

MEET YOUR EXTRAORDINARY

Race Regulations





Grindstone Trail Running Festival By UTMB 2025 RACE REGULATIONS

The Grindstone Trail Running Festival by UTMB is an event which offers four categories of race distances – 100 Mile, 100K, 50K, and 21K. The courses are within the George Washington National Forest, North River Ranger District. Created by Clark Zealand, the inaugural year of the event was 2008. The Grindstone Trail Running Festival by UTMB is hosted by the Natural Chimneys Park and supported by Augusta County, Virginia. Each distance takes place in one single stage, at each runner's own pace, and within a time limit.

100M CATEGORY

- Approximately 100miles and about 21,000ft of elevation gain, starts and finishes at the Natural Chimneys Park. The overall cut-off time for finishing is 36 hours.

100K CATEGORY

- Approximately 100km and about 11,000ft of elevation gain, starts and finishes at the Natural Chimneys Park. The overall cut-off time for finishing is 18 hours.

50K CATEGORY

- Approximately 50km and about 5,000ft of elevation gain, starts and finishes at the Natural Chimneys Park. The overall cut-off time for finishing is 9 hours.

Half-marathon (21K) CATEGORY

- Approximately 13.1miles and about 1,700ft of elevation gain, starts and finishes at the Natural Chimneys Park. The overall cut-off time for finishing is 6 hours.

RUNNER'S COMMITMENT

To participate in Grindstone Trail Running Festival by UTMB events, it is essential:

- To be completely aware of the length and difficulty of the event and to be adequately prepared for it.
- To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:
 - Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
 - Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
 - Aware that the organization's role is not to help a runner manage these problems.
 - Aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
 - To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

100 Mile: Mandatory Trail Stewardship

- A minimum of 8-hours of trail work is required for 100Mile entrants. Where possible, please volunteer locally for trail work. Trail work must be completed within the calendar year of the event and the self-certification form submitted by September 1.

SEMI-AUTONOMY / SELF-SUFFICIENCY

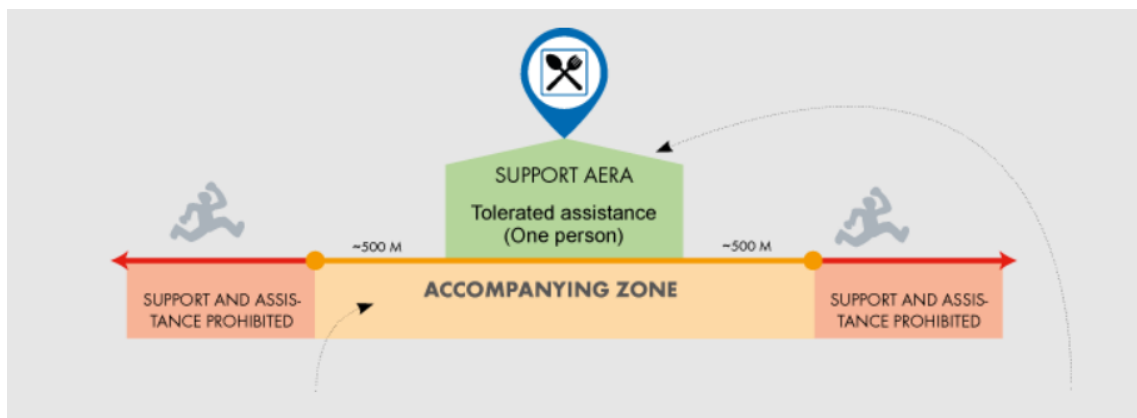
Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations. Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency principle implies the following rules:

1. Throughout the duration of the race each runner must have with them all their mandatory equipment. 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. For the 100Mile & 100k, a personal assistant (runner crew) is allowed at certain aid stations (*), in the area specifically reserved for this use and at the discretion of the aid station captain. Medical assistance given by a member of the runner's crew, is strictly forbidden, only small cares are allowed like massage and treating a blister as long as the runner remains seated on a chair and does have to lie. The rest of the aid station is strictly reserved for the runners.
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-zones. 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.

Note: A Safety Runner may be allowed under certain conditions approved by race management. These will be reviewed on a case-by-case basis. They will have to follow the runners regulations of the event.



