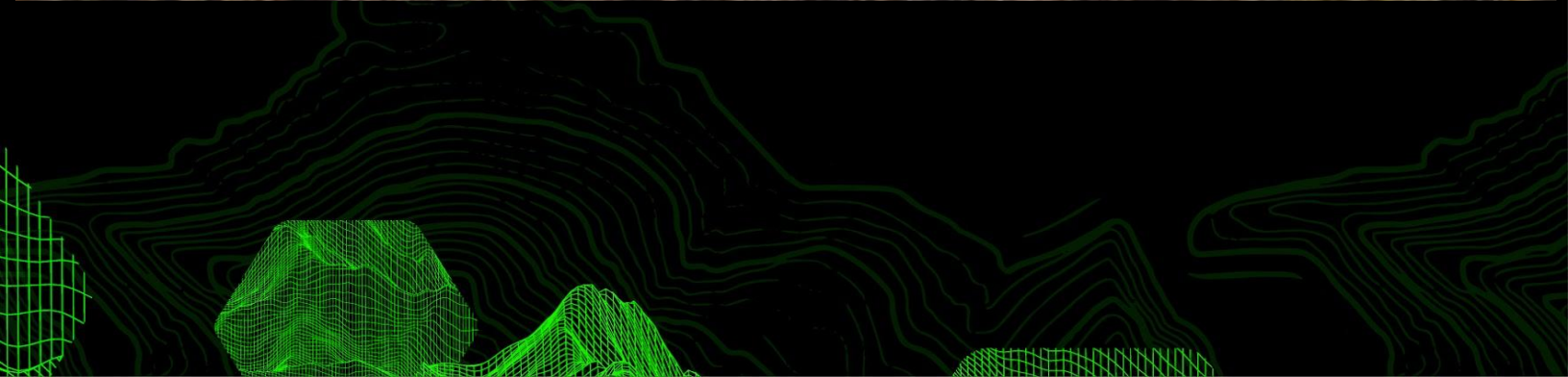




2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

# OCRWC Race Day Program

Race Event Page link: [The OCR World Championships | October 4-6, 2024](#)



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REAL UNREAL!

Mammoth Lakes, CA

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# OCRWC Event Information

- 3 Event Schedule
- 4 Event Parking
- 5 Travel & Lodging
- 6 Course Description & Aid Stations
- 7 On Course Considerations
- 8 Gear List and Considerations
- 9 Ancillary Events
- 10 Festival Information
- 11 Registration
- 12 Volunteers & Spectators
- 13 Local Offerings
- 14 Contact OCRWC



# EVENT SCHEDULE

For All Course Rules and Participant Details, visit:

[ocrworldchampionships.com/races](https://ocrworldchampionships.com/races)

## Thursday, October 3

Athlete check-in	2:00 pm - 6:00 pm
Merch Shop	2:00 pm - 6:00 pm
Welcome Dinner	6:00 pm - 8:00 pm

## Friday, October 4

Athlete check-in	7:00 am - 3:00 pm
Merch Shop/Festival	8:00 am - 3:00 pm
3K Championship Heats	9:00 am - 1:00 pm
Parade of Nations	3:00 pm
Country Team Photos*	3:10 pm
3K Awards	3:30 pm
100m Championships Heats	9:00 am - 5:00 pm
Jersey Swap/Bingo Night	7:00 pm - 9:00 pm

## Saturday, October 5

Athlete check-in	8:00 am - 3:00 pm
Merch Shop/Festival	8:00 am - 3:00 pm
15K Championship Heats	9:00 am - 3:00 pm
15K Awards	5:00 pm
100m Championships Heats	9:00 am - 5:00 pm

## Sunday, October 6

Athlete check-in	8:00 am - 3:00 pm
Merch Shop	8:00 am - 12:00 pm
Festival	8:00 am - 5:00 pm
Team Relay Championship Heats	9:00 am - 12:30 pm
Team Relay Awards - PRO	1:00 pm
Charity Open	3:00 pm - 5:00 pm
100m Championship Heats	9:00 am - 1:00 pm
100m Championships Semi/Finals	3:00 pm - 5:00 pm
100m Awards + Charity Check	5:00 pm
Presentations	
Closing After Party	5:30 pm

**\*\*ALL INFORMATION ABOVE IS SUBJECT TO CHANGE**

More Information on the Country Team Photos can be found on the event website.



