



MOUNTAIN ULTRA-TRAIL

BY

UTMB®

RUNNERS GUIDE

22-25 MAY 2025

UTMB®
WORLD SERIES

HOKA
FLY HUMAN FLY


SUUNTO


näak

mut.utmb.world



CONTENTS

WELCOME
P.3

UTMB WORLD SERIES
P.5-7

SCHEDULE
P.10-11

LOCATIONS
P.12-13

REGISTRATION INFO
P.14-15

RACE RULES
P.17

MANDATORY GEAR
P.18-21

COURSE MARKINGS
P.23

RUNNERS BIB
P.24-25

SAFETY
P.26-27

AID STATIONS
P.28

DROP BAGS
P.29

SUPPORT CREW & SPECTATORS
P.30-32

MUT MILER
P.34-38

MUT 100
P.40-44

MUT 60
P.46-49

MUT MARATHON
P.50-53

MUT CHALLENGE
P.54-57

MUT LITE
P.58

EXPO VILLAGE
P.59

ABOUT US
P.61



TOPS FOR MUT IN 2024

WELCOME

We are absolutely thrilled to share with you that MUT was one of the Top Rated events in the UTMB World Series in 2024 as voted by you.

This recognition is a testament to the fact that the Southern Coast of South Africa is home to one of the world's best trail running events. As we gear up for the 7th edition of the MUT by UTMB, we can't wait for you to experience the stunning landscapes of the Outeniqua Mountains—the towering peaks and rugged terrain that will challenge your limits and ignite your passion for adventure!

This guide is designed to provide you with all the information you need to prepare for the race. Whether you're a seasoned ultramarathoner or taking on the mountains for the first time, the guide will ensure you feel confident and well-prepared for the journey ahead.

Embrace the challenge, stay focused, and remember that every kilometre you conquer is a victory. Good luck, and see you on the finish line!

Carmen & Zane Schmahl
Race Directors

Photo Credits:

Zane Schmahl, Fahwaaz Cornelius,
Mentz Germishuis, Llewellyn Lloyd



FLY
HUMAN
FLY™



HOKA



RUNNING STONES: BOOST YOUR CHANCES FOR THE UTMB WORLD SERIES FINALS

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 at least 1 Running Stone).
- ✓ **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 lottery 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 opportunities 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](https://utmb.world)



CREATE YOUR MY UTMB® ACCOUNT

Manage everything in one place:

- Track your Running Stones and UTMB® Index.
- View your race results and performance stats.
- Check upcoming race registrations.
- Share your achievements with friends.

START YOUR JOURNEY AT [UTMB.WORLD](https://utmb.world)

UTMB®

WORLD SERIES

FINALS

HOKA UTMB® MONT-BLANC

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

100KM UTMB®

100KM CCC®

50KM OCC

MAJORS

OCEANIA MAJOR

HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®

MAY 15-18 | KATOOMBA, AUSTRALIA

EUROPE MAJOR

HOKA VAL D'ARAN BY UTMB®

JULY 02-06 | VIELHA, SPAIN

AMERICAS MAJOR

HOKA KODIAK ULTRA MARATHONS™ BY UTMB®

OCTOBER 10-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR

HOKA CHIANG MAI THAILAND BY UTMB®

DECEMBER 4-7 | CHIANG MAI, THAILAND



EVENTS

NEW EUROPE

ARC OF ATTRITION BY UTMB®

JANUARY 24-26 | UNITED KINGDOM

OCEANIA

TARAWERA ULTRA-TRAIL BY UTMB®

FEBRUARY 15-16 | NEW ZEALAND

NEW ASIA

ULTRA-TRAIL® XIAMEN BY UTMB®

MARCH 01-02 | CHINA

AMERICAS

VALHÖLL FIN DEL MUNDO BY UTMB®

MARCH 18-22 | ARGENTINA

EUROPE

CHIANTI ULTRA TRAIL BY UTMB®

MARCH 20-23 | ITALY

EUROPE

TENERIFE BLUETRAIL BY UTMB®

MARCH 27-29 | SPAIN

EUROPE

ISTRIA 100™ BY UTMB®

APRIL 10-13 | CROATIA

ASIA

ULTRA TRAIL MOUNT YUN BY UTMB®

APRIL 11-20 | CHINA

AMERICAS

DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®

APRIL 11-13 | USA

AMERICAS

THE CANYONS ENDURANCE RUNS™ BY UTMB®

APRIL 25-26 | USA

NEW EUROPE

GRAND RAID VENTOUX BY UTMB®

APRIL 25-27 | FRANCE

ASIA

AMAZEAN JUNGLE THAILAND BY UTMB®

MAY 01-04 | THAILAND

EUROPE

TRAIL ALSACE GRAND EST BY UTMB®

MAY 15-18 | FRANCE

EUROPE

ULTRA-TRAIL SNOWDONIA BY UTMB®

MAY 16-18 | UNITED KINGDOM

NEW ASIA

ULTRA-TRAIL GREAT WALL BY UTMB®

MAY 16-18 | CHINA

AFRICA

MOUNTAIN ULTRA TRAIL™ BY UTMB®

MAY 22-25 | SOUTH AFRICA

EUROPE

MOZART 100™ BY UTMB®

JUNE 7 | AUSTRIA

EUROPE

TRAIL DU SAINT-JACQUES BY UTMB®

JUNE 13-15 | FRANCE

EUROPE

TRAIL 100 ANDORRA™ BY UTMB®

JUNE 13-15 | ANDORRA

NEW AMERICAS

TORRENCIAL CHILE BY UTMB®

JUNE 19-21 | CHILE

NEW ASIA

KAGA SPA TRAIL ENDURANCE 100 BY UTMB®

JUNE 19-22 | JAPAN

EUROPE

LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB®

JUNE 25-29 | ITALY

AMERICAS

WESTERN STATES® 100-MILE ENDURANCE RUN

JUNE 28-29 | USA

EUROPE

RESTONICA TRAIL BY UTMB®

JULY 03-05 | FRANCE

EUROPE

TRAIL VERBIER ST-BERNARD BY UTMB®

JULY 11-13 | SWITZERLAND

EUROPE

EIGER ULTRA TRAIL™ BY UTMB®

JULY 16-20 | SWITZERLAND

NEW EUROPE

MONTE ROSA WALSERWAEGB BY UTMB®

JULY 18-20 | ITALY

AMERICAS

SPEEDGOAT™ MOUNTAIN RACES BY UTMB®

JULY 25-26 | USA

AMERICAS

QUITO TRAIL BY UTMB®

AUGUST 02-03 | ECUADOR

EUROPE

KAT100™ BY UTMB®

AUGUST 07-09 | AUSTRIA

VISIT [UTMB.WORLD](https://www.utmb.world)



2025 CALENDAR*

AMERICAS

PARATY BRAZIL BY UTMB®

SEPTEMBER 18-21 | BRAZIL

EUROPE

WILDSTRUBEL BY UTMB®

SEPTEMBER 19-21 | SWITZERLAND

AMERICAS

GRINDSTONE TRAIL RUNNING FESTIVAL™ BY UTMB®

SEPTEMBER 19-21 | USA

EUROPE

JULIAN ALPS TRAIL RUN BY UTMB®

SEPTEMBER 19-21 | SLOVENIA

EUROPE

NICE CÔTE D'AZUR BY UTMB®

SEPTEMBER 25-28 | FRANCE

NEW

EUROPE

KAÇKAR BY UTMB®

SEPTEMBER 26-28 | TÜRKIYE

AMERICAS

ULTRA TRAIL WHISTLER™ BY UTMB®

SEPTEMBER 27-28 | CANADA

ASIA

MALAYSIA ULTRA-TRAIL BY UTMB®

SEPTEMBER 27-28 | MALAYSIA

NEW

AMERICAS

CHIHUAHUA BY UTMB®

OCTOBER 02-04 | MEXICO

ASIA

TRANSJEJU BY UTMB®

OCTOBER 2025 | SOUTH KOREA

ASIA

ULTRA-TRAIL® NINGHAI BY UTMB®

OCTOBER 2025 | CHINA

EUROPE

MALLORCA BY UTMB®

NOVEMBER 2025 | SPAIN

EUROPE

KULLAMANNEN BY UTMB®

OCT 31 - NOV 1 | SWEDEN

ASIA

TRANSLANTAU™ BY UTMB®

NOVEMBER 2025 | HONG KONG, CHINA

OCEANIA

ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®

NOVEMBER 2025 | AUSTRALIA

* NOVEMBER 2024



ULTRA ENERGY™ DRINK MIX

Go longer, go farther.





NEW





SUUNTO X UTMB WORLD SERIES

Limited Edition



Adventure
starts
here


SUUNTO

THURSDAY 22ND

Time	Location		What
13:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
15:00	Outeniqua Stadium		Elite Presentation & MUT Miler Race Briefing
17:00	Camphersdrift street		Special Edition GTR Time Trial
20:00	Outeniqua Stadium		MUT Miler Drop Bag Hand In Closes

FRIDAY 23RD

Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib collection
11:00	Outeniqua Stadium		Opening Ceremony
12:00	Outeniqua Stadium		MUT Miler Start
17:00	Outeniqua Stadium		All Distances Race Briefing
20:00	Outeniqua Stadium		MUT 100 Drop Bag Hand In Closes

SATURDAY 24TH

Time	Location		What
4:50	Outeniqua Stadium		MUT100 Check-in
5:00	Outeniqua Stadium		MUT100 Start
6:00	Outeniqua Stadium		MUT60 Check-in
6:30	Outeniqua Stadium		MUT60 Start
7:30	Outeniqua Stadium		MUT Marathon Check-In
08:00	Outeniqua Stadium		MUT Marathon Start
09:00 - 12:00	Outeniqua Stadium		MUT Challenge & Lite - Bib Collection
20:00	Outeniqua Stadium		MUT Marathon Cut Off
21:30	Outeniqua Stadium		MUT60 Cut Off

