

ATHLETE GUIDE

MORZINE, FRANCE

#SPARTANTRAILMORZINE

DECEMBER 12, 2021



INDEX

- 1. WELCOME TO #SPARTANTRAILMORZINE**
- 2. COVID PROTOCOL**
- 3. SCHEDULE**
- 4. LOCATION INFO**
- 5. THE RACES (Half Marathon, 10K)**
- 6. AID STATIONS**
- 7. PRE RACE - MANDATORY & RECOMMENDED MATERIAL CHECKLIST**
- 8. RACE DAY. START PROCEDURE**
- 9. POST RACE**
- 10. FAQs / CONTACT**
- 11. THE NATURE**



WELCOME



1. WELCOME TO #SPARTANTRAILMORZINE

Welcome to the first of edition of Spartan Morzine Winter Trail. Be prepared to run in a magic environment and enjoy all the activities we organized only for you. Push your limits and get ready to become a Spartan Trail Finisher.

What will you find in **#SpartanTrail in Morzine 2021**?

- **2 Distances!** 10k or 21k. What's yours? Check out the specific information per format
- **An amazing location!** Morzine is a true spartan paradise: perfect location, mountain, hard terrain, landscapes, snow...

We have been working hard to offer you a safe experience in Morzine. Check on this document our Covid-19 measures protocol so that you can get ready for your race with peace of mind.






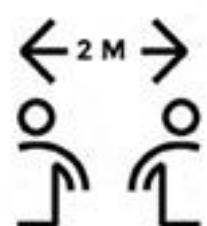




PROTOCOL



2.SPECIAL INFORMATION & COVID-19 MEASURES

GENERAL INFO

 01: CLEANING AND SANITIZATION <p>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.</p> 	 02: PROTECTIVE EQUIPMENT <p>All event staff and volunteers will wear masks at all times, if recommended by health organizations at the time of the</p> 	 03: SOCIAL DISTANCING <p>Reduction of interaction points to minimize physical contact between runners, and between runners and event staff.</p> <p>Separation screens will be installed at key interaction points.</p> 	 04: AT RISK PERSONS <p>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.</p> <p>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.</p> 
--	--	---	--

ATHLETES FACE-MASKS (START/FINISH & ALONG THE RACE):

It is mandatory to wear a mask in all the athletes' areas before and after the race.

You can take off your mask after crossing the start line and only when you can maintain the social distancing.

Once you crossed the finish line you must wear the mask again.

NOTE: guidelines are constantly being updated. Check the latest version available on the [event's website](#).



SCHEDULE



3. EVENT SCHEDULE

SATURDAY 11TH DECEMBER 2021

14:00 - 18:00 - Athletes bibs pick up

SUNDAY 12TH DECEMBER 2021 (event day)

08:00 - 09:30 - Athletes Bibs pick up Half Marathon / 10K

08:30 - 08:45 - Check of mandatory material. Entrance box Half Marathon.

09:00 - Departure Spartan Trail Half Marathon Morzine

10:00 - Departure Spartan Trail 10K

11:00 - (Half Marathon) First athlete estimated arrival

12:30 - (10k and Half Marathon 21k) Awards ceremony approx

16:00 - Closing of the finish line.

