



SPARTAN™

ATHLETE GUIDE

SPARTAN MISANO ADRIATICO
September 17/18th 2022

#SPARTANMISANO
#SpartanItaly



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SPARTAN MISANO ADRIATICO

Welcome to Misano Adriatico!

For the fifth year, Misano Adriatico is once again a successful race stage and the best way to live and enjoy an end-of-summer weekend with your family and friends, between Spartan, party and fun. Its route, along the Adriatic seafront, is now famous. Beast (the new race since 2021 becomes now the final Italy National Series 2022), Kids on Saturday, Super and Sprint on Sunday. Spartan and Misano Adriatico are an indissoluble pair!

Bring who you want, spectator access is free!

foodspring[®] CRAFT[®]

amazfit

SINCE 1946
ICAM
CHOCOLATE BY NATURE

PRO
UP^{20g}
UN SOGNO DI PROTEINE



WELCOME!

PARKING

For this event, there will NOT be a parking dedicated.



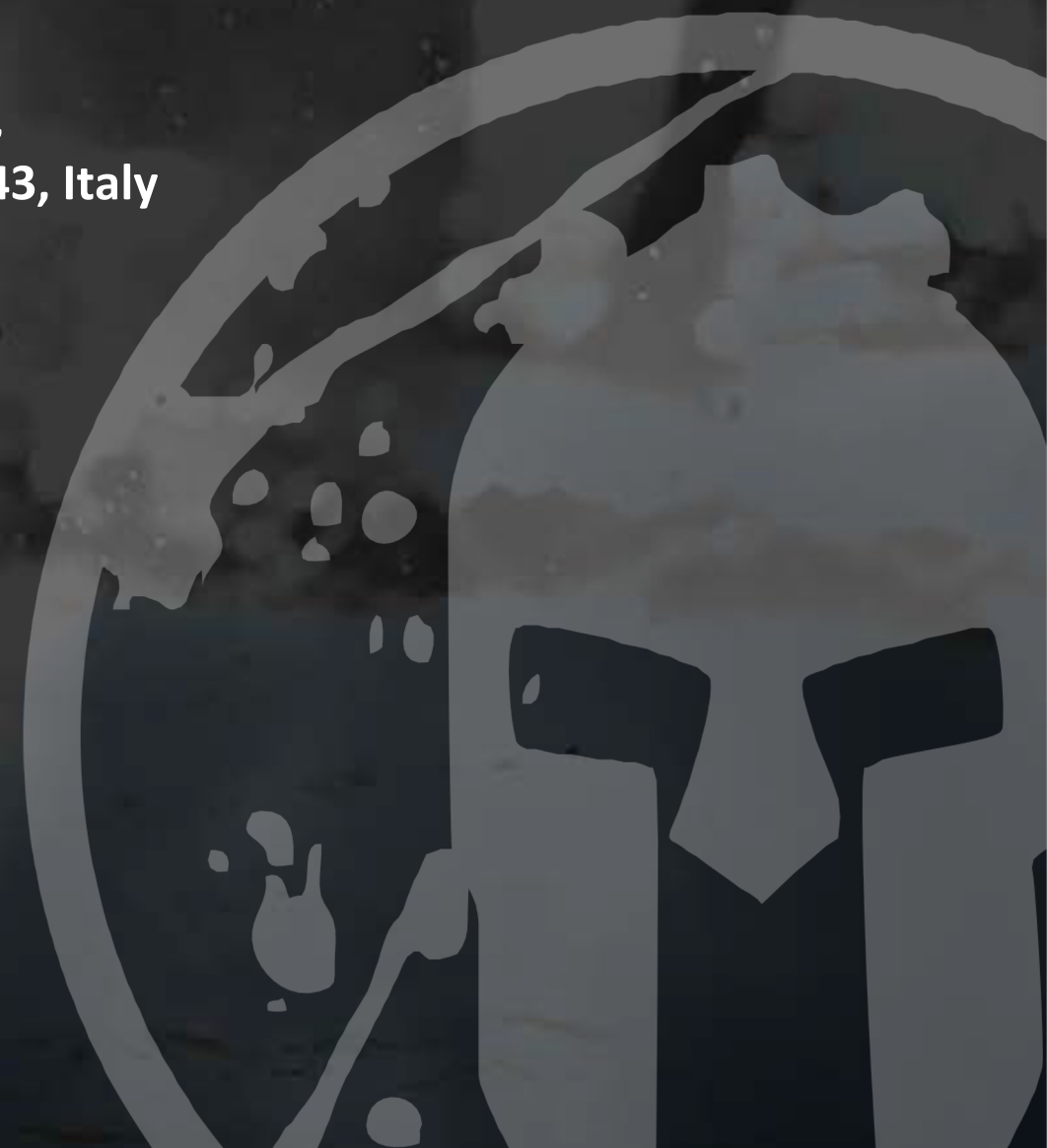
HOW TO GET THERE



[CLICK HERE TO GET DIRECTIONS](#)

