



# ATHLETE GUIDE

#SPARTANVALMOREL

JANUARY 29 - 30





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# 1.WELCOME TO #SPARTANVALMOREL

For the first Spartan of the 2022 season, Spartan is coming to Valmorel for an iconic event!

**Sprint, Super, Hurricane Heat 4 Hours and Kids,**

Four formats for a better and suitable experience!

Valmorel 2022 host the Spartan Winter Championship, will you be the Winner of the Sprint and Super races?

**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.**

WELCOME



# IMPORTANT



## 2. 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).



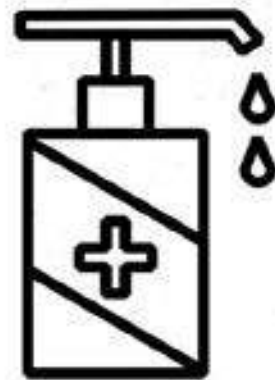


# 3.SPECIAL INFORMATION & MEASURES COVID-19



## 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.

PROTOCOL



# 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.

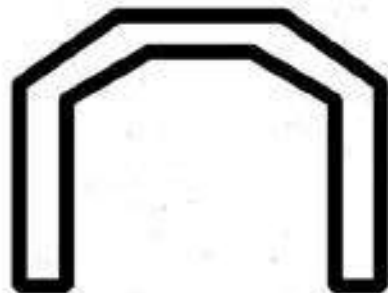
PROTOCOL



# 3.SPECIAL INFORMATION & MEASURES COVID-19

## 05: EVENT AJUSTAMENT - 1

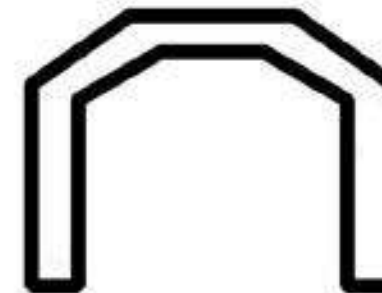
The running time of the participants will be monitored, to ensure that the number of people within the event space is kept at acceptable levels at all times.



