

QUITO TRAIL BY UTMB® REGULATIONS

EDITION 2024

ORGANIZATION

PA S.A.S. and UTMB INTERNATIONAL S.L. organize the sporting event "QUITO TRAIL by UTMB®" with the support of the Prefectura de Pichincha, Municipality of Quito, Quito Tourism, Lloa, Mindo and the neighborhoods of the area.

DEFINITION OF RACES

QUITO TRAIL by UTMB® is an event that includes several races on the hiking trails of the QUITO region. Each race takes place in a single stage, at an indefinite pace and within a time limit (cut-off times for each distance will be available from April 2024).

CATEGORY 100K

- **OSO:** about 82 km and approximately 5,000 meters of elevation gain, starts from Mindo, San Miguelde los Bancos, Pichincha, in semi-autonomy.

CATEGORY 50K

- **NUTRIA:** about 47 km and approximately 2,500 meters of elevation gain, starting from Lloa, Quito, Pichincha, in semi-autonomy.

20K CATEGORY

- **TUCÁN:** about 31 km and about 1,500 meters of elevation gain, starts in Lloa, Quito, Pichincha, in semi-autonomy.
- **QUINDE:** about 17 km and about 900 meters of elevation gain, starts in Lloa, Quito, Pichincha, in semi-autonomy.

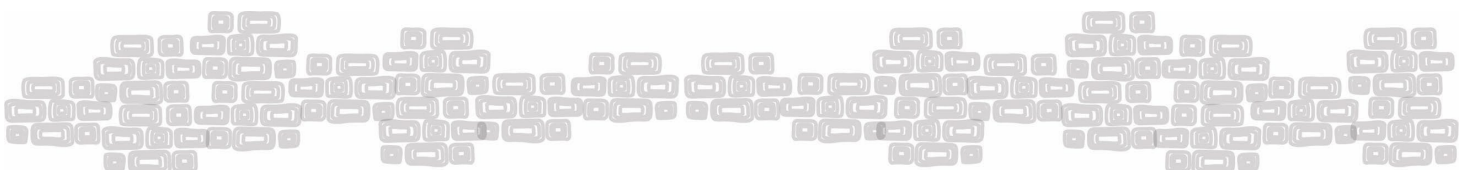
CATEGORY 10K

- **URBAN TRAIL EL PANECILLO:** about 7 km and about 390 meters of positive elevation gain, starts and finishes in the Plaza de San Francisco, Quito, Ecuador, in semi-autonomy.

COMMITMENT OF THE PARTICIPANTS

To participate in the QUITO TRAIL by UTMB® event, in particular the OSO, it is essential to:

- Be fully aware of the duration and specificity of the event and be perfectly prepared for it.



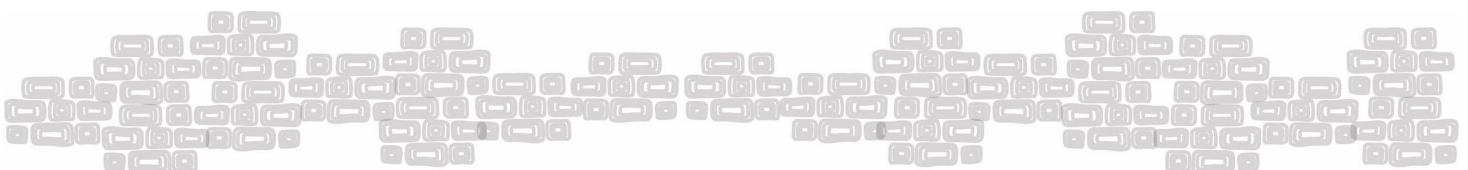
- To have acquired, prior to the race, a real capacity of personal autonomy in the mountain that allowsthe management of the problems induced by this type of events, and in particular:
 - Know how to face, without outside help, weather conditions that are very difficult to face ataltitude (night, wind, cold, fog, rain or snow).
 - Knowing how to manage, even in case of isolation, physical or mental problems resulting fromfatigue, digestive problems, muscular or joint pain, small injuries.
 - Be fully aware that the role of the organization is not to help a runner to manage these problems.
 - Be fully aware that, for an activity of this type in the mountains, safety depends on the runner'sability to adapt to the problems encountered or foreseen.
 - To inform and sensitize the members of the running community about respect for nature,people and the rules of the race.

SEMI-AUTONOMY DURING THE RACE

The principle of an individual race in semi-autonomy is the rule. The QUITO TRAIL by UTMB® events take place on a single stage, at an indefinite pace, within the maximum time limits specified for each event. Semi-autonomy is defined as the ability to be autonomous between two supply points, in terms of food, clothing and safety, allowing adaptation to problems encountered or foreseen (bad weather, physical problems, injuries...).

