

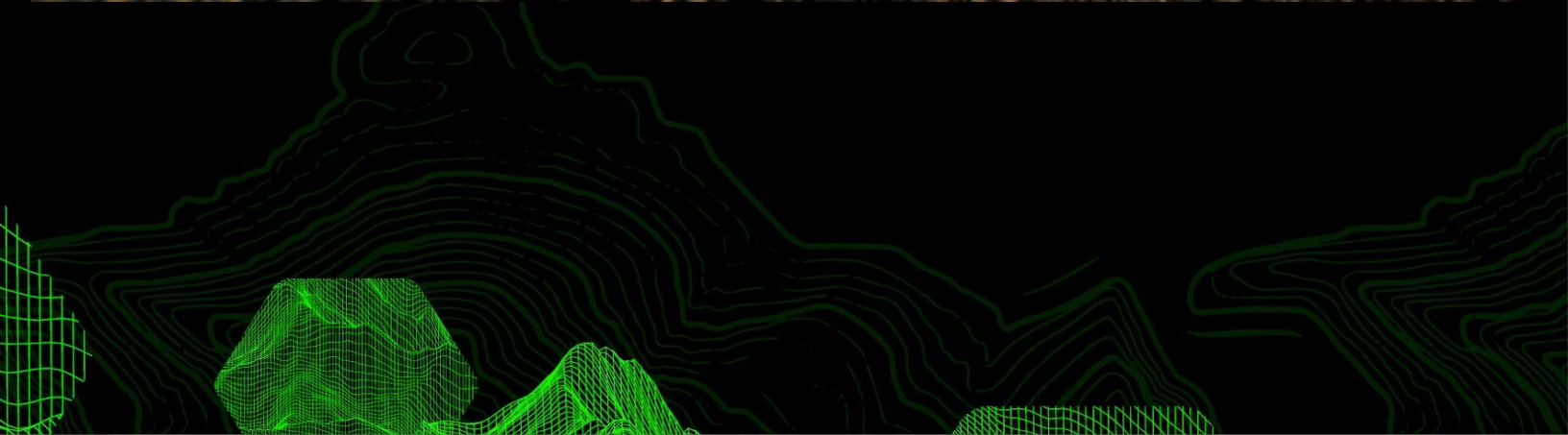


2024 OCR WORLD CHAMPIONSHIPS, OCT. 4-6 | MAMMOTH LAKES, CALIFORNIA

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OCRWC Race Day Program

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





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SAFETY MEASURES AND CUSTOMER EXPECTATIONS

Our #1 priority is keeping you safe. Below are the festival and on-course modifications we're making to ensure a safe, exciting event for everyone. Please review these guidelines carefully before your event.

HIGH-RISK INDIVIDUALS

High risk individuals, or anyone living with high risk individuals, are encouraged not to attend the event. High-risk individuals may include :

- Anyone over 65 years of age;
- People who have chronic lung disease, moderate to severe asthma and/or severe heart disease;
- People who are immunocompromised: those who have undergone or are undergoing cancer treatment, bone marrow or organ transplantation; anyone with immune deficiencies, poorly controlled HIV or AIDS, or had prolonged use of corticosteroids; and smokers;
- People of any age with class III or severe obesity; or
- Anyone diagnosed with the following underlying conditions: diabetes, liver disease and persons with chronic kidney disease undergoing dialysis.

Always refer to the latest governing body guidelines when deciding if you should attend.

PRE-RACE HEALTH MONITORING

Customers should monitor their health 14 days prior to race day, and be aware of any symptoms that could indicate they have been infected with the novel coronavirus. Any customer exhibiting the following symptoms in the 14 days prior to an event should not attend. This includes:

- Cough
- Shortness of Breath
- Labored Breathing
- Fever
- Chills
- Muscle Aches
- Sore Throat
- Loss of Taste or Smell

Individuals who have been in close contact for more than 15 minutes with someone diagnosed with COVID-19 or who exhibits the above symptoms in the last 14 days should not attend.



