

# **MEET YOUR EXTRAORDINARY**



**The Canyons Endurance Runs  
Race Regulations**

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## ORGANIZATION

The Canyons Endurance Runs by UTMB 100 mile, 100K, 50K and 25K races.

## DEFINITION OF THE RACES

The Canyons Endurance Runs by UTMB is an event which includes several races in the open country, passing through the hiking routes of Auburn, CA and the Historic Western States Trail. Each event takes place in one single stage, at each runner's own pace and within a time limit.

### 100M CATEGORY

- Approximately 100 miles and about 17,100ft of elevation gain, starting at China Wall OHV Staging Area, and finishing from Auburn, CA. Cut-off time for a Western States 100M qualifier and UTMB stones is 35 hours. The overall cut-off time is 35 hours.

### 100K CATEGORY

- Approximately 100km and about 11,000ft of elevation gain, starting at China Wall OHV Staging Area, and finishing from Auburn, CA. Cut-off time for finishing is 20 hours for a Western States 100M qualifier time and 21 hours for UTMB stones and finishing time.

### 50K CATEGORY

- Approximately 50km and about 5,700ft of elevation gain, starting and finishing in Auburn, CA. Cut-off time for finishing is 10 hours.

### 25K CATEGORY

- Approximately 25km and about 2,800ft of elevation gain, starting and finishing in Auburn, CA. Cut-off time for finishing is 5 hours.

## RUNNER'S COMMITMENT

To participate in Canyons Endurance Runs 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 (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.
3. NO PACERS in the 100k, 50k and 25k. 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.

## CREWING & SPECTATOR RULES AND REGULATIONS

1. Runner Crews & Spectators must adhere to all Crewing & Spectator Rules and Regulations. Failure to comply, may result in disqualification of the runner.
2. Parking is only allowed in designated areas
3. Crew & Spectators must follow all city, county, and state laws while driving and parking
4. Some Aid Stations will require a walk-in from the designated parking areas. Please have Crew & Spectators plan accordingly.
5. Dogs are highly discouraged from being brought to Crewing Locations and **MUST** always remain on a leash.
6. Crew are not allowed to access or interfere with the Aid Station and its operations
7. Crewing is **ONLY** allowed in the designated areas within each of the Aid Station locations listed below. Runner Crewing is forbidden at all other Aid Stations, as well as at any other point of the race route.
8. There is no overnight parking for any vehicles, RV's, travel trailers, or camper vans at any of the Aid Station locations.
9. There is no overnight tent camping, sleeping bag camping, or car camping at any of the Aid Station locations.

### 100M

- Michigan Bluff Aid Station (Mile 23.6)
  - Up to a 1.5 mile walk-in from designated parking areas
- Foresthill Aid Station (Mile 29.5)
  - Up to a 1 mile walk-in from designated parking areas
- Drivers Flat (Mile 47.1)
  - Up to a 1 mile walk-in from designated parking areas
- Cool – 1 & 2 (Mile 62.2 & 74.4)

### 100K

- Michigan Bluff Aid Station (Mile 23.6)
  - Up to a 1.5 mile walk-in from designated parking areas
- Foresthill Aid Station (Mile 29.5)
  - Up to a 1 mile walk-in from designated parking areas
- Drivers Flat (Mile 47.1)
  - Up to a 1 mile walk-in from designated parking areas

### 50K

- **No assistance is allowed at any point throughout the race.**

### 25K

- **No assistance is allowed at any point throughout the race.**

## PACER RULES AND REGULATIONS

- Pacers must sign a release form and pick up a pacer bib either prior to the race start at the Expo in Auburn or at the Cool Aid Station.
- Runners are allowed to pick up and run with **ONE** pacer at a time from either Cool – 1 (Mile 62.2) or Cool – 2 (Mile 74.4) Aid Stations.
- Pacer **MUST** accompany their runner the complete distance from Cool – 1 (Mile 62.2) or Cool – 2 (Mile 74.4) to the Finish Line in Auburn (mile 100).
- 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 from Cool – 1 (Mile 62.2) or Cool – 2 (Mile 74.4) (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 of their runner.

