

MEET YOUR EXTRAORDINARY

Race Regulations



2023 Kodiak Ultra Marathons by UTMB
RACE REGULATIONS

ORGANIZATION

2023 Kodiak Ultra Marathons by UTMB 100 Mile, 100K, 50K, 21K and 10K races.

DEFINITION OF THE RACES

100M CATEGORY

- Approximately 100 miles and about 17,000ft of elevation gain, starts and finishes in the Village of Big Bear Lake, CA. The overall cut-off time is 36hours.

100K CATEGORY

- Approximately 100km and about 10,300ft of elevation gain, starts on the East end of the Big Bear Valley and finishes in the Village of Big Bear Lake, CA. The overall cut-off time is 20 hours.

50K CATEGORY

- Approximately 50km and about 5,000ft of elevation gain, starts and finishes in the Village of Big Bear Lake, CA. The overall cut-off time is 11 hours.

21K CATEGORY

- Approximately 21km and about 2,300ft of elevation gain, starts and finishes in the Village of Big Bear Lake, CA. The overall cut-off time is 5 hours.

10K CATEGORY

- Approximately 10km and about 1,100ft of elevation gain, starts and finishes in the Village of Big Bear Lake, CA. The overall cut-off time is 2.5 hours.

RUNNER'S COMMITMENT

To participate in Kodiak Ultra Marathons 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 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 (night, wind, cold, fog, rain or snow).
 - Ability to manage, including when one is isolated, physical or mental problems arising from 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. Specific aid stations may require carrying a set minimum amount of water upon departure.
3. NO PACERS in the 100k, 50k, 21k and 10k. The 100-mile race will allow pacers. *See pacer rules and regulations below.*
4. It is forbidden to accompany or be accompanied along any part of 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:

100M:

- Aspen Glen Aid Station – Designated Crew Area
- Snow Valley Aid Station – Designated Crew Area
- Doble Camp Aid Station – Designated Crew Area
- Sugarloaf 1 & 2 Aid Station – Designated Crew Area
- Bear Mountain Aid Station – Designated Crew Area
- Base of Snow Summit – Designated Crew Area

100K:

- Sugarloaf 1 & 2 Aid Station – Designated Crew Area
- Bear Mountain Aid Station – Designated Crew Area
- Base of Snow Summit – Designated Crew Area
- Aspen Glen Aid Station – Designated Crew Area

50K:

- Base of Snow Summit - Designated Crew Area
- Aspen Glen Aid Station – Designated Crew Area

21K:

Base of Snow Summit - Designated Crew Area

10K: No assistance is allowed at any point throughout the race.

Runner Crewing is forbidden at all other aid stations, as well as at any other point of the race route.

ADDITIONAL RULES & PROCEDURES

1. The Race Organization has final authority on any question, rule interpretation, or penalty that may arise during the Kodiak Ultra Marathons by UTMB.
2. All race participants, including crews, pacers and spectators, must comply with all race rules, instructions provided during the pre-race briefing or other race communications, and parking/crew access instructions. Failure to comply may result in disqualification of the runner.
3. Each runner must **check-in** and **check-out** of every aid station. It is the runner's responsibility to confirm check-out with the aid station.
4. **Cut-off times** will be enforced. Runners must check-out of each aid station at or before the cut-off time. It is the runner's responsibility to know the cut-off times.
5. Littering of any kind is prohibited. All runners, crew, pacers, and spectators must **pack out any trash** or use trash receptacles at the aid stations. Runners are responsible for the actions of their crews and pacers. Future races depend on your cooperation.
6. Any runner who wishes to **drop out** of the race must inform the Aid Station Captain at the nearest aid station and surrender their bib. Runners who leave the race without notifying an Aid Station Captain or the Race Director will be prohibited from participating in future runs. If you don't inform race management you are dropping out, we will be forced to start a costly Search & Rescue effort to locate you.
7. No muling. Each runner must carry their own supplies including fluids, food, and gear, while in between checkpoints.
8. Runners must follow the marked course at all times. If at any time the runner leaves the course, they must return to that point and continue from where they left the course. Runners may only leave the course on foot.
9. You must run the entire, official course. If for any reason you don't cover the entire course in the official and correct order, you may be listed as an unofficial finisher, you will not be eligible for any awards, and you may be disqualified. It is always the runner's responsibility to know the course and stay on course. While the course will be marked well, we always recommend carrying a copy of the course map in case of missing ribbons due to weather, animals, or vandalism.
10. **Crews** and spectators must follow all city, county, and state laws while driving and parking. Note that Adventure Pass enforcement may be in effect where posted. Adventure passes can be purchased for \$5 per day at many outlets throughout the Big Bear Valley.