This principle implies, in particular, the following rules:

1. Each runner must carry all the mandatory equipment during the entire race. Carry this equipment all together in a backpack (or similar) that will be labeled during the distribution of the race bib and thatcannot be changed during the race. At any time during the race, the race officials can check the backpackand its contents. The runner is obliged to undergo these checks in good spirits, with the risk of being excluded from the race in case of omission. *For more information, please refer to the mandatory equipment section for each distance.
2. The aid stations offer beverages and food to be consumed on site. The organization only provides non-carbonated water or energy drink to fill water bottles or hydration backpacks. The runner must make sure to have, when leaving each refueling point, the number of drinks and food necessary to keep going until the next refueling point. For slower runners, the longest stretches without drinks could be more than 4 hours during the OSO.
3. For the OSO, a reusable bag with a maximum volume of 30 liters is allowed with the equipment selected by the runner and will be delivered on the day of registration. It is strictly forbidden the assistance provided by a team of professionals, or any doctor or paramedic outside the organization. The



provisioning is strictly reserved for the runners. No assistance is allowed on any section of the race course.

4. It is forbidden to accompany or be accompanied on any part of the race course by a person not registered in the race and outside the tolerance zones clearly marked in the vicinity of the supplies.

*It is not allowed to be accompanied by a dog or any other animal.

5. The participant who accepts to be accompanied outside the expressly designated areas contravenes the principle of semi-autonomy. Race officials who witness irregularities are authorized to penalize participants in order to guarantee the spirit of trail races.

Assistance is forbidden at any of the supply points, as well as at any other point along the race course.

OSO / NUTRIA / TUCÁN / QUINDE / URBAN TRAIL EL PANECILLO: no assistance is allowed at anytime during the race.

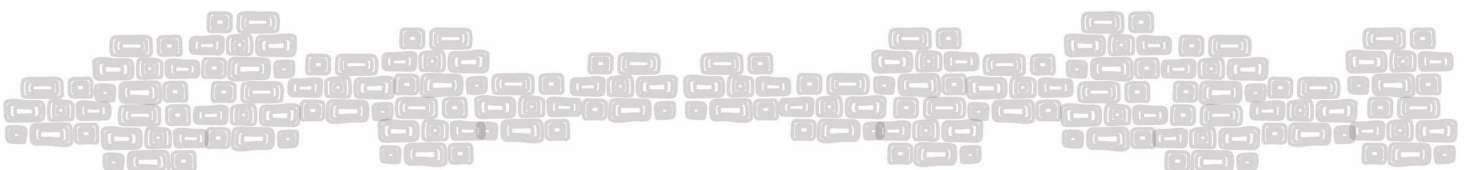
MANDATORY EQUIPMENT AND MATERIAL

For reasons aimed at ensuring the safety and smooth running of each race, all participants must have at their disposal the complete list of mandatory equipment detailed on the race website. And carry all the material, in use or not, with him during the race.

Systematic and/or random checks will be carried out during the race. Minutes before the start of each distance, random checks will be carried out in the corrals and will be checked again at the finish line. A penalty or even disqualification will be applied to those runners who do not carry all the mandatory equipment (see PENALTIES).

It is important to keep in mind that the material imposed by the organization is a vital minimum that every runner must adapt according to his own capabilities. In particular, **it is better not to choose the lightest possible garments in order to save some grams, but to decide for garments that really allow a good protection in the mountains against cold, wind, humidity and therefore provide greater safety and better performance. The list could be modified according to weather conditions or environment, officially the confirmation of mandatory equipment will be announced 12 hours before the delivery of bibs.**

In order to reduce plastic waste, no disposable tableware (cutlery, glasses, jugs or bowls) will be distributed at any point of attendance. We invite you to bring your own reusable utensils if you wish to eat hot food at an Aid Station.



Use of poles: If you choose to carry poles, it is for the duration of the race, from start to finish. It is forbidden to go out without poles and retrieve them during the course of the race. No poles are allowed in the spare bags. The use of poles may be prohibited in certain areas that will be marked for safety or environmental reasons.

Music: Listening to music using headphones only is permitted, provided it is safe to do so. Headphones MUST be removed when crossing any road, as well as when approaching and overtaking any member of the safety team.

Consult the list of mandatory and recommended equipment by distance on the web page

DORSALS

The bibs are given individually to each runner with the presentation of:

- A photo ID or passport*.
- Submit equipment and regulatory material for review.

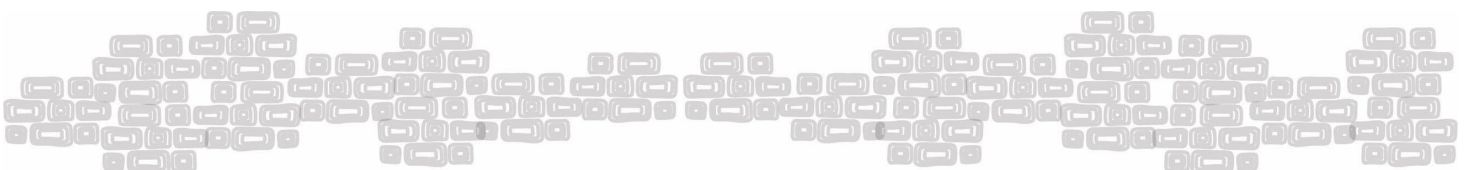
*In case of registration as National, it is necessary to present the citizenship card, license or passport to prove nationality.

