

MEET YOUR EXTRAORDINARY

Race Regulations



Speedgoat Mountain Races By UTMB

RACE REGULATIONS

ORGANIZATION

Speedgoat Mountain Races by UTMB 50K, 28K, 10K & Half Marathon races.

DEFINITION OF THE RACES

Speedgoat Mountain Races by UTMB is an event which includes three races, including a 2-day challenge. The Speedgoat Mountain Races by UTMB is hosted at the international ski resort, Snowbird, outside Sandy Utah. Each event takes place in one single stage, at each runner's own pace and within a time limit.

50K CATEGORY

- Approximately 50km and about 11,000ft of elevation gain, starts and finishes at the base of the Snowbird Ski Resort.

28K CATEGORY

- Approximately 28km and about 7,000ft of elevation gain, starts and finishes at the base of the Snowbird Ski Resort.

10K CATEGORY

- Approximately 10km and about 1,800ft of elevation gain, starts and finishes at the base of the Snowbird Ski Resort.

RUNNER'S COMMITMENT

To participate in Speedgoat Mountain Races by UTMB, in the events, it is essential:

- To be completely aware of the length and difficulty of the event and to be adequately prepared for it.
- To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:
 - Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (wind, cold, fog, rain or snow).
 - Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
 - Aware that the organization's role is not to help a runner manage these problems.
 - Aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
 - To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

SEMI-AUTONOMY / SELF-SUFFICIENCY

Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

1. Throughout the duration of the race each runner must have with them all their mandatory equipment.
2. The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.
3. NO PACERS.
4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator-zones.

Note: A Safety Runner may be allowed under certain conditions approved by race management. These will be reviewed on a case-by-case basis. They will have to follow the runners regulations of the event

Runners are not allowed to participate with a dog or any other animal, including service animals.

5. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency.

(*) Runner Crewing is permitted at the following posts:

50K:

- Hidden Peak Aid Station #1 & #5: Miles 8.9 & 26.6 (Only accessed via the Snowbird Tram)
- Tunnel Aid Station #4 :: Mile 23.9 (Only accessed via the Snowbird Tram, then a short hike from Hidden Peak)

28K:

- Hidden Peak Aid Station #1 & #2 :: Miles 8.9 & 12.4 (Only accessed via the Snowbird Tram)

10K:

- No Crew locations

Runner Crewing is forbidden at all other aid stations.

EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist (see below) and must carry all the equipment with them during the duration of the race even if the runner is not using it.

The "hot-weather" and the "cold-weather" kits are part of the recommended equipment.

According to the weather conditions, the race organizer might require one of those two additional kits and inform each participant before the opening of the check-in.

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead, runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy precipitation and snow.

50K & 28K: Mandatory Equipment Checklist

Basic kit:

- Minimum water supply: 1/2 liter of hydration capacity

50K & 28K Recommended Equipment Checklist:

- Light wind jacket
- Hat
- Sunglasses
- Ability to carry 1 liter of hydration capacity

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when crossing any roads, as well as on approach to, and whist at, any checkpoints and when approaching and passing any Safety Team members.

If you have further questions about mandatory equipment, do not hesitate to consult our FAQs

RACE-BIBS

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with photo at Packet Pickup at the Expo

The race-bib must be all times and must remain completely visible during the entire race. It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access aid stations, medical points, rest rooms, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the bib is collected, and ankle chip is deactivated.

This registration is non-refundable and non-transferable. All deferral requests will be honored until June 22, 2023, regardless of the reason for deferral. The deferral may only be used once. To submit a deferral request, please contact speedgoat@service.byutmb.world.

DROP BAGS / SPARE BAGS

There are no Drop Bags at any Aid Station in any distance

AID STATIONS

Along the race route, there are points where runners are provided food and drinks. Aid stations supply drinks and food for consuming within the aid stations. The organization supplies still water and electrolyte/sports drink for filling the mandatory water bottles/hydration packs and personal collapsible cups. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station. For further information concerning aid stations, visit the page "aid stations" on the race website.

To enter the aid stations, runners must wear their race-bib.

The race guide and the relevant pages on our website provide full list of aid stations and what kind of food/drinks runners may find there.

TIMING POINTS

Runner chips are scanned upon arrival at certain Aid Stations and at some timing points along the course.

[2022 Speedgoat by UTMB - Timing Manual.pdf](#)

COURSE-MARKING

50K:

- The 50K course will be marked with blue ribbons and blue pin flags

28K:

- The 28K course will be marked with white ribbons and white pin flags

10k:

- The 10K course will be marked with yellow ribbons and yellow pin flags

All courses will use pink ribbon for WRONG WAY with critical intersections staffed with Course Marshals and directional arrow signs.

