



# MUT

MOUNTAIN ULTRA-TRAIL

BY

UTMB®



# RACE GUIDE

26 - 28 MAY 2023

**UTMB®**  
WORLD SERIES

**HOKA**  
FLY HUMAN FLY

wahoo



Western Cape  
Government

[mut.utmb.world](https://mut.utmb.world)



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# IT'S ON.

## WELCOME

To the MUT by UTMB in 2023. It is an exciting year for the event that started back in 2018 with only 236 runners and now in 2023 we have 1450 athletes lining up over our 6 Races on the last weekend of May. We are very excited to launch the 100 Miler route as part of the stable of races to take place over the MUT weekend. The route promises to deliver that wow factor taking athletes from the big mountain tops to the secret forest along the slopes of the Outeniqua and including the pristine beaches of Wilderness. We have made a few minor tweaks on our other routes to improve the experience of our runners. More information on this on the pages to follow in this document.

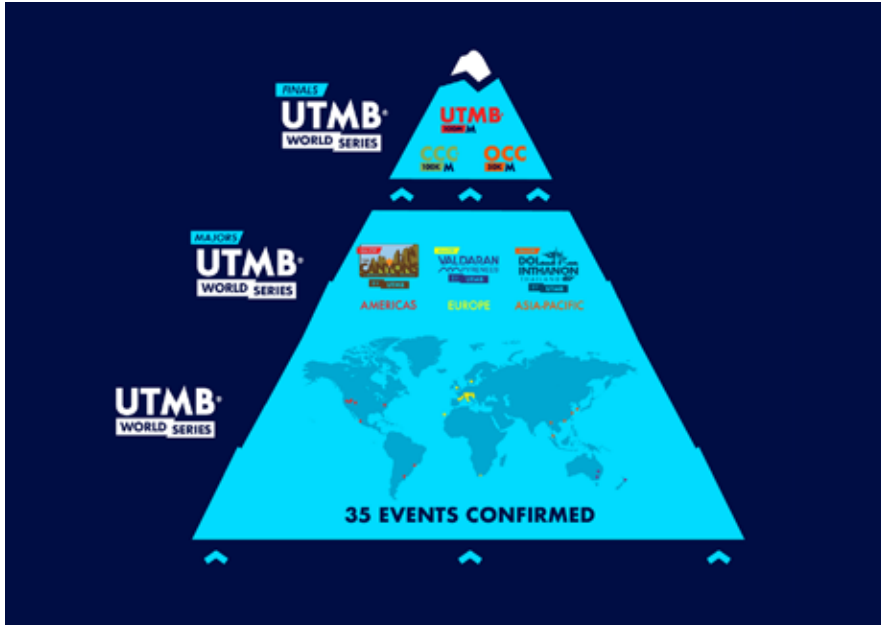
I would like to wish everyone a fantastic day out in the Outeniqua's, may you find that runners stoke, smile at the peaks, laugh as you tumble and high five your mates as you cross the line.

RACE DIRECTOR  
Zane Schmahl

PhotoCredits : Simon Pocock, Jacques Marais, Marzelle vd Merwe, Zane Schmahl, Emma Rorke



# THE WORLD'S ULTIMATE TRAIL-RUNNING CIRCUIT



Uniting the sport's biggest stars and amateur runners through the best, leading international events in the most stunning locations, the UTMB World Series gives all trail runners the chance to experience the UTMB adventure across the world, and gain access to the UTMB World Series Finals at the pinnacle UTMB Mont-Blanc.

## FINALS

Celebrating its 20th Anniversary this year, the mythic UTMB Mont-Blanc is the world's most well-known and revered trail running event on the globe. In the heart of the Alps, the prestigious UTMB World Series Finals is held in 3 categories: the OCC (50K), CCC(100K) and UTMB (100M) every year at the end of August in Chamonix, France.



## MAJORS

Three UTMB World Series Majors, are held each year across the Americas, Europe and the Asia-Pacific region. Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total 225 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.



## EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains with sustainability at its heart, UTMB World Series Events gives all trail runners the chance to experience the UTMB adventure at 35 events around the world. Begin your quest to UTMB Mont-Blanc and the UTMB World Series Finals.



### RUNNING STONES

You can only collect Running Stones by finishing races in the 20K, 50K, 100K or 100M category at a UTMB World Series Event or UTMB World Series Major.

Only 1 Running Stone acquired in the past two years is mandatory to enter the lottery. Running Stones are cumulative, have no expiration date, and each Running Stone gives you an additional chance to be drawn in the UTMB World Series Finals lottery.



### UTMB® INDEX

The UTMB Index is calculated for each of the 4 UTMB World Series race categories: 20K, 50K, 100k and 100M.



Trail runners are also given a General UTMB Index calculated by combining results from all race categories. A valid UTMB Index is mandatory to enter the UTMB World Series Finals lottery, along with a minimum of 1 Running Stone.

**DO YOU HAVE YOUR  
MY UTMB ACCOUNT ?**

**THIS IS WHERE YOU CAN SEE IT ALL.**



**CHECK IT OUT AT  
UTMB.WORLD**

- See your Running Stones count
- Check your UTMB Index
- View your race results
- Get detailed performance statistics
- See your upcoming race registrations
- Share your results with your friends

# UTMB®

## WORLD SERIES

# 2023 FULL

## 35 EVENTS CON

### FEBRUARY

- 11-12 Tarawera™ Ultramarathon by UTMB®**  
New-Zealand
- 17-19 Amazean Jungle by UTMB®**  
Thailand

### APRIL

- 13-16 Istria 100™ by UTMB®**  
Croatia
- 15-16 Ultra-Trail Ninghai by UTMB®**  
China
- 15-16 Desert RATS Trail Running Festival™ by UTMB®**  
USA

#### MAJOR

- 28-29 The Canyons Endurance Runs™ by UTMB®**  
USA

### MAY

- 04-06 Transvulcania by UTMB®**  
Spain
- 11-14 Ultra-Trail Australia™ by UTMB®**  
Australia
- 12-14 Valhöll Argentina by UTMB®**  
Argentina
- 12-14 Ultra-Trail Snowdonia by UTMB®**  
Wales
- 18-21 Trail Alsace Grand Est by UTMB®**  
France
- 26-28 Mountain Ultra-Trail™ by UTMB®**  
South Africa



### JUNE

- 03-04 Trail du Saint-Jacques by UTMB®**  
France
- 17-18 mozart 100™ by UTMB®**  
Austria
- 22-25 La Sportiva® Lavaredo Ultra Trail® by UTMB®**  
Italy
- 24-25 Trail 100 Andorra™ by UTMB®**  
Andorra
- 24-25 Western States® 100-Mile Endurance Run by UTMB®**  
USA



# CALENDAR FIRMED



## JULY

06-08 Restonica Trail by UTMB®  
France

### MAJOR

06-09 Val d'Aran by UTMB®  
Spain

07-09 Trail Verbier Saint-Bernard by UTMB®  
Switzerland

12-16 Eiger Ultra-Trail™ by UTMB®  
Switzerland

21-22 Speedgoat™ Mountain Races by UTMB®  
USA

## AUGUST

03-05 KAT100™ by UTMB®  
Austria

### FINALS

28 AUG- UTMB® Mont-Blanc  
03 SEPT France, Italy, Switzerland

## SEPTEMBER

08-10 Julian Alps Trail Run by UTMB®  
Slovenia

14-17 Wildstrubel by UTMB®  
Switzerland

22-24 Grindstone Trail Running Festival™ by UTMB®  
USA

22-24 Paraty Brazil by UTMB®  
Brazil

28 SEPT Nice Côte d'Azur by UTMB®  
01 OCT France

## OCTOBER

07-08 Transjeju by UTMB®  
South Korea

## NOVEMBER

03-04 Kullamannen™ by UTMB®  
Sweden

03-04 Puerto Vallarta México by UTMB®  
Mexico

10-12 TransLantau™ by UTMB®  
Hong Kong

## DECEMBER

07-09 Ultra-Trail Kosciuszko™ by UTMB®  
Australia

### MAJOR

08-10 Doi Inthanon Thailand by UTMB®  
Thailand



**TRIED, TRUSTED,  
AND A LITTLE BIT  
TWISTED**



**MAFATE  
SPEED 4**

Extreme traction for those who  
choose the toughest terrain

**HOKA**  
FLY HUMAN FLY™



## THURSDAY 25<sup>TH</sup>

Time	Location		What
13:00 - 19:00	Witfontein		Registration
16:00 - 17:00	Witfontein		Elite Chat & MUT Miler Route Q&A
17:30	Ground Zero		GTR Time Trial

