

 **SPARTAN — 2025**
PAN AMERICAN CHAMPIONSHIP

HOSTED BY



SNOHOMISH COUNTY
Tourism Promotion Area

ATHLETE GUIDE

SEPTEMBER 13, 2025





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PAN AMERICAN CHAMPIONSHIP

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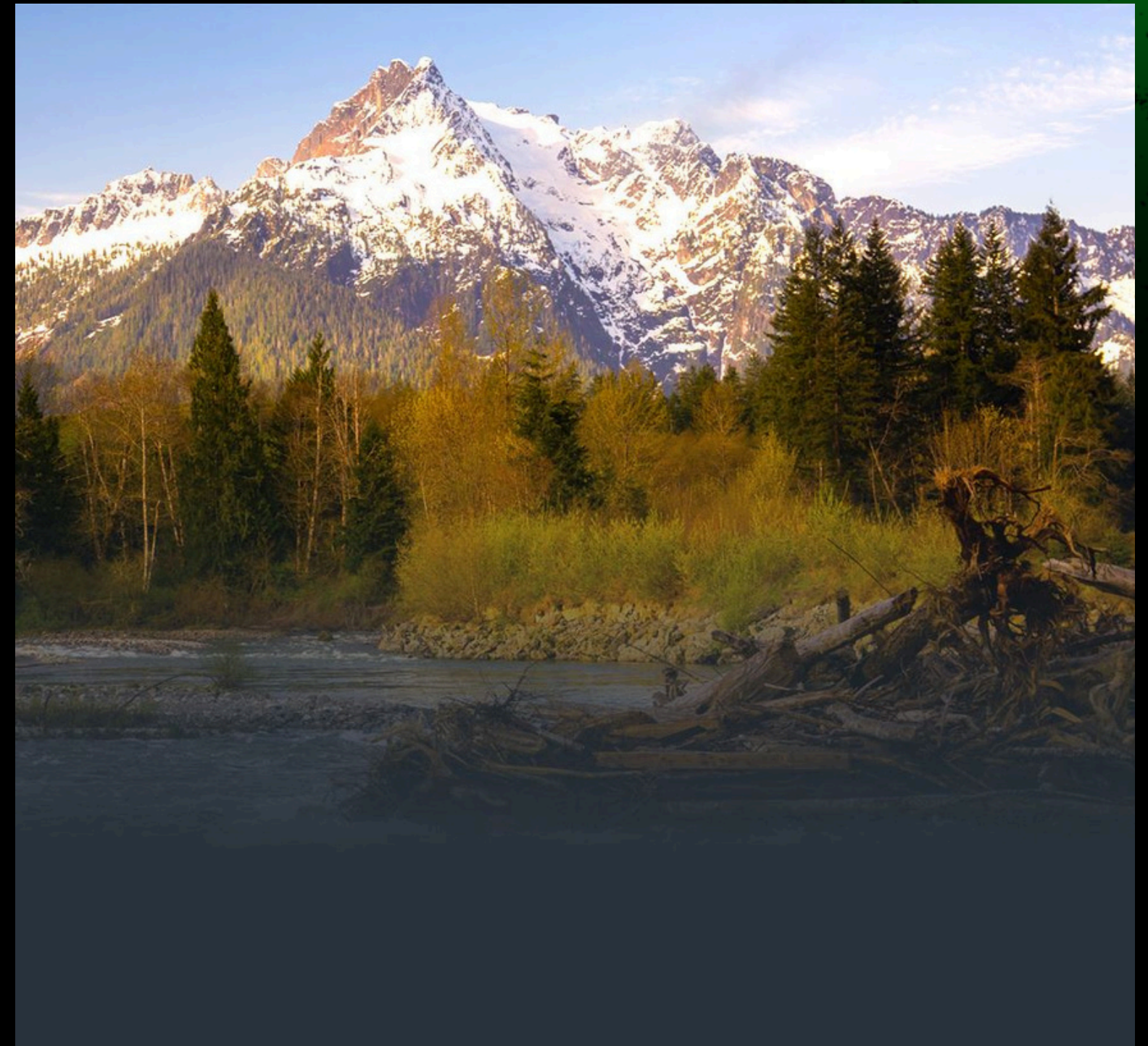
WELCOME TO SNOHOMISH COUNTY, WA

WHERE VICTORY IS YOURS!