WARNING: if you can't see any way markers, turn back!

Because we respect the environment, we do not use any paint on the trails.

SAFETY AND MEDICAL ASSISTANCE

All Aid Stations have Medical Staff, with a Medical Station at the Finish Line.

Medical Staff and Stations are intended to assist any runner in need of medical assistance.

It is up to a runner in need of assistance or injured to call for the help:

- By going to a Medical Station or seeing a Medical Staff at the nearest Aid Station
- By calling Race Management (phone number should be saved in mobile/cellphone)
- By asking another runner to call for help

Runners must provide assistance to any person in danger and alert Race Management and/or Medical Staff

If a runner is unable to call the Race Management, and only if it is an absolute emergency, runners may call 911

A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid, as well as any person appointed by the race direction are able to:

- Remove any participant who is deemed unable to continue the event
- Demand any competitor to use any item of the mandatory equipment
- Evacuate any runners deemed to be in danger
- Refer runners to the most appropriate care facility

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agrees to accept their decisions.

If a runner's state of health justifies treatment via intravenous drip, the runner shall withdraw from the race.

There is a hospital located in Sandy for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of care available.

Runners must stay on the marked path.

If a runner needs to sleep along the way, they must do so on the marked path.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

TIME LIMIT AND CUT-OFF TIMES

50K:

- Hidden Peak - Aid Station #1 :: Mile 8.9 – 10:00 am
- Mineral Basin – Aid Station #3 :: Mile 20.6 – 1:45 pm
- Tunnel – Aid Station #4 :: Mile 23.9 – 3:20 pm
- Hidden Peak – Aid Station #5 :: Mile 26.6 – 5:15 pm

28K:

- Hidden Peak - Aid Station #1 :: Mile 8.9 – 11:00 am

10K:

- There are no cut-offs for the 10K race

No distance has an overall race cut-off. If runners pass through the final Aid Station under that cut-off, they are allowed to finish the race.

You may find the cut-off times on the event web site and in the Runner's Guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced via race staff and at Aid Stations

Cut-off times are calculated to allow participants to reach the finish within the time limit. **In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time** (whatever their time of arrival at the check point).

Runners who have withdrawn from the race are under their own responsibility and are no longer supported by the race organizer. It is strongly advised for any withdrawn runner to be transported back to the finish line by the offered race transportation or their personal crew.

DROPS

Except in case of injury, a runner wishing to withdraw from the race must do so only at an Aid Station. They must inform the Aid Station Captain who will inform the command center.

If a runner wishes to withdraw while on the route between two Aid Stations, they must reach the nearest Aid Station where they must report their withdrawal. They must inform the Aid Station Captain who will inform the command center.

Runner Transport works as follows:

- Hidden Peak

- Runners can take the Snowbird Tram down to the Finish Line
- Pacific Mine
 - It is not recommended that runners drop at Pacific Mine due to the remote location.
 - In the event that a runner has to drop due to injury, Race Management will determine the best and safest method to transport the injured runner out of Pacific Mine
- Mineral Basin
 - Runners would take the Mineral Basin Chairlift up to Hidden Peak, then take the Snowbird Tram down to the Finish Line
- Tunnel
 - Runners can hike up to Hidden Peak, then take the Snowbird Tram down to the Finish Line.
 - The Peruvian Chairlift can also be used to download dropped runners

FINISH

When a runner finishes the race, they will receive the finisher's gift. Finishers will have access to food, hydration and medical attention if needed.

REST

Runners having finished their race and wishing to prolong their stay, must have their own accommodation.

AWARDS/PRIZE PURSE

The top 3 Male and Female in the **50K** distance gets a cash prize purse in the following distribution:

1. \$2,000
2. \$1,000
3. \$500

Top 3 Male and Female in each distance will receive overall awards.

All finishers for all distances will receive a finishers medal

COMPLAINTS/PROTESTS

Any complaint must be sent by email, within 10 days after the end of the event.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- Modify the cut-off times
- Change the start date
- Adapt the race's course
- Cancel the race
- Stop temporarily the race
- Stop the race in progress

If a race is cancelled or if the event needs to be modified (e.g. one or more races need to be cancelled), for any reason beyond the control of Race Management there are no refunds

If a race is cancelled less than 30 days before the start or if a race in progress is interrupted, for any reason beyond the control of Race Management, entry fees will not be refunded.



The organization takes out a third party insurance for the duration of the event. This civil liability insurance guarantees the financial consequences of its liability, that of its employees and that of the participants.

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