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

PROTOCOL



# 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.
- 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



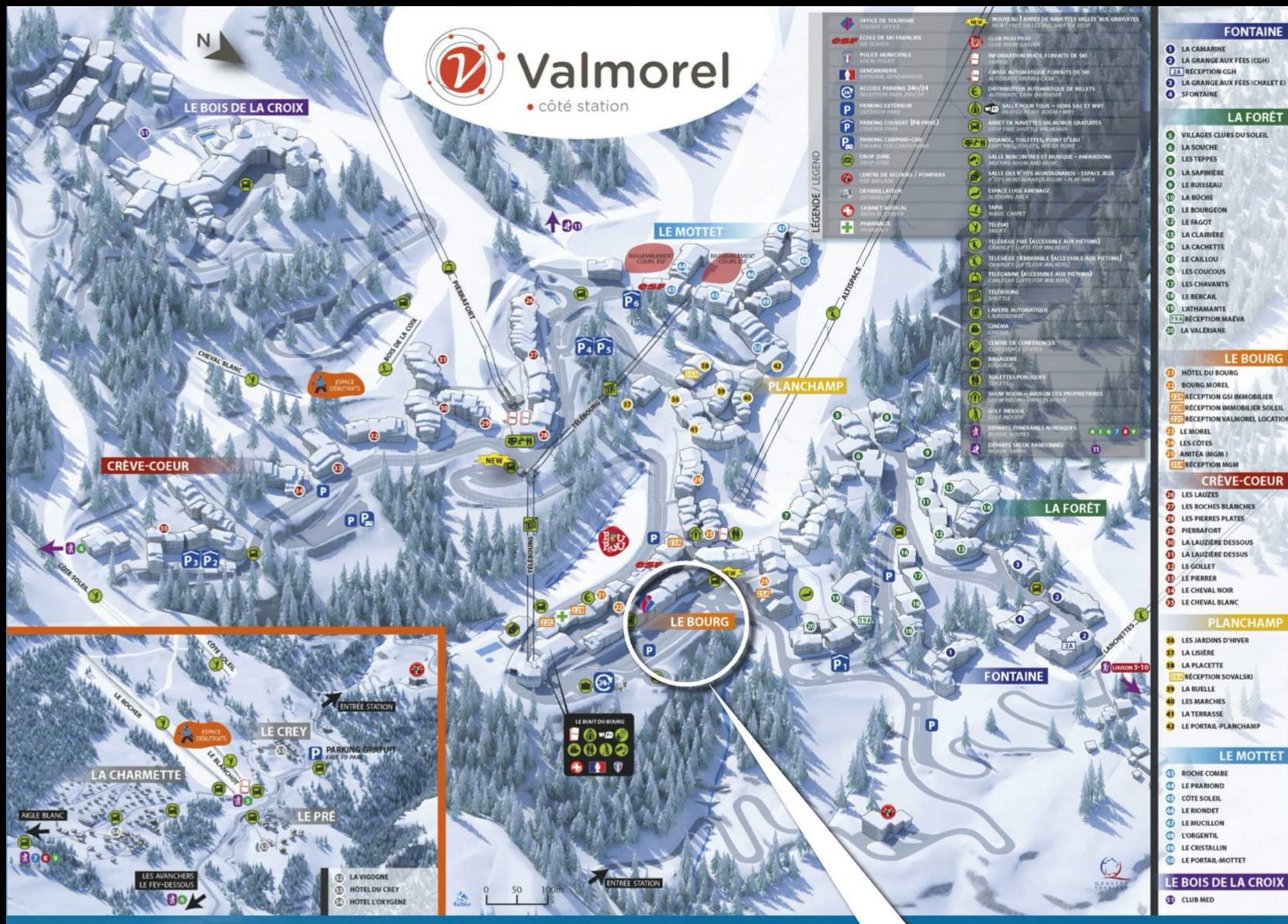
# LOCALISATION



**ESPACE PIOUS-PIOU**  
**73260 LES AVANCHERS-VALMOREL**

- By plane, bus or car, find the access information to [VALMOREL](#).
- Parking in Valmorel will be free and shuttle service will also be available.
- Pick up your free parking ticket at the registration.





**Un ticket parking Valmorel de sortie unique sera fourni à chacun des participants. Plus d'informations sur les tarifs :**  
A single Valmorel parking ticket will be provided to each participant. More information about the rates :



