

MARK.

BOS TON

DESIGN YOUR WEEKEND.

THE DEKA FIT BOSTON RACE WEEKEND CITY GUIDE
JULY 24-26 2026 / THOMAS M. MENINO CONVENTION & EXHIBITION CENTER

HELLO, FROM BOSTON.



BUILT ON REVOLUTIONARY GRIT, UNBREAKABLE WILL, AND CHAMPIONSHIP DRIVE. DEKA MEETS ITS MATCH IN THE METROPOLIS THAT DEFINES RESILIENCE AND DEMANDS GREATNESS.

Boston: Beantown, The Cradle of Liberty, and to locals who live by its fierce neighborhood pride, simply "The Hub."

It's a city built on pure defiance. From its revolutionary roots to the unbreakable "Boston Strong" spirit, this town doesn't just endure—it conquers. Bostonians engineered their own coastline, turned blue-collar grit into an art form, and built a legendary legacy out of sheer, unyielding hustle.

The culture hits just as hard. This is Title Town, the birthplace of sports dynasties and standard-setting athletic excellence. From the hallowed shadow of Fenway's Green Monster to the waterfront, Boston has always commanded the spotlight and demanded your absolute best.

That relentless energy is exactly why DEKA FIT is setting up shop here this July. The arena: The Thomas Michael Menino Convention and Exhibition Center. Sprawling across the vibrant Seaport district, this massive arena of concrete and steel is resetting the stage for elite functional fitness.

This is your weekend playbook. Where to crash, where to properly fuel (and why a fresh Seaport lobster roll beats standard gym fare), where to final-tune your engine, and how to lock in your strategy. Consider it a neighborhood guide from a local who knows the shortcuts to victory.

The city has set the standard for centuries. Now, it's your turn. Step up to the line. Show them what you've got. Leave it all on the waterfront.

GETTING HERE

**Thomas M Menino Convention & Exhibition Center, 415 Summer St, Boston, MA 02210.
Here's how to find it from anywhere.**

Getting to the venue is simple. Positioned in the heart of the modern Seaport District, the convention center is highly accessible and perfectly dialed in for your race weekend. You're surrounded by everything you need, from smooth waterfront transit and premier hotels to world-class dining, bustling nightlife, and that unmistakable Boston energy.

BY AIR

Once you land at Boston Logan International Airport (BOS), the venue is practically in your sights—located just minutes away. Grab a quick 10-minute rideshare through the Ted Williams Tunnel, or hop on the MBTA Silver Line (SL1) directly from your terminal for a seamless, direct transit ride straight into the Seaport.

BY RAIL

South Station is the city's primary rail hub. Direct Amtrak trains run daily from New York City, Philadelphia, and Washington D.C., alongside regional commuter lines. From South Station, the venue is an easy walk, or you can jump on the Silver Line for a quick 5-minute ride to the World Trade Center station.

BY ROAD

Arriving via I-90 (Mass Pike) from the west, or I-93 if you're coming from the north or south. Follow the dedicated exits for the Seaport District. The venue features convenient parking options on-site, or you can pre-book a spot via apps like SpotHero in adjacent Seaport garages to lock in the best weekend rates.

BY MBTA

Locals just call it "The T." The key to the venue is the Silver Line (rapid transit buses). The SL1, SL2, and SL3 routes stop directly at the World Trade Center station, putting you right at the venue's doorstep. Tap and go at the gates using any contactless credit card, phone, or standard CharlieCard.

VENUE / THOMAS M. MENINO CONVENTION CENTER / 415 SUMMER ST. / BOSTON 021101

FROM COLONIAL OUTPOST TO GLOBAL POWERHOUSE

Puritan settlers establish a town on a rugged, hilly peninsula where the Charles River meets the Atlantic Ocean.

Four centuries later, Boston transformed that defiant enclave into the cradle of American liberty and a global capital of relentless innovation.

BOSTON FIRSTS

1773

THE BOSTON TEA PARTY

A bold act of defiance in the harbor sparks a global revolution. This definitive moment rewrote the rules of self-determination, turning a colonial port into the absolute capital of American independence and unyielding grit.

1846

THE ETHER REVOLUTION

At Massachusetts General Hospital, the world's first successful public demonstration of ether anesthesia permanently changes medicine. This breakthrough rewrote the rules of human surgery and healthcare, cementing Boston as a global beacon of medical pioneering.

1882

TAMING THE TIDES

In a massive feat of civic engineering willpower, Boston systematically fills in its swampy Back Bay, nearly doubling the city's landmass. Nature blinked as a stunning masterpiece of urban planning and architecture rose directly from the mud.