The bib must be worn on the front, chest or belly and must be permanently and fully visible throughout the race.

- It must always be positioned on top of any garment and, under no circumstances, can it be fixed on the backpack (or similar) or a leg.
- The name and logo of the collaborators must not be modified or hidden.
- The race bib is the necessary pass to access the buses, supplies, infirmaries, rest rooms, showers, bag deposit or recovery areas, etc.
- The bib will never be removed except in case of refusal to obey the decision of a race official. In case of abandonment, it will be cut off and deactivated.

SPARE BAGS

OSO: in the race-pack collection, each participant receives a 30 - liter reusable bag. After filling them with the elements of their choice and closing them, they can leave them in the assigned area at the same place of registration. The bag is taken to the assistance point Las Palmas and then to the finish line (Quito) by the organization.



FINISH BAGS

OSO, NUTRIA, TUCÁN, QUINDE & URBAN TRAIL EL PANECILLO: in the race-pack collection, each participant receives a 30-liter reusable bag. For delivery in the assigned area near the start, and pick up at the end of the race.

How to get your bags in Quito:

- The bags are returned to the runner, a family member or friend, only upon presentation of the race bib. The bags must be picked up no later than 2 hours after the end of the race. After that time, the runner must pick up his/her bag in person at the organization's headquarters in Quito.
- The organization will take to Quito the bags of the runners who abandon the race, with the condition that their departure is registered. Due to logistical factors, the organization cannot guarantee that all bags will arrive in Quito before the end of the race.
- Only bags supplied by the organization and properly labeled will be transported. Walking sticks are not allowed in these bags. As the items in the bags are not registered or controlled, we will not accept claims in this regard. We recommend that you do not put any valuable items in the bags. We recommend that you keep personal care items and spare clothes in Quito.

SUPPLIES

The organization guarantees solid and liquid supplies along the entire route. The Aid Stations have drinks and food to be consumed on the spot. The organization provides water and energy or isotonic drinks to refill the mandatory liquid bags and individual cups. It is the runner's responsibility to have, when leaving the Aid Station, the amount of drink and food necessary to reach the next Aid Station.

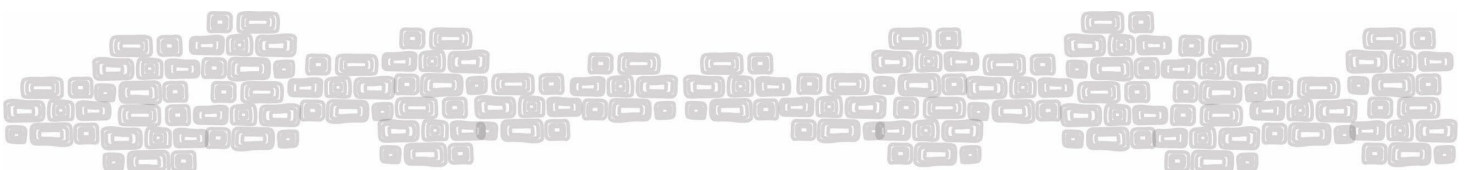
Only participants wearing a visible and properly worn race bib have access to the Aid Stations.

The runner's guide and the website will provide a precise list of the Aid Stations and their composition.

CONTROL POINTS

A check is carried out at all Aid Stations and at some security points.

There are random checkpoints in places other than security checkpoints or Aid Stations. The organization does not communicate their location.



MARK

For better night vision, the reference marks are equipped with a part in reflective material that reflects the light of the flashlight (lamp).

WARNING: if you don't see any marks, go back!

Out of respect for the environment, no paint is used to mark the route.

Identify the types of signage officially used for the Quito Trail race. During the route, segments are shared with marked trails for other sports: mountain biking, hiking, etc.

SECURITY AND MEDICAL ASSISTANCE

There are several Aid Stations along the route. These stations are directly connected to the race security headquarters in Quito.

The Aid Stations are intended to facilitate assistance to any person at risk, using the organization's own or public means.

It is the responsibility of each participant in difficulty to ask for help:

- Reporting to the help point.
- Calling the race Command Center (CC).
- Asking another participant to ask for help.
- Using the SOS function of the LiveRun application.

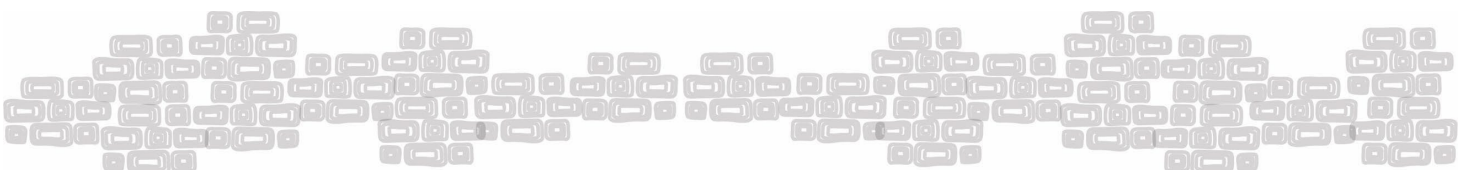
All participants must assist any person in difficulty and notify medical or security services.