**Navette gratuite pour déposer à Valmorel. Plus d'informations :**  
Free shuttle to Valmorel.  
For more information :





# SCHEDULE



## ATHLETE SCHEDULE

VALMOREL WINTER RACE 29-30 JAN 2022



**FRIDAY 14:00-18:00** RACE PACKET PICK UP SUPER, SPRINT AND KIDS



**FRIDAY 14:00-18:00** SPARTAN FESTIVAL



**SATURDAY 07:30-18:30** SPARTAN FESTIVAL, MERCHANDISING + VILLAGE PARTNERS



**SATURDAY 07:30-12:00** RACE PACKET PICK UP ( SUPER ONLY)



**SATURDAY 07:30-18:00** BAG CHECK



**SATURDAY 08:30** KIDS RACE PACKET PICK UP



**SATURDAY 09:00** Spartan Super Elite Men



**SATURDAY 09:05** Spartan Super Elite Women



**SATURDAY 09:15** Spartan Super Age Group  
18-24, 25-29, 30-34, 35-39, 40-44



**SATURDAY 09:35** Spartan Super Age Group  
45-49, 50-54, 55-59, 60+ Men and all AG Women



**SATURDAY 09:45** Spartan Super Open (every 15 min )



**SATURDAY 12:00** First Start Spartan Kids and Hurricane Heat



**SATURDAY 13:00-17:00** Race Packet pick up (Sprint only)



**SATURDAY 18:30** Winners Awards Ceremony Elite and AG Super



**SUNDAY 07:30-18:30** Spartan Festival, Merchandising + Village Partners



**SUNDAY 07:30-18:00** Bag Check



**SUNDAY 07:30-12:00** Race Packet pick up (Sprint ONLY)



**SUNDAY 09:00** Spartan Sprint Men Elite



**SUNDAY 09:05** Spartan Sprint Women Elite



**SUNDAY 09:15** Start Age Group Sprint  
16-17, 18-24, 25-29, 30-34, 35-39, 40-44 Men



**SUNDAY 09:30** Start Age Group Sprint 45-49, 50-54, 55-59, 60+  
Men and all cat Age Group Women



**SUNDAY 09:45** Spartan Sprint Open (every 15 min)



**SUNDAY 12:30** Podium and awards Elite and AG Super and Winter Champion



**SUNDAY 19:00** Closing of the Spartann village





## 8.CHECK LIST WHAT TO BRING

1.

### FACEMASK

Don't forget to bring your own facemask!

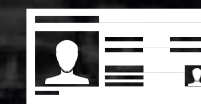


2.

### 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.)





# ELEVATION

## RACE ELEVATION SPRINT / VALMOREL

DISTANCE 5,66 KM GAIN/ELEVATION : 424 M

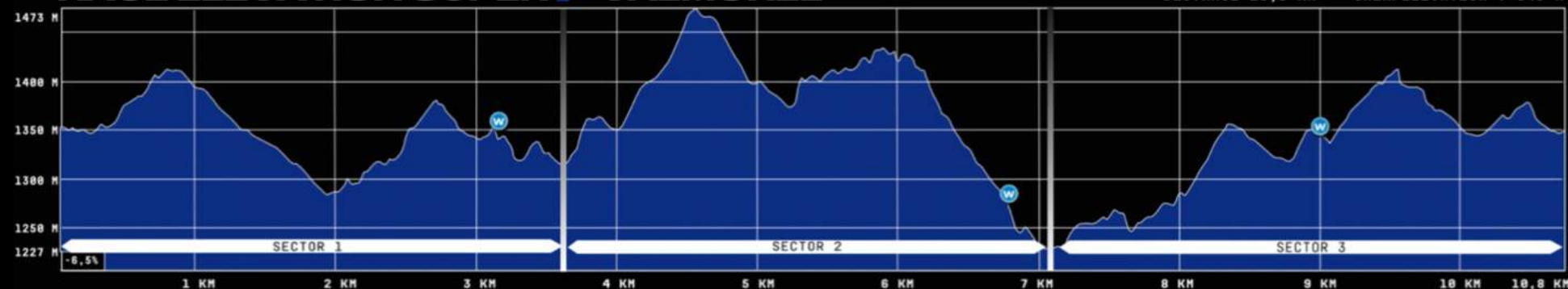


|       | SECTOR 1 |         | SECTOR 2 |         | SECTOR 3 |         | TOTAL TIME  |      |
|-------|----------|---------|----------|---------|----------|---------|-------------|------|
|       | AVG      | FASTEST | AVG      | FASTEST | AVG      | FASTEST | AVG/FASTEST |      |
| ELITE | 0:12     | 0:10    | 0:19     | 0:15    | 0:12     | 0:10    | 0:43        | 0:35 |
| AG    | 0:14     | 0:12    | 0:25     | 0:20    | 0:14     | 0:12    | 0:53        | 0:44 |
| OPEN  | 0:18     | 0:15    | 0:30     | 0:22    | 0:18     | 0:15    | 1:06        | 0:52 |

