



SPARTAN RACE / MMXXII

SPARTAN RACE DAY PROGRAM

BIG BEAR

880 SNOW SUMMIT BLVD
MAY 14-15, 2022

SPARTAN
USNS / MMXXII

PRESENTED BY
USANA

Hosted By:



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ADVENTURES EVERY WEEKEND IN BIG BEAR LAKE



Big Bear Lake Grill & Chill

Sweet, smoky or spicy.. any way you like! The Grill & Chill returns Memorial Weekend. Located In The Village, the Grill & Chill is a KCBS-sanctioned BBQ championship with 30+ cooking teams competing for \$10,000 in prize money. Kick off your summer with a sizzle!

BBQ, Beer Tasting, Live Music, & More!

4th of July Fireworks Spectacular

Celebrate Independence Day at the biggest lake party in Southern California. See a dazzling display of fireworks from a boat, on the shore, or on the mountain, get a spectacular view from anywhere in the Valley.



Big Bear Lake Oktoberfest

Big Bear's Oktoberfest is world renown for its own traditions and old-world ambience, celebrating friends, family & good times. A festival like no other with authentic German entertainment, Brats and Knockwursts direct from the German butcher, and the very same beers poured at Munich's Oktoberfest for more than 150 years.

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HOW TO STAY SPARTAN STRONG

Train on the Five Peaks

Hikers can challenge themselves to the five peaks of Big Bear by conquering Gold Mountain, Bertha Peak, Delamar Mountain and Sugarloaf Mountain. Hiking trails range from 5.5 miles (Delamar) to 10 miles (Sugarloaf) and reach elevation gains of 1150 to 2500 feet.

Hydrate Your Soul

It's a beautiful time to be out enjoying the water with Big Bear Lake. There's an activity for everyone: Stretch out on a pontoon, charter a fishing guide, rent a kayak or jet ski, or just take a refreshing dip.

Relax in the Village

The Village is Big Bear's downtown hub and is the place to go to unwind. Quaint shops feature everything from boutique clothes and handmade souvenirs, to home decor and hand-crafted jewelry. Enjoy a pre- or post-race feast with dishes for every appetite, pizza & pasta, BBQ, Indian, Thai, Mexican and more.

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Replenish and recover with FitAID! Doctor developed- Spartan approved. Visit us in festival to learn more about FitAID or enjoy a cold one after you race.

www.lifeaidbev.co



From Sprints to Trifectas, Craft Sportswear has you covered. Check us out on-site or online to learn about our cutting-edge apparel and footwear.

www.craftsports.us



BIG BEAR COVID-19 SAFETY MEASURES AND CUSTOMER EXPECTATIONS

Spartans, our #1 priority is keeping you safe. Below are the festival and on-course modifications we're making to ensure a safe, exciting event for everyone. Please review these guidelines carefully before your event.

HIGH-RISK INDIVIDUALS

High risk individuals, or anyone living with high risk individuals, are encouraged not to attend the event. High-risk individuals may include :

- Anyone over 65 years of age;
- People who have chronic lung disease, moderate to severe asthma and/or severe heart disease;
- People who are immunocompromised: those who have undergone or are undergoing cancer treatment, bone marrow or organ transplantation; anyone with immune deficiencies, poorly controlled HIV or AIDS, or had prolonged use of corticosteroids; and smokers;
- People of any age with class III or severe obesity; or
- Anyone diagnosed with the following underlying conditions: diabetes, liver disease and persons with chronic kidney disease undergoing dialysis.

Always refer to the latest governing body guidelines when deciding if you should attend.

PRE-RACE HEALTH MONITORING

Customers should monitor their health 14 days prior to race day, and be aware of any symptoms that could indicate they have been infected with the novel coronavirus. Any customer exhibiting the following symptoms in the 14 days prior to an event should not attend. This includes:

- Cough
- Shortness of Breath
- Labored Breathing
- Fever
- Chills
- Muscle Aches
- Sore Throat
- Loss of Taste or Smell

Individuals who have been in close contact for more than 15 minutes with someone diagnosed with COVID-19 or who exhibits the above symptoms in the last 14 days should not attend.



