



**SPARTAN** RACE / MMXXII

# SPARTAN RACE DAY PROGRAM

**AUSTIN**

REVEILLE PEAK RANCH  
MAY 21-22, 2022



**SPARTAN** 20  
HONOR SERIES 22

PRESENTED BY:  
**FITAID**



**CRAFT** wild health. **HEROIC** **FITAID** **TITAN** FITNESS

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# Race Day Program

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[www.lifeaidbev.co](http://www.lifeaidbev.co)



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## AUSTIN 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.



## AUSTIN COVID-19 SAFETY SNAPSHOT

Limited Entry Time	×	Entry time is not limited. Festival opens both days at 6:30a.
Mask Mandate, Festival	×	Masks not required in festival, up to attendee discretion.
Mask Mandate, Course	×	Masks not required on course, up to racer discretion.
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!



## AUSTIN 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.**

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.

### SPARTAN ETIQUETTE

Racers shall observe and obey the travel restrictions and quarantine requirements as set forth by Texas 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:

Reveille Peak Ranch  
105 Co Rd 114  
Burnet, TX 78611

### SPARTAN+ MEMBER PARKING:

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

## TRAVEL & LODGING

FLY: Austin-Bergstrom International Airport (AUS) offers direct flights to nationwide major hubs (1.5 hrs to Reveille Peak Ranch)

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

[FIND YOUR HOTEL HERE](#)



# Austin Spartan Super 10K & Sprint 5K Weekend May 21st & 22nd 2022

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## SUPER EVENT SCHEDULE

SATURDAY, May 21st

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, 50-54, 55-59, 60+) Start
8:00am	Age Group (40-44, 45-49) Start
8:15am	Age Group (30-34, 35-39) Start
8:30am	Early Morning Start Times Begin
9:15am	Morning Start Times Begin
10:00am	Festival Challenge
11:00am	Competitive Kids Awards
11:15am	Super Elite Awards
11:30am	Festival Challenge
11:30am	Sprint Age Group Awards
12:15pm	Afternoon Start Times Begin
12:30pm	Festival Challenge
1:00pm	Last Heat
1:00pm	Registration Closes
2:00 pm	Festival Challenge
9:00pm	Festival Closes

## SPRINT & TRAIL EVENT SCHEDULE

SUNDAY, May 22nd

6:30am	Registration Opens
6:30am	Festival and Merchandise Opens
7:30am	Elite Men & Women Start
7:45am	Trail 10K Start Time
8:00am	Age Group (14-17, 18-24, 25-29, 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
10:30am	Sprint Elite Awards
10:45am	Trail 10K Awards
11:00am	Competitive Kids Awards
11:30am	Festival Challenge
11:30am	Sprint Age Group Awards
12:15pm	Afternoon Start Times Begin
12:30pm	Festival Challenge
1:30pm	Last Heat
1:30pm	Registration Closes
2:00 pm	Festival Challenge
7:00pm	Festival Closes





## KIDS RACE EVENT SCHEDULE

SATURDAY, May 21st

**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 22nd

**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 [Austin 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.

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 2 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

Welcome to Reveille Peak Ranch. Located in Burnet, Texas, this ranch offers over 62 miles that wind and weave through fields of wildflowers and cacti, dry creek beds, and exposed granite outcroppings -- all the makings of an authentic Texan Spartan obstacle course race. Even with the hilly Texas terrain, prepare for a race that moves at a highly competitive clip.

**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 seven (7) aid stations on course, including one (1) hydration pack refill station(WS6)
- **SPRINT:** There will be four (4) aid stations on course with no on-course hydration pack refilling station.
- **TRAIL:** There will be one (1) water station near the midway point of the trail course



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#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

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.

- 9:00pm: Course closed. Any racers who haven't finished by this time will be pulled from course.

## INCLEMENT WEATHER

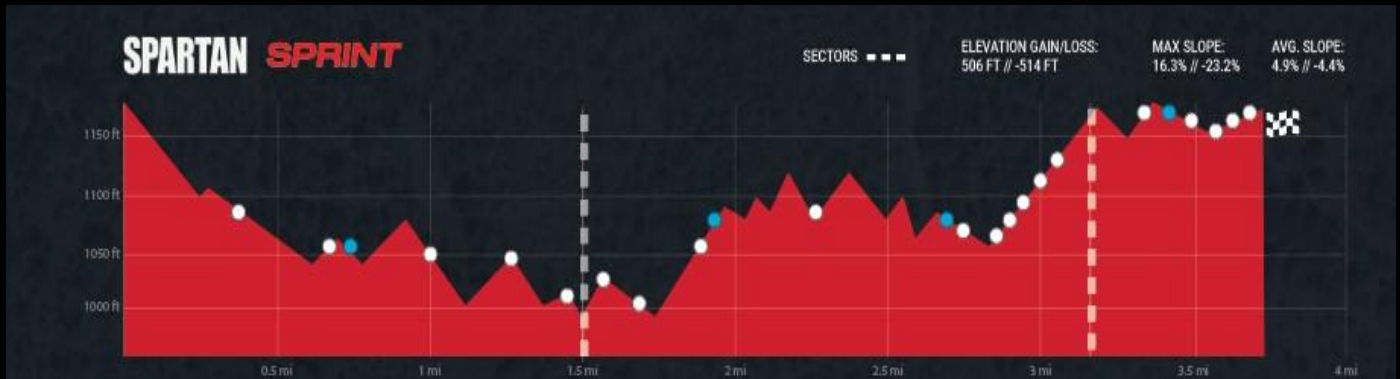
In the event of inclement weather such as lightning, tornadoes, hurricanes, and the like, Spartan Race reserves the right to eliminate obstacles, select portions of the course or cancel the event in order to ensure the safety of racers, volunteers, and staff. As always, weather can be unpredictable. Please come prepared for chilly morning and evening temperatures and possible rainstorms. Temperatures are anticipated to be in the low 90s midday, so please bring sun protection and extra hydration as well!