## ADDITIONAL RULES & PROCEDURES

1. The Race Organization has final authority on any question, rule interpretation, or penalty that may arise during the The Canyons Endurance Runs 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. If the runner **drops** from the race, they **MUST** notify an Aid Station Captain, Race Staff, or Race Management and hand in their bib. Runners who leave the race and do not comply, will be banned from future races. 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. Road & 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.
11. 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.
12. 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 always carry an extra light and/or extra batteries with you.
13. 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 Race Staff
14. 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 an approved and designated campground)
15. Runners will not be allowed to start after their designated start time. Sweepers will follow behind the last runner and remove course markings.
16. Awards, including finisher medals, and overall awards will be given out at the Finish Line or Awards Ceremony. We can't guarantee any awards, medals, shirts, and other swag can be mailed. 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.
17. Do not park in a vacant lot/property, private property, or residence. Do not block businesses or driveways. You will be towed.
18. **It is strictly forbidden for any crew or spectators to drive in, park in or access the residential neighborhood that provides race access to the remote Cal 2 and ALT Aid Stations.** If you runner is injured, or wants to drop out of the race, and calls crew for a pickup at these locations, please inform Race Management to extract the runner. Failure to comply, will result in an immediate disqualification from the race and ban from all future races.
19. In addition to these Rules and Procedures, all participants are responsible for reading and abiding by all information on the race website.

## 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.

**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 Kit**

- Minimum water supply: 1 liter of hydration capacity
- 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.
  - Each runner should save the organization's safety phone numbers;
- Two (2) working headlamp 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

#### **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 Kit**

- Minimum water supply: 1 liter of hydration capacity
- Reusable cup
- Running pack for carrying supplies for the duration of the race
- 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



### **Recommended Equipment**

- 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

#### **Mandatory Kit**

- Minimum water supply: 1 liter
- Reusable cup

### 50K and 25K

#### **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 and Cold Weather Kits**

The Hot and Cold Weather Kits fall under the recommended equipment.

In adverse weather conditions, the Race Organizer might require one of those two additional kits depending on the weather and inform each participant before the start of the race.

#### **Hot Weather Kit**

#### All Distances

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

## Cold Weather Kit

### All Distances

- Protective eyewear \*\*\*
- 2<sup>nd</sup> 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

### All Distances

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Poles in the case of rain or snow for your safety on slippery ground
- 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

1. The race-bibs are handed over to each runner upon presentation of a valid ID with photo at Packet Pickup at the Expo
2. Race-bibs **WILL NOT** be handed out to those registered for the race, but decide last minute not to run
3. If the decision to **NOT** run the race, **AFTER** the race-bib has been picked up, the runner **MUST** notify Race Management they are dropping from the race.
4. The race-bib **MUST** be worn front facing on person, unobstructed and at all times during the entire race.
5. The race bib has a timing chip on the back. **ANY** altercation, folding of the bib or placement of the bib other than described here, may result in a loss of Runner Tracking or Finish Time and possible disqualification.
6. The runner's name, bib number and partner logos must not be altered or hidden.
7. The bib is the pass to access Aid Stations, Medical Stations, Restrooms, Bag drop-off, Finisher Areas, Finisher Food, or pick-up areas.
8. Race Management reserves the right to remove the bib from a runner, if they refuse to comply with the Race Organizations Rules, Procedures, and Instructions.
9. If the runner drops from the race, they **MUST** notify an Aid Station Captain, Race Staff, or Race Management and hand in their bib. Runners who leave the race and do not comply, will be banned from future races. 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.

