

# GUÍA DEL CORREDOR



20  
25

# RUNNER'S GUIDE

01 - 03 . AGO . 2025





Anno Artigas

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## QUITO TRAIL BY UTMB – 2DA EDICIÓN

Welcome back to Quito Trail by UTMB!

The first edition left a lasting impression on us. Not only because of the excitement of seeing so many runners fulfill a dream, but also because of the collective strength generated among communities, runners, volunteers, institutions, suppliers, and allies. Together, we built something powerful. This race wasn't just a goal achieved: it was the beginning of a purpose that grows with more energy and conviction.

Today, with that same energy and even more lessons learned, we welcome you to this second edition. Once again, we invite you to explore the routes that cross part of the beautiful Chocó Andino Biosphere Reserve, to feel the immensity of the Andes, and to follow in Humboldt's footsteps along the iconic Avenue of Volcanoes until you reach the Historic Center of Quito.

Each of the five distances has been designed to surprise you. This race is an invitation to discover, challenge yourselves, and enjoy. Don't forget to thank and let yourselves be infected by the energy of the volunteers who will be there to cheer you on every step of the way.

We have prepared this guide with all the information you need for your final preparation. We wish you a great race, that you enjoy every moment, and that this experience brings you even closer to the essence of trail running.

Welcome back to Ecuador! - Welcome to the center of the world!

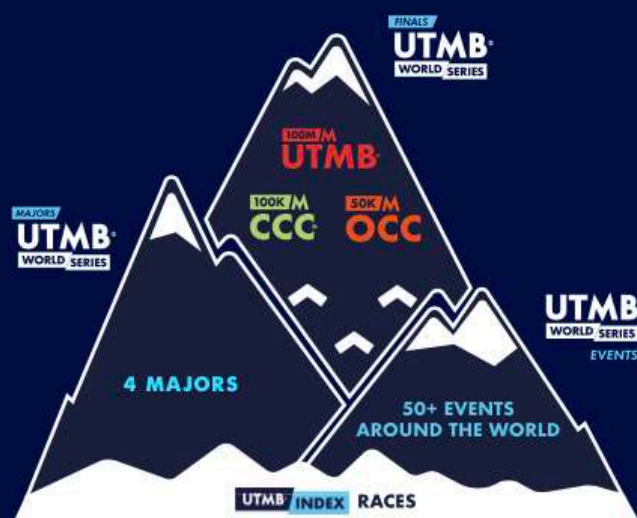
Quito Trail by UTMB Team



## MEET YOUR EXTRAORDINARY

Uniting trail runners, elites, and amateurs, through the main international events in the most stunning locations on the planet.

The UTMB® World Series offers all trail runners the opportunity to experience the UTMB® adventure in different parts of the world, discovering new cultures and sharing routes as they begin their journey towards the UTMB® World Series Finals, the HOKA UTMB® Mont-Blanc.



### FINALS

The mythical HOKA UTMB Mont-Blanc is the most well-known and revered trail running race on the planet.

In the heart of the Alps, the prestigious UTMB World Series Finals consist of 3 categories: The OCC (50K), CCC® (100K), and the UTMB® (100M), which are held annually at the end of August in Chamonix, France.

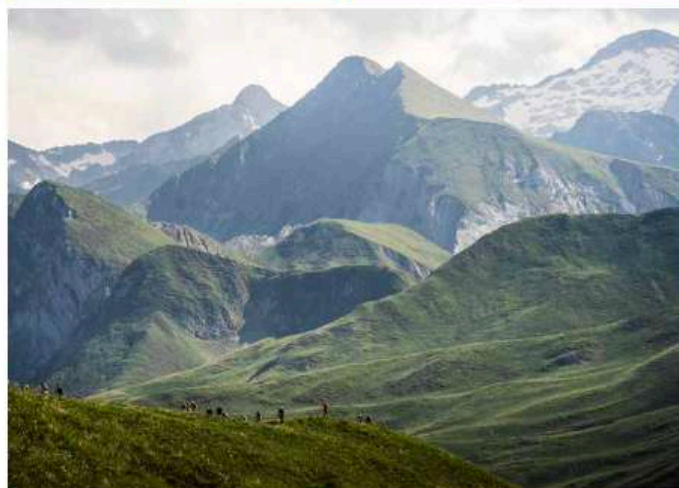
### MAJORS

Four UTMB World Series Majors are held each year in America, Europe, Asia-Pacific, and Oceania. Earn double the Running Stones compared to other UTMB World Series events for the UTMB World Series Finals lottery.

A total of 210 runners automatically qualify for the UTMB World Series Finals. Four UTMB World Series Majors are held each year in America, Europe, Asia-Pacific, and Oceania. Earn double the Running Stones compared to other UTMB World Series events for the UTMB World Series Finals lottery.

### EVENTS

Experience the UTMB closer to home, built with a passion for mountains and sustainability as their foundation. The UTMB World Series Events offer all trail runners the opportunity to experience the UTMB adventure while discovering the incredible and unique aspects that each race offers them in over 50 events spread across the world.







## RUNNING STONES:

### INCREASE YOUR CHANCES TO ACCESS THE UTMB WORLD SERIES FINALS

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

- ✓ Running Stones are cumulative and never expire, so you can collect as many as you want over time.
- ✓ You will only need 1 Running Stone obtained in the last 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, collect your Running Stones, and unlock the path to the UTMB World Series Finals!

## UTMB INDEX

### YOUR PASSPORT TO ENJOY TRAIL RUNNING

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

#### IT IS ESSENTIAL FOR:

- **Participating in the UTMB World Series Finals lottery** (with at least 1 Running Stone).
- **Defining your starting wave** to ensure the best race experience.
- **Exclusive race access:** You benefit from a 48-hour priority registration for UTMB World Series events. Some **100K and 100M** events require a valid UTMB Index for safety or to participate in the pre-registration lottery.

#### HOW IT WORKS:

- Your UTMB Index is based on your **5 best race results** (valuing performance and recency) in the last 36 months. At least **1 valid result** in the last **24 months** is required to have a valid UTMB Index.
- With over **6,000 races worldwide**, there are many opportunities to increase your UTMB Index.

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

Check it at **UTMB.WORLD**



### CREATE YOUR MY UTMB® ACCOUNT

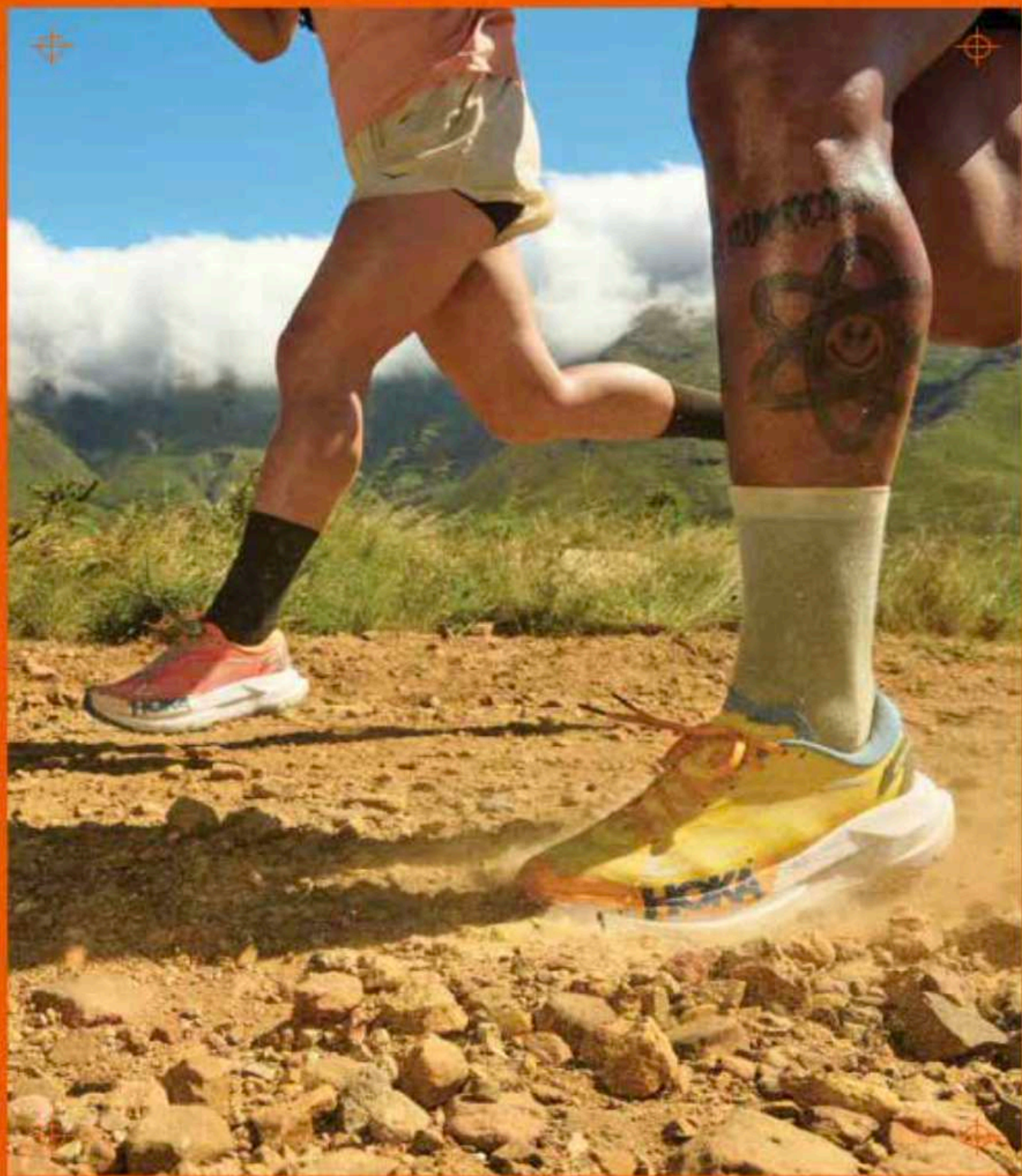
Manage everything in one place:

- Check your Running Stones and your UTMB® Index.
- Review your race results and performance statistics.
- Consult registrations for upcoming races.
- Share your achievements with your friends.

**START YOUR JOURNEY AT UTMB.WORLD**



# MAFATEX



## FAR OUT

CONQUER MORE WILD MILES WITH  
IMPACT-ABSORBING MAX CUSHION  
AND A PROPULSIVE CARBON PLATE.



**CUSHION=CONFIDENCE**  
MAX CUSHION™ COMFORT  
REGULATES HEAT AND MOISTURE  
FOR A COOLER, DRIER FEEL.



**CARBON=CONTROL**  
PROPULSIVE CARBON PLATE  
REDUCES THE WEIGHT OF THE  
FOOT BY 1.5%.



**VIBRAM=ADAPTABILITY**  
VIBRAM® MECHANICAL GRIP  
ADAPTS TO THE TERRAIN AND  
GIVES YOU THE FEEL OF A  
TRAIL SHOE.



# HOKA











NEW  
SUUNTO X  
UTMB WORLD SERIES  
Limited Edition

Adventure  
starts  
here










  
SUUNTO



## FRIDAY AUGUST 1ST

TIME	EVENT	LOCATION
09:00 - 20:00	 Bib pickup Oso 80k, Nutria 50K, Quinde 20K	Convento San Francisco de Quito
09:00 - 20:00	 Drop Bag Reception for 80K Runners	Convento San Francisco de Quito
09:00 - 20:00	    Official Store Quito Trail by UTMB	Convento San Francisco de Quito
12:00 - 13:00	 Opening Ceremony	Plaza San Francisco de Quito
13:00 - 13:30	 Elite runners presentation	Plaza San Francisco de Quito

## SATURDAY AUGUST 2ND

TIME	EVENT	LOCATION
00:30 - 01:30	 Drop Bag Reception for 80K Runners	Polideportivo de Mindo
01:30 - 02:00	 Pre-Start Gear Check	Polideportivo de Mindo
02:00	 START OSO 80K (Mindo)	Polideportivo de Mindo
04:30 - 05:30	 Drop Bag Reception for 20K Runners	Casa Somos, Parque Central de Lloa
06:00	 First wave Quinde 20K	Parque Central de Lloa
06:15	 Second wave Quinde 20K	Parque Central de Lloa
06:30	 Third wave Quinde 20K	Parque Central de Lloa
05:30 - 06:30	 Drop Bag Reception for 50K Runners	Casa Somos, Parque Central de Lloa
07:00	 START NUTRIA 80K (Lloa)	Parque Central de Lloa





Ecuatraveling, the transportation operator for the Quito Trail by UTMB® start lines, will receive reservations until **July 21st** for all starting locations. You can contact them at **+593959641843**.










