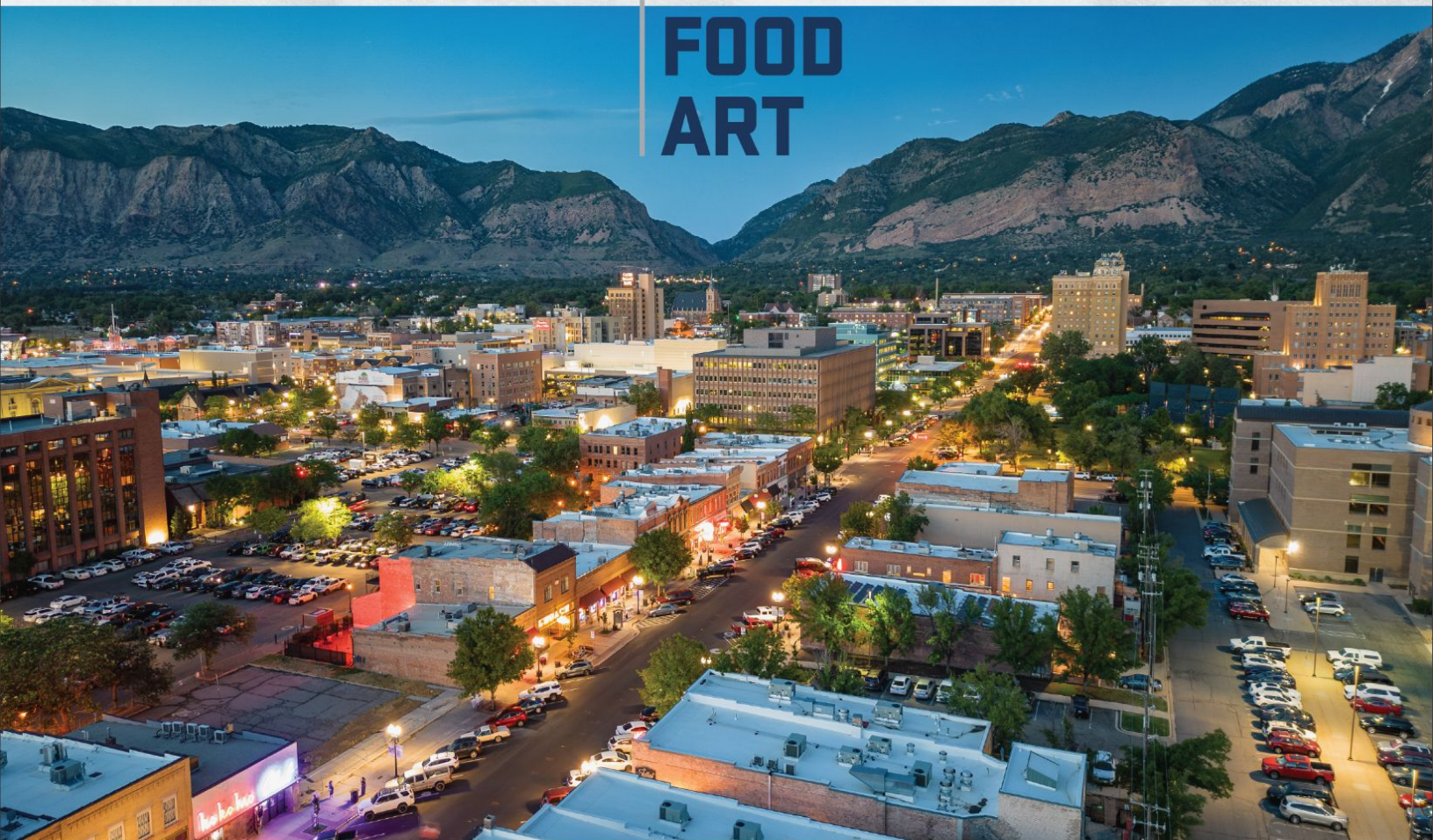
[www.UtahSportsCommission.com](http://www.UtahSportsCommission.com)





**MOUNTAINS OF**

**ADVENTURE  
HISTORY  
MUSIC  
FOOD  
ART**



Thank you for participating in the Utah Spartan Trifecta Weekend at Snowbasin Resort!