## DROP & START/FINISH LINE BAGS

- All Drop Bags must fit through an 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.
- Drop Bags are to be dropped off prior to race morning, next to The Expo. **THERE IS NO RACE MORNING DROP BAG DROP OFF.** Please refer to the Runners Guide for the location and map. Each Drop Bag location will be clearly marked
- All Drop Bags are required to have the below information printed on them. Failure to do, may result in the Drop Bag not being delivered, or being delivered to the wrong location
  - Full Name
  - Bib Number
  - Aid Station of where the Drop Bag is to go
- **DO NOT** place glass bottles in your Drop Bag
- **PACERS** are not allowed to have Drop Bags. Any Pacer supplies must fit in the runners Drop Bag
- Drop Bags can be picked up at The Expo. Please refer to the Runners Guide for the location and map.
- Drop Bags will be available for pick-up no later than **2 HOURS** after the completion of the race and until **SUNDAY AT 12:00 PM**
  - Race Management **CANNOT** guarantee that Drop Bags will be available prior to this time and will do their best to make them available as soon as possible

- Drop Bags can be collected by the runner, family member, or friend, only on the presentation of the Bib Number
- Drop Bags for runners that **DROP** out of the race **WILL NOT** be available any earlier
  - A runner that drops from the race may choose to drive to the Aid Station where the Drop Bag is located for retrieval
  - Please refer to and follow the CREWING & SPECTATOR RULES AND REGULATIONS section in this manual when picking up a Drop Bag
- There will be a designated area next to The Finish Line for any Start/Finish Line Bags that a runner may have. **PLEASE DO NOT** leave loose clothing here. All items, **MUST** be in a dedicated Start/Finish Line Bag with the information printed on them. Failure to do so, may result in the loss of items and Start/Finish Line Bag
  - Full Name
  - Bib Number
- Any uncollected Drop Bag or Start/Finish Line Bag will be held by the Race Organization for up to **ONE WEEK** and no longer
  - It is the responsibility of the runner to contact the Race Organization to arrange pick-up or delivery of any accounted bag
  - Shipping costs may incur
- The Race Organization reserves the right to not be responsible for the contents in any Drop Bag or Start/Finish Line Bag. It is highly recommended **TO NOT PUT ANY VALUABLE ITEMS IN THE BAGS**

### **Drop Bags Locations**

#### 100M

- Foresthill Aid Station (Mile 29.5)
- Cool – 1 (Mile 62.2)
- Cool - 2 (Mile 74.4)

#### 100K

- Foresthill Aid Station (Mile 29.5)

#### 25K & 50K

- **No Drop Bags**

## AID STATIONS

- Please refer to the Race Website and/or Runners Guide for all Aid Station locations and logistics
- Full Aid Stations will have a minimum of the following
  - Food
  - Water
  - Electrolyte Mix
  - Gels
  - Other basic supplies and medical needs
- Early Full Aid Stations **WILL NOT** have Hot Food, with later Full Aid Stations where runners may be passing through in the night, will have Hot Food
- Hydration Stations will have a maximum of the following
  - Water
  - Electrolyte Mix
- Runners are **REQUIRED** to carry and use a collapsible cup to use at Aid Stations
- It is the runner's responsibility prior to leaving each Aid Station to make sure they have the necessary quantity of water and nutrition to safely complete the distance to the next Aid Station
- To enter the Aid Stations, runners **MUST** be wearing their race-bibs in accordance with the RACE-BIB section in this manual
- Runners should be respectful and thank all Aid Station volunteers
- Aid Station Captains have the authority and represent the Race Organization at each Aid Station
- The Race Organization **CANNOT** guarantee any dietary restrictions at Aid Stations and highly recommends that a runner plans accordingly

## TIMING & LIVE RUNNER TRACKING

- Bibs will have a Timing Chip on the back. Please review the RACE-BIBS section in this manual for the correct way to attach the Bib to your person to not damage the Timing Chip
- Most Aid Stations will be equipped with timing hardware for Runner Tracking
- A **LINK** will be available starting on Race Week on the race website for the Live Runner Tracking on LiveTrail
- In rare occasions, or if a bib is worn incorrectly, a runners Timing Chip may not register at one of the Aid Stations or the Finish Line. On completion of the race, if a runner does not have an official Finish Time, please contact the Race Organization to resolve this issue. A picture of your Finish with Finishing Time, or a picture of your GPS watch recording or Strava recording is required.

