

RACE GUIDE 参赛指南 11-13 18-20 APRIL 2025











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关于 云丘山越野赛 BY UTMB®



云丘山越野赛作为国内知名的越野跑赛事,历经多年的发展与完善,已成功跻身国际一流赛事行列。自2023年起,云丘山越野赛正式加入UTMB[®](环勃朗峰超级越野赛)世界系列赛,成为该赛事在中国地区的重要分站赛之一。2025年,云丘山越野赛by UTMB[®]将迎来全新的双周赛制,为越野跑爱好者提供更加丰富的参赛选择和挑战机会。

国际水准,专业认证

隆景体育与法国UTMB[®]集团紧密合作,严格按照国际越野跑赛事标准打造,为参赛选手提供具有国际水准的赛事体验。赛事成绩可获得UTMB[®]积分,助力选手迈向UTMB[®]世界系列赛总决赛。

文化融合,中和之道

赛事深度融合中和文化,让参赛者在奔跑的旅途中感受和追寻千年延承的"中和"之道。云丘山作为中和文化的发源地之一,其独特的文化底蕴为赛事增添了无限魅力。

特殊地貌,独特体验

云丘山越野赛的赛道穿越特殊的喀斯特地貌、石山森林、晋南传统古民居等景色,为参赛选手打造一个独特的赛事舞台。赛道设计结 合了自然景观和人文特色,提供丰富多变的赛道体验。

双周赛制,更多选择

2025年,云丘山越野赛by UTMB®首次启动双周赛制,分别于4月11日-13日及18日-20日连续两周在云丘山景区举办。赛事共设九个组别,满足不同水平选手的参赛需求。

环保先行,绿色赛事

云丘山越野赛秉持"无痕山野"的环保理念,致力于推广绿色赛事。赛事不再提供一次性纸杯、纸碗、餐具,取而代之的是参赛包内的软水杯、折叠碗筷和环保餐具,以便重复使用,减少对环境的影响。此外,赛道路标均可回收再利用,补给站及赛道沿途设有"绿色"可回收区,引导选手回收塑料瓶和包装袋,减少废弃物产生。

安全保障,专业服务

赛事运营方隆景体育具备丰富的赛事执行经验,为赛事提供全方位的安全保障和专业服务。

, 文旅融合,丰富体验

赛事期间,选手还可以参与丰富的文旅活动,品尝当地特色美食,享受独特的参赛体验。

2025云丘山越野赛by UTMB[®]将是一场集专业、文化、体验于一体的国际越野跑盛宴。在这里,你将与来自世界各地的越野爱好者同场竞技,感受越野跑的魅力与激情。赛事秉持"无痕山野"的环保理念,致力于推广绿色赛事,让选手在享受比赛的同时,也能为保护环境贡献一份力量。无论你是追求极限挑战的专业选手,还是热爱自然、追求健康生活的业余爱好者,云丘山越野赛by UTMB都将是你不可错过的赛事选择。让我们相约云丘山,共同奔赴这场山野之约,书写属于你的越野传奇!

ABOUT ULTRA-TRAIL MOUNT YUN BY UTMB®



As one of China's premier trail running events, Ultra-Trail Mount Yun by UTMB®has evolved into a world-class race through years of refinement. Since 2023, it has been an official UTMB® World Series event, becoming a key Chinese stop on the global circuit. In 2025, the event will debut a groundbreaking two-weekend format, offering runners expanded challenges and opportunities.

World-Class Standards, UTMB® Certified

In partnership with UTMB® Group, Lungking Sports delivers an internationally certified racing experience. Finishers earn UTMB® Running Stones and qualifying Index for the UTMB® World Series Finals.

Cultural Harmony: The "Zhonghe" Philosophy

The event embodies China's ancient Zhonghe (harmony) culture, inviting runners to explore this 1,000-year-old wisdom amid Mount Yun's sacred landscapes—the birthplace of this tradition.

Unique Terrain, Unforgettable Journey

The course winds through karst formations, rocky forests, and historic Shanxi villages, blending natural wonders with cultural heritage for a technically diverse adventure.

Dual-Weekend Format, More Choices

In 2025, Ultra-Trail Mount Yun by UTMB® will launch an innovative dual-weekend format for the first time, taking place over two consecutive weekends (April 11-13 and April 18-20) at Mount Yun Scenic Area. The event will feature nine race categories tailored to different skill levels, providing more participation options for all trail runners.

Green Trail Initiative

Aligned with Leave No Trace principles:

- Reusable gear: Soft cups, foldable tableware in race packs
- Recyclable course markings and designated waste stations

Zero single-use items at aid stations

Safety & Professional Support

Lungking Sports's expert team ensures comprehensive safety protocols and elite runner services.

Cultural Immersion

Post-race activities feature local cuisine, traditional performances, and eco-tours for a holistic experience.

Join the 2025 Adventure

Ultra-Trail Mount Yun by UTMB® merges elite competition, cultural discovery, and environmental stewardship. Whether you're chasing UTMB® glory or a personal breakthrough, this is your trail to transcend limits—responsibly.



世界的冰洞群血症的云丘山

Amazing ice caves alluring Mount Yun-



山西·峰汾·乡宁·云丘山景区 国家5A级旅游景区

O京且高速 (G5) 提山口下15公里即到

www.yunqiushan.cn
 0357-6034567





FINALS

HOKA UTMB" MONT-BLANC

AUGUST 25-31 | CHAMONIX MONT-BLANC, COURMAYEUR, ORSIÈRES FRANCE, ITALY, SWITZERLAND

ECEDIM UTMB

IEEEM CCC

EEEM OCC

EVENTS

ARC OF ATTRITION BY UTMB" JANUARY 24-26 UNITED KINGDOM

TARAWERA ULTRA-TRAIL BY UTM8" FEBRUARY 15-16 | NEW ZEALAND

ULTRA-TRAIL* XIAMEN BY UTMB*

MARCH 01-02 CHINA

VALHOLL FIN DEL MUNDO BY UTMB*

MARCH 18-22 ARGENTINA

CHIANTI ULTRA TRAIL BY UTMB*

MARCH 20-23 TITALY

TENERIFE BLUETRAIL BY UTMB*

MARCH 27-29 | SPAIN

EUROPE

ISTRIA 100" BY UTMB"

APRIL 10-13 | CROATIA

ULTRA TRAIL MOUNT YUN BY UTMS"

APRIL 11-20 CHINA

DESERT RATS TRAIL HUNNING FESTIVAL" BY UTMB"

AFRIL II-13 USA

THE CANYONS ENDURANCE RUNS" BY UTMB"

AFRIL 25-26 USA MAJORS

HOKA ULTRA-TRAIL AUSTRALIA" BY UTMB"

MAY 15-18

KATOOMBA, AUSTRALIA

EUROPE MAJOR

HOKA VALD'ARAN BY UTMB"

JULY 02-06 VIELHA, SPAIN

HOKA KODIAK ULTRA MARATHONS!" BY UTMB"

OCTOBER 10-11 | BIG BEAR LAKE, USA

HOKA CHIANG MAI THAILAND BY UTMB*

DECEMBER 4-7 CHIANG MAI, THAILAND

HIW EUROPE

GRAND RAID VENTOUX BY UTMB*

APRIL 25-27 | FRANCE

AMAZEAN JUNGLETHAILAND BY UTMB"

MAY 01-04 THAILAND

EUROPE

TRAIL ALSACE GRAND EST BY UTMB*

MAY 15-18 FRANCE

FUHIORE

ULTRA-TRAIL SNOWDONIA BY UTMB®

MAY to IE UNITED KINGDOM

ULTRA-TRAIL GREAT WALL BY UTMB*

MAY 16-1E CHINA

MOUNTAIN ULTRA TRAIL" BY UTMB" MAY 22-25 | SOUTH AFRICA

MOZART 100" BY UTME"

JUNE 7

AUSTRIA

EUROPE

TRAIL DU SAINT-JACQUES BY UTMB"

JUNE 13-15 FRANCE

EUROPE

TRAIL 100 ANDORRATE BY UTMB"

JUNE 13-15 ANDORRA

TORRENCIAL CHILE BY UTME"

JUNE 19-21 CHILE

KAGA SPA TRAIL ENDURANCE 100 BY UTMB*

JUNE 19-22 LAPAN

LA SPORTIVA" LAVAREDO ULTRA TRAIL" BY UTMB"

JENE 25-29 TITALY:

BURDE

WESTERN STATES* 100-MILE ENDURANCE RUN

JUNE 28-29 USA

EUROPE

RESTONICA TRAIL BY UTMB®

JULY 03-05 FRANCE

TRAIL VERBIER ST-BERNARD BY UTME"

JULY 11-13 SWITZERLAND

EUROPE EIGER ULTRA TRAILS BY UTMB*

JULY 16-20 SWITZERLAND

HEW EUROPE

MONTE ROSA WALSERWALG BY UTMB* ITALY

JULY 18-20

SPEEDGOAT'S MOUNTAIN RACES BY LITME"

JULY 25-26 USA

QUITO TRAIL BY UTME"

AUGUST 02-63 | ECUADOR

KAT100" BY UTMB"

AUGUST 07-09 AUSTRIA

VISIT UTMB.WORLD



AMERICAS

PARATY BRAZIL BY UTMB*

SEPTEMBER 18-21 | SRAZIL

EUROPE

WILDSTRUBEL BY UTMB

SEPTEMBER 19-21 | SWITZERLAND

AMERICAS

GRINDSTONE TRAIL RUNNING FESTIVAL" BY UTMB

SEPTEMBER 19-21 USA

turori

JULIAN ALPS TRAIL BUN BY UTMB"

SEFTEMBER 19-21 | SLOVENIA

EUROPE

NICE CÔTE D'AZUR BY UTMB®

SEPTEMBER 25-28 | FRANCE

HEW

augos

KACKAR BY UTME

SEFTEMBER 26-28 | TÜRKIYE

AMERICAS

ULTRA TRAIL WHISTLER "BY UTMB"

SEPTEMBER 27-28 | CANADA

ASIA

MALAYSIA ULTRA-TRAIL BY UTMB*

SEPTEMBER 27-28 | MALAYSIA

NEW AMERICA

CHIHUAHUA BY UTMB*

OCTOBER 02-04 MEXICO

4514

TRANSJEJU BY UTMB®

OCTOBER 17-19 | SOUTH KOREA

1-4

ULTRA-TRAIL* NINGHALBY UTMB*

OCTOBER 2025

CHINA

EUROPE

MALLORCA BY UTME

OCTOBER 31 - NOVEMBER 2 | SPAIN

EUROPE

KULLAMANNEN BY UTMB*

OCTOBER 31 - NOVEMBER 1 | SWEDEN

WSD

TRANSLANTAU" BY UTMB

NOVEMBER 14-16

HONG KONG, CHINA

CICLANIA

ULTRA-TRAIL KOSCIUSZKO" BY UTMB"

NOVEMBER 27-29

AUSTRALIA

*MARCH 2025

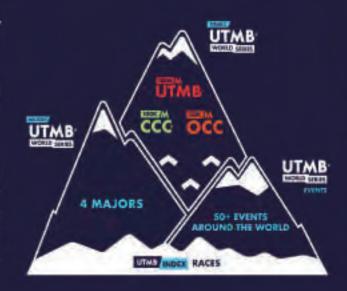




MEET YOUR EXTRAORDINARY

Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations.

The UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle HOKA UTMB® Mont-Blanc.



FINALS

The mythic HOKA UTMB Mont-Blanc is the world's most well-known and revered trail running event on the planet.

In the heart of the Alps, the prestigious UTMB World Series Finals are held in 3 categories:

the OCC (50K), CCC* (100K) and UTMB* (100M) every year at the end of August in Chamonix, France.

MAJORS

Four UTMB World Series Majors, are held each year across the Americas, Europe, Asia-Pacific and Oceania regions.

Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lattery. In total, 210 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.

EVENTS

Get the UTMB experience closer to home. Built on a passion for the mountains, with sustainability at its heart, UTMB World Series Events, gives all trail runners the chance to experience the UTMB adventure while showcasing the unique aspects that each race destination offers at over 50 Events around the world.









Earn Running Stones by completing races in the 20K, 50K, 100K, or 100M categories at any UTMB World Series Event or Major.

- Running Stones are cumulative and never expire, so you can collect as many as you like over time.
- You'll need just 1 Running Stone from the past two years to qualify for the Finals lottery.
- Each Running Stone gives you an extra chance to be selected in the lottery.

Start your journey, gather your Running Stones, and unlock the path to the UTMB World Series Finals!

UTMB INDEX

YOUR TRAIL RUNNING PASSPORT

The UTMB Index measures a runner's performance across four race categories: 20K, 50K, 100K, and 100M, as well as an overall score.

IT'S ESSENTIAL FOR:

- Entering the UTMB World Series Finals lottery (with bileast 1 Running State).
- Defining your start wave to ensure the best race experience.
- Exclusive Race Access: You benefit from a 48-hour priority registration to UTMB World Series Events. And for some 100K and 100M events require a valid UTMB Index for safety or lattery pre-registration.

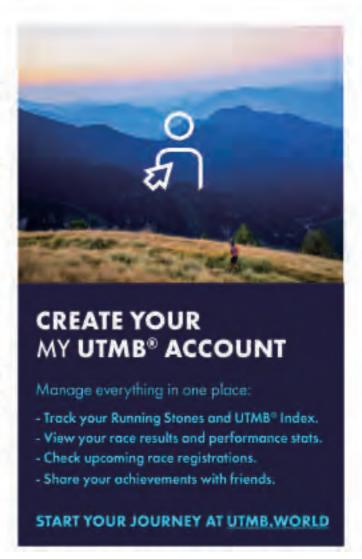
HOW IT WORKS:

- Your UTMB Index is based on your top 5 race results (weighted for recency and performance) over the last 36 months.

 At least 1 valid race result in the past 24 months is required for a valid UTMB Index.
- With over 6,000 races worldwide they are plenty of apportunities to boost your UTMB Index.

Ready to level up your trail running?
Validate or improve your UTMB Index today!

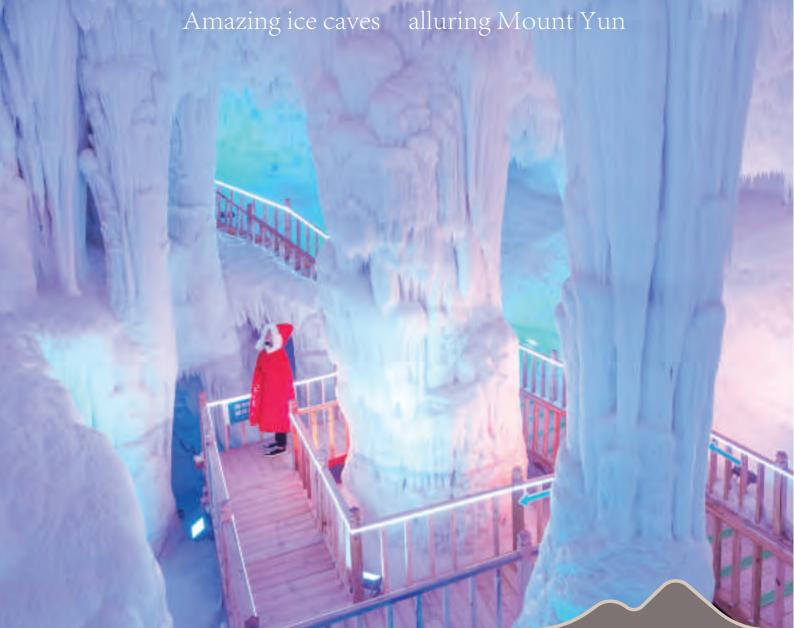
CHECK IT OUT AT UTMB.WORLD



8



世界的冰鸠群向往的云丘山



国家AAAAA级旅游景区

- ⊙京昆高速 (G5) 稷山口下15公里即到
- www.yunqiushan.cn
- **©** 0357-6034567





第一周(2025/04/11-04/13) Week 1(April 11 -April 13)

日期 Date	时间 Time	地点 Location		内容 What
	10:00-21:00	中和广场 Zhonghe Square	Z57	DMY100公里、TMY70公里、 EMY20公里、LMY女子10公里、 YMY青少10公里组参赛包发放 DMY100km, TMY70km, EMY20km, LMY 10km, YMY 10km Race kit Collection
4月11日 星期五 Friday, April 11	10:00-21:00	中和广场 Zhonghe Square	257	DMY100公里组存包、换装包存包 (大件行李寄存) DMY100km Bag Drop, Spare Bag Drop (Large Luggage Storage)
	20:20-21:00	中和广场 Zhonghe Square	☆	DMY100公里组出发仪式 DMY100km Start Ceremony
	21:00	中和广场 Zhonghe Square	START	DMY100公里组出发 DMY100km Start
	6:30-9:15	中和广场 Zhonghe Square	257	EMY20公里组参赛包发放 EMY20km Race Kit Collection
	6:30-9:15	中和广场 Zhonghe Square	257	EMY20公里组存包 EMY20km Bag Drop
	9:00-12:00	中和广场 Zhonghe Square	257	TMY70公里组存包 TMY70km Bag Drop
	8:40-9:00	中和广场 Zhonghe Square	☆	EMY20公里组出发仪式 EMY20km Start Ceremony
	9:00	中和广场 Zhonghe Square	START	EMY20公里组第一枪出发 EMY20km First Wave Start
4月12日 星期六	9:15	中和广场 Zhonghe Square	START	EMY20公里组第二枪出发 EMY20km Second Wave Start
Saturday, April 12	10:00-18:00	中和广场 Zhonghe Square	257	LMY女子10公里、YMY青少10公里组领物 LMY10km, YMY10km Race Kit Collection
	14:00-14:30	中和广场 Zhonghe Square		DMY100公里、EMY20公里组前五名颁奖仪式 DMY100km, EMY20km Top 5 Award Ceremony
	15:00-15:30	中和广场 Zhonghe Square		EMY20公里组瓜分奖颁奖仪式 EMY20km Sharing Award Ceremony
	17:15	中和广场 Zhonghe Square	FINISH	EMY20公里组关门 EMY20km Cut-off Time
	17:30-18:00	中和广场 Zhonghe Square		DMY100公里组瓜分奖颁奖仪式 DMY100km Sharing Award Ceremony