BIG BEAR COVID-19 SAFETY SNAPSHOT

Limited Entry Time	×	Entry time is not limited. Festival opens both days at 6:30a.
Mask Mandate, Festival & Course	×	Masks not required in festival, up to attendee discretion.
Mask Mandate, Shuttles	✓	Masks will be required on shuttles following the California Transportation mandates.
COVID Acknowledgement	✓	Racers will sign a waiver acknowledging they have no symptoms of COVID or have been around someone who has.
Race Day Registration	✓	Race day registration available while space lasts.
Kids Race	✓	
Spectators & Media	✓	
Water Station, Festival	✓	
Water Stations, Course/Finish	✓	
Cold Wash	✓	
Changing Tents	✓	Changing tents are back! Bring a towel to change with or purchase a Shower Toga at the Merch tent. Keep it classy Spartans.
Bag Check	✓	
Food	✓	
Beer	✓	
Seating Areas in Festival	✓	
Hand Sanitizer	×	Bring your own!



BIG BEAR COVID-19 SAFETY MEASURES AND CUSTOMER EXPECTATIONS

PREPARE YOUR GEAR

There will be changing tents on site.

This event will have bag check, cold wash, and changing tents. There will be shower togas available for purchase. Keep it classy, Spartans!

FACE COVERINGS

Face coverings are NOT required in the festival area but ARE required when on shuttles.

Racers will be required to wear face masks on the shuttles to and from parking in order to follow the Department of Transportation regulations within the county.

Event attendees are not required to wear a face covering in the festival area

Competitors are not required to wear face coverings on the course.

FORMING LINES AND DISTANCING

Racers must observe and obey all signage indicating where lines should begin and where you should wait in line. Do not proceed until the individual in front of you moves forward.

When passing on the course, maintain at least six feet between all other competitors. Be sure there is six feet of space when passing and follow the "pass on your left" rule.

Always keep at least 6 feet between yourself and other people.

SPARTAN ETIQUETTE

Racers shall observe and obey the travel restrictions and quarantine requirements as set forth by California executive orders, which may change between the time you receive these Safety Guidelines and the day of the event.

Respect all volunteers, Spartan staff and other competitors, cheer on your fellow Spartans, throw away your trash in the bins provided, and have a great race.



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. Note that masks are required on shuttles at all times.

DROP OFF INFORMATION:

Drop off/pick up for rideshare apps and friends/family is permitted at the general parking area/shuttle pick-up areas. 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/race/detail/7547/overview?index=2>.

SPARTAN+ MEMBER PARKING:

There will be no dedicated Spartan+ Member Parking at this event.

TRAVEL & LODGING

FLY: Ontario International Airport (ONT) offers direct flights to nationwide major hubs (1 hr 20 min Min to Big Bear)

STAY: Book your stay with Spartan Travel for exclusive hotel deals near the action!

[FIND YOUR HOTEL HERE](#)



Big Bear Spartan Trifecta Weekend May 14th & 15th 2022

BEAST EVENT SCHEDULE

SATURDAY, May 14th

6:30am	Registration Opens
6:30am	Festival and Merchandise Opens
7:30am	Elite Men & Women Start
7:45am	Age Group (14-17, 18-24, 25-29) Start
8:00am	Age Group (50-54, 55-59, 60+) Start
8:15am	Age Group (40-44, 45-49) Start
8:30am	Age Group (30-34, 35-39) Start
8:45am	Early Morning Start Times Begin
9:30am	Morning Start Times Begin
10:00am	Festival Challenge
11:00am	Competitive Kids Awards
11:15am	Afternoon Start Times Begin
11:30am	Festival Challenge
12:00pm	Last Heat
12:00pm	Registration Closes
12:15pm	Beast Elite Awards
12:30pm	Festival Challenge
1:30pm	Beast Age Group Awards
2:00 pm	Festival Challenge
9:00pm	Festival Closes

