



SPARTAN RACE / MMXXII

SPARTAN RACE DAY PROGRAM

SAN JOSE TRAIL CHALLENGE

Sanborn County Park +
Castle Rock State Park
SEPTEMBER 30, 2023



10K



HALF MARATHON



50K





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SAN JOSE COUNTY 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:

16055 Sanborn Rd, Saratoga, CA 95070

*Due to limited parking onsite Spartan is highly encouraging participants to carpool to the event. Please plan accordingly and expect possible delays entering the venue due to possible traffic from construction in the area

GENERAL PARKING COST*:

*Venue controlled parking costs are NOT included in your registration fee.

All racers should come prepared with \$6 CASH - (1) \$5 bill and (1) \$1 bill.

EXACT change is required.

The venue does not accept any credit or debit cards and there is no ATM on the property.

DROP OFF INFORMATION:

Drop off/pick up for rideshare apps is permitted at the venue.

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/ VIP PARKING:

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

TRAVEL & LODGING

The closest airport to Sanborn County Park is San Jose Mineta International (SJC). Saratoga and surrounding cities of Campbell, Cupertino, and San Jose have plenty of options for hotels.



SAN JOSE TRAIL CHALLENGE

SEPTEMBER 30th, 2023

RACE DAY SCHEDULE

SATURDAY, September 30th

6:00am	Race Day Packet Pickup Opens
	Festival Opens
7:00am	Trail 50K Start Time
9:00am	Trail Half Marathon Start Time
11:00am	Trail 10K Start Time
11:00am	Registration Closes
1:00pm	10k and Half Marathon Awards*
3:30pm	Last Shuttle Departs
5:00pm	Course Closed
5:30pm	Festival Closes

*50k Elite (overall) awards ceremony will occur once the top three male and female racers have finished. 50k Age Group award winners may collect their awards at the timing tent, but due to the duration of the race there will be no 50k Age Group awards ceremony.



PRE-RACE DETAILS

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

- Visit the [San Jose Trail Challenge](#) event page on our website.
- 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. This is important, as you will have to show your heat time prior to entering, and service can be unreliable.



RACE DAY REGISTRATION FLOW

Please show up to the shuttle location at least 2 hours prior to your start time. Note that all racers must run in their designated start time. NO LATE STARTS WILL BE ALLOWED. 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: Proceed to Registration Tent area and locate a Spartan Volunteer.

STEP 2: Present your photo identification and registration barcode to the Volunteer. Receive your packet. Your packet will include:

- Spartan Bib
- Timing Chip and Wristband

STEP 3: Once you have your race packet and timing chip, proceed to the Festival Area.

STEP 4: Visit the Festival Area where you will find Spartan-approved sponsors/vendors.

STEP 5: Proceed to the start corral.



VENUE & COURSE DESCRIPTIONS

Sanborn County Park is home to well-groomed but steep and difficult trails, which makes for a challenging race for runners of all abilities. Situated on the eastern slopes of the Santa Cruz Mountains and home to giant coastal redwood groves, the park is shaded and relatively temperate even in the hotter months, making it a local favorite for hikers, runners, and mountain bikers. Racers can expect big climbs and descents with good footing on flowy singletrack trails through dense forest.

New for 2023: The 50k course now extends across Skyline Boulevard into Castle Rock State Park to include approximately 13 miles of new trails. In this section of the course, runners can expect slightly more technical terrain but slightly more gentle climbing, epic views, and classic coastal California singletrack.

Special Gear: It is strongly recommended that 50k racers bring water carrying capacity of 1 liter (approximately 32 oz). Half Marathon racers should plan to carry a half liter (approximately 16 oz), and 10k runners should carry the same if you think the race will take you longer than an hour.

AID STATIONS / TRANSITION AREA

At each stop you will be able to drink as much water as you want, however we ask that you only take one (1) cup. All racers will have the ability to fill their hydration pack at the Start Line.