In case of impossibility to contact the Race Command Center, it is possible to call directly to the aid agencies (particularly in areas where only emergency calls are possible) through the telephone number 911.

Eventualities of all kinds, linked to the environment and the race, may justify a delay in assistance. During the wait, your safety depends on the quality of the products you carry in your backpack. The participant will rely on his own resources to ensure his safety.

The medical professionals and official lifeguards, as well as any person designated by the race management, are authorized to:

- To leave out of the race any participant who is not considered fit to continue the race.
- Oblige any participant to carry all mandatory equipment.
- Evacuate by any means any participant they judge to be in danger.



- Hospitalize any participant whose health condition makes it necessary.
- Any participant who calls a doctor or lifeguard submits to their authority and agrees to accept their decisions.
- When a participant's health warrants treatment with intravenous therapy, he/she will be immediately withdrawn from the race.
- An infirmary in Quito is available for runners with serious medical problems. Comfort care is based on the decision of the medical staff within the limits of availability.
- Runners must stay on the marked path, even when sleeping.
- All runners who voluntarily venture outside the marked course are no longer under the responsibility of the organization.

MAXIMUM AUTHORIZED TIME AND TIME CUTS

The time limit for finishing each race will be:

- **OSO: 20 hours to finish**
- **NUTRIA: 12 hours to finish**
- **TUCAN: 8 hours to finish**
- **QUINDE: 4 hours to finish**
- **URBAN TRAIL EL PANECILLO: 2 hours and 30 minutes to finish.**

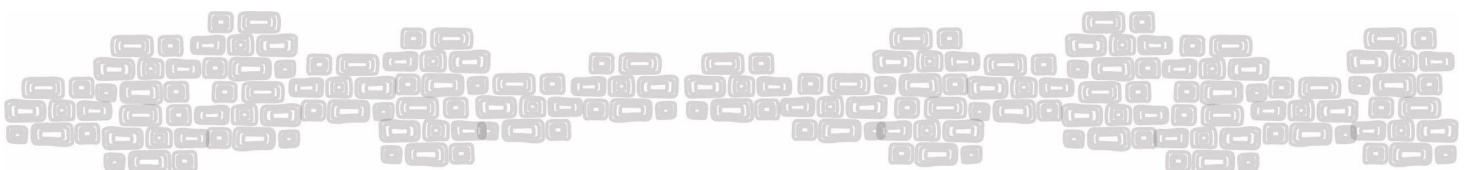
*Cut-off times are calculated based on the start or last "wave" of runners.

There will be cut-off times at various intermediate points along the route, which will be detailed on the race website and in the runner's guide.

In case of changes (see Exceptional Conditions), the new cut-off times will be announced by SMS, WhatsApp message and/or email before the start or during the race.

Cut-off times are calculated to allow participants to reach the finish line within the time limit. To be allowed to continue a race, all participants must leave the checkpoint/supply station before the cut-off time (whatever their time of arrival at the checkpoint).

All runners who abandon, are stopped by the organization or are outside the official time barriers are not allowed to continue the race. Their bib will be cut off and they will be transported back to the event area by the organization's transport. If someone does not abide by this rule, he/she will be out of the route and at his/her own risk and will.



ABANDONMENT AND RETURN TO THE FINISH LINE

Unless there is an injury, a runner may only abandon at a checkpoint. There he/she must notify the person in charge of the checkpoint, or notify via LiveRun and inform the Race Control Center. In this case, the race bib will be marked as "abandonment".

In case the participant decides to abandon between 2 checkpoints, he/she must reach a checkpoint where he/she will indicate his/her abandonment.

The participant must keep his/her bib as a pass to access buses, transportation, meals or medical services, etc.

The return to goal works as follows:

- Transportation will be available at some Aid Stations - marked with a "bus" pictogram on the time tables -to take runners returning to Quito, Mindo or Lloa.
- Runners who abandon at any other supply or checkpoint but whose state of health does not require their evacuation must return as soon as possible and by their own means to the nearest repatriation point.
- In terms of supplies or security points accessible by car or 4x4:
 - After the closing of the refueling / safety points, the organization may repatriate the runners who have abandoned and have not yet left the refueling / safety points.
 - In case of bad weather conditions that justify the partial or total stoppage of the race, the organization will ensure that all runners are repatriated as soon as possible.

FINISH

A finisher gift will be given to those who complete the distance in the established time.

The finisher runners will have access to a final supply located in Quito, with restricted access to the runners, and only for one time.