SUPER, SPRINT & TRAIL EVENT SCHEDULE

SUNDAY, May 15th

6:30am	Super & Trail Registration Opens
6:30am	Festival and Merchandise Opens
7:30am	Super Elite Men & Women Start
7:45am	Trail 10K Start Time
8:00am	Super Age Group (14-17, 18-24, 25-29) Start
8:10am	Super Age Group (50-54, 55-59, 60+) Start
8:20am	Super Age Group (40-44, 45-49) Start
8:30am	Super Age Group (30-34, 35-39) Start
8:45am	Super Early Morning Start Times Begin
9:15am	Super Morning Start Times Begin
10:00am	Festival Challenge
10:45am	Trail 10K Awards
11:00am	Competitive Kids Awards
11:00am	Sprint Registration Opens
11:15am	Super Elite Awards
11:30am	Festival Challenge
11:30am	Last Super Heat
12:00pm	Super Age Group Awards
12:00pm	Sprint Afternoon Start Times Begin
12:30pm	Festival Challenge
2:00 pm	Festival Challenge
3:00pm	Last Sprint Heat
3:00pm	Registration Closes
9:00pm	Festival Closes



KIDS RACE EVENT SCHEDULE

SATURDAY, May 14th

COMPETITIVE 2 MILE KIDS RACE | Required Age 9-14

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

2 MILE KIDS RACE | Required Age 9-14

Start Times: 12:00pm

1 MILE KIDS RACE | Suggested Age 7-9

Start Times: 10am, 11am, 1pm and 2pm

1/2 MILE KIDS RACE | Suggested Age 4-6

Start Times: 10:30am, 11:30am, 1:30pm and 2:30pm

SPECIAL SPARTANS | Ages 4+

Start time: 2:30pm

KIDS RACE EVENT SCHEDULE

SUNDAY, May 15th

COMPETITIVE 2 MILE KIDS RACE | Required Age 9-14

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

2 MILE KIDS RACE | Required Age 9-14

Start Times: 12:00pm

1 MILE KIDS RACE | Suggested Age 7-9

Start Times: 10am, 11am and 1pm

1/2 MILE KIDS RACE | Suggested Age 4-6

Start Times: 10:30am, 11:30am and 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.

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](#).

Age Group competitors follow the same rules and standards as Elite racers, including being officiated and video recorded. Read up on the rules now and get ready to race.



RACE DAY REGISTRATION FLOW

Refer to the schedule on page eight for Registration open hours.

Please show up at least 1.5 hours prior to your Heat Start Time. Note that all racers must run in their designated start time. Please be in the starting corral on time.

BEFORE ARRIVAL: Print or screenshot your Heat Time and Registration Barcode and bring Photo Identification.

STEP 1: Proceed to Registration Tent area and locate a Spartan Volunteer. Spartan+ members should proceed to dedicated Express Registration lanes.

STEP 2: Present your photo identification and registration barcode to the Volunteer. Receive your packet. Your packet will include:

- Spartan Headband with Bib Number
- Wristband with Start Time
- Timing Chip and Wristband
- Free Drink Wristband
- 2022 Merchandise discount coupons

STEP 3: Once you have your race packet and timing chip, proceed to the Festival Area.

STEP 4: Visit the Festival Area where you will find Spartan-approved sponsors/vendors, as well as our official merchandise tent.

STEP 5: Proceed to the start corral.



VENUE & COURSE DESCRIPTIONS

Why does Big Bear Mountain Resort make for an awesome Spartan venue? Hills, hills and more hills! You won't be short on elevation gain during this race. The course can reach as high as 8,200 feet, with 1,200 feet of vertical drop. Be warned — this is a race your calves will never forget. Off the course, you'll enjoy some of Southern California's premier entertainment - local culture, great food and beautiful 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. Buy the Trifecta Pass to save on entry into all 3 races and also receive Spartan+ membership for one year (\$85 value), exclusive gear & more. [Get the Pass for \\$389.](#)

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. Exercise gloves are suggested.

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 and the hydration pack refill stations.

- **BEAST:** There will be ten (10) aid stations on course, including one (1) hydration pack refill station
- **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.
- **TRAIL:** There will be one (1) aid station on course located near the halfway point of the 10k.