1897

AMERICA'S FIRST SUBWAY

Boston builds and opens the nation's very first underground subway system beneath Tremont Street. Decades ahead of its time, this project engineered a blueprint for modern urban transit out of sheer, subterranean hustle.

4.9M PEOPLE

INNOVATION IN OUR DNA

1954**THE MEDICAL FRONTIER**

Surgeons perform the world's first successful human organ transplant at Peter Bent Brigham Hospital, cementing Boston as the global epicenter for life-saving medical breakthroughs.

1976**THE URBAN RENAISSANCE**

Faneuil Hall and Quincy Market undergo a revolutionary renewal, transforming a decaying historic waterfront into a bustling civic space and pioneering the modern festival marketplace.

2003**THE BIG DIG**

In an audacious engineering feat, Boston moves its massive elevated highway entirely underground, reclaiming the downtown waterfront to create a vibrant urban greenway.

2004**SHATTERING THE CURSE**

The Red Sox pull off the greatest postseason comeback in baseball history to win the World Series, breaking the 86-year "Curse of the Bambino" and igniting a relentless winning identity.

2013**BOSTON STRONG**

Shaken but unbowed by tragedy at the Marathon finish line, the community unites with immediate, fierce resilience—turning a phrase into a global symbol of absolute defiance.



WHICH BOSTON ARE YOU?

Boston is as diverse and individual as you are. Find your neighborhood based off your racing style.

START HERE

FLYING SOLO, OR
ROLLING WITH A CREW?

JUST ME

FIRST DANCE, OR
DONE THIS BEFORE?

DONE IT BEFORE

EYES ON THE PODIUM,
OR ON THE FINISH?

THE
PODIUM

THE ELITE
BACK BAY-BEACON HILL

THE FINISH

THE SOLO VETERAN
CENTRAL

NOT YET

WHAT DID YOU
SIGN UP FOR?

FIT

THE FIRST-TIMER
FENWAY-KENMORE

RUCK

THE RUCKER
CHARLESTOWN

ULTRA

THE ULTRA ATHLETE
ALLSTON-BRIGHTON

GOT A CREW

HOW MANY
IN THE TEAM?

TWO

THE PAIRS
SOUTH END

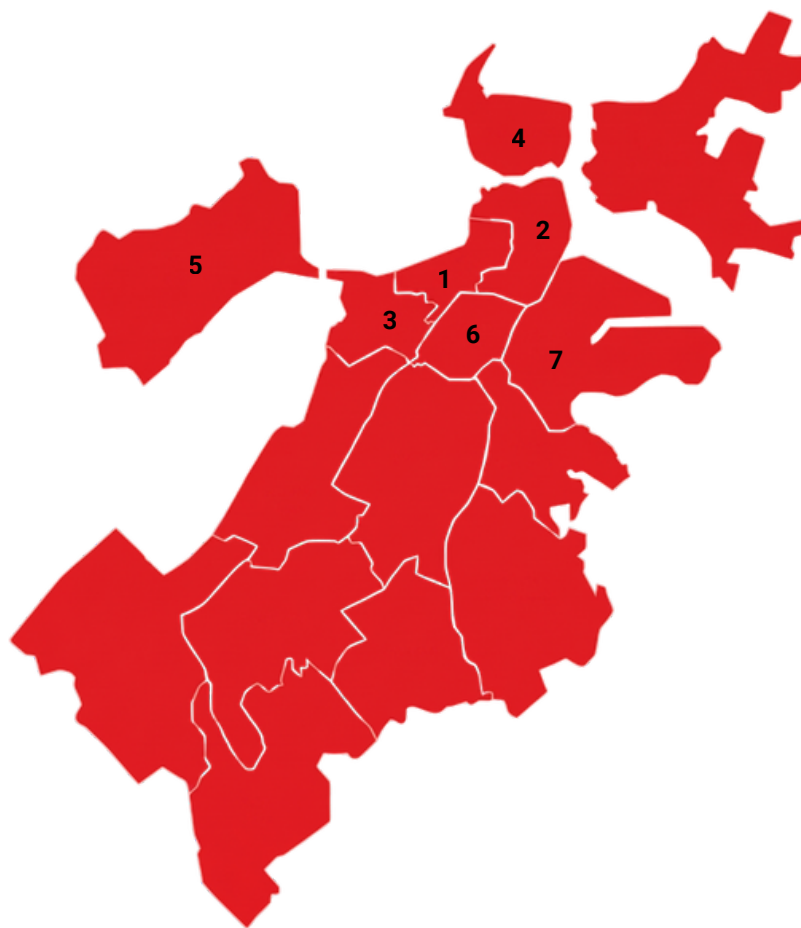
FOUR

THE TEAM OF FOUR
SOUTH BOSTON

DIDN'T FIT YOUR ANSWER? GOOD. THE CITY DOESN'T DO TIDY ANSWERS. NEITHER DO BOSTONIANS.