11. Highway crossings – **Vehicles have right of way at all times.** Runners, crews, and spectators are pedestrians and must follow all laws pertaining to highway pedestrian crossings. Use caution when crossing all roads and remember vehicles have the right of way on all roads.
12. If you become lost or injured, do not go off the race course. Stay in place if necessary and alert the next runner to inform the closest aid station of your injury. The fastest and easiest way to be found and get back on track will be to stay on the trail and wait.
13. You and/or your pacer will not be allowed past any aid station if it is dark and you do not have a light (cell phones don't count). It is highly recommended that you carry an extra light and/or extra batteries with you at all times.
14. If you choose to listen to music, you may only use 1 earbud and listen at low enough volume so that you can still hear your surroundings clearly. Please don't play music out of an external speaker. You must remove all earbuds as you approach aid stations, road crossings, and when approaching and passing any Safety Team members.
15. Smoking by anyone (crew, pacer, runner, spectator) is not allowed along the course, trail, at any aid station, or at the start/finish area. No campfires (unless in a designated campground) are allowed in the San Bernardino National Forest.
16. Runners will not be allowed to start after their designated start time. Sweepers will follow behind the last runner and remove course markings.
17. Awards, including finisher medals, and overall awards will be given out at the Finish Line or Awards Ceremony. If you are unable to attend the award ceremony we will mail you your award. Please reach out to the general email on the website.
18. Do not park in a vacant lot/property in the City of Big Bear Lake as it is private property. Do not block businesses or driveways. You will be towed.
19. In addition to these Rules and Procedures, all participants are responsible for reading and abiding by all information on the race website and Runner Guide.

PACER RULES AND REGULATIONS

- Pacers are allowed in the **100-mile race only** starting at the Doble Camp Aid Station.
- Each pacer will receive a pacer bib and a wristband at the Expo in Big Bear Lake. All pacers must sign a release form at the Expo or at the Aid Station where pacers are permitted to join their runners.
- If pacers are on course with no wristband, they will be pulled. Pacers are encouraged to sign their release forms in advance and get their pacer bib and wristband at the Expo.
- Pacers may only join their runner at a crew accessible aid station: Doble Camp, Sugarloaf, and Bear Mountain.
- Pacers must be on foot (no bikes) and while you can use multiple pacers, you may only have one at any given time.
- Each runner is responsible for the actions of their crew and pacers. Make sure all pacers know the rules.
- If needed, shuttles dropping off pacers and spectators may be required for certain Aid Stations where space for parking is insufficient. Otherwise, pacers may leave a car parked at the Aid Station. It must be legally parked. Follow instructions of the volunteers.

Illegally or unsafely parked cars will disqualify their runner. Further information on shuttles & parking will be provided closer to the event.

- If a pacer has to drop at a non-crew accessible aid station, they may not be picked up there by friends/family due to poor road conditions. Race Management cannot guarantee the immediate extraction of Pacers from remote Aid Stations. All runners will have priority and Pacers may have to wait until the Aid Station closes to be extracted, which can be an undetermined amount of time.
- Pacers must carry the mandatory 100-mile gear required. (See Mandatory Equipment Checklist below).
- Pacers must be self-autonomous
- Pacer must always wear their bib and must be visible from the front.
- No “muling.” Pacers may not carry nutrition, water, gear or other supplies for their runner.
- Pacer age requirement: Pacers must be a minimum of 18 years.
- Pacers must remain with their runner entering and exiting aid stations. The pacer may aid in filling water bottles and obtaining food within the aid station.
- Pacers may not physically assist their runner in moving along the course unless it is an emergency.
- We cannot facilitate pacer gear bags. Pacer supplies must fit in the runner gear bags.
- Pacers must follow all other race regulations.
- Any Pacer that does not follow the Pacer Rules and Regulations or is found not carrying the Mandatory Gear, risks disqualification or a penalty for their runner.

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 inclement weather conditions, including cold, wind, heavy precipitation, and snow.

100M: Mandatory Equipment Checklist

Mandatory kit:

- Minimum water supply: 1.5-2 liters of hydration capacity
 - Runners will be required to carry 2 liters of water upon departing from the Champion, Green Valley Lake, and Sugarloaf 1 Aid Stations.
- Reusable cup
- Running pack for carrying supplies for the duration of the race.
- Mobile/Cell phone (smartphone strongly recommended)

- Mobile/Cell phone with international roaming that works in the United States of America.
- Two (2) working headlamps with spare cells/batteries. Recommendation of 200 lumens or more for the main light. One can remain in drop bags.
- Jacket with hood for bad weather in the mountains/course terrain.
- Hat

100M: Recommended Equipment:

- Additional Nutrition recommendation: 800 kcal (2 gels + 2 energy bars)
- Mobile/Cell phone back-up charger
- ID –passport/ID card
- Survival blanket of 1.40m x 2m minimum / 55 inches x 80 inches.