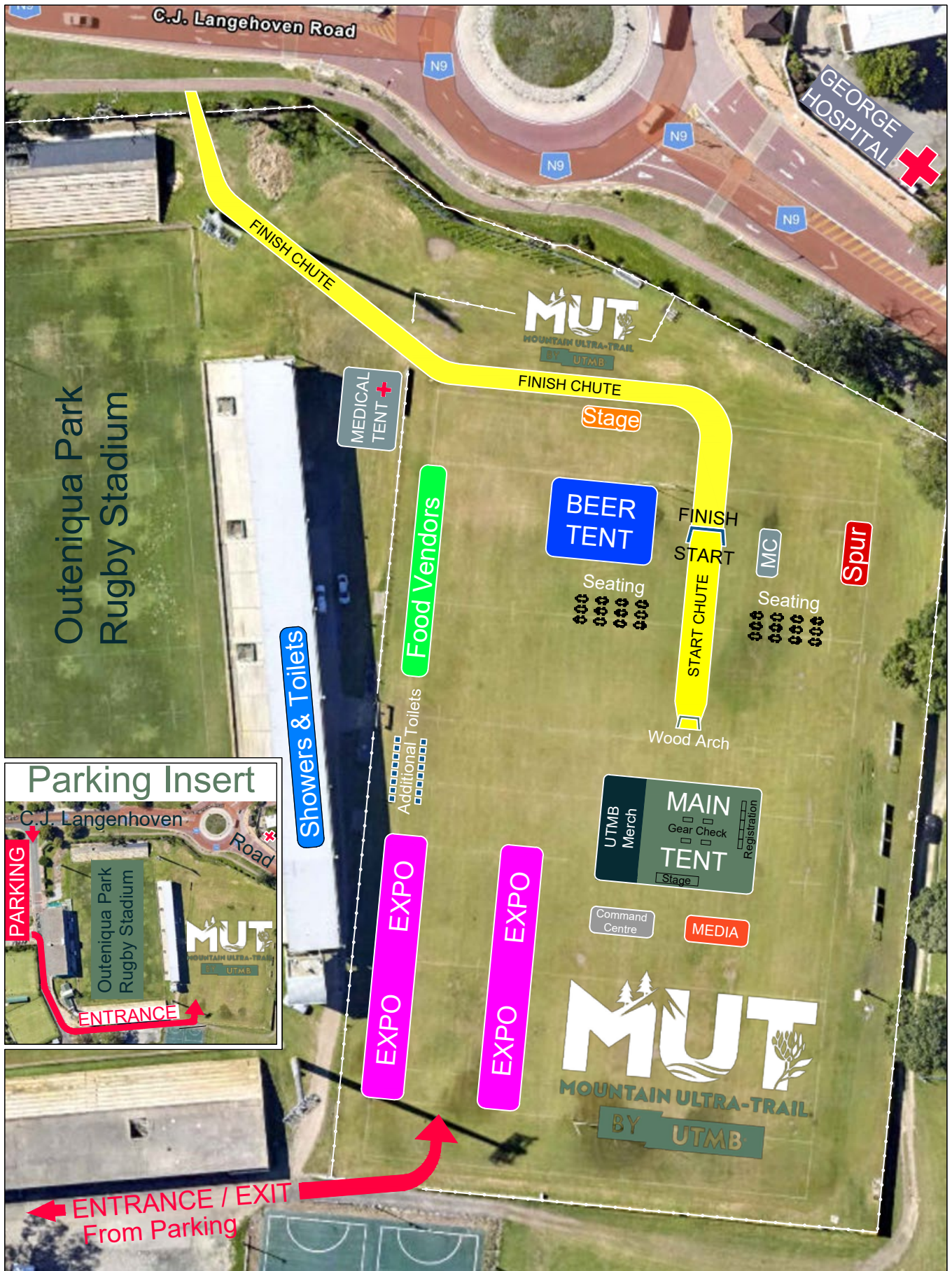
SCHEDULE



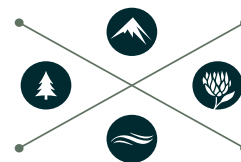
SUNDAY 25TH

Time	Location	What
06:00	Outeniqua Stadium	 MUT100 Cut Off
7:30	Trail Kiosk	 MUT Challenge Arrival
8:00	Trail Kiosk	 MUT Challenge Start
8:30	Trail Kiosk	 MUT Lite Arrival
9:00	Trail Kiosk	 MUT Lite Start
12:00 - 14:00	Outeniqua Stadium	 Drop bag reclaim
13:00	Outeniqua Stadium	 Prize Giving
14:00	Outeniqua Stadium	 MUT Miler, MUT Challenge, MUT Lite Cut Off
15:00	Outeniqua Stadium	 MUT After Race Concert





LOCATIONS



THE VENUE

Outeniqua Park Stadium in George will serve as the official venue for the MUT by UTMB in 2025. Most races will start and all races will finish at the stadium, and it will also host the Expo, Registration / bib collection, riders' briefings and the Prize Giving ceremony.

START LINE

Race starts for MUT Miler, MUT100, MUT60 and MUT Marathon will be at the venue, Outeniqua Stadium.

REMOTE START

1km from the venue

MUT Challenge and MUT Lite will start at Trail Kiosk, Van Riebeeck Gardens on Sunday. To see where the remote start is click [HERE](#). We recommend parking your car at the Finish (Outeniqua Stadium) and do a 1 km warmup walk to the remote start as parking is very limited there.

EXPO/VILLAGE

The main expo and Race village will be at the Outeniqua Park Stadium.

THE OUTENIQUA NATURE RESERVE

Most of the races will take place in the Outeniqua Mountains. The nature reserve encompasses large parts of the Outeniqua Mountains and spans across an area of 38,000 hectares. Outeniqua is believed to mean "those who bear honey" and is ascribed to the San and Khoi people who once inhabited the mountains.

PARKING

At Main Venue

Parking A - Main Stadium Venue

Parking B - Behind the Stadium

At Remote Start

Parking C - Remote Start Location

Parking D - Arum Road overflow parking

Parking is indicated on the MUT by UTMB Google. Click [here](#) to view.



We recommend scanning the QR Code or to click [here](#) to see the MUT by UTMB Google Map with the location of all the points of interest for the event.

BIB COLLECTION

Runners are required to collect their own bib during Registration.



What to bring:

- Valid Photo Identification
- Mandatory gear for gear check. Ensure to bring hot and cold weather kits in case the race organization decide to include weather dependant gear.
- QR Code (sent by Easy Reg)

No distance changes are permitted. Bibs will not be provided outside of Registration times.

RUNNERS BRIEFINGS

Runner Briefings consist of a Question-and-Answer session with race organization to address any issues, concerns, or changes that have arisen during race week. Please refer to event program or below for times and locations of race briefings.

Time	Location		What
Thursday, 15:00	OUTENIQUA STADIUM		MUT MILER RACE BRIEFING
Friday, 17:00	OUTENIQUA STADIUM		ALL DISTANCE RACE BRIEFING

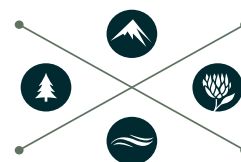
The organization will use these briefings to inform you about different aspects of the race, for in-stance:

- The route to follow and the technical points where you should pay special attention.
- Weather forecast for the race day.
- Aid station points.
- Modifications of the necessary material.







Devil's Peak
BEER COMPANY




REGISTRATION INFORMATION



WHAT YOU WILL RECEIVE AT REGISTRATION

	Race Bib To be worn on the front on the outer layer of your clothing and remain visible at all times
	Event Merchandise Headband / T-shirt / Long sleeve shirt / Bag
	Wristband You must wear this during the entire event. It will allow you to enter the venue and provides admission to the after party concert.
	Timing Chip The timing chip must be fastened to your shoe and will automatically record your Time at the start, aid stations and finish. All runners are required to wear their timing chip. If you change shoes during the event, fasten the timing chip to your new shoes. At the finish your timing chip must be removed and returned to the race organization.

FOR SOME RACES

	Bags and Tags
	GPS Tracker Only for MUT Miler along with instructions to activate the GPS tracker at race start
	Support Crew wristband This will allow support crew access in the aid stations that allow assistance

INFO

	Registration opens from Thursday 13:00 to 20:00 and Friday from 10:00 to 20:00 and Saturday 09:00-12:00 (MUT challenge and MUT Lite only)		Race Starts: 12:00 Friday - MUT Miler 05:00 Saturday - MUT100 06:30 Saturday - MUT60 08:00 Saturday - MUT Marathon 08:00 Sunday - MUT Challenge 09:00 Sunday - MUT Lite
	You need to come to Registration with all the required gear for the race. Runners who do not have their mandatory gear during Registration will not receive their bib and cannot start the race. This includes weather dependant gear (hot and cold weather kits) that will be confirmed at Bib collection / Registration		Drop bags drop-off times: MUT Miler: 13:00 - 20:00 Thursday MUT100: 13:00 - 20:00 Thursday 10:00 - 20:00 Friday
	All races will finish at the main Race Venue, Outeniqua Park Stadium.		Drop bag reclaim Drop bags can be reclaimed after the race on Sunday 12:00 - 14:00
	Please bring your ID along for Registration		

UTMB®

LIVE ▶

THE REAL TIME TRACKING INTERFACE DURING THE EVENT

Enjoy high-quality live coverage, follow your favorite runners and access advanced statistics.

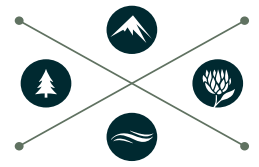


FOLLOW THE UTMB® WORLD SERIES EVENTS LIVE

[LIVE.UTMB.WORLD](https://live.utmb.world)



RACE RULES



All runners and their crew must read, be familiar with, and follow the Race Rules. Click [here](#) to view the complete list of rules.



SUGARBIRD
COFFEE COMPANY

MANDATORY GEAR

It's important to remember that mandatory gear isn't intended to make your experience more difficult. While you may not use most of it on the route, it's there for when things go wrong. Given the remoteness of the trails, they are inaccessible by vehicles. You are exposed to the elements out there, which can turn harsh quickly. The list of mandatory gear can then become life savers.

Please study the following gear list and have it all available (including hot and cold weather kits) for gear check during bib collection / race registration. These are the basic pieces that each trail-runner must adapt according to their own skills. You should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind, and snow.

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory.

You must carry the mandatory equipment with you during the whole race - from start to finish - or you will be penalized. Race officials may perform systematic and/or random checks of your equipment at any time during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory gear with them.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when crossing any roads, as well as on approach to, and whilst at, any aid stations and when approaching and passing any Officials.
















































































Trekking poles: Should you wish to use tracking poles, it must be used from the start to finish of the race. You cannot send tracking poles with drop bags to an aid station.




MANDATORY GEAR



BASIC KIT

Item		MUTMiller	MUT100	MUT60	MUT Marathon	MUT Challenge	MUT Lite
	Running pack suitable to carry all of the mandatory gear, carried the entire duration of the race						
	Smartphone with LiveTrail application installed and activated with international roaming. The runner must be reachable at any time before, during and after the race: Keep the phone on, airplane mode is forbidden and could give rise to penalties. An external battery is highly recommended.						
	Personal / Reusable Cup 150ml / 15 cl minimum (bottles or flasks with lids are not accepted). No cups at the aid stations.						
	Minimum water supply Sealed, resealable container(s) designed for hydration, capable of carrying at least 1,5L of water	 1,5L	 1,5L	 1L	 1L	 1L	 0.5L
	Headlight in good working order with spare batteries. Recommendation: 200 lumens. Phones and watches not accepted.	 2	 2	 1	 Recommended		
	Survival blanket of 1.40m x 2m minimum						
	Whistle						
	Self-adhering elastic bandage for bandaging or strapping (minimum: 100 cm x 6 cm)					 Recommended	
	Food reserve. Recommendation : 800kcal (2 gels + 2 power bars each of 65 grams)					 Recommended	 Recommended
	Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry). * minimum recommended 20 000 Schmerber ** RET recommended inferior to 13 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability- are accepted. The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.					 Recommended	
	Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely						
	Cap or bandana or Buff or multifunctional neck gear designed to protect the head from the sun.						
	Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g and a windproof jacket* with durable water-repellent protection (DWR protection) *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa			 Recommended			
	Warm and water-proof gloves						

BASIC KIT

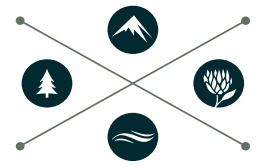
Item		MUTMiler	MUT100	MUT60	MUT Marathon	MUT Challenge	MUT Lite
	GPS watch	 Recommended		 Recommended	 Recommended	 Recommended	 Recommended
	LED Reflective Vest or Belt at least 5cm in width						
	Sturdy, closed trail running shoes.						
	Vaseline or anti-heat cream	 Recommended	 Recommended	 Recommended	 Recommended		
	Reusable bowl	 Recommended	 Recommended	 Recommended	 Recommended		
	Knife or scissors for cutting elastic bandage	 Recommended	 Recommended	 Recommended	 Recommended		
	Sewing kit / spare laces / tightening cables / repair kits.	 Recommended	 Recommended	 Recommended	 Recommended		
	At least R200 cash (just in case...)	 Recommended	 Recommended	 Recommended	 Recommended	 Recommended	 Recommended



GEORGE
WILDERNESS
UNIONDALE

GEORGE 
naturally

MANDATORY GEAR



The “hot weather” and “cold weather” kits are an essential part of the mandatory gear. Depending on the weather conditions, the organization may ask participants to carry some additional mandatory gear items. Ensure to also bring hot and cold weather kits to gear check at bib collection / race registration, when it will be decided by the race organization whether to include the weather dependent gear.