- **Aid Stations:** All aid stations will provide water, an electrolyte drink, sweet and salty snacks, fruit, bars, and energy gels. The brand of electrolyte drink and gel is TBD.
- **50K:** On Course: the 50k course will have 8 aid stations, located at approximately miles 4.3, 6.9, 12.4, 15.4, 17.8, 21.2, 25.1, and 28.8. That's a lot of aid! However, the section between the Campground Aid Station and Saratoga Gap is long, technical, and involves quite a bit of climbing, so it's important to bring enough water to get you through that section.
- **HALF MARATHON:** There will be three (3) aid stations on course, located at miles 3, 6.5, and 10.
- **10K:** There will be one (1) aid station on course, located at mile 3 (the turnaround).



COURSE MAP

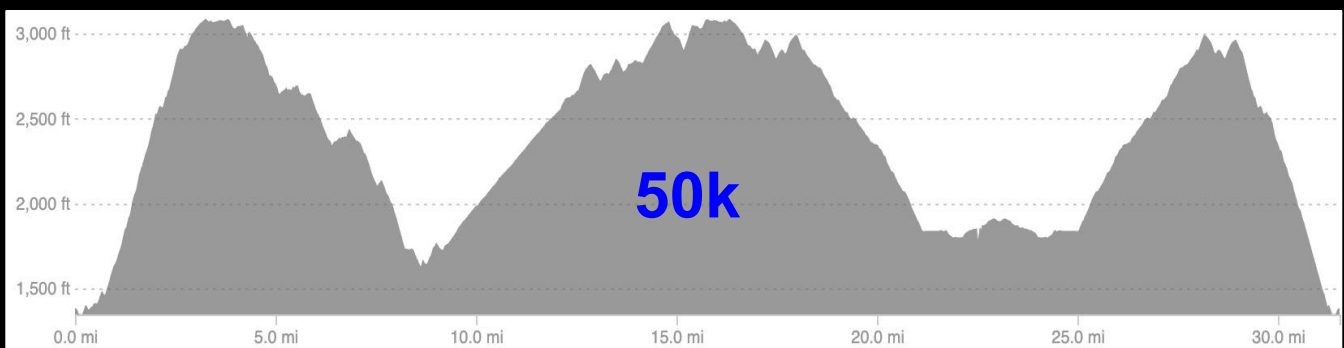
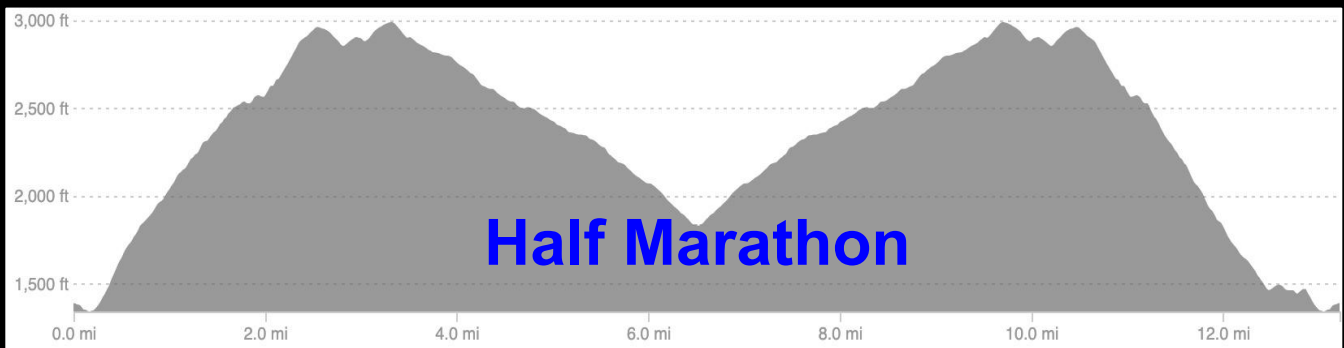
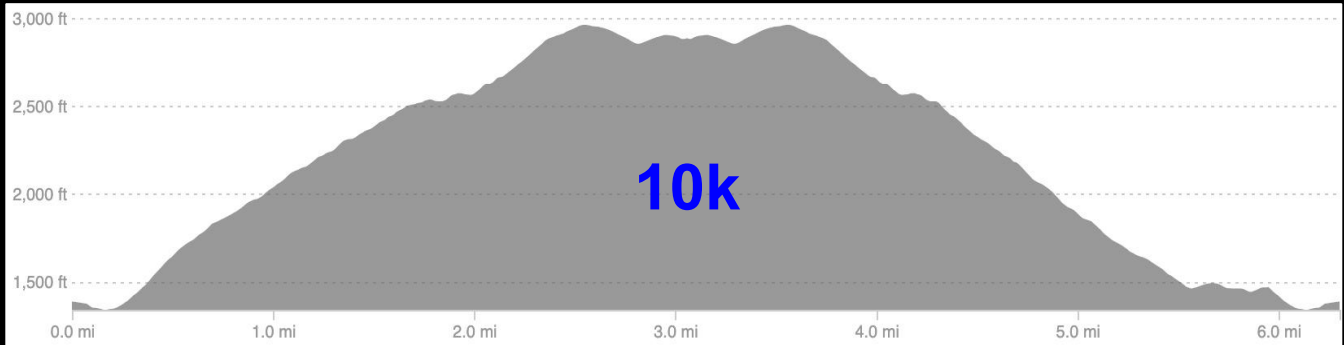
[6.2MI/10k Course Map](#)

