



ATHLETE GUIDE

#SPARTANESTEREL

OCTOBER 2-3, 2021



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1. WELCOME TO #SPARTANESTEREL

For the first time ever in France, Spartan Race is coming to Côte d'Azur in Esterel Saint Raphael for an amazing Trifecta Weekend.

Sprint, Super, Beast, Hurricane Heat 12 Hours and Hurricane Heat 4 Hours

Five formats for a better and suitable experience!

#SpartanEsterel host the Final of the **2021 France National Series!**

The Esterel Massif is a highly protected Natura 2000 area in order to preserve its biodiversity. Our teams worked hard to obtain the necessary authorizations to organize such a race in this environment. Specific rules for respecting flora and fauna will be applied. Any breach of these rules will result in immediate disqualification.

Be prepared to run in a magic environment and enjoy all the activities we organized only for you. Push your limits, and become a Spartan Finisher.

2.HEALTH PASS

All participants have to present the Health PASS to be able to race in Esterel.
This Health Pass is absolutely MANDATORY, without it, you are not allow to take the start

- PCR or TMA taken no more than 48 hours in advance.
- COVID-19 official vaccination certificate.
- [MORE INFORMATION HERE](#)

IMPORTANT



3. TRAVEL RESTRICTIONS

You can find all the relevant information regarding your travel plans and the actions that need to be taken into account before traveling on the [French government website](#)

Please remember that you must also consider any restriction that may be in place in terms of entry and exit of your place of origin. You can find this information **on your country's official websites** or on [RE-OPEN EU](#) (a platform created within the UE to promote safe traveling).

3. SPECIAL INFORMATION & MEASURES COVID-19



01:

CLEANING AND SANITIZATION



Hand sanitizer will be available for use during the event, including in high traffic areas, at selected obstacles, and in the festival area. It will be replenished by staff throughout the day.



02:

PROTECTIVE EQUIPMENT



All event staff and volunteers will wear masks at all times, if recommended by health organizations at the time of the event.

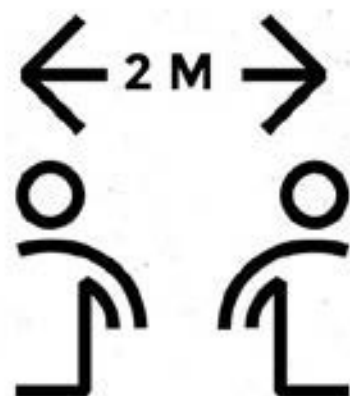
In addition to social distancing measures, runners are asked to wear masks in common areas and at certain obstacles along the course.

3. SPECIAL INFORMATION & MEASURES COVID-19



SOCIAL DISTANCING

Reduction of interaction points to minimize physical contact between runners, and between runners and event staff.



Separation screens will be installed at key interaction points.



AT RISK PERSONS

We ask anyone who belongs to a risk group according to the WHO (or lives with someone from such a group) not to participate in Spartan events for the time being. For more details, please visit our FAQ.

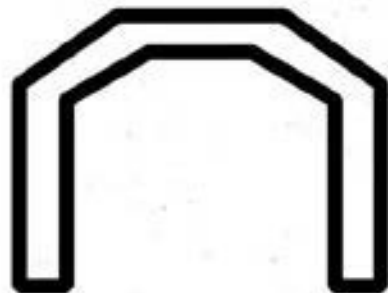


If you are travelling from abroad, please check the rules and regulations for entering the country and returning to your country of residence after the event.

3.SPECIAL INFORMATION & MEASURES COVID-19

05: EVENT AJUSTAMENT - 1

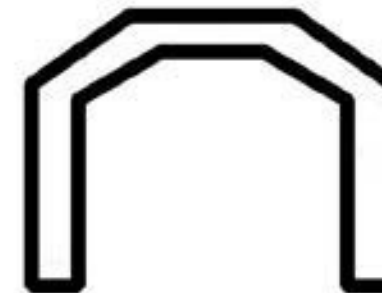
The running time of the participants will be monitored, to ensure that the number of people within the event space is kept at acceptable levels at all times.



Batch sizes will be reduced and routes extended from previous standards to ensure safe running/walking and obstacle course space.

06: EVENT AJUSTAMENT - 2

There will be no on-site search. There will only be online registration before the race.