HOT WEATHER KIT

Item		MUTMiler	MUT100	MUT60	MUT Marathon	MUT Challenge	MUT Lite
	Sunglasses. It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)						
	Saharan cap or any combination which completely covers the head and nape of the neck						
	Sunscreen in its original container with a minimum capacity of 15ml (recommendation: SPF 50 or higher).						
	Minimum water supply. Sealed, resealable container(s) capable of carrying at least 2L of water, designed for hydration (plastic bags are prohibited).	 2L	 2L	 2L	 2L	 1L	 0.5L

COLD WEATHER KIT

	Jacket with hood for bad weather in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry). * minimum recommended 20 000 Schmerber ** RET recommended inferior to 13 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability- are accepted. The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.	Basic Kit	Basic Kit	Basic Kit	Basic Kit		
	Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely	Basic Kit	Basic Kit				
	Additional warm second layer: a warm second layer top with long sleeves (excluding cotton) weighing at least 180g OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g and a windproof jacket* with durable water-repellent protection (DWR protection) *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa	Basic Kit	Basic Kit			 Recommended	 Recommended
	Beanie (or multifunctional neck gaiter, which may be the same as the one mentioned above).						
	Warm and water-proof gloves	Basic Kit	Basic Kit				
	Waterproof overpants						
	Protective eyewear. It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)						
	Third warm layer (e.g., softshell, down jacket, thick fleece).			 Recommended	 Recommended	 Recommended	 Recommended
	Spare warm clothing	 Recommended	 Recommended				



FOR EVERY ADVENTURE

SUSTAINABLE HEAD & NECKWEAR
DESIGNED FOR ANY FORECAST



buff.com



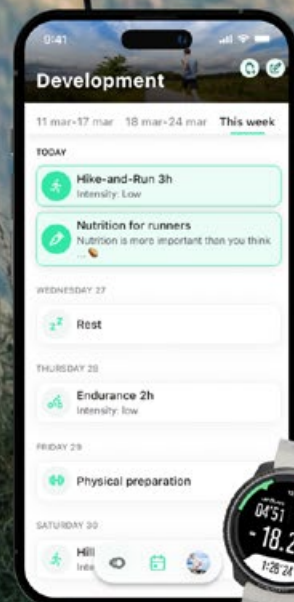
YOU'RE GOING TO LOVE TRAINING!



UTMB®
WORLD SERIES

RUN
MOTION

RUNNERS SERVICE



COURSE MARKINGS



It is mandatory to follow the signs provided by the race organization. The route will be well marked with flags and tags about every 250 meters, however basic route-finding skills are required for this race. We respect the environment, therefor not use any paint on the trails.

Make sure you can recognise the different ways the route is marked:

- Flags and tags: on route and vegetation to indicate you are on track.
- Arrow signs: At split points or crucial turns arrows will show you where to go
- Red and white strip tape: wrong route, don't cross the tape
- MUT branded tape : Mostly used near waterpoints to guide runners and at crucial turn offs and splits

In the **urban areas**, Pay attention as a combination of all the course markings will be used.

The flags and tags are reflective to facilitate night running with your headlight.

If over several hundred metres, you do not see any flags or tags turn round and retrace your steps to find the last one.

It is advisable to download the GPX files onto your devices for peace of mind.

ROAD SAFETY

Runners will cross some roads throughout the course where vehicle traffic is not required to stop. Please always be aware of your surroundings and use caution during these sections of the course. Runners must obey traffic rules and give the right of way to vehicles and only cross the road when it is safe to do so.




Headphones must be removed during these sections of the course.


AID STATION SIGNAGE


At every aid station you will find a large sign that shows all the information needed to keep you going to the next aid station:


- the name of the aid station
- the name of the next aid station
- the distance to the next aid station
- cumulative ascent to the next aid station
- the distance to the finish
- cumulative ascent to the finish



VOUCHER
BURGER


VOUCHER
SHIRT & LONGSHIRT
 WOMAN M


2025
MUT 100
999
RAHEL
MARTI
 TEL +27 76 234 8869


100K M

DATA/SPORT


Remove any vouchers before race start

Make sure you are at the correct race.



This voucher will be used to redeem event merch during registration


Just so we know who you are, or you forget who you are!



Only call this number in an emergency or if you are abandoning the course.

1000
 Vorname, Name: **Hans Muster, 1974**
 Startzeit: **11:00.00**

NO CHIP – NO TIME
 The chip must be fastened to the laces using the plated fasteners (2X).
 The chip must be returned at the finish line. Missing chips will be charged.
 For returns:
Datasport AG, Bolacker 1, CH-4563 Gerlafingen

LIVE TIMING & RESULTS


HOW TO WEAR THE NUMBER



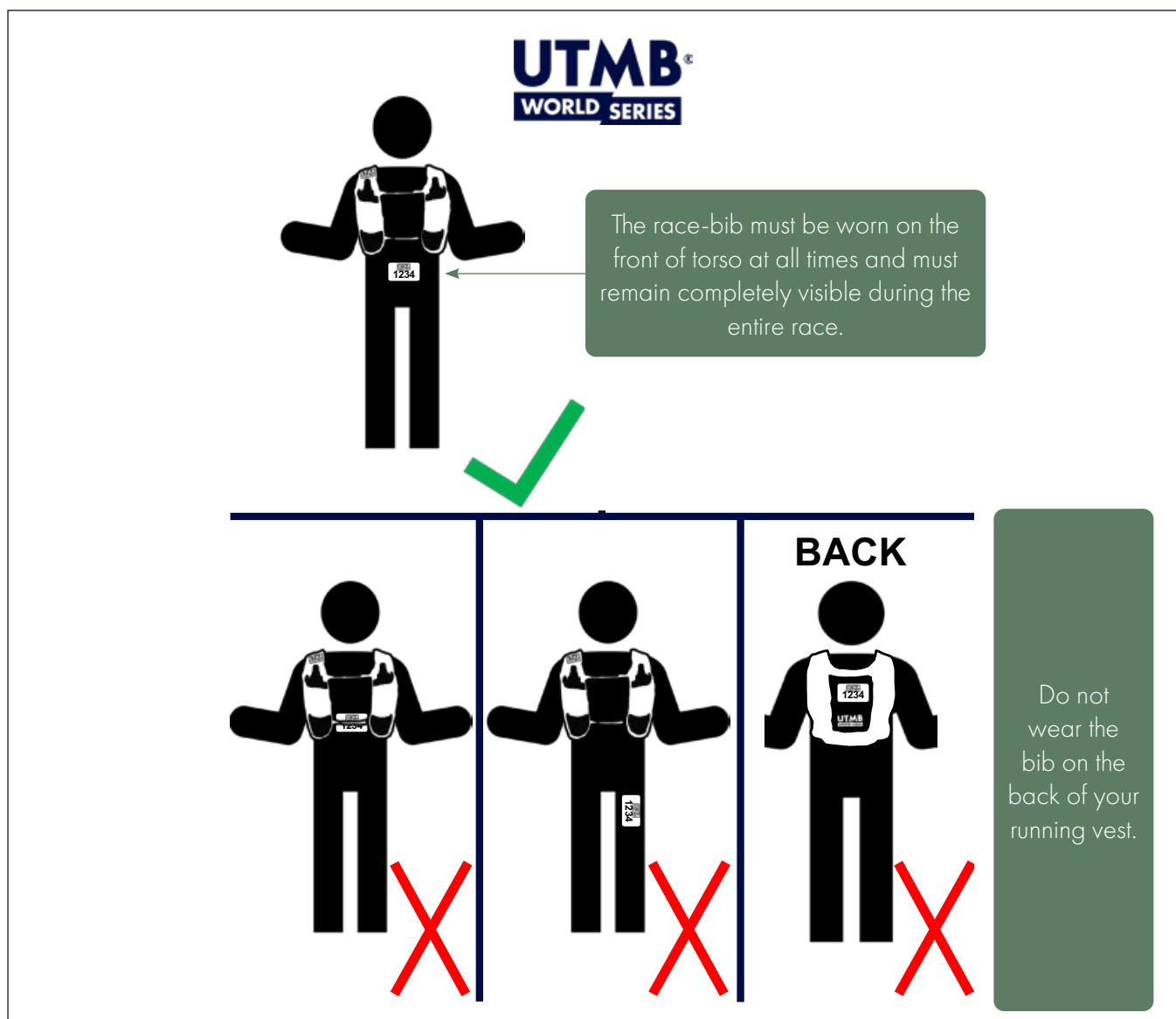
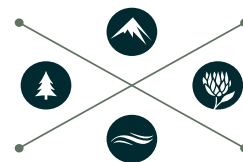
Krankheiten, Allergien, medizinische Behandlungen / maladies, allergies, traitements médicaux / malattia, allergie, cure mediche / illnesses, allergies, medications:
 Aktuelle Medikamente / médicaments actuels / medicine attuali / actual drugs:
 Blutgruppe / groupe sanguin / gruppo sanguigno / blood group:
 Im Notfall bitte verständigen: / En cas d'accident contactez: / In caso di emergenza prego contattare: / In case of emergency contact:
 Telefon / Téléphone / Telefono / Phone:

Please fill your Emergency Contact person information out. This should not be someone who is also running the race.

List all your Medical Information here. This is crucial for our Medical Services.

Runners who withdraw must keep their race bib because it is the pass to access

HOW TO WEAR YOUR BIB



Do not wear the bib under or close to the bottom of your running vest so it is legible.

Do not rotate the bib.

Do not place the bib on an article of clothing that will be quickly removed.



Your safety is your own responsibility. Participation in this event is at your own risk. Even the best runners are not excluded from the risk of running in these mountains. To minimize risks, be well prepared and always have mandatory gear with you. Adequate training is essential.

Due to the remoteness of the trails and aid stations, they are not accessible/ easily accessible by vehicles and in an emergency, it might take some time to reach you.

The trails are technical, cover high altitudes and are exposed to the elements. It can turn harsh out there, quickly and runners must be prepared to handle these adverse or changing conditions. The event takes place at the end of South Africa's autumn month and temperature will drop low in the early mornings and, in the evenings. Ensure to be prepared for all weather conditions on race day.

Do not abandon the route without informing a race official or calling the emergency number.

SWEEP TEAM

There will be a team of Sweep runners covering every section of the route for all distances. They are equipped with GPS tracking devices, radios, and are tracked by and in constant communication with race command to help ensure your safety. It is also good practice if you leave the trail for a bathroom stop, to leave a belonging on the trail to help notify the Sweep and ensure they don't pass you.

MEDICAL ASSISTANCE

Emergency medical care is available at aid stations and the finish line and have full authority in evaluating whether a runner may continue.

Runners are encouraged to consult with their medical provider prior to the event. Should you have any medical condition or allergies you must place this information on the back of your race bib using a pen or marker.