USANA

USANA provides high quality nutritional products and has proven why it's a company you can trust since 1992. Use code "USANA10" for 10% off your first order.

www.USANA.com

**HONEY
STINGER**

For when you need more. Visit Honey Stinger to learn more about our NEW! Performance Chews. #FasterStrongerMore

<https://www.honeystinger.com/>



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

Beast, 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.

- 11:00am: Trail course closure. Any racers who haven't finished by this time will be removed from course.
- 7:00pm: 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.
Any racer who has not passed Plate Drag by this time will be removed from the course.
- Beast, 5:30pm: Any racer who hasn't passed 8ft Wall by this time will be removed from course.
- Beast, 7:30pm: Any racer who hasn't passed Plate Drag by this time will be removed from course.
- Super, 6:30pm: Any racer who has not passed Plate Drag 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

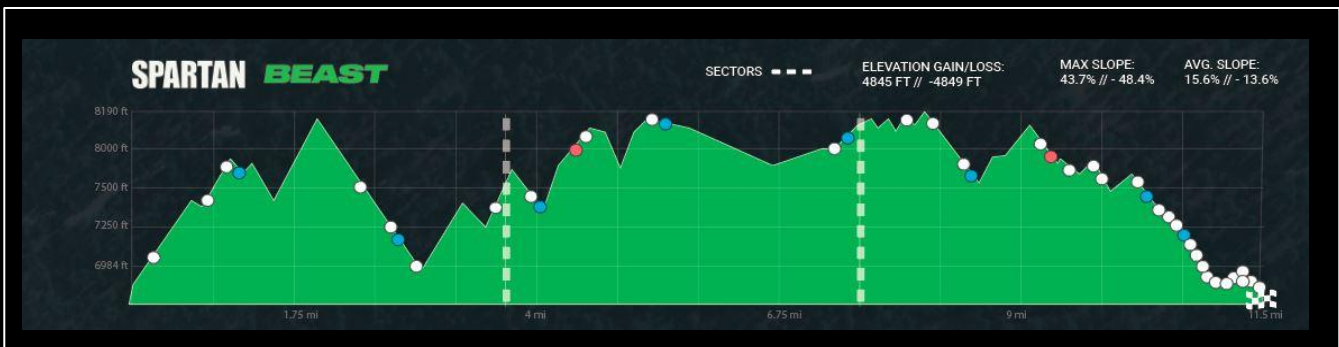
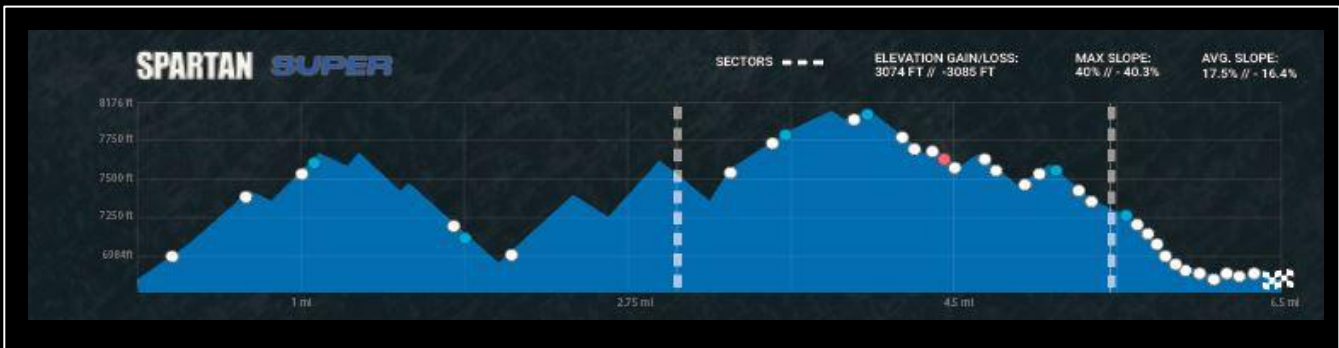
In the event of inclement weather such as lightning, tornadoes, hurricanes, and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course or cancel the event in order to ensure the safety of racers, volunteers, and staff. As always, weather can be unpredictable.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





OFFICIAL MERCHANDISE BUNKER

Whatever the weather, we've got you covered.