## FRIDAY 26<sup>TH</sup>

Time	Location		What
12:00 - 20:00	Witfontein		Registration
13:00	Witfontein		MUT Miler Race Briefing
14:00	Witfontein		MUT Miler Start
19:00	Witfontein		All Distances Race Briefing

## SATURDAY 27<sup>TH</sup>

Time	Location		What
5:00	Witfontein		100 & 60km Start
6:00	Witfontein		42km Start
6:30	Witfontein		Shuttles leave for 25km Start
7:00	Sputnik		25km Elite Start
07:05 - 09:30	Sputnik		25km Free Flow Start
08:30	Witfontein		10km Start
12:00	Witfontein		10km & 25km Awards Ceremony

## SUNDAY 28<sup>TH</sup>

Time	Location		What
12:00	Witfontein		Awards Ceremony (42km,60km,100km, 160km)
14:00	Witfontein		100 Miler Cut Off

# LOCATIONS



## START/ARRIVAL ZONE

Witfontein forestry station is where everything will take place over the Race Weekend. This is the main entrance to the Outeniqua Nature Reserve. Registration will take place here along with the Expo. Various foodstalls will be available and our official beer partner Devils Peak will make

sure the hydration is tip top at the event venue.

## EXPO/VILLAGE

The event Expo will form part of the Race Registration tent at Witfontein Forestry Station with various exhibitors at the expo.

## START LINE

The start line to the MUT is on the foot hills of the Outeniqua Mountains, perfectly located for the start of your adventure. The start line for all distances except the MUT Challenge 25km is at the Witfontein Forestry station. The shuttling of the 25km race will take place from Witfontein as well. So all 25km athletes still need to come to Witfontein on Saturday morning from 06:30.



wahoo



ELEMENT RIVAL



CHOICE OF  
**CHAMPIONS**

**UTMB<sup>®</sup>**  
WORLD SERIES

**wahoo**

TECHNICAL PARTNER

## RACE DETAILS

Below are a few important info points to take note of to best prepare yourselves for Race Day.

## IMPORTANT

### BIB

Your bib is the best way for us to identify you, please make sure it is always visible and on the outer layer of your clothing.

### BAGS

Only the MUT 100 and the MUT Miler will receive drop bags for the Tierkop Aid Station and Oakhurst for the Miler race, please make use of the bags provided at Registration. The Miler's bags need to be handed back by Friday 13:00 at registration. The MUT100 bags need to be handed back by Friday 20:00 at registration.

### SHUTTLES

The MUT Challenge 25km is the only race with a remote start and runners will be shuttled from the main race venue to the remote start on Saturday from 06:30 to 09:30. The shuttles will be doing return trips, so no need to panic if you are not on the first shuttle. We will reserve the first shuttles for the Elites to start together on top of the mountain.

### REGISTRATION ID

Please bring your ID along for Registration identification

### COURSE SIGNAGE

The routes will be well marked with flags and tags on the vegetation. At split points or crucial turns we will have route marker arrows showing you where to go. Although the route will be well marked basic route finding skills will be required. It is advisable to download the GPX files onto your devices for peace of mind.

### ASSISTANCE

No outside assistance is permitted on the route. Only the 100km and 100 Miler are able to receive support in designated areas and specific Aid Stations

### AID STATIONS

Please take note of the distances between Aid Stations from the below Race info and plan your nutrition and hydration accordingly.

### CUPLESS

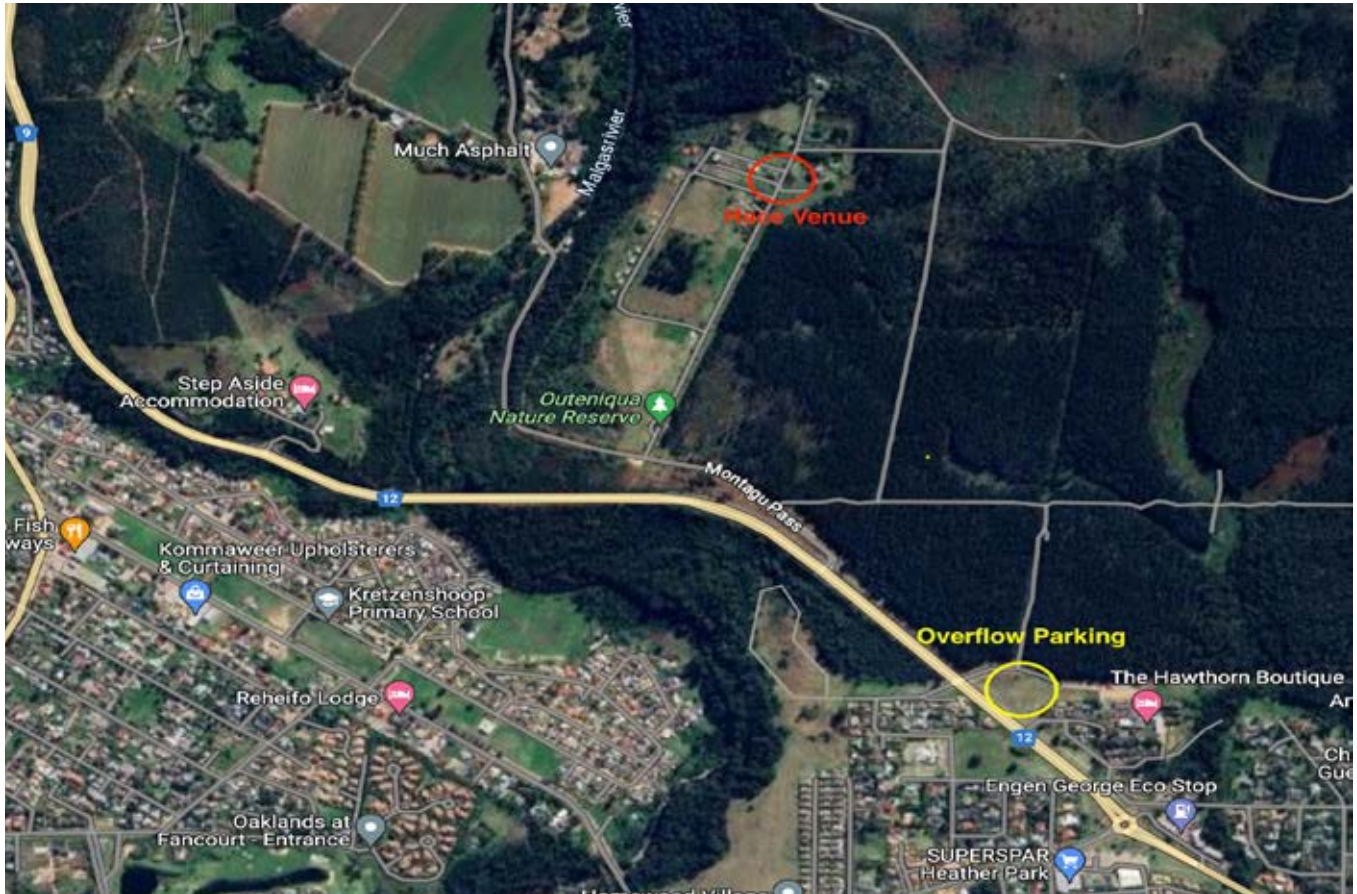
Please make sure you carry your own cup to be able to make use of the drinks available at the Aid Stations. No cups will be provided at any aid station for Water, Naak or Coke. We will have hot contents cups available at the points where Coffee, Tea or Soup is served.

