



SPARTAN RACE DAY PROGRAM

VERMONT

KILLINGTON SKI RESORT
SEPTEMBER 14-15, 2024





HOW TO GET HERE

GENERAL PARKING: *Limited Space - first come, first serve*

Killington Bear Mountain Lodge
972 Bear Mountain Rd.
Killington, VT 05751

GENERAL PARKING - SATELLITE LOT #1 (Shuttles start at 5:30am on Saturday & 6:00am on Sunday) :

Killington Skyship Base Lodge
7428 Vermont Rte 100
Killington, VT 05751

GENERAL PARKING - SATELLITE LOT #2 (Shuttles start at 6:00am on Saturday & 7:00am on Sunday) :

Killington Snowshed Base Lodge (Upper Lot)
3861 Killington Road
Killington, VT 05751

SHUTTLE INFORMATION:

There is a 20 minute shuttle ride from Satellite Lot #1 and #2 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.

ULTRA MANDATORY PACKET PICK-UP PARKING (Friday, 2pm-6pm):

Ultra packet pick-up parking will be available at the general parking address.

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.



Vermont Spartan Event Weekend September 14th & 15th 2024

PRE-RACE EVENT SCHEDULE

Friday, September 13th

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, September 14th

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

SPRINT EVENT SCHEDULE

Sunday, September 15th

6:30am Registration Opens
6:30am Festival and Merchandise Opens
7:30am Pace Group 1 Start
7:45am Pace Groups 2 & 3 start
8:00am Pace Groups 4 & 5 Start
8:15am Early Morning Start Times Begin
9:30am Open Start Times Begin
11:00am Competitive Kids Awards
11:30am Sprint Competitive Awards
12:30pm Last Heat
12:30pm Registration Closes
8:00pm Festival Closes



KIDS RACE EVENT SCHEDULE

SATURDAY, September 14th

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, September 15th

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 [Vermont 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.

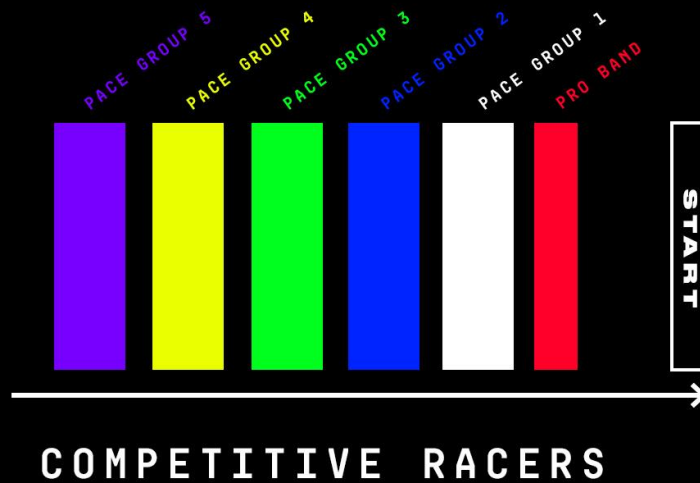
Competitive winners **MUST** be present at the time of the award ceremony to receive their award. No awards will be given or mailed out after race day.



COMPETITIVE RACING

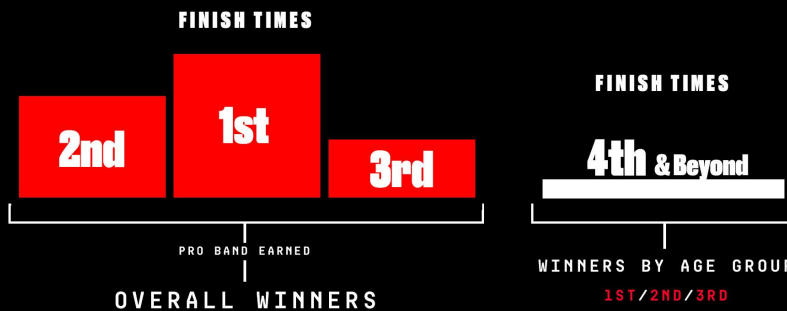
- Racers in the Competitive Category will be provided a Pace Group wristband at Registration, which corresponds with their estimated pace that was selected at checkout.
- All Pace Groups will be loaded into the start line sequentially, in the order shown in the diagram below (Fig. 1)
- Any racer that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

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; expect steep slopes, off-trail descents and massive climbs at this legendary venue. If you want to experience one of the most rewarding and challenging courses in the world, come out to the beautiful Green Mountains of Vermont.

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.

- **ULTRA:**
 - Loop 1: There will be fifteen (15) aid stations on course, including two (2) hydration pack refill stations.
 - Loop 2: There will be thirteen (13) 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 thirteen (13) aid stations on course, including two (2) hydration pack refill stations
- **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, 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.