5. Runners are not allowed to participate with a dog or any other animal, including service animals.

CREWING & SPECTATOR RULES AND REGULATIONS

1. Runner Crews & Spectators must adhere to all Crewing & Spectator Rules and Regulations. Failure to comply, may result in disqualification of the runner.
2. Parking is only allowed in designated areas.
3. Crew & Spectators must follow all city, county, and state laws while driving and parking.
4. Some Aid Stations will require a walk-in from the designated parking areas. Please have Crew & Spectators plan accordingly.
5. Dogs are highly discouraged from being brought to Crewing Locations and MUST always remain on a leash.
6. Crews are not allowed to access or interfere with the Aid Station and its operations.

7. Crewing is **ONLY** allowed in the designated areas within each of the Aid Station locations listed below. Runner Crewing is forbidden at all other Aid Stations, as well as at any other point of the race route.

(*) Runner Crewing is permitted at the following posts:

100 Mile:

- North River Gap Aid Station #5 & 14: Miles 32.4 & 91.8
- Dowells Draft Aid Station #7 & 11: Miles 45.6 & 71.9 (walk-in only)
- Camp Todd Aid Station #13: Mile 82.1
- Natural Chimneys Park - Finish

100K:

- North River Gap Aid Station #4 & 8: Miles 25.2 & 52.8
- Camp Todd Aid Station #7: Mile 43.1
- Natural Chimneys Park - Finish

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

50K & Half-marathon (21K): No assistance is allowed at any point throughout these races.

PACER RULES AND REGULATIONS

- Pacers are allowed in **only the 100-mile category**.
- Runners are responsible for the actions of their pacers.
- Pacer age requirement: Pacers must be a minimum of 18 years.
- All pacers must sign a release form and pick up one pacer bib at the race expo with their runner.
- Only one pacer per runner at any given time.
- Pacers can begin as early as Dowells Draft (outbound, Mile 45.6). If you are using more than one pacer, the 'pacer bib' must be transferred from one pacer to the next and only at crew accessible aid stations. Pacers must wear bibs at all times while on the course.
- Pacers must carry the mandatory 100-mile gear required (See Mandatory Equipment Checklist below).
- Pacers may utilize aid stations. Please use discretion at the aid stations, remembering that there are many runners on the course who are both thirsty and hungry. Preferably, pacers should plan to carry their own food/fluid and be self-sufficient.
- Pacers must remain with their runner entering and exiting aid stations. The pacer may aid in filling water bottles and obtaining food within the aid station.

Revision: 6/17/25

- No “muling”. Pacers may not carry nutrition, water, gear or other supplies for their runner.
- Pacers may not physically assist their runner in moving along the course unless it is an emergency.
- Pacers are not allowed drop bags.
- Pacers must follow all other race regulations.
- Any Pacer that does not follow the Pacer Rules and Regulations or is found not carrying the Mandatory Gear, risks disqualification or a penalty for their runner.

EQUIPMENT

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist (see below) and must carry all the equipment with them during the duration of the race even if the runner is not using it. Organized and/or random equipment checks will be carried out during the race. A penalty up to and including disqualification will be applied to runners who do not have all the mandatory equipment with them (see PENALTIES).

The “hot-weather” and the “cold-weather” kits are part of the recommended equipment. According to the weather conditions, the race organizer might require one of those two additional kits and inform each participant before the opening of the check-in.

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead, runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy precipitation, and snow and will be a better protection and allow better performances. It is important to pack all this equipment in a way that preserves it from rain/snow and keeps it dry when it needs to be used (for example, using waterproof plastic bags).

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. For the 100 Mile and 100K races, the mandatory gear must be carried in a running pack (backpack, vest, or waist pack) for the duration of the whole race.

If runners choose to take hiking poles with them, they must carry them for the entire duration of the race. It is forbidden to start without poles and get them during the course of the race. No poles are authorized in the spare (drop) bags.