We wish you the best of luck in whichever grueling race you're competing in and invite you to experience our community while you're here...music festivals, pro rodeo, farmers markets, street festivals, concerts and more!



For more information about events and activities happening during your stay, or help in planning your return, scan the QR code or go to [visitogden.com](http://visitogden.com).

VISIT  
**ogden**



## HOW TO GET HERE

### GENERAL PARKING:

3925 Snowbasin Rd.  
Huntsville, UT 84050

### SHUTTLE INFORMATION:

Shuttles will be running along Snowbasin Rd. for participants & spectators who are not parked in the main lot. The shuttle rides can range between 5-15 minutes. 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.

### ATTN SATURDAY PARTICIPANTS:

On Saturday 7/20/24 the 2024 Utah Trifecta Spartan Race traffic will be sharing Snowbasin Rd./ RD 226 with the Iron Lung Bike Race between the approximate hours of 6:00am - 8:00am. Please allow for extra time to arrive & park prior to your heat time. We expect delays in traffic flow during this time.

The safety of our participants & the participants of the Iron Lung Bike Race is our top priority. We ask that anyone attending the Spartan Race event be aware of cyclists as you are driving up Snowbasin Road / SR 226. Cyclists will be coming down Snowbasin Rd./SR 226 from the North at high speeds. Please prepare to be stopped by traffic control officers & parking attendants throughout your parking experience on Saturday morning.

## 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.



# Utah Spartan Trifecta Weekend July 20th - 21st 2024

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## BEAST EVENT SCHEDULE

Saturday, July 20th

6:00am	Registration Opens
6:00am	Festival and Merchandise Opens
7:00am	Pro Championship Start
7:15am	Age Group Champs (14-17, 18-24, 25-29, 50-54, 55-59, 60+) Start
7:30am	Age Group Champs (40-44, 45-49) Start
7:45am	Age Group Champs (30-34, 35-39) Start
8:00am	Early Morning Start Times Begin
9:30am	Open Start Times Begin
11:00am	Competitive Kids Awards
11:00am	Last Heat
11:00am	Registration Closes
1:00pm	Beast Competitive Awards
9:00pm	Festival Closes

## SUPER, SPRINT & TRAIL EVENT SCHEDULE

Sunday, July 21st

6:00am	Super Registration Opens
6:00am	Festival and Merchandise Opens
7:00am	Super Pace Group 1 Start
7:15am	Super Pace Group 2 & 3 Start
7:30am	Super Pace Group 4 & 5 Start
7:45am	Super Early Morning Start Times Begin
9:00am	Trail Registration Opens
9:30am	Super Open Start Times Begin
10:00am	Trail 10K Start
11:00am	Competitive Kids Awards
11:00am	Sprint Registration Opens
11:30am	Last Super Heat
11:45am	Super Competitive Awards
12:00pm	Sprint Open Start Times Begin
12:15pm	10k Trail Awards
3:30pm	Last Sprint Heat
3:30pm	Registration Closes
9:00pm	Festival Closes

\*Schedule subject to change



## KIDS RACE EVENT SCHEDULE SATURDAY, July 20th

### 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, July 21st

### 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 [Utah 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.

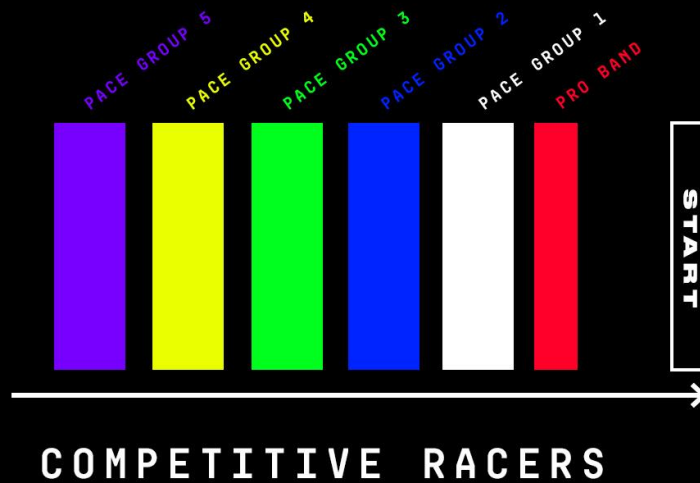
Competitive winners MUST be present at the time of the award ceremony to receive their award. No awards will be given or mailed out after race day.