## COURSE-MARKING

- Course Ribbons will be placed, on course, no more than 1/4 of a mile (.40km)
- Course Ribbons will have reflective material on them for high visibility at night time
- In addition to Course Ribbons, the course will have directional arrows, signage, and/or Course Marshals at major and critical intersections
- “Wrong Way” signage will also be on course to help prevent runners going off course
- Due to permitting out of the Race Organizations control, there may be last minute changes to the course. The Race Organization will communicate these changes to all participants via the email they used during registration. Additional communication may be communicated through social media and at all Runner Briefings at The Expo. Please refer to the Race Website and Runners Guide for a schedule of events
- It is the runners responsibility to know and understand the course and Course Ribbon colors
- In rare occasions, course vandalism may happen. It is highly recommended that all runners have the GPX tracks loaded on a GPS watch or mobile phone. If a runner suspects course vandalism, please document the location and report to the Aid Station Captain at the closest Aid Station or call Race Management
- If the GPX tracks defer from the Course Ribbons, **ALWAYS** follow the Course Ribbons. These will reflect any last-minute course changes
- If a runner **DOES NOT** see a ribbon for more than 1/4 of a mile (.40km), **TURN AROUND** until you see a Course Ribbon and reconvene with the course
- The Race Organization respects the environment and for this reason, does not use any paint products on the course
- The Course Ribbon colors are as follows
  - 25K = Orange
  - 50K = Blue
  - 100K = Green
  - 100M = White
  - Wrong Way = Pink

## SAFETY AND MEDICAL ASSISTANCE

- All Aid Stations will have Medical Staff
- The Finish Line will have a Medical Station
- In addition to Medical Staff, the Race Organization has a HAM Radio Team and Extraction Team to help assist the Medical Staff with locating and extracting injured runners
- Medical Staff and Stations are intended to assist any runner in need of medical help. It is up to the 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 calling Race Management (phone number should be saved in mobile/cellphone)
  - By asking another runner to call for help or head to the nearest Aid Station
- Runners must aid any person in danger and alert Race Management and/or Medical Staff. It is critical to take document following information when helping an injured runner on trail to communicate to Race Management or Medical Staff
  - Injured runners Bib Number
  - Injured runners First & Last Name
  - Type of injury of injured runner
  - The last Aid Station that was passed through
  - Approximate distance from the last or next Aid Station
  - Time of day
- If a runner is unable to call Race Management, and only if it is an absolute emergency, runners may call 911
- **Unexpected events, including inclement weather, 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.**
- Medical Staff, Paramedical, First Responders, as well as any person in the Race Organization has the authority to
  - Remove any runner who is deemed unable to continue the race
  - Demand any runner to use any item of the mandatory equipment
  - Evacuate any runner 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 Auburn for runners with severe medical problems. Care is based on the decision of the Medical Staff within the limits of care available.
- If a runner needs to sleep along the way, they must do so on the marked path.
- All runners who voluntarily venture from the course marked course are no longer under the responsibility of the organization.

## OVERALL & INTERMEDIATE CUT-OFF TIMES

- Overall and intermediate cut-off times are listed on the Race Website and Runners Guide
- Intermediate cut-off times are calculated with the consideration of the following
  - For the safety of all participants including, but not limited to runners, volunteers, Medical Staff, Search & Rescue
  - Remoteness of certain sections of trail
  - Access to certain sections of trail
  - Conditions of certain sections of trail
- The Race Organization reserves the right to add or change any listed cut-off times prior to and during the race (*\*see [Exceptional Conditions](#)*)
- The Race Organization reserves the right to remove a runner from the course and their bib, if the Race Organization determines there is no possibility of an athlete finishing before the listed cut-off times based on the runner's location, time and average pace up to that point
- A runner **MUST** leave an Aid Station prior to the cut-off time, or they will be considered a Drop and their bib will be removed. **THERE ARE NO EXCEPTIONS**
- A runner **CANNOT** leave an Aid Station behind the Course Sweeps. **THERE ARE NO EXCEPTIONS**
- A runner **CANNOT** leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew.
- Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course.
- Any runner arriving into an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. **THERE ARE NO EXCEPTIONS**
- For permitting reasons, and the continuation of the event, the safety of all runners, volunteers, safety personnel and race staff, the cut-off times and rules must be honored and respected for all UTMB events.