100Mile: Equipment Checklist

Mandatory Gear:

- Running pack for carrying supplies for the duration of the race
- Pack can be a backpack, vest or waist/belt pack
- Mobile / Cell phone (smartphone strongly recommended)

Revision: 6/17/25

- Mobile / Cell phone with international roaming that works in the United States of America
- Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1 liter
- 2 working headlamps (torches) with spare cells/batteries for each headlamp. (Recommendation of 200 lumens or more for main headlamp)
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)
- Jacket with hood for bad weather in the mountains. The jacket must have an integrated hood or one which attached to the jacket by the original system designed for that purpose by the manufacturer
- Hat (beanie, cap, bandana, or Buff®)

Recommended Gear:

- 1 additional working headlamp (torch) with spare cells / batteries. (Recommendation of 200 lumens or more)
- Survival blanket of 1.40 m x 2 m / 55 inches x 80 inches minimum or survival bag
- Whistle
- Gloves
- ID Card / Passport

Other Recommended Gear:

(including, but not limited to)

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

Hot weather kit (may be required by the organization, depending on weather conditions)

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

Cold weather kit (may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- 2nd warm layer in addition to jacket recommendation
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)
- Warm hat
- Warm and water-proof gloves
- Waterproof overpants

*** 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)

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 checkpoints and when approaching and passing any Safety Team members.

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

100K: Equipment Checklist

Mandatory Gear:

- Running pack for carrying supplies for the duration of the race
 - Pack can be a backpack, vest or waist/belt pack
- Mobile / Cell phone (smartphone strongly recommended)
 - Mobile / Cell phone with international roaming that works in the United States of America
 - Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1 liter
- 1 working headlamps (torches) with spare cells/batteries for each headlamp. (Recommendation of 200 lumens or more for main headlamp)
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)
- Jacket with hood for bad weather in the mountains. The jacket must have an integrated hood or one which attached to the jacket by the original system designed for that purpose by the manufacturer
- Hat (beanie, cap, bandana, or Buff®)

Recommended Gear:

- Survival blanket of 1.40 m x 2 m / 55 inches x 80 inches minimum or survival bag
- Whistle
- Gloves
- ID Card / Passport

Other Recommended Gear:

(including, but not limited to)

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

Hot weather kit (may be required by the organization, depending on weather conditions)

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

Cold weather kit (may be required by the organization, depending on weather conditions)

- Protective eyewear ***

Revision: 6/17/25

- 2nd warm layer in addition to jacket recommendation
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)
- Warm hat
- Warm and water-proof gloves
- Waterproof overpants

*** 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)

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 checkpoints and when approaching and passing any Safety Team members.

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

50k: Equipment Checklist

Mandatory Gear:

- Mobile / Cell phone (smartphone strongly recommended)
 - Mobile / Cell phone with international roaming that works in the United States of America
 - Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1 liter
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)

Recommended Gear:

- Running pack for carrying supplies for the duration of the race
- Pack can be a backpack, vest or waist/belt pack
- 1 working headlamps (torches) with spare cells/batteries for each headlamp. (Recommendation of 200 lumens or more for main headlamp)
- Survival blanket of 1.40 m x 2 m / 55 inches x 80 inches minimum or survival bag
- Whistle
- Gloves
- ID Card / Passport
- Jacket with hood for bad weather in the mountains
- Hat (beanie, cap, bandana, or Buff®)

Other Recommended Gear:

(including, but not limited to)

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

Revision: 6/17/25

Hot weather kit (may be required by the organization, depending on weather conditions)

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

Cold weather kit (may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- 2nd warm layer in addition to jacket recommendation
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)
- Warm hat
- Warm and water-proof gloves
- Waterproof overpants

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 checkpoints and when approaching and passing any Safety Team members.

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

Half-marathon: Equipment Checklist

Mandatory Gear:

- Mobile / Cell phone (smartphone strongly recommended)
- Mobile / Cell phone with international roaming that works in the United States of America
- Each runner should save the organization's safety phone numbers
- Personal collapsible cup (15 cl / 5 oz minimum)
- Minimum water supply of 1/2 liter

Recommended Gear:

- Running pack for carrying supplies for the duration of the race
- Food reserve. (Recommendation of 800 kcal: 2 gels + 2 power bars each of 65 g)
- Pack can be a backpack, vest or waist/belt pack
- Whistle
- Gloves
- ID Card / Passport
- Jacket with hood for bad weather in the mountains
- Hat (beanie, cap, bandana, Buff®)

Other Recommended Gear:

(including, but not limited to)

- Spare warm clothing (essential in case of cold and rainy weather or in case of injury)
- Trekking poles
- GPS watch

Revision: 6/17/25

Hot weather kit (may be required by the organization, depending on weather conditions)

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

Cold weather kit (may be required by the organization, depending on weather conditions)

- Protective eyewear ***
- 2nd warm layer in addition to jacket recommendation
- Sturdy, closed-toe trail-running shoes (minimalist or ultralight shoes Not recommended)
- Warm hat
- Warm and water-proof gloves
- Waterproof overpants

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 checkpoints and when approaching and passing any Safety Team members.

