



SPARTAN™

ATHLETE GUIDE

SPARTAN ZANDVOORT

27-29 MAY 2022

#SPARTANZANDVOORT



SUMMARY

3		LOCATION
5		SCHEDULE
7		ACCESS
8		SPARTAN ZANDVOORT
12		PRE-RACE
15		RACE DAY
18		ETIQUETTE
21		POST RACE
24		KIDS RACE
25		SPECTATORS
26		SOCIAL MEDIA
27		CONTACTS



LOCATION

SPARTAN ZANDVOORT

Badhuisplein
Strandweg 2
2042 TN Zandvoort
The Netherlands





LOCATION

BADHUISPLEIN

LEGENDA:

- 1 REGISTRATIE
- 2 MERCHANDISE
- 3 BAG DROP-OFF
- 4 PODIUM
- 5 TIMING
- 6 MEDAL ENGRAVING
- 7 MEETING POINT HURRICANE HEAT
- 8 BEAGLEY COPPERMAN
- 9 FOOD & DRINKS
- 10 PARA TEAM TENT
- 11 OPSLAG
- 12 MEDICAL CENTRE
- 13 SPORTOGRAF (FINISHFOTO)
- 14 AFTER FINISH (DRINKS)
- 15 AFTER FINISH (FOOD)
- 16 FINISHERSHIRTS
- 17 PRODUCTIE RUIMTE
- 18 MAGAZIJN
- 19 TOILETTEN

A ROPE CLIMB
 B SLIP WALL
 C FIRE JUMP
 D FINISH
 E A-FRAME





SCHEDULE

Friday 27 MAY

15:00 – 18:00	Race Package Pick Up Merchandise
18:00	HH: Meeting Point and Material Check
19:00	HH Start
23:00	HH Finish and Medals

Saturday 28 May

7:30 - 18:30	Spartan Festival
7:30 - 15:00	Race Package Pick Up
7:30 - 16:00	Bag Check
9:00– 17:00	Merchandise
9:00	Spartan Beast Elite
9:15	Spartan Beast Age Group
9:45	Spartan Beat Open
13:00	Spartan Sprint
14:30	Spartan Beast Elite & Age Group Awards
18:30	Spartan Para Briefing
21:15	Night Sprint & Para

Check your email for your heat times



SCHEDULE

Sunday 29 May

7:30 - 17:00

Spartan Festival

7:30 - 13:00

Race Package Pick Up

8:00 - 17:00

Merchandise

8:00 - 17:00

Bag Check

9:00

Spartan Super Elite

9:15

Spartan Super Age Group

9:30

Spartan Para Super

9:45

Spartan Super

13:30

Spartan Super Elite & Age

Group & Para Awards

14:00

Spartan Kids Race

Check your email for your heat times



ACCESS

HOW TO GET TO THE EVENT?

- **By train** – It only takes 25 minutes to get to Zandvoort from Amsterdam, and from Haarlem 15 minutes. There's no hassle with parking or busy roads. And the station is only 200 meters from our Festival Area.
- **By car** – If you do decide to come to Zandvoort by car, there are two access roads. The N201 through Haarlem Zuid, Heemstede and Aerdenhout. And the Zeeweg through Haarlem, Overveen and Bloemendaal that takes you into Zandvoort through the beautiful dunes and along the sea. **It can be busy with good weather.**
- **By plane** – Are you arriving by plane? Make sure you travel to Schiphol Airport. From there you can use different transportation from Amsterdam to Zandvoort.
- **By bus** – Do you prefer the bus? Two regional bus lines service Zandvoort. From Haarlem Central station, bus 81 takes you to Zandvoort in around 30 minutes, and bus 80 from Amsterdam, stop Marnixstraat, gets you to Zandvoort in less than an hour.