- Venue specific products - let the world know where you raced!
- Spartan facemasks and hand sanitizer available!
- OCR specific footwear, apparel, and gloves

SPARTANTAB

Every finisher medal has a story. Tell yours with a SpartanTab.

The SpartanTab is a special custom plate you can add to the back of your medal to proudly display your name, finish time, and a custom message. The back of Spartan medals are designed to fit the SpartanTab.*

Record your journey with a SpartanTab and make every medal truly unique to you. After completing any Spartan event head to: <https://shop.spartan.com/products/itab>

*Ultra Belt Buckles have a dog tag style SpartanTab

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AWARD-WINNING • GREAT TASTE • VEGAN-FRIENDLY



[ATHLETICBREWING.COM](https://athleticbrewing.com) | [@ATHLETICBREWING](https://twitter.com/athleticbrewing)



FOOD/BEVERAGES & SPONSOR SAMPLING

- Food and beverages will be available for purchase on-site.
- If you are racing and of legal age, your complimentary Mike's Hard Lemonade Seltzer will be available at the Food and Beverage tents.
- Be sure to visit the Festival for free samples and the opportunity to purchase Spartan-approved products from our great sponsors.

FACILITIES

- Porta-Potties will be located throughout the festival area.
- Cold Wash is located on-site. Soap is not permitted in the cold wash.
- There will be changing tents and bag check at this event, please plan accordingly.

TRIFECTA TENT

Racers earning a second or higher trifecta during the Trifecta season (the 2022 Trifecta year will run from November 8, 2021 to December 31, 2022, find all the details here), are able to claim their multiple Trifecta swag at the Trifecta Tent located near the results tent at the completion of their event.

Racers who complete all three events this weekend will also earn a weekend trifecta medal. This medal can be claimed after you finish your Sunday Sprint at the trifecta tent and cannot be mailed after the event.

SPARTAN+ MEMBERSHIP

The Member Recovery area will be available inside the SoCal Marketplace building located near the starting line. Follow the staircase and signage to connect with other members in the Spartan+ community. Members-only bathrooms and amenities will be available.

Spartan+ gives members access to world-class coaching, race day benefits, exclusive discounts and gear no one else can get. These benefits include:

- 100% Ticket Protection if a race is cancelled or rescheduled and you cannot make it
- Express Registration at all races
- Guaranteed Start Time of your choice
- 20% off Merch with Free Shipping & Returns
- Exclusive Spartan gear and discounts
- Member Recovery Zone **Trifecta Weekends only*
- Full-resolution HD watermark-free race photos
- Discounts to popular brands that fit your active lifestyle and more...

Season and Trifecta Pass Athletes have access to Spartan+ member benefits with their pass purchase. Learn more about Spartan+ Membership [here](#).



PHOTOS

Your photos will be available in your [Spartan Account](#) no later than the Friday after the event. The “Find Your Photos” feature in your [Spartan Account](#) allows you to upload a selfie to automatically find your photos from the race course. And if you don’t want to use the new feature, you can still browse the [Results](#) page for all of our event photos.

Only Spartan+ members can access HD watermark-free versions of their race photos to download and share from their Spartan Account. 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](#)

AWARD CEREMONIES

KIDS AWARDS CEREMONY: The top three boys and girls from the Kids Competitive categories will be recognized with awards.

ELITE AWARDS CEREMONY: The top three males and females Elite competitors will be awarded with a Spartan Delta on the podium, in addition to earning their prize money.

AGE GROUP AWARDS CEREMONY: All 10 Age Groups will be recognized on the podium and awards given for the top 3 males and females from each Age Group.

TRAIL AWARDS CEREMONY: The top top three male and females and six age groups from the trail 10k will be recognized and awarded on the podium.

FESTIVAL PASSES

- All spectators need a Festival Pass. Festival passes are available online for \$20.00. Passes will be available on-site for \$25.00.
- Wristbands can be picked up at the Spectator Tent on Race Day.
- Please print and fill out the Spartan Race Waiver from the [Big Bear Spartan Trifecta Weekend](#) event page and bring it with you along with one valid form of photo identification.
- Food, drink and sponsor product will be available for purchase.
- Some venues have unique festival viewing access to get your favorite Spartan racer’s picture.



