



# SPARTAN RACE DAY PROGRAM

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## BEAR MOUNTAIN TRAIL CHALLENGE

Bear Mountain State Park

May 6, 2023



**10K**



**HALF MARATHON**



**50K**





# Race Day Program

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## BEAR MOUNTAIN S.P. 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.



## HOW TO GET HERE

### GENERAL PARKING/SHUTTLE PICKUP:

\*There is no onsite parking at Bear Mountain\*

### SHUTTLE INFORMATION:

All racers are required to ride the free shuttle from Anthony Wayne Recreation Area (Palisades Interstate Pkwy, Bear Mountain, NY 10911) to the start/finish area. The ride takes approximately 10 minutes. The first shuttle will depart Anthony Wayne at 5:30am, and shuttles will run every 10-20 minutes. From the finish line back to Anthony Wayne, shuttles will operate on an ongoing basis throughout the day until the last racer finishes.

### GENERAL PARKING COST:

Free

### DROP OFF INFORMATION:

Drop off/pick up for rideshare apps is permitted at Anthony Wayne Recreation Area. Please be aware that cell phone reception can be spotty and you may have to walk to get the service needed to request a return ride.

### SPARTAN+ MEMBER PARKING:

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



# BEAR MOUNTAIN TRAIL CHALLENGE

## MAY 6, 2023

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### PACKET PICKUP

Friday, May 5<sup>th</sup>, 2023

2:00pm	On-Site Packet Pickup Opens
6:00pm	Packet Pickup Closes

### EVENT SCHEDULE

SATURDAY, May 6<sup>th</sup>, 2023

5:30am	First Shuttle Departs
6:00am	Festival and Merchandise Opens
7:00am	Trail 50K Start Time
8:00am	Trail Half Marathon Start Time
8:45am	Registration Closes
9:00am	Trail 10K 1st Heat Start Time
9:15am	Trail 10k 2nd Heat Start Time
11:00am	10k Awards
12:00pm	Half Marathon Awards
2:00pm	50k Awards
5:00pm	Finish Line Closes
5:30pm	Festival Closes/Last Shuttle



## PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- [Visit the event page on our website.](#)
- Packet Pickup: Racers are encouraged to attend packet pickup on Friday, May 5th, between 2:00pm and 6:00pm at the start/finish area. Runners who attend Friday packet pickup to retrieve their bib and chip and will be able to avoid standing in line to check in on race morning. Racers will also be able to pick up their bib and chip on race morning, starting at 6:00am. Please arrive at least one hour prior to your start time in order to allow enough time to check in.
- You must screenshot or print and bring your registration barcode and photo identification to pick up your packet on race day. [Click here](#) for instructions to locate your barcode.
- The address for Packet Pickup is: 3006 Seven Lakes Drive, Tomkins Cove, NY 10986
- On race day, you must park at the Anthony Wayne Recreation Area (Palisades Interstate Pkwy, Bear Mountain, NY 10911) and ride the free shuttle to the start/finish line. The shuttle ride takes approximately 10 minutes, so make sure to plan extra time before the start.



## RACE DAY ARRIVAL FLOW

Refer to the schedule on page five for Shuttle start times.

Prior to boarding the shuttle please leave your optional on-course drop bag at the aid station located in the Anthony Wayne Recreation Area parking lot. (50k only)

Please show up at least 1 hour prior to your 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:** Arrive at Anthony Wayne Recreation Area, leave your optional on-course drop bag at the aid station (50k only), and board the shuttle bus to the start/finish area.

**STEP 2:** Proceed to Registration Tent area and locate a Spartan Volunteer.

**STEP 3:** Present your photo identification and registration barcode to the Volunteer. Receive your packet. Your packet will include:

- Spartan Bib
- Timing Chip and Wristband

**STEP 4:** Once you have your race packet and timing chip, proceed to the Festival Area.

**STEP 5:** Visit the Festival Area where you will find Spartan-approved sponsors/vendors, as well as our official merchandise tent. We will have a bag check area at the start/finish line for warm layers and any other items you may want at the finish line.