# SCHEDULE

## SATURDAY AUGUST 2ND

TIME	EVENT	LOCATION
09:00 - 17:00	 Bib pickup TUCAN 30k and Humboldt 8k	Convento San Francisco de Quito
09:00 - 17:00	 Official Store Quito Trail by UTMB	Convento San Francisco de Quito
09:00 - 17:00	 <b>VILLAGE</b> Expo QUITO TRAIL by UTMB	Convento San Francisco de Quito
07:45	Estimated First Male* Arrival - Quinde 20K	Plaza San Francisco de Quito
08:00	Estimated First Female* Arrival - Quinde 20K	Plaza San Francisco de Quito
10:30	Estimated First Male* Arrival - OSO 80K	Plaza San Francisco de Quito
12:00	Estimated First Male* Arrival - NUTRIA 50K	Plaza San Francisco de Quito
13:30	Estimated First Female* Arrival - OSO 80K	Plaza San Francisco de Quito
13:30	Estimated First Female* Arrival - NUTRIA 50K	Plaza San Francisco de Quito

## SUNDAY AUGUST 3RD

TIME	EVENT	LOCATION
05:30 - 06:30	Finisher bag collection for 8K runners	Teleférico
07:00	 First wave Humboldt 8K	Teleférico
07:15	 Second wave Humboldt 8K	Teleférico
07:30	 Third wave Humboldt 8K	Teleférico
03:30 - 04:30	 Finisher bag collection for 30K runners	Casa Somos, Parque Central de Lloa
05:00	 Start Tucán 30K (Lloa)	Parque Central de Lloa
07:45	Estimated First Male* Arrival - Humboldt 8K	Plaza San Francisco de Quito
07:55	Estimated First Female* Arrival - Humboldt 8K	Plaza San Francisco de Quito
07:50	Estimated First Male* Arrival - TUCAN 30K	Plaza San Francisco de Quito
08:30	Estimated First Female* Arrival - TUCAN 30K	Plaza San Francisco de Quito
11:30 - 12:30	 Awards Ceremony for all distances	Plaza San Francisco de Quito
12:30 - 13:30	 Closing Ceremony	Plaza San Francisco de Quito





El mejor banco **para ti**



Descubre  
por qué debes  
cambiarte  
de Banco  
hoy mismo



LATINFINANCE  
BANK OF THE  
YEAR 2024



Banco  
Guayaquil





# HOKA

FLY HUMAN FLY™



ENCUÉNTRALOS DE VENTA EN

**EXPLORER**





SOMOS PERSONAS QUE CREEMOS FIRMEMENTE QUE, DESDE NUESTRAS TRINCHERAS, CADA ACCIÓN GENERA UN CAMBIO SIGNIFICATIVO EN LA VIDA DE QUIENES MÁS LO NECESITAN.

# YO CORRO CON PROPÓSITO

DESPUÉS DE RETIRAR TU DORSAL, DEJA TU DONACIÓN EN NUESTRO STAND

## NECESITAMOS DONACIONES DE:



LENTEJA



ATÚN



AVENA



ARROZ



FIDEOS



MÁCHICA



ZAPÁTOS



CHOMPAS



**BANDERAS  
BLANCAS**



# ¡JUNTOS POR UN CENTRO MÁS LINDO!



**Este año, además de correr, tienes la oportunidad de dejar huella en las calles del Centro Histórico.**

Desde el proyecto **De Vuelta al Centro**, junto con artistas y vecinos, crearemos murales comunitarios que transformen el barrio El Placer, llenando de vida, color y alegría.

## ¿COMÓ PUEDES APOYARNOS?

Con un aporte voluntario **de al menos 5 dólares**



## Dona a través de la cuenta de la AEI:

**Razón Social:** Corporación para el Emprendimiento y la Innovación

**RUC:** 1792425085001

**Banco:** Banco del Pichincha

**Cuenta Corriente:** 2100132198

Puedes enviar el comprobante a:

[gerenteadfi@aei.network](mailto:gerenteadfi@aei.network) | [adfi@aei.network](mailto:adfi@aei.network)

**“JUNTOS HACEMOS FLORECER  
EL CENTRO”**







## 1. REGISTRATION CODE VALIDATION (CHECK-IN)

Only the registered runner may pick up their runner's kit. They must present the confirmation code and an official identification for the purpose of verifying that the runner picking up the runner's kit is the one who will participate.



## 2. BIB NUMBER HANDOUT

Will be delivered:

- Bib number
- Finisher bag
- Drop bag (80k OSO only)



## 3. WELCOME KIT

We will give you the kit which includes the event t-shirt (size you previously requested when registering), finisher bag, and sponsor product.



## 4. OFFICIAL PHOTO (LANZA)

Our photography provider Lanza will offer photography services to all runner. Your registration photo will be free; remember to stop by the Lanza stand to get your picture taken.



## 5. YOUR DONATIONS ARE PART OF THE CHANGE

Reception of donations of food and equipment that will be allocated to the communities through which the race passes, thanks to the management of Juntos por Ecuador.



@juntosporcuador.ec



# TRANSPORTATION TO STARTING POINTS

**ECUATRAVELING** facilitates event preparation and helps runners perform at their best by organizing their travel, accommodation, and logistics. Additionally, it offers options for friends and family.

It provides exclusive access to ideal hotels, as well as a range of services tailored to the needs of runners, which include:


- Hotel bookings
- Airport pick-up and round-trip transfers
- Shuttle service to race starting points
- Travel management before and after the race
- Trips to different tourist areas of the country before and after the race
- Specialized tours for acclimatization and discovering ideal places for running


**BOOK** your transportation to the 20K, 30K, 50K, and 80K starting points until July 21. The organization does not plan to provide an additional transportation service to the starting lines for each distance.




**SHOKZ**

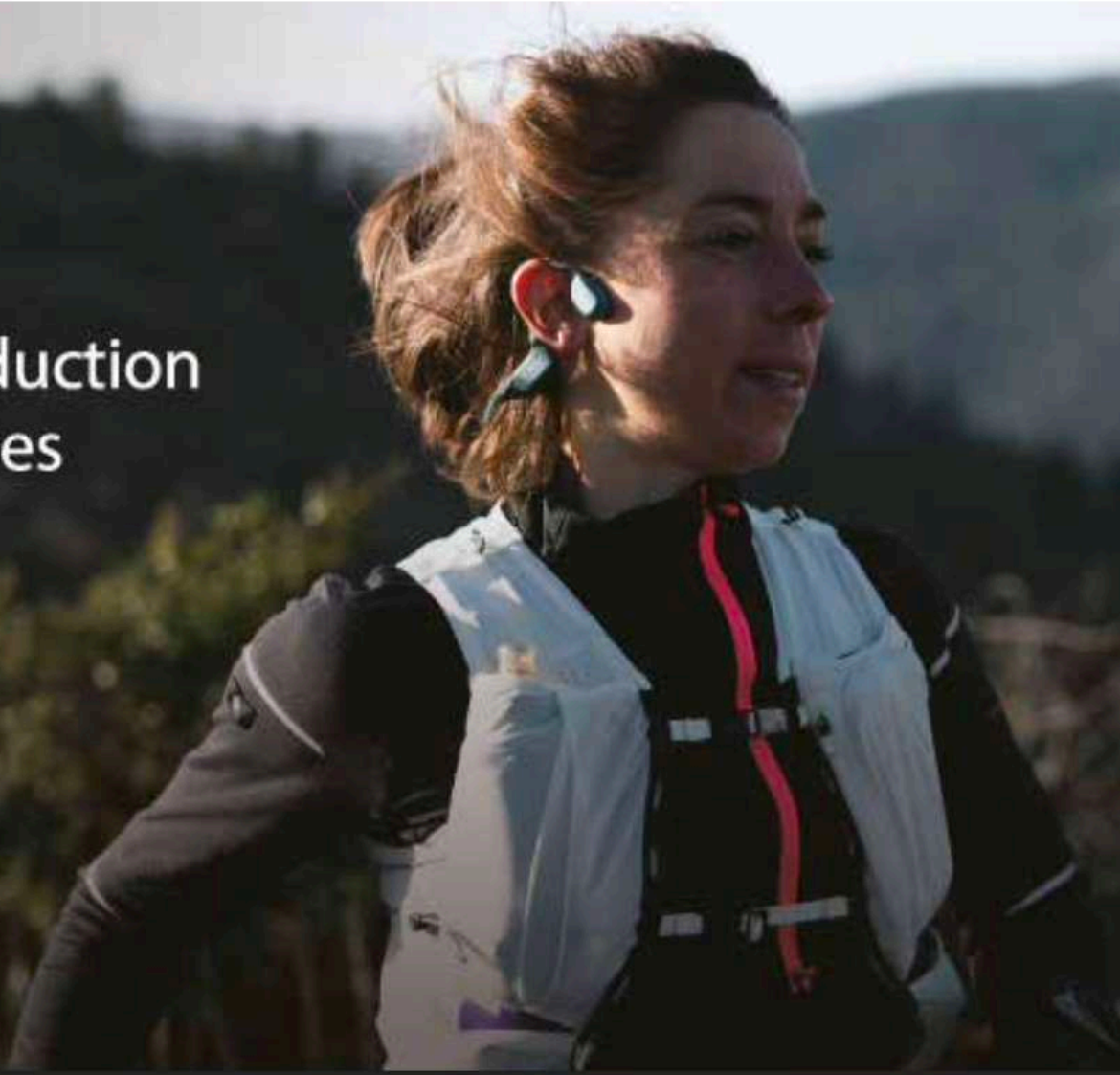
## Open-Ear Bone Conduction Headphones

 Situational Awareness

 Open-Ear Comfort

 IP68 Water Resistant

 Up to 10 Hours battery life





# Recorre Pichincha



destino de  
**colores**



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 www.pichincha.gob.ec

**PICHINCHA  
INVENCIBLE**



**PREFECTURA DE  
PICHINCHA**





# Quito

[visitquito.ec](http://visitquito.ec)







**Destino Quito.  
Majestuosos Andes,  
esplendor colonial, una  
ciudad moderna y el  
centro del mundo.**

Quito está en el pleno corazón de los Andes, bendecida por un clima primaveral los 365 días del año, rodeada de fabulosos paisajes y prodigiosas montañas dominadas por una naturaleza imponente.

Declarada Primer Patrimonio de la Humanidad por UNESCO en 1978, la ciudad más linda del mundo tiene el Centro Histórico mejor preservado de América.



