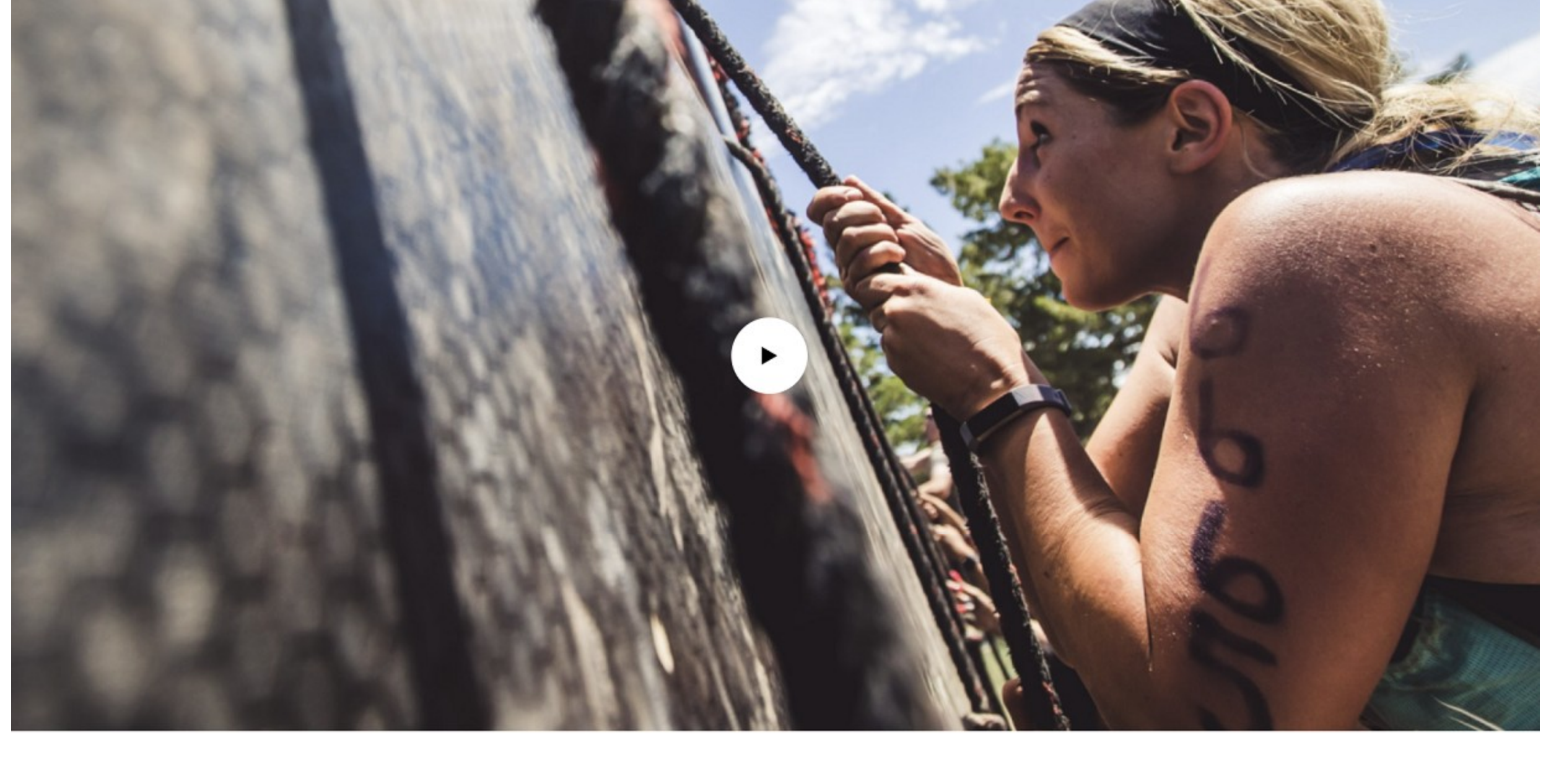
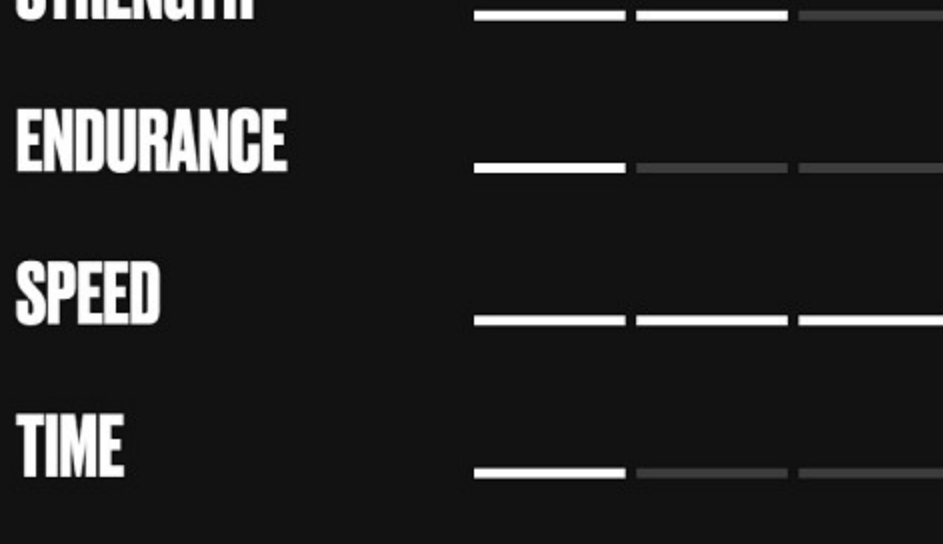