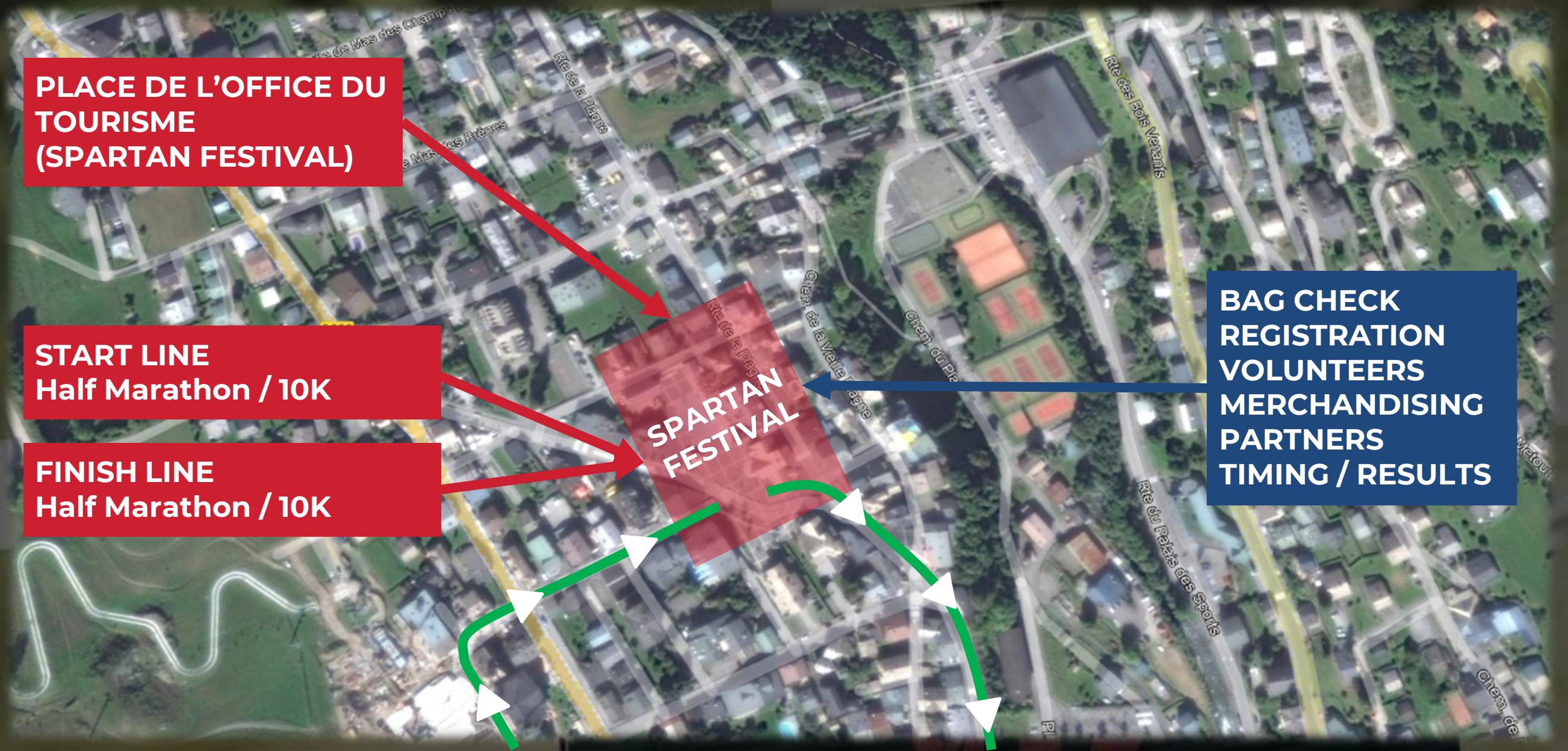
LOCATION



4. LOCATION START LINE / FINISH LINE / REGISTRATIONS



OFFICE DU TOURISME MORZINE : 26 Place du Baraty, 74 110 Morzine



**PLACE DE L'OFFICE DU
TOURISME
(SPARTAN FESTIVAL)**

**START LINE
Half Marathon / 10K**

**FINISH LINE
Half Marathon / 10K**

**BAG CHECK
REGISTRATION
VOLUNTEERS
MERCHANDISING
PARTNERS
TIMING / RESULTS**



ACCESSES



4. PARKING AND ACCESS

PARKING AVAILABLE ARE THE ONE OF THE CITY
RESPECT THE SPARTAN MARKING AND THE
SIGNALISATION OF THE CITY

FOR MORE INFORMATIONS CHECK [HERE](#)