SHOWERS

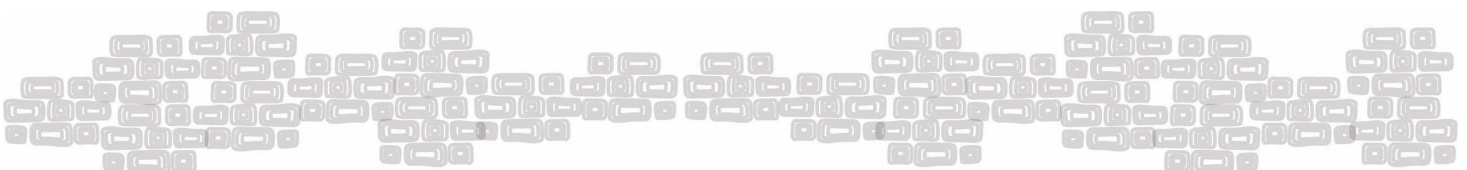
During the race, if showers are available, they will only be available under medical prescription.

REST

During the race, the runners will have some resting areas in some supplies. In the OSO, at the **Las Palmas** Aid Station.

There will be no rest area in Quito.

Runners who have finished their race and wish to extend their stay must have their own accommodation.



RANKINGS AND AWARDS

In each race, there is a general male and female award, and an award for the **first place** in each category, male and female (see categories).

At each distance, the first 5 men and the first 5 women of the general classification receive a trophy. Trophies and prizes are only distributed at the ceremony; therefore, the presence of the winners is mandatory.

AGE CATEGORIES

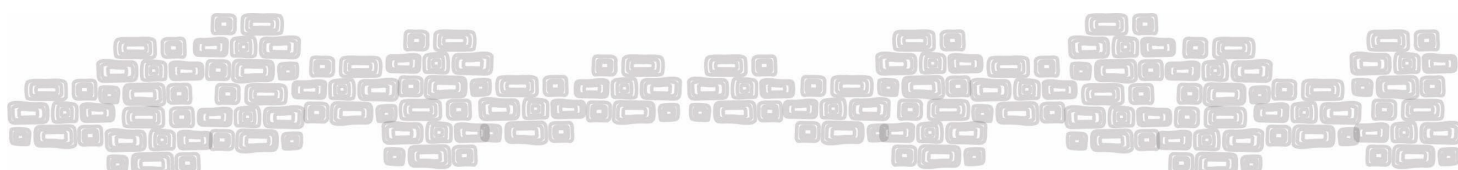
UTMB® World Series Age Categories for 82K OSO	UTMB® World Series Age Categories for 47K NUTRIA	UTMB® World Series Age Categories for 31K TUCÁN	UTMB® World Series Age Categories for 17K QUINDE	Age categories for 7k URBAN TRAIL EL PANECILLO
18-19	18-19	18-19	18-19	15-17
20-34	20-34	20-34	20-34	18-19
35-39	35-39	35-39	35-39	20-34
40-44	40-44	40-44	40-44	35-39
45-49	45-49	45-49	45-49	40-44
50-54	50-54	50-54	50-54	45-49
55-59	55-59	55-59	55-59	50-54
60-64	60-64	60-64	60-64	55-59
65-69	65-69	65-69	65-69	60-64
70-74	70-74	70-74	70-74	65-69
75-79	75-79	75-79	75-79	70-74
80-84	80-84	80-84	80-84	75-79
85+	85+	85+	85+	80-84
				85+

Top 3 female and male 100K earns direct pass to CCC 2025* Top 3 female and male 50K earns direct pass to OCC 2025* Top 3 female and male 50K earns direct pass to OCC 2025*.

*Racers get your direct pass to the finals (no lottery); however, they must cover the registration fee.

PENALTIES AND DISQUALIFICATIONS

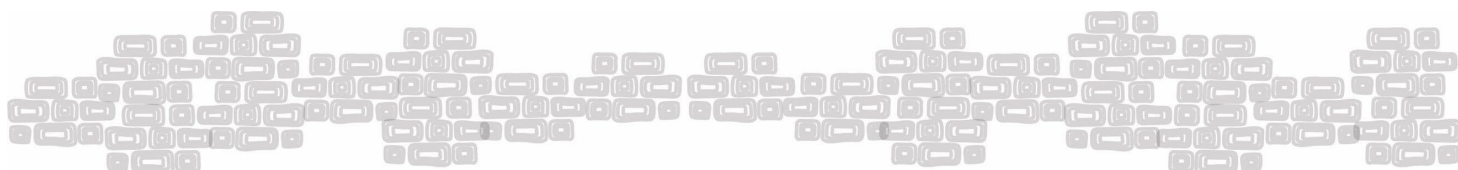
If a runner violates the rules, the race directors and the team leaders of the Aid/safety points can