All water-based obstacles will be temporarily removed, including the Dunk Wall, and other obstacles will be removed / modified temporarily to provide more space and safety measures.

Spectators will not be allowed, except to accompany minors

3.SPECIAL INFORMATION & MEASURES COVID-19

07: EVENT AJUSTAMENT -3

The water area for cleaning and the changing rooms will not be available.



08: EVENT AJUSTAMENT -4

The award ceremony will not be held on the podium to avoid the congregation of people and to ensure that social distancing measures are observed.



The awards ceremony for the Elite and AG runners will be held individually at the event itself.

PROTOCOL



READ CARREFULLY


- **Mask Wearing** in all areas where sport is not being practiced, that is: all areas within the festival grounds, during registration, at the start and finish of a race, at our merch shop...
- At the starting line at the beginning of the race, until participants have naturally grown further apart.
- **Heat Reduction** The sizes of the heat have been reduced and the course has been extended to ensure social distance.
- Bag Check for **little items** ONLY (ID – Phone – Keys)
- Adpated aid station: **bring our own hydration system** (bag or retractable cup)
- Spectators : not allowed in close area (registration, bag check, start and finish line) – Allowed on festival area. Heath Pass not required

OPTION 1:

EN VOITURE :

PARKING CAP ESTEREL : LE PARKING SERA PAYANT 5€ PAR VÉHICULE. UN TRAIN GRATUIT SERA MIS À DISPOSITION EN MODE A/R. IL FERA DES ROTATIONS TOUTES LES 20MIN AFIN DE VOUS AMENER AU PLUS VITE (MOINS DE 5MIN AU VILLAGE DE LA SPARTAN RACE)

ACCÈS PARKING PARTICIPANTS / VOLONTAIRES :
ADRESSE : RTE DE CAP ESTÉREL, 83700 SAINT-RAPHAËL

POINT DE DÉPART NAVETTES 

P

DÉPOSE / REPRISE NAVETTE (VILLAGE) 

ARRIVÉE TRAIN (ARRÊT DRAMONT)

CHEMIN ACCÈS
PIÉTON VILLAGE SPARTAN RACE

VILLAGE DÉPART
ARRIVÉE SPARTAN RACE

ACCÈS

OPTION 2: HORAIRES DES TRAINS EN PARTANCE DE SAINT RAPHAEL VALESCURE ET À L'ARRIVÉE DU DRAMONT (VILLAGE SPARTAN RACE) :

SCHEDULE OF THE TRAIN ALLER LE 02/10/21

[Click to check the full schedule](#)

Horaires de Saint-Raphaël Valescure à Le Dramont - le 2 octobre 2021 à 05h00



06:53 07:00	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3
08:32 08:39	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3
11:22 11:29	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3
12:52 12:59	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3
14:52 14:59	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3
16:22 16:29	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3
17:23 17:30	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3
18:52 18:59	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3
20:52 20:59	Saint-Raphaël Valescure (Saint-Raphaël) Le Dramont (Saint-Raphaël)	07min	1 arrêt	TER P3

EVENT SCHEDULE

ATHLETE SCHEDULE

ESTEREL TRIFECTA WEEKEND OCT 02-03

21



FRIDAY 16:00 – 19:00 (PARKING DU DRAMONT)
SPARTAN FESTIVAL OPENS
RACE PACKET PICK UP BEAST.
MANDATORY FOR ELITE AND AGE GROUP BEAST ONLY



FRIDAY 17:00 (PARKING DU DRAMONT)
MEETING WITH ALL THE PRO ATHLETES (BIBS PICK UP)



FRIDAY 19:00 (FACEBOOK)
BREIFING ATHLETES ELITES AND AG ONLINE



SATURDAY 7:00-18:30 (PARKING DU DRAMONT)
SPARTAN FESTIVAL, MERCHANDISING AND VILLAGE PARTNERS



SATURDAY 7:00-11:00 (PARKING DU DRAMONT)
RACE PACKET PICK UP (BEAST ONLY)