FIND YOUR NEIGHBORHOOD.



VENUE / THOMAS M. MENINO CONVENTION CENTER / 415 SUMMER STREET / BOSTON 02210
DISCOVER BOSTON'S NEIGHBORHOODS

- 1 BACK BAY-BEACON HILL**
Newbury Street / Acorn Street / Boston Public Garden
- 2 CENTRAL**
Faneuil Hall Marketplace / Union Oyster House / Boston Harborwalk
- 3 FENWAY-KENMORE**
Fenway Park / Bleacher Bar / Lansdowne Street
- 4 CHARLESTOWN**
Bunker Hill Monument / USS Constitution / Warren Tavern

- 5 ALLSTON-BRIGHTON**
Brighton Music Hall / Harvard Stadium / Silhouette Lounge
- 6 SOUTH END**
SoWa Open Market / Wally's Cafe Jazz Club / Toro
- 7 SOUTH BOSTON**
Sullivan's Castle Island / Lawn on D / Castle Island

TEN ZONES. FIVE KILOMETERS. ONE CITY. RACE ELITE OR AGE GROUP, AGES 10 TO 70+



WALK THE CITY.

THE SOLO VETERAN

CENTRAL

Steeped in historic grit and revolutionary roots, Central is where Boston's old-school character shines brightest. It's a neighborhood built on individual perseverance, classic brick streets, and a refusal to compromise—making it the ultimate territory for those relying on self-reliance, veteran experience, and raw focus to get the job done.

WHERE TO DROP IN

Faneuil Hall Marketplace / Union Oyster House / Boston Harborwalk / New England Aquarium

THE ULTRA ATHLETE

ALLSTON-BRIGHTON

Sprawling, energetic, and completely relentless, Allston-Brighton is a massive, high-stamina footprint. Navigating this vast, active stretch of river roads, hills, and non-stop collegiate energy requires pure endurance, a constant pace, and an unyielding drive to go the absolute distance.

WHERE TO DROP IN

Brighton Music Hall / Harvard Stadium / Silhouette Lounge / Paradise Rock Club

THE FIRST-TIMER

FENWAY-KENMORE

Driven by high-energy crowds, legendary debuts, and a youthful buzz, Fenway-Kenmore offers an electric, high-motivation atmosphere. Its historic ballpark setting and highly accessible, vibrant streets make it an exciting, low-stress, and welcoming entry point to test your athletic limits.

WHERE TO DROP IN

Fenway Park / Bleacher Bar / Lansdowne Street / House of Blues Boston

THE ELITE

BACK BAY

Combining the steep, historic cobblestone climbs of Beacon Hill with the meticulously engineered grid of Back Bay, this area represents peak prestige and absolute execution. As the home of the legendary Boston Marathon finish line, it is the ultimate proving ground for high-powered focus, flawless strategy, and chasing podium finishes.

WHERE TO DROP IN

Newbury Street / Acorn Street / Boston Public Garden / Boston Public Library



THE TEAM OF FOUR

SOUTH BOSTON

Fiercely loyal, close-knit, and rolling incredibly deep, South Boston is built on pride and pack mentality. From its active waterfront parks to the lively local streets, this tight community demands collective effort, mutual support, and a squad that moves and finishes as one.

WHERE TO DROP IN

Sullivan's Castle Island / Lawn on D / Castle Island / Carson Beach

THE RUCKER

CHARLESTOWN

Defined by historic military grit and grueling inclines, Charlestown is built on heavy-duty pride. Dragging yourself up the steep hills of Bunker Hill or navigating the rugged shipyard paths requires pure core strength, low-gear stamina, and an absolute willingness to carry the heavy load.

WHERE TO DROP IN

Bunker Hill Monument / USS Constitution / Warren Tavern / Charlestown Navy Yard

THE PAIRS

SOUTH END

Beautifully organized along parallel rows of historic brick brownstones, the South End is a connected, dynamic, and community-driven hub. Known for its collaborative energy and shared streetscapes, it is the perfect alignment for a duo working in flawless, synchronized harmony.

WHERE TO DROP IN

SoWa Open Market / Wally's Cafe Jazz Club / Toro / Tremont Street Restaurant Row

THE GROUND YOU'RE RUNNING ON

Boston has defined the spirit of competitive sport with a ferocious intensity few cities on Earth can match. It is home to some of the most fiercely loyal fanbases in history, with legendary cathedrals of sport sitting just a short distance from where you are racing. This city builds global sports empires, honors historical grit, and demands true excellence.