第一周 (2025/04/11-04/13) Week 1 (April 11 -April 13)

日期 Date	时间 Time	地点 Location	_	内容 What
	9:00-14:00	明珠广场 Xiangning Mingzhu Square	257	TMY70公里组参赛包发放 TMY70km Race Kit Collection
	9:00-14:00	明珠广场 Xiangning Mingzhu Square	257	TMY70公里组存包 TMY70km Bag Drop
4月12日 星期六 Saturday,April 12	13:40-14:00	明珠广场 Xiangning Mingzhu Square	☆	TMY70公里组出发仪式 TMY70km Start Ceremony
	14:00	明珠广场 Xiangning Mingzhu Square	START	TMY70公里组出发 TMY70km Start
	1:00	中和广场 Zhonghe Square	FINISH	DMY100公里组关门 DMY100km Cut-off Time
	7:00-9:00	中和广场 Zhonghe Square	L 257	LMY女子10公里、YMY青少10公里组 参赛包发放 LMY10km, YMY10km Race Kit Collection
4月13日 星期日 Saturday, April 13	8:40-9:00	中和广场 Zhonghe Square		LMY10公里女子组出发仪式 LMY10km Start Ceremony
	9:00	中和广场 Zhonghe Square	START	LMY10公里女子组出发 LMY10km Start
	9:15	中和广场 Zhonghe Square	START	YMY10公里青少年组出发 YMY10km Start
	10:00	中和广场 Zhonghe Square	FINISH	TMY70公里组关门 TMY70km Cut-off Time
	11:00-11:30	中和广场 Zhonghe Square	213	TMY70公里组男双、女双、混双前五名 颁奖仪式 TMY70km Men's, Women's, Mixed Doubles Top 5 Award Ceremony
	11:30-12:00	中和广场 Zhonghe Square	213	LMY女子10公里、YMY青少10公里组颁奖仪式 LMY10km, YMY10km Award Ceremony
	13:00	中和广场 Zhonghe Square	FINISH	LMY女子10公里组关门 LMY10km Cut-off Time
	13:15	中和广场 Zhonghe Square	FINISH	YMY青少10公里组关门 YMY10km Cut-off Time



第二周(2025/04/17- 04/20) Week 2 (April 17 -April 20)

日期 Date	时间 Time	地点 Location		内容 What
4月17日 星期四 Thursday, April 17	12:00-21:00	中和广场 Zhonghe Square	 257	UMY168公里、MMY50公里、NMY30公里、 KMY亲子3公里组参赛包发放 UMY168km, MMY50km, NMY30km, KMY3km Race Kit Collection
4月18日 星期五	10:00-21:00	中和广场 Zhonghe Square	257	MMY50公里、NMY30公里、 KMY亲子3公里组参赛包发放 MMY50km, NMY30km, KMY Family 3km Race Pack Collection
Friday, April 18	9:00-12:00	明珠广场 Xiangning Mingzhu Square	257	UMY168公里组参赛包发放 UMY168km Race Kit Collection
	11:40-12:00	明珠广场 Xiangning Mingzhu Square	☆	UUMY168公里组出发仪式 UMY168km Start Ceremony
	12:00	明珠广场 Xiangning Mingzhu Square	START	UMY168公里组出发 UMY168km Start
	6:00-8:20	中和广场 Zhonghe Square	 257	MMY50公里组参赛包发放 MMY50km Race Kit Collection
	6:00-8:20	中和广场 Zhonghe Square	257	MMY50公里组存包 MMY50km Bag Drop
	7:40-8:00	中和广场 Zhonghe Square	☆	MMY50公里组出发仪式 MMY50km Start Ceremony
	8:00	中和广场 Zhonghe Square	START	MMY50公里组第一枪出发 MMY50km First Wave Start
	8:10	中和广场 Zhonghe Square	START	MMY50公里组第二枪出发 MMY50km Second Wave Start
4月19日 星期六	8:20	中和广场 Zhonghe Square	START	MMY50公里组第三枪出发 MMY50km Third Wave Start
Saturday, April 19	8:30-21:00	中和广场 Zhonghe Square	<u> </u>	NMY30公里组、KMY亲子3公里组参赛包发放 NMY30km, KMY3km Race Kit Collection
	14:30-15:30	中和广场 Zhonghe Square		MMY50公里组前五名颁奖仪式 MMY50km Top 5 Award Ceremony
	17:00-17:30	中和广场 Zhonghe Square		UMY168公里组前五名颁奖仪式 UMY168km Top 5 Award Ceremony
	18:00-18:30	中和广场 Zhonghe Square	213	MMY50公里组瓜分奖颁奖仪式 MMY50km Sharing Award Ceremony
	20:30-21:00	中和广场 Zhonghe Square		UMY168公里组瓜分奖颁奖仪式 UMY168km Sharing Award Ceremony
	23:20	中和广场 Zhonghe Square	FINISH	MMY50公里组别关门 MMY50km Cut-off Time

第二周 (2025/04/17-04/20) Week 2 (April 17-April 20)

日期 Date	时间 Time	地点 Location		内容 What
	6:00-8:15	中和广场 Zhonghe Square	257	NMY30公里组参赛包发放 NMY30km Race Kit Collection
	6:00-8:15	中和广场 Zhonghe Square	257	NMY30公里组存包 NMY30km Bag Drop
	6:00-9:00	中和广场 Zhonghe Square	257	KMY3公里组参赛包发放 KMY3km Race Kit Collection
	7:40-8:00	中和广场 Zhonghe Square	☆	NMY30公里组出发仪式 NMY30km Start Ceremony
	8:00	中和广场 Zhonghe Square	START	NMY30公里组第一枪出发 NMY30km First Wave Start
4月20日 星期日 Sunday, April 20	8:15	中和广场 Zhonghe Square	START	NMY30公里组第二枪出发 NMY30km Second Wave Start
	8:40-9:00	中和广场 Zhonghe Square	☆	KMY亲子3公里组出发仪式 KMY3km Start Ceremony
	9:00	中和广场 Zhonghe Square	START	KMY亲子3公里组出发 KMY3km Start
	11:00	婚俗广场 Marriage Culture Courtyard	FINISH	KMY亲子3公里组别关门 KMY3km Cut-off Time
	12:00	中和广场 Zhonghe Square	FINISH	UMY168公里组关门 UMY168km Cut-off Time
	12:30-13:00	中和广场 Zhonghe Square	213	NMY30公里组前五名颁奖仪式 NMY30km Top 5 Award Ceremony
	19:15	中和广场 Zhonghe Square	FINISH	NMY30公里组关门 NMY30km Cut-off Time
	19:20	中和广场 Zhonghe Square	☆	赛事结束仪式 Event Closing Ceremony



SUUNTO

SUUNTO 颂拓 UTMB 官方指定运动手 及技术合作伙伴



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扫码选购商品







赛事重要点位

1.起点位置

DMY100K/MMY50K/NMY30K/EMY20K/LMY10K女子/YMY10K青少/KMY3K亲子:中和广场UMY168K/TMY70K双人:乡宁明珠广场

2.终点位置

UMY168K/DMY100K/TMY70K/MMY50K/NMY30K/EMY20K/LMY10K女子/YMY10K青少:中和广场KMY3K亲子:塔尔坡婚俗广场

3. 领物地点

云丘山中和广场 & 乡宁明珠广场

4. 领取时间

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第一周
2025年4月11日,10:00-21:00,云丘山中和广场,DMY100K、TMY70K、EMY20K、LMY10K女子、YMY10K青少组别可领取
2025年4月12日,06:30-09:00,云丘山中和广场,EMY20K组别可领取
2025年4月12日,09:00-14:00,明珠广场,TMY70K组别可领取
2025年4月12日,10:00-18:00,云丘山中和广场,LMY10K女子、YMY10K青少组别可领取
2025年4月13日,07:00-09:00,云丘山中和广场,LMY10K女子组别可领取
2025年4月13日,07:00-10:00,云丘山中和广场,YMY10K青少组别可领取
第二周
2025年4月17日,12:00-21:00,云丘山中和广场,UMY168K、MMY50K、NMY30K、KMY3K亲子组别可领取
2025年4月18日,09:00-12:00,明珠广场,UMY168K组别可领取
2025年4月18日,10:00-21:00,云丘山中和广场,MMY50K、NMY30K、KMY3K亲子组别可领取
2025年4月19日,06:00-08:20,云丘山中和广场,MMY50K组别可领取
2025年4月19日,08:30-21:00,云丘山中和广场,NMY30K、KMY3K亲子组别可领取
2025年4月20日,06:00-08:15,云丘山中和广场,NMY30K组别可领取
2025年4月20日,06:00-09:00,云丘山中和广场,NMY30K组别可领取
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5.赞助商

UTMB世界系列赛顶级合作伙伴HOKA UTMB世界系列技术合作伙伴Suunto

UTMB世界系列供应商奥尼捷、BUFF、Compressport、韶音、Vibram

赛事高级合作伙伴: 京东运动、3M

赛事合作伙伴:钙尔奇、碧欧泉、勇闯天涯、云南白药

赛事赞助商:蓓盾、SILVA、迈胜

赛事供应商:上汽大众、SIDAS、Hyperice、爱跑猫、杖一、博铌斯、康师傅

6.赛事村

布展时间:

第一周: 4月11日10:00—4月13日12:00 第二周: 4月17日12:00—4月20日19:30 举办地点: 临汾市云丘山景区商业街

服饰综合:UTO、大K、松野湃、猛犸象、NNormal、引擎鸟、norda、戴适、凯乐石FUGA、adidas TERREX、海莫、蛙壳、

injinji、ALTRA、隺、优极、悦尚运动、ROSSIGNO、outopia、PAC

功能装备: libratone、Powster、LEKI手杖、RUDY、奈特科尔、Outdoor Research、Smartwool、Black Diamond、

Ultimate Direction、狮王视、fenix 功能康复: Nitto日东肌贴、KT TAPE

食品类: 牛炭长

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EVENT LOCATION

1.Start Area

DMY100K/MMY50K/NMY30K/EMY20K/LMY10K/YMY10/KMY3K: Zhonghe Square

UMY168K/TMY70K: Xiangning Mingzhu Square

2. Finish Area

UMY168K/DMY100K/TMY70K/MMY50K/NMY30K/EMY20K/LMY10K/YMY10K: Zhonghe Square KMY3K:Marriage Culture Courtyard

3. Race Pack collection

Zhonghe Square in Mount Yun Scenic Area & Xiangning Mingzhu Square

4.Collection Time

First Week

11 April 2025, 10:00-21:00, Zhonghe Square, available for DMY 100K, TMY 70K, EMY 20K, LMY 10K, YMY 10K

12 April 2025, 06:30-09:00, Zhonghe Square, only available for EMY 20K

12 April 2025, 09:00-14:00, Mingzhu Square, only available for TMY 70K

12 April 2025, 10:00-18:00, Zhonghe Square, available for LMY 10K, YMY 10K

13 April 2025, 07:00-09:00, Zhonghe Square, only available for LMY 10K

13 April 2025, 07:00-10:00, Zhonghe Square, only available for YMY 10K

Second Week

17 April 2025, 12:00-21:00, Zhonghe Square, available for UMY 100M、MMY 50K、NMY 30K、KMY 3K

18 April 2025, 09:00-12:00, Mingzhu Square, only available for UMY 100M

18 April 2025, 10:00-21:00, Zhonghe Square, available for MMY 50K、NMY 30K、KMY 3K

19 April 2025, 06:00-08:20, Zhonghe Square, only available for MMY 50K

19 April 2025, 08:30-21:00, Zhonghe Square, available for NMY 30K . KMY 3K

20 April 2025, 06:00-08:15, Zhonghe Square, only available for NMY 30K

20 April 2025, 06:00-09:00, Zhonghe Square, only available for KMY 3K

5.Partners

Premier Partner of UTMB® World Series: HOKA Technical Partner of UTMB® World Series: Suunto

Suppliers of UTMB® World Series: AONIJIE、BUFF、Compressport、韶音Shokz、Vibram

Premium Event Partners:: 京东运动、3M

Event Partners: Caltrate、BIOTHERM、勇闯天涯、云南白药

Event Sponsors: Bten. SILVA. M-ACTION

Event Suppliers: SAIC VOLKSWAGEN、SIDAS、Hyperice、iPerMove、ZENONE、POHINIX、康师傅

6. Ultra-Trail Village

Opening Date: April 11th 10:00 - April 13st 12:00April 17th 12:00 - April 20st 19:30

Location: Commercial Street, Mount Yun Scenic Area, Linfen City

Clothing Complex:: UTO、大K、Surpine、mammut、NNormal、fenix、Engine Bird、norda、DexShell、KAILAS FUGA、adidas TERREX、

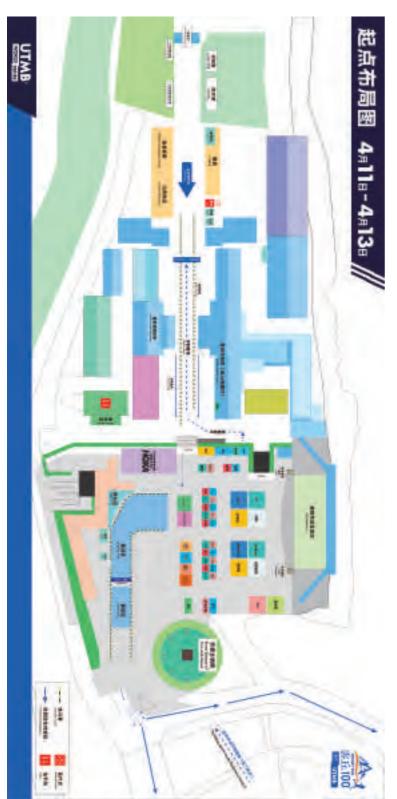
haimonts WAXEs injinjis ALTRAs KRANEs ULTRAGEARs YOSAN SPORTS ROSSIGNOs outopias PAC Functional Equipment: libratones Powsters LEKIs RUDYs NITECOREs Outdoor Researchs Smartwools

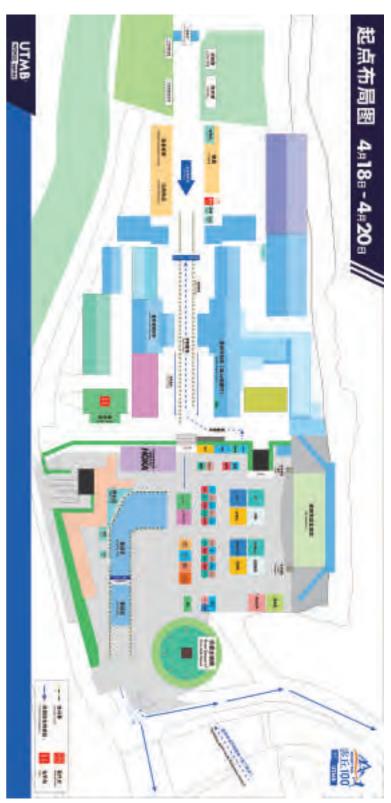
Black Diamond、Ultimate Direction、SWANS、fenix Functional Rehabilitation: Nitto日东肌贴、KT TAPE

Food supply: 牛炭长

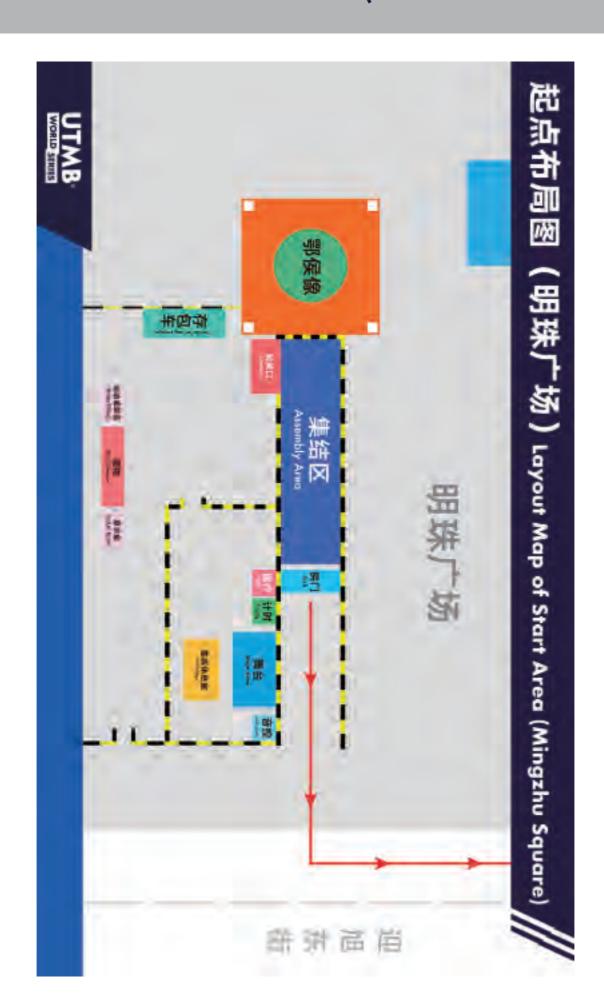


起点布局图(中和广场) LAYOUT MAP OF START AREA (ZHONGHE SQUARE)