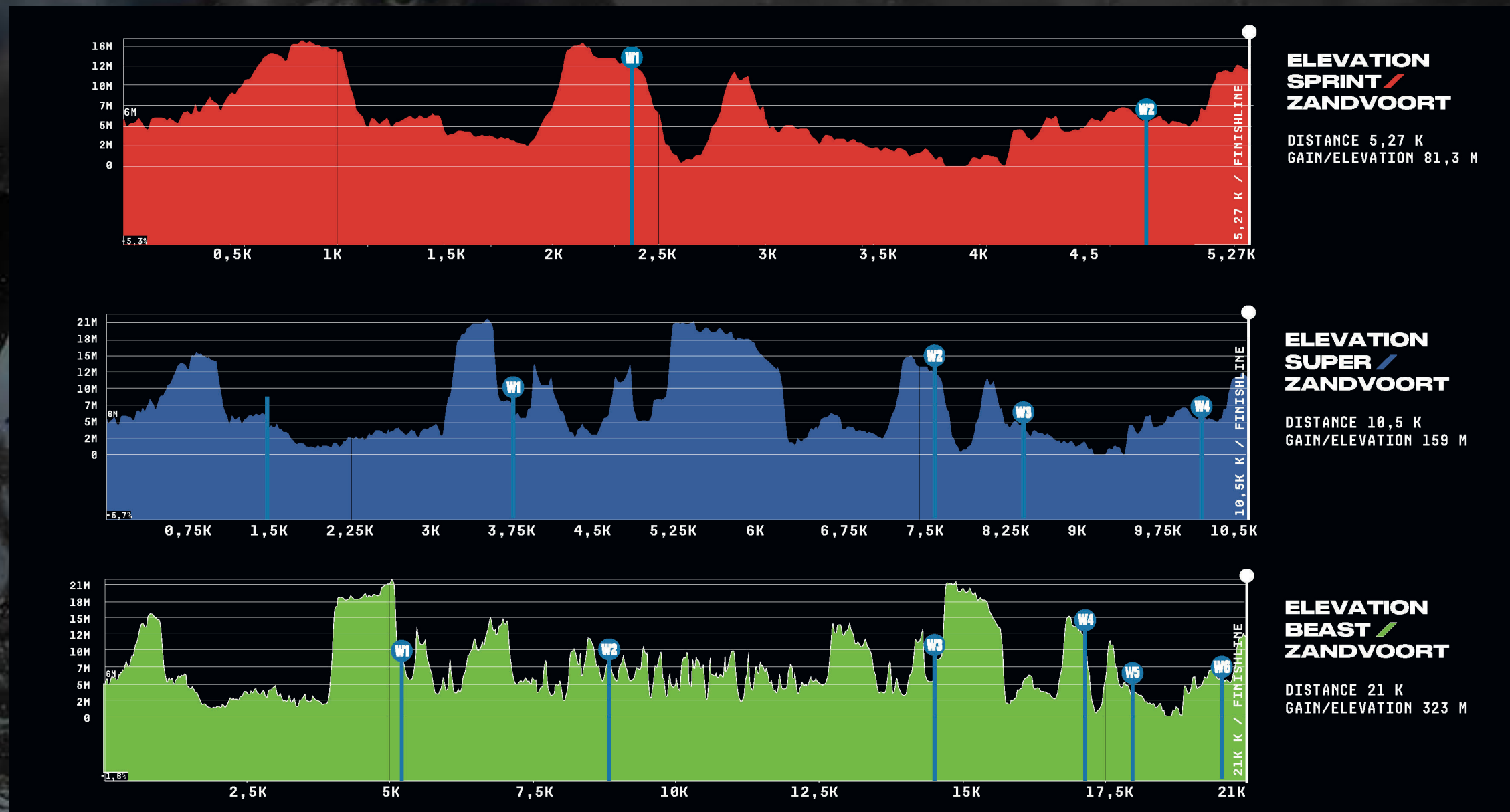
SPARTAN ZANDVOORT

After an amazing race in 2021, Spartan will return to Zandvoort in 2022. Again we organize a Trifecta weekend and Kids Race. New this year is the Night Sprint, Hurricane Heat 4hr and Spartan Para! Take on this unique challenge in the dark on Saturday evening. It's going to be an amazing, and you are part of it!

If you have questions about transfers, registration, whatever you should consult our [FAQs](#).



SPARTAN ZANDVOORT





SPARTAN ZANDVOORT

The following nutrition will be offered at our course aid stations:

- Water
- Isotonic
- Bananas
- Oranges

- After the finish you will receive:
 - Water
 - Isotonic
 - Bananas
 - Oranges
 - and "sweet and salty treats for your reward"!

Do you need more nutrition to finish your race? Just bring it with you.



SPARTAN ZANDVOORT

New this year is the Spartan PARA! Thanks to John de Haan.

The Spartan PARA is comprised for adaptive athletes that have the drive and dedication to compete in Spartan Racing.

Spartan PARA athletes prove that there is NO EXCUSE and each of us can achieve goals, overcoming the obstacles of life and those which are part of the Spartan courses.