01 1901 / 1903 THE TWO-TEAM ERA

The Red Sox in the American League, established in 1901. The Braves in the National League, holding down the city's older baseball roots. For half a century, Boston was a two-team baseball town split by league loyalty but entirely united by an obsession with the diamond. From the curse-shattering magic of 2004 to the historic triumph of the very first modern World Series in 1903, baseball is hardwired directly into the city's identity.

Fenway Park, built in 1912 with its towering Green Monster and hand-operated scoreboard. The historic Boston Garden, opened in 1928, a smoky, mystical arena of ice and parquet where hockey and basketball titans forged their legacies. More than mere venues, these are sacred shrines of architectural endurance and raw athletic warfare.

02 1912 / 1928 THE CATHEDRALS.

03 1957 - 1969 THE DYNASTY.

Eleven world championships in thirteen years. A relentless golden era led by Bill Russell that turned a basketball team into an empire and defined Celtic green as the premier standard of athletic dominance. The mid-century Boston Celtics permanently redefined the limits of team execution, defensive grit, and competitive drive.

The 1994 FIFA World Cup brought the world's game right to Boston's doorstep at Foxboro. Over fifty-four thousand passionate fans packed the stadium for legendary matches, drawing the eyes of the entire planet to Massachusetts and proving New England's ability to host high-stakes international spectacles at a massive scale.

04 1994 THE WORLD STAGE

05 APRIL THE MARATHON.

The undisputed crown jewel of the World Marathon Majors. Every April, elite athletes and everyday heroes from across the globe push through the historic, punishing 26.2-mile course, cheered on by half a million screaming spectators. This is the ultimate proving ground where human limits are systematically shattered on Boston's pavement. You are not the first to test your limits on this concrete.

Welcome to the next entry in the list. DEKA FIT & Ultra Boston. July 24-26.



EXPLORE THE SEAPORT

A legendary waterfront playground right outside the event venue. Epic views, local eats, and iconic attractions. Zero transit required.

THE TOP FIVE SEAPORT HIGHLIGHTS

01 / The Lawn on D: Step right next door to Boston's most playful outdoor venue. Take a spin on the iconic glowing ring swings, challenge your crew to classic lawn games, and enjoy local food trucks.

02 / Institute of Contemporary Art (ICA): Perched right on the harbor edge, this modern architectural marvel features a dramatic cantilevered glass gallery suspended over the water, housing world-class contemporary art.

03 / The Barking Crab: Experience a classic New England seafood tradition. This lively, open-air waterfront spot is a favorite for fresh lobster rolls, local raw bar choices, and casual harbor views.

04 / Harpoon Brewery & Beer Hall: Walk just a few blocks down the street to fuel up at a local legend. Grab a pint of fresh New England craft beer paired with their famous, warm, hand-rolled pretzels.

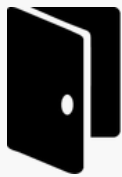
05 / Fan Pier Park & Harborwalk: Stroll the scenic waterfront paths right outside the center. Fan Pier offers some of the most striking, photogenic views of the Boston skyline and active harbor channels.

RACE. DINE. PLAY. ALL AT ONE LEGENDARY VENUE.

WHERE TO STAY.

We've worked with Hotel Planner to secure a hotel block for race weekend. One link. Multiple hotels. Race rates.

PARTNER



**hotel
planner**

Hotel Planner is the official DEKA lodging partner. They've put together a curated list of hotels for DEKA FIT Boston athletes and their families. Walking distance to the venue, race-weekend rates, one booking link.

BOOK YOUR ROOM

<https://www.lucidtravel.com/event/21555>

A FEW NOTES

Boston is a non-stop machine of conventions, festivals, and weekend sports crowds. Race weekend rooms move fast.

Our official lodging partner, Hotel Planner, has secured room blocks across multiple price points. Whether you want a high-end hotel overlooking the Seaport or a sleek, budget-friendly spot just off the harbor, you can filter by your exact budget once you're inside the portal.

If you'd rather book your own path, that's fine too. The Hotel Planner blocks are a rock-solid starting point, not your only options. We don't personally sleep in every bed listed, but these selections exist because our local partners know the Boston streets, and they know how to lock in the best rates better than anyone.

WHERE TO EAT.

Race-weekend food. Five ways the city eats. One of them is open twenty-four hours a day.

AT THE TOP / THE MICHELIN SCENE

THE SOLE STAR

311 OMAKASE, SOUTH END - FOX & THE KNIFE, SOUTH BOSTON - BAR VOLPE, SOUTH BOSTON - MOONCUSSER, BACK BAY

MICHELIN MASTERCLASS

Boston has officially stepped onto the international culinary stage with its first-ever Michelin Guide. Standing alone at the peak of the city's hierarchy is 311 Omakase, Boston's only Michelin-starred restaurant. Tucked into a quiet South End rowhouse, this intimate 10-seat counter delivers a spectacular showcase of seasonal Japanese precision. Backed by outstanding local Bib Gourmands like Fox & The Knife and premier recommended spots like Mooncusser, Boston fine dining has firmly established its own elite tier.