起点布局图(明珠广场) LAYOUT MAP OF START AREA (MINGZHU SQUARE)



MOUNTYUN 大 雲丘100 BY UTMB

安全须知

(一) 选手承诺

- 1.完全了解所报名项目的距离及越野跑的特殊性,并为此做好充分训练。
- 2.在山上拥有个人自主能力,及比赛过程中能独立面对可能发生的任何类型的问题;
- 1)按要求携带强制装备,以应对天气变化(夜晚、风、寒冷、雾、雨雪等情况)。
- 2)知道如何管理由极度疲劳导致的身体或精神问题—例如消化问题、肌肉或关节疼痛、小伤口等。
- 3) 充分了解参加越野跑赛事安全问题取决于自身应对突发情况的能力。
- 3.自己及其家人朋友必须尊重自然、尊重他人以及遵守比赛规则。
- 4.保证手机全程开机,禁开飞行模式,确保能够接收到赛事信息。
- 5.阅读并同意《竞赛规程》及《报名须知》等赛事规程文件。

(二) 半自主完成

选手应了解比赛遵循半自主原则。在两个补给站之间的比赛中,选手应携带足量的食物,水和装备。根据赛道情况,选手还应做好准备,以应对恶劣天气或突变情况。自给自足原则意味着以下规则:

- 1、参赛途中,选手必须全程携带全部的强制装备。装备应装在越野包里(背包或腰包),途中不允许更换装备。比赛中,工作人员/ 指引人员可以随时检查越野包以及包内物品。选手有义务配合强制装备检查。如果强制装备检查不合规,选手将面临被取消参赛资格的风 险。
 - 2、补给站提供可现场食用的食物和饮料。离开每个补给站时,选手应确保带有足量的饮料和食物支撑其到达下个补给站。
- 3、本届赛事可援助区域仅为DMY100公里组和UMY168公里组开放。UMY168公里组可援助点为: U6紫砂陶小镇补给站、U8乡宁体育馆补给站、U11安汾补给站; DMY100公里组可援助点为: D4多宝灵岩禅寺补给站、D6安汾补给站。亲友前往可援助点的交通需自行解决。比赛当日,亲友凭私补卡核验进入援助区,允许递送食品、饮料、衣物等个人物品,提供心理支持或简单护理(如按摩、放松),严禁参赛选手团队成员代选手更换装备(如手杖、鞋子、背包等)、提供医疗干预(如用药、包扎、冰敷等)、进入赛道或陪跑,补给站的休息区仅供选手使用。组委会对非官方医疗行为导致的后果不承担责任,请选手与亲友共同遵守规则,感谢配合。
- 4、在补给站明确标记的观众陪跑区之外,不允许任何未报名参赛人员陪跑。接受在非指定区域陪跑的选手将违反自给自足原则,裁判 /工作人员/指引人员或站长有权对选手进行处罚。选手严禁携带狗或其他动物参赛,包括服务型动物。

(三) 安全和医疗救助

1.比赛路线上设有多个医疗点,也可以直接联系号码布上的应急救援电话: 18534365898。医疗点旨在通过主办方或公共资源来帮助任何陷入危险的人;

- 2.选手可以通过以下途径寻求帮助:
- 1)前往医疗点
- 2)联系号码布上的应急救援电话: 18534365898
- 3)向其它选手呼救,并提醒赛事医疗团队
- 4)每位选手都必须对任何其它陷入危险的选手伸以援手,并提醒赛事医疗团队
- 3.受参赛环境限制,等待救援的时间可能会超出预期。请务必带好您的强制装备,并根据个人所需准备其他参赛物品;
- 4.组委会在比赛期间提供免费现场急救性质的医务治疗,但在医院救治等发生的相关费用由参赛选手自理,后续组委会协助与保险公司 按保险条款进行理赔;
- 5.为了保障参赛者的生命安全,经医护人员判断,如选手当前的情况可能危及到选手的人身安全时,组委会有权强制要求该选手暂时停止。

SAFETY INFORMATION

1. Runners' Commitment

- 1.To be completely aware of the length and specificity of the event and to be perfectly prepared for it;
- 2.To have a real capacity for personal autonomy in the mountains allowing for the runner to manage any sort of problems that might occur during this type of event:
- 1) Know how to face up to weather conditions which could be very difficult to deal with at high altitude (night, wind, cold, fog, rain or snow) without any help.
- 2) Know how to manage, including when alone, physical or mental problems arising from a great fatigue such as digestive problems, muscle or articular pains, small wounds.
- 3) To be totally aware that for such an activity in the mountains, security depends on the runner's ability to adapt to these problems
- 3.That runners and their families and friends must respect nature, people and the regulations of the race.
- 4. Keep the phone ON at all times, airplane mode is forbidden to ensure that receive the race information.
- 5.Read and agree to the Race Regulation and Registration Instruction and other race regulations documents.

2.Semi-autonomy

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.hroughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will be carried in a pack (backpack or belt); and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.
- 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.Support assistance zones are only available for the DMY 100K and UMY 100M categories. For the UMY 100M, support is permitted at the following aid stations: U6 (Zisha Pottery Town), U8 (Xiangning Sports Center), and U11 (Anfen). For the DMY 100K, support is allowed at D4 (Duobaolingyan Temple) and D6 (Anfen). Support crew members are responsible for their own transportation to these designated support points. On race day, support personnel must present an Assistance Ticket to enter the support zone. Permitted support includes providing food, beverages, clothing and other personal items, as well as offering psychological encouragement or basic care such as massage and relaxation. Strictly prohibited actions include: crew members replacing any equipment for runners (such as poles, shoes, or packs), providing any medical intervention (including administering medication, bandaging, or applying ice), entering the race course, or pacing runners. Rest areas at aid stations are for runners use only. The Organizing Committee will not be held responsible for any consequences resulting from unauthorized medical assistance. We appreciate all runners and support crews adhering to these rules and your cooperation in ensuring a fair and safe competition environment.

4.It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator run zones which are clearly marked in the proximity of the aid stations. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The race stewards/marshals or team leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules. Runners are not allowed to participate with a dog or any other animal, including service animals.

3. Safety and Medical Assistance

- 1. There are several medical stations along the route, runners can also contact the emergency response number: 18534365898 directly on the race bib. Medical stations are intended to assist any person in danger with the organization's own or public means.
- 2.It is up to a runner in trouble or seriously hurt to call for the help:
- (1)By going to a medical aid station
- (2) By calling the emergency response number: 18534365898
- (3)By asking another runner to alert the medical team
- (4)Every runner must give assistance to any person in danger and alert the medical team
- 3.Do not forget that any kind of unexpected events linked to the environment and the race 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.
- 4. The organizing committee will provide free first-aid during the race, but the runners will bear all costs generated in the hospital. The committee will subsequently assist runners and the insurance company in settling claims under insurance terms.
- 5.To ensure the runners' life safety, if, based on the judgment of the medical staff, any runner is in a situation that might endanger personal safety, the organizing committee has the right to compel them to stop racing for the moment or withdraw from the race. If they insist on continuing to the race, the committee will no longer be liable.





UTMB世界系列赛供应商

BE OPEN | 开放声场 舒适聆听



竞赛办法

1.号码布

选手领取号码布时需持领物凭证(详细信息请查阅《领物须知》)。号码布必须佩戴于胸前或腹部,保证整个赛事过程中不被遮挡。 号码布示例如下:

UMY 100M	DMY 100K	MMY 50K	EMY 20K	КМҮ ЗК
0000 UMY	0000	0000	00000	K9999-9
WEDER	收尾	0000	00000 =	收尾 ^{SAME}
9876	9876	0000 =	收尾 。	
III BAR	24 (8.8%)	收尾 weeper	9876	
		9876		
TMY 70K	NMY 30K	YMY 10K	LMY 10K	
0000 <u>EXX</u>	00000 =	1 00000 EXX	100000 EXX	
收尾 swarm	00000 =	YMY 收尾 SWEEPER	以尾 Nwtcho	
9876	收尾 SWEETER			
	9876			

竞赛办法

2.奖项设置

1) 名次奖

组别	第一名 (男/女)	第二名 (男/女)	第三名 (男/女)	第四名 (男/女)	第五名 (男/女)
UMY 100M	25,000.00	15,000.00	12,000.00	10,000.00	7,500.00
DMY 100K	15,000.00	12,000.00	10,000.00	7,500.00	5,000.00
MMY 50K	10,000.00	7,500.00	5,000.00	4,000.00	3,000.00
NMY 30K	6,000.00	5,000.00	4,000.00	3,000.00	2,000.00
EMY 20K	5,000.00	4,000.00	3,000.00	2,000.00	1,000.00
LMY 10K	价值3000 实物奖品	价值2000 实物奖品	价值1500 实物奖品	价值1000 实物奖品	价值800 实物奖品
KMY 10K	价值3000 实物奖品	价值2000 实物奖品	价值1500 实物奖品	价值1000 实物奖品	价值800 实物奖品
组别	第一名 (男双、女双、混双)	第二名 (男双、女双、混双)	第三名 (男双、女双、混双)	第四名 (男双、女双、混双)	第五名 (男双、女双、混双)
TMY 70K	10,000.00	7,500.00	5,000.00	4,000.00	3,000.00

2) 瓜分奖

"瓜分奖"旨在鼓励更多参赛选手勇于完成个人挑战,UMY 168公里、DMY 100公里、MMY 50公里、EMY 20公里各组别男女选手在指定时间内完成比赛均可参与瓜分各组别50000元现金,奖金设置共计20万。

组别	奖金	性别	时间
UMY 100M	50000	男	28小时及以内
OMI IOOM	30000	女	31小时及以内
DAY 100K	50000	男	16小时30分钟及以内
DMY 100K	50000	女	19小时及以内
MANY FOW	50000	男	6小时50分钟及以内
MMY 50K	50000	女	7小时50分钟及以内
EMY 20K	50000	男	4小时及以内
EMI ZUK	33000	女	4小时30分钟及以内

MOUNTYUN 与 雲丘100 BY UTMB

竞赛办法

3) 盲盒奖

组别	奖金	瓜分规则
TMY 70K		1、出签后,获得TMY组、NMY组、LMY组三个组别参赛资格的选手进入下一轮盲盒奖选组环节;2、获得上述三个组别的参赛选手自主选择5个战队中的一个为其代言,代表该战队参加比赛,均分盲盒奖;
NMY 30K	100,000	3、为确保公平公正,组委会会根据实际报名人数,为每个战队设置人数上限,当有一个战队达到人数上限时,组委会将其关闭,该战队不再接受报名,其他选手只能从剩余战队中选择,以此类推; 4、选手完赛并且获得真实有效的成绩后,将获得参与均分盲盒奖的资格;
LMY 10K		5、所有比赛结束后,组委会将计算出每个战队代表选手的平均配速,平均配速最快的代表战队选手将共同均分100000元人民币。 6、五个战队代表队伍依次为:冰洞群、玉皇顶、祖师顶、五龙宫、八宝宫。

注:

- (1)上述奖金需征收20%的个人所得税,由获奖选手本人承担,组委会代扣代缴;
- (2)直通名额: UMY168公里组/DMY100公里组/MMY50公里组男、女前三名直通UTMB总决赛对应组别,其余组别无直通名额;
- (3)UMY168公里、DMY100公里、TMY70公里、MMY50公里、NMY30公里、EMY20公里各组别前五名获奖选手按照枪声成绩录取,其余奖项及 名次确认以净计时为准,瓜分奖获奖选手按照净计时成绩录取,盲盒奖获奖选手按照净计时计算成绩;
 - (4)任何违反竞赛规则的选手(包括强装检查不合格),直接取消瓜分奖瓜分资格;
 - (5)TMY70公里双人组成绩按队伍成员中最后一人通过终点的有效完赛成绩计算;
 - (6)TMY70公里双人组出发后,如有成员弃赛、中途退赛或被关门则不予团队排名且两人均无跑石,完赛人员可以正常领取完赛物资及完赛证书;
 - (7)未能在现场领取奖金的选手,请在2025年4月30日前提交相关资料,逾期将视为自动放弃,组委会将在2025年5月30日前完成奖金发放。

3.分枪起跑

所有选手必须于各组别发枪前5分钟完成检录,进入指定集结区域,各组别发枪时间详见赛事日程安排。其中,MMY50公里组别分三枪,NMY30公里组别分两枪,EMY20公里组别分两枪,选手需根据号码布上的发枪时间提前5分钟完成检录,并进入指定集结区域。

第一周:

DMY100公里组参赛选手必须于4月11日20:55前进入指定区域集结,21:00准时发枪。

EMY20公里组第一枪参赛选手必须于4月12日8:55前进入指定区域集结,9:00准时发枪。第二枪选手按发枪时间顺延。

TMY70公里组别参赛选手必须于4月12日13:55前进入指定区域集结,14:00准时发枪。

LMY10公里女子组参赛选手必须于4月13日8:55前进入指定区域集结,9:00准时发枪。

YMY10公里青少年组参赛选手必须于4月13日9:10前进入指定区域集结,9:15准时发枪。

第二周:

UMY168公里组参赛选手必须于4月18日11:55前进入指定区域集结,12:00准时发枪。

MMY50公里组第一枪参赛选手必须于4月19日7:55前进入指定区域集结,8:00准时发枪;第二枪、第三枪选手按发枪时间顺延。

NMY30公里组别第一枪参赛选手必须于4月20日7:55前进入指定区域集结,8:00准时发枪;第二枪选手按发枪时间顺延。

KMY亲子3公里组别参赛选手必须于4月20日8:55前进入指定区域集结,9:00准时发枪。

4.物品寄存

(1)UMY168公里组别的选手最多可在起点处寄存2个包,DMY100公里组别的选手最多可在起点处寄存2个包,TMY70公里,MMY50公里和EMY20公里组别的选手最多可在起点处寄存1个包,10公里女子组、10公里青少组、3公里亲子选手组委会不提供寄存服务。选手需使用组委会发放

竞赛办法

的存包贴在包外指定位置清晰标明参赛号码。UMY168公里组别的选手可寄存1个换装包至换装点U8乡宁体育馆,DMY100公里组别的选手可寄存1个换装包至换装点D6安汾,比赛开始后组委会将安排车辆将换装包运送至上述地点;

(2)终点寄存包领取截止时间第一周为4月13日11:00,第二周为4月20日20:00。第一周中途退赛并自行离开的选手请于4月13日11:00前联系组委会,第二周中途退赛并自行离开的选手请于4月20日20:00前联系组委会,并告知参赛号码以便安排领取寄存包;

(3) DMY100公里组D6安汾换装包发车时间:4月12日05:30,11:30,15:30;UMY168公里组U8乡宁县体育馆换装包发车时间:4月19日4月19日02:00,08:00,10:00,15:00.。由于道路管控等因素,组委会无法保证退赛选手在转运到终点中和广场后,其所寄存的换装包已回到终点中和广场:

(4)贵重物品、易碎物品和危险物品请勿放置在寄存包内,如若发生寄存包内物品的丢失,损坏或安全事故,责任由参赛者自行承担。

5.计时办法

- (1)本次比赛采用感应计时办法,感应计时芯片将在选手通过起点线开始计时;
- (2)在起终点、各打卡点设立计时点,参赛选手需通过所有计时点;
- (3)号码布袋中含两片芯片,一片已粘贴于号码布背面,另一片需要使用扎带绑缚在越野包后侧明显位置。若芯片被覆盖住,将感应不 到计时成绩。

6.补给站&换装点

赛道上将设置若干补给点,补给品类型包括:水、运动饮料、热食、能量食品等多种补给;

UMY168公里组:设置一个换装点,U8乡宁体育馆,除换装服务外,该补给站还提供行军床,供选手休息;

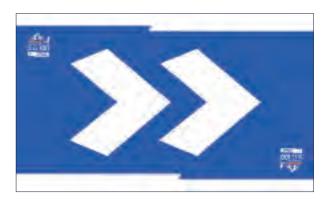
DMY100公里组:设置一个换装点: D6安汾,除换装服务外,该补给站还提供行军床,供选手休息。

7.赛道指引

赛道中会使用带赛事标识的丝带、指示牌、警戒线作为赛道标识,在比赛过程中若超过200米没有发现赛道标识,请通过手机中预存的轨迹核实自己是否在正确的路线中,并返回正确的路线。各组别路线图及轨迹详见赛道详情。

赛道指引牌示例如下:







MOUNTYUN 与 雲丘100 BY UTMB

竞赛办法

8.强制装备

- (1)所有选手必须全程携带所有强制装备,建议装备可根据比赛当天情况选择性携带。如强制装备调整,将于赛前公告。
- (2)为践行赛事环保理念,各补给站将不再提供一次性餐具。组委会将为选手免费提供便携餐具,选手也可根据个人生活习惯使用自行 携带的便携餐具。
 - (3)组委会在赛前根据天气情况,有权利要求选手追加强制装备的种类及数量并在入场集结前进行检查;
 - (4)强制装备清单并不涵盖参赛者所有装备,请参赛者根据自身的能力和当日的天气情况决定是否需要添加装备;
 - (5)参赛选手在领取参赛物品前,必须携带强制装备清单中所有装备并接受检查,不符合条件者将无法办理参赛物品领取手续;