EVENT SCHEDULE

For All Course Rules and Participant Details, visit:

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 - 8:00pm

Friday, October 4

Athlete check-in	7:00 am - 3:00 pm
Merch Shop/Festival	8:00 am - 6:00 pm
3K Championship Heats	9:00 am - 1:00 pm
3K Awards - PRO	TBD
3K Awards - Age Group	TBD
100m Championships Heats	9:00 am - 5:00 pm
Jersey Swap/Bingo Night	7:00 pm - 9:00pm

Saturday, October 5

Athlete check-in	8:00 am - 3:00 pm
Merch Shop/Festival	8:00 am - 6:00 pm
15K Championship Heats	9:00 am - 3:00 pm
15K Awards - PRO	TBD
15K Awards - Age Group	TBD
100m Championships Heats	9:00 am - 5:00 pm

Sunday, October 6

Athlete check-in	8:00 am - 3:00 pm
Merch Shop/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	5:15 pm

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

Details on the ancillary events to be shared soon.

Times for the award ceremonies to be shared soon.



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EVENT VENUE

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

GENERAL EVENT PARKING:

More information to come.

SHUTTLE INFORMATION:

Shuttles at the venue: More information to come

Shuttles in town: More information to come

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 for 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>

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



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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 refilling stations
- **3k:** There will be two (2) aid stations on course with no on-course hydration pack refilling station.
- **6k Team Relay:** There will be three (3) aid stations on course with no on-course hydration pack refilling station.
- **5k Charity Race:** There will be one (1) aid station on course with no on-course hydration pack refilling station.
- **100m:** There will be one (1) aid station 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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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 specifically will be announced soon.

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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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. For more information on all Course Rules and Participant Details, visit: ocrworldchampionships.com/athlete-guide/

MANDATORY GEAR LIST

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

ITEMS TO AVOID

- Shoes with spikes
- Hand chalk or other products that would leave residue on the obstacles
- 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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THURSDAY-WELCOME DINNER

Information to be announced soon.

FRIDAY-JERSEY SWAP/Bingo Night

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

Join us for our annual Jersey Swap and 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 and alcohol will be available for purchase.

Location: To be announced

SUNDAY-CLOSE OUT PARTY

Sunday, October 6, 2024 5:15p-8:00p

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 5:15 pm immediately after the final award ceremony.

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

Location: To be announced





HOSTED BY:



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OCRWC FESTIVAL

Opens at 7:00AM Friday, and 8:00AM 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 to take advantage of deals only available to at this event!

Event F&B:

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.

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.



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REGISTRATION

Register in advance online to secure your spot [The OCR World Championship - Events \(spartan.com\)](https://spartan.com)

For same day registration, visit the registration Race Day Reg table for same day sign-ups. Located within Canyon Lodge.

For more event information, go to [Races - OCR World Championships](#)

BIB PACKET PICK-UP

Thursday 2:00pm-6:00pm

Friday 7:00am-3:00pm

Saturday 8:00am-3:00pm

Sunday 8:00am-3:00pm

On race day, please show up at least 1.5 -2 hours prior to your start time. Note that all racers must run in their designated start time.

PLEASE NOTE: There are NO CASH SALES at registration. Any same day registrations can be made via Credit Card only.

BEFORE ARRIVAL: Print or screenshot your Registration Confirmation and bring your Photo Identification.

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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 for more information.

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

Volunteers will receive:

- OCRWC Volunteer t-shirt
- Delicious lunch, light snacks, and water
- Free Race Credit towards 2024/2025 OCRWC or a 2024/2025 Spartan Race
 - *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 for the OCRWC 2025 event.*
 - *Race Codes are valid for US or CAN Open Sprint, Super, Beast, City or Stadion, DEKA FIT, kids, and 10k / 21k / 50k Trail events. Race code will be valid for 1 year from time of issue.*
 - *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 Race Online Store

*All volunteers must work a total of eight-hours and check out with the Volunteer Director to receive their free race entry. Volunteers that work a four-hour shift will receive a code for 50% off a 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 in the registration room.
 - Digital forms will be provided at the registration or online
- Food, drink and sponsor product will be available for purchase at the event.



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LOCAL OFFERINGS

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





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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 and one of our team members will be happy to answer your questions.

We'll see you out on the course!