**DESCARGA GRATIS**



[www.visitquito.ec](http://www.visitquito.ec)

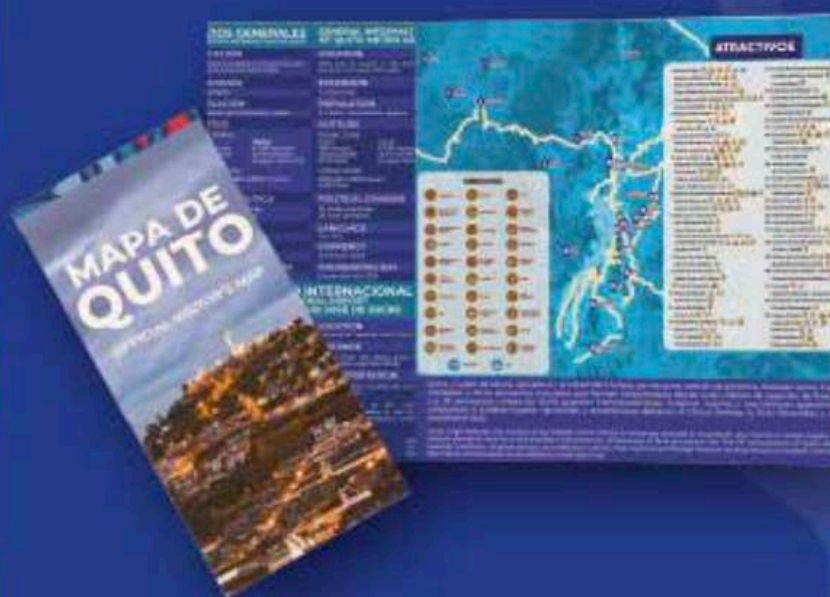
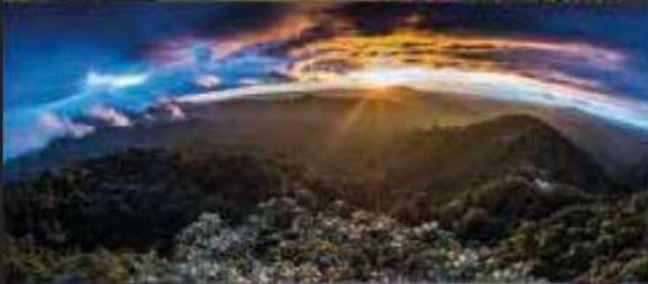






# Quito

visitquito.ec



DESCARGA AQUÍ  
EL MAPA DIGITAL  
DE QUITO





## ULTRA TRAIL QUITO RACE INFORMATION

### HISTORIC CENTER BUREAU MEMBERS

NÚMERO	LOGO	NOMBRE	UBICACIÓN	HORARIO DE ATENCIÓN	COSTO APROX. POR PERSONA	WEB CONTACTO
1		PIZZA SA	Pasaje Espejo entre Guayaquil y Flores (frente al teatro)	11h00 a 23h00	\$ 8 usd	<a href="http://www.pizzasa.com">www.pizzasa.com</a> 593 98-311-0474
2		HASTA LA VUELTA SEÑOR	Pasaje Arzobispal 3er. piso	11h30 a 22h00	\$ 20 usd	<a href="http://www.hastalavuelta.com">www.hastalavuelta.com</a> 593 98-266-7954
3		SOMBREROS LÓPEZ	Calle García Moreno N1-42 y Bolívar C.C. La Manzana	Lunes a Sábado 10h00 a 18h00	desde \$ 15 usd	<a href="http://www.sombreroslopez.com">www.sombreroslopez.com</a> 593 99-862-9928
4		MISKY FOOD	MUSEO DE LA CIUDAD García Moreno y Rocafuerte	09h00 a 18h00	desde \$ 10 usd	593 99-270-2529
5		SIN CULPA RESTAURANTE	Venezuela N5-41 y Chile Pasaje Arzobispal	09h00 a 20h00	\$ 10 usd	<a href="http://www.sinculparestaurante.com">www.sinculparestaurante.com</a> 593 99-556-5300
6		SAN IGNACIO RESTAURANTE	García Moreno N2-60 y Sucre "Casa Ma. Augusta Urrutia"	07h00 a 22h00	\$ 15 usd	facebook e Instagram San Ignacio Restaurant 593 98-396-1158
7		LA CAPILLA RESTAURANTE	Benalcázar N2-76 y Sucre, frente a la Iglesia de San Francisco junto a la parada del Metro	Lunes a Viernes 09h30 a 19h30 Sábado y Domingo 09h30 a 22h00	\$ 20 usd	593 93-912-0606
8		MARQUESA ROOFTOP	Bolívar Oe3-18 y Guayaquil 3er piso Hotel Real Audiencia	Viernes y Sábado 11h00 a 20h30 Domingo 11h00 -18h00	\$ 15 usd	<a href="http://www.realaudiencia.com">www.realaudiencia.com</a> 593 98-711-1515
9		COMMUNITY HOSTEL	Pedro Fermín Cevallos N6-78 y Olmedo	de 7h30 a 22h30	Hospedaje desde \$ 15 usd Comida desde \$ 10 usd	<a href="http://www.communityhostel.com">www.communityhostel.com</a> 593 98-041-1437
10		QUITO TOUR BUS	Calle Benalcázar frente a la Iglesia de San Francisco	de 9h30 a 17h30	Adultos: \$ 10 usd Niños: \$ 5 usd	<a href="http://www.quitotourbus.com">www.quitotourbus.com</a>
11		BENALCAZAR RESTAURANTE	Guayaquil N4-66 y Chile	de 8h30 a 17h00	\$ 6 usd	<a href="http://www.restaurantebenalcazar.com">www.restaurantebenalcazar.com</a>

#### MEMORABLE ROUTES WALKING TOURS OF THE COLONIAL OLD TOWN

HORARIO: de 10h30 a 14h30

<https://quitotourbus.com/buro-centro-historico-tour>

CONTACTO: Juan Carlos Sánchez 593 99-567-7917



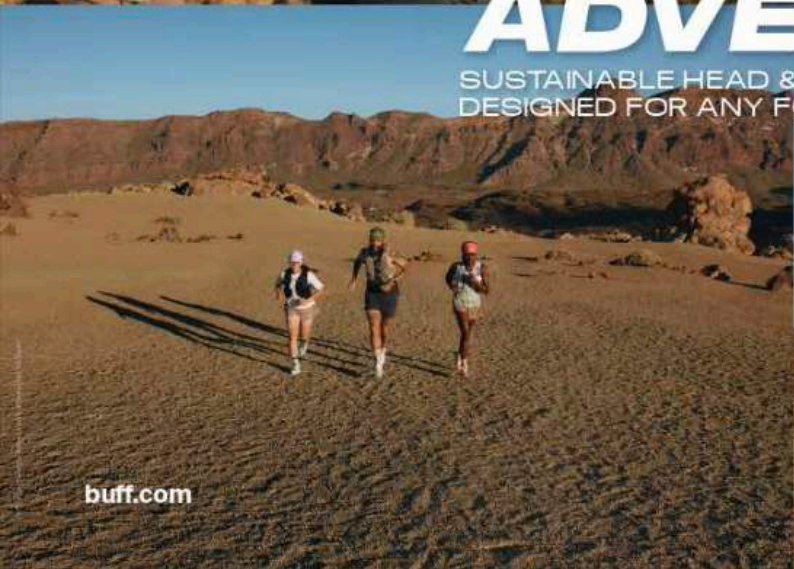


# AONIJIE RUNNING



**FOR EVERY  
ADVENTURE**

SUSTAINABLE HEAD & NECKWEAR  
DESIGNED FOR ANY FORECAST

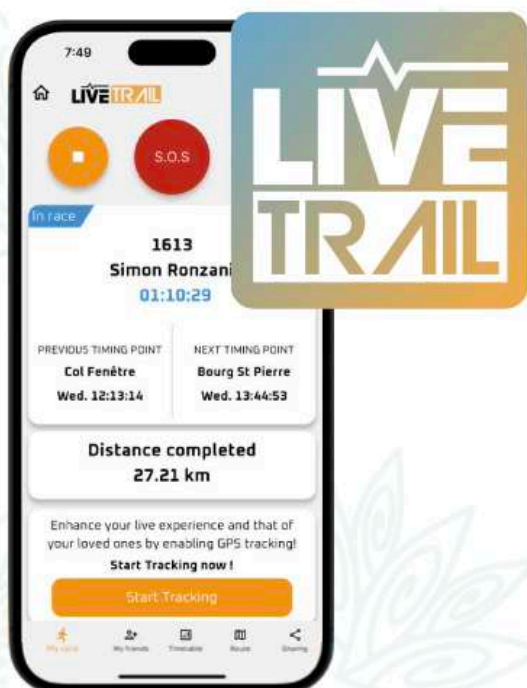




# RUNNER TRACKING



## Live Trail



It is an application that provides real-time race tracking information (tracking of registered runners). In case of an emergency and depending on network connectivity in the area, the application allows sending a text message as an alert and the runner's GPS location directly to the organization's Control Center, which offers greater precision to our on-route support team. Please note that an alert message does not substitute a direct call to the Organizing Committee if necessary. The GSM network is limited and intermittent at some points along the route; however, the checkpoints on the route will have communication with the Organizing Committee's Control Center. Carrying a cell phone is mandatory; in case of having a foreign number, international roaming must be activated during the race, and the battery must be fully charged before starting the race. Runners who remain on the route for more than 15 hours are recommended to carry an external power bank for charging.

Please ensure that the emergency number you provided during registration belongs to a person who could be alerted in case of a problem. Very important: To improve your assistance in case of any incident, please verify that you have entered the mobile phone number you will be carrying on race day in your runner's profile on the Live Trail application. You will be able to modify this number until just before the start of the competition. It is mandatory not to abandon another runner who is alone and in trouble during the race.

## DOWNLOAD THE APP

ANDROID



IOS



## Check points

During the race, you will find a checkpoint at each aid station.

Your passage will be recorded with:

- Electronic timing mats
- Handheld electronic scanner
- Manual registration

**Passing through checkpoints is mandatory, even if you do not use the aid station.**





## Dropping Out and Returning to the Finish Line

Unless injured, a runner can only drop out at a checkpoint. They must inform the checkpoint supervisor there. In this case, their bib number will be marked as "DNF."

If a participant decides to drop out between two checkpoints, they must reach the nearest checkpoint to report their withdrawal.

The participant must keep their bib number as a pass to access the organization's transportation, meals, medical services, etc.

Return to the finish line works as follows:

- Transportation will be available at some aid stations to take runners who drop out back to Quito, Mindo, or Lloa, depending on the drop-out point.
- Runners who drop out at any other aid station, checkpoint, or aid/security point accessible by car or 4x4, but whose health condition does not require immediate evacuation, must follow the race staff's instructions for evacuation.
- In case of adverse weather conditions that warrant a partial or total stop of the race, the organization will ensure all runners are transported as soon as possible.



## Intermediate Cut-off Times and Runner Repatriation

The departure times for vans or buses for repatriation will depend on the number of runners and the current weather. The waiting time to be repatriated to the finish line may vary depending on how many runners are still expected to reach the cut-off point and how quickly spaces on the different transports fill up.





# RUNNER TRACKING



## Maximum Authorized Time

The time limit to finish each race is:

- **OSO**: 20 Hours
- **NUTRIA**: 13 Hours
- **TUCÁN**: 8.5 Hours
- **QUINDE**: 5 Hours
- **HUMBOLDT**: 3 Hours

\*Cut-off times are calculated based on the official race start time. You can find the time limits (cut-off hours) for leaving the main aid stations on our website and in this document. In case of changes, new cut-off times will be announced via email and at aid points.

Cut-off times are calculated to allow participants to reach the finish line within the time limit.

**To be authorized to continue in the race, all participants must leave the checkpoint / aid station before the cut-off time (regardless of their arrival time at the checkpoint).**

All runners who drop out, are stopped by the organization, or are outside the official time barriers are not permitted to continue the race. Their bib number will be neutralized, and they will be transported back to the event area by the organization's transport.

Race	Day	Time	Cutoff	Repatriation Route
80 K	2 - ago	5:00	Puente Rio Cinto	Puente Rio Cinto > Mindo > Quito
80 K	2 - ago	11:30	Las Palmas	Las Palmas > Quito
80 K	2 - ago	18:40	Fan Zone Garzón	Fan Zone > Quito
80 K	2 - ago	20:50	Cruz Loma	Cruz Loma > Quito
50 K	2 - ago	16:45	Fan Zone Garzón	Fan Zone > Quito
50 K	2 - ago	19:00	Cruz Loma	Cruz Loma > Quito
30 K	3 - ago	10:00	Fan Zone Garzón	Fan Zone > Quito
30 K	3 - ago	12:30	Cruz Loma	Cruz Loma > Quito
20 K	2 - ago	10:30	Cruz Loma	Cruz Loma > Quito







**Friday, August 1st, from 09:00 to 20:00**

**Saturday, August 2nd, from 09:00 to 17:00**

The Trail festival comes alive at Quito Trail by UTMB!