Runners may experience nausea and vomiting during the race. This can be for a variety of reasons, most commonly over-hydration, under-hydration, heat stress and altitude exposure. It is advised the runner always "drinks to thirst, avoiding over or under hydration.

WITHDRAWING FROM THE EVENT

Any withdrawals must be at an Aid station unless you are assisted from the course by the event medical team.

To withdraw at an Aid station:

Notify the aid station staff that you are withdrawing from the event.

On your smartphone, log your withdrawal using your Livetrail app.

After you have withdrawn, the event team will facilitate getting you back to the finish venue from your aid station (if necessary).

Emergency or Withdrawing on route

In a situation where you or another runners is in an emergency or if you want to withdraw from the event and you are unable to get to the nearest aid station, you should send an SOS via Livetrail app and/or phone the emergency number to notify the command centre. Follow their instructions on how to proceed



SAFETY - LIVE TRAIL



LiveTrail.net app is required for all runners to be downloaded on their smartphones before the race

The LiveTrail app is used for your safety to report your withdrawal from the race, send an SOS or call the race emergency number. It can also be used to monitor the progress of the races and provides you with valuable race information, along with many other additional features. For the list of all LiveTrail app features click [here](#)

In the event of an emergency, the LiveTrail app allows you to send an SOS message via SMS text, directly to the organisers. This gives your GPS position. Additionally, you are still expected to phone the emergency number of the command centre and make us aware of your situation.

It is mandatory to have a working charged smartphone that works in South Africa.

Under no circumstances should you put your smartphone in airplane mode. We need to be able to contact you before, during and after the race.

For participants who will spend more than 15 hours on route, you should bring an additional external battery to keep your phone charged.

Check if the emergency number you provided with your registration is the number of the person you want to be alerted if you are involved in a medical incident.

IMPORTANT: Please check that you have filled in your mobile number in your UTMB account.

Emergency Number

Call +27 76 234 8869
or call via LiveTrail App



Scan The Code



AID STATIONS

You should come prepared to carry your own drink, food, and gear, (including any necessary inclement weather gear), between aid stations.

The Race Info section provide a full list of aid stations, distances between aid stations and what kind of food/ drinks runners may find there. Please use this info to plan your nutrition and hydration accordingly. Aid stations will have still water and/or sports/electrolyte drink for filling water bottles or hydration packs.

Ensure that when you leave an aid station, you have enough drink and food to keep going until the next aid station.

CUPLESS

Please make sure you carry your own cup to be able to make use of the drinks available at the aid stations. No cups will be provided at any aid station for Water, Naak or Coke. Coffee cups will be available at aid stations where coffee, tea or soup is served.

REST

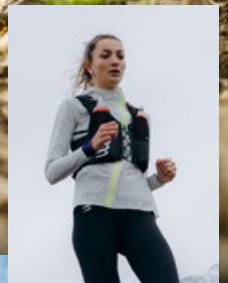
Use aid stations to rest when you need; a few minutes of recovery with some nutrition, will allow you to continue in better shape.

LITTER

The nature reserve stretches across most of the Outeniqua Mountains where most of the race takes place. Do not litter on the route and if you see some rubbish during your run, please pick it up and take it to the next aid station.

VOLUNTEERS

Our volunteers allow us to do what we do! Please be sure to thank our volunteers offering their time to help you along your journey. Contact us should you wish to become a volunteer in the future.



DROP BAGS



MUT100 and MUT Miler runners will receive drop bags and corresponding tags at Registration. Drop bags are for personal items runners want to send to Aid stations. Please do not include walking poles; this is against our rules.

Drop bags can be dropped off at Registration at the Drop Bag sign. Drop bags need to be received by the required times. Drop bags that are received after these times will not be transported.

Drop bags will be transported to:

- **MUT Miler: Tierkop (52 KM), Oakhurst (113 KM)**
- **MUT 100: Tierkop (43 KM)**

SPARE BAGS FOR FINISH

MUT60, MUT 100 and MUT Miler will receive tags for a spare bag on the finish line. Any bag can be used but must be clearly tagged. Spare bags for the finish line can be deposited during Registration times or before race start.

TAG YOUR BAG

On each of the drop bags you should include your corresponding tag. The bigger tag (bib) is for drop bags provided, the smaller tag is for a spare bags at the finish.


As the items in the bags are neither checked nor controlled, the race organizers are not responsible for the items in the bags. We recommend to not put any valuable items in these bags. Using drop bags or spare bags are optional.


RECLAIM OF DROP BAGS


After the race, drop bags will be returned to the venue (finish line) and can be reclaimed during the collection times by the runner or a friend upon presentation of the drop bag collection voucher or bib. Drop bags not reclaimed during these times will be donated.




Open-Ear Bone Conduction Headphones

 Situational Awareness

 Open-Ear Comfort

 IP68 Water Resistant

 Up to 10 Hours batterie life



SUPPORT CREW (also known as Assistance) – ONLY FOR MUTMILER, MUT100 AND MUT60

Outside assistance is not allowed on the route, and it is forbidden to accompany or be accompanied along any part of the route (by any person that is not registered to partake or form part of the organisation e.g. sweep). Support crew is only permitted at specific aid stations and only in the area reserved for this use and at the discretion of the aid station captain.

It is important that support crew adhere to the rules and follow instructions from the aid station staff.

- Each MUT Miler, MUT 100 and MUT 60 runners is only allowed to designate one person as their support crew.
- Support crew may only provide assistance in the areas designated for Support Crew.
- Support crew must wear their support crew wristband to have aid station access. Without this wristband, access will be refused.
- Support crew is only permitted to provide their runner with a bag that has a maximum capacity of 30 litres.
- Support crew may not enter other areas of the aid station that are not designated for assistance.
- Support crew may treat blisters, attend to cuts and scrapes, and provide massage to their seated runner. No serious medical assistance, and other interventions, are permitted, and no runner that is lying down may be attended to.

The locations where support crew can provide assistance to a runner are detailed on the next page.

Support crew is not allowed for MUT Marathon, MUT Challenge and MUT Lite.

SPECTATORS

We understand that many of our participants will be joined by friends and family who wish to experience the event as spectators and catch a glimpse of their runner on course. There are 'Hot Spots' along the route where you can get a good view of the action.

While we encourage you to enjoy the experience and cheer on the runners, please remember that this is a competitive event. As such, spectators are not allowed to interfere with the participants or provide any form of assistance other than cheering and clapping!

Due to the remote locations of our aid stations, we are selective about the spectator areas. Some locations have limited road access, are nearby residences, or have a lack of space to accommodate spectators without disrupting the runners. Please note that if you arrive at an aid station where spectating is not allowed, you will be asked to leave, and your runner may face penalties. This could have a serious impact on the integrity of the event.

Remember: spectators are not allowed into aid stations. You must always remain outside the venue.



What is the difference between Support Crew and Spectators?

Support Crew are authorized to be involved in assisting their runner during the event, while spectators are there to watch and enjoy the event, without any interference.

SUPPORT CREW & SPECTATORS



Check below if an Aid station allows for Support Crew and/or Spectators

Cross – On Route Hot Spot		GPS: 33°55'31.7"S 22°27'18.7"E
Support Crew: NO	Spectators: MUT Miler	
Follow the hiking trail (VK) up to the cross. Note if you saw the runners off at the start venue – you will not be in time to reach this spectator point.		
Cradock Pass - Aid Station		
Support Crew: NO	Spectators: NO	
Montagu Pass - Aid Station		GPS: 33°52'59.5"S 22°25'52.3"E
Support Crew: NO	Spectators: MUT Miler: Only on Friday	
The Aid Station is located at 'Amanda's grave'.		
Parking options:		
1. Park on the side of the road in a safe, considerate manner and allow space for vehicles (including emergency vehicles) to move past		
Please take care when exiting your vehicle, this road may become congested. Spectators must remain outside of the aid station.		
NOTE: Montagu Pass is closed, you will need to drive over the Outeniqua Pass, through Herold.		
Herold Wines - Aid Station		GPS: 33°51'50.72"S 22°28'9.72"E
Support Crew: MUT Miler, MUT100, MUT60	Spectators: MUT Miler: Friday, MUT 100 and MUT 60: Saturday	
Do not drive into the aid station. Park in the open field before the aid station (follow the parking signs). Please take care when driving; runners cross the Montagu Pass at the main Herold Wines entrance.		
Strict control will be enforced in the aid station. Only authorized support crew wearing crew wristbands will be allowed entrance. Spectators must remain outside of the aid station.		
NOTE: Montagu Pass is closed, you will need to drive over the Outeniqua Pass, through Herold.		
Tierkop - Aid Station		
Support Crew: NO	Spectators: NO	
Dikkop - Aid Station		GPS: 33°57'29.17"S 22°29'50.22"E
Support Crew: MUT Miler, MUT100	Spectators: MUT Miler, MUT100	
Park in the open fields next to the aid station. Please ensure you do not block any residential properties and exit your vehicle quietly (if arriving and spectating during the night).		
Groeneweide - Aid Station		
Support Crew: NO	Spectators: NO	

SUPPORT CREW & SPECTATORS

Wilderness - Aid Station

GPS: 33°59'33.96"S | 22°34'43.26"E

Support Crew: **MUT Miler**

Spectators: **MUT Miler**

Park in the open fields across from The Commonage. This venue is a coffee shop and hot beverages can be purchased

Oakhurst - Aid Station

GPS: 33°57'18.47"S | 22°39'16.85"E

Support Crew: **MUT Miler**

Spectators: **MUT Miler**

This is a working farm, so please be cautious and stay alert for animals and farm vehicles that may be using the roads. Support crew and Spectators are asked to park at the designated parking area near the reception/coffee shop. From there, take a short walk to The Venue where you'll find the aid station.

Bergplaas - Aid Station

Support Crew: **NO**

Spectators: **NO**

Trail Kiosk - Aid Station

GPS: 33°56'48.4"S 22°27'26.1"E

Support Crew: **MUT Miler**

Spectators: **MUT Miler**

Use the designated parking area next to the aid station. Come cheer the runners and give them a boost to cover the last few kilometers to the finish!