组委会将在赛道中进行强制装备检查,一旦发现选手出现强制装备缺失的情况,将严格按照处罚规定进行处理。UMY168公里组将在U4前大坪村补给站进行强制装备检查,DMY100公里组别将在D6安汾补给站进行强制装备检查,TMY70公里组别将在T3安汾补给站进行强制装备检查,MMY50公里组别将在M3多宝灵岩禅寺补给站进行强制装备检查,NMY30公里组、EMY20公里组别将在赛道随机进行强制装备检查,所有获奖选手及获得瓜分奖资格选手将在终点随机进行强制装备检查。

9.处罚: 罚时以及取消参赛资格

如果选手违反比赛规则,赛事总监,裁判,以及补给站站长可以根据下表立即执行处罚:

168K和100K组别

违反竞赛规程	处罚
抄近路	由赛事总监裁决
缺少强制装备(水量不足最低要求,缺少连帽防水夹克, 缺少头灯,缺少救生毯,缺少智能手机)	取消参赛资格
缺少其他强制装备(例如:只有一个头灯)	罚时1小时,期间鼓励选手取回丢失的装备
拒绝接受强制装备检查	取消参赛资格
手机关机或被调成飞行模式	罚时15分钟
选手或陪跑员乱扔垃圾或拒绝使用主办方提供的厕所(自愿行为)	罚时1小时
不尊重他人(主办方工作人员或其他选手)注意:参赛选手的陪同人员态度恶劣或拒绝遵守主办方的指令,该选手将受到处罚	取消参赛资格
未向需要帮助的选手提供帮助	取消参赛资格
在授权区域外接受援助	罚时1小时
在补给站允许陪跑的赛段之外陪跑	罚时15分钟
作弊(例如:使用交通工具,共用号码布等)	立即取消参赛资格,并终身禁赛
遮挡号码布	罚时15分钟
号码布的佩戴不符合规定	罚时15分钟(期间选手需按照规定正确佩戴号码布)
危险行为(例如:杖尖朝向选手或观众)	罚时15分钟
无计时芯片	由赛事总监、裁判员裁决

竞赛办法

168K和100K组别

违反竞赛规程	处罚
未经过打卡点	由赛事总监、裁判员裁决
拒绝遵守赛事总监,工作人员/裁判, 补给站站长,医生或搜救人员的指令	取消参赛资格
拒绝接受反兴奋剂检查	取消参赛资格
超过时间限制后离开打卡点	取消参赛资格
使用比赛开始时未携带的手杖	罚时1小时
不遵守《森林防火条例》,擅自在防火区内野外用火或抽烟; 如不慎发生火灾,未及时采取森林火灾扑救措施的;	取消参赛资格,如构成犯罪,依法追究刑事责任

70K、50K、30K、20K组别

违反竞赛规程	处罚
抄近路	由赛事总监、裁判员裁决
缺少强制装备(水量不足最低要求,缺少连帽防水夹克(如需), 缺少头灯(如需),缺少救生毯(如需),缺少智能手机)	立即取消参赛资格
缺少强制装备 (赛事官网所列清单)	罚时30分钟,期间鼓励选手取回丢失的装备
拒绝接受强制装备检查	取消参赛资格
手机关机或被调成飞行模式	罚时15分钟
选手或陪跑员乱扔垃圾或拒绝使用主办方提供的厕所(自愿行为)	罚时30分钟
不尊重他人(主办方工作人员或其他选手)注意:参赛选手的陪同人员态度恶劣或拒绝遵守主办方的指令,该选手将受到处罚 未向需要帮助的选手提供帮助	取消参赛资格
在授权区域外接受援助	罚时30分钟
在补给站允许陪跑的赛段之外陪跑	罚时10分钟
作弊(例如:使用交通工具,共用号码布等)	立即取消参赛资格,并终身禁赛
遮挡号码布	罚时10分钟
号码布的佩戴不符合规定	罚时10分钟(期间选手需按照规定正确佩戴号码布)
危险行为(例如:杖尖朝向选手或观众)	罚时10分钟
无计时芯片	由赛事总监、裁判员裁决



竞赛办法

70K、50K、30K、20K组别

违反竞赛规程	处罚
未经过打卡点	由赛事总监、裁判员裁决
拒绝遵守赛事总监,工作人员/裁判, 补给站站长,医生或搜救人员的指令	取消参赛资格
拒绝接受反兴奋剂检查	取消参赛资格
超过时间限制后离开打卡点	取消参赛资格
使用比赛开始时未携带的手杖	罚时30分钟
不遵守《森林防火条例》,擅自在防火区内野外用火或抽烟; 如不慎发生火灾,未及时采取森林火灾扑救措施的;	取消参赛资格,如构成犯罪,依法追究刑事责任

- (*)罚时将在赛场立即生效,这意味着选手必须在罚时时间内"退场"。如果赛后发现违规行为,赛事总监还可以决定对选手的完赛时间进行加时。在罚时期间,不会对选手停止计时。
 - (*)选手如有其他未在上表列出的违规行为,由赛事总监、裁判员作出处罚决定。
 - (*)选手被取消参赛资格后,报名费不予退还。

10.退赛收容

- (1)赛事仅在设有关门时间的补给站点(关门站点)安排收容摆渡车辆;
- (2)在非关门站点,组委会会尽快安排车辆前往并摆渡至设有收容摆渡车的关门站点。
- 注: 收容摆渡车辆按行进轨迹依次接驳,考虑收容人数和路况等因素,各关门站点的等候时间在1-4个小时不等。

11.应急处置

因不可抗力、极端恶劣天气等任何可能影响参赛选手安全的状况,组委会有权利作出以下调整:

- (1)修改赛道;
- (2)修改出发时间;
- (3)按照《体育总局关于建立健全体育赛事活动"熔断"机制的通知》中要求取消赛事或暂停正在进行中的赛事;

赛事及其规则最终解释权归2025云丘山越野赛byUTMB®组委会所有,若因不可抗力因素导致赛事取消或延期,赛事组委会将第一时间发布相关信息,本赛事一切相关信息以官方公布为准。

12.申诉与监督

- (1)赛事设有仲裁委员会,委员会由赛事总监、计时人员、UTMB官方代表、技术代表、竞赛人员等共同组成;
- (2)举报者需在完赛后或退出比赛后2小时内发送书面申诉报告及自证材料至官方申诉邮箱:info@lungking.com,超出2小时后申诉判为失效;



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RACE RULES

1.Bib

Runners must show their voucher to collect their race bib (More details please refer to the Collection Information). The bib must be worn on the chest or stomach, not covered at any time during the race.

Sample of Bib are as follows:

ole of Bib are as follow				WIIV. 8W
UMY 100M	DMY 100K	MMY 50K	EMY 20K	KMY 3K
00000	3 0000 ···	0000	E DOOOO	K9999-9
0000 ENR	0000	EXX	₹xx =	主
UMY -	DMY	MMY -	- TMY -	KAY -
収尾 WHIPE	以尾 SWEEPER	0000 s	EXX.	収尾 swares
9876	9876	0000	(My E	
0076	DAY MAN	21 EXX	WIENER SWIENER	
9876	9876	MAY -	9876	
		SWEEPER	78	
		9876		
TMY 70K	NMY 30K	YMY 10K	LMY 10K	
TART	HMY	- YMY	- 2 H	
0000 EXX (2012)	00000 =	1 00000	21 00000	
TMY	00000	TAME TO	int =	
收尾	EXX	収尾 SWEEPER	收尾	
9376	NAMY -			
Nd.	收尾			
	9876			

RACE RULES

2.Award Structure

(1)Ranking award

Category	First Prize (Male/Female)	Second Prize (Male/Female)	Third Prize (Male/Female)	Fourth Prize (Male/Female)	Fifth Prize (Male/Female)
UMY 100M	25,000.00	15,000.00	12,000.00	10,000.00	7,500.00
DMY 100K	15,000.00	12,000.00	10,000.00	7,500.00	5,000.00
MMY 50K	10,000.00	7,500.00	5,000.00	4,000.00	3,000.00
NMY 30K	6,000.00	5,000.00	4,000.00	3,000.00	2,000.00
EMY 20K	5,000.00	4,000.00	3,000.00	2,000.00	1,000.00
LMY 10K	Physical prize valued at 3000 yuan	Physical prize valued at 2000 yuan	Physical prize valued at 1500 yuan	Physical prize valued at 1000 yuan	Physical prize valued at 800 yuan
KMY 10K	Physical prize valued at 3000 yuan	Physical prize valued at 2000 yuan	Physical prize valued at 1500 yuan	Physical prize valued at 1000 yuan	Physical prize valued at 800 yuan
Category	First Prize (Men's doubles/Women's doubles/Mixed doubles)	Second Prize (Men's doubles/Women's doubles/Mixed doubles)	Third Prize (Men's doubles/Women's doubles/Mixed doubles)	Fourth Prize (Men's doubles/Women's doubles/Mixed doubles)	Fifth Prize (Men's doubles/Women's doubles/Mixed doubles)
TMY 70K	10,000.00	7,500.00	5,000.00	4,000.00	3,000.00

(2)Sharing Award

The "Sharing Award" aims to encourage more runners who are brave enough to achieve personal challenges. Male and female runners in the UMY 100M, DMY 100K, MMY 50Kand EMY 20K categories who finished the race within the specified time (see the chart below) can participate in the division of 50,000 RMB with cash in each category, a total of 200,000.

Category	Amount(RMB)	Gender	Time
UMY 100M	50000	Male	Within 28 hours
		Female	Within 31 hours
DMY 100K	50000	Male	Within 16 hours and 30 minutes
		Female	Within 19 hours
MMY 50K	50000	Male	Within 6 hours and 50 minutes
		Female	Within 7 hours and 50 minutes
EMY 20K	50000	Male	Within 4 hours
		Female	Within 4 hours and 30 minutes



RACE RULES

3.Lotto Award

Category	Amount	Rules		
TMY 70K		 After the lottery results is published, runners who qualify for the three categories—TMY, NMY, and LMY—will advance to the next round of Lotto Award selection. Runners who qualify for the three categories will select one of the five teams to represent. They will compete as representatives of their chosen team and share the Lotto Award equally. To ensure fairness and equity, the organizing committee will set a maximum limit for each team based on the actual number of applicants. Once a team reaches the limit, it will be closed for further applications. Other runners will need to choose from the remaining available teams. After finished the race and obtaining valid results, runners will be eligible to participate in the equal distribution of Lotto Award. 		
NMY 30K	100,000			
LMY 10K		 5. Upon completion of all races, the organizing committee will calculate the average pace of the representative runners of each team. The representative runners of the team with the fastest average pace will equally share a prize of 100,000 yuan. 6. The five representative teams are: Ice Cave Group, Jade Emperor Temple, Zushi Temple, Five-dragon Palace, and Babao Palace. 		

Note

(1) The above prizes are subject to 20% personal income tax, which will be borne by the winners themselves and will be withheld and paid by the organizing committee.

(2)Direct entry slots: The top three male and female finishers in the UMY 100M, DMY 100K, and MMY 50K will earn direct entry to the corresponding UTMB Final. There are no direct entry slots for other categories.

(3)Top five winners' result of UMY 100M, DMY 100K, TMY 70K, MMY 50K, NMY 30K and EMY 20K will be admitted based on their guntime. Winner who win the Sharing Award and Lotto Award will be admitted based on the net time.

(4) Any runners who violates the race rules (including failing equipment checks) will be disqualified from sharing in the prize distribution of Sharing Award.

(5) For the TMY 70K Double Team, the results will be based on the finisher time of the last team member to cross the finish line.

(6) For the TMY 70K Double Team, if any member withdraws, drops out, or is cut off after the start, the team will not be ranked and both will not receive the corresponding running stone. However, finishers will still receive the finisher's gifts and certificate.

(7) Winners who fail to receive the award on site should submit relevant information before April 30,2025. Failure to do so will be deemed as automatic abandonment. The organizing committee will complete the award distribution before May 30,2025.

3. Wave Start

All runners must complete check-in and enter their designated assembly area 5 minutes before their respective start time. Refer to the event schedule for exact start times by category.

Wave Start Details:

MMY 50K: Three separate start waves NMY 30K: Two separate start waves EMY 20K: Two separate start waves

Runners must check their bib number for assigned start times and ensure check-in is completed 5 minutes prior to their designated wave start. Late arrivals may be denied entry to the start zone.

Week 1:

All DMY 100K runners are required to be in the assembly zone by 20:55 on April 11 for a 21:00 sharp start.

EMY 20K Wave 1 runners are required to be in the assembly zone by 08:55 on April 12 for a 09:00 start, with Wave 2 following sequentially.

TMY 70K runners are required to be in the assembly zone by 13:55 on April 12 for a 14:00 start.

LMY 10K runners are required to be in the assembly zone by 08:55 on April 13 for a 09:00 start.

YMY 10K runners are required to be in the assembly zone by 09:10 on April 13 for a 09:15 start. All start times will be strictly observed.

Week 2

All UMY 168K runners are required to be in the assembly zone by 11:55 on April 18 for a 12:00 sharp start.

MMY 50K Wave 1 runners are required to be in the assembly zone by 07:55 on April 19 for an 08:00 start, with Waves 2 and 3 following sequentially.

NMY 30K Wave 1 runners are required to be in the assembly zone by 07:55 on April 20 for an 08:00 start, followed sequentially by Wave 2. KMY 3K runners are required to be in the assembly zone by 08:55 on April 20 for a 09:00 sharp start. All start times will be strictly observed.

4.Bag Storage

(1)UMY 100M, DMY 100K runners can be stored at most two bags at the start location, and TMY 70K, MMY 50K, EMY 20K runners can be stored at most one bag at the start location. There isn't storage service provided for LMY 10K, YMY 10K and KMY 3K. All runners should write the bib number and the place of delivery on the sticker handed out by the organizing committee and attach it to the designated space on the stored bag. UMY 100M runners can deliver two bags to U8 Xiangning Sports Center, DMY 100K runners can deliver one bag to D6 Anfen. The organizing committee will arrange vehicles to transfer the bags to the corresponding place after the race starts.

(2) The deadline for retrieving stored bags at the finish line is 11:00 on April 13 for Week 1 and 20:00 on April 20 for Week 2. Runners who withdraw during Week 1's race and leave the venue on their own must contact the Organizing Committee before 11:00 on April 13, while those who withdraw during Week 2's race must contact before 20:00 on April 20, providing their bib number to arrange baggage collection.

(3)Spare bags at D6 Anfen will be transferred to the finish area at 05:30, 11:30, 15:30 on April 12th; Spare bags at U8 Xiangning Sports Center will be transferred to the finish area at 02:00,08:00,10:00,15:00 on April 19th; Due to factors such as road control, the organizing committee cannot guarantee that the spare bags for withdrawal runners will have returned to finish area by the time the runners are taken back there.

(4)Runners are strictly prohibited from storing valuables, fragile items, or hazardous materials in race bags. The Organizing Committee assumes no liability for lost, damaged, or unsafe items. All risks associated with stored contents shall be borne solely by the runner.

5. Timing Rules

- 1) The race uses timing sensors. Timing chips will start working as soon as the runners pass the start line.
- 2) Timing sensors will be set up at the start and finish location and each checkpoint. The runners must pass each timing point. Any missed read will lead to the invalidation of the race result.
- 3) There are two chips in the Bib bag, one has been pasted on the back of the BIB, and the other needs to be bound with a cable tie at an obvious position on your backpack. If the chip is covered, timing results will not be sensed.

6.Aid stations & Spare Bag Service

There will be several aid stations along the course. Refreshments include water, sports beverages, hot food, energy food, etc.

For UMY 100M: Runners can rest at U8 Xiangning Sports Center, where camping beds are available.

For DMY 100K: Runners can rest at D6 Anfen, where camping beds are available.

7.Course Way-marking

Ribbons, signs, and security lines with the event logo are used to mark the course. If you do not see any course marks in more than 200 meters during the race, please confirm whether you are still on the right course using the track saved on your cell phone and return to the correct one. See the Race Course for the course map and track of each group.

Sample of course way-marking are as follow:







MOUNTYUN 与 雲丘100 BY UTMB

RACE RULES

8. Mandatory Equipment

- 1)All runners must carry all mandatory equipment throughout the entire race. Recommended equipment may be selectively carried based on the conditions of the day of the event;
- 2)To adhere to the environmental principles of 2024 Ultra-Trail Mount Yun by UTMB®, disposable tableware will no longer be provided at aid stations. The organizing committee will furnish runners with complimentary portable tableware, while runners are also encouraged to use their own portable tableware according to personal preferences and habits;
- 3)Organizing Committee has the right to request additional types and quantities of mandatory equipment before the race according to the weather conditions and to check them before entering the assembly area;
- 4)The mandatory equipment checklist does not cover all the equipment of the participants. Runners are requested to decide whether they need to add equipment according to their own ability and the weather conditions of the day;
- 5)Runners must bring all the equipment in the mandatory equipment checklist and accept inspection before race pack collection, and those who do not meet the requirements will not be able to continue the procedure of collection;
- 6)The Organizing Committee will conduct mandatory equipment check during the race, and any runner found missing required gear will be penalized strictly according to competition rules. For UMY 100M, inspections will be conducted at the U4 Qiandaping Village; for DMY100K at D6 Anfen; for TMY70K at T3 Anfen; and for MMY50K at M3 Duobao Lingyan Temple. Random equipment checks will be performed along the course for NMY30K and EMY20K. All award-winning runners and those eligible for Sharing Award will undergo random equipment inspections at the finish line. Penalties will be applied consistently in accordance with race regulations.