**STEP 6:** Proceed to the start corral.



## VENUE & COURSE DESCRIPTIONS

Located on the west bank of the Hudson River just an hour outside New York City, Bear Mountain State Park is home to an endless network of trails connecting streams, lakes, and minor peaks. All types of terrain can be found here, but racers should expect to face short, punchy climbs, and extremely technical sections. Some sections will be rocky, rooted, and covered in leaves, while other sections will be a bit more open and runnable.

The elevation profile suggests a somewhat speedy course, but the rugged terrain will challenge racers of all abilities. Most of the route passes through dense forest, but some of the higher points offer great views of the surrounding area. While there are no huge climbs, racers can expect to be ascending or descending more or less constantly. There are approximately 5100 feet of vertical gain in the 50k, 2600 feet in the half marathon, and 1100 feet in the 10k. Expect mud, slippery rocks, and occasional stream crossings. This course will reward the strongest, most versatile trail runners!

**Special Gear:** There is no mandatory gear list, but racers should plan to bring appropriate fuel and water carrying capacity for their needs. The distance between aid stations varies from 4 to 7 miles on slow terrain. Racers should plan to carry enough water and fuel to cover those distances, plus extra for safety, and even more if the weather forecast predicts heat. Hydration packs or handheld water bottles are strongly suggested for all racers.

## AID STATIONS / DROP BAGS

All aid stations will include water, traditional ultrarunning snacks (candy, chips, pretzels, soda, etc.), and performance nutrition including gels and electrolyte drinks. Ice will be provided if temperatures are forecasted to exceed 70 degrees Fahrenheit. Racers will be able to fill their bottles with water at the start line, and light finish line snacks will be available. More substantial post-race meals will be available for purchase at the venue's concessionaire: the Bear Mountain Inn.

On-course drop bags will be allowed for 50k racers only at the Anthony Wayne aid station, which racers will pass twice (miles 4.0 and 21.1). Racers are responsible for bringing their drop bags to the designated tent at the Anthony Wayne aid station on race morning prior to the start, and will be responsible for collecting their bags from the same location after the race. This aid station is also the parking location for the mandatory shuttle to the start line.

In addition to drop bags, we will have a bag check area at the start/finish line for warm layers and any other items you may want at the finish line.

No littering. Trash bags will be available at all aid stations. Any racers found leaving trash on the course outside of an aid station will be disqualified.