SATURDAY 7:00-18:30 (PARKING DU DRAMONT)
BAG CHECK



SATURDAY 09:00 (PARKING DU DRAMONT)
SPARTAN BEAST ELITE MEN NS



SATURDAY 09:05 (PARKING DU DRAMONT)
SPARTAN BEAST ELITE WOMEN NS



SATURDAY 09:15 (PARKING DU DRAMONT)
SPARTAN AG MEN START 18-24 / 25-29 / 30-34 / 35-39 / 40-44



SATURDAY 09:30 (PARKING DU DRAMONT)
SPARTAN AG MEN START 45-49 / 50-54 / 55-59 / 60+ AND ALL AG WOMEN



SATURDAY 09:45 (PARKING DU DRAMONT)
SPARTAN BEAST OPEN HEATS (EVERY 15 MIN)



SATURDAY 11:15 (PARKING DU DRAMONT)
LAST HEAT BEAST OPEN



SATURDAY 13:00-18:00 (PARKING DU DRAMONT)
RACE PACKET PICK UP. SUPER ONLY



SATURDAY 16:00 (PARKING DU DRAMONT)
AWARDS CEREMONY BEAST FNS ELITE AND AGE GROUP



SATURDAY 19:00
CLOSING OF THE VILLAGE



SUNDAY 7:00-18:30 (PARKING DU DRAMONT)
SPARTAN FESTIVAL, MERCHANDISING AND VILLAGE PARTNERS



SUNDAY 7:00-11:00 (PARKING DU DRAMONT)
RACE PACKET PICK UP (SUPER ONLY)



SUNDAY 7:00-18:30 (PARKING DU DRAMONT)
BAG CHECK



SUNDAY 09:00 (PARKING DU DRAMONT)
SPARTAN SUPER ELITE MEN - NS FINAL



SUNDAY 09:05 (PARKING DU DRAMONT)
SPARTAN SUPER ELITE WOMEN -NS FINAL



SUNDAY 09:15 (PARKING DU DRAMONT)
SPARTAN AG MEN START 18-24 / 25-29 / 30-34 / 35-39 / 40-44



SUNDAY 09:30 (PARKING DU DRAMONT)
SPARTAN AG MEN START 45-49 / 50-54 / 55-59 / 60+ AND ALL AG WOMEN



SUNDAY 09:45 (PARKING DU DRAMONT)
TRIFECTA RACERS OPEN (NOT IN ELITE AND AG)



SUNDAY 10:00 (PARKING DU DRAMONT)
SPARTAN SUPER OPEN HEATS (EVERY 15 MIN)



SUNDAY 11:15 (PARKING DU DRAMONT)
LAST HEAT SUPER OPEN



SUNDAY 11:00-15:00 (PARKING DU DRAMONT)
RACE PACKET PICK UP (SPRINT ONLY)



SUNDAY 13:00 (PARKING DU DRAMONT)
START SPRINT OPEN



SUNDAY 13:15 (PARKING DU DRAMONT)
SPARTAN TRIFECTA WEEKEND HEAT RACERS – SPRINT



SUNDAY 15:00 (PARKING DU DRAMONT)
AWARDS CEREMONY SUPER FNS ELITE AND AG

SUNDAY 14:00 (PARKING DU DRAMONT)
LAST START SPRINT OPEN

SUNDAY 19:00 (PARKING DU DRAMONT)
CLOSING OF THE VILLAGE





8.CHECK LIST. WHAT TO BRING

1.

FACEMASK

Don't forget to bring your own facemask!!!

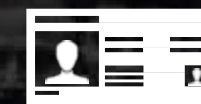


2.

BARCODE, ID & COVID DOCUMENT

To pick up your bib number you will need:

- A valid ID (with photo)
- Your confirmation email either on your phone or printed with the barcode on it for registration. You can also find the barcode in your MaxFun account. [You can check HERE how to find the barcode.](#)
- **Your Medical Certificate ([more information HERE](#)) without him you can't race.**
- Your HEALTH PASS (in the APP TOUSANTICOVID)



3.

EAT/HYDRATE

Eat. Hydrate. Eat. Hydrate. It is important to get yourself race ready in the days leading up to your event.



4.

NO SENTIMENTAL ITEMS

We suggest leaving sentimental items at home (rings, jewelry, etc.)



PRE RACE



5.

BRING HYDRATION PACK

Bring a hydration pack. Don't forget it in **SUPER/BEAST/ULTRA** category.

Fill it up before you leave the house. You can never have enough water.

Number of aid stations and products are limited due to COVID-19 restrictions- make sure to bring a camelbak (that you can refill on the course also).