9.PENALTIES: TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race director, Marshalls, and aid stations'/security points' team leaders can instantly apply (*) a penalty according to the following chart:

100K and 100M races

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATIO
Short-cutting the route	At the race director's discretion
Missing safety item(s) of the mandatory equipment checklist (no minimum water supply no waterproof jacket with hood, no torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (Only 1 torch lamp + list on the event website)	1 hour penalty during which the runner is encouraged to get the missing equipment
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15minute penalty
Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organization or runners)Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in need (in need of care)	Disqualification
Assistance outside of authorized zones	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 minute penalty
Cheating (e.g., use of a means of transport, sharing a race-bib,)	Immediate disqualification for life

100K and 100M races

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATIO				
Lack of visible race-bib	15 minutes penalty				
Wearing a non-conforming race-bib	15 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)				
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	15 minutes penalty				
No timing chip	According to the race directors' decision				
No passage through a check point	According to the race directors' decision				
Refusal to comply with an order from the race directors, race stewards/marshals, aid station's team leader, doctors or search and rescue staff.	Disqualification				
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking				
Departure from a check point after the time barrier	Disqualification				
Use of poles not carried from the beginning of the race	1 hour penalty				
Violating the "Forest Fire Prevention Regulations" by unauthorized outdoor fires or smoking in fire-prone areas; failure to promptly take measures to extinguish forest fires if they occu	Disqualification, and if constitutes a crime and will be held criminally liable according to law				

50K and 20K races

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION				
Short-cutting the route	At the race director's discretion				
Missing safety item(s) of the mandatory equipment checklist : no minimum water supply, no waterproof jacket with hood (if required), no torch (if required), no survival blanket (if required), no smartphone)	Immediate disqualification				
Absence of other mandatory equipment items	30 minute penalty during which the runner is				
(list on the event website)	encouraged to get the missing equipment				
Refusal to have mandatory equipment checked	Disqualification				
Smartphone turned off or in airplane mode	15 minute penalty				
Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage	30 minute penalty				
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification				
Not assisting a person in need (in need of care)	Disqualification				
Assistance outside of authorized zones	30 minute penalty				
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	10 minute penalty				



50K and 20K races

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION				
Cheating (e.g.: use of a means of transport, sharing a race-bib,)	Immediate disqualification for life				
Lack of visible race-bib	10 minute penalty				
Wearing a non-conforming race-bib	10 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)				
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)	10 minute penalty				
No timing chip	According to the race directors' decision				
No passage through a check point	According to the race directors' decision				
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification				
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking				
Departure from a check point after the time barrier	Disqualification				
Use of poles not carried from the beginning of the race	30 minute penalty				
Violating the "Forest Fire Prevention Regulations" by unauthorized outdoor fires or smoking in fire-prone areas; failure to promptly take measures to extinguish forest fires if they occur	Disqualification, and if constitutes a crime and will be held criminally liable according to law				

^{*)} The time penalties are immediately applicable on the spot, meaning the runner must "stand down" for the duration of the penalty time. If a breach of regulation is discovered after the race, The race director can also decide to apply a penalty on the finish time of the runner. The runner's time will not be stopped while the penalty is being served

10.Withdraw and Repatriation

1)The Repatriation Bus is only located in the aid stations which set up the cut-off time;

2)At the aid stations which not set up the cut-off time, the organizing committee will arrange the vehicle to pick up the withdrawals and transport them to the checkpoints which set up the cut-off time.

Note: Repatriation Bus are arranged sequentially according to the route, with waiting times ranging from one to four hours at each checkpoint which set up the cut-off time, taking into account factors such as the number of withdrawals and road conditions.

11.Emergency disposal

The Organization Committee reserves the right to make the following adjustments due to force majeure, extreme bad weather and any other conditions that may affect the safety of the participants:

- 1) Modifications to the track;
- 2) Modifications to the start time;

3)In accordance with the Notice of the General Administration of Sport on the Establishment and Improvement of the "Meltdown" Mechanism for Sports Events and Activities, it is required to cancel the event or suspend the event in progress;

The final resolution of the race and its rules belongs to Ultra-Trail Mount Yun by UTMB® Organizing Committee. Supposed that the race is canceled or postponed due to force majeure factors, the Organizing Committee will release the relevant information at the first time, and any pertinent information about this race will be subject to the official announcement.

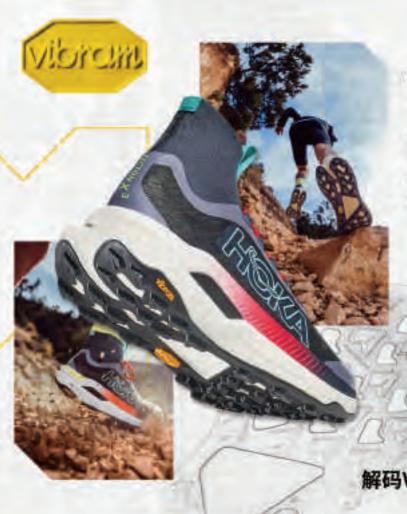
^{*)} Any other breach of the rules will be subject to a penalty decided by the Race Directors.

^{*)}In case of a disqualification the runner is not entitled to get refunded of the entry fee.

11.Appeal and Supervision

- (1) The event has established an Appeal Committee composed of the Race Director, timing service provider, UTMB representatives, technical delegates, and competition personnel.
- (2) Protesters must submit a written appeal with supporting evidence to the official arbitration email (info@lungking.com) within 2 hours after finishing or withdrawing from the race. Appeals beyond this window will be invalid.





Vibram 高性能科技鞋底 研发与制造商



云丘山中和广场



4月11日09:00-4月13日 12:00

4月17日11:00-4月20日 12:00

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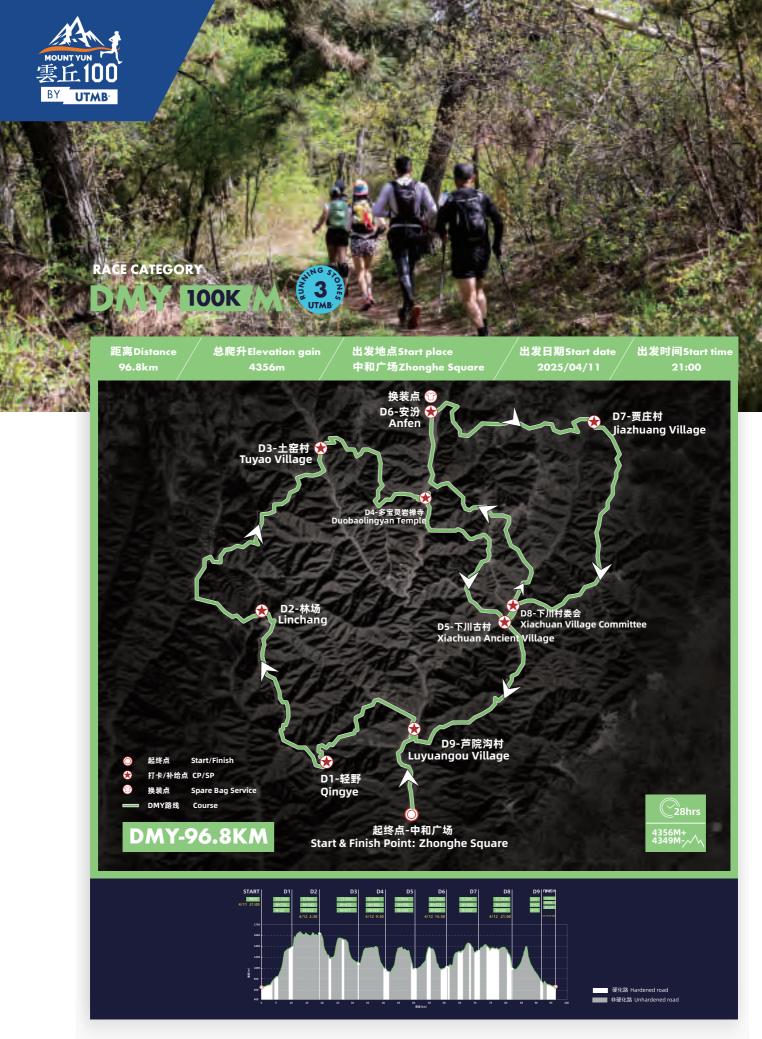
专研受色滤防晒科技





碧欧泉「男士防晒」 硬核防晒 不油不闷不假白

> 专为男士 防晒伤 设计 无惧骄阳放肆去跑



DMY 100K 补给站

站点	海拔 (m)	里程 (km)	累计爬升 (m)	累计下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	0	0	/	/	水	/	/
D1 轻野	1358	10.1	733	20	/	/	水 迈可乐 替 热水	苹果 香蕉 圣女果	羊汤 广式肠粉 巧克力 什锦壁壁头 切片之坐 切片面包
D2 林场	1580	18.6	1275	351	5.5小时	12日2:30	水 迈胜 雀巢咖啡 热水	香蕉 圣女果	汤汁小笼包 鸡汤混沌 蔬菜粥 沙琪玛 切片火腿
D3 土窑	1070	32.2	1745	1328	/	/	水 橙汁 姜茶 热水	1	肉末汤河粉 威化饼 沙琪玛 切片火腿 牛肉
D4 多宝灵岩禅寺	1016	40.3	2109	1742	7小时	12日9:30	水 迈打乐 苏打乐 橙汁水 紅糖	苹果 香蕉 圣女果	补盐液 能量沙包 流沙包 汤八锦 经 八锦 壁 鲜 人 等
D5 下川古村	988	50.2	2617	2282	/	/	水 迈胜 橙汁 雀巢咖啡 热水	香蕉 橙子	小笼包包 流沙迈 海直 沙巧克力 切片大菜 柳菜
D6 安汾 (换装点)	1043	61.9	3093	2704	6小时	12日15:30	水 迈胜 可乐 卷 热水	香蕉 圣女果	补能式汤瘩鸡化填充坚罐火菜包膨疙卤鸡化填充坚罐火菜包 人名英格兰 医多角球 化丁宁醇子叶醇子叶醇子叶醇子叶醇子叶醇子叶醇 电弧电弧 化二甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基

DMY 100K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
D7 贾庄村	1305	71.1	3593	2929	/	/	水 迈可 橙热 姜 红	/	补未添润液 肉末汤润液 小水米粥 威化填写 性明 切片,面 切, 加
D8 下川村委会	988	82.6	3846	3514	5.5小时	12日21:00	水 迈胜 可瞪汗 热水	苹果 香蕉 圣女果 橙子	补能豆 烧燥和卤成火片棒加 放胶包 烧燥和卤成火 填烟 卤烷 人名英西西 医皮肤 化基础 化基础 化基础 化基础 化基础 化基础 化基础 化基础 化基础 化二二苯甲基二苯甲基二苯甲基二苯甲基二苯甲基二苯甲基二苯甲基二苯甲基二苯甲基二苯甲
D9 芦院沟村	722	92.6	4303	4235	/	/	水 可乐 橙汁 红糖 热水	苹果 香女果 橙子	汤汁小笼包 鸡汤磨汤 疙瘩冰 痰化饼 沙巧克火菜 切片大菜 小面包
终点 中和广场	651	96.8	4356	4349	4小时	13日01:00	水 可乐 橙汁 热水	苹果 香女果 橙子	红小流 烧饺沙卖子面面 泌咬沙变沙卖子面面 液烷酸 葉 八威 沙巧锦子 電宝 化 琪克 坚罐 紫 八威 沙 万锦子 電景 医罐 以 以 为 ,





关于云南白药



云南白药创制于1902年。业内公认的中华老字号最具有创新力的代表。国家技术创新示范企业。中 国上市公司508强,经过多年耕耘,云南白药品牌价值连年攀升,在Interbrand、胡润、Brandz发 布的中国品牌排行榜中,持续稳居行业首位。公司以守护生命与健康为使命,致力于成为领先的医药 健康综合解决方案提供商。

关于生机来处



生机来处

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草木枕梦 让睡眠自然发生 多维度改善睡眠 非药物更安全



酒城御守 商务应酬必备

物理吸附酒精 减少酒精摄入



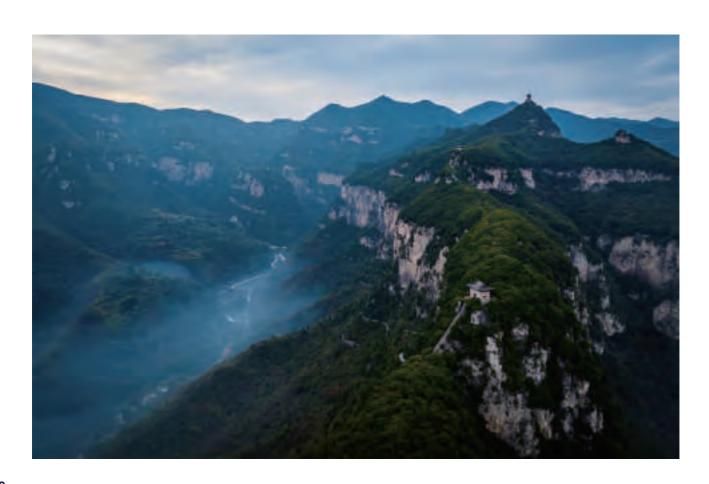
TMY 70K 补给站

站点	海拔 (m)	里程 (km)	累计爬升 (m)	累计下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 明珠广场	995	0	0	0	/	/	水热水	/	/
T1 桥上新村	1550	15	896	343	/	/	水 迈胜 可乐 橙汁 热水	苹果 香蕉	什锦坚果 切片火腿 小面包
T2 西庄	1469	24.5	1205	732	6小时	12日20:00	水 迈胜 可乐汁 整红糖 热水	苹果橙子	补盐液 躁子汤 威化克力 小面包
T3 安汾	1024	33.5	1301	1251	3小时	12日23:00	水 迈胜 可乐 橙 热水	,	补能式汤瘩鸡化琪克坚罐火菜包
T4 贾庄	1304	42.7	1807	1478	3小时	13日02:00	水 胜乐汗水系糖	/	补击汤河 鸡汤来粥 鸡汤来粥饼 鸡水化琪玛 什常 小 小 小 小 大 加 大 大 一 一 一 一 一 一 一 一 一 一 一 一 一 一 一 一
T5 下川村委会	973	54.2	2060	2063	3小时	13日05:00	水 迈胜乐 橙汁 热水	苹果 香蕉 圣女果 橙子	补能豆烧子面 医皮肤
T6 芦院沟村	722	64.2	2517	2784	/	1	水 可子 授 生糖 热水	苹果 香蕉 圣女果 橙子	汤汁小笼包 鸡汤磨汤 威化琪克力 切片夹戴 作面 包
终点 中和广场	651	68.4	2570	2898	5小时	13日10:00	水 可乐 橙汁 热水	苹果 香蕉果 登子	红小流烧饺汤子蛋宝化填充。 包包包卖子面面花粥饼玛力果子



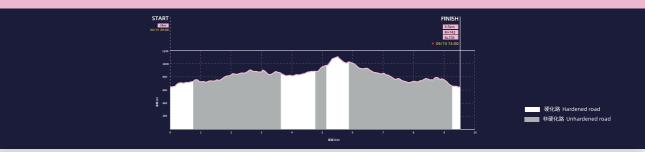
EMY 20K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	o	0	/	/	水	/	/
E1 八宝宫	766	9.4	691	584	3.5小时	12日12:30	水 橙汁 热水	香蕉 橙子	威化饼橘子罐头
E2 轻野	1358	15.1	1332	644	/	/	水 迈胜 可唇汁 热水	苹果 香蕉 圣女果	羊汤 广式肠粉 巧克力 什锦坚坚果 橘子生火 切片如包
终点 中和广场	651	21.5	1397	1408	4.5小时	12日17:00	水 可乐 橙汁 热水	苹果 香蕉 圣女果 橙子	红小流烧饺 医子面面 法