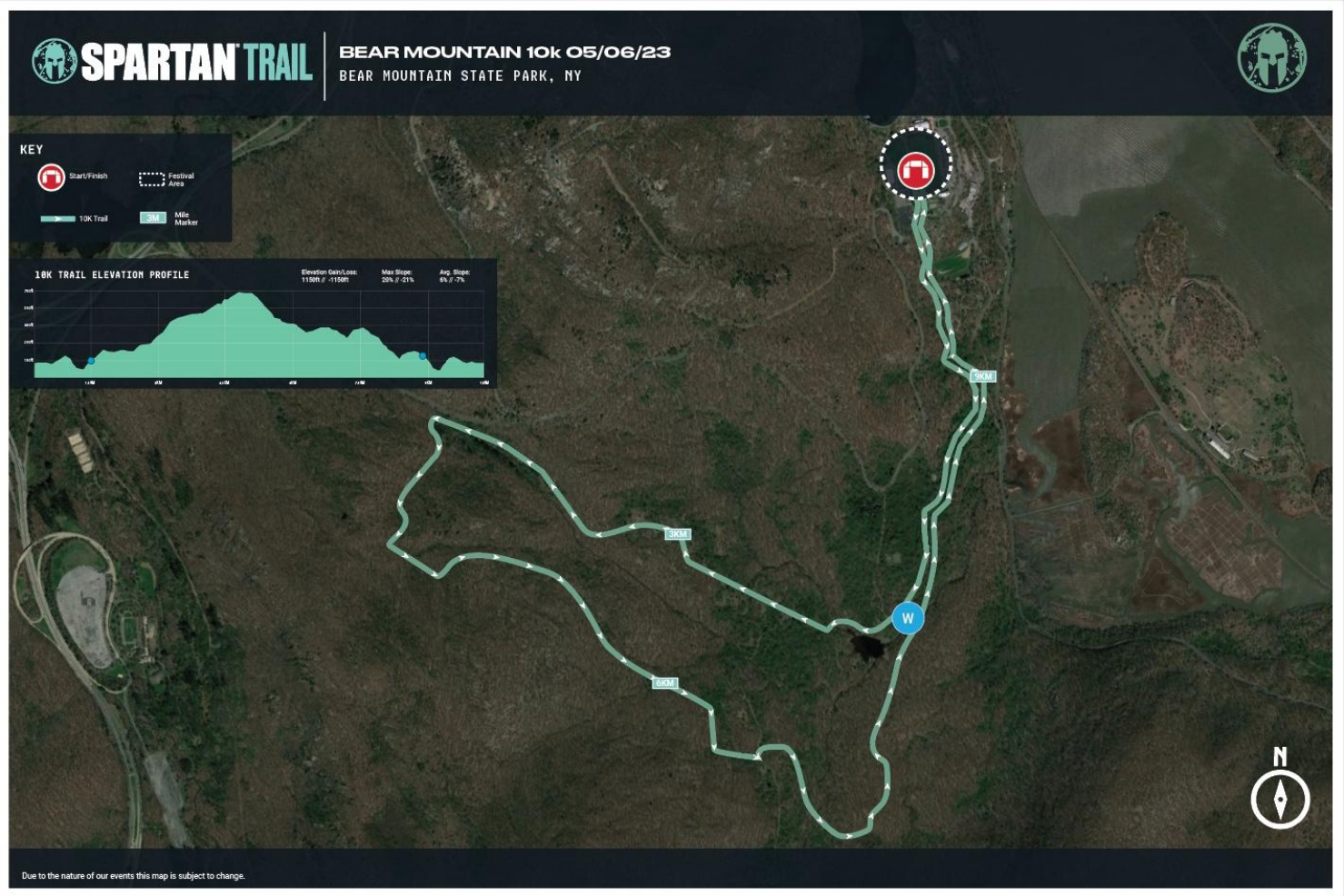
## AID STATION DETAILS

Aid Station	50k Mileage*	Half Marathon Mileage*	10k Mileage*	Drop Bags (50k only)	Crew	Cutoff*
Start	0.0	0.0	0.0	Yes	Yes	N/A
Doodletown (water only)	1.25	1.25	1.25	No	No	N/A
Anthony Wayne	4.0	4.0	N/A	Yes	Yes	N/A
Silver Mine	8.8	N/A	N/A	No	No	10:00am
Arden Valley	14.6	N/A	N/A	No	No	12:00pm
Anthony Wayne	21.1	N/A	N/A	Yes	Yes	2:00pm
Queensboro	25.4	8.3	N/A	No	No	3:30pm
Doodletown (water only)	29.5	12.25	5.0	No	No	N/A
Finish	30.8	13.5	6.25	Yes	Yes	5:00pm