**YOU HAVE TO BE THERE!**

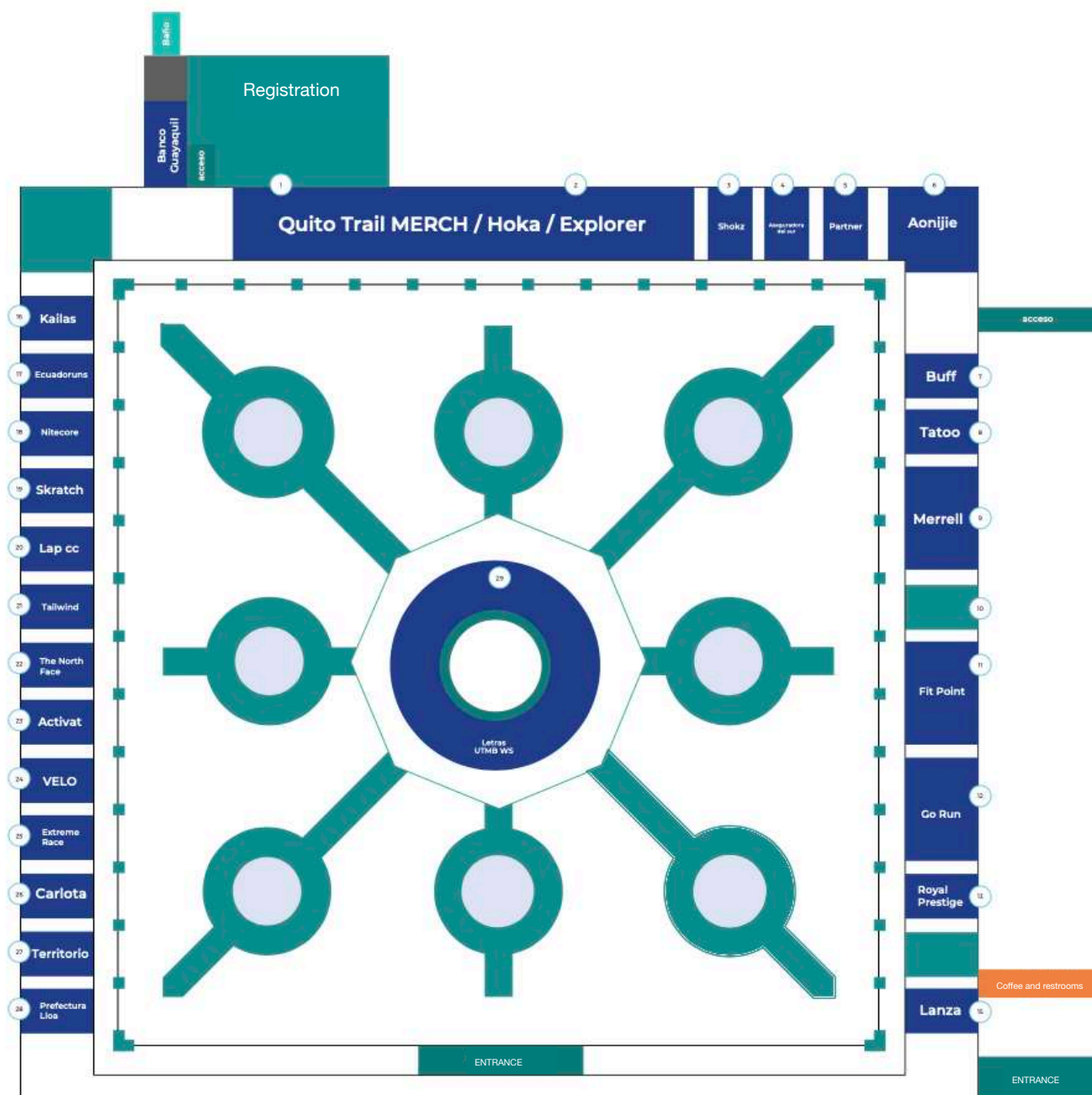
We will have:

- More than 20 exhibiting brands specialized in trail running
- Bib and runner's kit pickup
- Official Quito Trail by UTMB Merch store
- Collection of food and equipment donations, which will be distributed to the communities along the race route thanks to the efforts of Juntos por Ecuador





# CONVENTO SAN FRANCISCO





# SEMI-AUTONOMY DURING THE RACE

The principle of individual semi-autonomy is the rule. The distances of QUITO TRAIL by UTMB® 2025 take place in a single stage, at an undefined pace, within the maximum time limits specified for each distance. Participants must be prepared to carry their own liquids, food, and equipment (including clothing for adverse weather conditions) between aid stations. External assistance is not permitted in this race. Participants must also be prepared, within the route's safety guidelines, to face adverse or changing conditions.

This principle specifically implies the following rules:

1. Each runner must carry all of their mandatory gear (see MANDATORY GEAR section) for the entire race. Gear must be transported in a pack (or similar), which cannot be swapped during the race. Throughout the race, race marshals may inspect the pack (or similar) and its contents. Runners must politely submit to these checks or face disqualification.
2. Aid stations provide drinks and food for on-site consumption. The organization only supplies water or energy drinks to refill water bottles or hydration packs. Runners must ensure they have enough drinks and food when leaving each aid station to reach the next one. For slower runners, the longest stretches without drinks could be over 4 hours during the 80K OSO race.
3. For the 80K OSO race, one reusable bag with a maximum volume of 20 liters, containing gear selected by the runner, is permitted. This bag must be given to the organization on registration day. These bags will only be transported to the assigned aid station by the race organization.
4. Assistance from a professional team, or any medical or paramedical personnel not affiliated with the organization, is strictly prohibited. Aid stations are strictly reserved for runners. No outside assistance is permitted on any section of the race course.
5. Being accompanied by or accompanying a person not registered in the race on any part of the course is prohibited. Participants are not permitted to run with dogs or any other animals, including service animals.
6. Any participant who accepts being accompanied violates the principle of semi-autonomy. Race officials who witness irregularities are authorized to penalize participants to ensure the spirit of trail running events.
7. There will be no aid stations with personal assistance.

**Outside assistance is prohibited at all aid stations, as well as at any other point along the race course.**

**OSO 80K / NUTRIA 50K / TUCÁN 30K / QUINDE 20K / HUMBOLDT 8K:**

It is NOT allowed to receive assistance at any point of the race.



**PACERS NOT PERMITTED  
IN ANY DISTANCE**



# SAFETY AND MEDICAL ASSISTANCE

There are various aid points along the course. These points are connected by radio or phone to the Race Control Center (CC). A medical team will be at the Control Center (CC) or on the course throughout the race.

Aid points are intended to provide assistance to anyone in distress using the organization's or public resources.

It is the responsibility of each participant in difficulty to request help by:

- Reporting to the next control point
- **Calling the Race Control Center (CC) at TEL +593 93 918 3500**
- Asking another participant to request help
- Using the SOS function of the Live Trail application
- Cell signal coverage is limited on the route

All participants must assist anyone in difficulty and notify the Race Control Center (CC).

In case it is impossible to contact the Race Control Center (CC), you can call emergency services directly (particularly in areas where only emergency calls are possible) by dialing **911**.

**Events of all kinds, related to the environment and the race, may justify a delay in assistance. During the wait, your safety depends on the quality of the products you carry in your pack. The participant will rely on their own resources to ensure their safety.**

## Claims

Any claim involving a change in classification must be sent by email to [info@quitotrail.com](mailto:info@quitotrail.com) within 24 hours after the event's conclusion.

Other types of claims must be made by email within a maximum of 10 days after the race.

Any complaint or disagreement related to registration (e.g., a runner not selected in the lottery) or in relation to the sporting management of the race and its rules (e.g., if a runner abandons the race) are not valid arguments to be considered as a claim.

In case of disqualification, the runner is not entitled to a refund of registration fees.

## Exceptional Conditions

If circumstances require it, the organization reserves the right to modify at any time the course, start times, cut-off times, location of aid stations and aid points, and any other aspect related to the proper development of the races.

In case of force majeure, very unfavorable weather conditions, or any other circumstance that may affect the safety of participants, the organization reserves the right to:

- Modify the start time.
- Modify the cut-off times.
- Modify the start date.
- Modify the routes, even shortening their distance.
- Cancel the event.
- Neutralize the event.
- Stop the ongoing event.





## FAN ZONES

This is the best place for family and friends to see runners pass by. Remember, no assistance is permitted at any point during the race, but cheering with all your might is highly encouraged :)

### 📍 Hacienda Garzón



#### Distance for each category:

- **80K Oso:** 64 km
- **50K Nutria:** 39 km
- **30K Tucán:** 17 km
- **20K Quinde:** 7 km

**Contact:** +593 99 488 1282

Leaving Lloa back towards Quito, at 2.6 kilometers along the paved road, at the sharp curve, turn left onto a dirt road. Continue until you reach a "T" shaped junction and take the left path to **Hacienda Garzón**.

It takes about 10 minutes by car. Check the **Live Trail app** for the passage through Chirincho and estimate approximately 30 minutes to 1 hour 30 minutes after that point for the passage through Hacienda Garzón. At Hacienda Garzón, parking, food, and beverages will be offered to companions going to the **Fan Zone**.



To participate in the Quito Trail By UTMB® 2025 event, you must:

- Be fully aware of the race's length and specific nature, and be perfectly prepared to participate.
- Have acquired, prior to the race, a genuine capacity for **personal autonomy in the mountains**, enabling you to manage problems inherent to this type of event, primarily:
- Knowing how to cope, without outside help, with very difficult weather conditions due to altitude, night, wind, cold, fog, rain, or snow.
- Knowing how to manage, even when isolated, physical or mental problems resulting from extreme fatigue, digestive issues, muscle and/or joint pain, minor injuries, etc.
- Being fully aware that the organization's role is **not to help a runner manage these problems**.
- Being fully aware that, for a mountain activity of this type, **safety primarily depends on the runner's ability to adapt** to foreseeable or unpredictable problems.
- To inform and educate your companions about respecting nature, other people, and the race regulations.

## EQUIPMENT AND MANDATORY GEAR



To ensure the safety and smooth running of each event, every participant must have the complete list of mandatory gear detailed below at their disposal. You must carry all mandatory gear, whether in use or not, with you throughout the entire race.

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









It's important to note that the equipment required by the organization is a vital minimum that every runner must adapt based on their own capabilities. In particular, it's better not to choose the lightest possible garments to save a few grams, but rather to opt for garments that genuinely provide good protection in the mountains against cold, wind, and humidity, thus offering greater safety and better performance.

**Use of Poles:** Any participant who decides to carry poles must transport them during the entire race, from start to finish. It is forbidden to start without poles and acquire and use them during the race, nor is it permitted to start with poles and leave them along the route. Poles will not be accepted in drop bags.

At the finish line, there will be a mandatory gear check for the top 10 men and women in each distance, along with random checks for the rest of the participants.

