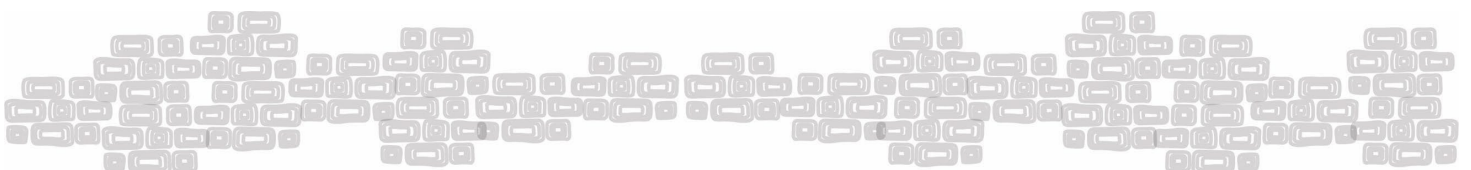
instantly apply (*) a penalty according to the following table:

BEAR

NON-COMPLIANCE WITH REGULATIONS	PENALTIES (*) – DISQUALIFICATION
Shorten the route	At the discretion of the racedirector
Items missing from the mandatory equipment checklist (no water supply of at least 2 liters, no waterproof jacket with hood, no flashlight, no survival blanket, no smart phone).	Disqualification
Absence of other mandatory equipment (pack, staff cup, flashlight, whistle, self-adhesive elastic bandage, food reserve, long-legged pants, long-sleeved shirt, leggings, cap).	Penalty of 1 hour and must obtain this item at the point of assistance.
Refusal to have mandatory equipment verified	Disqualification
Smartphone turned off or in airplane mode	15 minutes
Littering (voluntary act) by a competitor or a member of the competitor's team	Penalty of 1 hour
Lack of respect for others (organization or runners) Note: a participant whose assistants are rude and/or refuse to respect the instructions of the organization will be penalized.	Disqualification
Failure to help a person in difficulty (in need of care)	Disqualification
Assistance outside authorized areas	Penalty of 1 hour

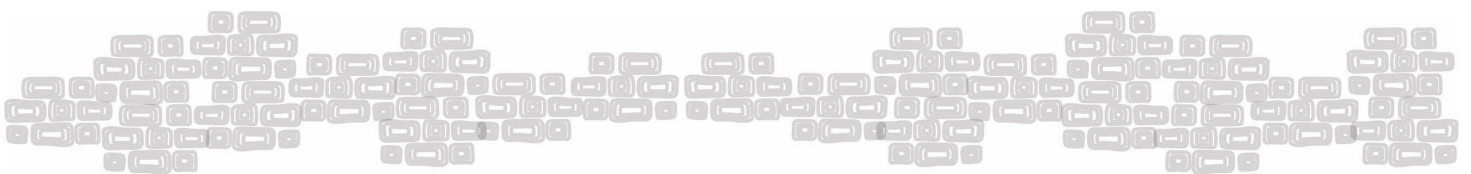


To be accompanied along the route outside the clearly defined tolerance zones in the vicinity of a supply.	15 minutes penalty
Cheating (e.g.: use of a means of transportation, bib sharing, ...)	Immediate lifetime disqualification
Lack of visible dorsal	15 minutes penalty
Wearing a race bib in an inappropriate manner	Penalty of 15 minutes (time during which the runner places his/her bib in a manner that complies with the following rules)
Dangerous behavior (e.g., sticks with unprotected points facing runners or spectators).	15 minutes penalty
Without electronic chip	According to the decision of the race directors
Without passing through a checkpoint	According to the decision of the race directors
Refusing to comply with an order from race directors, race officials, supply team leader, medical or search and rescue personnel.	Disqualification
Rejection of doping control	The runner will be sanctioned in the same way as he/she would be for drug use.



Departure from a checkpoint after the time limit.	Disqualification
Unlabeled backpack or bag	Penalty of 1 hour
Use of poles not carried from the start of the race. Penalty of 1hour	Penalty of 1 hour

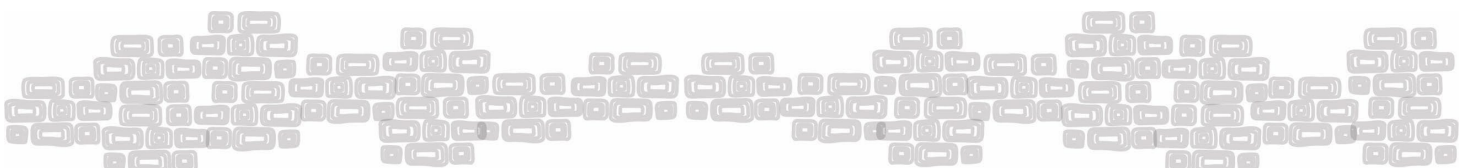
(*) The time penalties are immediately applicable on the spot, i.e. the runner



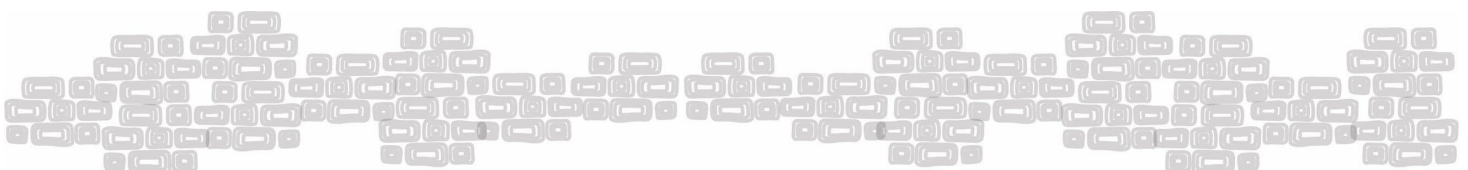
must interrupt his race for the duration of the penalty time. Any other infraction of the rules will be subject to penalty decided by the Race Directors.