- 2:30pm: Any racer who has not departed the Ultra Transition area will be removed from the course.
- 4:30pm: Any racer on the course must have a working headlamp on them. If you do not have a headlamp, you risk being pulled from the course
- 4:30pm: Armor must be cleared by Ultra racers (second lap) and all Beast racers. Any racers on course after cutoff time will be removed from course.
- 7:30pm: Water Station #10 must be cleared by Ultra racers (second lap) and Beast racers by this time. Any racers after the cutoff 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

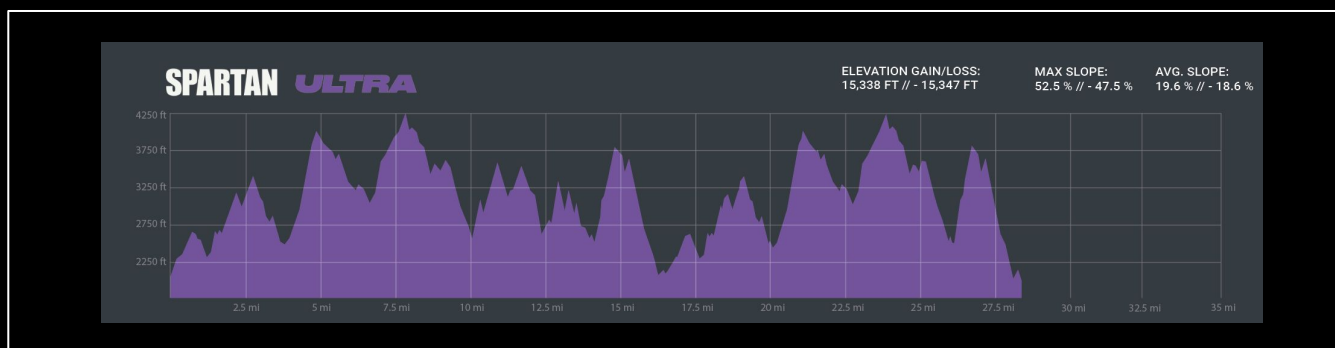
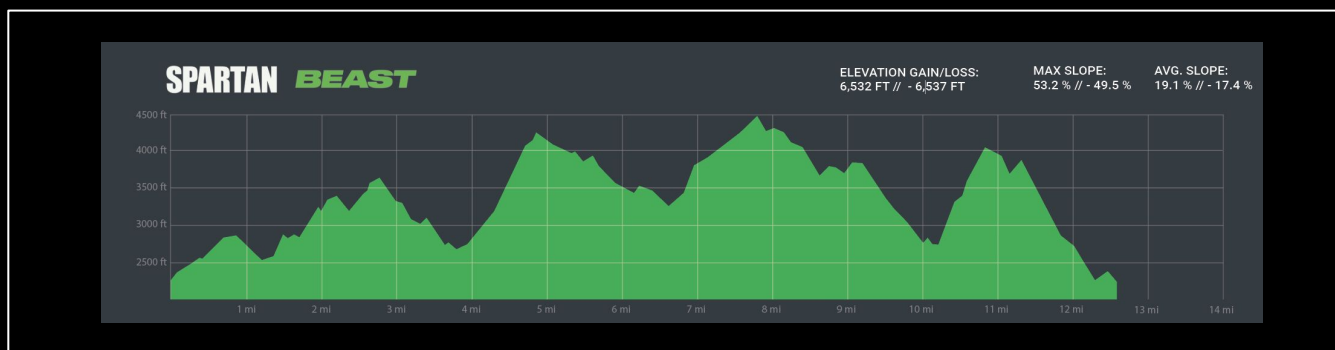
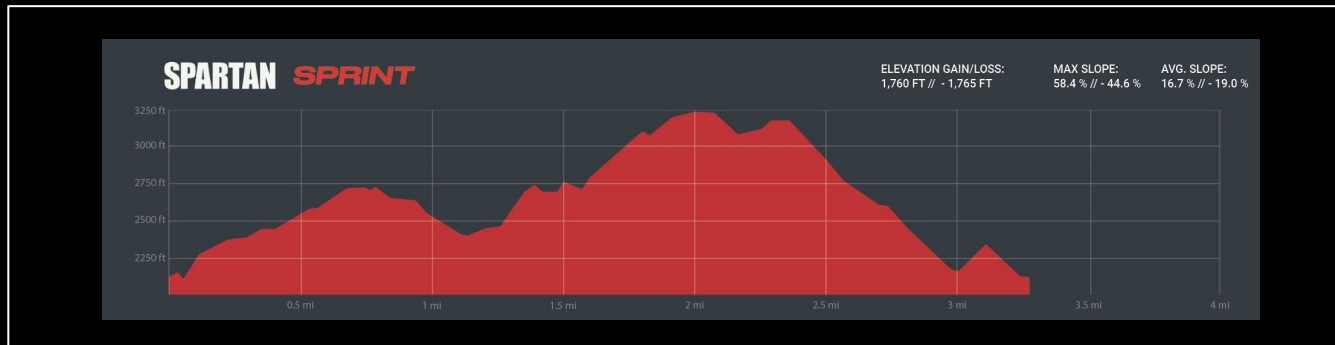
In the event of inclement weather such as lightning, tornadoes, hurricanes, and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course or cancel the event in order to ensure the safety of racers, volunteers, and staff. As always, weather can be unpredictable. Please come prepared for mountain weather. Chilly morning and evening temperatures and possible rainstorms.

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 [Vermont 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 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 [Vermont 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, 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.



SPARTAN RACE FESTIVAL

Opens at 5:00AM on Saturday and 6:30 on Sunday, 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](#).

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 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!