## LIST OF MANDATORY AND RECOMMENDED GEAR

ITEM	DESCRIPTION	100K M 82K OSO	50K M 47K NUTRIA	50K M 31K TUCAN	20K M 17K QUINDE	7K HUMBOLDT
	<b>BACKPACK OR VEST</b> Gear destined to the transportation of the mandatory gear during the race	YES	YES	YES	YES (Running belt is allowed)	YES (Running belt is allowed)
	<b>HYDRATION SYSTEM</b> Minimum water reserve. Due to weather conditions, at the exit of some aid stations you may be required to leave with 100% of the water capacity.	YES (1.5 lts. Minimum)	YES (1.5 lts. Minimum)	YES (1 lts. Minimum)	YES (1 lts. Minimum)	YES (500 ml Minimum)
	<b>CELLPHONE</b> Cellphone with international roaming that allows its use in Ecuador (save the security numbers of the organization, do not encrypt your number and don't forget to fully charge your battery) We recommend to have the Live Trail App A power bank is recommended.  All runners must make sure to have installed and functioning the LIVE TRAIL App that allows real time tracking and communication with the organization.	YES	YES	YES	YES	YES
	<b>COLLAPSIBLE PERSONAL CUP</b> Minimum capacity 150 ml (bottles, or bottles with lids are not accepted)	YES	YES	YES	YES	YES
	<b>HEADLAMP</b> In good working condition with spare batteries for each headlamp (Recommendation: 200 lumens)	YES (1 headlamp)	YES (1 headlamp)	YES (1 headlamp)		
	<b>WHISTLE</b> To use in case of emergency	YES	YES	YES	YES	YES
	<b>THERMAL SURVIVAL BLANKET</b> 1.40 m x 2 m minimum	YES	YES	YES	YES	YES
	<b>IDENTIFICATION DOCUMENT</b> IT CAN BE A COPY	YES	YES	YES	YES	YES



# LIST OF MANDATORY AND RECOMMENDED GEAR

	<b>CASH USD</b> For any type of contingency.	YES	YES	YES	YES	YES
	<b>SELF ADHERING ELASTIC BANDAGE</b> For bandaging or stepping	YES	YES	YES	YES	RECOMMENDED
	<b>FOOD RESERVE</b> According to personal race day nutrition plan.	YES (800kcal: 2 gels + 2 energy bars)	YES (800kcal: 2 gels + 2 energy bars)	YES (400kcal: 1 gel + 1 energy bar)	YES (400kcal: 1 gel + 1 energy bar)	RECOMMENDED
	<b>HAT, BANDANA OR BUFF</b>	YES	YES	YES	YES	YES
	<b>LEG PROTECTION</b> Long pants, race leggings or a combination of long socks that cover the legs completely. 3"	YES	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>ARM PROTECTION</b> Long sleeve shirt or a combination of short sleeve t-shirt and sleeves that cover the arms completely. 3"	YES	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>HOODED JACKET</b> Jacket with hood that resist the bad weather in the mountains, waterproof and breathable. (Check jacket recommendations) 2"	YES	YES	YES	YES (In the event of bad weather)	YES (In the event of bad weather)
	<b>DISH AND CUTLERY</b> Will not be provided at Aid Stations	YES	RECOMMENDED			
	<b>POLES</b> Ideal for technical terrains, slippery or uphill. 4"	HIGHLY RECOMMENDED	HIGHLY RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>GPS WATCH</b>	HIGHLY RECOMMENDED	HIGHLY RECOMMENDED	HIGHLY RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>OTHER</b> Vaseline or anti-chafing cream, insect repellent.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>SUNGLASSES</b>	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>KNIFE OR SCISSORS</b> To cut elastic bandages	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>EMERGENCY SEWING KIT</b>	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED



## LIST OF MANDATORY AND RECOMMENDED GEAR

	<b>PERSONAL MEDICATION</b> In case of prescription.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>RUNNING GAITERS</b> Protective gear. (It is not mandatory to wear the during the whole race)	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
	<b>SPARE CLOTHING</b> Recommended for protection from cold, indispensable in hot or humid/rainy weather.	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED	

### NOTES

#### JACKET RECOMMENDATIONS

- The jacket must, imperatively, be equipped with an integrated hood or one that is attached to the jacket using the original system designed for that purpose by the manufacturer.
- Seams must be sealed.
- The jacket must not have sections of fabric that are not waterproof. Manufacturer-installed vents (under the arm, on the back) are acceptable, as they do not significantly compromise waterproofing.
- It is the runner's responsibility to judge, using these criteria, if their jacket complies with the stated regulations and if it's suitable for bad weather in the mountains; however, during a check, the final decision rests with the checkpoint supervisor.

All clothing must be the correct size for the competitor and not have been modified in any way after leaving the factory.

#### Poles

- If you choose to carry poles, it's for the entire duration of the race, from start to finish.
- It's forbidden to start without poles and pick them up during the race.
- Poles are not allowed in drop bags.

## WEATHER PROTOCOL

According to the regulations, the final list could vary based on the weather conditions for race day. This will be published 12 hours before kit pickup begins.



# INFORMATION FOR INTERNATIONAL RUNNERS

## Yellow Fever Vaccine (Mandatory)

As of May 12, 2025, Ecuador requires all travelers arriving directly from Colombia, Peru, Bolivia, or Brazil, or who have spent more than 10 days in any of those countries (including in transit), to present an international Yellow Fever vaccination certificate.

## Customs Registration Form (FRA)

All travelers or crew members entering or leaving Ecuador must mandatorily present the Customs Registration Form (FRA) starting Tuesday, July 29, 2025.

With this measure, the National Customs Service of Ecuador (Senae) aims to strengthen control, prevent crimes, and protect Ecuador's economy.

How to access the form:

To fill it out, follow these steps:



1. Go to the [Senae website](#) and select the 'Servicio al ciudadano' (Citizen Services) and 'Para viajeros' (For Travelers) options; or access the document directly via the link provided: <https://ow.ly/woLk50WikZ0>
2. Username and password: You must log in with your identification details. If you don't yet have a username or password, you'll need to create them.
3. Log in and fill out the form. The document is available in Spanish or English.

It's recommended to fill it out three days before your departure and entry date to Ecuador.

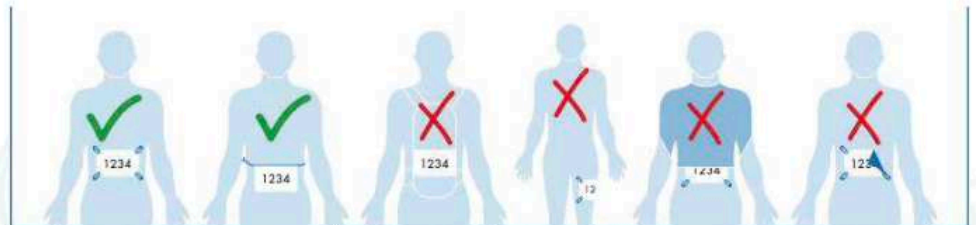
The form will request personal data and details of your travel itinerary. Additionally, you'll be required to declare if you're transporting cash, jewelry, documents, or other goods exceeding 10,000 USD or its equivalent in other currencies.



Bib numbers are distributed individually to each runner upon presentation of:

- A photo ID or passport.
- Your registration reservation code.

The bib number must be worn on the front, on the chest or stomach, and must be completely and permanently visible throughout the entire race.



The runner's printed name and the distance logo must not be modified or hidden.

Manipulation or alteration of the bib number by participants is prohibited.

## FINISHER BAG

### Finisher Bags / Bolsas de Meta

- 80K OSO, 50K NUTRIA, 30K TUCÁN, 20K QUINDE & 8K HUMBOLDT
- At bib pickup, each participant receives a reusable finisher bag (approximately 20 liters). The finisher bag must be dropped off in the assigned area near the start line and collected at the finish line after the race.
- This is a free and optional service. However, the organization will not accept any other type of bag or luggage at the start.

How to Get Your Finisher Bag at the Finish Line:

- Bags will be returned to the runner, a family member, or a friend only upon presentation of the bib number at an area assigned by the organization in Plaza San Francisco, within the Drop Bag and Finish Bag Zone. Bags must be picked up on Saturday from 10:00 to 22:00 and Sunday from 8:00 to 14:00. After this time, the runner must personally collect their bag from a location defined by the organization until August 30, 2025.
- The organization will transport the bags of runners who drop out to the finish line area in Quito, provided their withdrawal is officially registered.
- Due to logistical factors, the organization cannot guarantee that all bags will arrive in Quito before the end of the race.
- Only bags supplied by the organization and properly labeled will be transported.
- Poles are not permitted in these bags.

Remember that nature lends us its environment to enjoy the landscapes and explore its trails. We appreciate your support in respecting the local flora and fauna and caring for the environment by depositing trash only in designated areas at aid stations.

Here are some tips to enhance your experience:

## Mosquitoes

- You might encounter various mosquito species along the route.
- Preventative measures include: Using **environmentally friendly insect repellent**.
- Wear a **Buff® or balaclava** in areas where you detect mosquitoes.
- Mosquitoes are commonly found in humid areas or near water, such as rivers or puddles.

## Dogs

When passing through populated areas, you might encounter dogs.

- We recommend **not making movements that could frighten them**, such as crouching over them or reaching your hand over their head. These points are important to prevent a dog bite.
- If a dog growls or shows its teeth: **Never run away** as this will encourage it to chase you. Stay still, without turning your back or looking directly into its eyes; **do not move your arms or shout**.
- When the dog sees you are not a threat, it will lose interest, and you can slowly move away without changing your demeanor.
- In Ecuador, we have the "imaginary stone" technique: a method used by some people to deter aggressive or bothersome dogs without resorting to violence. It consists of simulating picking up a stone: Without bending down too much, make the gesture of inclining as if you were going to pick up a stone from the ground. Then, make the motion of throwing the stone, even if you have nothing in your hand. This gesture is often enough for many dogs to feel threatened and move away.

## CLIMATE

- The **80K OSO** race will start in a warm and humid climate within the cloud forest of the Chocó Andino. This will change significantly as you ascend to higher altitudes, where you may encounter cold, humidity, and rain.
- The **50K, 30K, 20K, and 8K** distances will experience a temperate to cold climate in the mornings, which can become hot around midday.
- Winds at this time of year can be very strong and significantly lower the perceived temperature.
- Ecuador is known for having a climate that can change very rapidly, and all runners should be prepared for **drastic temperature changes and unexpected rain**.

Ultraviolet (UV) radiation can be very strong and harmful on clear days in the Andes. Using **sunscreen** is very important to prevent sunburn.



# MARKING

The marking for the Quito Trail by UTMB will be located along the entire course, with **orange** being the official color to identify signage across all distances. For better night visibility, reference markers are equipped with a **reflective material** that reflects headlamp light.

**ATTENTION: if you don't see any markers, turn back!**

The materials to be used will be:

## **DIRECTIONAL ARROW SIGNS AT JUNCTIONS:**

These signs will be located only at major junctions, indicating the direction to follow. The sign will be white with an orange arrow.



## **GROUND MARKINGS WITH WHITE GRAVEL:**

Arrows will be marked on the ground only at major junctions of drivable roads, indicating the direction to follow. At these same junctions, an "X" and a line will be marked on the ground on the path **NOT** to be followed.

**ORANGE FLAGS AND MARKING TAPES:** Flags and tapes will be placed approximately every 200m along the entire course. Additionally, two of these markers will be placed at junctions to reinforce these points. Depending on the terrain, tapes and flags will be alternated. Tapes will be tied to tree branches or posts at eye level for runners, and flags will be staked into the ground, approximately 90 cm high.



**REFLECTIVE FLAGS:** These flags will be placed in sections of the course where runners will pass during hours without sunlight.



ENERGÍA QUE IMPULSA  
ENERGÍA QUE IMPULSA  
ENERGÍA QUE IMPULSA  
ENERGÍA QUE IMPULSA  
ENERGÍA QUE IMPULSA  
ENERGÍA QUE IMPULSA  
CADA PASO TE EXIGE AL MÁXIMO



 toscanapastas    @toscana.alimentos



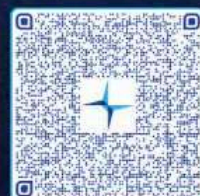
aseguradora del sur

**TE  
RESPALDAMOS**  
kilómetro a kilómetro

**35 años**

asegurando a quienes se  
atreven a llegar más lejos.