## COMPETITIVE RACING

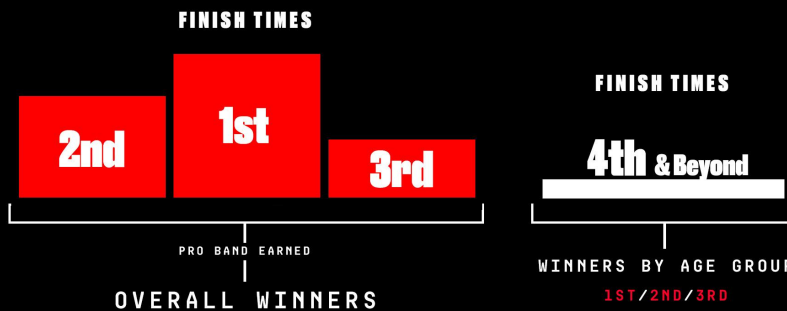
- Racers in the Competitive Category will be provided a Pace Group wristband at Registration, which corresponds with their estimated pace that was selected at checkout.
- All Pace Groups will be loaded into the start line sequentially, in the order shown in the diagram below (Fig. 1)
- Any racer that 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

A former venue of the 2002 Winter Olympics, Mount Ogden's roots are rich in competitive spirit. Here you will traverse technical terrain, muscle your way through punishing obstacles, and conquer a 3,000-foot vertical climb with views so breathtaking, you'll momentarily forget about the pain. After the race, recover with a gondola ride and dine in some world-class eateries.

This event is a Trifecta Weekend, giving racers the ability to complete a Trifecta (Sprint 5K, Super 10K & Beast 21K) in just one weekend, plus you will qualify for the 2024 Trifecta World Championship in Sparta, Greece.

**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 twelve (12) aid stations on course, including two (2) hydration pack refill stations
- **SUPER:** There will be seven (7) aid stations on course, including one (1) hydration pack refill station.
- **SPRINT:** There will be four (4) 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.

- 6:30pm: Any racer who hasn't passed Stairway to Sparta 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