6.

GELS AND BARS

Keep your energy up. Specially in the **SUPER/BEAST/ULTRA** category, gels and bars will give you a boost and help to prevent cramps.

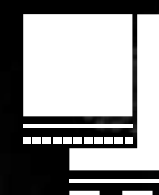
Number of aid stations and products are limited due to COVID-19 restrictions- make sure to have your nutrition plan.



7.

BRING EXTRA CLOTHING

Due to COVID-19 restrictions there will be NO Bagcheck, NO changing and NO showers on the festival area. Bring some extra clothes to change yourself after your race- and let that into your car.





13. START PROCEDURE

1.

FOLLOW SIGNS

Follow the signs to your parking location. Drive cautiously as there will be people walking as you approach the venue.

Make sure to respect all signs related to COVID. (social distancing, wear mask etc.)

RACE

2.

ARRIVE NO MORE THAN 45 MIN. EARLY

You won't be allowed to enter in the festival area more than 45min before your start time.

45 MINUTES

3.

PROCEED TO REGISTRATION

Proceed to the REGISTRATION TENT with your registration barcode, photo ID, **medical certificate** and COVID document (read more on section 4) to pick up your race day packet with the timing chip (wristband), the headband and the bracelet.

You have to pick up your bib yourself- you cannot send someone else to pick up your bib.

Wash your hands upfront and limit contact.

REGISTRATION

4.

CHANGING TENT / BAG CHECK

Due to COVID-19 restrictions, there will be no bag check, no changing and no shower on the festival area. So please, plan everything accordingly.

There will be a key deposit where you can leave small objects (mobile, keys).





13. START PROCEDURE

5.

HEADBAND

Put the headband on your hair, that will be your dorsal.
It is mandatory to wear it visible at any time!



6.

TIMING CHIP

Make sure you wear the wristband with the timing chip.
Otherwise, we will not be able to register your time.

ATTENTION: you must wear it on your wrist. NOT on the ankle.



7.

START TIME

Stay in the waiting area before to access to the start area. You
will have access **ONLY 15 minutes** before your star time.
From this moment follow the instruction of Staff and volunteer.



IMPORTANT: once you enter in the registration process you cannot go out anymore

ETHEROIDE



1.

STAY TO YOUR RIGHT

Stay to your right to allow faster runners to pass.



2.

PASS ON YOUR LEFT

If you want to pass someone, make sure to let them know you are coming on their left. A simple "on your left!" is enough.

Make sure to respect the social distancing while passing.

Do not pass on single track.



3.

RESPECT SOCIAL DISTANCING AT ANYTIME

While racing, passing, conquering obstacles, doing burpees: make sure to respect the social distancing between Spartans.



4.

DO NOT LITTER

Do. Not. Litter. We want to keep nature clean and beautiful. Littering on the course is grounds for disqualification.



5.

FILL YOUR HYDRATATION BAG

Number of aid stations and products are limited due to COVID-19 restrictions. Make sure to have your nutrition plan and bring a camelbak (that you can refill on the course also).

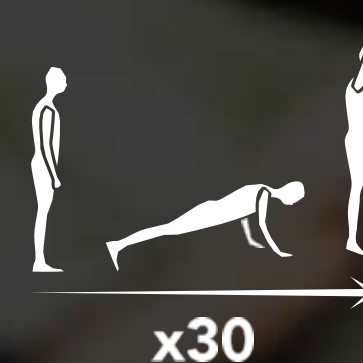




6.

OBSTACLES AND PENALTIES

- Each obstacle has its own rules. These are simple and easy to understand, but we will have volunteers to help you and you are responsible to inform yourself about the rules for our standard obstacles upfront via the website ([HERE](#))
- If you can not complete an obstacle you must do 30 burpees. There is no exception to the rule!
- Burpees areas are bigger than usually, allowing you to keep social distancing.
- In the Open heats you can share burpees with other Spartans if you cannot do it yourself all alone. The burpees have to be shared equally, and this is absolutely not allowed for Elites & Age Group racers. It is on you to complete 30 Burpees (shared or by yourself)- and you will be disqualified if the burpees are not completed. Elite & Age Group racers cannot give or receive any sort of assistance during the race.
- You only have one attempt in several obstacles- this is indicated to you in the regulations and by the volunteers on site.