THE SPRINT



5K 20 OBSTACLES

A 5K that will change your life. The Sprint is the first step for many in their Spartan journey. It's also an event that some returning Spartans focus on for years to come for its challenges of speed and obstacle intensity over a shorter distance.



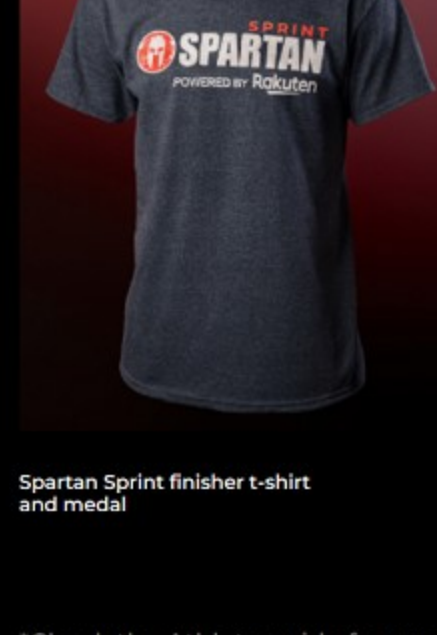
A classic obstacle course racing experience. The Sprint combines relatively easy trail running with 20 obstacles, held on off-road terrain featuring water and mud. Climb walls, crawl under wire, traverse monkey bars, aim a spear throw, and more.

FIND A SPRINT

WHAT YOU'LL EARN



Many medals are tossed in a drawer, but not these. Spartan medals are earned, not given. Your Sprint medal also comes with a special magnetic wedge that fits together with others to form the coveted Spartan Trifecta.



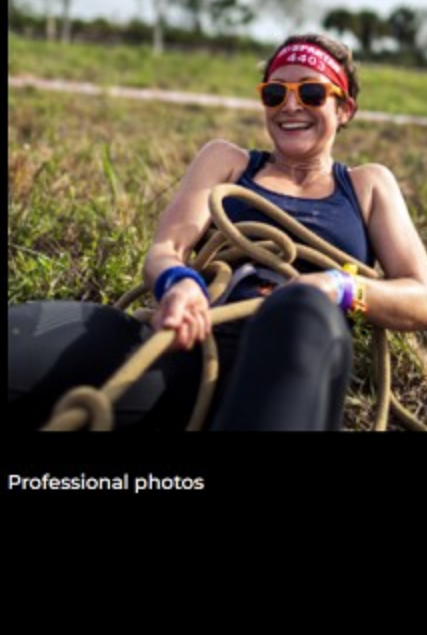
Spartan Sprint finisher t-shirt and medal



Spartan Sprint trifecta wedge and lanyard



Hydration and recovery nutrition



Professional photos

*Check the Athlete guide for exact details for your event.