[13.1MI / 21k Course Map](#)

[31 MI / 50K Course Map](#)



COURSE ELEVATION PROFILES





AID STATION INFORMATION

<u>AID STATION</u>	<u>50k MILEAGE</u>	<u>10k/HM MILEAGE</u>	<u>CUTOFF</u>
Castle Rock 1	4.3	N/A	N/A
Campsite 1	6.9	N/A	N/A
Saratoga Gap	12.4	N/A	N/A
Castle Rock 2	15.4	N/A	N/A
Skyline 1	17.8	3.0	N/A
Reservoir 1	21.2	6.5	N/A
Reservoir 2	25.1	N/A	3:30pm
Skyline 2	28.8	10.0	4:30pm



ON-COURSE HYDRATION TIPS

- Make sure to fill your pack up prior to the race. You can purchase hydration packs at the merchandise tent on race day.
- 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 course cutoff is 10 hours for the 50k, or 5:00pm. Shorter distances may take advantage of the full duration of the 50k time limit. Additionally, there will be a cutoff at the Lake Ranch Reservoir Aid Station (mile 25.1) at 3:30pm (8.5 hours) and the Skyline Aid Station (mile 28.8) at 4:30pm (9.5 hours). Additional cutoffs may be established at the discretion of the race director.

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

- Bag check will be located [near the start line](#)
- We do not have changing facilities or showers, please plan your gear accordingly.
- Hydration packs are strongly recommended for all racers.



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 line.
- Bag check will be located near the start 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 overall will be awarded with a Spartan Delta on the podium. See race day schedule for awards ceremony times.

AGE GROUP AWARDS CEREMONY: All 6 Age Groups will be recognized on the podium and awards given for the top 3 males and females from each Age Group. Age groups are as follows: 14-19, 20-29, 30-39, 40-49, 50-59, 60+

SPECTATOR PASSES

- Spectators can attend for free, but all spectators must fill out a digital waiver upon arrival.
- Wristbands can be picked up at the Registration Tent on Race Day.
- Food, drink and sponsor product will be available for purchase.



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.
- 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 [San Jose Trail Challenge](#) 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

Open 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, gyms and trainers to help you warm up and cool down, workout and OCR gear and accessories companies, and much more. Remember to bring cash or credit cards to take advantage of deals only available to Spartans!



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!