BOOK BEFORE YOU BOOK YOUR HOTEL

01 / RACE MORNING

BREAKFAST THAT WON'T SIT HEAVY.

Race morning is not the time for a massive skillet or heavy grease. You want fuel that moves with you, clean energy, and a seriously sharp espresso. Hit these spots early for lightweight grains, a pristine bagel, or perfectly pulled shots before you head to the hall.

WHERE TO GO

Café Bonjour (Downtown Crossing) / Flour Bakery + Cafe (Seaport) / Mike & Patty's (Bay Village) / Tatte Bakery & Cafe (Seaport) / Blue Bottle Coffee (Seaport)

04 / THE CELEBRATION

WHEN YOUR RACE IS DONE.

You earned this one. The post-race dinner where the table is packed, the drinks flow, and you don't think about a single macro. Big plates, legendary atmospheres, and the kind of heavy-hitting celebratory meal that rounds out an epic weekend.

WHERE TO GO

Row 34 (Seaport) / Yvonne's (Downtown) / Woods Hill Pier 4 (Seaport) / Carmelina's (North End) / Legal Harborside (Seaport)

03 / HEALTHY ALL WEEKEND

PLANT-FORWARD AND FIERCE.

You do not have to eat meat to clean-burn your way through race weekend. Boston's plant-based ecosystem has evolved far beyond standard salads into deeply flavorful, high-performance cooking. These kitchens serve up serious fuel that will fully charge your batteries without weighing you down.

WHERE TO GO

Lulu Green (South Boston) / Clover Food Lab (Seaport) / Life Alive Organic Cafe (Back Bay) / Veggie Galaxy (Cambridge) / Red Lentil (Watertown)

05 / AFTER MIDNIGHT

LATE NIGHTS AND NEON LIGHTS.

Finished late or celebrating long into the early hours? The city has your back. Boston's late-night food culture has select legendary gems, built on historic 24-hour counters, fresh-baked pastries, and neon signs that stay illuminated well past closing time.

WHERE TO GO

Bova's Bakery (North End - open 24/7) / South Street Diner (Kneeland St - open 24/7) / Saus (Union Street - open late) / Double Chin (Chinatown - open late)

ONE MORE THING

If you only have time for one meal in Boston, get the signature hot buttered lobster roll at Neptune Oyster.

YANCY SAYS.



YANCY CULP DEKA CO-FOUNDER

DEKA came from an idea to give every level of fitness a start line of their own.

Together with Jarod Cogswell we built what has evolved into a global fitness community today.

From the start, we were both massive believers in fixing the mental side of how people look at fitness.

The tips that follow aren't new. They're things I've lived by for thirty years. They're not training hacks, they're lifestyle tips, and they mesh with everything DEKA is built around, because DEKA was always meant to be a lifestyle, not a one-off.

Your body is a beautiful machine, and it's worth respecting. Here's how I do exactly that.

FIVE THINGS HE WANTS YOU TO KNOW

01

YOU'RE AN ATHLETE!

Every single person reading this is an athlete! At a minimum you're training for the most important sport - the sport of LIFE!

02

BE SELFISH WITH YOUR TIME 5-6 DAYS A WEEK.

Take time to train and take care of what I call "your beautiful machine" (your temple). It's what allows you to enjoy this beautiful rock of ours we call planet Earth and all those you love and get to share it with! Make time for yourself and respect your body!

03

SET YOURSELF UP FOR SUCCESS.

Bolt on a fitness and nutrition program that doesn't turn your life upside down. If you're trying to be perfect, the program will fail every time. Train and fuel to win 80% of the time. Enjoy your day off from training. Enjoy the cupcake and soda/beer/drink at the party. It's not a "cheat day". Do NOT call it cheating.

04

TRAIN WITH A GROUP/TEAM AS MUCH AS POSSIBLE.

Research shows you're much more likely to fall in love with what I call "the world's most powerful drug" (fitness/movement/exercise) when you train with someone or a group/team.

05

CELEBRATE FITNESS!

Hit the pause button before you start your training session and remind yourself to enjoy the training moments. Coaches and trainers, you make sure you tell every person attending your training session how proud you are of them for saying YES today!

GO LOCAL.

Boston is not a city you just breeze through. It's a city that leaves a mark. Race weekend is three days. Here is how locals would spend yours.

THE HERO PICK / THE CROWN JEWEL
OF THE NECKLACE

1,100 ACRES.