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

RACE-BIBS

Race-bibs are handed over to each runner upon presentation of a valid ID with photo at Packet Pickup/Event Expo.

The race-bib must be always worn unobstructed, on the front of the body, and must remain completely visible during the entire race.

It must be worn front facing on person, always be placed on top of all clothing and must not be positioned on a pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access aid stations, medical points, rest rooms, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the bib is collected, and bib chip is deactivated.

DROP BAGS / SPARE BAGS

100M: Runners can drop them off at the start. Drop bag deadline is 4:00 PM on Friday, September 19, 2025.

100K: Runners can drop them off at the start. Drop bag deadline is 5:00 AM on Saturday, September 20, 2025.

50k & Half-marathon: There are no Drop Bags at any Aid Station for these distances.

Revision: 6/17/25

- All gear bags must be a reasonable size and weight. No large duffel bags, suitcases, or hard plastic bins. No overweight bags. The race organization has the right to refuse to transport any bag that is oversized or overweight.
- Drop Bags: There will be an area outside the race expo for your drop bags, arranged by aid station and race distance.
- All Drop Bags are required to have the information below printed on them. Failure to do, may result in the Drop Bag not being delivered, or being delivered to the wrong location:
 - Full Name
 - Bib Number
 - Aid Station of where the Drop Bag is to go
- **DO NOT** place glass bottles in your Drop Bag
- **PACERS** are not allowed to have Drop Bags. Any Pacer supplies must fit in the runners Drop Bag
- **How to get your bags after your event:** Drop Bags will be available, at the same drop-off location, for pick-up no later than **2 HOURS** after the completion of the race and until **SUNDAY AT 12:00 PM.** After that, drop bags are subject to charitable donation.
 - Race Management **CANNOT** guarantee that Drop Bags will be available prior to this time and will do their best to make them available as soon as possible
- Drop Bags can be collected by the runner, family member, or friend, only on the presentation of the Bib Number
- Drop Bags for runners that **DROP** out of the race **WILL NOT** be available any earlier
 - A runner that drops from the race may choose to drive to the Aid Station where the Drop Bag is located for retrieval
 - Please refer to and follow the CREWING & SPECTATOR RULES AND REGULATIONS section in this manual when picking up a Drop Bag
- The Race Organization reserves the right to not be responsible for the contents in any Drop Bag or Start/Finish Line Bag. It is highly recommended **TO NOT PUT ANY VALUABLE OR BREAKABLE ITEMS IN THE BAGS**

RESPECT FOR THE ENVIRONMENT

When registering for one of the UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular:

Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers...). Trash/rubbish bins are available at each aid station and they must be used. The race stewards will be checking all along the race route.

All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste to the next bin.

All runners must follow the paths as they are way-marked, without short-cutting them. Actually, short cutting a path causes erosion thus damaging the site.

No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. This is to reduce plastic waste by runners, as well as by the volunteers of the UTMB®. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

AID STATIONS

Along the race route, there are points where runners are provided food and drinks. Aid stations supply drinks and food for consuming within the aid stations. The organization supplies still water and electrolyte/sports drink for filling the mandatory water bottles/hydration packs and personal collapsible cups. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

For further information concerning aid stations, visit the page “aid stations” on the race website.

To enter the aid stations, runners must wear their race-bib. The runner guide and the relevant pages on our website provide full list of aid stations and what kind of food/drinks runners may find there.

TIMING POINTS

Runner chips are scanned upon arrival at certain Aid Stations and at some timing points along the course. Unexpected check points may be set up along the route. Their location will not be publicized.

COURSE-MARKING

Course markings will consist of ribbons (marking tape), arrows, ground flags, and signage.

100Mile: The 100mile course will be marked with pink ribbons and where night running may occur, reflective ribbons are also used to catch light from the runner's headlamp.

100k: The 100k course will be marked with white ribbons and where night running may occur, reflective ribbons are also used to catch light from the runner's headlamp.