NESTLED BETWEEN THE SPARKLING BLUE WATERS OF PUGET SOUND AND THE SNOW-CAPPED PEAKS OF THE CASCADE MOUNTAINS, SEATTLE IS A MUST-RACE DESTINATION. THIS EVENT BRINGS THE BEST OF THE PACIFIC NORTHWEST TO THE COURSE WITH WOODED EVERGREEN TRAILS, NARROW PATHS, AND LEGENDARY OBSTACLES.

PAN AMERICAN CHAMPIONSHIP WEEKEND:

THE PAN AMERICAN CHAMPIONSHIP RETURNS TO SEATTLE, WA, BRINGING TOGETHER THE BEST AGE GROUP AND ELITE ATHLETES FROM ACROSS THE AMERICAS TO COMPETE FOR THE ULTIMATE TITLE. THE CHAMPIONSHIP RACE WILL FEATURE THE BEAST, A CHALLENGING 21K COURSE THAT WILL TEST STRENGTH, ENDURANCE, AND DETERMINATION.



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VENUE LOCATION & PARKING

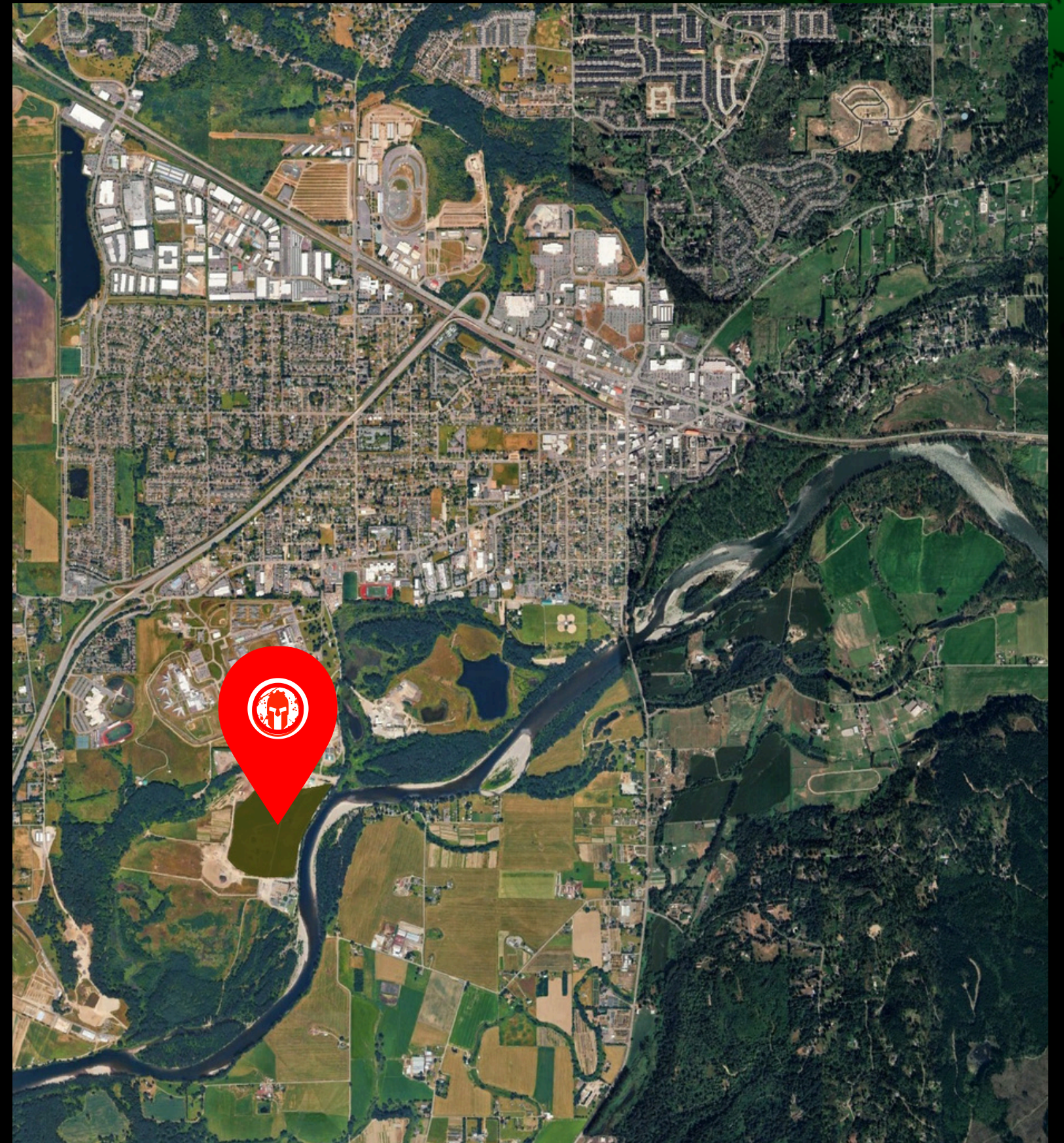
PLEASE NOTE!