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.
- 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.
- 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.

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.
 - 2 Mile, 1 Mile and ½ Mile
 - Half Mile suggested age: 4-6
 - One Mile suggested age: 7-9
 - Two Mile REQUIRED age: 9-14
 - Please note, participants age 4-14 may participate in any Kids Race distance, but the two mile requires a minimum age of 9 on race day.

Each Kids Race Finisher will receive a Finisher Medal and Finisher T-shirt.

KIDS TWO MILE COMPETITIVE

- Obstacle failure requires 15 Burpees before continuation of race.
- Podium placement is based on the racers age on December 31, 2022
- Kids Awards Ceremony is at 11:00 AM local time at the Main Stage.

KIDS WATER STATIONS

Half Mile: Finish Line

One Mile: Half mile-one mile transition and Finish Line

Two Mile: Half mile-one mile transition, two mile transition, and Finish Line

KIDS TRIFECTA

Claim your hard earned Trifecta medal at the Trifecta Tent located in Festival. 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 10K

- Sunday, May 15th - 7:45am

Maybe you're a city runner looking for a change. Maybe you're bored with the sound of the treadmill. Or maybe you're an avid off-road runner, searching for magical outdoor experiences and epic trails to conquer. Wherever you find yourself on your running journey, Spartan Trail is here to push you to the next level.

Spartan Trail offers a 10K race that will take new runners to wild places, celebrate age group athletes, award top finishers with cash, and bring together a community of Spartans with one goal - to run their race. Welcome to Spartan Trail.

[Click here to register now.](#)





SPARTAN INFORMATION

- Don't forget to screenshot or print and bring your registration barcode to pick up your packet on race day. [Click here for instructions to locate your barcode.](#)
- You must have photo identification to check in.
- All children under 14 must be accompanied by an adult at all times. Leaving your child unattended while racing will result in being pulled off the course, asked to leave and barred from participating in future races.
- No pop-up tents are allowed in the festival. Tent space is reserved for our sponsors.
- No coolers or glass bottles allowed on the property. Security staff will check for them as you enter.
- If you wear a GoPro, or any other type of POV camera, please make sure your contact information (name & phone number) is somewhere on the camera. If you lose the camera on the course, this is the only way we are able to identify it.
- Racers ages 14 and older can participate in the adult's race. Those under 14 are encouraged to join the Kid's Race.
- Please DO NOT call the venue with any questions.
- Our [Big Bear Spartan Trifecta Weekend](#) event page is your best source for up-to-date information.
- Drink plenty of water before the race and come prepared.
- Get a good night's sleep. This race is no joke...



SPARTAN RACE FESTIVAL

Opens at 6:30AM every race day, the Festival will feature leading national sponsors 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 with free shipping & returns. Don't miss out on exclusive gear and discounts as well - talk to a Sales Associate to become a Spartan+ member. Learn more about Spartan+ Membership [here](#).

EVENT SPONSOR

- Visit Big Bear

FESTIVAL SPONSORS

- 5.11 Tactical: Official Tactical Gear Partner
- AC+ION Water: Official Bottled Water
- Athletic Brewing Co.: Official Non-alcoholic Beer
- Craft: Official Footwear and Performance Apparel
- FitAID: Official Recovery Beverage
- Franklin Sports: Official OCR Glove
- Gameday CBD: Official CBD
- Honey Stinger: Official On-Course Energy Partner, Official Energy Gel Partner
- Mike's Hard Lemonade Seltzer: Official Hard Seltzer
- Trifecta Meals: Official Meal Delivery Service
- Titan Fitness: Official Fitness and Training Equipment
- USANA: Official Daily Multivitamin & 2022 US National Series Presenting Sponsor

FESTIVAL EXHIBITORS

- Mike's Hard Lemonade Seltzer
- Athletic Brewing Co.
- AC+ION Water
- RevGum
- The Ready State



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!