SUNDAY 25 MAY 15:00 - 17:00

AFTERPARTY

SUNSET SWEATSHOP

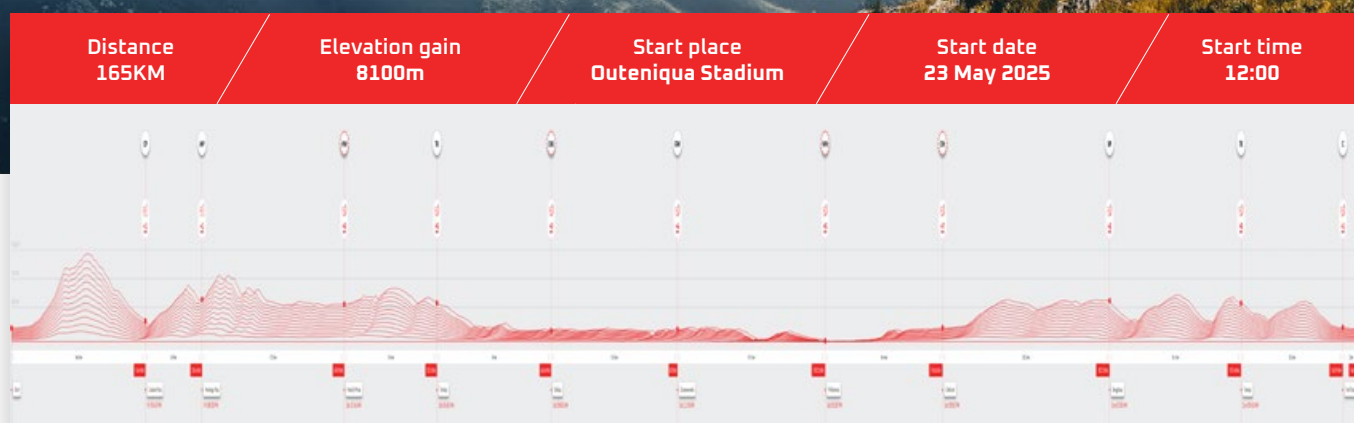


MUT MILER

Kicking off at the foot of Outeniqua Mountains, you'll conquer two peaks before looping around the entire mountain range. After that, you'll coast down to Wilderness Beach for a peaceful breather, then dive into a wild adventure through hidden valleys and winding forest trails

RACE CATEGORY

100M **M**



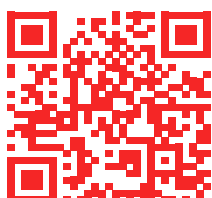
PRE-EVENT

Please join us on Thursday for the Elite Presentation and Race Briefing at Outeniqua Stadium. This will be followed by the a fun 5km GTR run with the community and locals to keep those legs activated

AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

SCAN THE CODE



PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 15:00 on Thursday



Drop bags to be handed in by Thursday 20:00 at Registration. Drop bags will be transported to Tierkop and Oakhurst aid stations



Start: Outeniqua stadium

MUT MILER TIMETABLE



THURSDAY 22ND

Time	Location		What
13:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
15:00	Outeniqua Stadium		Elite Presentation & MUT Miler Race Briefing
17:00	Camphersdrift Street		Special edition GTR Time Trial
20:00	Outeniqua Stadium		MUT Miler Drop Bag Hand In Closes

FRIDAY 23RD

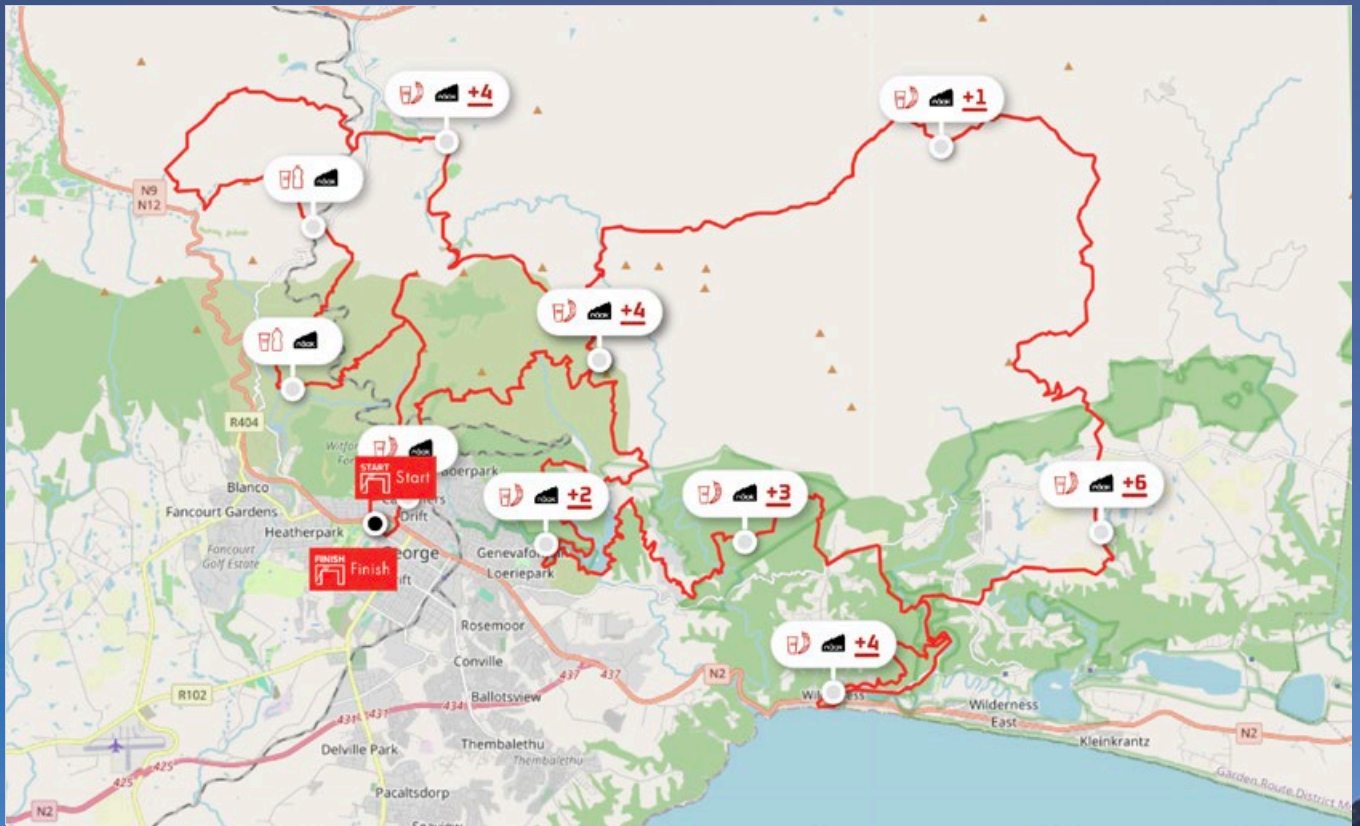
Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening Ceremony
12:00	Outeniqua Stadium		MUT Miler Start

SUNDAY 25TH

Time	Location		What
12:00 - 14:00	Outeniqua Stadium		Drop bag reclaim
13:00	Outeniqua Stadium		Prize Giving
14:00	Outeniqua Stadium		Race Cut Off



MUT MILER MAP



START
STARTING LINE

FINISH
FINISH LINE

DRINK SUPPLY

AID STATION

MEDICAL STATION



MUT MILER AID STATIONS & TIME CHARTS



Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	237	0	0	0	0	Fri 12:00 PM	Fri 12:00 PM	-	
Cradock Pass	362	16.4	16.4	1429	1302	Fri 02:05 PM	Fri 04:42 PM	Fri 05:45 PM	
Montagu Pass	738	23.4	6.9	2160	1661	Fri 03:10 PM	Fri 07:03 PM	Fri 08:00 PM	
Herold Wines	655	40.9	17.5	3070	2653	Fri 05:17 PM	Sat 12:09 AM	Sat 12:45 AM	
Tierkop	674	52.3	11.3	3815	3378	Fri 07:00 PM	Sat 03:44 AM	Sat 04:30 AM	
Dikkop	194	66.4	14	4062	4103	Fri 08:40 PM	Sat 07:10 AM	Sat 08:00 AM	
Groene-weide	217	82	15.5	4485	4505	Fri 10:27 PM	Sat 11:18 AM	Sat 11:30 AM	
Wilderness	16	100.2	18.1	5041	5262	Sat 12:44 AM	Sat 04:38 PM	Sat 05:00 PM	
Oakhurst	243	114.6	14.4	5476	5470	Sat 02:25 AM	Sat 08:40 PM	Sat 09:00 PM	
Bergplaas	713	135.2	20.5	6401	5923	Sat 05:13 AM	Sun 03:22 AM	Sun 03:30 AM	
Tierkop	673	151.4	16.1	7427	6991	Sat 07:58 AM	Sun 09:33 AM	Sun 09:45 AM	
Trail Kiosk	249	163.9	12.5	7911	7899	Sat 09:49 AM	Sun 01:40 PM	-	
Finish	237	166	2	7931	7929	Sat 10:03 AM	Sun 02:07 PM	Sun 02:00 PM	

	SUPPORT CREW AUTHORIZED		PROVISIONS		DRINK PROVISIONS		HOT MEAL		RESTING		MEDICAL CREW		DROP BAG
	WC		NAAK® PRODUCTS		POWER SUPPLY		SHOWER						

AID STATIONS AUTHOURIZED FOR SUPPORT CREW

For the list of aid stations that allow support crew, please see 'Support crew and Spectator' info on [Page 30](#).

MENU

Aid Station	Naak Drinks	Naak Products	Hot Soup	Hot Food	Potatoes	Sarmies	Fruit	Sweets	Coke	Hot Drinks	Water
Cradock Pass	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes
Montagu Pass	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Herold Wines	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dikkop	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Groene-weide	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wilderness	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Oakhurst	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Bergplaas	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Trail Kiosk	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes

FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. For example hot food will not include all the below items but one of them at an indicated Aid Station. Menu may change due to availability.



Hot Food:

Either one of these will be available as 'Hot food' at aid stations; Mince Jaffles, Cottage Pie, Wors, Sosaties, Pizza



Hot Soup:

Locally made Veggie Soup



Naak Products:

Will consist of bars and Waffles



Sarmies:

Marmite Sandwiches



Fruit:

Oranges or Bananas



Sweets:

Marshmallows, Jelly Babies, Koeksisters

Win with Oasis

Oasis Water George

Official water sponsor to this years
MUT by UTMB



- Still water
- Sports drinks
- Juices
- Sparkling
- Refill water
- Custom labels



MUT100

This route boasts everything from big climbs, rocky trails, technical downhills, some run-able sections and views of the Outeniqua Mountain Range, secret indigenous forests that will keep your endorphins going all the way

RACE CATEGORY

100K **M**



Distance
98KM

Elevation gain
4850M

Start place
Outeniqua Park

Start date
24 May 2025

Start time
05:00



PRE-EVENT

Thursday: Join us for the 5km special edition GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

SCAN THE CODE



PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 17:00 on Friday.

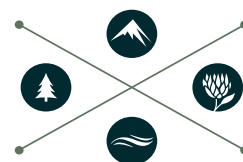


Drop bags to be handed back in at registration by 20:00 Friday. Your spare bag will go to Tierkop Aid Station.