### PARKING

We have opened up more parking space at the Race Venue, additional parking can be found on the open lawn area next to the Hawthorn Hotel. We will have a shuttle from this parking area to the Race Venue, or you can do your warm up from here to the start line.

# REGISTRATIONS INFORMATION

## ZONE REGISTRATIONS - MAP



## INFO



Registration opens from Thursday 13:00 to 19:00 and Friday from 12:00 to 20:00



Please bring your ID along for Registration



Please bring your gear to registration as all athletes will be checked, except MUT Lite (see page 12 the list)



Shuttles will only be for the 25km Race distance on Saturday from 06:30 to 09:30



All races will finish at the main Race Venue, Witfontein Forestry station.



# MADE IN BARCELONA



## SUSTAINABLE HEADWEAR PRODUCED IN OUR HOME FACTORY

Today 90 percent of our neckwear, caps and knits are made in Barcelona - with the goal to take the full production home in the following years. Our ability to produce in-house allows greater control over both environmental and social standards and our facility is run by 100% renewable electricity.

For us - the protection of the planet is a lifelong commitment with the aim to do better every day.



📍 Els Bunkers del Carmel, Barcelona

[BUFF.COM](https://buff.com)

Please familiarise yourselves with the race rules and where it is applicable to your Race that you are doing. It is important to adhere to these rules, so that everyone can enjoy the race. Some points are highlighted below for you to please take note of.

## LITTER

Most of the race takes place in a nature reserve and in general it is important not to litter out on the trails. If you as a runner pass some rubbish out on the trails please be the good samaritan and pick it up.

## KINDNESS

Please be kind to our Volunteers offering their time to assist you to have a great experience. The same can be asked to your fellow runner out on the course, acts of kindness out on the route will go a long way.

## RACE RULES

### Conservation / Environmental

The event is taking place in a Nature Reserve – Normal Nature Conservation rules and regulations apply.

**DO NOT LITTER** – anyone observed littering will be disqualified and banned from future races.

Smoking or the lighting of fires is forbidden at all times during the race.

Washing of apparel and equipment in streams or lakes is forbidden at all times during the race.

Strictly adhere to the “leave no trace and take no souvenirs” policy.

### No Support / Outside assistance will be allowed.

Only the MUT100 and MUT Milers are able to receive support in designated areas.

Any form of mobile support along the route, eg: pacing or muling. Carrying, pulling or pushing by other racers or members of the public is prohibited.

Not carrying on your person at all times the full set of mandatory gear. (including a 300ml reserve of water) Switching of running packs is not allowed. Start with one pack and carry it for the full duration of your race.

Race participants may take as much food and beverage as needed from the water station provided by the organizer. Race participants will not be allowed to take any bottles, cans or cups from these areas and should plan on carrying and refilling their own hydration systems at the stations.

Participants may not make use of any motorized or wheeled vehicles during the race.

If you choose to use poles they are to be carried on you at all times from start to finish. You are not allowed to discard, stash or give to officials for keeping. Please be conscious of those around you when using poles.

### On Route

The event takes place on very rugged, single-track hiking trails. Running on such trails comes with inherent risks that participants accept upon entering the event.

Your race number must be visible at all times on the outside of your clothing and on the front of your body. Do not cover your race number with any backpack strap or article of clothing.

Most of the course will be clearly marked (follow the marked course route) however basic trail finding skills and common sense will be required to find the route on certain sections. Shortcuts are prohibited.

Tampering with Route Markers will lead to disqualification. Misplaced or damaged event signage must be reported to the next marshal immediately.

Runners are to please yield on the trails, by respecting other participants when passing – keep left and pass right, be aware of blind spots and slow down when you need to.

**Withdrawal:** Should you need to drop out of the race, inform the nearest race official. If you leave the course and fail to notify race officials, you will be banned from participating in the future (unless assisted from the course by First Aid crews).

# RACE RULES



## RACE RULES

The organisers reserve the rights to change the routing and format at any time during the event.

### Vehicles to Herold Wines

Spectator vehicles can travel to Herold Wines via Outeniqua pass and not Montagu pass. They are able to spectate from this point but only support or seconding will be permitted for the 100km and 100 Miler.

### Compulsory Equipment

Participants are to have their mandatory equipment with them at all times during the race.

There may be an equipment check; prior to the start, during the race or at the finish line. It is the participant's responsibility to display all the items in order to pass the equipment check.

Any participant failing to display the mandatory gear will not be able to proceed until they arrange for the missing item to be replaced. For the sake of fairness to other runners, there will also be a penalty ranging from a time penalty to disqualification based on the severity of the breach.

Headphones are not permitted. Full awareness of one's surroundings and the ability to communicate with other participants, race officials/volunteers is critical to everyone's safety.

### General

The use of band performance Enhancing Substances is not permitted during this event. Event organisers reserve the right to test participants for Banned Substances. Participants failing to provide a sample on request will be disqualified from the event.

Racers wishing to protest an outcome or disqualification must notify a race organiser within 60 minutes of finishing the race. Protests will be considered by a three-person committee consisting of the race director and two race organisers. Decisions of the committee are final.

Bad sportsmanship and abuse towards officials can lead to disqualification. As participants please show your appreciation for their efforts to help you finish the race by thanking and giving a smile to our volunteers.

### Weather

The event will take place irrespective of weather conditions unless intervened by Disaster Management.

The event organisers reserve the right to cancel the race at any time and the race can be cancelled due to any circumstances. Serious considerations will be taken before this happens and the decision will not be taken lightly.

### Lost and Found

Any personal items left after the race will be donated to a charity or to other local runners in need. We will not ship items to you.



CAMELBAK®

NEW ZEPHYR™ PRO VEST

REDEFINE  
WHAT'S  
POSSIBLE



VISIT [CAMELBAK.EU](https://www.camelbak.eu) FOR MORE INFORMATION

## COMPULSORY GEAR

It is important to understand that compulsory gear is not there to make your life difficult. You will probably not use most of it out on the trail. But it is about when things go wrong. These items can become life savers.

Because of the remoteness of the trails, they are not accessible by vehicles. Therefore, a compulsory gear list is mandatory for the participation of this event.

The trails are technical, cover high altitudes and are exposed to the elements. It can turn harsh out there, real quickly.

The MUT Lite (10km) will need to carry their (1) Race Number, (2) Own Cup, (3) Outer Shell (jacket), (4) Own Water (5) Emergency Food, (6) Space Blanket, (7) Whistle as recommended gear. e MUT Miler (160km) . Weather depended gear will be made clear at registration:

Gear	Notes	Compulsory 25km, 42km, 60km	Compulsory 100km & 100 Miler	Weather Dependant
Race Number	To always be on your outer layer and visible	Yes	Yes	No
Own Cup	To make use of Aid Station drinks	Yes	Yes	No
Headlight	42km, 60km, 100km and 100 Miler	Yes	Yes (Spare batt or 2nd light)	No
Jacket	Waterproof with a hood and taped seams	Yes	Yes	No
Long Sleeve mid layer	Fleece or similair mid layer	No	No	Yes
Thermal Base Layer	Must be a thermal garment, no cotton	Yes	Yes	No
Thermal Bottoms	Must be a thermal garment, no cotton	No	Yes	No
Waterproof pants	Waterproof and taped seams	No	No	Yes
Gloves	Warm and preferably waterproof	No	Yes	No
Shoes	Trail run specific recommended	Yes	Yes	No
Buff or Beanie	Warm Headgear	Yes	Yes	No
Running Pack / Vest / Hip Belt	Must have enough space for all gear	Yes	Yes	No
Hydration	Minimum capacity of 1.5l	Yes	Yes	No
Cellphone	Charged, with emergency numbers saved. RD: +27720768623 RouteD: +27813664394 Medic: +27749910911	Yes	Yes	No
Food	Enough for 6 hours in the mountains. To have emergency food in tact at all times.	Yes	Yes	No
Space Blanket	Emergency Blanket	Yes	Yes	No
Bandage / Strapping	50mm wide x 1 m long	Yes	Yes	No

# WEATHER - METEO

It is too early to give an accurate weather forecast for race day. We have however entered into winter and the temperatures will be low early morning and in the evenings, please prepare sufficiently for all weather conditions on race day. Weather dependent gear will be made clear at registration with gear check so please bring all the gear from the list along.