\*subject to change



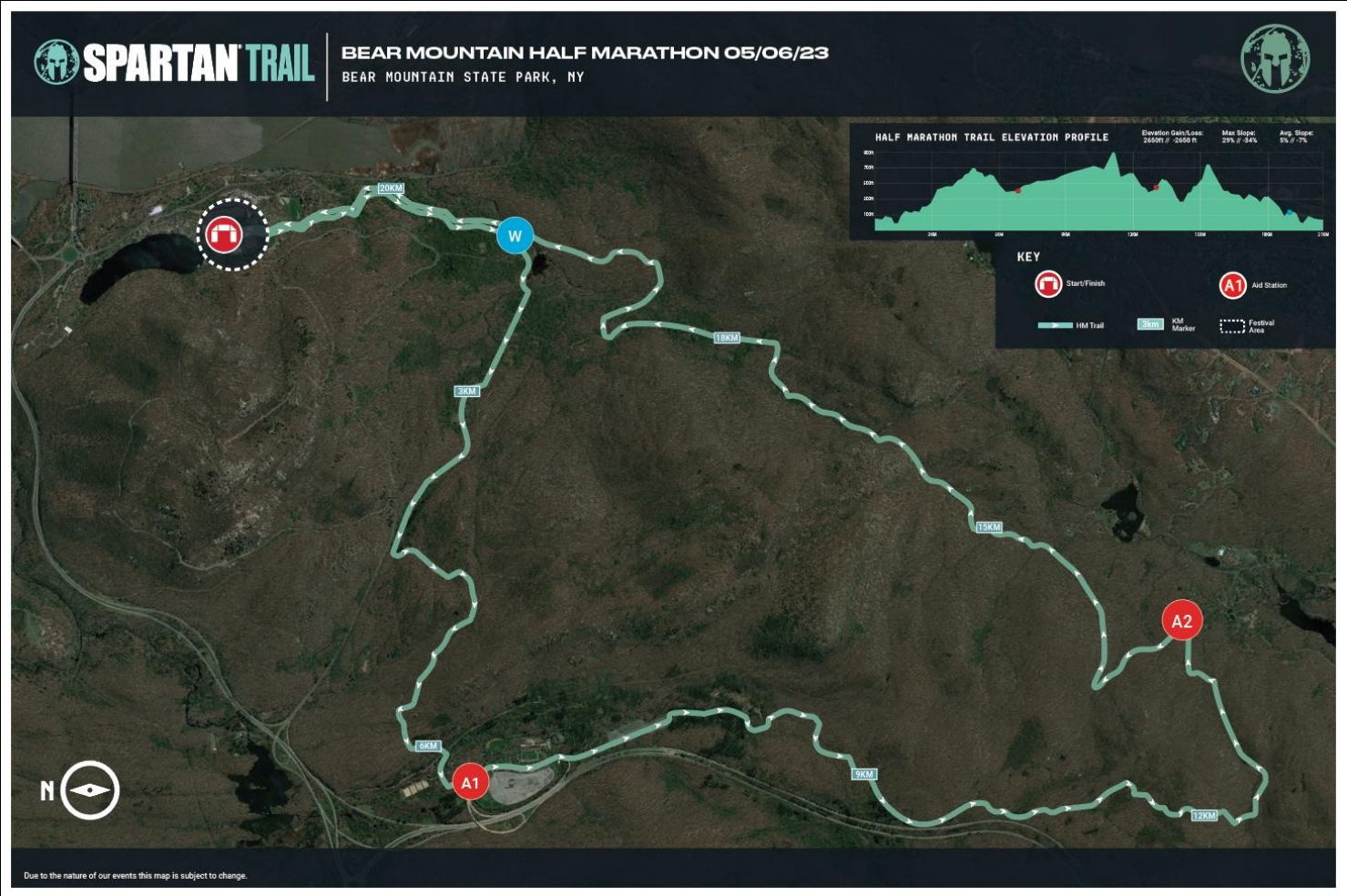
COURSE MAP - 10K



[Link to Interactive Course Map](#)