Start: Outeniqua stadium

MUT100 TIMETABLE



THURSDAY 22ND

Time	Location		What
13:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
15:00	Outeniqua Stadium		Elite Presentation
17:00	Camphersdrift Street		Special edition GTR Time Trial

FRIDAY 23RD

Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening Ceremony
17:00	Outeniqua Stadium		Race Briefing

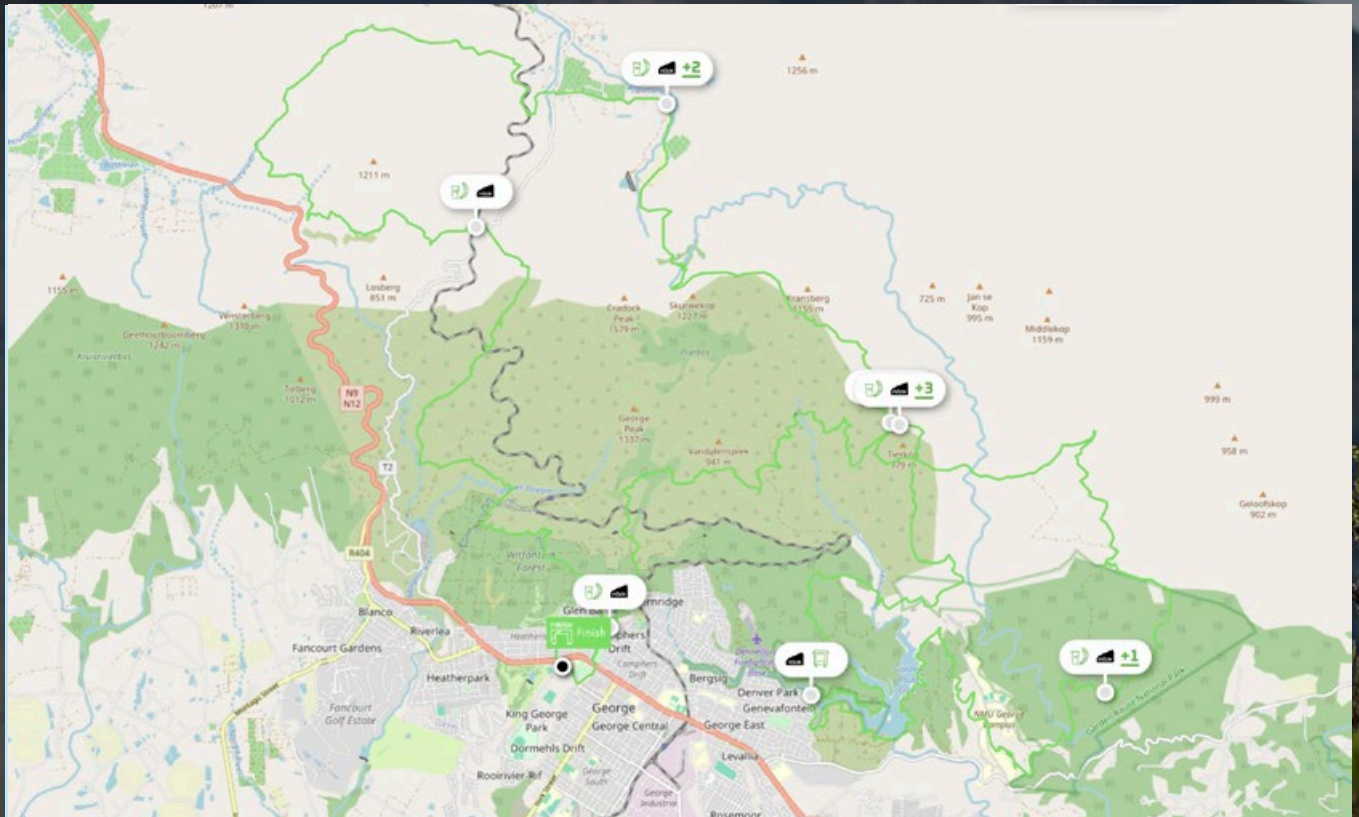
SATURDAY 24TH

Time	Location		What
04:50	Outeniqua Stadium		Check-in
05:00	Outeniqua Stadium		Race Start

SUNDAY 25TH

Time	Location		What
06:00	Outeniqua Stadium		MUT 100 Cut Off
12:00 - 14:00	Outeniqua Stadium		Drop bag reclaim
13:00	Outeniqua Stadium		Prize Giving





STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION

MUT100 AID STATIONS & TIME CHARTS



Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	237	0	0	0	0	Sat 05:00 AM	Sat 05:00 AM	–	START
Montagu Pass	735	15	15	1019	521	Sat 06:30 AM	Sat 08:19 AM	Sat 08:30 AM	
Herold Wines	655	32.3	17.2	1849	1433	Sat 08:22 AM	Sat 12:33 PM	Sat 12:45 PM	
Tierkop	672	43.4	11	2569	2134	Sat 08:48 AM	Sat 03:36 PM	Sat 03:30 PM	
Dikkop	196	57.3	13.8	2823	2863	Sat 11:10 AM	Sat 06:23 PM	Sat 06:30 PM	
Groene-weide	217	72.7	15.4	3240	3260	Sat 12:46 PM	Sat 09:55 PM	Sat 10:00 PM	
Tierkop	665	85.5	12.7	4227	3799	Sat 02:44 PM	Sun 02:08 AM	Sun 02:00 AM	
Trail Kiosk	249	98.1	12.5	4736	4725	Sat 04:30 PM	Sun 05:33 AM	–	
Finish	237	100.1	2	4754	4752	Sat 04:44 PM	Sun 05:58 AM	Sun 06:00 AM	FINISH

SUPPORT CREW AUTHORIZED	PROVISIONS	DRINK PROVISIONS	HOT MEAL	RESTING	MEDICAL CREW	DROP BAG
WC	NÄÄK® PRODUCTS	POWER SUPPLY	SHOWER			

MUT 100: AID STATIONS AUTHOURIZED FOR SUPPORT CREW

For the list of aid stations that allow support crew, please see 'Support crew and Spectator' info on [Page 30](#).

MENU

Aid Station	Naak Drinks	Naak Products	Hot Soup	Hot Food	Potatoes	Sarmies	Fruit	Sweets	Coke	Hot Drinks	Water
Montagu Pass	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Herold Wines	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dikkop	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Groene-weide	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Trail Kiosk	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes

FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. For example hot food will not include all the below items but one of them at an indicated Aid Station. Menu may change due to availability.



Hot Food:

Either one of these will be available as 'Hot food' at aid stations; Mince Jaffles, Cottage Pie, Wors, Sosaties, Pizza



Hot Soup:

Locally made Veggie Soup



Naak Products:

Will consist of bars and Waffles



Sarmies:

Marmite Sandwiches



Fruit:

Oranges or Bananas



Sweets:

Marshmallows, Jelly Babies, Koeksisters



MUT60

The oldest race in the MUT series, gives you a true taste of what George has to offer. You'll experience everything from lush forest trails and challenging climbs to the dry, desert-like stretches of the Karoo, all while taking in views that show off the Garden Route in its full beauty.

RACE CATEGORY

50K M



Distance
59KM

Elevation gain
3050M

Start place
Outeniqua Stadium

Start date
24 May 2025

Start time
06:30



PRE- EVENT

Thursday: Join us for the 5km special edition GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 17:00 on Friday.



The start line is at Outeniqua Stadium

SCAN THE CODE



MUT60 TIMETABLE



THURSDAY 22ND

Time	Location		What
13:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
17:00	Camphersdrift Street		Special Edition GTR time Trial
15:00	Outeniqua Stadium		Elite presentation

FRIDAY 23RD

Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening ceremony
17:00	Outeniqua Stadium		Race Briefing

SATURDAY 24TH

Time	Location		What
06:00	Outeniqua Stadium		Check-in
06:30	Outeniqua Stadium		Race Start
21:30	Outeniqua Stadium		Race Cut Off

SUNDAY 25TH

Time	Location		What
13:00	Outeniqua Stadium		Prize Giving



MUT60 AID STATIONS & TIME CHARTS

Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	237	0	0	0	0	Sat 06:30 AM	Sat 06:30 AM	–	START
Montagu Pass	735	15	15	1019	521	Sat 07:52 AM	Sat 10:04 AM	Sat 11:00 AM	     
Herold Wines	656	32.3	17.2	1853	1434	Sat 09:35 AM	Sat 02:12 PM	Sat 03:00 PM	     
Tierkop	672	43.4	11	2591	2156	Sat 10:58 AM	Sat 05:42 PM	Sat 07:30 PM	     
Trail Kiosk	250	56	12.5	3096	3085	Sat 12:27 PM	Sat 09:05 PM	–	    
Finish	237	58.1	2	3115	3115	Sat 12:38 PM	Sat 09:29 PM	Sat 09:30 PM	FINISH


SUPPORT CREW AUTHORIZED


PROVISIONS


DRINK PROVISIONS


HOT MEAL


RESTING


MEDICAL CREW


DROP BAG


WC


NAAK® PRODUCTS

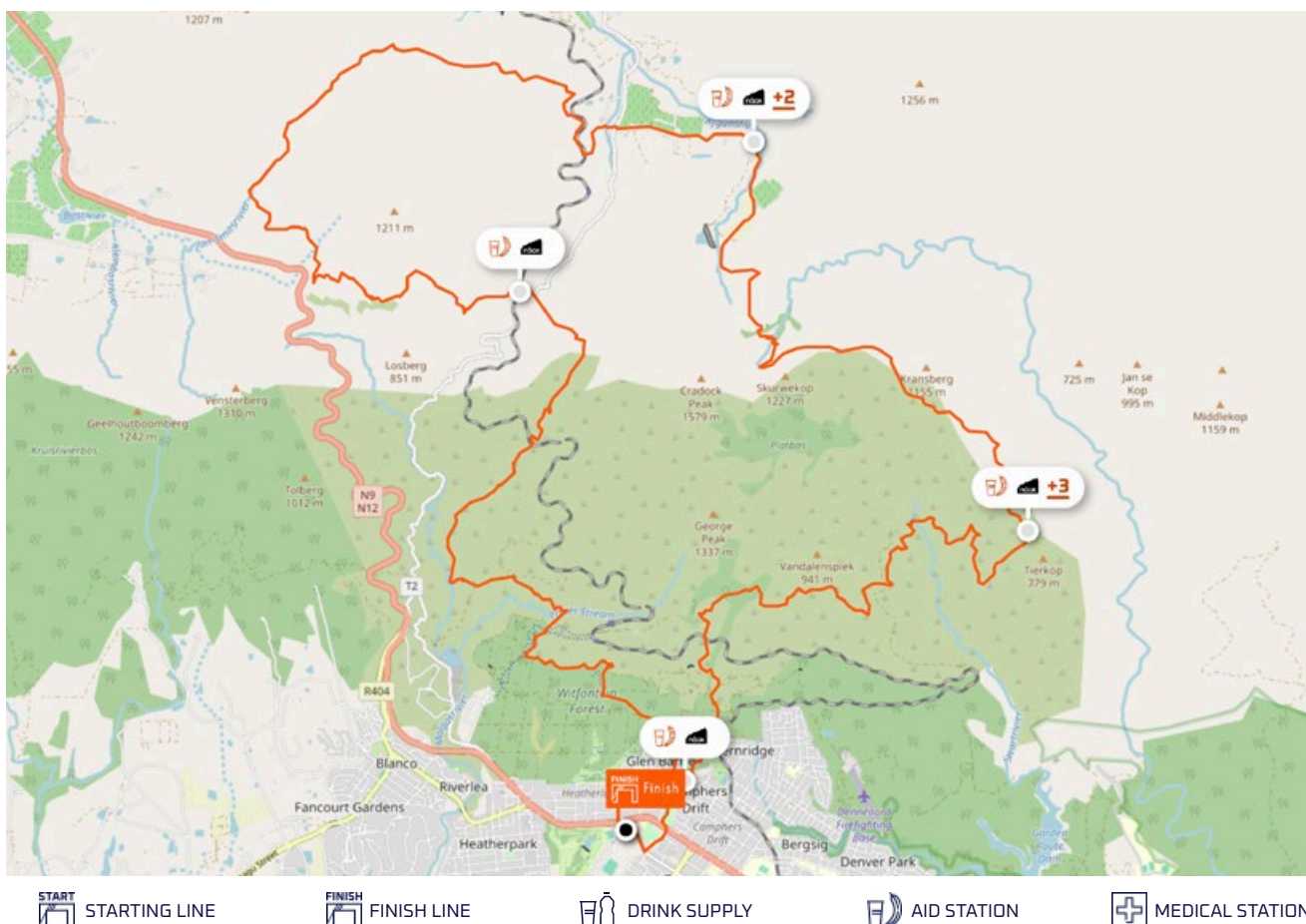

POWER SUPPLY


SHOWER

MUT 60: AID STATIONS AUTHOURIZED FOR SUPPORT CREW

For the list of aid stations that allow support crew, please see 'Support crew and Spectator' info on [Page 30](#).