## 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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**LOOK, FEEL, TRAIN AND RACE SPARTAN**





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## 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.

## SPARTAN+ MEMBERSHIP

The Member Recovery Tent will not be available at this event.

You can still pick up your Spartan Survival Kit at the Merchandise tent - look out for the Spartan+ sign. Show your ticket to pick up your annual gift before or after the race. Have a friend that wants to [join Spartan+](#)? Ask a Sales Associate to activate their Membership so they can take advantage of its benefits immediately.

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 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 9-11 and 12-14 Kids Competitive age group 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 three males and females overall and six age groups 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 [Austin Spartan Event 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 [Austin 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.
- 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 [Austin 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.
  - 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.



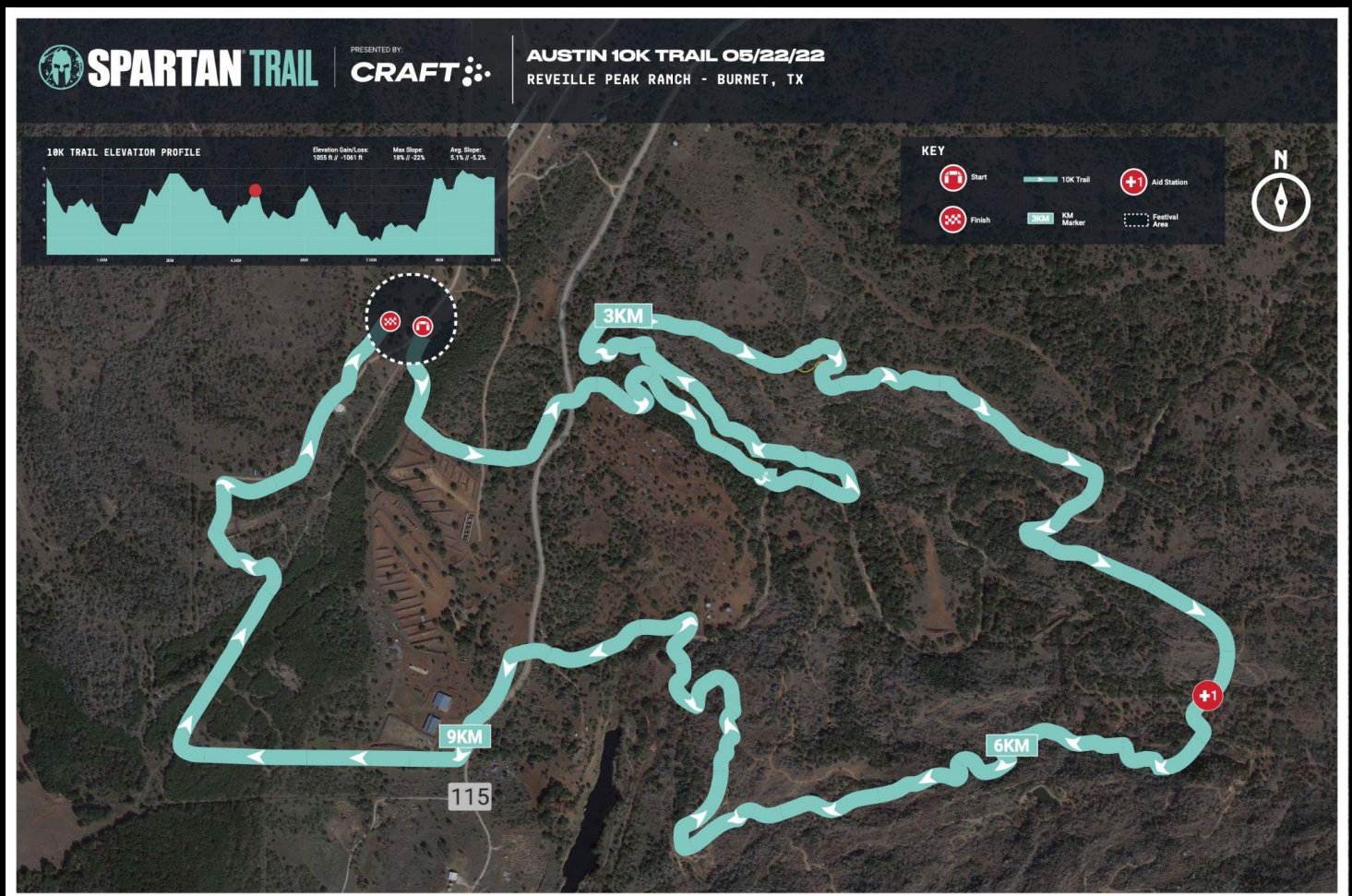
## TRAIL 10K

- Sunday, May 22nd - 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 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 [Austin Spartan Event 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](#).

## 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

- MHLS
- ABC
- Roo's Locker House
- Black Rifle Coffee
- AC+ION Water
- Rebel Fitness
- RevGum
- 5.11 Tactical
- State Farm
- FITAID





## 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!