ESCANEA  
y contrata  
hoy tu  
seguro





# PENALTIES AND DISQUALIFICATIONS

Non-compliance with Regulations	OSO 80K
Cutting the course	At the discretion of the race committee
<b>Lack of mandatory safety equipment (any of these items):</b> (Absence of minimum capacity water reserve, no waterproof jacket with hood, no headlamp, no survival blanket, no smartphone).	Disqualification
<b>Lack of other mandatory safety items:</b> (Only 1 headlamp, personal cup, whistle, self-adhesive elastic bandage, food reserve, leg protection, arm protection, cap, bandana, or Buff)	1-hour penalty and must obtain this item at the aid station.
Refusal to undergo a mandatory gear check.	Disqualification
Smartphone turned off or in airplane mode.	15 minute penalty
Littering (voluntary act) by a competitor.	1 hour penalty
<b>Lack of Respect Towards Others (Organization or Runners)</b> <b>Note:</b> A participant whose companions are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Failure to assist a person in difficulty (who requires attention)	Disqualification
Receiving external assistance	1 hour penalty
Being accompanied on the course near aid stations	15 minute penalty
Cheating (e.g., using means of transport, sharing bib number, etc.)	Immediate lifetime disqualification
Using another registered participant's bib number	Immediate lifetime disqualification
Lack of visible bib number	15 minute penalty
Using a race bib in an inappropriate manner	15-minute penalty (time during which the runner correctly positions their bib number to comply with the rules)
Dangerous behavior (e.g., poles with unprotected tips pointed towards runners or spectators)	15 minute penalty
Absence of chip.	According to the decision of the race committee.
Failure to pass through a checkpoint.	According to the decision of the race committee.
Refusal to comply with an order from race directors, race officials, aid station team leaders, medical personnel, or search and rescue personnel.	Disqualification
Refusal of doping control	The runner will be sanctioned in the same way they would be for drug consumption.
Intentional departure from a checkpoint after the cut-off time	Disqualification and a 2-year ban from participating in the UTMB World Series
Unmarked backpack	1 hour penalty
Leaving or picking up poles along the route, without having carried them from the start of the race	1 hour penalty
<b>Unauthorized change to a start wave that departs earlier than the assigned one</b> (Note: no penalty will be applied for a wave that departs later than the assigned one)	2 hours penalty
Abuse towards other runners (physical or verbal)	Disqualification

(\*) Time penalties are applicable immediately on-site; that is, the runner must interrupt their race for the duration of the penalty. If the breach of regulations is discovered after the race, race management may add penalty time to the final race time of the specific runner. Any other violation of the regulations will be subject to a sanction decided by race management.

# PENALTIES AND DISQUALIFICATIONS

Non-compliance with Regulations	50K NUTRIA, 30K TUCÁN & 20K QUINDE
Cutting the course	At the discretion of the race committee
<b>Lack of mandatory safety equipment (any of these items):</b> (Absence of minimum capacity water reserve, no waterproof jacket with hood, no headlamp, no survival blanket, no smartphone).	Disqualification
<b>Lack of other mandatory safety items:</b> (Only 1 headlamp, personal cup, whistle, self-adhesive elastic bandage, food reserve, leg protection, arm protection, cap, bandana, or Buff)	30 minutes penalty and it is recommended to obtain the missing element
Refusal to undergo a mandatory gear check.	Disqualification
Smartphone turned off or in airplane mode.	10 minute penalty
Littering (voluntary act) by a competitor.	30 minutes penalty
<b>Lack of Respect Towards Others (Organization or Runners)</b> <b>Note:</b> A participant whose companions are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Failure to assist a person in difficulty (who requires attention)	Disqualification
Receiving external assistance	30 minutes penalty
Being accompanied on the course near aid stations	15 minute penalty
Cheating (e.g., using means of transport, sharing bib number, etc.)	Immediate lifetime disqualification
Using another registered participant's bib number	Immediate lifetime disqualification
Lack of visible bib number	10 minute penalty
Using a race bib in an inappropriate manner	10-minute penalty (time during which the runner correctly positions their bib number to comply with the rules)
Dangerous behavior (e.g., poles with unprotected tips pointed towards runners or spectators)	10 minute penalty
Absence of chip.	According to the decision of the race committee.
Failure to pass through a checkpoint.	According to the decision of the race committee.
Refusal to comply with an order from race directors, race officials, aid station team leaders, medical personnel, or search and rescue personnel.	Disqualification
Refusal of doping control	The runner will be sanctioned in the same way they would be for drug consumption.
Intentional departure from a checkpoint after the cut-off time	Disqualification and a 2-year ban from participating in the UTMB World Series
Leaving or picking up poles along the route, without having carried them from the start of the race	1 hour penalty
<b>Unauthorized change to a start wave that departs earlier than the assigned one</b> (Note: no penalty will be applied for a wave that departs later than the assigned one)	2 hours penalty
Abuse towards other runners (physical or verbal)	Disqualification

(\*) Time penalties are applicable immediately on-site; that is, the runner must interrupt their race for the duration of the penalty. If the breach of regulations is discovered after the race, race management may add penalty time to the final race time of the specific runner. Any other violation of the regulations will be subject to a sanction decided by race management.

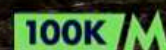




ACCESO A LAS FINALES



CATEGORÍA



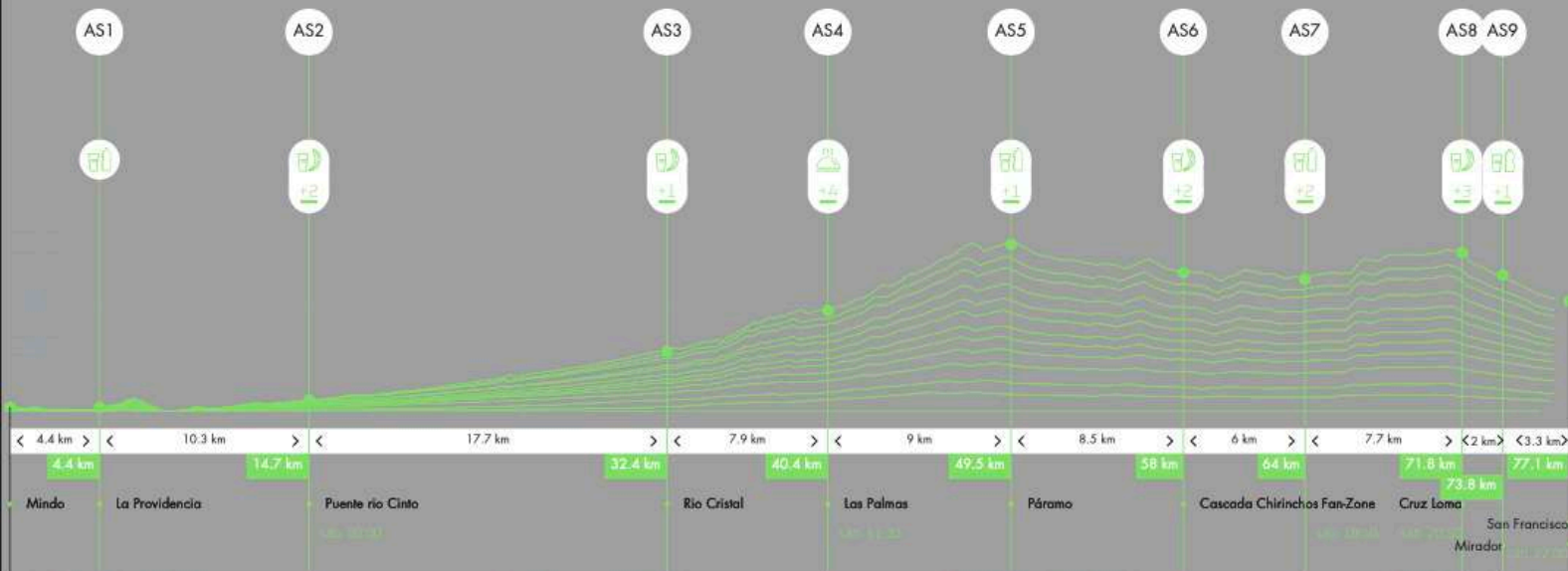
DISTANCE  
77K

ELEVATION GAIN  
4400 M+

START DATE  
SATURDAY AUGUST 2ND 2025

START  
MINDO - 02:00

TIME LIMIT  
20 HOURS



## SCHEDULE

### FRIDAY AUGUST 1ST

Time	Activity	Place
09:00 - 20:00	Bib Handout 80K	Convento San Francisco de Quito
09:00 - 20:00	Drop bag reception 80k	Convento San Francisco de Quito

### SATURDAY AUGUST 2ND

00:30 - 01:30	Finisher bag reception 80K	Polideportivo de Mindo
02:00	Start 80K OSO	Polideportivo de Mindo

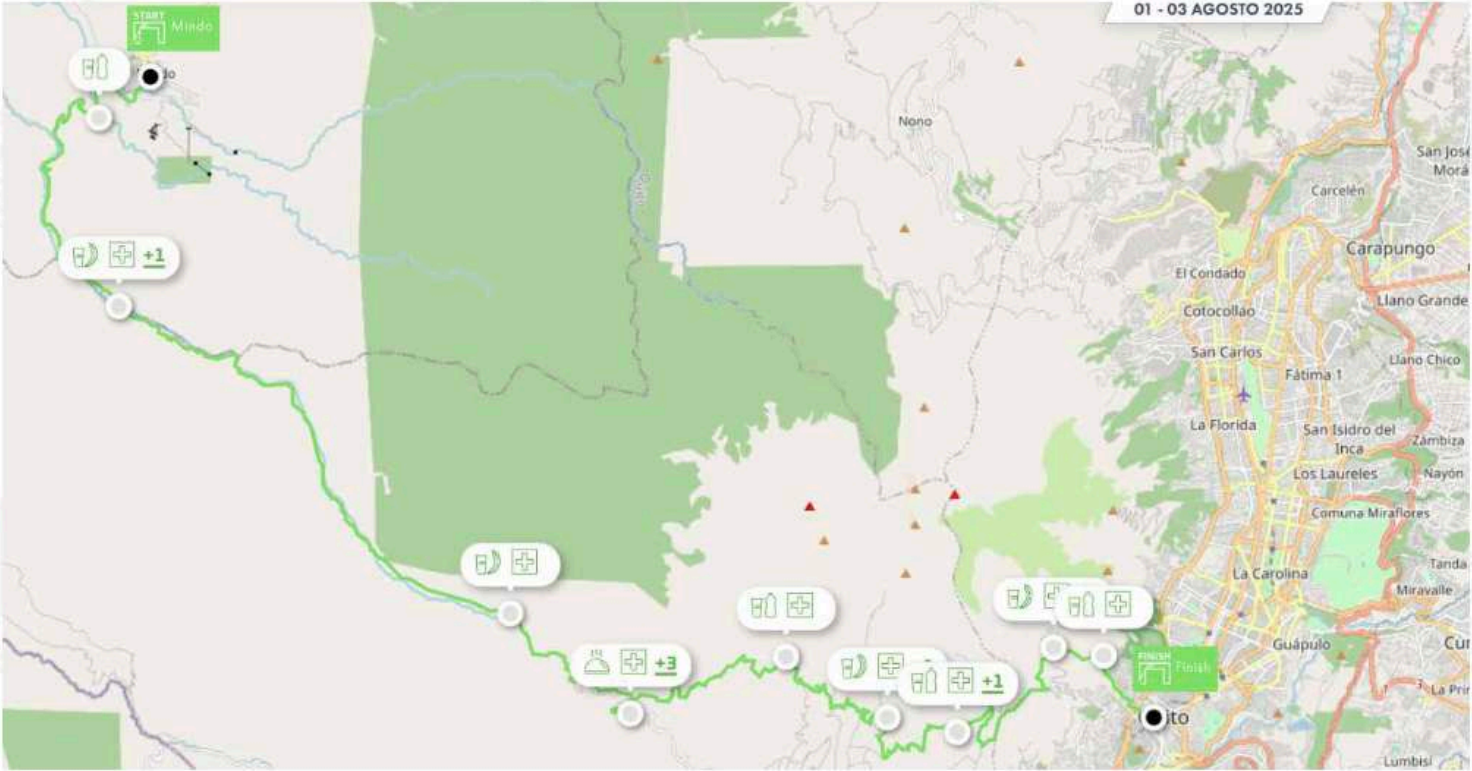
### SUNDAY AUGUST 3RD

11:30	Award ceremony	Plaza San Francisco de Quito
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# CUTOFF TIMES

Point	Altitude	Acummulated Distance	Distance Intern	Elev. Gain +	Elev. Loss -	Fastest	Slowest	Time Limit	Services
Mindo	1261	0	0	0	0	Sáb 02:00			+2
La Providencia	1257	4.4	4.4	76	80	Sáb 02:16	Sáb 02:38		
Puente Rio Cinto	1375	14.7	10.3	482	368	Sáb 03:03	Sáb 04:32	Sáb 05:00	+2
Rio Cristal	2114	32.4	17.7	1373	520	Sáb 04:41	Sáb 08:38		
Las Palmas	2743	40.4	7.9	2185	703	Sáb 05:46	Sáb 11:09	Sáb 11:30	+4
Páramo	3751	49.5	9	3383	893	Sáb 07:17	Sáb 14:43		+2
Cascada Chirinchos	3320	58	8.5	3587	1528	Sáb 08:10	Sáb 16:54		+2
Fan Zone	3320	64	6	3842	1882	Sáb 08:52	Sáb 18:31	Sáb 18:40	+2
Cruz Loma	3629	71.8	7.7	4354	1986	Sáb 09:54	Sáb 20:48	Sáb 20:50	+3
Mirador Humboldt	3296	73.8	2	4356	2320	Sáb 10:09	Sáb 21:18		
Finish	2880	77.1	3.2	4358	2738	Sáb 10:31	Sáb 22:03	Sáb 22:00	

# MAP



The routes are not available for prior training, as they are protected private properties accessible only during the event.

