# OPORD: Spartan Race Run/Volunteer

# Prado Regional Park, Chino CA

Sunday, 26 January 2020 (6:20am - Approximately 8:00pm)

* **6:20 am**: Report directly to the **parking lot in front of school.** The cadet in charge (**Cadet Colonel Joshua Christoph**) will call roll. (If you cannot make it please call 951-375-7162)
* **6:25 am**: CIC will inspect all cadets to ensure they are properly dressed (**Blue PT Shirt, Athletic Shorts and Athletic Shoes)**
* **Note 1:** You may wear **long sleeve** underneath the PT shirt or **leggings** underneath.
  + You will be running through **water, dirt, grass, gravel, etc.**
  + Please bring **$14** for the **admission fee.**
* **6:30 am**: Hit the road, travel time **1hr 15min**
* **7:00 am:** Breakfast pit stop.
* **8:00 am**: Unload bus/sign; check in
* **9**:**15 am:** The **Spartan Race 5k** begins. This will be the first race of the day
  + Three to Four hour race time.
* **1:00 pm-2:00 pm:** After the race we check in for lunch and get ready to volunteer.
* **Note 3**: Bring **another set of clothes** for after the race because we will be doing hands on

**Volunteering** which means you will **be getting dirty again.**

* **8**:**00pm:** Approximate arrival time at Hemet High School. Cadets will be asked to contact parents or guardians upon departure from Prado Regional Park.
* **Note 4: Bring Money, Extra Shoes, A Bag, Sunscreen**, **Bring your ticket**, **Towels**, **Student IDs** and any other **important necessities** you will need for this trip.
* 5K 20 Obstacles

The Sprint may be our shortest distance race, but it’s still a favorite amongst both new and returning racers. It’s the perfect distance for those looking to start their Spartan journey. The Sprint also allows returning racers a manageable distance to see how far they can push themselves. Delivering 20 obstacles over 5K, you’ll never run the same race twice. Once you complete the sprint you are 1/3 on your Spartan TRIFECTA: The ultimate Spartan achievement.