THE PARKING ADDRESS FOR THE SEPTEMBER EVENT AT MEADOW WOOD EQUESTRIAN CENTER IS NOT THE SAME ADDRESS AS THE APRIL EVENT.

*NO SHUTTLES WILL BE USED, THE FESTIVAL AREA HAS MOVED TO THIS SIDE OF THE PROPERTY.

ADDRESS:

18016 177TH AVE SE
MONROE, WA 98272



SPARTAN — 2025 PAN AMERICAN CHAMPIONSHIP

WEEKEND SCHEDULE



FRIDAY 12 SEPTEMBER

- 2:00PM-4:00PM : RACE PACKET PICK UP
- 4:00PM : OPENING CEREMONY
- 4:15PM : ATHLETES BRIEFING - MANDATORY PARTICIPATION FOR ALL CHAMPIONSHIP ATHLETES
- 4:30PM : NATIONS PARADE

SATURDAY 13 SEPTEMBER

- 6:00AM-7:00AM : BEAST BIB PICKUP IF FRIDAY IS NOT POSSIBLE
- 7:00AM : START ELITE
- 7:15AM-7:45AM: START AGE GROUP (SPECIFIED START TIMES ARE COMING SOON)
- 8:00AM : START BEAST OPEN
- 9:30AM (ESTIMATED TIME) : FINISH OF THE MALE BEAST PAN AMERICAN CHAMPION
- 10:00AM (ESTIMATED TIME) : FINISH OF THE FEMALE BEAST PAN AMERICAN CHAMPION
- 12:00PM : BEAST ELITE & AGE GROUP AWARDS CEREMONY
- 12:00PM-8:00PM : ENTERTAINMENT, PARTICIPANT ARRIVALS

CHECKLIST: WHAT TO BRING

☑ MANDATORY DOCUMENTS

TO PICK UP YOUR BIB NUMBER, YOU MUST PRESENT :

- VALID ID
- YOUR CONFIRMATION EMAIL WITH THE QR CODE [FIND YOUR QR CODE HERE](#)

☑ YOUR OWN HYDRATION SYSTEM

WE RECOMMEND BRINGING YOUR OWN HYDRATION PACK FOR THE RACE. FILL UP YOUR PACK PRIOR TO THE RACE. WATER STATIONS WITH CUPS WILL BE AVAILABLE PERIODICALLY ALONG THE COURSE, INCLUDING TWO (2) PACK REFILL LOCATIONS.

☑ ENERGY GELS AND BARS

WE ADVISE YOU TO BRING BARS AND GELS TO HELP PREVENT CRAMPS AND FATIGUE. BANANAS WILL BE AVAILABLE ON COURSE AT SELECT WATER STATIONS.

⚠ NO OBJECTS OF VALUE

YOU RISK LOSING OR DAMAGING THEM ON THE RACE. OUR BAGCHECK AREA IS SUPERVISED, BUT SPARTAN ACCEPTS NO RESPONSIBILITY FOR THEFT AND/OR DEGRADATION.

RACE DAY: STARTING PROCEDURE

WHEN YOU ARRIVE ON RACE DAY, YOU MUST FOLLOW THESE STEPS:

PLAN TO ARRIVE 1H30 BEFORE YOUR START TIME

TO TAKE THE START IN THE BEST CONDITIONS ARRIVE 1H30 EARLY, WITH YOUR MANDATORY DOCUMENTS.

FOLLOW THE SIGNS

FOLLOW THE SIGNS TO FIND THE KEY LOCATIONS IN THE SPARTAN FESTIVAL. DRIVE CAREFULLY AS YOU APPROACH THE FESTIVAL.