The Spartan Para Race Zandvoort will be the Spartan Super Heat on Sunday at 9:30. Every athlete registered will have the opportunity to join the Night Sprint on Saturday night as a team.

[Discover more about Spartan PARA here.](#)



PRE-RACE

1. BRING REGISTRATION BARCODE AND PHOTO ID

2. EAT/HYDRATE

3. NO SENTIMENTAL ITEMS

4. RUNNING THE BEAST (21KM), WE RECOMMEND TO BRING A HYDRATION PACK

5. REMEMBER ELECTROLYTES

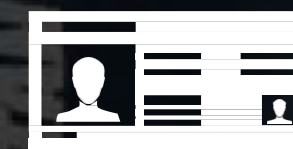
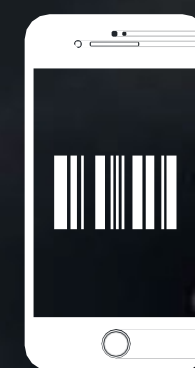
6. BRING EXTRA CLOTHING

PRE-RACE

1.

BRING REGISTRATION BARCODE AND PHOTO ID

Make sure to have your registration barcode (preferably on your mobile device, but can be printed if needed) and bring your photo ID. You'll need them to pick up your packet.



2.

EAT/HYDRATE

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



3.

NO SENTIMENTA/VALUABLE ITEMS

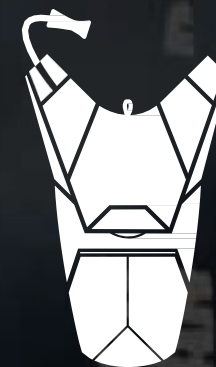
There will be a secure bag check on race day, but we suggest leaving sentimental and valuable items at home (rings, jewelry, etc.). We do not assume any liability or responsibility for items lost or stolen.



4.

BRING HYDRATION PACK IF YOU RUN THE BEAST (21KM)

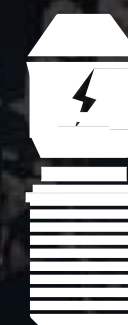
We suggest you to bring a hydration pack if you feel you need extra hydration. There are some aid stations on the course.



5.

KEEP YOUR ENERGY UP

Pack salt tabs or electrolytes for a boost and to help prevent cramps during the race.



6.

BRING EXTRA CLOTHING

Get cleaned up. Pack extra cloths, flip flops, a plastic bag to put your muddy clothes in, and a towel to dry off after taking a swim in the sea.





RACE DAY

1. ARRIVE 90 MIN. EARLY
2. FOLLOW SIGNS
3. PROCEED TO REGISTRATION
4. WEAR YOUR HEADBAND/ TIMING CHIP/ START TIME WRISTBAND
5. BUY YOUR MERCH
6. CHECK-IN YOUR BAG
7. WEAR YOUR HYDRATION PACK
8. BE AT THE STARTLINE 15 MINUTES EARLY

RACE DAY

1.

ARRIVE 90 MIN. EARLY

Plan to arrive at least 90 minutes before your start time. You want to have enough time to get race ready.

90 minutes

2.

PARKING

Zandvoort has a lot of public parking options. Keep in mind that Zandvoort can be crowded with goodt. [More information about parking in Zandvoort.](#)

TO PARKING

3.

PROCEED TO REGISTRATION

Proceed to the REGISTRATION at the Festival Area, with your registration barcode and photo ID to pick up your race day packet.

REGISTRATION

4.

WEAR YOUR HEADBAND/TIMING CHIP/START TIME WRISTBAND

Gear Up! Put on your Spartan headband (you want to look badass in your pictures). Loop yellow wristband through the timing chip, attach to wrist. Secure start time band to wrist.

SPARTAN

7:30

5.

CHECK OUT OUR SPONSORS & BUY YOUR MERCH

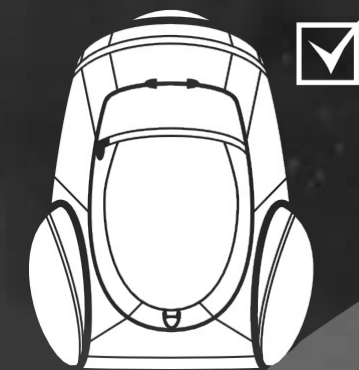
Our sponsors and Spartan merchandise will sell out during the race weekend. If you see something you want, make sure to get it before it's gone.



6.

CHECK-IN YOUR BAG

Check-in your bag.