50k: The 50k course will be marked with orange ribbons.

Half-marathon (21K): The half-marathon course will be marked with yellow ribbons.

WARNING: if you can't see any way markers, turn back!

Because we respect the environment, we do not use any paint on the trails.

SAFETY AND MEDICAL ASSISTANCE

There are several medical stations along the route as well as the Finish Line. These stations are directly linked to the command center. There is medical staff at the command center or on the course during the events.

Medical Staff and Stations are intended to assist any runner in need of medical assistance. It is up to a runner in need of assistance or injured to call for the help:

- By going to a Medical Station or seeing a Medical Staff at the nearest Aid Station
- By calling the command center (phone number should be saved in mobile/cellphone)
- By asking another runner to call for help
- By using the SOS function on the LiveTrail app (if applicable).

Runners must provide assistance to any person in danger and alert the command center and/or Medical Staff.

If a runner is unable to call the command center, and only if it is an absolute emergency, runners may call directly one of the national emergency services (especially if you are crossing an area where only emergency calls are possible): local emergency number will be specified on the race guide. (In the US the emergency services number is 911).

A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

Revision: 6/17/25

All medical, paramedical, first aid, as well as any person appointed by the race direction are able to:

- Remove any participant who is deemed unable to continue the event
- Demand any competitor to use any item of the mandatory equipment
- Evacuate any runners deemed to be in danger
- Refer runners to the most appropriate care facility

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agrees to accept their decisions. If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race. There is a medical center at the finish area available for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of care available. Runners must stay on the marked path, even when they sleep.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

TIME LIMIT AND CUT-OFF TIMES

The overall cut-off time for finishing each race is:

- 100Mile: 36hrs 00mins
- 100K: 18hrs 00mins
- 50k: 9hrs 00mins
- Half-marathon (21K): 6hrs 00mins

You may find the time limit (cut-off times) for leaving the main aid stations on the event web site and in the Runner's Guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced by the Race Organizers and Aid Station personnel.

Cut-off times are calculated to allow participants to reach the finish within the time limit. **In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time** (whatever their time of arrival at the check point).

The Race Organization reserves the right to remove a runner from the course and their bib, if the Race Organization determines there is no possibility of an athlete finishing before the listed cut-off times based on the runner's location, time and average pace up to that point.

Any runner arriving into an Aid Station after the cut-off time or failing to leave the aid station before the cut-off time will be considered a Drop and their bib will be removed. **THERE ARE NO EXCEPTIONS.** For permitting reasons, and the continuation of the event, the safety of all runners, volunteers, safety personnel and race staff, the cut-off times and rules must be honored and respected for all UTMB events.

Runners who have withdrawn from the race are under their own responsibility and are no longer supported by the race organizer. It is strongly advised for any withdrawn runner to be transported back to the finish line by the offered race transportation or their personal crew.

Time limit and cut off times are specified on the event website.

DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw the race must do so only at an Aid Station. They must inform the person responsible for the point/aid station or report their withdrawal via the LiveTrail app (if applicable) or inform the race command center (race HQ). If a runner wishes to withdraw while on the route between two checkpoints, they must reach the nearest checkpoint where they must report their withdrawal.

If a runner wishes to withdraw while on the route between two Aid Stations, they must reach the nearest Aid Station where they must report their withdrawal. They must inform the Aid Station Captain who will inform the command center.

Repatriation works as follow:

- Vehicles operated by the race organization are available at aid stations to take runners who drop out back to finish line. Please be patient if not immediately available.
- Runners are allowed to be picked up by their crew or spectators at designated crew-accessible aid stations only. A list of crew-accessible aid stations is listed on the website and in the Runner Guide.
- No runner shall depart from an aid station after withdrawing if their bib has not been surrendered to Race Management.
- In the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.
- Runners who abandon at any inaccessible aid station but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest accessible aid station.

FINISH LINE

When a runner finishes the race, they will receive the finisher's award.
Finishers will have access to food, hydration and medical attention if needed.

REST

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

Revision: 6/17/25

RANKING AND AWARDS

For each race, there is an overall ranking - men and women - and an age category ranking - men and women - (see below further details for each category).

Events : the first five (5) men and the first five (5) women in the general ranking, as well as the first runner man and women in each category receive a trophy.

