**INFORMATION**

**RACE DAY -ALL has changed: SAT NOON for 2025**

**LIONHEARTS ALL** (Including teens, competitive, everyone,)

RACE AT NOON together. ONE obstacle at a time, until ALL cross! It’s the ***Lionhearts*** way.

**SPARTAN RACE HAS SPONSORED OUR YOUTH, PAYING FOR ALL RACES, OUR TENT SITE AND PREFERRED PARKING. WEAR YOUR LIONHEARTS SHIRT**

PLEASE BE RESPECTFUL, COURTEOUS, AND THE BEST EXAMPLE TO THE COMMUNITY OF **LIONHEARTS**

**RACE DAY**

**WE HAVE THESE RACES in ATLANTA**

**1.**  **SAT KIDS (ALL) NOON**

**2. SAT OPEN Teens and Adults Sprint 2:15, Beast (Luccketta ONLY)**

**3. SAT/SUN COMPETITIVE KIDS RACE BOTH DAYS 3k for 9am boys 9:15 Girls**

**4. SUNDAY SUPER 7:00-7:45**

LIONHEARTS MAY ARRIVE AS EARLY AS 8 a.m.

* **THE ALL race is at NOON**. (Please consider that when planning.) We will have a tent for gathering, water, and welcome. BRING YOUR OWN Chairs. FOOD (Only healthy please. And no large meal before racing, only snacks.)

ALL RACERS Please arrive no later than 10:30 for Race Packets and instructions.

The first start time (Competitive) is at 7:45 AM. Kids competitive will start at (9:00am)

* The TEEN (adult) Spartan Open race TBA

 This is a CASHLESS event. Please be sure to have a credit/debit card or contactless payment method ready for purchases you may wish to make.

**RACE DAY INFORMATION**

The older teens and coaches will run alongside the youth, in the 2-mile race.

**Coaches and Parents may not help the Spartan/Savage Racers with obstacles, but teammates (including Teens,) can!**

**I know many of the youth can race more, but we want to all have fun together and choose the 2-mile for all.**

**DO NOT TOUCH ANY CHILD**

**The youth have this! In any extreme case, Coach Luccketta will be able to help.**

**Parents can run alongside the cordoned-off area.**

The ***Lionhearts*** have an older team (adults, which are ages 13 and up,) which includes the coaches, some parents, and older youth. Feel free to join us by signing up.

We have quite a few people participating, and some have their youth running alongside them, do so at your discretion.

We are spending the whole day at the festival grounds.

Thank you! We will have a wonderful time!

~shell

Coaches: Luccketta, Stacie

**What to wear:**

Lionhearts Shirt, Race Shoes, thin breathable socks (NO COTTON)

If needed we will not put sunscreen on our youth. Parents, please accept that responsibility. We do provide bug spray made from essential oils.

**Parents and Teens What to bring:**

Backpack, lunch, water bottle, snacks, fruit **(Label Everything)**

ID, Money, and Directions to and from the venue.

Emergency Phone numbers of Coaches Stacie -423-227-7841

**A complete extra outfit**. A large plastic bag to put all muddy clothes and towels for your children and car!

You’ll want to change after the race.(Flip Flops/Sandals are preferred after the race!)

A small bag for all odds and ends. Put your name on it.

**Water – the more the better**

***Staying hydrated before, during, and after a race is a key and the single most important element for you to perform to the maximum. Although most races will have water stations throughout the course, they will be sparsely located at every mile or so. We will bring water by the gallon. Hydration is very important.***

There is no spectator age limit. All are welcome, but the youth spectators are your responsibility.

The Lionhearts tent is very easy to find when you enter the Festival Grounds! Have a GREAT TIME.