The GPX files will be available for download days before the race.





ACCESO A LAS FINALES



CATEGORÍA



## DROP BAG

During official race registration, you'll receive an official 20-liter drop bag. You should fill this drop bag with all items you wish to send to aid station **AS4 Las Palmas, at Km 41 of the race**.

If you need to use the free drop bag service, you must deliver it on **August 1st during official registration, by 8:00 PM**.

We recommend bringing the items and equipment you plan to send in your drop bag already packed to registration, as it must be submitted on the same day you pick up your race kit. All bags will be sealed and must have the runner's identification tag provided in the race kit.

### Important:

- Only drop bags supplied by the organization and properly labeled will be transported.
- **Poles are not allowed** in these drop bags.
- We recommend **not putting any valuable items** in the drop bags; use them only for necessary race items.
- Drop bags will be returned to the runner, a family member, or a friend only upon presentation of your race bib.
- Drop bags must be picked up from **3:00 PM to 10:00 PM on Saturday** and from **8:00 AM to 2:00 PM on Sunday** at the Drop Bag and Finish Bag Zone, located in Plaza San Francisco. After this time, the runner must personally collect their bag from the organization's headquarters in Quito.





ACCESO A LAS FINALES

OCC TOP 3  
DIRECT ENTRY

CATEGORÍA

50K M



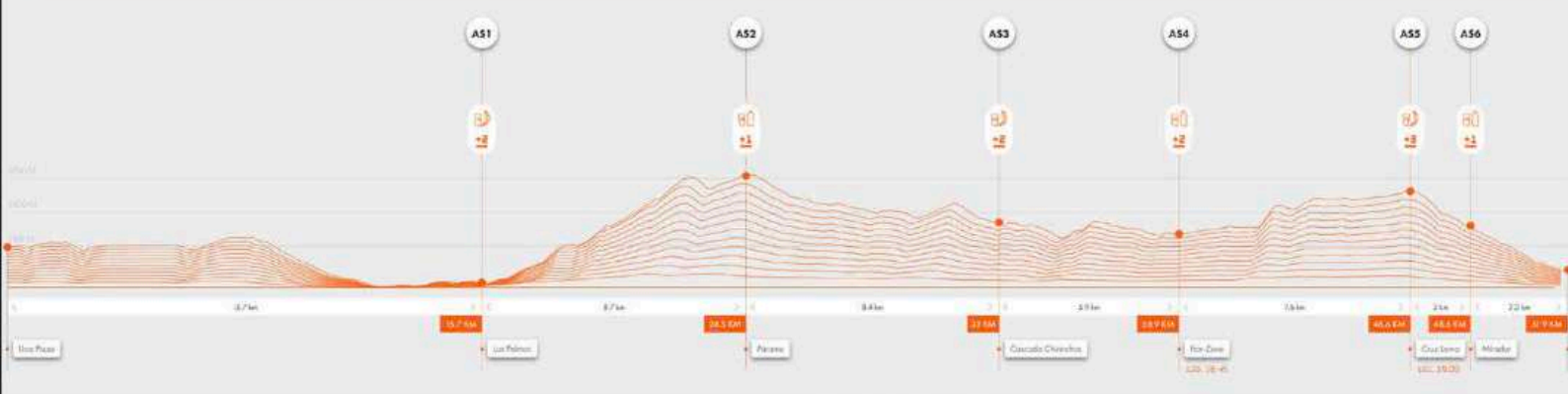
DISTANCE  
52K

ELEVATION GAIN  
2400 M+

START DATE  
SATURDAY AUGUST 2ND 2025

START  
Lloa Plaza - 07:00

TIME LIMIT  
13 hours



## SCHEDULE

### FRIDAY AUGUST 1ST

Time	Activity	Place
09:00 - 20:00	Bib Handout 50K	Convento San Francisco de Quito

### SATURDAY AUGUST 2ND

05:30 - 06:30	Finisher bag reception 50K	Casa Somos Parque Central de Lloa
07:00	Start 50K NUTRIA	Parque Central de Lloa

### SUNDAY AUGUST 3RD

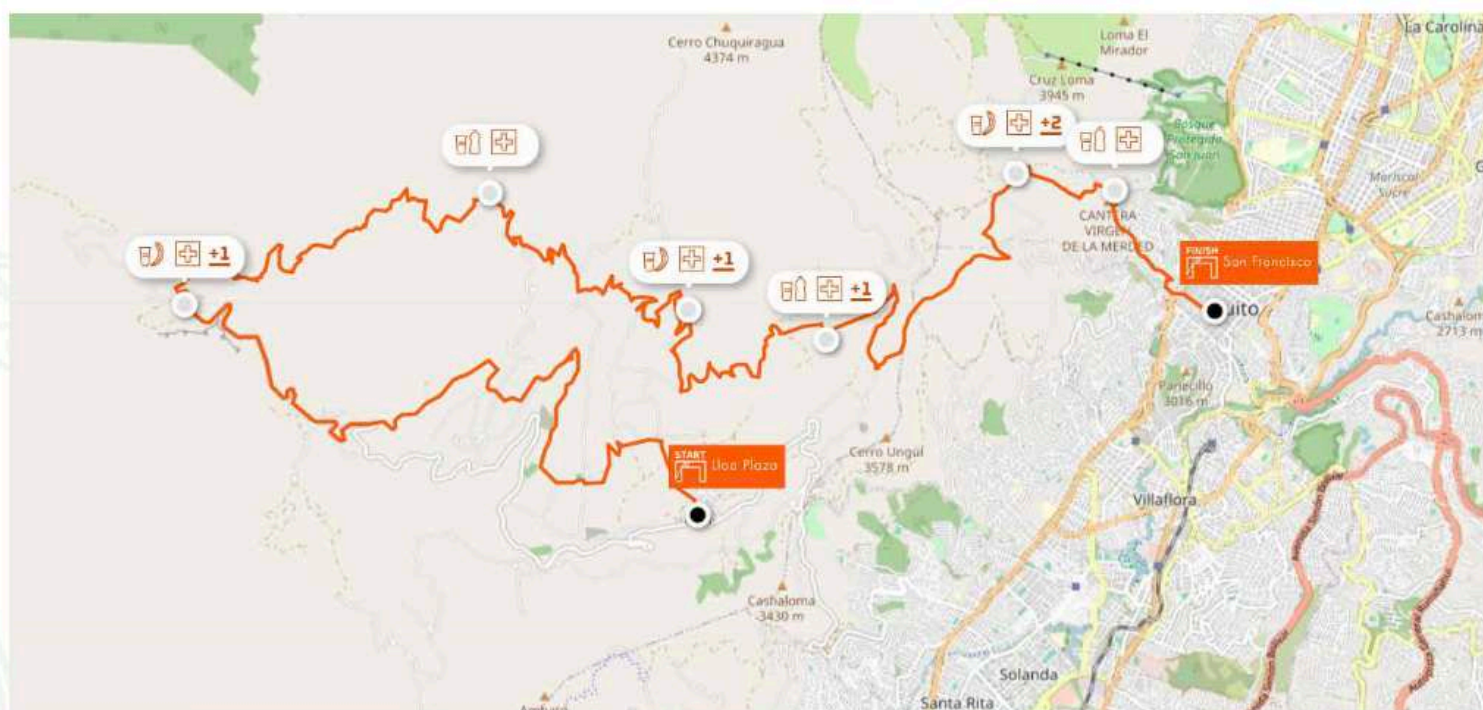
11:30	Award ceremony	Plaza San Francisco de Quito
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## CUTOFF TIMES

Point	Altitude	Acummulated Distance	Distance Intern	Elev. Gain +	Elev. Loss -	Fastest	Slowest	Time Limit	Services
Lloa Plaza	3092	0	0	0	0	Sáb 07:00	Sáb 07:00		 +2
Las Palmas	2777	15.7	15.7	336	650	Sáb 08:08	Sáb 09:56		 +2
Páramo	3722	24.5	8.7	1448	818	Sáb 09:21	Sáb 13:06		 +
Cascada Chirinchos	3309	33	8.4	1634	1417	Sáb 10:05	Sáb 15:02		 +2
Fan Zone	3208	38.9	5.9	1866	1749	Sáb 10:41	Sáb 16:34	Sáb 16:45	 +2
Cruz Loma	3586	46.6	7.6	2332	1837	Sáb 11:32	Sáb 18:47	Sáb 19:00	 +3
Mirador de Humbolt	3281	48.6	2	2334	2144	Sáb 11:43	Sáb 19:17		 +
Finish	2890	51.9	3.2	2334	2536	Sáb 12:01	Sáb 20:03	Sáb 20:00	 +

## MAP



The routes are not available for prior training, as they are protected private properties accessible only during the event.

The GPX files will be available for download days before the race.



**CATEGORÍA**  
**20K M**



**DISTANCE**  
30K

**ELEVATION GAIN**  
1500 M+

**START DATE**  
SUNDAY AUGUST 3RD 2025

**START**  
Lloa Plaza - 05:00

**TIME LIMIT**  
8 Hours 30 minutes



## SCHEDULE

### SATURDAY AUGUST 2ND


Horario	Actividad	Lugar
09:00 - 17:00	Bib Handout 30K	Convento San Francisco de Quito