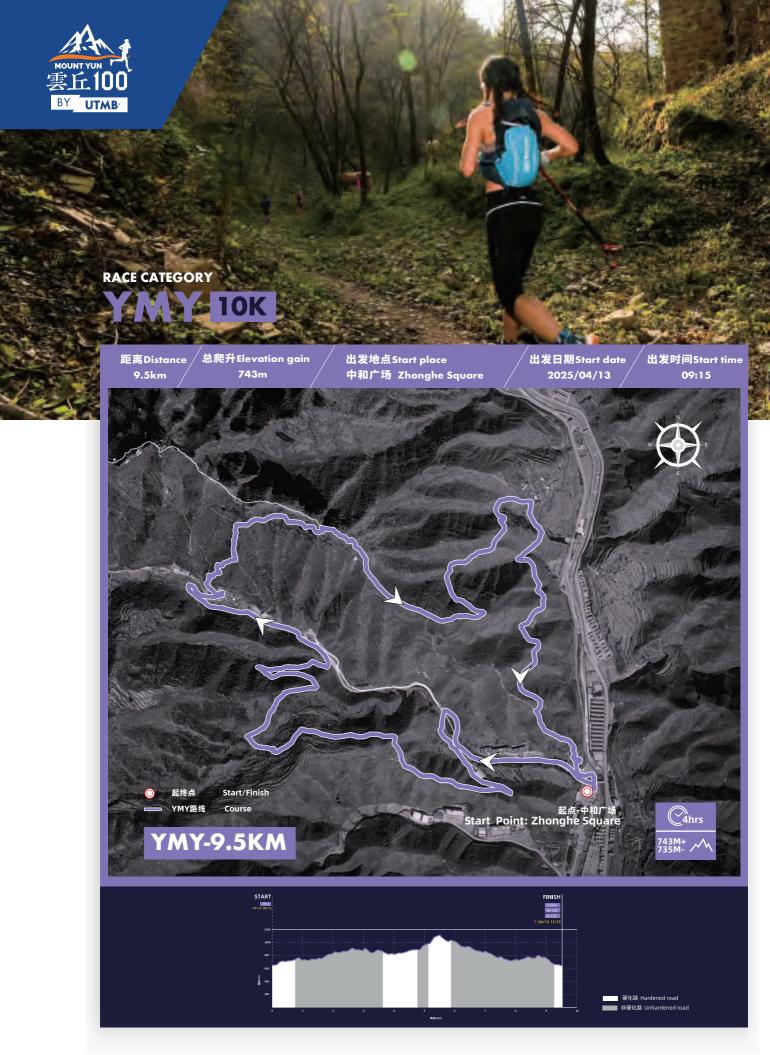




LMY 10K 补给站

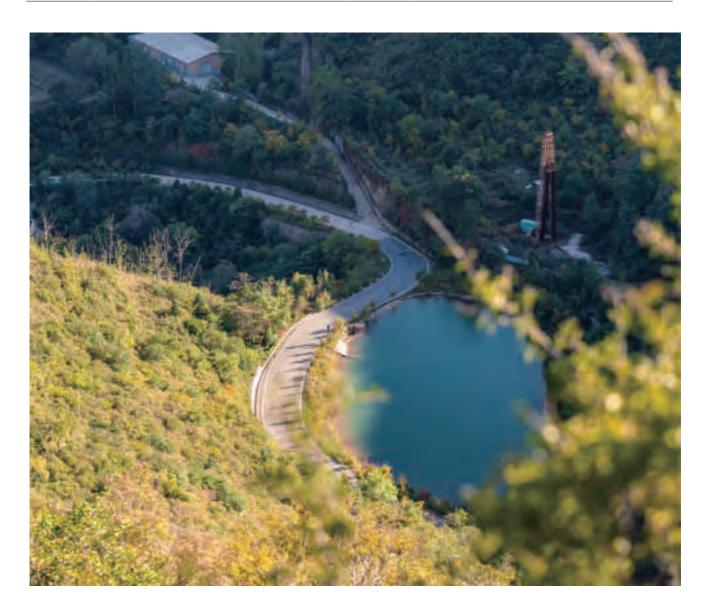
站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	0	0	/	/	水	/	/
终点 中和广场	651	9.5	743	735	4小时	13日13:00	水 可乐 橙汁 热水	苹果 香女果 橙子	红小流烧饺汤子蛋宝化琪克坚罐实场。一个大小流烧饺汤子蛋宝化球克坚罐来八威沙巧锦子蛋宝化球克坚罐,一个大小小大小大小大小大小大小大小大小大小大小大小大小大小大小大小大小大小大小大





YMY 10K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	0	0	/	/	水	/	/
终点 中和广场	651	9.5	743	735	4小时	13日13:15	水 可乐 橙汁 热水	苹果 香蕉 圣女果 橙子	红小流烧饺汤子蛋宝化琪克坚罐处包包皮子面面花粥饼玛力果头吃饭,这个人就好的一个人,



强制装备清单

强制装备清单 (带有*的为组委会提供)	DMY 100K	TMY 70K	EMY 20K	LMY 10K	YMY 10K
*号码布+参赛手环	4	✓	✓	✓	✓
*计时芯片	1	✓	✓	*	✓
*GPS定位装备	1	✓			
*急救毯(不小于1.3m×2.1m)	*	✓	✓		
智能手机和充电宝 (号码与报名一致,确保全程电量充足)	1	1			
至少容纳相应水量的水具(水壶或水袋)	≥1L	≥1L	≥0.5L		
能容纳所有强制装备的背包/腰包	*	✓	✓		
求生哨	1	✓	✓		
*便携餐具(不可用一次性用具替代)	1	✓	✓		
连帽冲锋衣或防雨夹克 (无防水压胶的皮肤衣或一次性雨衣 均不符合要求)	1	✓			
长袖保暖上衣 (美利奴羊毛或速干保暖材质)	1	*			
冲锋裤(无防水压胶的长裤不符合要求)	1	✓			
适合长途奔跑的运动裤, 或者短裤和腿套的组合,能够覆盖整个腿部					
头灯 (需配备充电器或备用电池)	2	1			
全指手套	*	✓			
急救包(弹力绷带、无菌敷料)	1	✓	✓		
应急食品(如能量胶、能量棒)	≥800kcal	≥800kcal	≥500kcal		

MANDATORY EQUIPMENT LIST

Mandatory equipment checklist (Provided by the Organizing Committee if it has *)	DMY 100K	TMY 70K	EMY 20K	LMY 10K	YMY 10K
*Race bib & Race wristband	✓	✓	✓	1	✓
*Timing chip	✓	✓	✓	√	✓
*GPS positioning equipment	✓	✓			
*Survival blanket (no less than 1.3m×2.1m)	✓	✓	✓		
Smartphone and power bank (the phone number must match the one provided during registration, and ensure sufficient battery life throughout the entire race)	✓	✓			
Water container (such as a bottle or bag) with a capacity that meets the required volume	≥1L	≥1L	≥0.5L		
Backpack/Belt capable of holding all mandatory equipment	✓	✓	*		
Whistle	✓	✓	✓		
*Portable tableware (disposable utensils are not acceptable)	✓	✓	✓		
Hooded hardshell or rainproof jacket (skinny jackets without waterproof seam sealing or disposable raincoat are not acceptable).	✓	✓			
Long-sleeve thermal top (merino wool or quick-dry thermal material)	✓	~			
Waterproof pants(long pants without waterproof seam sealing are not acceptable)	✓	✓			
Sport pants suitable for long-distance running, or a combination of shorts and leg sleeves that cover the entire leg					
Headlamps (Charger/an equivalent number of spare batteries required)	2	1			
Full finger gloves	✓	4			
First Aid Kit (Elastic Bandage, Sterile Dressings)	✓	✓	✓		
Emergency food (e.g., energy gel, energy bar)	≥800kcal	≥800kcal	≥500kcal		



UMY 100M 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 明珠广场	995	o	0	o	/	/	水	/	/
U1 杨家原村	1136	10.3	545	402	/	/	水 可乐 橙汁	香蕉 圣女果	沙琪玛 什锦坚果 小面包
U2 西圪垛村	1481	18.9	1211	725	/	/	水 迈胜 可乐 橙汁	苹果 香蕉	威化饼 巧克力 切片火腿
U3 徐家坪村	1541	30.2	1728	1184	11小明	18日23:00	水 可乐 橙汁水 热水	香蕉 圣女果	小笼包 流沙豆包 紫菜蛋罐头 棒菜 作菜 小面包
U4 前大坪村	966	39.5	1874	1903	/	/	水 迈打水 苏打乐 管巢红热 在 土 机水	香蕉	红豆沙包 烧汤面 泡海面 中琪坚兴 什锦片 切片
U5 寺塔村	1205	54	2696	2586	/	/	水 可乐 橙 禁 茶 热水	苹果 橙子	广式肠粉 汤水饺 威化饼 沙琪玛 巧克力
U6 紫砂陶小镇	865	67	3185	3314	11小时	19日10:00	水 迈胜 可乐汁 热水	香蕉至女果	补盐液 能量笼沙 充绝包 笼沙瘩罐火 板子片山面 小加包
U7 戎子酒庄	1297	80.9	3637	3336	/	/	水 可乐 橙汁 红糖 热水	苹果 香蕉	烧卖 羊汤 威化饼 沙琪玛 什锦坚果 榨菜
U8 乡宁体育馆 (换装点)	992	92.4	3942	3945	5小时	19日15:00	水 迈时乐 橙汁 雀巢咖糖 红热水	香蕉橙子	能量胶 红豆沙荚 烧荚粥 牛化饼 沙锦坚 化排坚 侧 切片 火腿

UMY 100M 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
U9 桥上新村	1541	107.4	4830	4284	/	/	水 可乐 橙姜 茶 热水	香蕉 圣女果	红豆沙包 小笼面面 腺子面面 沙琪克力 切片,面 小面包
U10 西庄	1461	116.9	5139	4673	/	/	水 迈胜 可 橙 热 水	苹果香蕉	能量胶 小笼沙蛋化 小洗沙蛋化汤 或化坚 成化坚 横 有 有 等 键 头
U11 安汾	1038	125.9	5253	5192	8.5小时	19日23:30	水 可乐 橙汁 雀雞咖啡 红糖热水	香蕉	小笼包 鸡汤混沌 沙琪玛 什锦坚果 棒菜 小面包
U12 贾庄	1317	135.1	5741	5419	/	/	水 迈可磨纤 特 红 热	香蕉 圣女果	红豆沙包 烧卖 酸汤酒 卤鸡化饼 沙锦坚 竹锦坚果 切片火腿
U13 下川村委会	984	146.6	5994	6004	6.5小时	20⊟06:00	水 可乐 禮養茶 热水	苹果香蕉	泡面 疙瘩汤 巧克罐 巧克罐头 小面包
U14 芦院沟村	722	156.7	6451	6725	/	1	水 迈胜 可乐 橙热 热水	苹果香蕉	臊子面 小米化 水块 水块 , 水块 , , , , , , , , , , , , , ,
终点 中和广场	661	160.8	6504	6839	6小时	20日12:00	水 可乐 橙汁 热水	苹果 香素 秦 橙子	红小水流 烧 游子 流

Bten







MMY 50K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	0	o	/	/	水 热水	/	/
M1 后庄	910	6.5	295	34	/	/	水 迈可 经红 热 水	香蕉	沙琪玛 什锦坚果 切片火腿 榨菜
M2 林场	1580	13.4	1000	68	4.5小时	19日12:30	水 迈可乐乐 橙姜茶 热	香蕉 圣女果	补盐液 能量 於 沙 球 克 力 中 绵 面 机 取 一 、 取 克 力 果 一 八 果 一 八 果 一 八 果 一 八 果 一 八 里 一 人 十 一 八 十 一 十 一 十 十 十 十 十 十 十 十 十 十 十 十 十
M3 多宝灵岩禅寺	1061	24.8	1403	1036	4.5小时	19日17:00	水 迈胜 可管汁 雀巢咖啡 热水	香蕉橙子	红豆沙包包流觉为宝化 流沙汤宝化 京沙汤宝化 京 京
M4 下川古村	988	34.8	1911	1576	2.5小时	19日19:30	水 迈耳乐 叠红糖 热	香蕉	补能汁式烧泡
M5 芦院沟村	722	43.9	2354	2286	/	/	水 迈旺乐 一種 熱水	苹果香蕉	臊子面 小米化研 感化研 沙克克 巧克至 大作锦 坚果 切片火腿
终点 中和广场	651	48.3	2407	2400	3.5小时	19日23:00	水 可程汁 热水	苹果 香女子 橙子	红小流烧汤子混汤好化坚罐交包包包包包包面面面流汤饼化坚罐交包 化二甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基甲基



NMY 30K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	o	o	o	/	/	水 热水	/	/
NI 轻野	1358	7.3	930	241	5小时	20日13:00	水 迈胜 可导汁 热水	香蕉 圣女果	广式肠粉 威化饼 沙琪玛 巧克力 切片火腿
N2 后庄	910	21.5	1459	1194	4小时	20日17:00	水 迈可 橙 紙 土 土 株 木 木 木 木 木 木 木 木 木 木 大 十 七 木 大 大 大 大 大 大 大 大 大 大 大 大 大 大 大 大 大 大	香蕉	沙琪玛 什锦坚果 切片火腿 榨菜
终点 中和广场	651	29.7	1751	1762	2小时	20日19:00	水 可乐 橙汁 热水	苹果 香蕉 圣女果 橙子	红小流烧透色、烟囱包包、烟囱、烟囱、烟囱、烟囱、烟囱、烟囱、烟囱、烟囱、烟囱、烟囱、烟烟水水水水水水水水

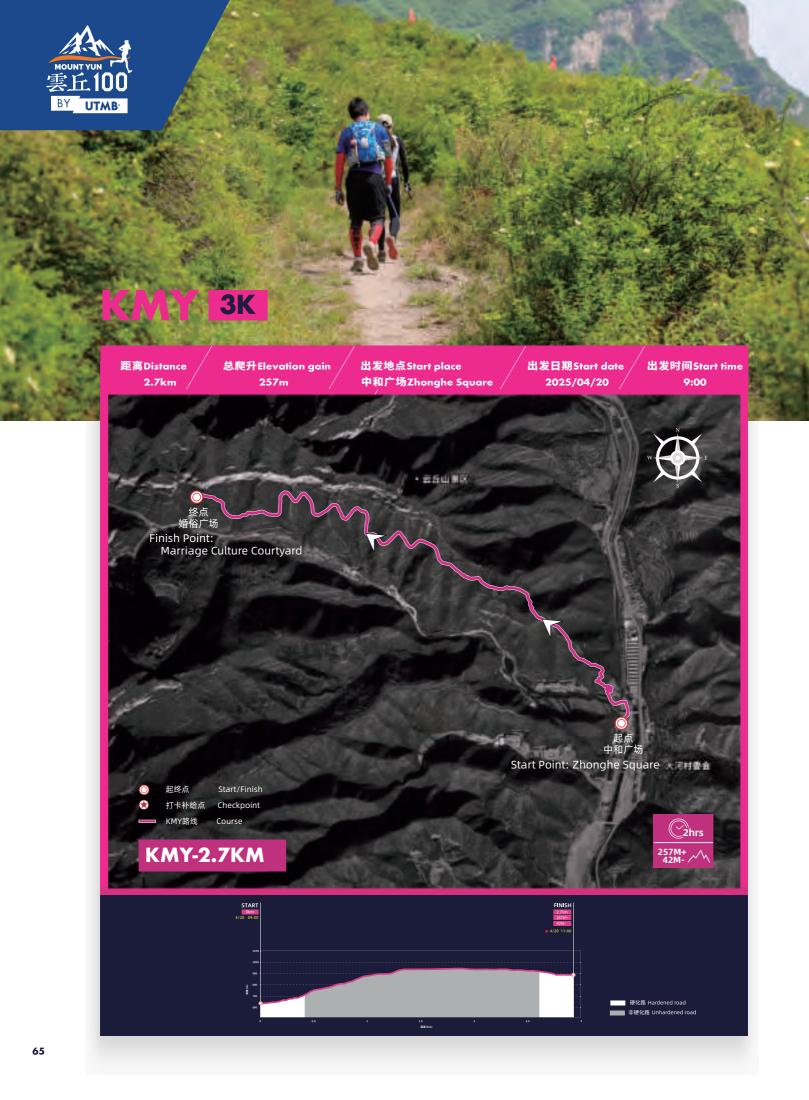




M行山野 认准迈胜四大黑金

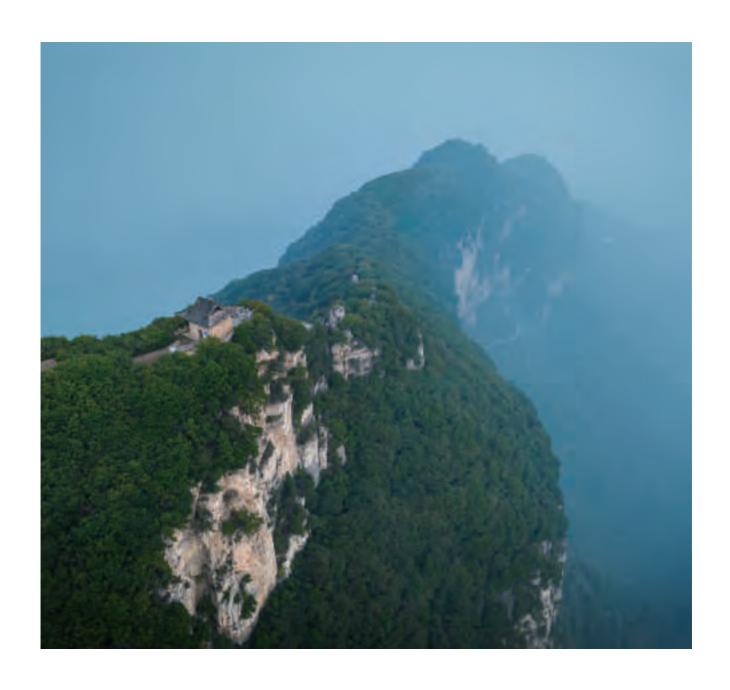


扫码加入迈胜星球 领40元入会好礼



KMY 3K 补给站

站点	海拔 (m)	里程 (km)	爬升 (m)	下降 (m)	关门时长 (h)	关门时间	饮品	水果	食品
起点 中和广场	651	0	0	0	/	/	水 热水	/	/
终点 中和广场	651	2.7	257	42	2小时	20日11:00	水可乐	1	1