NUTRIA, TUCAN & QUINDE

NON-COMPLIANCE WITH REGULATIONS	PENALTIES (*) - DISQUALIFICATION
Shorten the route	At the discretion of the racedirector
Items missing from the mandatory equipment checklist (nowater supply of at least 1.5-liter volume, no waterproof jacket with hood, no flashlight, no survival blanket, no smart phone)	Immediate disqualification
Absence of other mandatory equipment (backpack, personal cup, flashlight, whistle, self-adhesive elastic bandage, food reserve, pants, long-sleeved shirt, leggings, cap).	Penalty of 30 minutes
Refusal to have mandatory equipment verified	Disqualification
Smartphone turned off or in airplane mode	Disqualification
Littering (voluntary act) by a competitor or a member of the competitor's team	Penalty of 30 minutes
Disrespect to others (organization or runners) Note: a participant whose assistants are rude and / or refuse to respectthe instructions of the organization will be penalized. the instructions of the organization.	Disqualification
Failure to help a person in difficulty (in need of care)	Disqualification
Assistance outside authorized areas	Penalty of 30 minutes



<p>To be accompanied along the route outside the clearly defined tolerance zones in the vicinity of a supply.</p>	<p>Penalty of 10 minutes</p>
<p>Cheating (e.g.: use of a means of transportation, bib sharing, ...)</p>	<p>Lifetime disqualification</p>
<p>Lack of visible dorsal</p>	<p>Penalty of 10 minutes</p>
<p>Wearing a race bib in an inappropriate manner</p>	<p>Penalty of 10 minutes (timeduring which the runner places his/her race bib in away that complies with the rules)</p>
<p>or (e.g: poles with unprotected points oriented towards runners or spectators)</p>	<p>Penalty of 10 minutes</p>
<p>Without electronic chip</p>	<p>According to the decision of the race directors</p>
<p>Without passing through a checkpoint</p>	<p>According to the decision of the race directors</p>
<p>Refusing to comply with an order from race directors, race officials, aid station team leader, medical or search and rescue personnel.</p>	<p>Disqualification</p>
<p>Rejection of doping control</p>	<p>The rider will be sanctioned in the same way as he/she would be for drug use.</p>



Departure from a checkpoint after the time limit.	Disqualification
Unlabeled backpack or bag	Penalty of 30 minutes
Use of poles not carried from the start of the race.	Penalty of 30 minutes

(*) Time penalties are immediately applicable on the spot, i.e., the rider must interrupt his race for the duration of the penalty time. (*) Any other infringement of the rules will be subject to a penalty decided by the Race Directors.

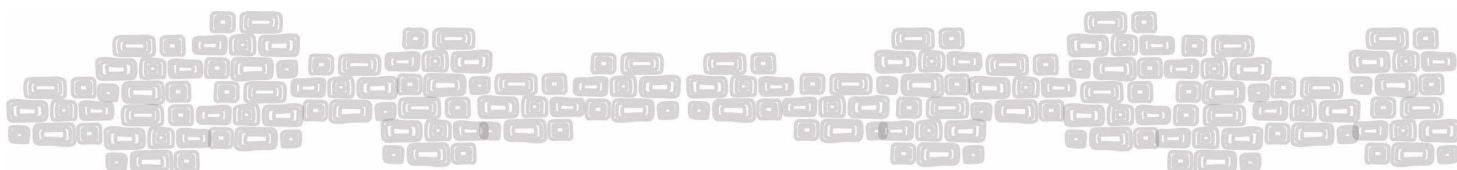
CLAIMS

- Any claim involving a change of classification must be sent by e-mail within 24 hours after the end of the event.
- Another claim must be made by e-mail, within a maximum of 10 days after the race has taken place.
- Any complaint or disagreement related to registration (e.g., a runner is not selected in the lottery) or in relation to the sport management of the race and its rules (e.g., if a runner abandons the race) are not valid arguments to be considered as a complaint.
- In case of disqualification, the runner is not entitled to reimbursement of registration fees.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, position of supply and medical stations, and any other aspect related to the smooth running of the events. In case of force majeure, bad weather or any other circumstance that endangers the safety of the participants, the organization reserves the right to:

- Postponing the start of the race
- Modify cutting times
- Change start date
- Adapt the race course
- Cancel the event
- Neutralize the event
- Stop the race in progress