7.

GEAR

We suggest you wear a hydration pack if you run the BEAST (make sure it's full). There are a couple water obstacles in the course; please prepare yourself for this by wearing appropriate clothes for these kinds of obstacles.



8.

STARTING LINE 15 MIN. EARLY

Make your way to the start line 15 minutes before your race starts.





ETIQUETTE

1. STAY TO YOUR RIGHT
2. PASS ON YOUR LEFT
3. DO NOT LITTER
4. FILL YOUR WATER CUP & RE-USE WHEN POSSIBLE
5. CONSERVE YOUR WATER
6. 30 BURPEES PENALTY
7. HELP FELLOW SPARTANS
8. RESPECT VOLUNTEERS

ETIQUETTE

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.



3.

DO NOT LITTER

DO NOT LITTER. We want to keep nature clean and beautiful.



4.

FILL YOUR WATER CUP

At each water station you can fill up your cup as many times as you need, however we ask you only take 1 cup.



5.

CONSERVE YOUR WATER

You cannot fill your pack up at every water station, conserve your own supply for when you need it most.



6.

30 BURPEES PENALTY

If you cannot manage an obstacle or have a condition which might be impacted by an obstacle, you may choose to complete the 30 burpees penalty instead.



7.

HELP FELLOW SPARTANS

Spartans help each other. If a fellow racer asks for help, help them. If you need help, ask someone.



8.

RESPECT VOLUNTEERS

Respect the 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.





POST RACE

1. GRAB YOUR FINISHER SHIRT AND MEDAL
2. BAGCHECK
3. WATCH FOR RESULTS/PHOTOS
4. CELEBRATE YOUR MEDAL WITH YOUR FRIENDS
5. TIMING, RESULT, ENGRAVING, TRIFECTA AND PLAN YOUR NEXT RACE

POST RACE

1.

GRAB YOUR FINISHER SHIRT

After crossing the finish line, make sure you grab your finisher tee shirt, refuel with a banana, and water, then have your finisher photo taken.



2.

NO COLD WASH

There are no showers- but the sea is right next to you. And you won't arrive muddy to the finish



3.

WATCH FOR RESULTS/PHOTOS

Your results, photos and post race offers will be emailed to you a couple of days after you cross the finish line. Keep an eye out for them. [Register now to get a reminder](#), when your photos are online.

You can also [check our Live Page here](#).



4.

CELEBRATE YOUR MEDAL WITH YOUR FRIENDS

We build a nice Festival area especially for you, with foodtrucks, a huge bar -with Heineken on tap- and a main stage with live DJ's and an other entertainment. This all to make your day even more fun, than it already is. Please visit the Spartan Festival area before and after your race and join us. Maybe we'll see you on the mainstage during the medal ceremonies.



5.

POST RACE ACTIONS

Start planning your next race, you have a Spartan TRIFECTA to earn. Keep the spirit alive by challenging your friends to race with you.

- Check your results [via our Live Page](#)
- Engraving can be found at the Festival Area
- Trifecta tent can be found at the Festival Area
- Merchandise tent
 - Get your exclusive Zandvoort merchandise at our tent. Opening hours: Friday 27 May (15:00 – 17:00) Saturday 28 and Sunday 29 (9:00-17:00)





KIDS RACE

Spartan Kids Race will start at the Burgemeester Fenemaplein, and will finish at the Badhuisplein.

Registration pick up is on Sunday from 11:00 till 13:00 at the Badhuisplein.

Start time:

14:00 – 3200 meter

14:10 – 1600 meter

14:20 – 800 meter

Do you still want to race with your Kids? Registration is possible [via the website](#).



SPECTATORS

- The Festival Area is free for spectators.
- Spectators can watch the race without restrictions at the beach, boulevard, city and at the Start/Finish.





SOCIAL

- Follow us online and get the latest updates about #SpartanZandvoort:
Instagram: @SpartanRaceNL
Facebook: @SpartanRaceNetherlands
- Please share your content during your travels, stay, race and after the race with #SpartanZandvoort
- Are you new to Spartan? We have an amazing backdrop, where you can take a selfie of your amazing achievement. Share it on social and use #NewSpartans
- Follow our [Live Page](#) during the weekend



CONTACT

Do you still have questions?

[Consult our FAQs here](#) to find your answers.

Also, you can contact us at:
support@spartannetherlands.zendesk.com





SPONSORS



Gemeente Zandvoort



Innovatiefonds Zandvoort