THE RACES



5. RACE & TECHNICAL INFO 21K (Half Marathon)

SPARTAN TRAIL MORZINE HALF MARATHON 12/12/21

TECHNICAL INFO:

Tot km: 21.000m
Total elevation gain: 1250 m
Highest point: 1626 m
Starting point: 969 m

TYPE OF TERRAIN

Asphalt: 1%
Chemins: 25%
Single Tracks: 74%

- Festival Area
- Liquids
- Solid + Liquids
- FINISH
- START
- Trailcourse



THE RACES



5. RACE & TECHNICAL INFO 10K



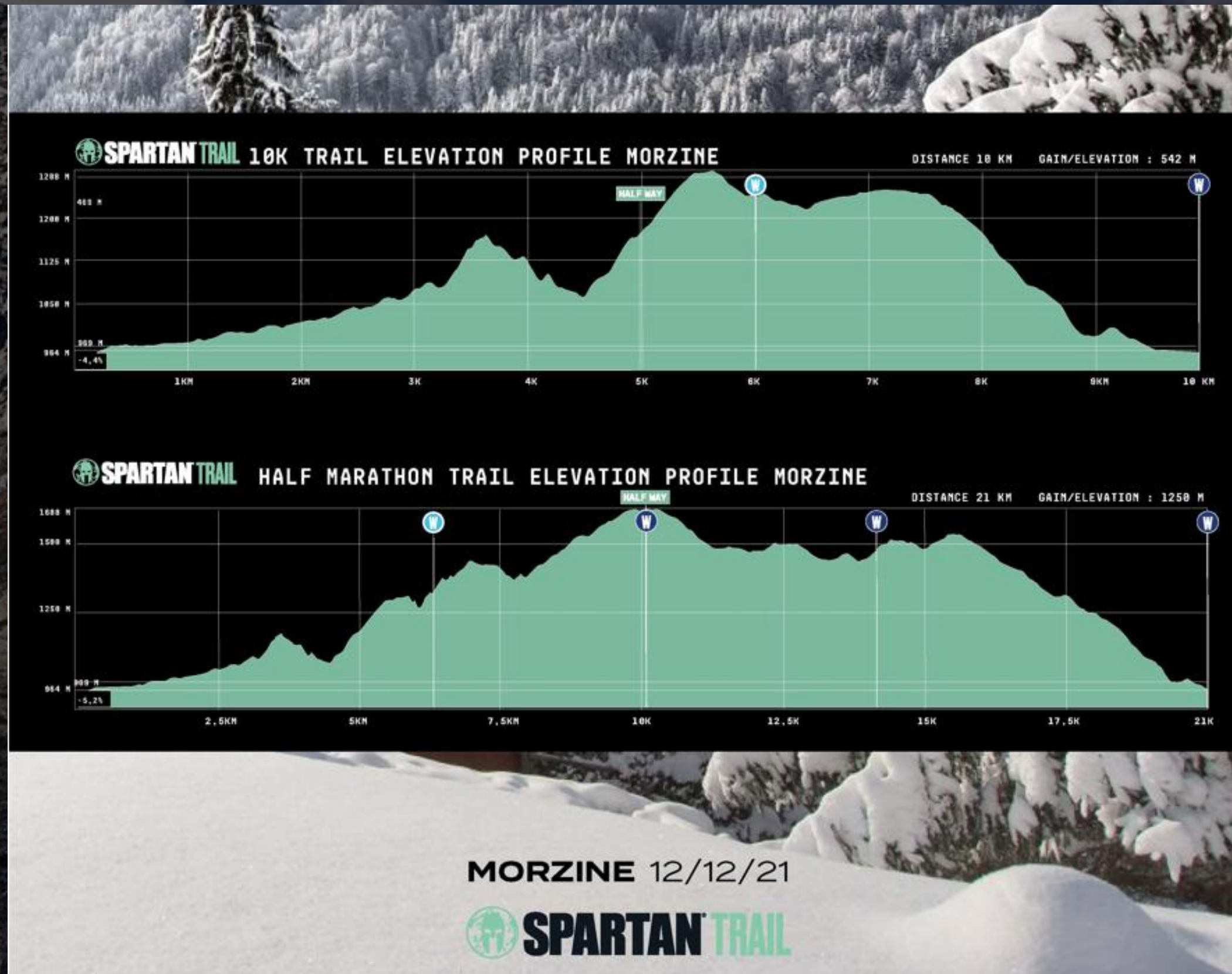
THE RACES



5. RACE & ELEVATION PROFILE

10K
tot dist: 10 km

Semi Marathon
tot dist: 21km





5. RACES & CUT - OFF TIME

Half Marathon

FIRST START AT: 9:00

	LOCATION	KM	ALTITUDE	HOURS
1	FINISH LINE	21	969	5 HOURS AFTER YOUR START TIME

10K

FIRST START AT: 10:00

	LOCATION	KM	ALTITUDE	HOURS
1	FINISH LINE	10	969	2 HOURS 30 MINUTES AFTER YOUR START TIME



6. AID STATIONS

- #1 Approx km 6.0 – Liquid (10K and HALF MARATHON)
- #2 Approx km 10.0 – Liquid and Solid (HALF MARATHON only)
- #3 Approx km 14.0 – Liquid and Solid (HALF MARATHON only)
- #4 **Finish Line** – Liquid and Solid (10K and HALF MARATHON)

The refreshment areas along the route will have tents with a table with liquids and fruits. Runners will be provided with buckets to throw the trash away. The use of plastic containers or any other type of container will not be permitted.

THINK GREEN

NOTE: Remember to bring always with you your cup. They will not be available at the aid station.



6. AID STATIONS

AID STATION #	#1	#2	#3	FINISH LINE
DISTANCE	HALF / 10K	HALF	HALF	HALF / 10K
TYPOLOGY	LIQUID	LIQUID & SOLID	LIQUID & SOLID	LIQUID & SOLID