Event location:

Arena 58, Via Romagna 21,
Misano Adriatico, RN, 47843, Italy





SCHEDULE

SATURDAY, SEPT 17TH

04:00am - 08:00am	Hurricane Heat - Start
8:00am - 12:00pm	Registration & Check-in (Beast race)
8:00am - 11:00pm	Festival Area
9:00am	Beast Elite - Male (Italy National Series)
9:10am	Beast Elite - Female (Italy National Series)
9:20am - 10:30am	Beast Age Group (Italy National Series)
11:00am - 12:30pm	Beast Open
1:30pm	Hurricane Heat 24HR - Start
2:00pm - 3:00pm	Registration & Check-in (SpartanKids)
3:00pm	Awards Ceremony Beast - powered by Amazfit
6:30pm	AWARDS CEREMONY > ITALY NATIONAL SERIES
7:00pm-8:30pm	Registration & Check-in (Night Sprint)
8:30pm-10:00pm	Night Sprint

SUNDAY, SEPT 18TH

8:00am - 3:30pm	Registration & Check-in (Super/Sprint)
8:00am - 6:30pm	Festival Area
9:00am	Super Elite - Male
9:10am	Super Elite - Female
9:20am - 10:30am	Super Age Group
10:45am - 1:00pm	Super Open
2:00pm - 5:00pm	Sprint Open
3:00pm	Awards Ceremony Super - powered by Amazfit

11:00 - 13:00 SPARTAN KIIDS NEW SCHEDULE (SEE NEXT PAGES)



AGE GROUP CATEGORIES

BEAST AGE GROUP 17TH SEPTEMBER

- 9.20 AGE GROUP MEN 18-24 / 25-29
- 9.30 AGE GROUP MEN 30-34
- 9.40 AGE GROUP MEN 35-39
- 9.50 AGE GROUP MEN 40-44
- 10.00 AGE GROUP MEN 45-49
- 10.10 AGE GROUP MEN 50-54 / 55-59 / 60+
- 10.20 AGE GROUP WOMEN 18-24 / 25-29 / 30-34 / 35-39
- 10.30 AGE GROUP WOMEN 40-44 / 45-49 / 50-54 / 55-59 / 60+

SUPER AGE GROUP 18TH SEPTEMBER

- 9:20 AGE GROUP MEN 18-24 / 25-29
- 9.30 AGE GROUP MEN 30-34
- 9.40 AGE GROUP MEN 35-39
- 9.50 AGE GROUP MEN 40-44
- 10.00 AGE GROUP MEN 45-49
- 10.10 AGE GROUP MEN 50-54 / 55-59 / 60+
- 10.20 AGE GROUP WOMEN 18-24 / 25-29 / 30-34 / 35-39
- 10.30 AGE GROUP WOMEN 40-44 / 45-49 / 50-54 / 55-59 / 60+



SPARTAN KIDS POSTPONED

IMPORTANT: DUE TO ADVERSE WEATHER FORECAST SPARTAN KIDS HAS BEEN POSTPONED TO SUNDAY

If you have purchased a Spartan Kids ticket, your registration remains valid for Sunday, according to the programme listed below:

- 11:00** Spartan Kids - 3,2km (from 10 yo)
- 11:30** Spartan Kids - 1,6km (from 7 yo)
- 12:00** Spartan Kids - 0,8km (from 4 yo)
- 12:30** Spartan Kids - 3,2km COMPETITIVE (10-11yo)
- 13:00** Spartan Kids - 3,2km COMPETITIVE (12-14yo)

The Kids Registration Area will be open from 10 a.m. at the Kids area inside the park.