Awards and trophies are only distributed at the prize giving ceremony. It's mandatory to be present in order to receive them.

Results for all participants are available at www.utmbworld.com.

Age categories
16-17
18-19
20-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80-84
85+

PENALTIES

If a runner breaks the rules, Race Management (Race Directors, Marshalls, Aid Station Team leaders) has the authority to assess a time penalty or disqualify a runner.

Time penalties are immediately applicable on the spot, meaning the runner must “stand down” for the duration of the penalty time. The runner’s time will not be stopped while the penalty is being served. 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.

In case of a disqualification the runner is not entitled to get refunded of the entry fee

Revision: 6/17/25

ANTI-DOPING POLICY

By registering to UTMB's events, all athletes agree to be bound by the UTMB's AntiDoping Rules and acknowledge the jurisdiction of UTMB in enforcing these rules. Athletes understand that adherence to the UTMB Anti-Doping Rules is essential to maintaining the integrity, fairness, and spirit of competition in the sport of trail running.

Athletes further acknowledge and agree to:

- (a) be bound by and comply with all of the provisions of the UTMB Anti-Doping Rules (as amended from time to time), the World Anti-Doping Code and the International Standards issued by the World Anti-Doping Agency (WADA);
- (b) be subject to the authority of UTMB to enforce, to manage results under, and to impose sanctions in accordance with, the UTMB Anti-Doping Rules;
- (c) be subject to in-competition and out-of-competition doping control testing if selected by UTMB or relevant anti-doping authorities;
- (d) provide accurate and up-to-date whereabouts information and make themselves available for testing if so required;
- (e) refrain from using banned substances or engaging in prohibited methods as outlined in the UTMB Anti-Doping Rules and the WADA Prohibited List;
- (f) be personally responsible for understanding what constitutes a violation of the Anti-Doping Rules. Athlete also commit to monitor and ensure their own compliance with the UTMB Anti-Doping Rules, noting that certain medications, supplements, common beverages, and other legally available products may contain prohibited substances;
- (g) consent to the collection, analysis and storage of urine, blood or other samples for anti-doping purposes, and acknowledge that the results thereof may be disclosed to relevant parties and the public in accordance with the UTMB Anti-Doping Rules;
- (h) cooperate fully with UTMB and anti-doping authorities in any investigations or proceedings related to anti-doping rule violations;
- (i) acknowledge the processing of their personal data by UTMB and its delegated third parties (including the International Testing Agency) in accordance with UTMB privacy notice;
- (j) be subject to the jurisdiction of the UTMB Anti-Doping Rules, agreeing that any dispute arising out of a decision made pursuant to the UTMB Anti-Doping Rules, after exhaustion of the process expressly provided for in the UTMB Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the UTMB Anti-Doping Rules to an appellate body for final and binding arbitration;
- (k) accept the consequences and sanctions imposed by UTMB or relevant anti-doping authorities in the event of an anti-doping rule violation, including disqualification from UTMB events and potential suspension from future participation;
- (l) refrain from participating in any capacity in any UTMB Event during a period of Ineligibility or Provisional Suspension.

By completing the registration process, athletes confirm their understanding and agreement to be bound by the UTMB Anti-Doping Rules.

COMPLAINTS/PROTESTS

Any complaint regarding the rankings must be submitted to the organization by email within two hours after the runner's arrival. Any other complaint must be submitted to the organization by email within 10 days after the end of the event.

EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

- Postpone the start of the race
- Modify the cut-off times
- Change the start date
- Adapt the race's course
- Cancel the race
- Stop temporarily the race
- Stop the race in progress

If a race is cancelled or if the event needs to be modified (e.g. one or more races need to be cancelled), for any reason beyond the control of Race Management there are no refunds.

If a race is cancelled less than 30 days before the start or if a race in progress is interrupted, for any reason beyond the control of Race Management, entry fees will not be refunded.

RIGHT FOR IMAGES

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organizers and their partners for the use of their image. Only the organization can transfer this right for images to any media, via an accreditation or relevant license. Ultra-Trail®, Ultra-Trail du Mont-Blanc®, UTMB®, Grindstone Trail Running Festival by UTMB® are legally registered trademarks. All communication about the event or the use of images from the event must respect the name of the event, the registered trademarks and have official approval from the organization.