Overall cut-off time for an Official Finish and Qualifier are as follows

### 100M

- UTMB Qualifier = 35 hours
- Western States Qualifier = 35 hours

### 100K

- UTMB Qualifier = 21 hours
- Western States Qualifier = 20 hours

### 50K

- UTMB Qualifier = 10 hours

### 25K

- UTMB Qualifier = 5 hours



Intermediate Aid Station cut-offs are as follows

### 100M

- Michigan Bluff Aid Station (Mile 24.0) = 4:30 PM
- Foresthill Aid Station (Mile 29.5) = 6:15 PM
- Drivers Flat Aid Station (Mile 47.1) = 12:00 AM
- Mammoth Bar Aid Station (Mile 55.0) = 2:30 AM
- Cool - 1 Aid Station (Mile 62.2) = 5:00 AM
- Cool - 2 Aid Station (Mile 74.4) = 9:00 AM
- ALT Aid Station (Mile 84.0) = 12:30 PM

### 100K

- Michigan Bluff Aid Station (Mile 24.0) = 12:30 PM
- Foresthill Aid Station (Mile 29.5) = 2:15 PM
- Drivers Flat Aid Station (Mile 47.1) = 7:45 PM
- Mammoth Bar Aid Station (Mile 55.0) = 10:15 PM

### 50K

- **No intermediate Aid Station cut-offs**

### 25K

- **No intermediate Aid Station cut-offs**

## DROPS & RUNNER TRANSPORT

### Drops

- Runners who voluntarily drop from the race, must do so at an Aid Station, informing the Aid Station Captain of their decision. The runner's bib will then be removed
- Runners that drop out of the race due to an injury and are being assisted by Medical Staff may have their bib removed by the Medical Staff
- If a runner decides to voluntarily drop from the race before arriving at an Aid Station, they **MUST** make their way to the nearest Aid Station on the marked course to inform the Aid Station Captain so their bib can be removed
  - If a runner chooses to reverse course to the previous Aid Station, and are met by the Race Sweeps, the runner **MUST** accompany them on course, to the next Aid Station as course markings may be removed behind the Sweeps
  - If a runner voluntarily drops from a race and chooses to remove themselves on un-marked course or leaves the course, they do so at their own **RISK** and are no longer the responsibility of the Race Organization
- If a runner chooses to voluntarily drop from the race at an Aid Station, they **MUST** do so at the following acceptable locations

## Acceptable Drop Locations

### 100M

- Michigan Bluff (Mile 23.6)
- Foresthill (Mile 29.5)
- Drivers Flat (Mile 47.1)
- Mammoth Bar (Mile 55.0)
- No Hands 1 & 2 (Mile 59.3 & 97.7)
- Cool 1 & 2 (Mile 62.2 & 74.4)

### 100K

- Michigan Bluff (Mile 23.6)
- Foresthill (Mile 29.5)
- Drivers Flat (Mile 47.1)
- Mammoth Bar (Mile 55.0)
- No Hands (Mile 59.3)

### 50K

- No Hands 1 & 2 (Mile 3.5 & 27.8)
- Clementine (Mile 7.2)
- Drivers Flat (Mile 15.6)
- Mammoth Bar (Mile 23.6)

### 25K

- No Hands 1 & 2 (Mile 3.5 & 11.5)
- Clementine (Mile 7.2)