PICK UP YOUR BIB

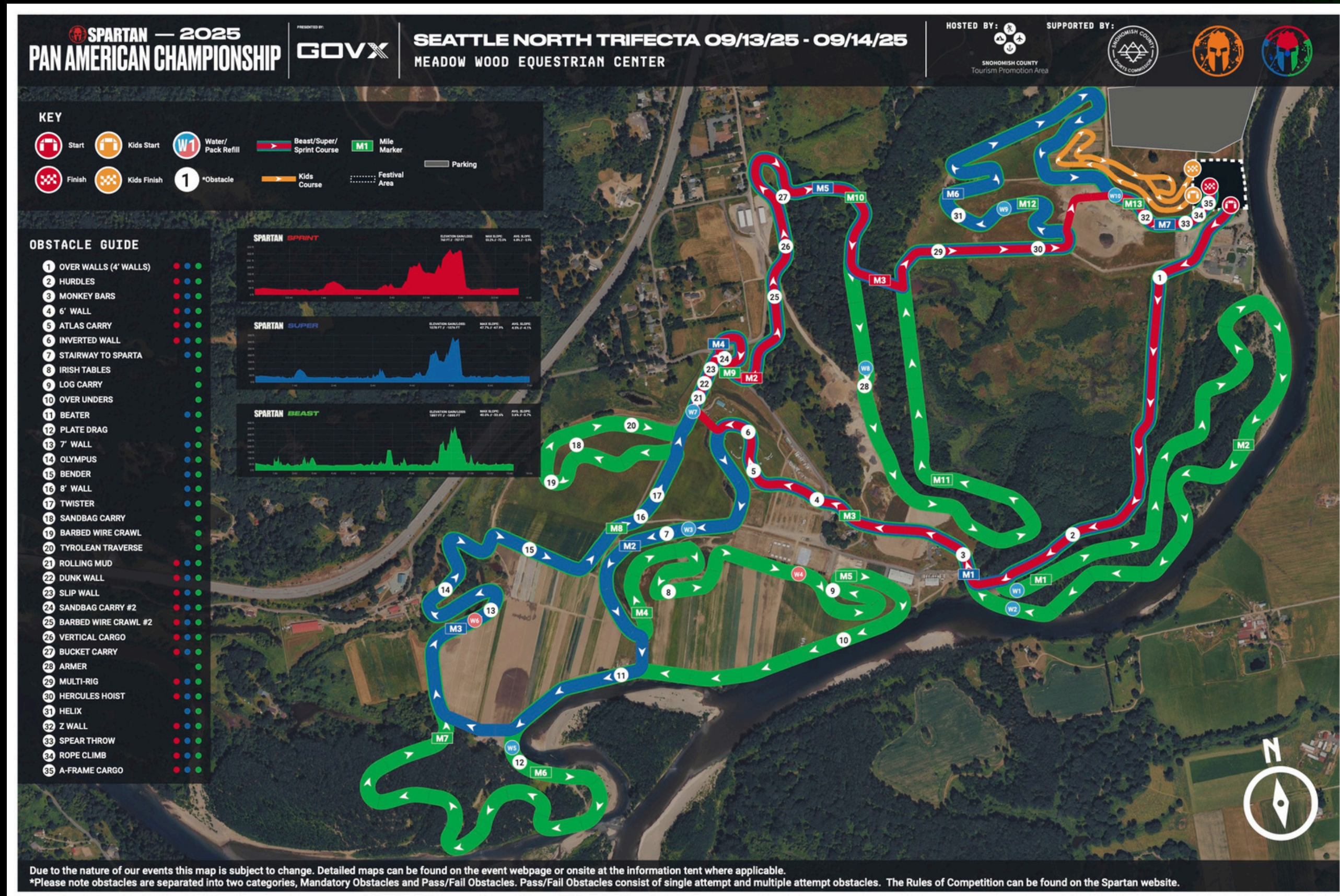
GO TO THE REGISTRATION AREA WITH ALL THE REQUIRED DOCUMENTS TO COLLECT YOUR BIB (IT'S ALWAYS RECOMMENDED TO DO IT THE DAY BEFORE TO AVOID WAITING).

GO TO THE START AREA

YOU MUST ENTER A WAITING AREA AND THEN THE START AREA ABOUT 15 MINUTES BEFORE THE START!