# COURSE MAP - HALF MARATHON

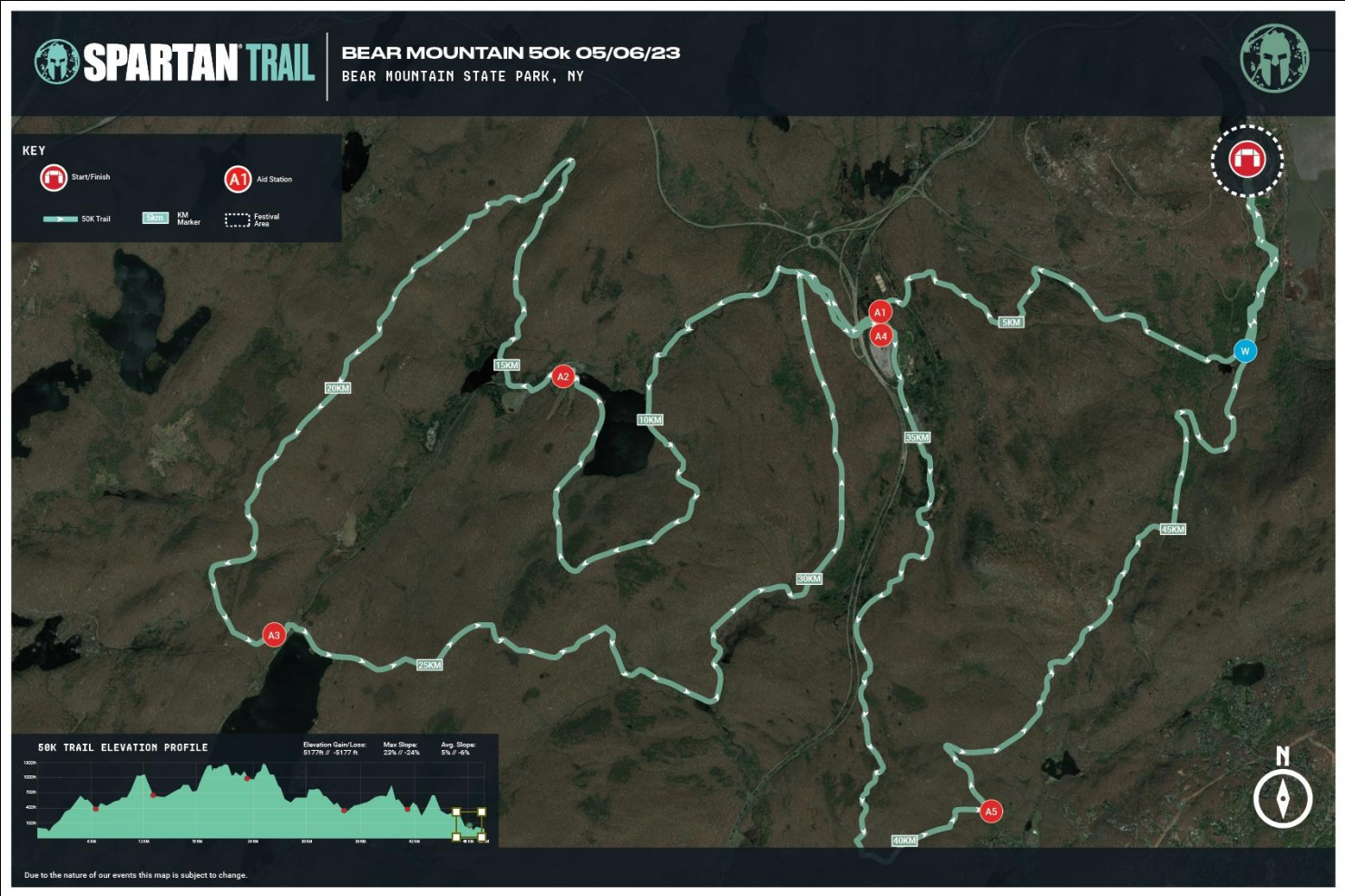


[Link to Interactive Course Map](#)





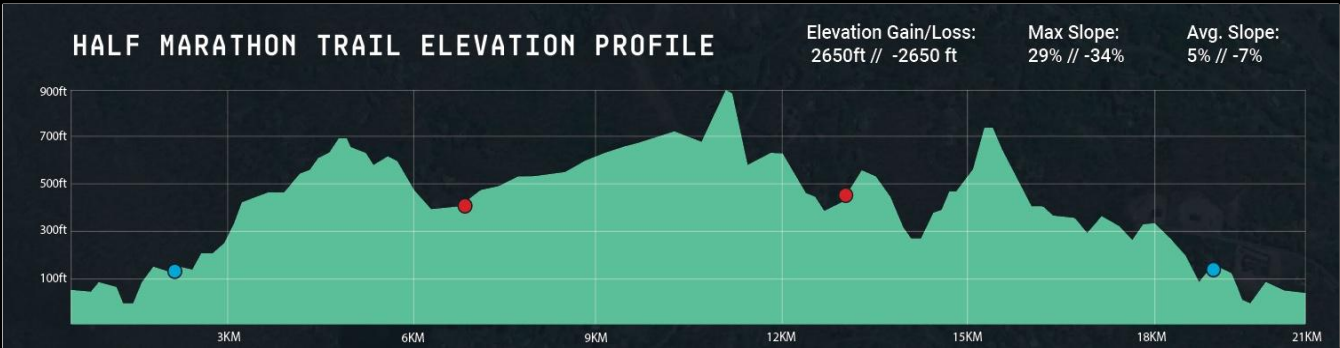
COURSE MAP - 50K



[Link to Interactive Course Map](#)



COURSE ELEVATION PROFILES





## ON-COURSE HYDRATION TIPS

- Make sure to fill your pack up prior to the race.
- 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.
- Make sure to properly hydrate in the week leading up to the event.