CIVIL LIABILITY INSURANCE

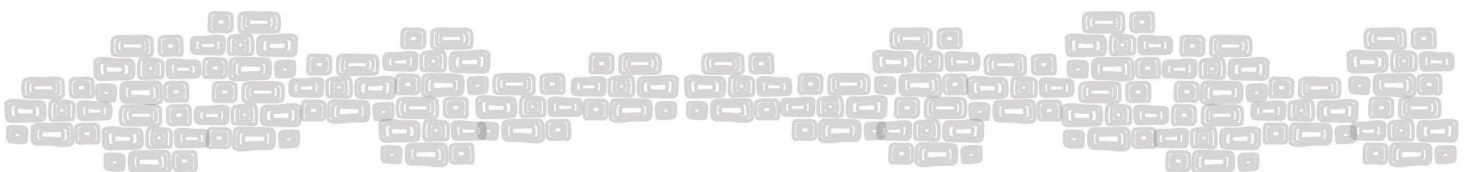
The organization has a liability insurance valid for the duration of the event. This civil liability insurance guarantees the economic consequences derived from the civil liability of its employees, volunteers and all participants.

ANNEX REGISTRATION CONDITIONS

There is an annex to these Regulations that regulates the conditions of registration for the event.



The courses are not available for pre-race training, as they are private properties where you will only be allowed to pass through on race days.



UTMB® WORLD SERIES RUNNER COMMITMENT – EXEMPTION

ACCEPT THE RULES AND ETHICS OF THE RACE

Participation in the QUITO TRAIL by UTMB® event implies full and unreserved acceptance of the race regulations and the document presented below, the ethics of the event and the instructions given by the organization to the participants.

RACERS COMMITMENT

To participate in QUITO TRAIL by UTMB®, in particular in OSO, it is essential:

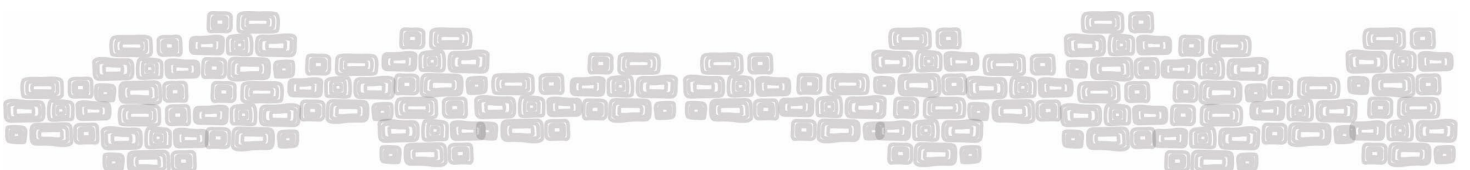
- Be fully aware of the duration and specificity of the event and be perfectly prepared for it.
- To have a real capacity for personal autonomy in the mountains (1) that allows the runner to handle any type of problem that may arise during this type of event:
 - Knowing how to face weather conditions that can be very difficult to cope with at high altitude (night, wind, cold, fog, rain) without any kind of assistance.
 - Know how to manage, even alone, physical or mental problems resulting from severe fatigue.
– such as digestive problems, muscle or joint pain, minor injuries ...
 - Be fully aware that the role of the organization is not to help a runner manage these problems.
 - Be fully aware that, for such an activity in the mountains, safety depends on the runner's ability to adapt to these problems.
 - That runners inform their support team that they must respect nature, people and the rules of the race.
 - Agree to receive newsletters with information about the event.

(1) participating in the qualifying races to earn the number of points required for registration is useful to gain this experience (see Registration Conditions appendix).

RESPECT FOR THE ENVIRONMENT

By registering for the Quito Trail Ecuador by UTMB®, participants undertake to respect the environment and the natural spaces traversed. In particular:

- It is strictly forbidden to litter (gel tubes, paper, organic debris, plastic wrappers, etc.).
...). Trash cans/dumpsters are available at each aid station and should be used. Race officials will be



monitoring along the race route.

- All participants must carry their garbage and wrappers with them until they can throw them into the containers in a supply. Runners must carry a bag or bag to carry their waste to the next container.
- You must follow the trails as they are marked, without shortening them. In fact, shortening a trail causes erosion and damages the site.
- No disposable plates (cutlery, cups, glasses) will be distributed at any checkpoint or Aid Station. This is to reduce plastic waste from runners as well as volunteers. We invite you to bring your own utensils if you wish to eat hot meals at the Aid Stations.

IMAGE RIGHTS

Every competitor expressly waives the right to any image during the event, as well as waives any right to appeal to the organizers and their partners for the use of his image. Only the organization can transfer this right of images to any media, through a corresponding accreditation or license.

QUITO TRAIL by UTMB®, is a legally registered trademark. Any communication about the event or the use of images of the event must respect the name of the event, the registered trademarks and have the official approval of the organization.

INDIVIDUAL SPONSORS

Sponsored runners may only display their sponsors' logos on their clothing and equipment during the race. All other sponsorship elements, such as flags or banners, are prohibited along the race route, including the finishline. Breaking these rules could result in a penalty decided by the race directors.

POLITICAL EXPRESSION

Any ostentatious display of political messages or images during the event is prohibited.