<input checked="" type="checkbox"/> WATER 5HOT AND COLD	●	●	●	●
<input checked="" type="checkbox"/> ISOTONIC	●	●	●	●
<input checked="" type="checkbox"/> BARS / GEL				●
<input checked="" type="checkbox"/> SOFT DRINK				●
<input checked="" type="checkbox"/> BANANAS		●	●	●
<input checked="" type="checkbox"/> APPLES		●	●	●
<input checked="" type="checkbox"/> ORANGES		●	●	●
<input checked="" type="checkbox"/> DRIED FRUITS		●	●	●
<input checked="" type="checkbox"/> CHEESE & SAUSAGES				●
<input checked="" type="checkbox"/> CHOCOLATE & BREAD		●	●	●
<input checked="" type="checkbox"/> WARM SOUP	●	●	●	●
<input checked="" type="checkbox"/> HOT SWEET POTATOES			●	●

THINK GREEN

NOTE: Remember to bring always with you your cup. They will not be available at the aid station





7. MATERIAL CHECKLIST: **MANDATORY** / Half Marathon

- Glass or similar to be able to drink at the refreshment posts, as there will be no glasses available at the refreshment posts.
- Headlamp, torch or headlamp with batteries or spare batteries in the MARATHON mode.
- Emergency thermal blanket with a minimum size of 1×2 metres.
- Mobile phone with sufficient credit and battery.
- Useful water tank, such as a jerry can or camel-back, with a minimum capacity of 1 litre.
- Competition bib placed on the front of the runner and in a visible place for the race security device, without folding or cutting it.
- ID card, passport or similar identification document.

NOTE: This mandatory material will be checked before the start line. If a participant will not have this mandatory equipment will not be allowed to attend the event.