- Runners **CANNOT** drop at the below restricted Aid Stations due to access, remoteness, permitting, and/or private neighborhood. A runner that voluntarily drops at one of the below locations, risks the safety of themselves, other runners, Medical Staff and volunteers. The runner will do so at their own risk. The Race Organization **CANNOT** guarantee immediate extraction. Injured runners are an exception

## No Drop Locations

### 100M

- Deadwood 1 & 2 (Mile 9.9 & 18.1)
- Devils Thumb (*Hydration Station Only* 1 & 2 (Mile 12.9 & 16.1))
- Swinging Bridge Turnaround (*Not an Aid Station*) (Mile 14.5)
- Cal 2 (Mile 37.8)
- Coffey Dam (*Hydration Station Only*) (Mile 68.4)
- Browns Bar 1 & 2 (Mile 78.5 & 91.6)
- ALT (Mile 84.0)

### 100K

- Deadwood 1 & 2 (Mile 9.9 & 18.1)
- Devils Thumb (*Hydration Station Only* 1 & 2 (Mile 12.9 & 16.1))
- Swinging Bridge Turnaround (*Not an Aid Station*) (Mile 14.5)
- Cal 2 (Mile 37.8)

### 50K & 25K

- No restrictions

- If a runner decides to voluntarily drop from the race before arriving at an Aid Station and chooses to leave the marked race course on their own, the runner **MUST** contact Race Management informing them of their decision
  - The Race Organization is not responsible for runners that voluntarily remove themselves from the marked race course and do so at their own risk
  - Race Management may request the runner to make their way to the Finish Line to turn their bib in
- Any runner that voluntarily drops from the race, without notifying an Aid Station Captain, Medical Staff, or Race Management will be at risk for a **PERMANENT BAN** from future races

## **Runner Transport**

- Shuttle transport will be available on race morning from the designated parking areas to and from The Expo, Finish Line, Start Line in Auburn (50k & 25k) and Start Line at China Wall (100M & 100K). Please refer to the Runners Guide for more information and schedule
- Shuttle transport to and from China Wall are for runners **ONLY**. No crew or spectators are allowed at China Wall for the start of the 100 mile or 100k race.
- The City of Auburn also provides a complimentary, on-demand Public Transportation. Please refer to the Runners Guide for more information
- The Race Organization will provide transportation for runners that drop at acceptable Aid Stations. Please refer to the DROP section in this manual for the acceptable locations
  - Transportation from acceptable Aid Station locations may take some time and is **NOT** immediate. Runners should plan accordingly
  - Transportation from acceptable Aid Station locations may wait for some time for additional runners. Runners should plan accordingly
- Runners that drop at an acceptable Aid Station and have their own transportation, **MUST** notify the Aid Station Captain that they do not need the provided transportation from the race
- Runners that voluntarily drop at a restricted Aid Station, risks staying there until the closure of the Aid Station and being transported out by the Aid Station Team
- In the event of inclement weather, that results in the partial or total stop of the race, the Race Organization will prioritize the transportation of runners in potential danger
- In the event of a serious injury on course, the Race Organization, Medical Staff, Extraction Team will assist with the transport of the injured runner with the local Search & Rescue

## FINISH & RESULTS

- An official finish is completing the entire marked course as designed, in the appropriate direction, under all intermediate and overall cut-offs
- Official Finishers will receive a finisher's award.
- Finishing results are live and updated throughout the race on LiveTrail
- All runners will have access to hot food, food, hydration and medical attention at The Finish Line
- It is the runners responsibility to report any discrepancies with their Official Finish. See the TIMING & LIVE RUNNER TRACKING section of this manual for more info

## REST

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

## AWARDS

- The top two Female and Male finishers of the 100k distance receive a Western States 100 Golden Ticket.
- The top three Female and Male finishers of each distance receive a custom trophy
- All 100M Official Finishers will receive a custom-made belt buckle
- All 100K Official Finishers will receive a custom branded belt
- All 50K and 25K Official Finishers will receive a medal

## COMPLAINTS/PROTESTS

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

## EXCEPTIONAL CONDITIONS

- If necessary, the Race 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, inclement 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.

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