DACIA

# NEW DACIA DUSTER

Dacia official automotive partner of UTMB® World Series



Range New Dacia Duster : CO2 emission min / max (g/km) (WLTP procedure) : 125/142. Mixt consumption min / max (l/100km) (WLTP procedure) : 4,8/7,0. Dacia recommends 

# MUT MILER

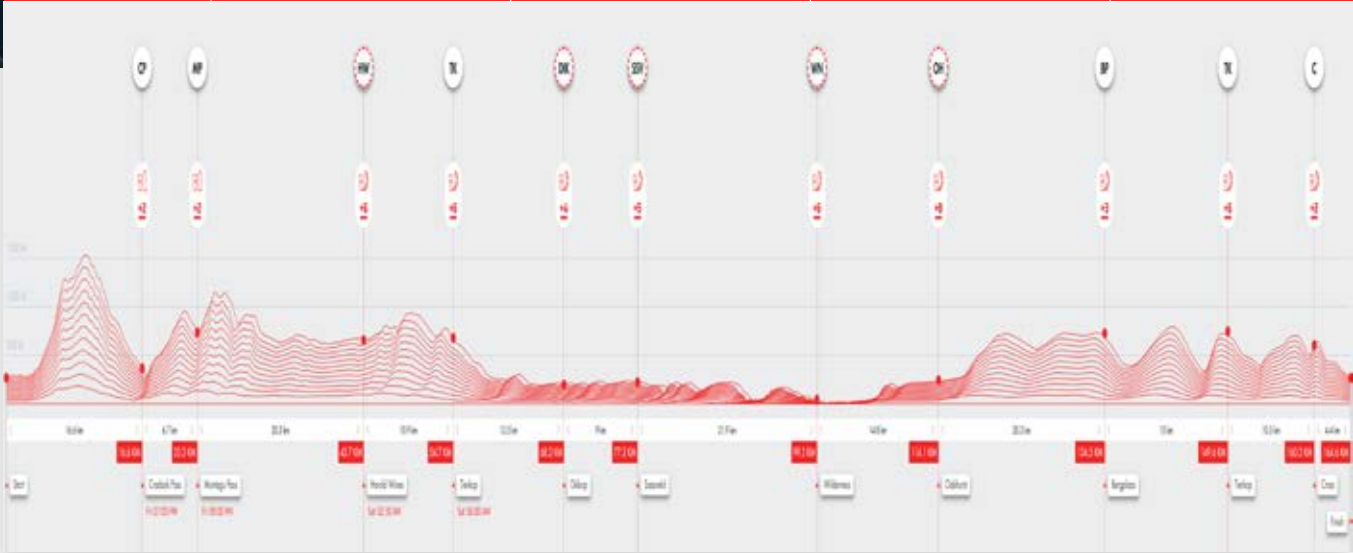
The inaugural MUT Miler, 165km of pure Garden Route blis

RACE CATEGORY

**100M M**



Distance 165KM	Elevation gain 7685m	Start place Witfontein	Start date 2023-05-26	Start time 14:00
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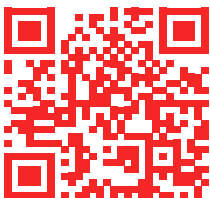
## PRE-EVENT

Please join us on Thursday for the Elite chat and Route Q&A with the Race and Route Directors. This will be followed by a fun 5km GTR run with the community and locals to keep those legs activated.

## AWARDS

The awards ceremony will be on Sunday at 12:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## SCAN THE CODE



## PRACTICAL INFO



Remember to bring your gear along for gear check when you come to register.



Official Race Briefing will be 13:00 on Friday, it is compulsory to attend.



Spare bags to be handed back in at registration by 13:00 Friday 26th. Your spare bag will go to Tierkop and Oakhurts aid stations.

# TIMETABLE

## THURSDAY 25<sup>TH</sup>



Time	Location	What
13:00 - 19:00	Witfontein	Registration
16:00 - 17:00	Witfontein	Elite Chat & Route Q&A
17:30	Ground Zero	GTR Time Trial

## FRIDAY 26<sup>TH</sup>

12:00 - 20:00	Witfontein	Registration
13:00	Witfontein	Race Briefing
14:00	Witfontein	MUT Miler Start

## SUNDAY 28<sup>TH</sup>

12:00	Witfontein	Awards Ceremony
14:00	Witfontein	Race Cut Off

# MAP



STARTING LINE    
 FINISH LINE    
 DRINK SUPPLY    
 AID STATION    
 MEDICAL STATION

# AID STATIONS & TIME CHARTS

Point	Altitude (M)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	267	0	0	0	Fri 02:00 PM	Fri 02:00 PM		
Cradock Pass	365	16.6	1484	1386	Fri 04:03 PM	Fri 06:39 PM	Fri 07:00 PM	
Montagu Pass	735	6.7	2215	1747	Fri 05:04 PM	Fri 08:53 PM	Fri 09:00 PM	
Herold Wines	655	20.3	3192	2804	Fri 07:24 PM	Sat 02:25 AM	Sat 02:30 AM	 +5
Tierkop	676	10.9	3902	3493	Fri 08:59 PM	Sat 05:43 AM	Sat 06:00 AM	 +5
Dikkop	196	13.5	4190	4260	Fri 10:34 PM	Sat 09:05 AM	Sat 10:00 AM	 +3
Saasveld	222	8.9	4364	4410	Fri 11:29 PM	Sat 11:13 AM	Sat 12:00 PM	 +4
Wilderness	43	21.9	5017	5242	Sat 02:06 AM	Sat 05:21 PM	Sat 06:00 PM	 +5
Oakhurst	244	14.7	5427	5450	Sat 03:42 AM	Sat 09:14 PM	Sat 10:00 PM	 +7
Bergplaas	725	20.3	6327	5871	Sat 06:19 AM	Sun 03:29 AM	Sun 04:00 AM	 +2
Tierkop	746	14.9	7280	6801	Sat 08:45 AM	Sun 09:02 AM	Sun 10:00 AM	 +5
Cross	602	10.4	7895	7561	Sat 10:25 AM	Sun 12:50 PM		
Finish	267	4.4	7986	7986	Sat 11:00 AM	Sun 02:00 PM		



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION

## AID STATIONS WITH SUPPORT

These are the aid stations where you as a runner may have support. It is important that the support crew adhere to the rules and follows instructions from the Aid Station Marshalls. Support may only be given in the designated area and no support is allowed on the route.

**Herold Wines - GPS: 33°51'50.72"S | 22°28'9.72"E**

**Dikkop - GPS: 33°57'29.17"S | 22°29'50.22"E**

**Saasveld - GPS: 33°57'33.25"S | 22°31'55.57"E**

**Wilderness - GPS: 33°59'33.96"S | 22°34'43.26"E**

**Oakhurst - GPS: 33°57'18.47"S | 22°39'16.85"E**







# R2<sup>3.0</sup> CALF SLEEVES



### Compression Grid Pattern

Targeted high level muscle support.

**Decreasing the risk of injury and cramps.**



### Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

**Less chance of shin splints & stomach inflammation**



### Achilles Proprioceptive Stripes

Promotes support and microcirculation to the achilles tendon.

**Added support & less inflammation**



### Fibular Stripes

3D textured yarn activates the fibular muscles, improving balance & stability.

**Less chance of sprained ankles**

## MICRO GAINS, **MACRO RESULTS.**



MASSAGING FIBER



SHOCK ABSORBER



THERMO-REGULATION



K-PROTECT



REFLECTIVE LOGO



[www.compressport.com](http://www.compressport.com)



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# MUT 100

The MUT 100km race, the race that will test all, brave enough to toe the line.

