



# 19 MAY 2019

## BERN

### Address

Waffenplatz Sand, Moosseedorf

### Timeline

11.00	Opening Village Issuing starting numbers (up to 16.00 Uhr)
12.00	Start SpartaKids
12.20	Start SpartaTeens
12.45	Start SpartaJuniors
13.30	Award ceremony Sparta Kids/Teens/Juniors
14.15	Start Teams
16.00	Start Singles
after last runner, Award ceremony Singles and Teams	

### Food & Beverage

There will be a rich offer of drinks and food to buy, between 12.00 and the end of the event.

### Bib distribution

All athletes are kindly asked to get their bib at least 30 minutes before their start, to prevent delays. There is also the possibility to sign up for the run directly on place.

The starting number can also be picked up at the PowerFood Store at PostParc Bern from May 13 to 18 2019, during shop opening hours. At the same time, when you pick up your starterbag at PowerFood, you will receive 15% discount on your purchase in the store.

### Merchandising

The included shorts are distributed together with your bib and the starterbag. Already purchased merchandising can be collected at the merchandising tent. Your bib is required for collecting your clothes!

While the village is open all our merchandise is for sale. you can pay either cash or by card.

### Starterbag

Every athlete receives a starterbag. Included is a Spartacus Run headband, shorts and gadgets of our sponsors. Furthermore every participant receives a finisher medal by crossing the finish line.

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## Warm Up

There is a guided warm up 15 minutes before the start of each category.

## Singles

The route contains 2 laps, 5.25km each with 12 obstacles per lap. There is a block start, to increase the quality with bigger numbers of participants. One block contains about 100 athletes and there is free choice of the blocks. We ask you to choose a block according to your current fitness level. The ranking is made due to the net time.

## Team relay

Every first runner of a team starts at the same time. Each team member completes one lap, one after another. There is never more than one athlete of each team on the route. When the last runner is about to finish the lap the team is allowed to cross the finish line together, to get a picture together. Therefore there will be a teamzone in front of the finish line.

## SpartaKids

The categories SpartaKids and SpartaTeens are running on a separate route, close to the village. One lap is about 500m. The category SpartaJuniors completes one lap on the original parcours.

## Winner ceremony

The 3 fastest runners of each category (men and women) are entitled for the award ceremony, as well as the 3 fastest teams (men, women and mixed).

## Showers and lockers

There will be showers and lockers at the village. We recommend traveling already with your sport clothes on.

## Depot

There will be the possibility to hand over your valuables in a depository, for free. This area is under surveillance all the time. The organizer does not take any liability.

## Ranking

The updated ranking is available on Race Result incl. live results: <https://my1.raceresult.com/?lang=de>

## Photoservice

A photo service is provided by Sportograf. They take pictures during the race and you will have the possibility to get all the photos of your bib in the Sportograf Foto-Flat. You can order the photos after the Spartacus Run on [sportograf.com](https://sportograf.com).



## Directions

### Public Transports

From Schönbühl railway station under the A1 motorway in the direction of the Floorball arena and on to the Start/finish area at the Sand Weapon Field. Walking distance max. 10 minutes. Signposting will be available.

### Car

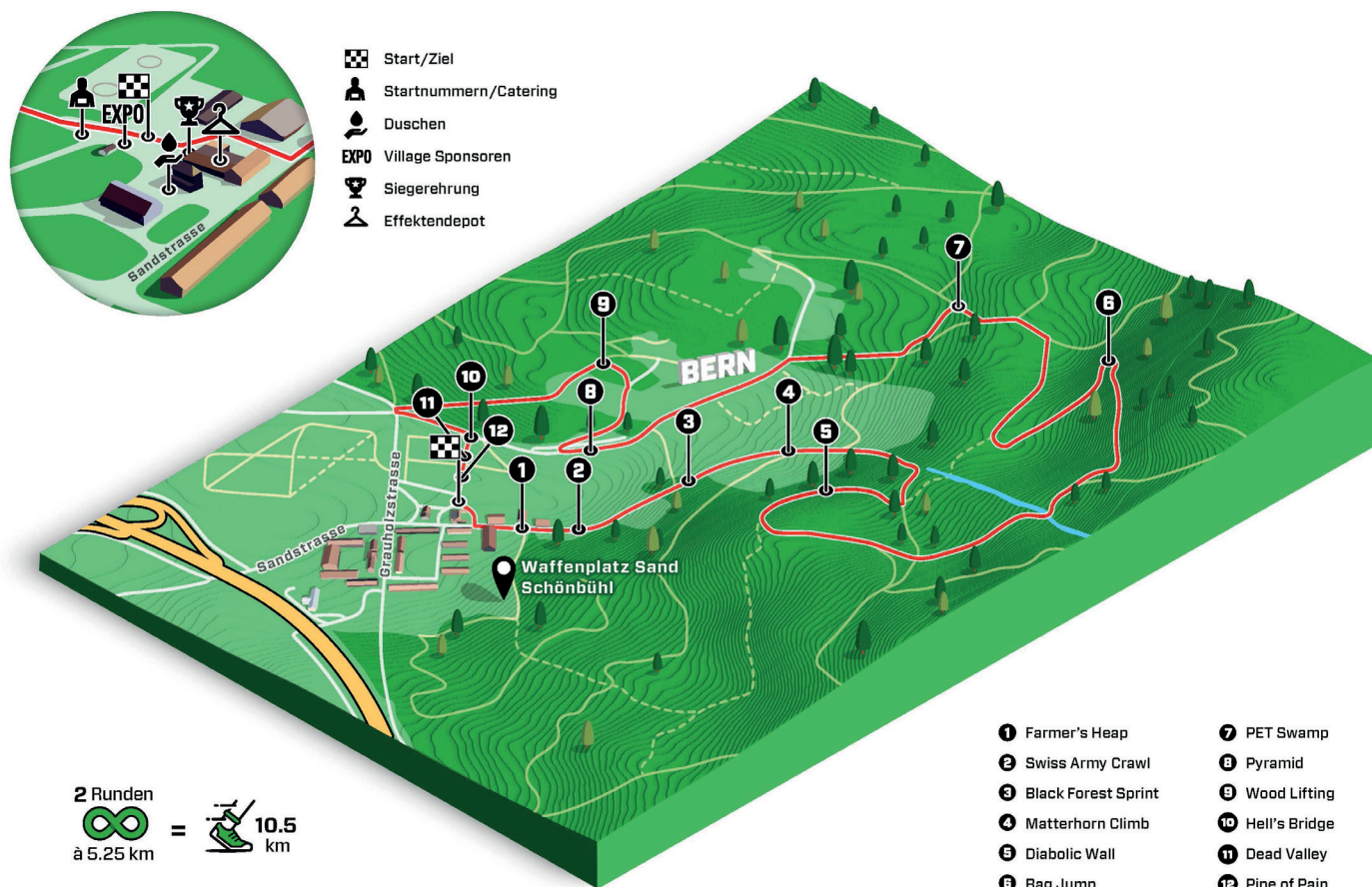
From the A1 motorway take the exit Schönbühl and follow the signs to the Weapon place Sand.

### Parking

There is a limited number of parking spaces. Follow the instructions of the staff and follow the signage.

**We strongly recommend traveling by public transports.**

### Map



## Contact

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