强制装备清单

强制装备清单 (带有*的为组委会提供)	UMY 100M	MMY 50K	NMY 30K	КМҮ ЗК
*号码布+参赛手环	✓	✓	✓	✓
*计时芯片	✓	✓	✓	
*GPS定位装备	✓	✓		
*急救毯(不小于1.3m×2.1m)	✓	✓	✓	
智能手机和充电宝 (号码与报名一致,确保全程电量充足)	✓	✓		
至少容纳相应水量的水具(水壶或水袋)	≥1L	≥1L	≥0.5L	
能容纳所有强制装备的背包/腰包	✓	✓	✓	
求生哨	✓	✓	✓	
*便携餐具(不可用一次性用具替代)	✓	✓	✓	
连帽冲锋衣或防雨夹克 (无防水压胶的皮肤衣或一次性雨衣 均不符合要求)	✓	✓		
长袖保暖上衣 (美利奴羊毛或速干保暖材质)	✓	✓		
冲锋裤(无防水压胶的长裤不符合要求)	✓			
适合长途奔跑的运动裤, 或者短裤和腿套的组合,能够覆盖整个腿部		✓		
头灯(需配备充电器或备用电池)	2	1		
全指手套	✓			
急救包(弹力绷带、无菌敷料)	✓	✓	✓	
应急食品(如能量胶、能量棒)	≥800kcal	≥500kcal	≥500kcal	

MANDATORY EQUIPMENT LIST

Mandatory equipment checklist (Provided by the Organizing Committee if it has *)	UMY 100M	MMY 50K	NMY 30K	КМҮ ЗК
*Race bib & Race wristband	✓	✓	4	✓
*Timing chip	✓	✓	✓	
*GPS positioning equipment	✓	✓		
*Survival blanket (no less than 1.3m×2.1m)	✓	✓	✓	
Smartphone and power bank (the phone number must match the one provided during registration, and ensure sufficient battery life throughout the entire race)	✓	✓		
Water container (such as a bottle or bag) with a capacity that meets the required volume	≥1L	≥1L	≥0.5L	
Backpack/Belt capable of holding all mandatory equipment	✓	✓	✓	
Whistle	✓	✓	✓	
*Portable tableware (disposable utensils are not acceptable)	✓	✓	✓	
Hooded hardshell or rainproof jacket (skinny jackets without waterproof seam sealing or disposable raincoat are not acceptable).	✓	✓		
Long-sleeve thermal top (merino wool or quick-dry thermal material)	✓	✓		
Waterproof pants(long pants without waterproof seam sealing are not acceptable)	✓			
Sport pants suitable for long-distance running, or a combination of shorts and leg sleeves that cover the entire leg		✓		
Headlamps (Charger/an equivalent number of spare batteries required)	2	1		
Full finger gloves	✓			
First Aid Kit (Elastic Bandage, Sterile Dressings)	✓	✓	✓	
Emergency food (e.g., energy gel, energy bar)	≥800kcal	≥500kcal	≥500kcal	

MOUNTYUN 人 雲丘100 BY UTMB

接驳车信息

1.4月10日赛前接驳车发车时刻表

运城

运城张孝机场→云丘山景区11:30、15:30、16:30、18:00、21:00 运城北高铁站→云丘山景区12:00、16:00、17:00、18:30、21:30

临汾

临汾尧都机场→云丘山景区11:30、15:30、16:30、18:00、21:30 临汾西高铁站→云丘山景区12:00、16:00、17:00、18:30、21:00

侯马

侯马西高铁站→云丘山景区12:30、14:00、15:30、18:00、20:00

稷山

云丘山景区→稷山县(大红楼宾馆→携程宾馆)15:00、17:00、19:30、21:00

2.4月11日参赛接驳车发车时刻表

运城

运城张孝机场→云丘山景区10:00、12:00、14:00、16:30、19:00、21:00 运城北高铁站→云丘山景区10:30、12:30、14:30、17:00、19:30、21:30 运城机场→乡宁县(康泽宾馆→新城酒店)12:00、15:00、18:00 运城北站→乡宁县(康泽宾馆→新城酒店)12:30、15:30、18:30 云丘山景区→运城市(建国扉缦酒店→美巢·雅韵酒店)15:00、18:30、21:20

临汾

临汾尧都机场→云丘山景区11:00、13:00、14:30、16:30、19:30、21:30 临汾西高铁站→云丘山景区11:30、13:30、15:00、17:00、20:00、21:00 临汾机场→乡宁县(康泽宾馆→新城酒店)12:00、15:00、18:00 临汾西站→乡宁县(康泽宾馆→新城酒店)12:30、15:30、18:30 云丘山景区→临汾市(万达悦华酒店→祥悦酒店→如家酒店·neo)14:00、16:30、18:30、21:20

侯马

侯马西高铁站→云丘山景区10:30、12:30、14:30、17:00、19:00、21:00 云丘山景区→侯马H酒店(新田广场)16:30、18:30、21:20

稷山

稷山县(携程宾馆→大红楼宾馆)→云丘山景区11:00、14:00、17:00、19:30 云丘山景区→稷山县(大红楼宾馆→携程宾馆)16:00、18:30、21:20

乡宁

云丘山景区→乡宁县 (康泽宾馆→新城酒店) 16:00、19:00、21:20 临汾西高铁站→云丘山景区11:30、13:30、15:00、17:00、20:00、21:00

接驳车信息

3.4月12日参赛接驳车发车时刻表

运城

运城机场→云丘山景区15:00、20:00

运城北站→云丘山景区15:30、20:30

运城市(美巢·雅韵酒店)→云丘山景区5:20、6:20

运城市(美巢·雅韵酒店)→明珠广场8:30、10:00

运城市(建国扉缦酒店)→云丘山景区5:30、6:30

运城市(建国扉缦酒店)→明珠广场8:40、10:10

云丘山景区→运城市(建国扉缦酒店→美巢·雅韵酒店)→运城北站→运城机场15:00、16:00、17:00、18:30、20:30

临汾

临汾机场→云丘山景区15:00、20:00

临汾西站→云丘山景区15:30、20:30

临汾市(万达悦华酒店)→云丘山景区5:00、6:00

临汾市(万达悦华酒店)→明珠广场8:10、9:40

临汾市(如家酒店·neo)→云丘山景区5:20、6:20

临汾市(如家酒店·neo)→明珠广场8:30、10:00

临汾市(祥悦酒店)→云丘山景区5:30、6:30

临汾市(祥悦酒店)→明珠广场8:40、10:10

云丘山景区→临汾市(万达悦华酒店→祥悦酒店→如家酒店·neo)→临汾西站→临汾机场14:30、15:30、16:30、17:30、18:30、20:30

侯马

侯马西站→云丘山景区15:00、20:00

侯马H酒店(新田广场)→云丘山景区6:00

云丘山景区→侯马西站→侯马H酒店(新田广场) 15:30、16:00、18:30、20:30

稷山

稷山县(携程宾馆→大红楼宾馆)→云丘山景区6:30、7:00

稷山县(携程宾馆→大红楼宾馆)→明珠广场8:30、10:00

云丘山景区→稷山县(大红楼宾馆→携程宾馆)14:30、16:00、17:30、19:00、21:30

乡宁

乡宁县(新城酒店→康泽宾馆)→云丘山景区6:00 云丘山景区→明珠广场9:00、10:30

4.4月12日赛后回程接驳车发车时刻表

运城

云丘山景区→运城市(建国扉缦酒店→美巢·雅韵酒店)→运城北站→运城机场15:00、16:00、17:00、18:30、20:30

MOUNTYUN 与 雲丘100 BY UTMB

接驳车信息

临汾

云丘山景区→临汾市(万达悦华酒店→祥悦酒店→如家酒店·neo)→临汾西站→临汾机场14:30、15:30、16:30、17:30、18:30、20:30

侯马

云丘山景区→侯马西站→侯马H酒店(新田广场) 15:30、16:00、18:30、20:30

稷山

云丘山景区→稷山县(大红楼宾馆→携程宾馆)14:30、16:00、17:30、19:00、21:30

5.4月13日参赛接驳车发车时刻表

运城

运城市(美巢·雅韵酒店)→云丘山景区6:00 运城市(建国扉缦酒店)→云丘山景区6:10

临汾

临汾市(万达悦华)→云丘山景区4:40、5:40 临汾市(如家酒店·neo)→云丘山景区5:00、6:00 临汾市(祥悦酒店)→云丘山景区5:10、6:10

侯马

侯马H酒店(新田广场)→云丘山景区6:00

稷山

稷山县(携程宾馆→大红楼宾馆)→云丘山景区7:00、7:30、12:30、14:30

乡宁

乡宁县(新城酒店→康泽宾馆)→云丘山景区6:00

6.4月13日赛后回程接驳车发车时刻表

运城

云丘山景区→运城北站→运城机场7:00、10:30、13:30、15:30

临汾

云丘山景区→临汾西站→临汾机场6:30、10:30、13:30、15:30

侯马

云丘山景区→侯马西站8:00、11:00、14:00

接驳车信息

稷山

云丘山景区→稷山县 (大红楼宾馆→携程宾馆) 0:00、2:00、6:00、11:00、14:00

乡宁

云丘山景区→乡宁县 (新城酒店→康泽宾馆) 2:00、6:00、8:00、10:30

7.4月14日赛后回程接驳车发车时刻表

运城

云丘山景区→稷山(携程宾馆→大红楼宾馆)→运城北站→运城机场9:00

临汾

云丘山景区→稷山(携程宾馆→大红楼宾馆)→临汾西站→临汾机场9:00

侯马

云丘山景区→稷山(携程宾馆→大红楼宾馆)→侯马西站9:00

云丘山景区内酒店

4月10日-13日,各组别选手参赛,景区内各酒店接驳用车,无需预约。 接驳路线如下:

云丘山景区酒店→五龙宫停车场7:00-20:00

8.4月17日赛前接驳车发车时刻表

运城

运城机场→云丘山景区11:30、15:30、16:30、18:00、21:00 运城北站→云丘山景区12:00、16:00、17:00、18:30、21:30 运城机场→乡宁县(康泽宾馆→新城酒店)12:00、15:00、18:00 运城北站→乡宁县(康泽宾馆→新城酒店)12:30、15:30、18:30 云丘山景区→运城市(建国扉缦酒店→美巢·雅韵酒店)15:00、18:30、20:30

临汾

临汾机场→云丘山景区11:30、15:30、16:30、18:00、21:30 临汾西站→云丘山景区12:00、16:00、17:00、18:30、21:00 临汾机场→乡宁县(康泽宾馆→新城酒店)12:00、15:00、18:00 临汾西站→乡宁县(康泽宾馆→新城酒店)12:30、15:30、18:30 云丘山景区→临汾市(万达悦华→酒店祥悦酒店→如家酒店·neo)15:00、18:30、20:30

MOUNTYUN 与 雲丘100 BY UTMB

接驳车信息

侯马

侯马西站→云丘山景区12:30、14:00、15:30、18:00、20:00 云丘山景区→侯马H酒店(新田广场)16:00、20:30

稷山

云丘山景区→稷山县(大红楼宾馆→携程宾馆)14:00、16:00、19:00、21:30

9.4月18日参赛接驳车发车时刻表

临汾

临汾机场→云丘山景区11:00、13:00、14:30、16:30、19:30 临汾西站→云丘山景区11:30、13:30、15:00、17:00、20:00 临汾市(万达悦华酒店)→明珠广场8:10 临汾市(如家酒店·neo)→明珠广场8:30 临汾市(祥悦酒店)→明珠广场8:40 云丘山景区→临汾市(万达悦华→祥悦酒店→如家酒店·neo) 15:00、17:00、20:00

运城

运城机场→云丘山景区10:00、12:00、14:00、16:30、19:00、21:00 运城北站→云丘山景区10:30、12:30、14:30、17:00、19:30、21:30 运城市(建国扉缦酒店)→明珠广场8:00 运城市(美巢·雅韵酒店)→明珠广场8:10 云丘山景区→运城市(建国扉缦酒店→美巢·雅韵酒店)15:00、16:30、20:00

侯马

侯马西站→云丘山景区10:30、12:30、14:30、17:00、19:00、21:30 云丘山景区→侯马H酒店(新田广场)15:00、17:00、20:00

稷山

稷山县(携程宾馆→大红楼宾馆)→云丘山景区11:00、14:00、17:00 稷山县(携程宾馆→大红楼宾馆)→明珠广场6:30、8:00 云丘山景区→稷山县(大红楼宾馆→携程宾馆)15:00、17:00、20:00

乡宁

云丘山景区→明珠广场7:00、8:30

10.4月19日参赛接驳车发车时刻表

运城

运城机场→云丘山景区11:30、15:00、17:30 运城北站→云丘山景区12:00、15:30、18:00 运城市(美巢·雅韵酒店)→云丘山景区5:00 运城市(建国扉缦酒店)→云丘山景区5:10 云丘山景区→运城市(建国扉缦酒店→美巢·雅韵酒店)15:00、16:00、17:00、18:30、20:30

接驳车信息

临汾

临汾机场→云丘山景区11:30、15:00、18:00 临汾西站→云丘山景区12:00、15:30、18:30 临汾市(万达悦华酒店)→云丘山景区4:40 临汾市(如家酒店·neo)→云丘山景区5:00 临汾市(祥悦酒店)→云丘山景区5:10

云丘山景区→临汾市(万达悦华→祥悦酒店→如家酒店·neo)→临汾西站→临汾机场14:30、15:30、16:30、17:30、18:30、20:30

侯马

侯马H酒店(新田广场)→云丘山景区5:30 侯马西站→云丘山景区11:30、15:00、17:30、20:00 云丘山景区→侯马西站→侯马H酒店(新田广场) 15:30、16:00、18:30、20:30

稷山

稷山县(携程宾馆→大红楼宾馆)→云丘山景区6:00、10:00、14:00云丘山景区→稷山县(大红楼宾馆→携程宾馆) 14:30、16:00、17:30、19:00、21:30

乡宁

乡宁县(新城酒店→康泽宾馆)→云丘山景区5:30

11.4月19日赛后返程接驳车发车时刻表

运城

云丘山景区→运城市 (建国扉缦酒店→美巢·雅韵酒店) 15:00、16:00、17:00、18:30、20:30

临汾

云丘山景区→临汾市(万达悦华→祥悦酒店→如家酒店·neo)→临汾西站→临汾机场14:30、15:30、16:30、17:30、18:30、20:30

侯马

云丘山景区→侯马西站→侯马H酒店(新田广场) 15:30、16:00、18:30、20:30

稷山

云丘山景区→稷山县(大红楼宾馆→携程宾馆)14:30、16:00、17:30、19:00、21:30

12.4月20日参赛接驳车发车时刻表

运城

运城市(美巢·雅韵酒店)→云丘山景区5:00、6:00 运城市(建国扉缦酒店)→云丘山景区5:10、6:10

MOUNTYUN 与 要丘100 BY UTMB

接驳车信息

临汾

临汾市(万达悦华酒店)→云丘山景区4:40、5:40

临汾市(如家酒店·neo)→云丘山景区5:00、6:00

临汾市(祥悦酒店)→云丘山景区5:10、6:10

稷山

稷山县(携程宾馆→大红楼宾馆)→云丘山景区6:30、7:00、14:30、18:30

乡宁

乡宁县(新城酒店→康泽宾馆)→云丘山景区5:30

13.4月20日赛后返程接驳车发车时刻表

运城

云丘山景区→运城北站→运城机场7:00、9:00、12:30、15:30、17:00、19:30

临汾

云丘山景区→临汾西站→临汾机场6:30、9:00、12:30、15:30、17:00、19:30

侯马

云丘山景区→侯马西站8:00、11:00、16:00、19:30

稷山

云丘山景区→稷山县(大红楼宾馆→携程宾馆)0:00、2:00、6:00、10:00、13:30

乡宁

云丘山景区→乡宁县(新城酒店→康泽宾馆)2:00、6:00、9:00、12:30

14.4月21日赛后返程接驳车发车时刻表

运城

云丘山景区→稷山(携程宾馆→大红楼宾馆)→运城北站→运城机场9:00

临汾

云丘山景区→稷山(携程宾馆→大红楼宾馆)→临汾西站→临汾机场9:00

侯马

云丘山景区→稷山(携程宾馆→大红楼宾馆)→侯马西站9:00

云丘山景区内酒店

4月17日-20日,各组别选手参赛,景区内各酒店接驳用车,无需预约。

接驳路线如下:

云丘山景区酒店→五龙宫停车场7:00-20:00

1. Shuttle bus schedule on 10, April

Yuncheng

Yuncheng Zhangxiao Airport→Mount Yun Scenic Area 11:30、15:30、16:30、18:00、21:00 Yunchengbei Railway Station→Mount Yun Scenic Area 12:00、16:00、17:00、18:30、21:30

Linfen

Linfen Yaodu Airport→Mount Yun Scenic Area 11:30、15:30、16:30、18:00、21:30 Linfenxi Railway Station→Mount Yun Scenic Area 12:00、16:00、17:00、18:30、21:00

Houma

Houmaxi Railway Station→Mount Yun Scenic Area 12:30、14:00、15:30、18:00、20:00

lishan

Mount Yun Scenic Area → Jishan (Dahonglou Hotel → Xiecheng Hotel) 15:00、17:00、19:30、21:00