EMERALD NECKLACE / CHARLES RIVER ESPLANADE /
MBTA GREEN LINE

THE EMERALD ESCAPE

Designed by the legendary Frederick Law Olmsted, the Emerald Necklace is an 1,100-acre chain of nine continuous parks stretching seven miles from downtown to Franklin Park. It connects historic gems like the Boston Common and the country's first public botanical garden to winding waterways, mature arboretums, and peaceful ponds. On a clear day, walking or running through the shaded pathways offers scenic views of historic brick brownstones and lush canopies, serving as a tranquil sanctuary framed by the urban skyline.

01 / THE MUSEUMS

A CULTURE OF EPIC SCALE.

Boston transformed its historic core into a world-class cultural sanctuary. In just a short radius, you can visit three distinct, globally renowned institutions: the Museum of Fine Arts (MFA), the Isabella Stewart Gardner Museum—with its stunning Venetian-style courtyard and infamous art heist history—and the hands-on Museum of Science. This city preserves its creative treasures in legendary, architecturally stunning sanctuaries.

Museum of Fine Arts / Isabella Stewart Gardner Museum / Institute of Contemporary Art (ICA)

02 / THE MUSIC

FROM THE SYMPHONY TO THE BASEMENTS.

Boston's music history spans a wide spectrum from classical perfection to gritty underground rock. It is the home of the world-class Boston Symphony Orchestra and Berklee College of Music, but also the birthplace of legendary indie, alternative, and garage rock movements. From historic jazz clubs that stood through the mid-century to local rock caverns and legendary basement spaces, the city's sonic history is authentic, raw, and incredibly deep.

Symphony Hall / Paradise Rock Club / Wally's Cafe Jazz Club

03 / THE OUTDOORS

THE GREEN AND THE BLUE.

For all its historic brick and modern steel, Boston is fiercely protective of its public paths. The Charles River Esplanade offers uninterrupted miles of scenic paved paths right on the river's edge, completely separated from busy roads. For a different urban perspective, stroll the Harborwalk—a continuous public pathway wrapping around the active shoreline—or the Rose Kennedy Greenway, a lush ribbon of parkland built over the highway tunnel.

Charles River Esplanade / Boston Harborwalk / Rose Kennedy Greenway

ONE MORE THING.

LOCAL KNOWLEDGE.
NO PARTICULAR ORDER.

- 01 Singular Common: It's "Boston Common," never "Commons." The "s" gives you away.
- 02 Don't Get Storrowed: Keep rental trucks off Storrow Drive. The low bridges will decapitate them.
- 03 Order a "Regular": At Dunkin', "regular" means cream and sugar. Want black? Specify.
- 04 Green Line Patience: Expect screeching metal, sudden stops, and tests of your sanity.
- 05 The Pastry Rivalry: Skip the massive tourist lines. Head to Bova's Bakery—it's open 24/7.
- 06 Share the Path: Keep right on the Esplanade and always yell "On your left!"
- 07 The Freedom Trail: Follow the red brick line in the sidewalk to hit 16 historic stops.
- 08 The Local Lingo: "Wicked" means "very," "packie" is a liquor store, and "R" is optional.
- 09 CharlieCard: Grab a plastic card at the station for cheaper, faster subway fares.
- 10 The Citgo Sign: The giant Kenmore neon is the sacred beacon guiding marathoners home.

BRINGING FAMILY?

The Family Lap is free and runs on Saturday at 2:00pm, open to all family members. No zones, no time pressure, just a single lap of the course together.

WHICH DIVISION IS RIGHT FOR YOU?

Two divisions. Five formats. One question worth getting right before you commit.



THE WEIGHTS ARE THE SAME. THE REPS ARE THE SAME. WHAT CHANGES IS HOW YOU SHOW UP.

THE REAL QUESTION

DEKA FIT in Boston runs in two divisions. The format you race - Ruck, Ultra, Teams, or individual - is on the next page. The question to answer first is which division you enter. Same race, same standards, same floor. Different reason for being there.

DIVISION 01

ELITE.

THE COMPETITIVE DIVISION.

Race times qualify you for the Elite or Age group DEKA World Championship. You're ranked against every other Elite athlete on the day, regardless of age. Available for individual heats. Top overall male/female/co-ed teams qualify for elite team awards.

PICK ELITE IF

You train to compete.

You've got your eyes on the prize and want to test yourself against the fastest. World Championship qualification is on your radar, and the top spot on the Global Leaderboard is your goal.

DIVISION 02

AGE GROUP.

EVERYONE ELSE. WHICH IS MOST DEKA ATHLETES.