2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

# EVENT PARKING

VENUE ADDRESS: Canyon Lodge - 1000 Canyon Blvd, Mammoth Lakes, CA 93546

## VIP PARKING:

1000 Canyon Blvd., Mammoth Lakes, CA

VIP parking will be available for **pre-sale only** leading up to the event. Purchase your VIP parking spot at time of checkout. [The OCR World Championships | October 4-6, 2024](#)

## GENERAL EVENT PARKING:

1000 Canyon Blvd., Mammoth Lakes, CA

General parking is available on a first come first serve basis at the venue location. Street parking around Canyon Lodge and within the surrounding neighborhoods is available.

## SHUTTLE INFORMATION:

Shuttle service will be provided for those not wanting to park directly at the venue.

Shuttles route:

The Village main parking lot (paid parking) to and from Canyon Lodge.

### Timing for the shuttles each day: (running every 15 minutes)

Thursday 10/3/24 1:40 pm-6:40 pm (packet pick-up day)

Friday 10/4/24 6:40 am-6:00 pm (Event day 1)

Saturday 10/5/24 7:40 am-6:00 pm (Event day 2)

Sunday 10/6/24 7:40 am-7:00 pm (Event day 3)

Town Shuttle information: Detailed Map at Town Trolley - Eastern Sierra Transit Authority ([estransit.com](http://estransit.com))



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## TRAVEL & LODGING

### Travel: Getting to Mammoth Lakes

For the best tips on flights to and from Mammoth Lakes, CA, please visit : <https://www.visitmammoth.com/flying/> or <https://www.visitmammoth.com/travel-info/>

### Travel: Closest Airports

- Reno-Tahoe International Airport (RNO) - 3-4 hour drive from the venue
  - Enterprise available at the airport
- Los Angeles International Airport (LAX) - 5.5 hours drive from the venue
  - Enterprise available at the airport
- San Francisco International Airport (SFO) - 5.75 hours drive from the venue
  - Enterprise available at the airport

### Travel: Special offer flights: from September 6th - October 6th on Friday and Sundays only

- Bishop Airport (BIH) - 45 minute drive from the venue
  - Book SFO-BIH through United Airlines  
<https://www.united.com/en/us>
  - Book car hire with enterprise at Bishop  
<https://www.enterprise.com/en/home.html>
  - Book transfers in advance direct from Bishop  
<https://www.visitmammoth.com/travel-info/flying/airport-transfers-mammoth-lakes/>

### Travel: Lodging

For tips on the best lodging options from OCRWC in Mammoth, including discounts please visit:

<https://www.visitmammoth.com/ocrwc/lodging/>

To be right on the start line we recommend Austria Hof <https://austriahof.com> and 1849 Condominiums

<https://www.1849mountainrentals.com>

For more travel and lodging information visit:

<https://ocrworldchampionships.com/guide-to-mammoth-lakes/>





2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

## VENUE & COURSE DESCRIPTIONS

We are heading back to beautiful Mammoth Lakes Ski Resort for our tenth annual OCR World Championship event weekend. Deep within the Inyo National Forest, these courses are sure to leave you breathless from the beautiful views and wildlife they have to offer. The property provides opportunities for camping, hiking, mountain biking, and has a lively village where you can find food and activities for all ages. With 40+ obstacles, 9+ miles of challenging terrain and 5 unique courses, be prepared for 1 ultimate race weekend.

We kindly ask that you respect this forest as you race and avoid littering of any kind. Aid stations will offer receptacles to dispose of any trash you may have.

Anything taken out with you on course must come back with you, aside from litter, which can be disposed of at aid stations. Anyone caught littering or handing items to spectators will be disqualified immediately.

Special Gear: Racers should plan to bring appropriate fuel for their needs. Nutrition will be available on course. Hydration packs (or water containers of some variety) are strongly suggested for all racers. Please note that shoes with spikes are not allowed.

## AID STATIONS

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.

- **15k:** There will be nine (9) aid stations on course, including one (1) hydration pack refill stations
- **3k:** There will be two (2) aid stations on course with no on-course hydration pack refilling station.
- **6k Team Relay:** There will one (1) shared aid station on course with no on-course hydration pack refilling station.
- **5k Charity Race:** There will be one (1) aid stations on course with no on-course hydration pack refilling station.
- **100m:** There will be one (1) aid stations next to the course with no hydration pack refilling station.