2. Shuttle bus schedule on 11, April

Yuncheng

Yuncheng Zhangxiao Airport→Mount Yun Scenic Area 10:00、12:00、14:00、16:30、19:00、21:00
Yunchengbei Railway Station→Mount Yun Scenic Area 10:30、12:30、14:30、17:00、19:30、21:30
Yuncheng Zhangxiao Airport→Xiangning (Kangze Hotel → Xincheng Hotel) 12:00、15:00、18:00
Yunchengbei Railway Station→Xiangning (Kangze Hotel → Xincheng Hotel) 12:30、15:30、18:30
Mount Yun Scenic Area→Yuncheng (JIANGUO FM Bleisure→Belle Nestyle Hotel)15:00、18:30、21:20

Linfen

Linfen Yaodu Airport→Mount Yun Scenic Area 11:00、13:00、14:30、16:30、19:30、21:30
Linfenxi Railway Station→Mount Yun Scenic Area 11:30、13:30、15:00、17:00、20:00、21:00
Linfen Yaodu Airport→Xiangning (Kangze Hotel → Xincheng Hotel) 12:00、15:00、18:00)
Linfenxi Railway Station→Xiangning (Kangze Hotel → Xincheng Hotel) 12:30、15:30、18:30
Mount Yun Scenic Area→Linfen (Wanda Yue→Xiangyue Hotel→ HOMEINN·neo) 14:00、16:30、18:30、21:20

Houma

Houmaxi Railway Station→Mount Yun Scenic Area 10:30、12:30、14:30、17:00、19:00、21:00 Mount Yun Scenic Area→Houma H Hotels (Xintian Square)16:30、18:30、21:20

Jishan

Jishan (Xiecheng Hotel→Dahonglou Hotel)) →Mount Yun Scenic Area 11:00、14:00、17:00、19:30 Mount Yun Scenic Area→Jishan (Dahonglou Hotel→Xiecheng Hotel) 16:00、18:30、21:20

Xiangning

Mount Yun Scenic Area→Xiangning (Kangze Hotel → Xincheng Hotel) 16:00、19:00、21:20 Linfen Yaodu Airport→Mount Yun Scenic Area 11:30、13:30、15:00、17:00、20:00、21:00



3. Shuttle bus schedule on 12, April

Yuncheng

Yuncheng Zhangxiao Airport→Mount Yun Scenic Area 15:00、20:00

Yunchengbei Railway Station→Mount Yun Scenic Area 15:30、20:30

Yuncheng (Belle Nestyle Hotel)→Mount Yun Scenic Area 5:20、6:20

Yuncheng (Belle Nestyle Hotel)→Xiangning Mingzhu Square 8:30、10:00

Yuncheng (JIANGUO FM Bleisure)→Mount Yun Scenic Area 5:30、6:30

Yuncheng (JIANGUO FM Bleisure)→Xiangning Mingzhu Square 8:40、10:10

 $\textbf{Mount Yun Scenic Area} \rightarrow \textbf{Yuncheng (JIANGUO FM Bleisure} \rightarrow \textbf{Belle Nestyle Hotel}) \rightarrow \textbf{Yunchengbei Railway Station} \rightarrow \textbf{Yuncheng Mount Yun Scenic Area} \rightarrow \textbf{Yuncheng Mount Yuncheng Mount Yunchen$

Zhangxiao Airport 15:00、16:00、17:00、18:30、20:30

Linfen

Linfen Yaodu Airport→Mount Yun Scenic Area 15:00、20:00

Linfenxi Railway Station→Mount Yun Scenic Area 15:30、20:30

Linfen (Wanda Yue) →Mount Yun Scenic Area 5:00、6:00

Linfen (Wanda Yue) → Xiangning Mingzhu Square8:10、9:40

Linfen (HOMEINN·neo) → Mount Yun Scenic Area 5:20, 6:20

Linfen (HOMEINN·neo) →Xiangning Mingzhu Square8:30、10:00

Linfen (Xiangyue Hotel) → Mount Yun Scenic Area 5:30, 6:30

Linfen (Xiangyue Hotel) → Xiangning Mingzhu Square8:40、10:10

Mount Yun Scenic Area→Linfen (Wanda Yue→Xiangyue Hotel→ HOMEINN·neo) →Linfenxi Railway Station→Linfen Yaodu

Airport14:30 15:30 16:30 17:30 18:30 20:30

Houma

Houmaxi Railway Station→Mount Yun Scenic Area 15:00、20:00

Houma H Hotels (Xintian Square)→Mount Yun Scenic Area 6:00

Mount Yun Scenic Area →Houmaxi Railway Station→Houma H Hotels (Xintian Square)15:30、16:00、18:30、20:30

Jishan

Jishan (Xiecheng Hotel→Dahonglou Hotel) →Mount Yun Scenic Area 6:30、7:00

Jishan (Xiecheng Hotel→Dahonglou Hotel) →Xiangning Mingzhu Square 8:30、10:00

Mount Yun Scenic Area → Jishan (Dahonglou Hotel → Xiecheng Hotel) 14:30、16:00、17:30、19:00、21:30

Xiangning

Xiangning (Xincheng Hotel \rightarrow Kangze Hotel) \rightarrow Mount Yun Scenic Area 6:00

Mount Yun Scenic Area → Xiangning Mingzhu Square 9:00、10:30

4. Shuttle bus schedule on 12, April

Yuncheng

Mount Yun Scenic Area →Yuncheng (JIANGUO FM Bleisure→Belle Nestyle Hotel)→Yunchengbei Railway Station→Yuncheng Zhangxiao Airport15:00、16:00、17:00、18:30、20:30

Linfen

Mount Yun Scenic Area →Linfen (Wanda Yue→Xiangyue Hotel→ HOMEINN·neo) →Linfenxi Railway Station→Linfen Yaodu Airport 14:30、15:30、16:30、17:30、18:30、20:30

Houma

Mount Yun Scenic Area →Houmaxi Railway Station→Houma H Hotels (Xintian Square)15:30、16:00、18:30、20:30

Jishan

Mount Yun Scenic Area → Jishan (Dahonglou Hotel → Xiecheng Hotel) 14:30 \ 16:00 \ 17:30 \ 19:00 \ 21:30

5. Shuttle bus schedule on 13, April

Yuncheng

Yuncheng (Belle Nestyle Hotel) →Mount Yun Scenic Area 6:00 Yuncheng (JIANGUO FM Bleisure) →Mount Yun Scenic Area 6:10

Linfen

Linfen (Wanda Yue) →Mount Yun Scenic Area 4:40、5:40
Linfen (HOMEINN·neo) →Mount Yun Scenic Area 5:00、6:00
Linfen (Xiangyue Hotel) →Mount Yun Scenic Area 5:10、6:10

Houma

Houma H Hotels (Xintian Square)→Mount Yun Scenic Area 6:00

Jishan

Jishan (Xiecheng Hotel→Dahonglou Hotel) → Mount Yun Scenic Area 7:00、7:30、12:30、14:30

Xiangning

Xiangning (Xincheng Hotel \rightarrow Kangze Hotel) \rightarrow Mount Yun Scenic Area 6:00

6. Shuttle bus schedule on 13, April

Yuncheng

Mount Yun Scenic Area →Yunchengbei Railway Station→Yuncheng Zhangxiao Airport7:00、10:30、13:30、15:30

Linfen

Mount Yun Scenic Area →Linfenxi Railway Station→Linfen Yaodu Airport 6:30、10:30、13:30、15:30

Houma

Mount Yun Scenic Area → Houmaxi Railway Station8:00、11:00、14:00



Jishan

Mount Yun Scenic Area → Jishan (Dahonglou Hotel → Xiecheng Hotel) 0:00、2:00、6:00、11:00、14:00

Xiangning

Mount Yun Scenic Area →Xiangning (Xincheng Hotel →Kangze Hotel) 2:00、6:00、8:00、10:30

7. Shuttle bus schedule on 14, April

Yuncheng

Mount Yun Scenic Area →Jishan (Xiecheng Hotel→Dahonglou Hotel) →Yunchengbei Railway Station→Yuncheng Zhangxiao Airport9:00

Linfen

Mount Yun Scenic Area → Jishan (Xiecheng Hotel → Dahonglou Hotel) → Linfenxi Railway Station → Linfen Yaodu Airport9:00

Houma

Mount Yun Scenic Area →Jishan (Xiecheng Hotel→Dahonglou Hotel) →Houmaxi Railway Station9:00

Hotel in Mount Yun Scenic Area

From April 10-13, shuttle services will be available for all category runners at hotels within the scenic area without prior reservation.

The shuttle routes are as follows::

Hotel in Mount Yun Scenic Area→ Wulong Palace Parking Lot 7:00-20:00

8. Shuttle bus schedule on 17, April

Yuncheng

Yuncheng Zhangxiao Airport→Mount Yun Scenic Area 11:30、15:30、16:30、18:00、21:00

Yunchengbei Railway Station→Mount Yun Scenic Area 12:00、16:00、17:00、18:30、21:30

Yuncheng Zhangxiao Airport→Xiangning (Kangze Hotel → Xincheng Hotel) 12:00、15:00、18:00

Yunchengbei Railway Station→Xiangning (Kangze Hotel → Xincheng Hotel) 12:30、15:30、18:30

Mount Yun Scenic Area→Yuncheng (JIANGUO FM Bleisure→Belle Nestyle Hotel)15:00、18:30、20:30

Linfen

Linfen Yaodu Airport→Mount Yun Scenic Area 11:30、15:30、16:30、18:00、21:30

Linfenxi Railway Station→Mount Yun Scenic Area 12:00、16:00、17:00、18:30、21:00

Linfen Yaodu Airport→Xiangning (Kangze Hotel → Xincheng Hotel) 12:00、15:00、18:00

Linfenxi Railway Station→Xiangning (Kangze Hotel → Xincheng Hotel) 12:30、15:30、18:30

 $Mount\ Yun\ Scenic\ Area {\rightarrow} Linfen\ \ (Wanda\ Yue {\rightarrow} Xiangyue\ Hotel {\rightarrow}\ HOMEINN\cdot neo)\ \ 15:00\cdot\ \ 18:30\cdot\ \ 20:30$

Houma

Houmaxi Railway Station→Mount Yun Scenic Area 12:30、14:00、15:30、18:00、20:00 Mount Yun Scenic Area→Houma H Hotels (Xintian Square)16:00、20:30

Jishan

Mount Yun Scenic Area→Jishan (Dahonglou Hotel→Xiecheng Hotel) 14:00、16:00、19:00、21:30

9. Shuttle bus schedule on 18, April

Linfen

Linfen Yaodu Airport→Mount Yun Scenic Area 11:00、13:00、14:30、16:30、19:30

Linfenxi Railway Station→Mount Yun Scenic Area 11:30、13:30、15:00、17:00、20:00

Linfen (Wanda Yue) →Xiangning Mingzhu Square 8:10

Linfen (HOMEINN·neo) →Xiangning Mingzhu Square 8:30

Linfen (Xiangyue Hotel) →Xiangning Mingzhu Square 8:40

Mount Yun Scenic Area→Linfen (Wanda Yue→Xiangyue Hotel→ HOMEINN·neo) 15:00、17:00、20:00

Yuncheng

Yuncheng Zhangxiao Airport→Mount Yun Scenic Area 10:00、12:00、14:00、16:30、19:00、21:00
Yunchengbei Railway Station→Mount Yun Scenic Area 10:30、12:30、14:30、17:00、19:30、21:30
Yuncheng (JIANGUO FM Bleisure) →Xiangning Mingzhu Square 8:00
Yuncheng (Belle Nestyle Hotel) →Xiangning Mingzhu Square 8:10
Mount Yun Scenic Area→Yuncheng (JIANGUO FM Bleisure→Belle Nestyle Hotel)15:00、16:30、20:00

Houma

Houmaxi Railway Station→Mount Yun Scenic Area 10:30、12:30、14:30、17:00、19:00、21:30 Mount Yun Scenic Area→Houma H Hotels (Xintian Square) 15:00、17:00、20:00

Jishan

Jishan (Xiecheng Hotel→Dahonglou Hotel) →Mount Yun Scenic Area 11:00、14:00、17:00

Jishan (Xiecheng Hotel→Dahonglou Hotel) →Xiangning Mingzhu Square 6:30、8:00

Mount Yun Scenic Area→Jishan (Dahonglou Hotel→Xiecheng Hotel) 15:00、17:00、20:00

Xiangning

Mount Yun Scenic Area→Xiangning Mingzhu Square 7:00、8:30

10. Shuttle bus schedule on 19, April

Yuncheng

Yuncheng Zhangxiao Airport→Mount Yun Scenic Area 11:30、15:00、17:30

Yunchengbei Railway Station→Mount Yun Scenic Area 12:00、15:30、18:00

Yuncheng (Belle Nestyle Hotel) →Mount Yun Scenic Area 5:00

Yuncheng (JIANGUO FM Bleisure) →Mount Yun Scenic Area 5:10

Mount Yun Scenic Area→Yuncheng (JIANGUO FM Bleisure→Belle Nestyle Hotel)15:00、16:00、17:00、18:30、20:30



Linfen

Linfen Yaodu Airport→Mount Yun Scenic Area 11:30、15:00、18:00

Linfenxi Railway Station→Mount Yun Scenic Area 12:00、15:30、18:30

Linfen (Wanda Yue) → Mount Yun Scenic Area 4:40

Linfen (HOMEINN·neo) →Mount Yun Scenic Area 5:00

Linfen (Xiangyue Hotel) → Mount Yun Scenic Area 5:10

Mount Yun Scenic Area →Linfen (Wanda Yue→Xiangyue Hotel→ HOMEINN·neo) →Linfenxi Railway Station→Linfen Yaodu

Airport14:30 15:30 16:30 17:30 18:30 20:30

Houma

Houma H Hotels (Xintian Square)→Mount Yun Scenic Area 5:30

Houmaxi Railway Station→Mount Yun Scenic Area 11:30、15:00、17:30、20:00

Mount Yun Scenic Area →Houmaxi Railway Station→Houma H Hotels (Xintian Square) 15:30、16:00、18:30、20:30

Jishan

Jishan (Xiecheng Hotel→Dahonglou Hotel) →Mount Yun Scenic Area 6:00、10:00、14:00

Mount Yun Scenic Area → Jishan (Dahonglou Hotel → Xiecheng Hotel) 14:30、16:00、17:30、19:00、21:30

Xiangning

Xiangning (Xincheng Hotel → Kangze Hotel) → Mount Yun Scenic Area 5:30

11. Shuttle bus schedule on 19, April

Yuncheng

Mount Yun Scenic Area →Yuncheng (JIANGUO FM Bleisure→Belle Nestyle Hotel)15:00、16:00、17:00、18:30、20:30

Linfen

Mount Yun Scenic Area →Linfen (Wanda Yue→Xiangyue Hotel→ HOMEINN·neo) →Linfenxi Railway Station→Linfen Yaodu Airport14:30、15:30、16:30、17:30、18:30、20:30

Houma

Mount Yun Scenic Area →Houmaxi Railway Station→Houma H Hotels (Xintian Square)15:30、16:00、18:30、20:30

Jishan

Mount Yun Scenic Area → Jishan (Dahonglou Hotel → Xiecheng Hotel) 14:30、16:00、17:30、19:00、21:30

12. Shuttle bus schedule on 20, April

Yuncheng

Yuncheng (Belle Nestyle Hotel) → Mount Yun Scenic Area 5:00、6:00

Yuncheng (JIANGUO FM Bleisure) → Mount Yun Scenic Area 5:10、6:10

Linfen

Linfen (Wanda Yue) → Mount Yun Scenic Area 4:40、5:40
Linfen (HOMEINN·neo) → Mount Yun Scenic Area 5:00、6:00
Linfen (Xiangyue Hotel) → Mount Yun Scenic Area 5:10、6:10

Jishan

Jishan (Xiecheng Hotel→Dahonglou Hotel) →Mount Yun Scenic Area 6:30、7:00、14:30、18:30

Xiangning

Xiangning (Xincheng Hotel → Kangze Hotel) → Mount Yun Scenic Area 5:30

13. Shuttle bus schedule on 20, April

Yuncheng

Mount Yun Scenic Area →Yunchengbei Railway Station→Yuncheng Zhangxiao Airport7:00、9:00、12:30、15:30、17:00、19:30

Linfen

Mount Yun Scenic Area →Linfenxi Railway Station→Linfen Yaodu Airport6:30、9:00、12:30、15:30、17:00、19:30

Houma

Mount Yun Scenic Area → Houmaxi Railway Station8:00、11:00、16:00、19:30

Jishan

Mount Yun Scenic Area → Jishan (Dahonglou Hotel → Xiecheng Hotel) 0:00、2:00、6:00、10:00、13:30

Xiangning

Mount Yun Scenic Area → Xiangning (Xincheng Hotel → Kangze Hotel) 2:00、6:00、9:00、12:30

14. Shuttle bus schedule on 21, April

Yuncheng

Mount Yun Scenic Area →Jishan (Xiecheng Hotel→Dahonglou Hotel) →Yunchengbei Railway Station→Yuncheng Zhangxiao Airport9:00

Linfen

Mount Yun Scenic Area → Jishan (Xiecheng Hotel → Dahonglou Hotel) → Linfenxi Railway Station → Linfen Yaodu Airport9:00

Houma

Mount Yun Scenic Area → Jishan (Xiecheng Hotel → Dahonglou Hotel) → Houmaxi Railway Station9:00

Hotel in Mount Yun Scenic Area

From April 17-20, shuttle services will be available for all category runners at hotels within the scenic area without prior reservation.

The shuttle routes are as follows:

Hotel in Mount Yun Scenic Area→ Wulong Palace Parking Lot 7:00-20:00



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