RACE MAP

SPARTAN — 2025 PAN AMERICAN CHAMPIONSHIP



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RACE ELEVATION

DISTANCE

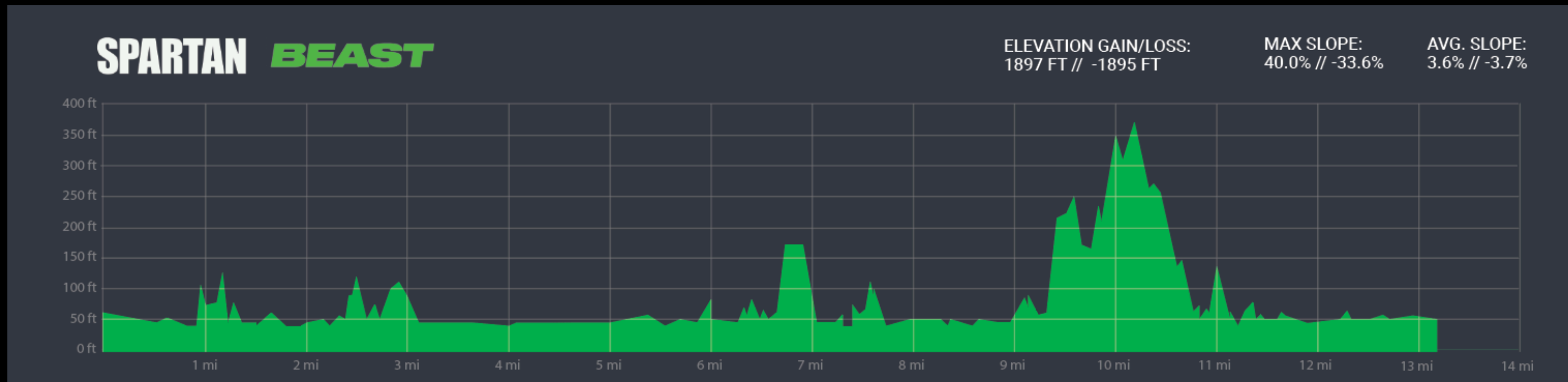
13.4 MI

ELEVATION GAIN

1,897 FT

HIGHEST POINT

361 FT







SPARTAN — 2025





PAN AMERICAN CHAMPIONSHIP

AID STATION DISTRIBUTION






AID STATION 1

-  MI: 0.9
-  ALTITUDE: 32FT
-  ELEV +/-: 32 / -47FT
-  WATER STATION





AID STATION 2

-  MI: 2.7
-  ALTITUDE: 32FT
-  ELEV +/-: 403 / -397FT
-  WATER STATION






AID STATION 3

-  MI: 3.7
-  ALTITUDE: 38FT
-  ELEV +/-: 483 / -493FT
-  WATER STATION
-  STIARWAY TO SPARTA






AID STATION 4

-  MI: 4.8
-  ALTITUDE: 38FT
-  ELEV +/-: 531 / -542FT
-  PACK REFILL + FUEL






AID STATION 5

-  MI: 6.0
-  ALTITUDE: 68FT
-  ELEV +/-: 607 / - 583FT
-  WATER STATION
-  PLATE DRAG






AID STATION 6

-  MI: 7.3
-  ALTITUDE: 32FT
-  ELEV +/-: 847 / -859FT
-  PACK REFILL + FUEL
-  7' WALL






AID STATION 7

-  MI: 8.9
-  ALTITUDE: 32FT
-  ELEV +/-: 1021 / -1034FT
-  WATER STATION
-  ROLLING MUD






AID STATION 8

-  MI: 10.3
-  ALTITUDE: 251FT
-  ELEV +/-: 1599 / -1393FT
-  WATER STATION
-  ARMER

AID STATION 9

-  MI: 11.5
-  ALTITUDE: 35FT
-  ELEV +/-: 1811 / -1806FT
-  WATER STATION
-  MULTI-RIG

AID STATION 10

-  MI: 12.9
-  ALTITUDE: 43FT
-  ELEV +/-: 1911 / -1911FT
-  WATER STATION
-  Z WALL

CUT-OFF TIMES

BEAST 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).

- 2:25PM: ANY RACER WHO HAS NOT PASSED IRISH TABLES WILL BE REMOVED FROM THE COURSE.
- 4:50PM: 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.
- 6:00PM: ANY RACER WHO HASN'T PASSED BARBED WIRE CRAWL #2 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.