FOR FEMALE CATEGORY TIME ADD PER EACH SECTOR: 00 : 10 ELITE // 00 : 15 AG // 00 : 20 OPEN AIDSTATION

## RACE ELEVATION SUPER / VALMOREL

DISTANCE 10,8 KM GAIN/ELEVATION : 843 M

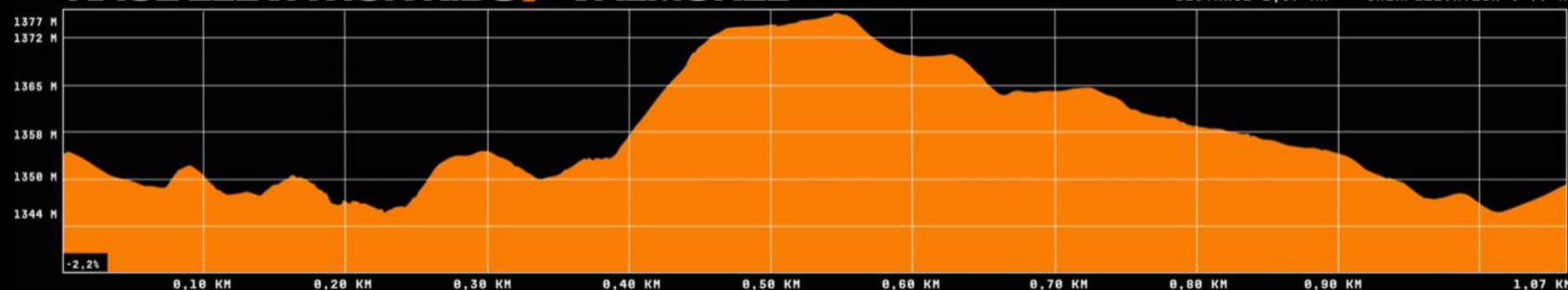


|       | SECTOR 1 |         | SECTOR 2 |         | SECTOR 3 |         | TOTAL TIME  |      |
|-------|----------|---------|----------|---------|----------|---------|-------------|------|
|       | AVG      | FASTEST | AVG      | FASTEST | AVG      | FASTEST | AVG/FASTEST |      |
| ELITE | 0:22     | 0:18    | 0:23     | 0:20    | 0:24     | 0:20    | 1:09        | 0:58 |
| AG    | 0:28     | 0:22    | 0:29     | 0:24    | 0:30     | 0:24    | 1:27        | 1:10 |
| OPEN  | 0:35     | 0:28    | 0:38     | 0:32    | 0:38     | 0:30    | 1:51        | 1:30 |