Open to athletes from 10 to 70+, ranked within your age category. Same weights, same reps, same standards as Elite. Race to podium and qualify for the Age Group World Championship, or race for the satisfaction of finishing. Your call on the intensity.

PICK AGE GROUP IF

You train to finish what you start.

You want to know where you stand against people in your 5-year age group. First DEKA, fifth DEKA, fiftieth, it doesn't matter. Most of the field is here.

EITHER WAY

Every DEKA race you finish, anywhere in the world, places you on the Global Leaderboard.

You're not just racing the people in the room. You're racing the world. Every DEKA in every city in the qualifying year stacks up against each other.

PICK YOUR RACE.

Five ways to race or take part. Boston. July 24-26.

DEKA FIT

FRI/SAT/SUN

30-50+ MIN

Ten zones, 5km of running. Elite or Age Group options.

5km running, 10 zones. Elite or Age Group.

DEKA RUCK

SAT

45+ MIN

Same race. Loaded backpack.

30lb (M) / 20lb (F). Bring your own ruck, min. 14 liter. Limited loaner rucks available - first come, first served.

DEKA ULTRA

SUN

3-8 HR

Five times DEKA FIT. The hardest hybrid fitness race on planet Earth.

25km running. 50 zones. Solo, Age Group only.

DEKA TEAMS

FRI/SAT/SUN

2-PERSON: 25+ MIN
4-PERSON: 40+ MIN

Divide and conquer the DEKA FIT course between 2-Person or 4-Person Teams.

Speed, strategy, and epic fun. Reps, meters, and calories are doubled for 4-Person Teams.

FAMILY LAP

SAT

FREE

A lap of the course. No zones. All ages.

Walk, jog, or run a single lap together as a family. No timing. Saturday before the elite heats.

EVERY DEKA RACE PLACES YOU GLOBALLY. [LEADERBOARDS.SPARTAN.COM](https://leaderboards.spartan.com)

THREE DAYS. ONE ARENA. ALL OF IT.

Boston, July 24-26. Here's what's happening, when, and how to be in the right place.

FRIDAY 7/24

FIT / 2P TEAMS

7:30am	Registration & Check-in Opens
8:30am	Age Group Heats Begin
2:15pm	Age Group 2P Teams Begin
2:30pm	* Age Group Awards
4:15pm	Start Line Closes
5:00pm	* Team Awards
5:30pm	Course & Festival Closes

SATURDAY 7/25

FIT / RUCK / 2P TEAMS

6:30am	Registration & Check-in Opens
7:30am	Age Group Heats Begin
12:30pm	Ruck Heats Begin
1:45pm	* Biggest Teams Awards
2:00pm	Family Lap
2:15pm	Elite Men Start
3:00pm	Elite Women Start
3:45pm	Age Group 2P Teams Begin
4:15pm	* AG, Ruck & Elite Awards
5:15pm	Start Line Closes
6:15pm	* Team Awards
6:30pm	Course & Festival Closes

SUNDAY 7/26

ULTRA / 4P TEAMS / AGE GROUP

6:30am	Registration & Check-in Opens
7:30am	Ultra Age Group Heats Begin
8:00am	Age Group 4P Teams Begin
10:30am	Age Group Heats Begin
11:30am	* Team Awards
2:00pm	* Ultra Awards
2:30pm	Start Line Closes
3:30pm	* Age Group Awards
4:00pm	Course & Festival Closes

TIMINGS SUBJECT TO CHANGE. CHECK YOUR CONFIRMATION EMAIL.

REGISTRATION. AND WHAT TO BRING.

THE SIX-STEP REGISTRATION FLOW

01

BOOK YOUR RACE

spartan.com/en/deka. Pick your format and division. [LINK](#)

02

PRE-PURCHASE YOUR RACE PHOTOS

Purchase your photos during registration to save. You can also purchase after the race.

03

BOOK YOUR HOTEL

Use HotelPlanner to find hotels at race rates. [LINK](#)

04

CHECK YOUR HEAT TIME

Sent by email closer to race day. Screenshot it.

05

COLLECT YOUR PACK

Registration desk opens 7:30am on Friday morning, and 6:30am Saturday and Sunday.

06

RACE.

You've already done the hard part by getting here.

GOOD TO KNOW

Three things. Heat time. Registration barcode. Photo ID. The first two screenshot or print. The third lives in your wallet. Show up at least 45 minutes before your heat time.

If you're racing Ruck, your pack comes with you. Male thirty pounds, female twenty. Weighed before you start. Weighed again after you finish. No weight vests. No plate carriers. Ruck event standards: minimum ruck or backpack size 14 liter. Limited loaner rucks are available on site on a first come, first served basis.

If you're racing as Youth (10-13) or 65+, let registration know. They'll give you a colored wristband so the judges know your weights.