7. MATERIAL CHECKLIST: **MANDATORY** / **10K**

- Glass or similar to be able to drink at the refreshment posts, as glasses will not be available at the refreshment posts.
- Mobile phone with sufficient credit and battery.
- A useful water tank, such as a jerry can or camel-back, with a minimum capacity of 0.5 litres.
- Race bib placed on the front of the runner and in a visible place for the race security device, without folding or cutting it.
- ID card, passport or similar identification document.

NOTE: This mandatory material will be checked before the start line. If a participant will not have this mandatory equipment will not be allowed to attend the event.

RACE DAY



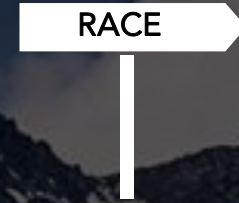
8. RACE DAY: START PROCEDURE

1.

FOLLOW THE 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.)

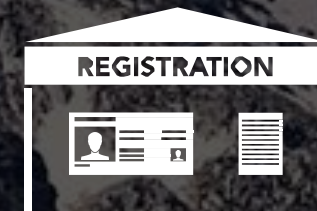


2.

PROCEED TO REGISTRATION AS PER THE SCHEDULE AT POINT 3

Proceed to the REGISTRATION TENT with your registration confirmation and your ID 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.



3.

ENTRANCE IN THE AREA OF THE START LINE 30 TO 15' BEFORE THE START

You won't be allowed to enter in the start line area more than 30 min before your start time.

30 MINUTES

4.

BAG CHECK

Bag check will be available at the athletes area.
10K and Half Marathon - Drop the bag and pick up in the same place at the start/finish line (PLACE DE L'OFFICE DU TOURISME MORZINE)



RACE DAY



8. RACE DAY: START PROCEDURE

5.

HEADBAND + DORSAL

Put the headband on your hair, and attach your dorsal in a visible place in the front of your body.

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 30 to 15 minutes** before your star time.

From this moment follow the instruction of Staff and Volunteers.



RACE DAY



8. RACE DAY: START PROCEDURE

8.

ENJOY AS A SPARTAN!

ENJOY!

9.

RESULTS

On race day you can check the results live on our website [HERE](#)

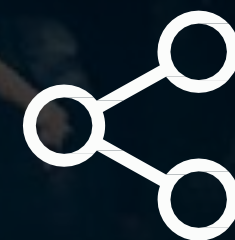


10.

SOCIAL MEDIA

Stay tuned! Follow the hashtag **#SpartanMorzine**

[Instagram](#) [Facebook](#)





9. FAQs / CONTACT

Here you will find answers to the most common questions:

- Rulebook of competition (coming soon)
- Where to find your bar code and start heat time.
- Transfer policy to another event or to another person.
- Results and photos of the day.
- And much more!

You can find everything you need to know about #SpartanMorzine in the FAQ (coming soon)

If you need more information, please contact france@spartanraceeurope.com

FAQS



10. THE ENVIRONMENT

The SPARTAN TRAIL MORZINE is a sport event held with absolute respect for the environment. We cannot forget that the route of the race runs mainly through a Biosphere Reserve, declared as a protected area.

Participants who show violent or xenophobic attitudes, both towards other runners and towards the public attending the event, or who throw any kind of rubbish, will be immediately disqualified by the race organisers. Trash bins and wrapping outside the containers will be provided for this purpose. In the same way, it will be mandatory to respect crops, livestock and private property through which the athletes are passing. These athletes will be responsible, at all times, for any damage caused as a result of uncivic behaviour.

Participants are allowed to use poles on the day of the race, however, the organisers of the SPARTAN TRAIL MORZINE appeal to all runners that, the use of poles can have a harmful impact on the terrain. Using a small rosette will help to avoid damaging the terrain too much, as well as preventing the poles from getting caught on rocks and roots.



#SPARTANTRAILMORZINE

MORZINE, FRANCE

December 12th, 2021