MUT60 MAP





MENU

Aid Station	Naak Drinks	Naak Products	Hot Soup	Hot Food	Potatoes	Sarmies	Fruit	Sweets	Coke	Hot Drinks	Water
Montagu Pass	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Herald Wines	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Trail Kiosk	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes

FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. For example hot food will not include all the below items but one of them at an indicated Aid Station. Menu may change due to availability.



Hot Food: Either one of these will be available as 'Hot food' at aid stations; Mince Jaffles, Cottage Pie, Wors, Sosaties, Pizza



Hot Soup: Locally made Veggie Soup



Naak Products: Will consist of bars and Waffles



Sarmies: Marmite Sandwiches



Fruit: Oranges or Bananas



Sweets: Marshmallows, Jelly Babies, Koeksisters



MUT MARATHON

The route winds through lush forests rails, tough climbs, and technical descents, all while treating you to stunning views of the Outeniqua Mountain range

RACE CATEGORY

50K



Distance
41.8KM

Elevation gain
2300M

Start place
Outeniqua Stadium

Start date
24 May 2025

Start time
08:00



PRE- EVENT

Thursday: Join us for the special edition 5km GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 17:00 on Friday.



Start: Outeniqua Stadium

SCAN THE CODE



MUT MARATHON: TIMETABLE



THURSDAY 22ND

Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
17:00	Camphersdrift street		Special edition GTR time trial
15:00	Outeniqua Stadium		Elite Presentation

FRIDAY 23RD

Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening ceremony
17:00	Outeniqua Stadium		Race Briefing

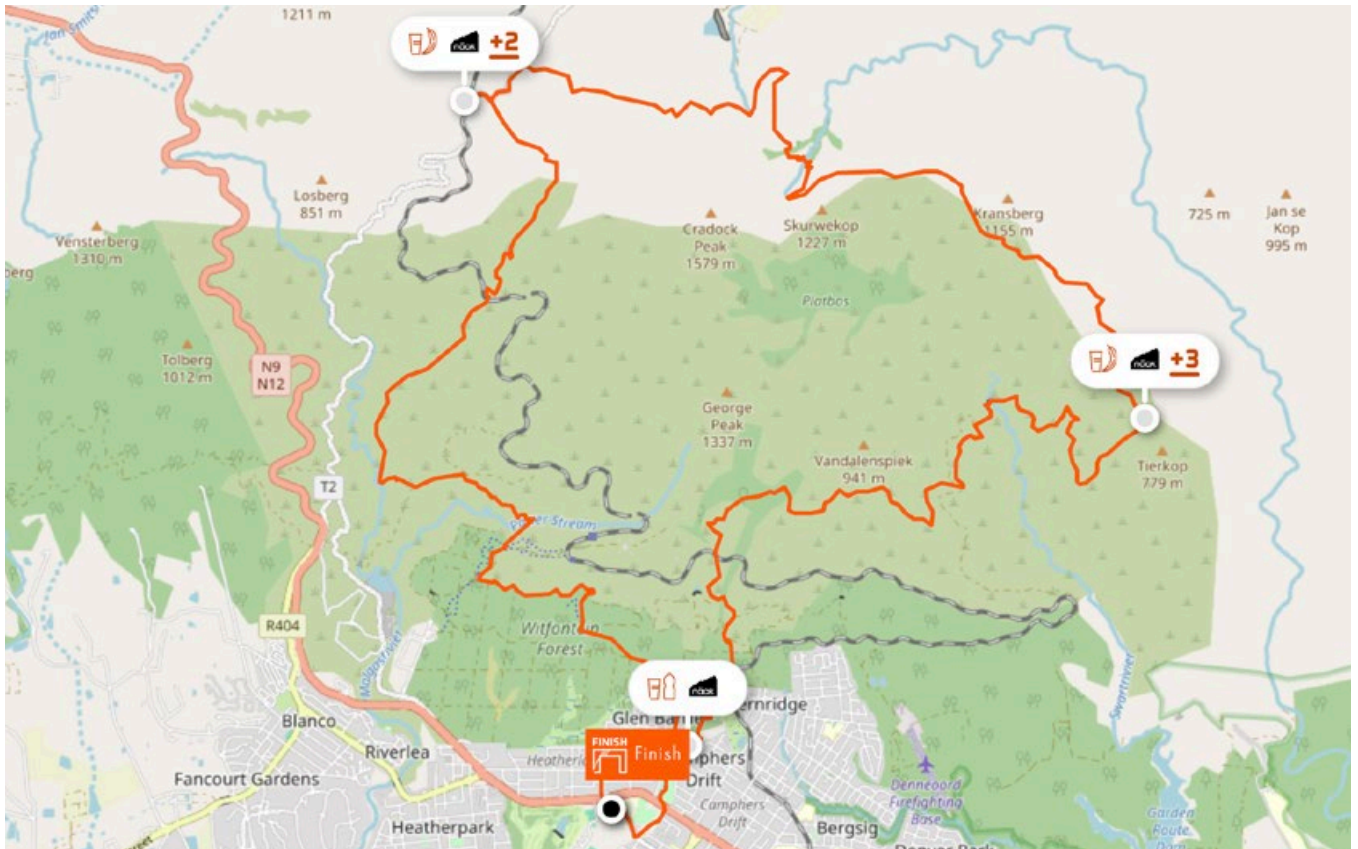
SATURDAY 24TH

Time	Location		What
08:00	Outeniqua Stadium		Race Start
20:00	Outeniqua Stadium		Race Cut Off

SUNDAY 25TH

Time	Location		What
13:00	Outeniqua Stadium		Prize giving





STARTING LINE



FINISH LINE



DRINK SUPPLY



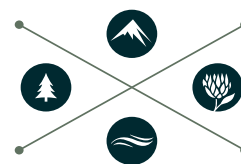
AID STATION



MEDICAL STATION



MUT MARATHON AID STATIONS & TIME CHARTS



Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	237	0	0	0	0	Sat 08:00 AM	Sat 08:00 AM	–	
Montagu Pass	738	15.1	15.1	1019	519	Sat 09:24 AM	Sat 12:00 PM	Sat 12:00 PM	
Tierkop	673	28.3	13.1	1816	1381	Sat 10:47 AM	Sat 03:56 PM	Sat 05:00 PM	
Trail Kiosk	249	40.8	12.4	2318	2306	Sat 12:03 PM	Sat 07:34 PM	–	
Finish	237	42.9	2	2337	2336	Sat 12:12 PM	Sat 08:00 PM	Sat 08:00 PM	



SUPPORT CREW
AUTHORIZED



PROVISIONS



DRINK PROVISIONS



HOT MEAL



RESTING



MEDICAL CREW



DROP BAG



WC



NAAK®
PRODUCTS



POWER
SUPPLY



SHOWER

MENU

Aid Station	Naak Drinks	Naak Products	Hot Soup	Hot Food	Potatoes	Sarmies	Fruit	Sweets	Coke	Hot Drinks	Water
Herold Wines	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Trail Kiosk	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes

FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. For example hot food will not include all the below items but one of them at an indicated Aid Station. Menu may change due to availability.



Hot Food:

Either one of these will be available as 'Hot food' at aid stations;
Mince Jaffles, Cottage Pie, Wors, Sosaties, Pizza



Hot Soup:

Locally made Veggie Soup



Naak Products:

Will consist of bars and Waffles



Sarmies:

Marmite Sandwiches



Fruit:

Oranges or Bananas



Sweets:

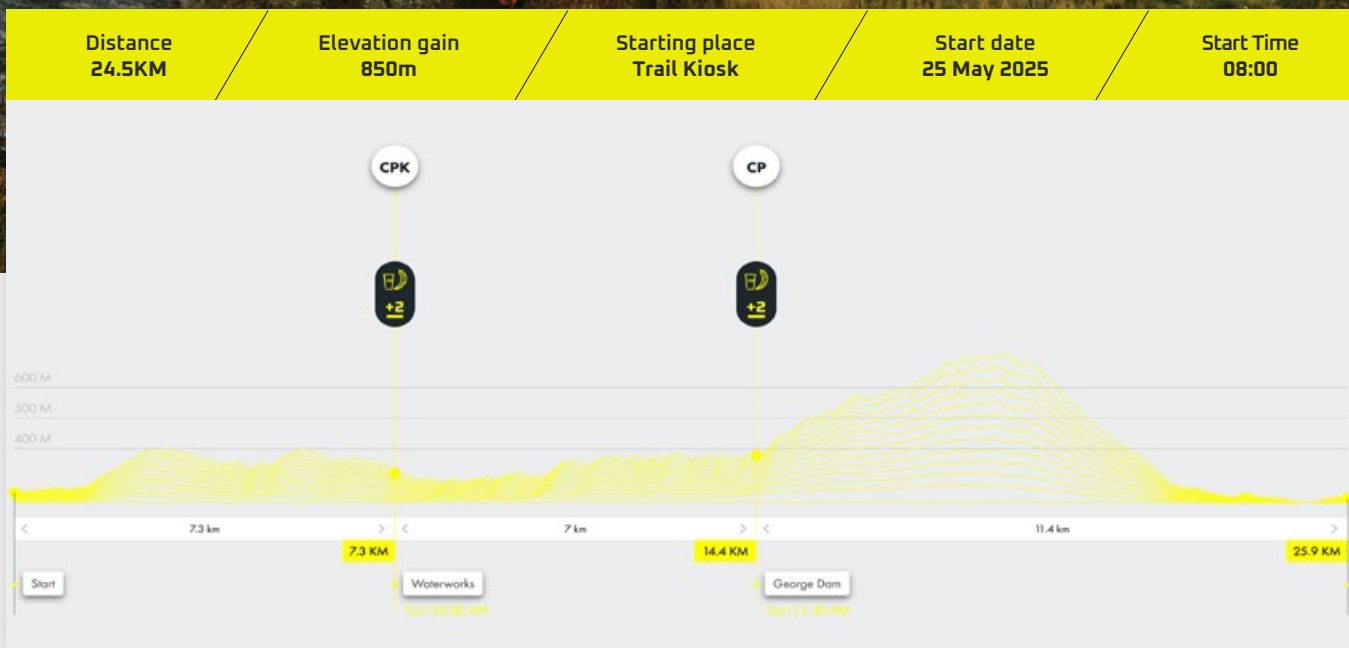
Marshmallows, Jelly Babies, Koeksisters

MUT CHALLENGE

A tough route through breathtaking indigenous forests, featuring a challenging climb to the 'Wall' and Tonnelbos, followed by winding lush forest trails.

RACE CATEGORY

20K / M



PRE - EVENT

Thursday: Join us for the special edition 5km GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories.

PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 17:00 on Friday.