[CHECK HERE THE OFFICIAL RULES](#)

7.

RESPECT MARSHALL AND VOLUNTEERS

They are out there for long hours to help enforce the rules and safety standards. Listen to them and help us thank them, it goes a long way.




MANDATORY



Environmental rules along the course:

- It is forbidden to abandon the path that's been signalled out by the organisation. Runners that step out of the marked areas, lakes, or rivers that are not par of the circuit will be penalised.
- It is forbidden to break, hide, or erase any of the beacons or indication signs in sensitive areas.
- It is forbidden to cross rivers or streams outside of the path enabled by the organisation.
- It is forbidden to throw any kind of waste or residue into the environment, including personales technical equipment such as backpacks, clothes, food wrappings, etc.
- It is absolutely forbidden to start any kind of fire.
- Feeding the local fauna is not allowed.
- Leaving refreshment stops with the drinking cups is not allowed.
- It is forbidden to damage or destroy trees or bushes in wooden areas (such as breaking twigs or branches off of trees).
- On certain portions of the races, it will be strictly forbidden to overtake so as not to encroach on paths sheltering protected species.

In order to limit the number of runners at the same time on the trails, the start times have been reorganized. To consult your new departure time, [open the following link and validate the waiver.](#)



02. OCT. 2021 - 03. OCT. 2021
SPARTAN ESTEREL - SAINT RAPHAËL 2021
83700 ST RAPHAEL

Spartan Spartan Race Esterel se rapproche ! Cet événement a dû être adapté afin de répondre aux exigences imposées par le gouvernement en terme de règles sanitaires. Ces règles doivent être strictement suivis par tous les participants. Ainsi, afin de participer à cet événement, nous avons besoin que chaque participant lise, comprenne et confirme par la signature les conditions qui s'appliquent à Spartan Esterel. Il est obligatoire de signer cette nouvelle décharge avec les ajustements basés sur le Covid-19 avant la course. Avec ta signature, tu attestes avoir pris connaissances des T&C Spartan - Covid-19 ajustements. Ton code-barres pour l'inscription sur place et ton horaire de départ seront affichés à la prochaine étape.

Mail *

Date Of Birth *

Suivant

[Mentions légales](#) | [Conditions d'utilisation](#) | [Vie privée](#)

POST RACE

1.

MEDAL AND FINISHER SHIRT

As soon as you cross the finish line you will receive your Spartan medal. Then we'll give you your T-shirt and your part of the Trifecta medal - be sure to pick them up. After the race we can not send it, without exceptions.

Do not forget to respect social distancing and avoid contact with volunteer and other Spartans.



2.

YOUR TIME

You can check your time in the timing zone.

Make sure you return the timing chip.



3.

COLD WASH AND BAG CHECK

Due to COVID-19 restrictions, there will be no bag check, no changing and no shower on the festival area. So please, plan everything accordingly.



4.

MEDAL ENGRAVING

If you want to have a personalized engraving on your medals, you can do so in the MEDAL ENGRAVING tent, next to the finish line.

You have purchased a medal engraving in 2020? It still available for 2021, bring your invoice!



POST RACE

5.

RESULTS

We will take your time with your assigned timing chip. Wearing the timing chip is mandatory at any time. Otherwise, we will not be able to register your time.

You can see your time and the result just after the race in the timing zone. After the race the results will be checked again and published officially [on the website](#), where you can see them whenever you need them. The day after the event the preliminary results will be available on the website. Mid-week official results will be published on the web.

If you signed up as a team, you will appear in the individual classification and probably in the team ranking, as long as you are a minimum of four who reach the goal. The results are based on the time of the fourth member to reach the finish line. Together we will be stronger! AROOO !!!



6.

LEAVE THE FESTIVAL AREA

Due to COVID-19 restrictions, you will have to leave the festival area no more than 30min after your finishing time. Please, make sure to respect that.

30 MINUTES

7.

PLAN YOUR NEXT RACE

What will be your next challenge?

[Start planning your next race](#), you have a Spartan TRIFECTA to earn.

Keep the spirit alive by challenging your friends to race with you.





JOINS US



SPARTAN™

Consult our [FAQs](#)

- Transfert
- Start time
- Equipment

And more...

Need more help ? [Contact us](#)