FOR FEMALE CATEGORY TIME ADD PER EACH SECTOR: 00 : 10 ELITE // 00 : 15 AG // 00 : 20 OPEN AIDSTATION

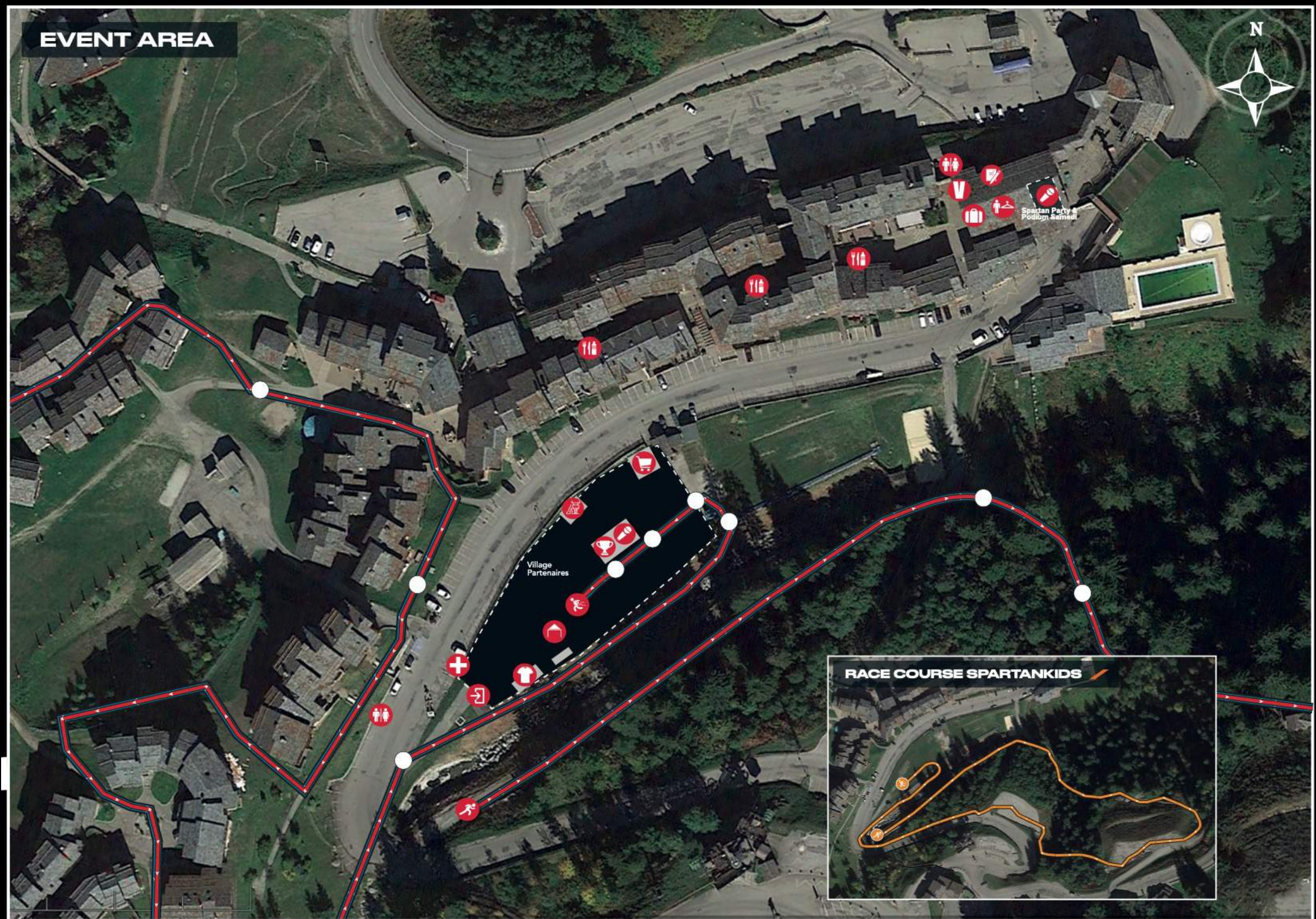
## RACE ELEVATION KIDS / VALMOREL

DISTANCE 1,07 KM GAIN/ELEVATION : 77 M





# FESTIVAL

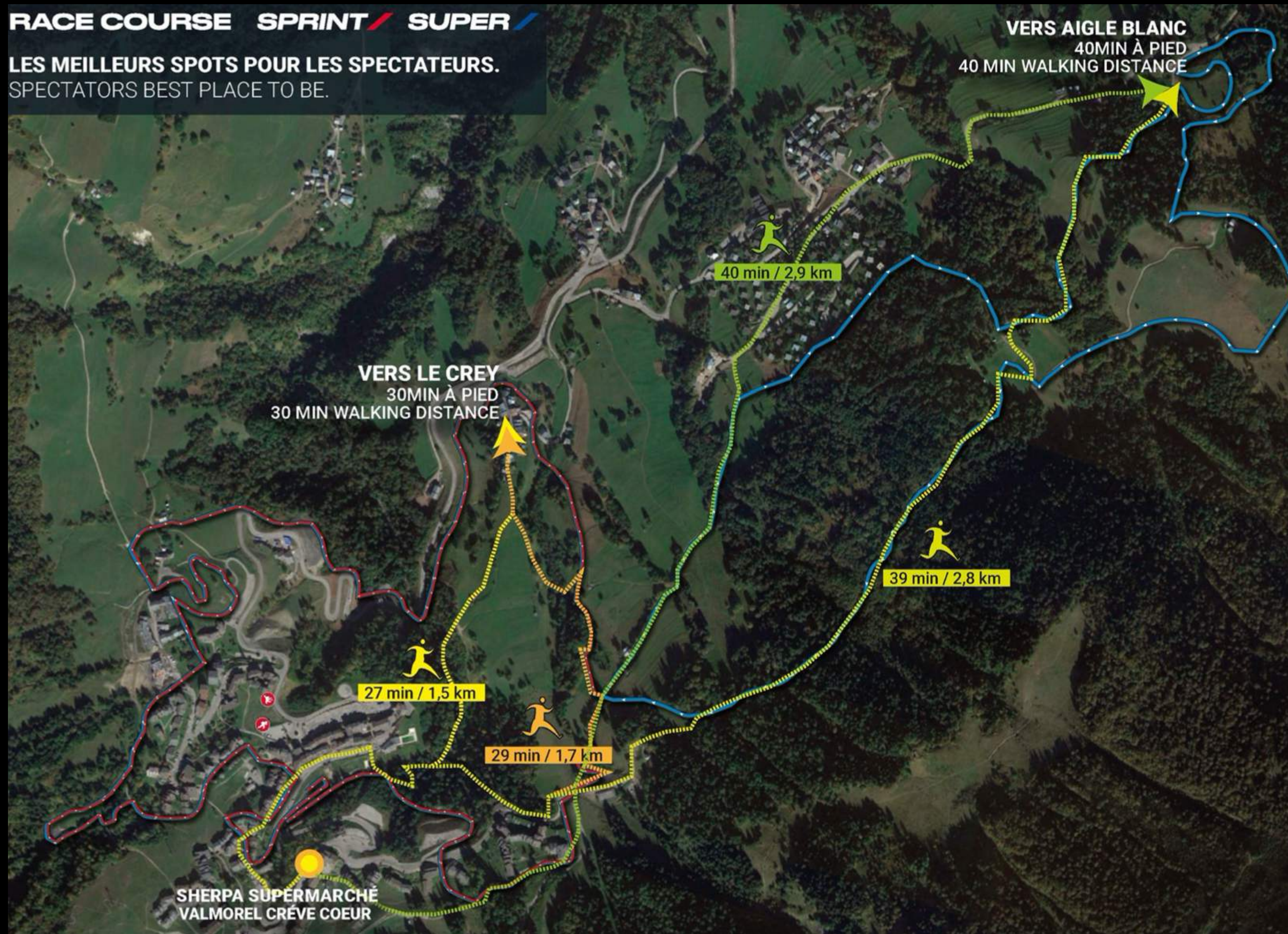


|  |                              |  |             |  |                           |  |                       |  |                    |  |                     |  |               |
|--|------------------------------|--|-------------|--|---------------------------|--|-----------------------|--|--------------------|--|---------------------|--|---------------|
|  | START LINE                   |  | KIDS START  |  | ENTRÉE DU VILLAGE SPARTAN |  | VESTIAIRES            |  | ESPACE VOLONTAIRES |  | GRAVURE DE MÉDAILLE |  | FESTIVAL AREA |
|  | FINISH LINE                  |  | KIDS FINISH |  | TOILETTES                 |  | BAG CHECK / CONSIGNES |  | MAIN STAGE         |  | AFTER FINISH        |  | OBSTACLES     |
|  | INSCRIPTIONS / REGISTRATIONS |  | MEDICALE    |  | RESTAURATION / CATHERING  |  | FINISHER SHIRTS       |  | MERCHANDISING SHOP |  | RÉSULTATS TIMING    |  |               |



# SPECTATORS

**RACE COURSE SPRINT / SUPER**  
**LES MEILLEURS SPOTS POUR LES SPECTATEURS.**  
SPECTATORS BEST PLACE TO BE.







## 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

Free bag check and changing room will be available onsite.







## 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.**



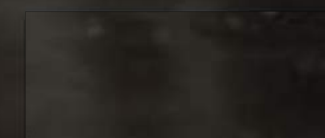
7.

### 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





# ETHEL



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).



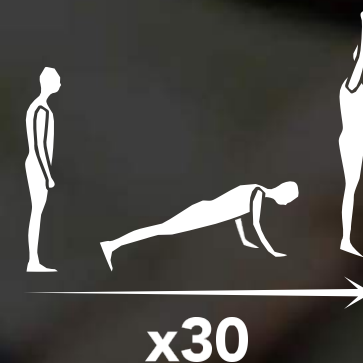




## 6.

### 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.
- 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 part 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 personal 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 wooded 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.](#)




For organizational reasons, some Start Time has been changed. Enter your personal information below to check yours.

**Mail \***

**Date Of Birth \***





Next step



# 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 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 and your event has been cancelled? It still available for 2022, 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.

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?







# JOINS US



# SPARTAN™

Consult our [FAQs](#)

- Transfert

- [Start time](#)

- Equipment

And more...

Need more help ? [Contact us](#)