INFO PRE-RACE

1. Bring your registration barcode and a valid ID
2. Check in and change at the changing tent
3. Leave your bag (small size) at bag check
4. Warm up before the start

PRE-RACE

1.

ARRIVE 45 MINUTES BEFORE YOUR START TIME!

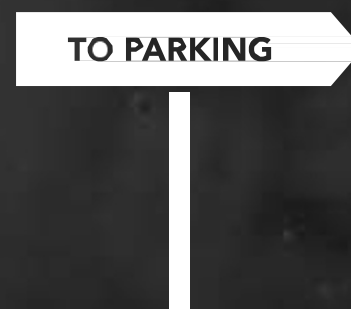
To limit the risk, you may not enter the festival area more than 45 minutes before your departure time.

45 minutes

2.

FOLLOW THE DIRECTIONS AND RESPECT THE RULES

Always follow the instructions given by our volunteers and the signs present.)



3.

CHECK IN

Show your confirmation email with barcode at the Registration Area, together with an ID.



4.

START LINE

Wear your Spartan headband (to be recognisable to our photographers). Wear the yellow wristband with the timing chip.



5.

BAG CHECK & CHANGING TENT

Change at our changing tent and leave your bag at bag check.

RACE DAY



3 2 1 ... GO!

-
- 1. When the speaker calls your Heat, go to the start line**
 - 2. Enter in the Warm Up area.**
 - 3. Follow the Volunteers' directions for a safe start**
 - 4. When the countdown starts: 3, 2, 1... GO!**

S E L L R U L E S



ETIQUETTE

1. KEEP TO THE RIGHT - OVERTAKE ON THE LEFT
2. ALWAYS RESPECT INTERPERSONAL DISTANCE
3. STAY HYDRATED - you will find aid stations on the route
4. BE GREEN
5. 30 PENALTY BURPEES in case of obstacle failure
6. RESPECT VOLUNTEERS at all times, they are there for you!

1.

KEEP RIGHT - OVERTAKE LEFT

During the race keep to your right to allow faster runners to pass. If you want to pass someone, make sure you let them know you are coming up on their left. A simple "on your left!" is sufficient. Do not overtake on single track.



2.

ALWAYS RESPECTS INTERPERSONAL DISTANCING

While running, overtaking or performing burpees make sure you always respect the interpersonal distance with other Spartans.



3.

STAY HYDRATED!

Take advantage of all the water stations to keep you hydrated during your run. If you run the Beast you will be given the opportunity to carry a camel bag.



4.

BE GREEN

We want to protect the order and beauty of nature along the race, so remember not to leave any rubbish behind during the ride: you will find several bins placed at each water station.



5.

30 BURPEES

If you fail an obstacle, you may have to complete a penalty of 30 burpees.



6.

RESPECTS VOLUNTEERS

Always show respect to the volunteers you meet on the race. They will be there to help enforce rules and safety standards. Listen to them and help us thank them, it is very important.





FINISH LINE!

1. Fire jump and smile, you have finished Spartan Misano Adriatico!
2. Collect your medal
3. Collect your finisher t-shirt and refresh yourself at the finish line
4. Get your best smile ready, it's time for a photo at the Hero tent by Sportograf!
5. Rinse off at the showers
6. Pick up your bag at the bag check
7. Change at the changing tent
8. Check your final result at the Timing-tent
9. Want a souvenir? Engrave your medal at the medal engraving!
10. Now... relax! In the festival area you will find refreshment stations to have something to eat and wait for your friends.



BE SOCIAL!

Post your photos or stories on your social, show everyone the best moments of your race!

Remember the official hashtags:

#SPARTANMISANO
#SpartanItaly

And tag us
[@spartanraceitaly](https://www.instagram.com/spartanraceitaly)



AND... NOW?

We are waiting for you in Malta!

October 22-23th, 2022

Spartan Malta- Trifecta Weekend

#SpartanMalta

Archipelago full of history and culture, loved over the centuries by writers and artists of all kinds and origin, Malta and its citizens are ready to welcome you for a Trifecta Weekend without equals.

At the end of October, it's still summer here and you can run around breathing the scents of a new culture and admiring the landscape, including the wonderful Mdina. Don't underestimate it... Malta will surprise you.



CONTACT US

Do you have more questions?

Check out our FAQ [here](#) to find the answers to your questions:

- For transfer procedures [here](#)

And more...

In addition, you can contact us at:
italia@spartanraceeurope.com