100K: Mandatory Equipment Checklist

Mandatory kit:

- Minimum water supply: 1.5-2 of hydration capacity
 - Runners will be required to carry 2 liters of water upon departing from the Sugarloaf 1 Aid Station.
- Reusable cup
- One (1) working headlamp with spare cells/batteries. Recommendation of 200 lumens or more for the main light
- Jacket with hood for bad weather in the mountains/course terrain.
- Hat

100K Recommended Equipment:

- Running pack to carry recommended gear throughout the race. (100-miler required)
- Additional headlamp with spare cells/batteries.
- Additional Nutrition recommendation: 800 kcal (2 gels + 2 energy bars)
- Mobile/Cell phone (smartphone strongly recommended)
 - Mobile/Cell phone with international roaming that works in the United States of America.
 - Each runner should save the organization's safety phone numbers;
- ID – passport/ID card
- Survival blanket of 1.40m x 2m minimum / 55 inches x 80 inches

50K, 21K, 10K: Mandatory Equipment Checklist

Basic kit

- Minimum water supply: 1 liter
- Reusable cup

50K, 21K, 10K Recommended Equipment:

- Running pack to carry recommended gear throughout the race.
- Mobile/Cell phone (smartphone strongly recommended)
- Additional Nutrition recommendation: 800 kcal (2 gels + 2 energy bars)
- Jacket with hood for bad weather in the mountains/course terrain.
- ID –passport/ID card
- Hat

Hot weather kit (may be required by the organization, depending on weather conditions) -
All distances:

- Sunglasses ***
- Sunscreen, recommendation: minimum sun protection factor (SPF) 50
- Minimum water supply: 2 liters

Cold weather kit (may be required by the organization, depending on weather conditions) -
All distances:

- Protective eyewear ***
- 2nd warm layer in addition to jacket recommendation.
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)
- Warm hat
- Warm and water-proof gloves
- Waterproof over pants
- Survival blanket of 1.40m x 2m minimum / 55 inches x 80 inches

NOTE: According to the above jacket recommendation, the runner must judge whether their jacket is suitable for inclement weather in the mountains/course terrain-

Other recommended equipment (including but not limited to)- All distances:

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Trekking Poles
- GPS watch

*** it is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)

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

RACE-BIBS

Race-bibs and timing chips 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 worn at 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, restrooms, 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 timing chip is deactivated.

GEAR BAGS / SPARE BAGS

100M: Runners can drop them off the start.

100K: Runners can drop them off the start.

50K: No drop bags.

21K: No drop bags

10K: No drop bags

All gear bags must fit through a 8" X 10" opening and can be no longer than 16".

If it is determined your gear bag is too large, you will be provided with a suitable bag to hold only your necessary gear.

The location where the drop bags will be available will be specified in the runner's instructions.

All runners will be required to print their name, bib number and Aid Station/location of where the bag is to go. Not doing this could result in a bag being delivered to the wrong location.

It is imperative that runners do not leave perishable items in their gear bags.

Do NOT place glass bottles in your gear bags.

We cannot facilitate pacer gear bags. Pacer supplies must fit in the runner gear bags.

Gear Bag drop-off will be at the Start area of each race. We will have each location labeled so runners know which bag to drop for each location to ensure that their gear bag is transported to the proper location. Please bring gear bags on race morning. We are ONLY taking gear bags on race morning.

How to get your bags from your event finish line: The bags are returned to either the runner or a family member or friend, only upon presentation of the bib number. The bags must be retrieved no later than 2 hours after the end of your race distance cut-off time. If bags are not retrieved on race day, they will be available for pick-up in Big Bear Lake, CA at the Expo location the following day (Sunday) until 12:00pm (noon).

For any runner that drops out of the race and does not pick up their bags at their race distance finish, the organization will take the bags to the Expo location the following day (Sunday) until 12:00pm (noon), if the runner's withdrawal is registered with the race organizer.

Because of logistical factors, the organization cannot guarantee that all bags are brought to the race distance finish before the end of the race.

As the items in the bags are neither checked nor controlled, the race organizer is not responsible for the items in the bags. We recommend not to put any valuable items in the bags.

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 a full list of aid stations and the general kinds of food/drinks runners may find there.

TIMING POINTS

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

COURSE-MARKING

Ribbons, Arrows, and Ground flags

Course markers are made of marking tape and a reflective material that catches the light from the runner’s headlamp, so that they are easily visible at night.

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, and all Finish Lines have Medical Stations.

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 help:

- By going to a Medical Station or seeing a Medical Staff at the nearest Aid Station
- 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

Several 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 Big Bear Lake 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

The cut-off time for finishing each race is:

- 100M: 36hrs 00mins - UTMB Qualifier
- 100K: 20hrs 00mins - UTMB Qualifier
- 50K: 11hrs 00mins - UTMB Qualifier
- 21K: 5hrs 00mins - UTMB Qualifier
- 10K: 2hrs 30mins - UTMB Qualifier

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 aid station before the cut-off time** (regardless of 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 where withdrawals are allowed. 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 follow:

- After the closing of the aid station, the organization might transport any runners who have abandoned and haven't left the aid station yet.
- In the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.

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

The top three (5) Female and Male finishers of each distance receive a custom trophy

All 100M finishers will receive a custom-made belt buckle.

All 100k finishers receive a custom finisher award

All 50k, 21k, and 10k finishers receive a custom 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

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