## COURSE CUTOFFS

The time limit for the 50k is 10 hours, or 5:00pm. Intermediate checkpoints will have cutoffs based on approximately the same pace required to finish the race within the 10 hour time limit. Those intermediate cutoffs refer to the time by which racers must be *leaving* the checkpoint, not arriving. Specific cutoff times are listed in the "Aid Station Details" chart.

The half marathon and 10k distances will use the same cutoff times as the 50k both for the intermediate checkpoints and the finish line.

## INCLEMENT WEATHER

In the event of inclement weather such as lightning, tornadoes, hurricanes, and the like, Spartan Race reserves the right to eliminate 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.

## EQUIPMENT & CLOTHING

- On-course drop bags must be dropped off and picked up from the Anthony Wayne aid station (which is also your parking area).
- In addition to drop bags, we will have a bag check area at the start/finish line for warm layers and any other items you may want at the finish line.
- We do not have changing facilities or showers, please plan your gear accordingly.
- Hydration packs or handheld water bottles are strongly recommended for all racers.
- Our official merchandise store will open at the same time as the festival area. Forget your racing shoes, change of clothes, spare socks? We can help.

## CREW AND PACERS

- No pacers are allowed for any distances. Crew is only allowed at Anthony Wayne aid station.





## OFFICIAL TRAIL MERCHANDISE

Whatever the weather, we've got you covered.

- The latest Spartan Trail apparel from Craft
- Hydration vests and accessories from Weiss

## 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>

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





## FOOD/BEVERAGES & SPONSOR SAMPLING

- Food and beverages will be available for purchase on-site.
- Be sure to visit the Festival for free samples and the opportunity to purchase Spartan-approved products from our great sponsors.

## FACILITIES

- Restrooms are located near the start/finish line as well as at the Anthony Wayne parking area and aid station.
- On-course drop bags must be dropped off and picked up from the Anthony Wayne aid station (which is also your parking area).
- In addition to on-course drop bags, we will have a bag check area at the start/finish line for warm layers and any other items you may want at the finish line.
- Spartan does not offer showers or changing facilities, please plan accordingly.







## 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.

Spartan+ members can access HD watermark-free versions of their race photos to download and share from their Spartan Account.

## VOLUNTEERS

Want to run for free at your next event? Experience Spartan in a new way and volunteer with us! Celebrate at the Start, Finish or encourage our participants throughout the course. Explore the possibilities here:

[Volunteer Sign Up Link](#)

## AWARD CEREMONIES

**ELITE AWARDS CEREMONY:** The top three males and females Elite competitors will be awarded with a Spartan Delta on the podium.

**AGE GROUP AWARDS CEREMONY:** Six (6) Age Groups will be recognized on the podium and awards given for the top 3 males and females from each Age Group: 14-19, 20-29, 30-39, 40-49, 50-59, 60+

## SPECTATOR PASSES

- All spectators need to sign a waiver for a Spectator Pass. Spectator Passes are free, and available onsite.
- Wristbands can be picked up at the Registration Tent on Race Day.
- Food, drink, and sponsor product will be available for purchase.
- Some venues have unique spectator viewing access to get your favorite Spartan Racer’s picture.



## 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.
- Racers must be at least 14 years old to participate. 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.
- 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.
- Please DO NOT call the venue with any questions.
- Our [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 6:00am on race day. The Festival will feature leading national sponsors with free swag, healthy and functional F&B brands sampling free foods and beverages, gear and accessories companies, and more. Remember to bring cash or credit cards to take advantage of deals only available to Spartans!

Official Spartan Merchandise area:

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.

## FESTIVAL SPONSORS

- Craft

## FESTIVAL EXHIBITORS

- Hop WTR

## 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!