If you're racing 2-Person or 4-Person Teams, all of you arrive together with ID. Allow extra time at the desk.

BRING

Photo ID. Race kit. Spare layers. Water bottle. Snacks. Trainers you've trained in. Knowledge of the rules for your race. [RULEBOOK LINK](#)

DON'T BRING

New kit you haven't tested. Race-day caffeine experiments. The pressure of someone else's expectations.

SPECTATORS AND FAMILY

Purchase a spectator ticket in advance [HERE](#) or on site. Family Wave runs free at 2:00pm on Saturday.

RACE DAY / THE FESTIVAL

THE FESTIVAL.

More than the race. The expo, the merch, the photographs. Three days at Navy Pier

SMILE FOR THE CAMERA.

Sportograf covers all waves. Photos will be available shortly after the event by email, where you can search via facial recognition. Share what makes you proud.

You'll also see our own crew on site across the weekend. Cameras at zones, gimbals at the run-out, microphones at the finish line. The footage goes everywhere DEKA goes after the event.

If we point a lens at you, give us something. Or don't.

Actually, ignore us. Run your race. We'll find you.

THE MERCH

DEKA FIT Boston event tees along with the curated DEKA apparel, accessories, and gear collection can be found at the DEKA Merch Store. Shop for your next race fit or a souvenir from your weekend in Boston.

THE PARTNER EXPO

Athlete Braids, MAPtrition, Oolie, PHX Energy Drink, STOIK Innovations, Sweathouz, Titan 6 Actual. Talk to the people who make the products that support your race. Get race-ready. Find your next nutrition. Recover and reset.

THE FOOD

Food and drink across all three days, on site at the festival. No outside food. No coolers, no glass bottles. You won't need to leave the building to eat, but of course, you can.

FIRST DEKA?

FIRST DEKA? The festival is where you'll figure the sport out. Watch a wave. Watch the warm-up. Stand near zone 7 and listen to the bikes, and cheer on every athlete you see.

BUILT FOR THE CROWD

The DEKA FIT arena layout puts you right in the middle of the fire. With the main festival situated at the dead center of the arena—completely surrounded by all ten fitness zones—you get flawless 360-degree sightlines from every single angle. There are endless opportunities for spectators to get up close and personal, letting them feel the raw energy as athletes crush each milestone. Don't just watch from afar. Grab your spectator tickets on the [event registration page](#) today, or secure one directly at onsite registration on race day.

RACE DAY / THE COURSE

TEN ZONES. FIVE KM. KNOW THEM.

DEKA FIT is ten zones of functional fitness each preceded by 500m of running for a total of 5km. In teams you run the first and last lap together and split the work however you want. in Ultra, you do the whole thing five times.

- | | | | |
|----|---------------------------|----|--------------------------|
| 01 | 30 RAM Alt Reverse Lunges | 06 | 100m Farmer's Carry maze |
| 02 | 500m Row | 07 | 25 Cal Air Bike |
| 03 | 20 Box Jump / Step Overs | 08 | 20 Dead Ball Overs (4ft) |
| 04 | 25 Med Ball Sit-up Throws | 09 | 100m Sled Push/Pull |
| 05 | 500m Ski Erg | 10 | 20 RAM Weighted Burpees |

OFFICIAL DEKA ZONE PARTNERS

Zone 1 & Zone 10 powered by **RAM**

Zone 7 powered by **STEPR**

Zone 2-6 powered by **LYCAN**
FITNESS EQUIPMENT

Zone 8 powered by **The Original DeBall**
Made in the USA

Zone 4 powered by **KORBOARD**
FITNESS EQUIPMENT

Zone 9 powered by **GETRXP**
XEBEX
FITNESS

WE'LL SEE YOU AT THE NEXT ONE.

2026 DEKA NAM CALENDAR

AUGUST 8-9

PHILADELPHIA DEKA FIT

PENNSYLVANIA CONVENTION
CENTER

AUGUST 22-23

RALEIGH DEKA FIT

RALEIGH CONVENTION CENTER

SEPTEMBER 12-13

FLORIDA DEKA FIT

BROWARD COUNTY
CONVENTION CENTER

SEPTEMBER 26-27

NEW YORK DEKA FIT

TBD

OCTOBER 31

TORONTO DEKA FIT

THE INTERNATIONAL CENTRE

NOVEMBER 7-8

ATLANTA DEKA FIT

GEORGIA WORLD CONGRESS
CONVENTION CENTER

DECEMBER 10-13

DEKA WORLD CHAMPIONSHIP

FORT WORTH
CONVENTION CENTER

MAKE YOUR MARK. SET IT. BEAT IT. REPEAT IT.

@DEKA.FIT / SPARTAN.COM/EN/DEKA