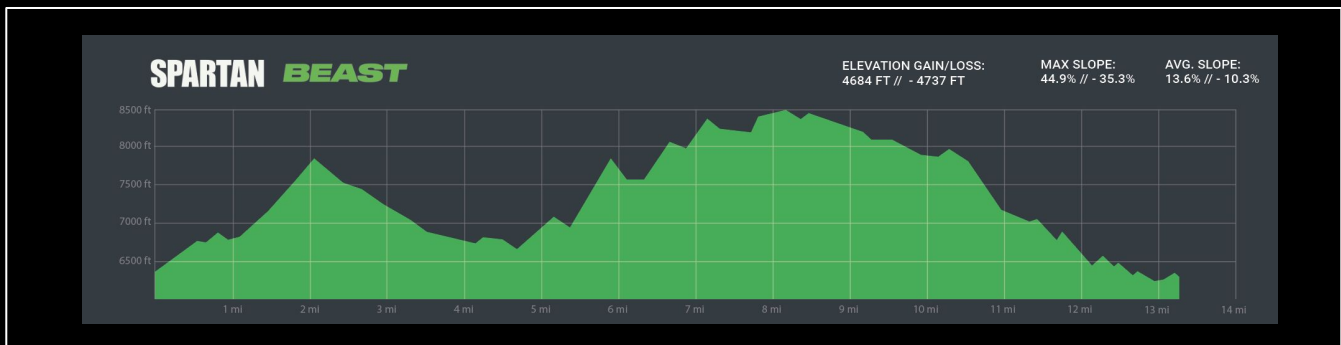
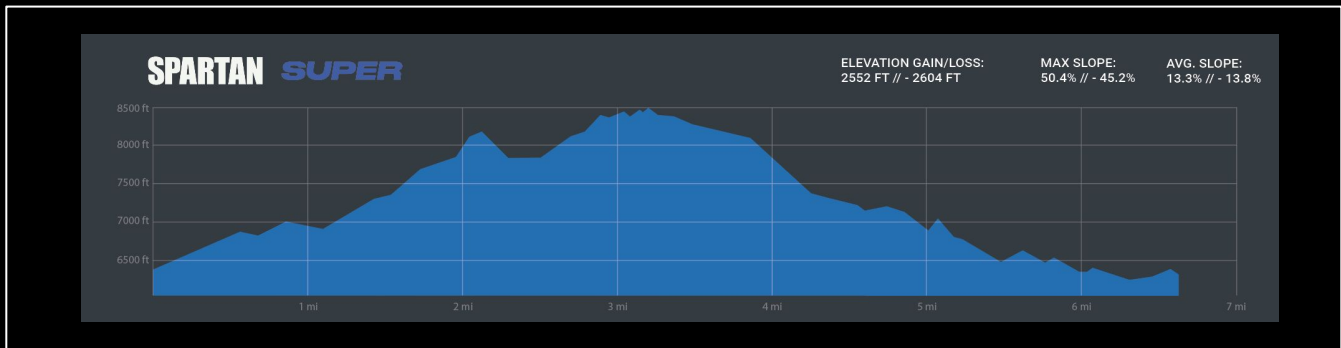
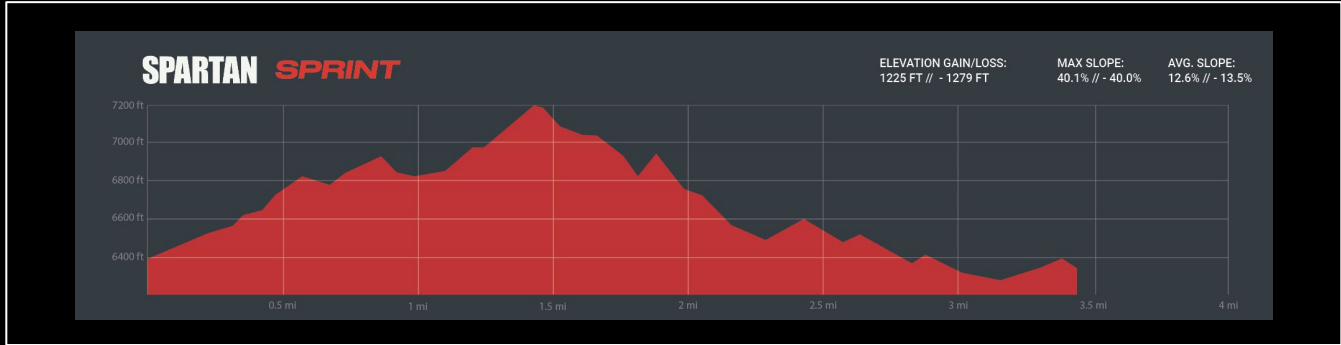
In the event of inclement weather such as lightning, tornadoes, hurricanes, and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course or cancel the event in order to ensure the safety of racers, volunteers, and staff. As always, weather can be unpredictable.

## 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 [Utah 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 [Utah 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, 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

- 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 [Utah Trail Experience](#) 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 [Utah Trail Experience](#) event page.



## TRAIL COURSE INFORMATION

Snowbasin Resort is a year-round recreation destination featuring world class skiing, mountain biking, and hiking. Spartan Trail racers will take advantage of steep slopes and rugged winding singletrack as they accumulate as much as possible of the mountain's 3000 vertical feet in a short but grueling 10k. Come prepared for the altitude and the most epic views on the Spartan Trail calendar.

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

## AID STATIONS/TRANSITION AREA

There will be two (2) water-only stations on course.

## COURSE CUTOFFS

Trail course cutoffs is three (3) hours for the 10k. Additional cutoffs at intermediate aid stations may be established by the Race Director.

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





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

Due to safety reasons, outside tents will not be permitted in the Spartan Race event. If personal tents are brought to registration, you will kindly be asked to return to your car to drop off the tent prior to entering the Spartan Race event.

## 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!