Female Kits will be available at each aid station, if needed. Ask your aid station volunteer for assistance.

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2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

## ON-COURSE HYDRATION TIPS

- Make sure to fill your pack up prior to the race.
- 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.
- We highly suggest carrying some type of electrolyte drink in addition to water.
- Make sure to properly hydrate in the week leading up to the event. The altitude is no joke!

## COURSE CUTOFFS

All courses/distances must be cleared by 6:00 pm each race day. Course cutoff for the 15k noted below:

- 4:00pm: Any racer who hasn't passed the Dropzone obstacle by this time will be removed from course.
- 6:00pm: Course closed. Any racers who haven't finished by this time will be pulled from course.

## INCLEMENT WEATHER

As always, weather can be unpredictable. Please come prepared for chilly morning and evening temperatures. If any severe weather happens, all staff and volunteers will direct you to safe zones. Please listen to their direction as they are there for the safety of the racers.

## EQUIPMENT & CLOTHING

- All participants are encouraged to bring a change of clothes, shoes, and a plastic bag for wet and muddy items. Please plan your post-race gear accordingly.
- Hydration packs are strongly recommended for all racers.
- Shoes with spikes are not allowed.
- Our official merchandise tent will open at the same time as the festival area. Forget your racing shoes, change of clothes, spare socks? We can help.

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2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

It is the responsibility of each competitor to know and understand all competition rules and penalties. These rules serve as a common reference guide for all Competitors, Officials, and Volunteers.

## MANDATORY GEAR LIST

- Bibs MUST be worn where they can be seen at all times
- 100% Completion wristbands - must be easily accessible at all times by officials
- Headlamp (optional)
- Water refill pack (optional but highly recommended)

## ITEMS TO AVOID

- Shoes with spikes
- Hand chalk on ANY course (aside from the 100m course) will result in an immediate disqualification
- No headphones are allowed on course (one ear in is ok)
- Littering! Any littering will result in an immediate disqualification

## MOUNTAIN CONSIDERATIONS

Please be mindful of the mountain, as this is a part of the protected US Forest Service land.

- Do not litter! Littering will result in an immediate disqualification
- Do not touch any wildlife
- Do not disturb the vegetation/trees
- If you need to use the bathroom, please wait until you come across one of our many toilet stations to do your business. NATURE IS NOT YOUR BATHROOM here. There are plenty of toilet stops along the course.

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2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

## THURSDAY - COMMUNITY CELEBRATION

Thursday, October 3, 2024 5:30 pm - 9:00 pm

Join us on Thursday evening for a community celebration at Mammoth Brewing Co. in the village. Meet old friends and new to kick off the start of the 10th OCRWC with a casual community get together.

No tickets required, attendance is free, food & drinks will be available to purchase on site.

Location: Mammoth Brewing Co.

## FRIDAY - JERSEY SWAP/Bingo Night

Friday, October 4, 2024 7:00 pm - 9:00 pm

Join us for our annual Jersey Swap and British Bingo night, where you can interact and meet other like-minded racers from all over the world. Bring a jersey from your country and let's mingle over some bingo.

This event is free for all attendees. Food or alcohol will be available for purchase.

Location: Lakanuki in the Village

## SUNDAY - CLOSE OUT PARTY

Sunday, October 6, 2024 5:30 pm - 9:00 pm

As a thank you to the racers, staff, and venue for helping us put on an incredible event, Mammoth Mountain is pleased to host our close out dinner on Sunday, October 6th at 5:30 pm immediately after the final award ceremony.

This event is free for all attendees. Drinks and snacks will be available for purchase.

Join us at Mammoth Brewing Co. directly after awards.

Location: Mammoth Brewing Co.



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## OCRWC FESTIVAL

Opens at 7:00 am Friday, and 8:00 am the rest of the weekend. The Festival will feature many national and local sponsors with highly experiential activations and free swag, samples of 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 credit cards (not cash) to take advantage of deals only available to at this event!