RACE CATEGORY

**100K M**



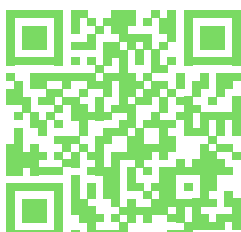
## PRE-EVENT

Join us for the GTR Community run on Thursday with locals and Pro's. Come and send the Milers off from the start or hike up to the Cross to cheer them up George Peak!

## AWARDS

The awards ceremony will be on Sunday at 12:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## SCAN THE CODE



## PRACTICAL INFO



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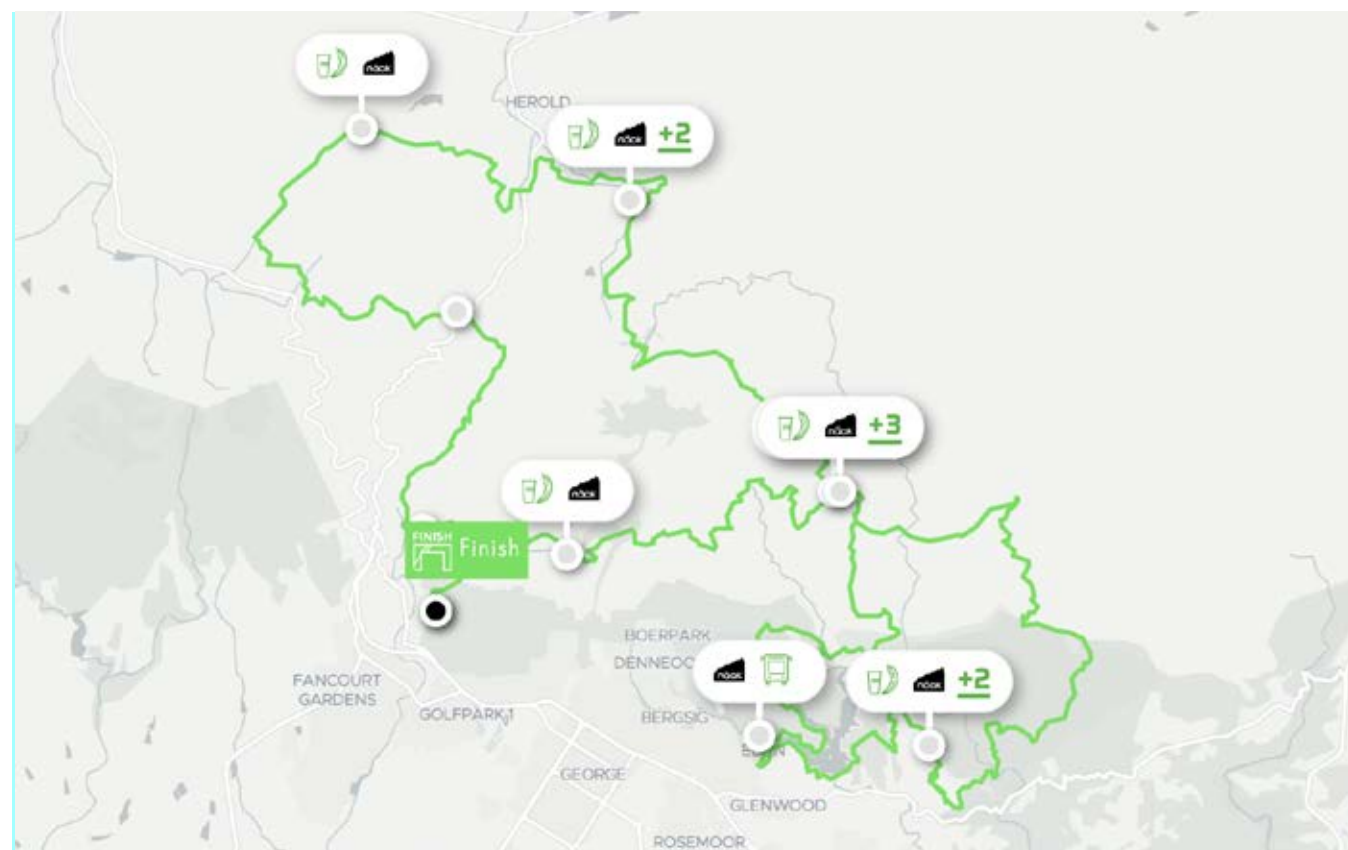
## SATURDAY 27<sup>TH</sup>

05:00	Witfontein	Race Start
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## SUNDAY 28<sup>TH</sup>

05:00	Witfontein	MUT 100 Cut Off
12:00	Witfontein	Awards Ceremony

# MAP



# AID STATIONS & TIME CHARTS

Point	Altitude (M)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	267	0	0	0	Sat 05:00 AM	Sat 05:00 AM		
Cradock Pass	361	4	210	116	Sat 05:21 AM	Sat 05:44 AM		
Montagu Pass	735	6.7	944	476	Sat 06:14 AM	Sat 07:30 AM		
Champerskloof	631	9.9	1595	1231	Sat 07:27 AM	Sat 10:14 AM		
Herold Wines	655	10.1	1825	1437	Sat 08:21 AM	Sat 12:03 PM	Sat 12:30 PM	 +3
Tierkop	676	11	2547	2138	Sat 09:48 AM	Sat 02:59 PM	Sat 03:00 PM	 +5
Dikkop	196	13.5	2835	2905	Sat 11:12 AM	Sat 05:39 PM	Sat 06:00 PM	 
Saasveld	222	8.9	3009	3055	Sat 12:04 PM	Sat 07:27 PM	Sat 08:00 PM	 +3
Tierkop	665	19	4176	3778	Sat 02:46 PM	Sun 12:57 AM	Sun 01:00 AM	 +4
Cross	602	10.1	4802	4468	Sat 04:22 PM	Sun 03:56 AM		 
Finish	267	4.4	4893	4893	Sat 05:00 PM	Sun 05:00 AM	Sun 05:00 AM	