Remote Start at Trail Kiosk, Van Riebeeck Gardens on Sunday

SCAN THE CODE



MUT CHALLENGE TIMETABLE



THURSDAY 22ND

Time	Location		What
13:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
17:00	Camphersdrift street		Special edition GTR Time Trial

FRIDAY 23RD

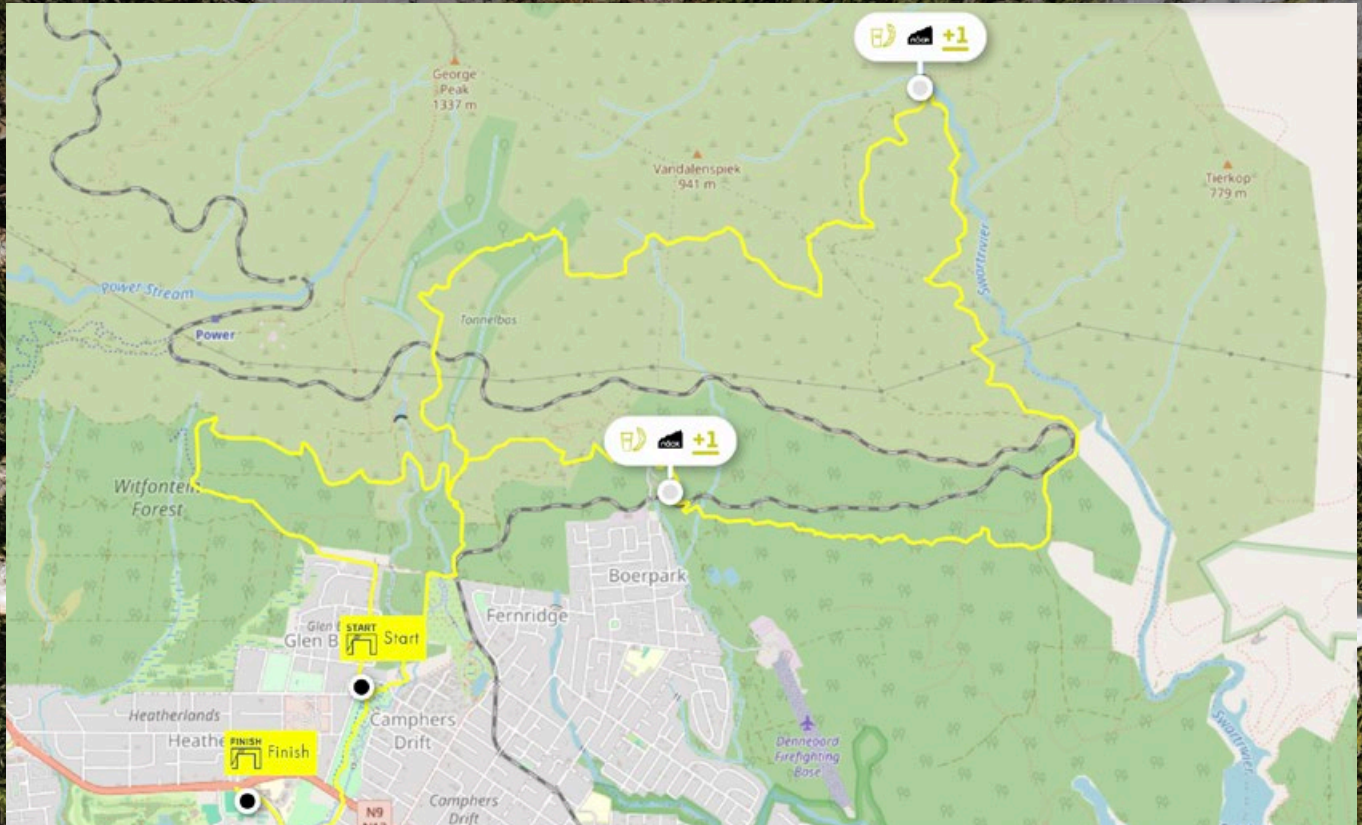
Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening ceremony
17:00	Outeniqua Stadium		Race Briefing

SUNDAY 25TH

Time	Location		What
07:30	Trial Kiosk		Arrival
08:00	Trail Kiosk		Race Start
14:00	Outeniqua Stadium		Race Cut Off
13:00	Outeniqua Stadium		Prize Giving



MUT CHALLENGE MAP



STARTING LINE



FINISH LINE



DRINK SUPPLY

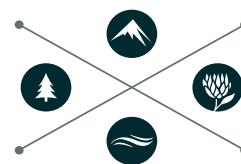


AID STATION



MEDICAL STATION

MUT CHALLENGE AID STATIONS & TIME CHARTS



Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	255	0	0	0	0	Sun 08:00 AM	Sun 08:00 AM	–	START
Water-works	319	7.3	7.4	272	208	Sun 08:26 AM	Sun 09:27 AM	Sun 10:00 AM	
George Dam	377	14.4	7	599	478	Sun 08:56 AM	Sun 11:05 AM	Sun 11:30 AM	
Finish	237	25.9	11.4	1066	1083	Sun 09:49 AM	Sun 02:00 PM	Sun 02:00 PM	FINISH

SUPPORT CREW AUTHORIZED

PROVISIONS

DRINK PROVISIONS

HOT MEAL

RESTING

MEDICAL CREW

DROP BAG

WC

NÄAK® PRODUCTS

POWER SUPPLY

SHOWER

MENU

Aid Station	Naak Drinks	Naak Products	Banana Bread	Date Balls	Potatoes	Sarmies	Fruit	Sweets	Hot Food / Drinks	Coke	Water
Water works	Yes	No	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes
Old George Dam	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes

FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. Menu may change due to availability.



Naak Products: Will consist of bars and Waffles



Fruit: Oranges or Bananas

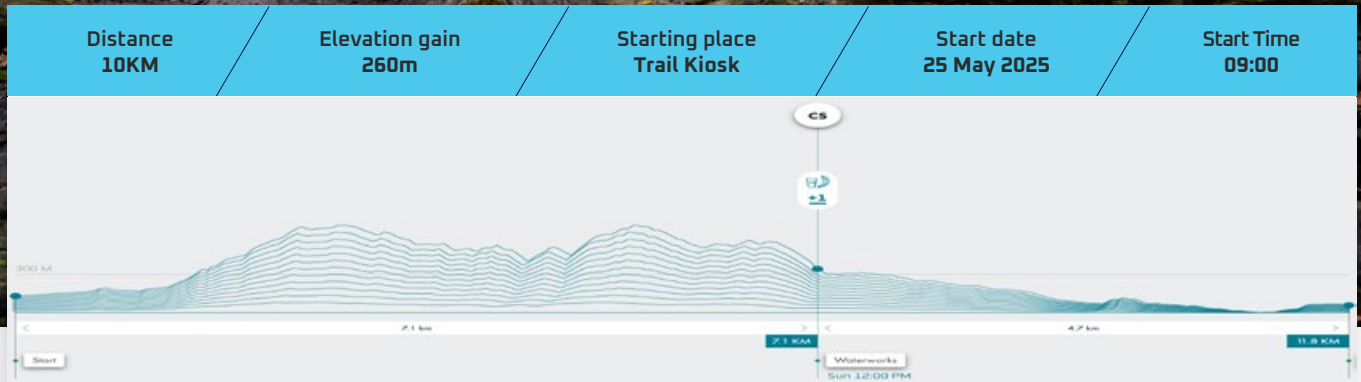
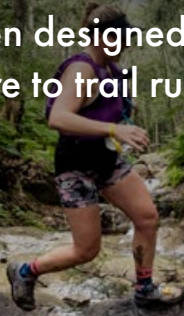


Sweets: Marshmallows, Jelly Babies, Koeksisters



MUT LITE - 10KM RACE

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



PRACTICAL INFO

The route is not an easy one and will challenge you up the mountain with a proper climb to the cross. It is important to still be self sufficient and carry your own hydration and sustenance during your run.

PRE-EVENT

Thursday: Join us for the special edition 5km GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

REGISTRATION / BIB COLLECTION

Race Registration: Thursday 13:00 - 20:00, Friday 10:00-20:00 and Saturday 09:00-12:00

AWARDS

The awards ceremony will be on Sunday, 13:00 - and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

GEAR CHECK

Gear check wont be done at Registration but you must carry your mandatory gear with you during the entire race – from start – to finish or you will be penalized. Race officials may perform systematic and/or random checks of your equipment at any time during the race.

ID

Please bring your ID for registration

SCAN THE CODE



PRACTICAL INFO



Hot or cold weather kit might be required for your run. This will be communicated during registration. No gear check will be done during Registration



Official Race Briefing will be 17:00 on Friday.



Remote Start at Trail Kiosk, Van Riebeeck Gardens on Sunday

EXPO - VILLAGE

COME AND DISCOVER WHAT'S NEW IN TRAIL RUNNING



WORLD SERIES PARTNERS



Näak was born in Canada with one mission: build the most efficient and sustainable fuel for endurance sports. It's all based in one radical idea. Long lasting energy powered by high quality and sustainable ingredients. Performance and sustainability. Or, as we call it, Ultra Energy™.

za.naak.com



Suunto GPS watches are designed for peak experiences, the adventures you'll remember forever.

Made in Finland with 100% renewable energy

www.suuntosouthafrica.co.za



Aonijie trail running gear is imported and distributed in South Africa by Outdoor Elements. We have a passion for outdoors and running and believe the Aonijie range offers an exceptional range of gear for any running enthusiast.

www.aonijie.info



Sustainable head and neckwear designed for any forecast.

www.buff.com

EXPO TIMES

Date	Time		Location
Thursday 22 May	13:00 - 20:00		Outentiqua Stadium
Friday 23 May	10:00 - 20:00		Outentiqua Stadium
Saturday 24 May	09:00 - 17:00		Outentiqua Stadium
Sunday 25 May	09:00 - 14:00		Outentiqua Stadium

EXPO EXHIBITORS



Engineered by athletes, loved by many. Onni has been crafted to not ride-up, slide down or cause any friction while moving. Choose maximum comfort, in underwear that moves with your body.

www.onni.co.za



Versus has spend countless hours perfecting their socks with continuous development and improvements in each new version they launch. Whether you're a cyclist, runner or just love training, they've got something for you

www.versussocks.com



Local outdoor supply store. MountCo strives to bring you the best gear and advice from their extensive knowledge base. Each product has their stamp of approval.

www.mountco.co.za



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



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

ABOUT US



COMMUNITY

Garden Route Trail Running (GTR) is a vibrant community of passionate runners, many of whom make up most of our volunteer base. What unites them is their shared love for the Outeniqua Mountains. This is what sets our volunteers apart – they aren't just ordinary volunteers, but passionate individuals with an understanding of the terrain, with respect and compassion for participants. Their commitment ensures that the MUT by UTMB is not only well supported but infused with the spirit of adventure!

GTR keep the spirit of trail running alive year-round by organizing weekly time trials in the forest. During

the December holidays, they offer a full calendar of social runs, some of these to raise funds to give back to the community and for maintenance of the trails.

Leading up to the event, they coordinate the recce runs for the MUT by UTMB and the special edition garden route trail run on the Thursday prior to the event.

GTR also plays a key role in maintaining the trails, ensuring that every route is in top condition for the MUT.

www.gtrtrails.run

FAMILY

The MUT by UTMB was founded by a nature-loving family with a passion for organizing exceptional events that highlight the breathtaking natural beauty of the region. With a lifetime of experience in event planning, having grown up immersed in the world of events, organizing comes naturally to them. This close-knit family team is at the heart of the MUT, ensuring each race is not just a challenge, but a celebration of the stunning landscapes and outdoor experiences that make the area so special. Their deep connection to nature and expertise in event management is what sets the MUT apart, making every race feel like a truly unique adventure.

VISIT US

Known as the heart of the Garden Route, George is a haven for nature lovers with endless opportunities to satisfy any adventurer's spirit. As the second-largest city in the Western Cape, George is home to around 300,000 residents. What makes George truly special is its close connection to nature, with the majestic Outeniqua Mountains towering over the town, lush indigenous forests, farmlands, rivers, and a pristine coastline all just outside your door. There's so much to explore here, and we warmly invite you to experience the magic of our beloved town.

www.visitgeorge.co.za

MUT
MOUNTAIN ULTRA TRAIL
BY UTMB
MUT 60
2023





VISIT US:

mut.utmb.world

FOLLOW US:



mut.utmb.world