### Event Food & Beverage:

Mammoth Mountain will have a variety of food and beverage options open specifically for this event. Food options can be found within the Canyon Lodge dining areas. For more food options, visit The Village within the town of Mammoth Lakes.

PLEASE NOTE: Cash and Credit Card will be accepted at all dining options.

### Event Merchandise:

Stop by merchandise area within Canyon Lodge to see all of the latest OCR apparel and other swag items from various brands. Get exclusive access to new products before they sell out on race day.

PLEASE NOTE: There will be NO CASH SALES. Credit Cards will be only accepted form of payment in the merchandise area.

All tap pay methods are accepted.

**Bag Check:** Will be available within the festival area for those of you who would like to drop and go, care free. Please respect other racers property when accessing this area.

**Toilets Onsite:** Canyon lodge will have various restroom areas available to racers and spectators. There will be portable toilets available near the start line as well as on course.

**No Showers:** There will be no showers available at this event.

**Medical:** A dedicated medical crew will be available onsite for any level of medical emergency. If needed, search for the medical flags and signs posted around the festival space.



2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

## REGISTRATION

Register in advance online to secure your spot via this link - [The OCR World Championship](#).

For same day registration, visit the Customer Service table at Check In, located within Canyon Lodge.

For more event information, go to [OCR World Championship](#) website.

### **BIB PACKET PICK-UP**

Thursday 2:00 pm - 6:00 pm

Friday 7:00 am - 3:00 pm

Saturday 8:00 am - 3:00 pm

Sunday 8:00 am - 3:00 pm

On race day, please arrive at least 1.5 - 2 hours prior to your start time. Note that all racers must run in their designated start time. You can only pick up your own BIB. Your friends will have to pick up their own.

PLEASE NOTE: There are NO CASH SALES at registration. Any same day registrations can be made via Credit Card only. Apple Pay and Google Pay are not supported.

BEFORE ARRIVAL: Print or screenshot your **Registration QR code and bring your Photo Identification**. Without these we will not be able to register you or check you in.

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## VOLUNTEERS :

Want to volunteer at the event? We are always looking for enthusiastic volunteers to help on event days.

Have a group or organization looking to raise funds? Maybe race as a large team for free? We have the perfect opportunity to help you achieve your goals. Contact [Dustin.Bittroff@spartan.com](mailto:Dustin.Bittroff@spartan.com) for more information.

To sign up go to the following link. [Volunteer Registration - OCR World Championships](#)

Volunteers will receive:

- OCRWC Volunteer t-shirt
- Delicious lunch, light snacks and water
- Free Race Credit or Transferrable entry to future OCRWC event.
  - *Race codes are valid during the year it was earned and through the end of the following year. For example - If a code is earned at a 2024 event, it will be valid through the end of 2025. If a code is earned in 2025 it will be valid through the end of the 2026.*
  - *Race Codes are valid for Spartan US or Canada Open Sprint, Super, Beast, City or Stadion, DEKA FIT, kids, and 10k / 21k / 50k Trail events.*
  - *If you would like to use your volunteer credit for a DEKA Fit, 50% off an Ultra, or any trail distance, you will need to exchange it using the form [here](#).*
- Full Day Race Day (12-hour) Volunteers Receive
  - ALL ^ABOVE PERKS PLUS:
  - \$60 Merchandise Credit to the Spartan Online merchandise shop

\*All volunteers must work a total of eight-hours and check out with the Volunteer Coordinator to receive their free race entry.

\*Same day sign up is available but shift requirements must be met and position will be decided by the on-site Volunteer Coordinator.

## SPECTATORS :

- All spectators have free access to the event.
- An OCRWC Race Waiver signature will be required onsite at the Check In location for all spectators.
- Food, drink and sponsor product will be available for purchase at the event.



2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

## LOCAL OFFERINGS

For a list of some of the local restaurant and business offerings throughout Mammoth Lakes, please visit [www.visitmammoth.com](http://www.visitmammoth.com) or [Mammoth Lakes OCR World Championships 2024 | Visit Mammoth](#)





2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

## CONTACT OCRWC

For any questions or concerns, please visit our website for more event information.

[The OCR World Championships | October 4-6, 2024](https://www.ocrwc.com)

Or email us at [help@ocrwc.com](mailto:help@ocrwc.com) and one of our team members will be happy to answer your questions.

We'll see you out on the course!