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION

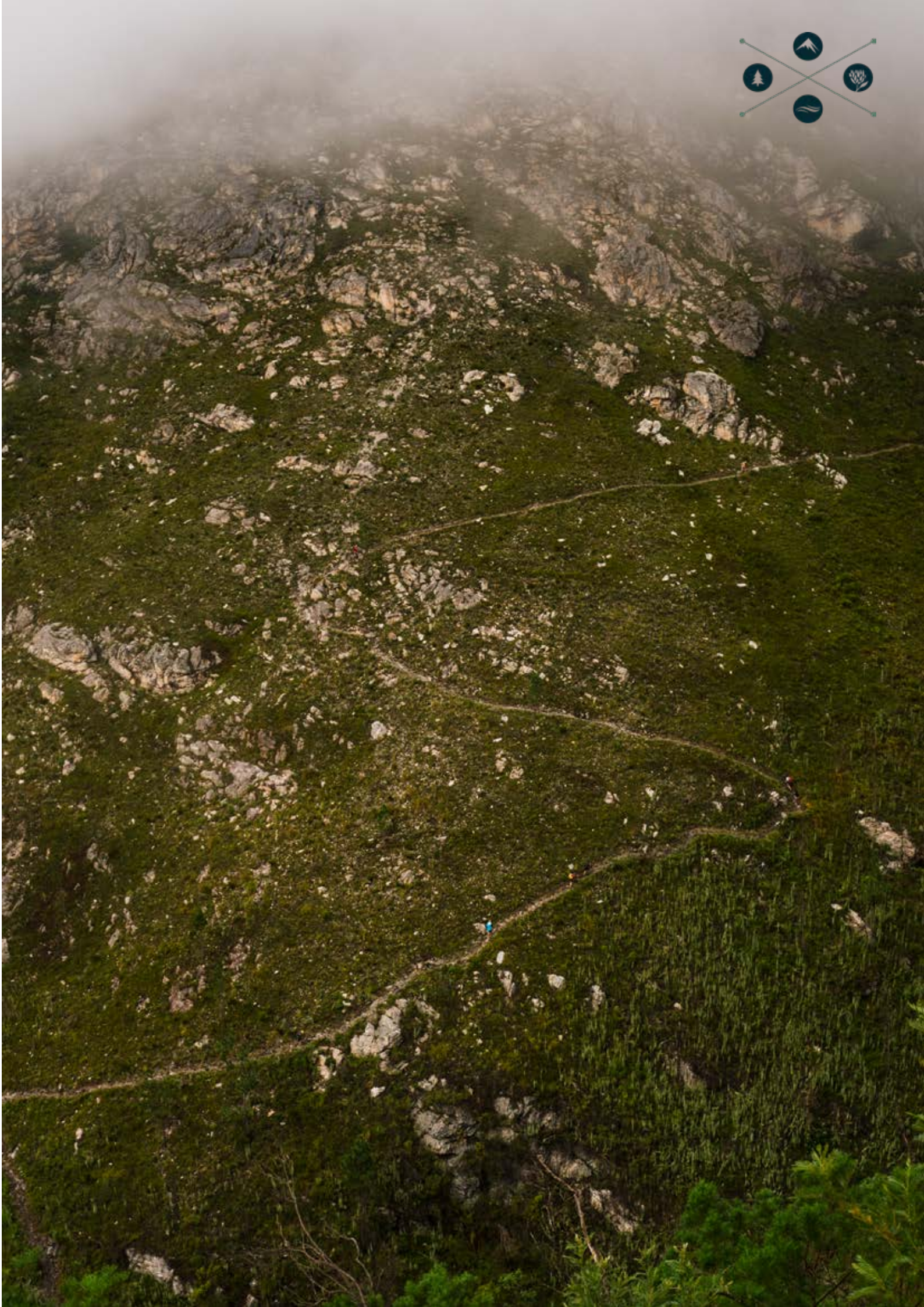
## AID STATIONS WITH SUPPORT

These are the aid stations where you as a runner may have support. It is important that the support crew adhere to the rules and follows instructions from the Aid Station Marshalls. Support may only be given in the designated area and no support is allowed on the route.

**Herold Wines - GPS: 33°51'50.72"S | 22°28'9.72"E**

**Dikkop - GPS: 33°57'29.17"S | 22°29'50.22"E**

**Saasveld - GPS: 33°57'33.25"S | 22°31'55.57"E**





# ULTRA NUTRITION GUIDE

Our nutrition guide will give you all the keys to reach your ultra endurance goals. It's up to you to adapt them to your diet, your training program and your race objectives.



## 3 WEEKS BEFORE THE RACE

### Test your nutrition

Train your gut to process big quantities of calories. Track your food and water intake to determine what works best for you.

Example: Train to ingest 300- 350 Kcal\* per hour, with 1 dose of Ultra Energy™ Drink Mix and 1/2 bar.

### Adopt a healthy diet

Stock up on good nutrients through a well-balanced diet in the last weeks before the race.

Example: Opt for a plate that provides 50% carbohydrates, 25% vegetables and 25% protein. Complete your meal with a portion of fruit.

## 3 DAYS BEFORE THE RACE

### Carb loading

Get 400 - 500g of carbohydrates per day\* to increase your glycogen stores to improve your endurance during race day (carb loading).

Favor foods with a low glycemic index such as bread, pasta, rice or quinoa.

Example: 150g of rice = 115g of carbohydrates, 2 slices of bread (60g) + 2 tablespoons of Protein Nut Butter = 40g of carbohydrates.

### Avoid risky food

Rule out raw vegetables, legumes, whole grains and spicy foods to prevent the risk of digestive complications on race day.

Example: Opt for a plate that provides 50% carbohydrates, 25% vegetables and 25% protein. Complete your meal with a portion of fruit.



**Nääk's tip** Make your last outing in race condition 10 days before the event, to validate your equipment and your nutrition.

## 3 HOURS BEFORE THE RACE

### Optimize your food

The last meal should be easily digestible, energizing and balanced for optimal gastric comfort. Hydrate regularly, in small quantities.

Example: 1 bowl of oatmeal with 1 banana and 2 tablespoons of honey = 125g of carbohydrates.



**Nääk's tip** Prepare half a portion of the drink mix (1 scoop in 500ml) to sip 1 hour before the race to prepare your body for the exercise and to make sure you are well hydrated.



## DURING THE RACE



### Maintain a constant energy level

Ingest 300 - 350 Kcal\* per hour including 40-80g\* of carbohydrates to ensure a steady supply of energy.

### Hydrate well

Drink 500 to 600 ml\* of water per hour during exercise. Don't forget that a lack of water is associated with a drop in performance and can cause digestive problems.

### Supplement with BCAAs

Take at least 1g of BCAAs per hour\* to reduce muscle fatigue. Supplementing with BCAAs helps improve muscle resistance and optimize glycogen stores during a long endurance activity.

#### NÄÄK ULTRA ENERGY™ PRODUCTS

PRODUCT MIX	1 Dose Drink Mix 1/2 Bar	1 Dose Drink Mix 1 Waffle	1 Bar 1 Waffle
PROTEINS	11.5g	11g	10g
BCAAs	1.8g	1.7g	1.8g
ELECTROLYTES	850mg	860mg	630mg
CARBS	66g	71g	38g
CALORIES	350kcal	390kcal	330kcal



**Nääk's tip** Cut your energy bar (200 Kcal) into 4 pieces (50 Kcal/piece) to spread your calorie intake over 1 hour.

## AFTER THE RACE



Eat in the 30 minutes following your race to ensure a successful recovery.

In this timeframe, a metabolic window appears: the nutrients you are going to consume will be more quickly assimilated by your body.

### Recharge your glycogen stores

Consume 80-100g\* of carbohydrates within 30 minutes after your effort.

### Optimize your muscle recovery

To help your muscles rebuild and reduce muscle soreness, make sure to provide your body with 20-25g\* of complete protein rich in BCAAs.

\*for an adult of 70kg with a daily requirement of 2500 Kcal.



**Nääk's tip** Prepare a smoothie with 1 portion of Ultra Recovery Vanilla, 1 whole banana and 30g of oat flakes (65g of carbohydrates and 30g of protein). Spread 1 tablespoon of protein nut butter on the waffle of your choice, it is giving you 20g of carbohydrates and 8g of protein in one bite.

# MUT 60

The original MUT route of the event. This route is what gave the event it's name!

RACE CATEGORY

**50K M**



Distance 59KM	Elevation gain 3052M	Start place Witfontein	Start date 2023-05-27	Start time 05:00
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## PRE- EVENT

Join us for the GTR Community run on Thursday with locals and Pro's. Come and send the Miler off from the start or hike up to the Cross to cheer them up George Peak!

## AWARDS

The awards ceremony will be on Sunday at 12:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## SCAN THE CODE



## PRACTICAL INFO



Remember to bring your gear along for gear check when you come to register



Official Race Briefing will be 19:00 on Friday.