IMPORTANT: THE ORGANIZATION KEEPS THE RIGHT TO MODIFY THESE TIME BARRIERS IN CASE OF WEATHER CONDITIONS THAT COULD THREATEN THE SAFETY OF PARTICIPANTS.

SPECTATORS INFORMATION

GOOD TO KNOW !

ON SATURDAY, SEPTEMBER 13TH, THE FOLLOWING OBSTACLES WILL BE VIEWABLE FROM THE FESTIVAL AREA:

- A-FRAME CARGO
- ROPE CLIMB
- SPEAR THROW
- Z WALL

THE FOLLOWING OBSTACLES WILL BE VIEWABLE A SHORT WALK FROM THE FESTIVAL AREA:

- HERCULES HOIST
- HELIX
- MULTI-RIG



RULES DURING YOUR RACE

☑ **YOUR BIB MUST BE WORN VISIBLY**

WEAR YOUR BIB (THE BAND) PROMINENTLY! THE NUMBER MUST BE LEGIBLE AT ALL TIMES DURING THE RACE: FOR ARBITRATION BUT ALSO SO THAT YOU CAN FIND YOUR PHOTOS AFTERWARDS.

☑ **TIMING CHIP**

WEAR YOUR CHIP ON YOUR WRIST (NOT YOUR ANKLE). IT'S MANDATORY TO START THE RACE, AND WILL BE USED TO KEEP TRACK OF TIME AND RANKINGS. REMEMBER TO RETURN IT AT THE END OF THE RACE AT THE AFTER-FINISH ZONE.

☑ **KEEP TO THE RIGHT WHEN RUNNING**

AS YOU RUN, KEEP TO THE RIGHT TO LET FASTER RUNNERS PASS. IF YOU WANT TO OVERTAKE A RUNNER, BE SURE TO WARN HIM OR HER BY SAYING "ON YOUR LEFT", FOR EXAMPLE.

☑ **RESPECT STAFF, VOLUNTEERS AND MARSHALS**

THEY ARE THERE TO HELP AND ENCOURAGE YOU, AND WE ASK YOU TO RESPECT THEM.

☑ **RESPECTS THE RULES AND PENALTIES**

EACH OBSTACLE HAS ITS OWN RULES. IT IS IMPERATIVE THAT YOU READ THE OFFICIAL RULES ([HERE](#)).

COMPLAINTS CONCERNING THE RANKINGS CAN BE MADE TO THE MARSHALS' OFFICE UP TO 15 MINUTES BEFORE THE PODIUM. AFTER THIS TIME, CLAIMS CANNOT BE CONSIDERED.

AFTER-RACE: YOUR FINISHER'S TO-DO-LIST



GET YOUR MEDAL AND FINISHER T-SHIRT

ONCE YOU'VE CROSSED THE FINISH LINE, REFRESH YOURSELF AT THE AFTER-FINISH STAND AND TAKE YOUR T-SHIRT AND MEDAL. WE WON'T SHIP OR REPLACE T-SHIRTS AFTER THE RACE: MAKE SURE YOU CHOOSE THE RIGHT SIZE!



CHECK YOUR TIMING

GO TO THE TIMING TENT WITH YOUR BIB NUMBER TO FIND OUT YOUR TIME. MAKE SURE YOU'VE HANDED IN YOUR CHIP.



GET YOUR STUFF BACK

GO TO THE BAG CHECK TO COLLECT YOUR BELONGINGS AND TO THE CHANGING ROOMS TO CHANGE. SHOWERS (COLD WATER) WILL BE AT YOUR DISPOSAL.



ENJOY THE FESTIVAL AREA

BEFORE LEAVING, ENJOY THE SPARTAN SHOP, FOOD AND ACTIVITIES ONSITE (PAYMENT BY CREDIT CARD ONLY AT THE SHOP)



RESULTS, PHOTOS & POST-RACE SURVEY

KEEP AN EYE ON YOUR MAILBOX: A FEW HOURS AFTER YOUR RACE, YOU'LL RECEIVE LINKS TO THE FINAL RANKINGS, YOUR RACE PHOTOS AND OUR POST-RACE SURVEY.

USEFUL LINKS

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SEE YOU AT THE STARTLINE

AND AT THE ATHLETE BRIEFING ON FRIDAY TO ANSWER ALL YOUR QUESTIONS