The start line is at Witfontein Foresty station in the Outeniqua Nature



# TIMETABLE

## THURSDAY 25<sup>TH</sup>

Time	Location		What
13:00 - 19:00	Witfontein		Registration
17:30	Ground Zero		GTR Time Trial

## FRIDAY 26<sup>TH</sup>

12:00 - 20:00	Witfontein		Registration
19:00	Witfontein		Race Briefing

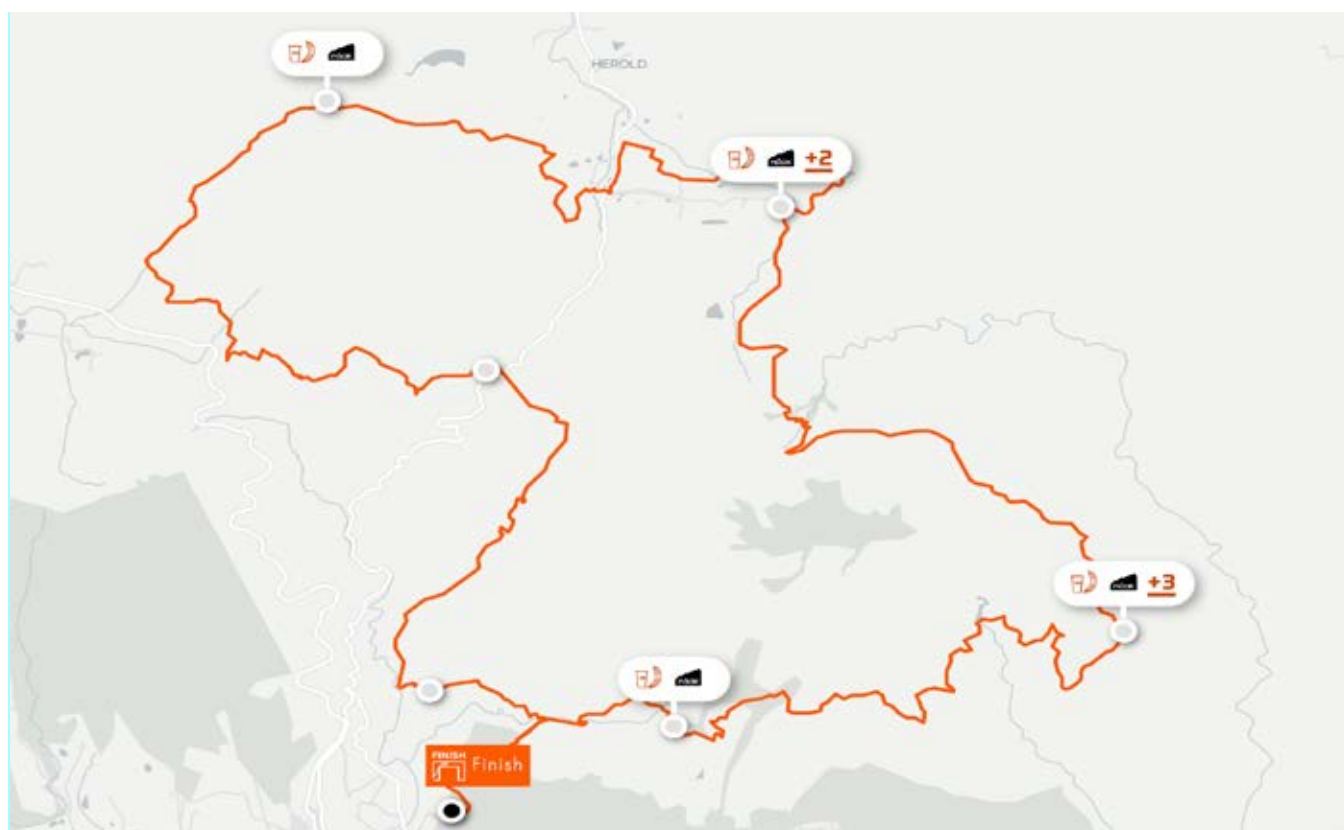
## SATURDAY 27<sup>TH</sup>

05:00	Witfontein		Race Start
20:00	Witfontein		Race Cut Off

## SUNDAY 27<sup>TH</sup>

12:00	Witfontein		Awards Ceremony
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# MAP



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION



# AID STATIONS & TIME CHARTS

Point	Altitude (M)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	267	0	0	0	Sat 05:00 AM	Sat 05:00 AM		
Cradock Pass	361	4	210	116	Sat 05:18 AM	Sat 05:45 AM		
Montagu Pass	735	6.7	944	476	Sat 06:05 AM	Sat 07:48 AM		
Champerskloof	631	9.9	1595	1231	Sat 07:11 AM	Sat 10:33 AM		 
Herold Wines	655	10.1	1822	1434	Sat 08:00 AM	Sat 12:27 PM	Sat 12:30 PM	 +3
Tierkop	672	11	2558	2153	Sat 09:22 AM	Sat 03:52 PM	Sat 03:00 PM	 +4
Cross	602	10.1	3170	2836	Sat 10:41 AM	Sat 06:56 PM		 
Finish	267	4.4	3261	3261	Sat 11:11 AM	Sat 08:01 PM	Sat 08:00 PM	



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION





**ALWAYS REMEMBER YOUR RACE**  
get your personal pictures on **SPORTOGRAF.COM**



 **F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**



# MUT MARATHON

The route that ticks all the boxes.

RACE CATEGORY

**50K M**



Distance  
41.8KM

Elevation gain  
2258M

Start place  
Witfontein

Start date  
2023-05-27

Start time  
06:00



## PRE- EVENT

Join us for the GTR Community run on Thursday with locals and Pro's. Come and send the Miller off from the start or hike up to the Cross to cheer them up George Peak!

## AWARDS

The awards ceremony will be on Sunday at 12:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## SCAN THE CODE



## PRACTICAL INFO



Remember to bring your gear along for gear check when you come to register



Official Race Briefing will be 19:00 on Friday.



The start line is at Witfontein Forestry station in the Outeniqua Nature





# TIMETABLE



## THURSDAY 25<sup>TH</sup>

Time	Location	What
13:00 - 19:00	Witfontein	 Registration
17:30	Ground Zero	 GTR Time Trial

## FRIDAY 26<sup>TH</sup>

12:00 - 20:00	Witfontein	 Registration
19:00	Witfontein	 Race Briefing

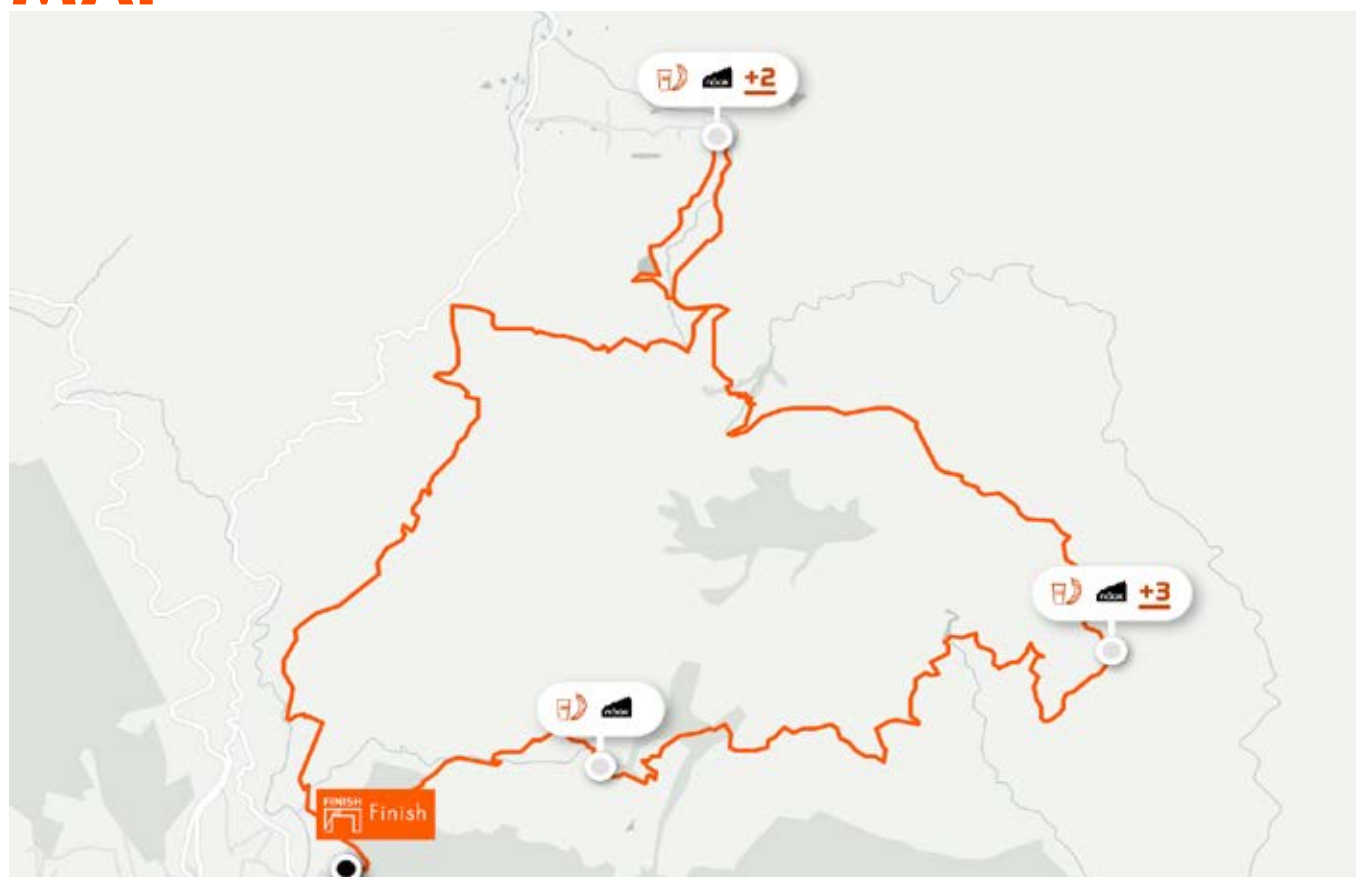
## SATURDAY 27<sup>TH</sup>

06:00	Witfontein	 Race Start
20:00	Witfontein	 Race Cut Off

## SUNDAY 27<sup>TH</sup>

12:00	Witfontein	 Awards Ceremony
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# MAP



 STARTING LINE

 FINISH LINE

 DRINK SUPPLY

 AID STATION

 MEDICAL STATION

# AID STATIONS & TIME CHARTS

Point	Altitude (M)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	267	0	0	0	Sat 06:00 AM	Sat 06:00 AM		
Herold Wines	657	16	1084	693	Sat 07:27 AM	Sat 09:32 AM	Sat 12:30 PM	+3
Tierkop	672	11.1	1820	1415	Sat 08:36 AM	Sat 12:20 PM	Sat 03:00 PM	+4
Cross	602	10.1	2432	2098	Sat 09:42 AM	Sat 03:00 PM		
Finish	267	4.4	2523	2523	Sat 10:07 AM	Sat 03:59 PM	Sat 07:00 PM	

STARTING LINE

FINISH LINE

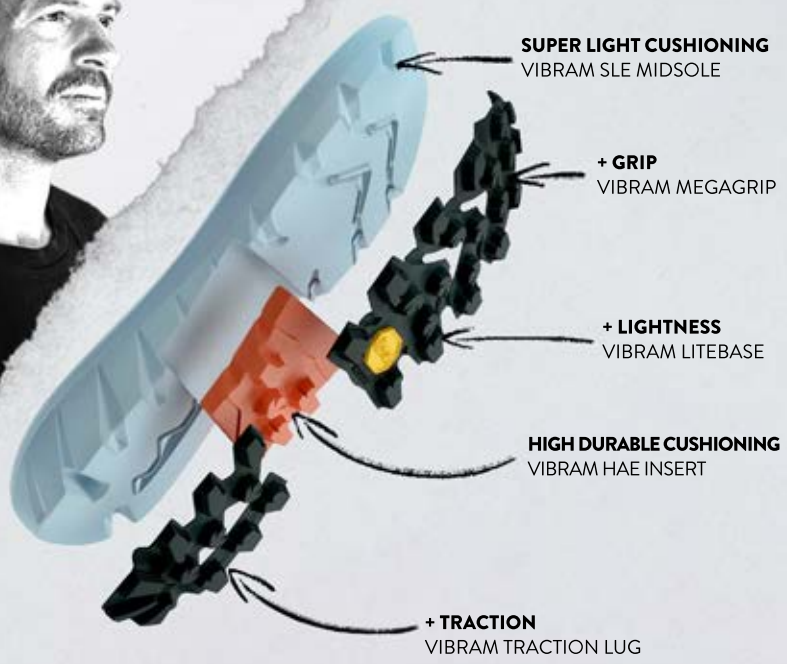
DRINK SUPPLY

AID STATION

MEDICAL STATION



# VIBRAM ELITE SOLE X GEDIMINAS GRINIUS



E L I T E S O L E E L I T E S O L E



# MUT CHALLENGE

Known as the down run of the MUT race's but the name says it all, this will be a challenge of note

RACE CATEGORY

**20K M**



Distance 24.5KM	Elevation gain 910m	Starting place Sputnik	Start date 2023-05-27	Start Time 07:00 - 09:30
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## PRE - EVENT

Join us for the GTR Community run on Thursday with locals and Pro's. Come and send the Miler off from the start or hike up to the Cross to cheer them up George Peak!

## AWARDS

The awards ceremony will be on Saturday at 12:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## SCAN THE CODE



## PRACTICAL INFO



Remember to bring your gear along for gear check when you come to register



Official Race Briefing will be 19:00 on Friday.



The start line is at Sputnik on top of Outeniqua pass. You can only travel there by the official shuttles. Pick up will be at Witfontein from 06:30 on Saturday Morning



# TIMETABLE

## THURSDAY 25<sup>TH</sup>



Time	Location	What
13:00 - 19:00	Witfontein	Registration
17:30	Ground Zero	GTR Time Trial

## FRIDAY 26<sup>TH</sup>

12:00 - 20:00	Witfontein	Registration
19:00	Witfontein	Race Briefing

## SATURDAY 27<sup>TH</sup>

06:30 - 09:00	Witfontein	Shuttle Pick up
07:00	Sputnik	Elite Race Start
07:05 - 09:30	Sputnik	Free flow start
12:00	Witfontein	Awards Ceremony
18:00	Witfontein	Race Cut Off

# MAP



STARTING LINE

FINISH LINE

DRINK SUPPLY

AID STATION

MEDICAL STATION

# AID STATIONS & TIME CHARTS

Point	Altitude (M)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	780	0	0	0	Sat 08:30 AM	Sat 09:30 AM		
Champerskloof	630	5.9	249	398	Sat 08:56 AM	Sat 10:50 AM		
Cradock Pass	361	14.6	846	1265	Sat 10:06 AM	Sat 02:29 PM	Sat 03:00 PM	
Finish	265	4	958	1471	Sat 10:26 AM	Sat 03:30 PM	Sat 06:00 PM	

STARTING LINE

FINISH LINE

DRINK SUPPLY

AID STATION

MEDICAL STATION





# MUT LITE - 10KM RACE

This race has always been designed to give trail runners, young, novices or experienced the exposure to trail running in the mountains.

The route is not an easy one and will challenge you up the mountain with a proper climb to the cross. It is important to still be self sufficient and carry your own hydration and sustenance during your run. A recommended gear list is explained below for you to carry with you out on the route.



## PRACTICAL INFO

### PRE-EVENT

Join us for the GTR Community run on Thursday with locals and Pro's. Come and send the Miler off from the start or hike up to the Cross to cheer them up George Peak!

### AWARDS

The awards ceremony will be on Saturday at 12:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fa

### GEAR CHECK

Your gear check is not compulsory but you need to carry the following with you: The MUT Lite (10km) will need to carry their (1) Race Number, (2) Own Cup, (3) Outer Shell (jacket), (4) Own Water (5) Emergency Food, (6) Space Blanket, (7) Whistle as recommended gear.

### ID

Please bring your ID for registration

### SCAN THE CODE



## THURSDAY 25<sup>TH</sup> - SATURDAY 27<sup>TH</sup>

Time	Location		What
Thu 13:00 - 19:00	Witfontein		Registration
Thu 17:30	Ground Zero		GTR Time Trial
Fri 12:00 - 20:00	Witfontein		Registration
Sat 08:30	Witfontein		Start!

## EMERGENCY CONTACTS:

Race Director: +27 72 076 8623

Route Director: +27 81 366 4394

Medic: +27 74 9110911



### CONTACT:

[mut.utmb.world](https://mut.utmb.world)

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