### SUNDAY AUGUST 3RD

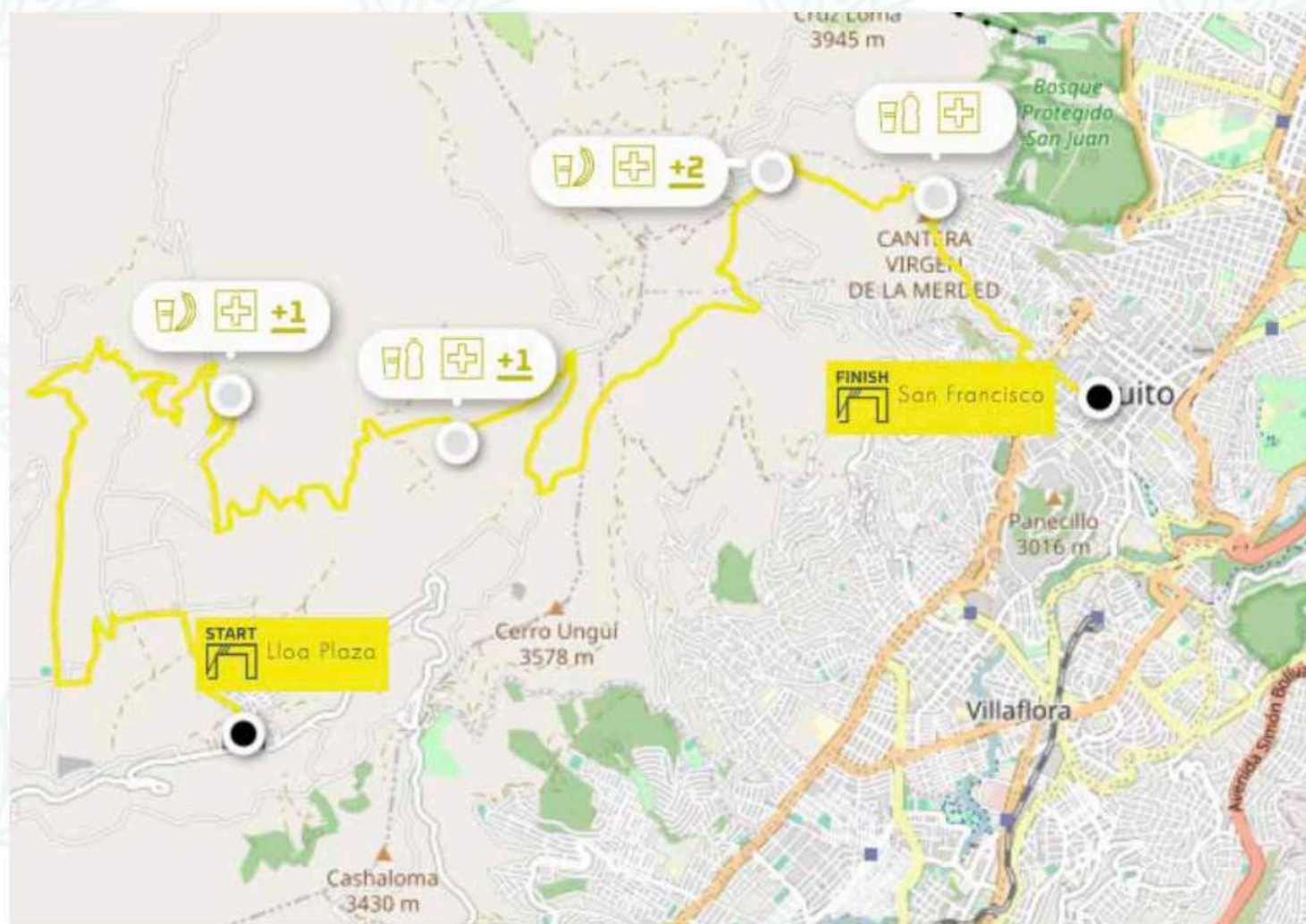
03:30 - 04:30	Finisher bag reception 30K	Casa Somos Parque Central de Lloa
05:00	Start 30K TUCÁN	Parque Central de Lloa
11:30	Award ceremony	Plaza San Francisco de Quito



## CUTOFF TIMES

Point	Altitude	Acumulated Distance	Distance Intern	Elev. Gain +	Elev. Loss -	Fastest	Slowest	Time Limit	Services
Lloa Plaza	3068	0	0	0	0	Dom 05:00	Dom 05:00		
Cascada Chirinchos	3314	11.3	11.3	652	403	Dom 06:02	Dom 07:55		 +2
Fan Zone	3203	17.4	6	946	812	Dom 06:38	Dom 09:37	dom 10:00	 +2
Cruz Loma	3584	25.2	7.8	1467	951	Dom 07:29	Dom 12:02	Dom 12:30	 +3
Mirador Humboldt	3268	27.3	2.1	1490	1289	Dom 07:42	Dom 12:38		 +
Finish	2845	30.6	3.2	1490	1710	Dom 08:00	Dom 13:29	Dom 13:30	 +

## MAP



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The GPX files will be available for download days before the race.





**20K**  
QUINDE  
**20K/M**

**CATEGORÍA**  
**20K/M**



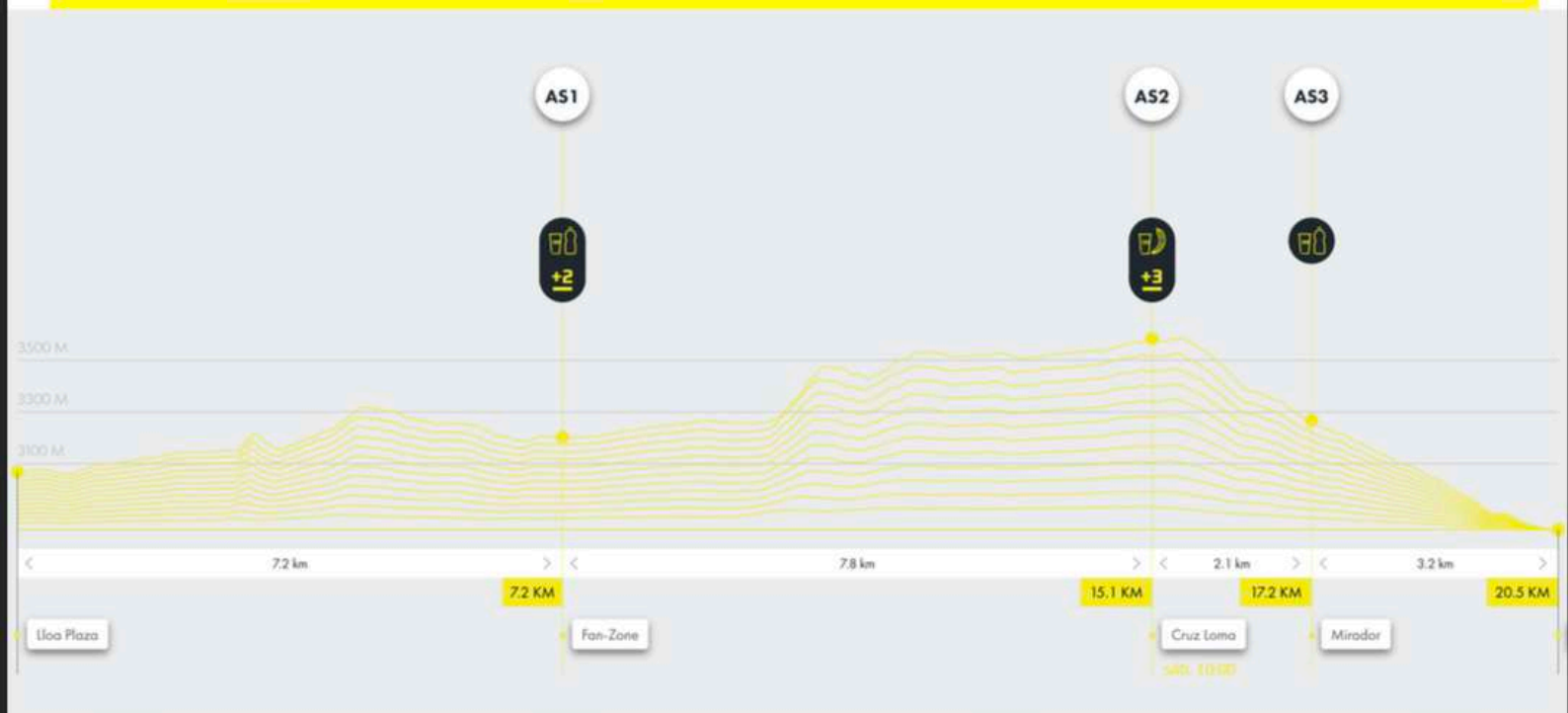
**DISTANCE**  
20K

**ELEVATION GAIN**  
920 M+

**START DATE**  
SATURDAY AUGUST 2ND 2025

**START**  
MINDO - 06:00

**TIME LIMIT**  
05 HOURS



## SCHEDULE

### FRIDAY AUGUST 1ST

Time	Activity	Place
09:00 - 20:00	Bib Handout 20K	Convento San Francisco de Quito

### SATURDAY AUGUST 2ND

04:30 - 05:30	Finisher bag reception 30K	Casa Somos Parque Central de Lloa
06:00	First start Quinde 20K	Parque Central de Lloa
06:15	Second start Quinde 20K	Parque Central de Lloa
06:30	Third start Quinde 20K	Parque Central de Lloa

### SUNDAY AUGUST 3RD

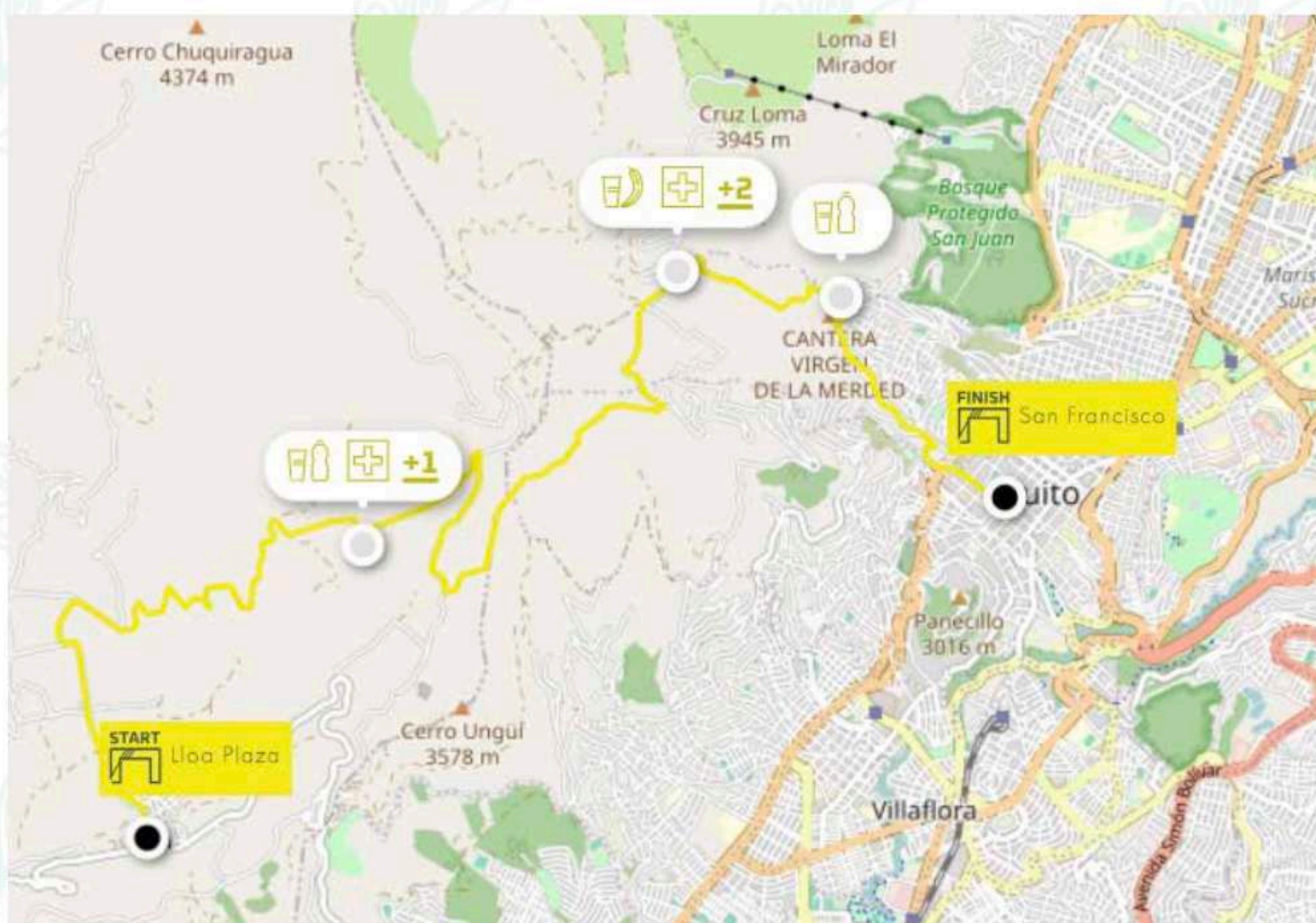
11:30	Award ceremony	Plaza San Francisco de Quito
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## CUTOFF TIMES

Point	Altitude	Acumulated Distance	Distance Intern	Elev. Gain +	Elev. Loss -	Fastest	Slowest	Time Limit	Services
Lloa Plaza	3068	0	0	0	0	Sáb 06:00	Sáb 06:30		+2
Fan Zone	3203	7.2	7.2	383	248	Sáb 06:34	Sáb 08:07		+2
Cruz Loma	3584	15.1	7.8	893	385	Sáb 07:17	Sáb 10:10	Sáb 10:30	+3
Mirador Humboldt	3267	17.2	2.1	930	724	Sáb 07:28	Sáb 10:43		
Finish	2845	20.5	3.2	930	1146	Sáb 07:44	Sáb 11:27	Sáb 11:30	

## MAP

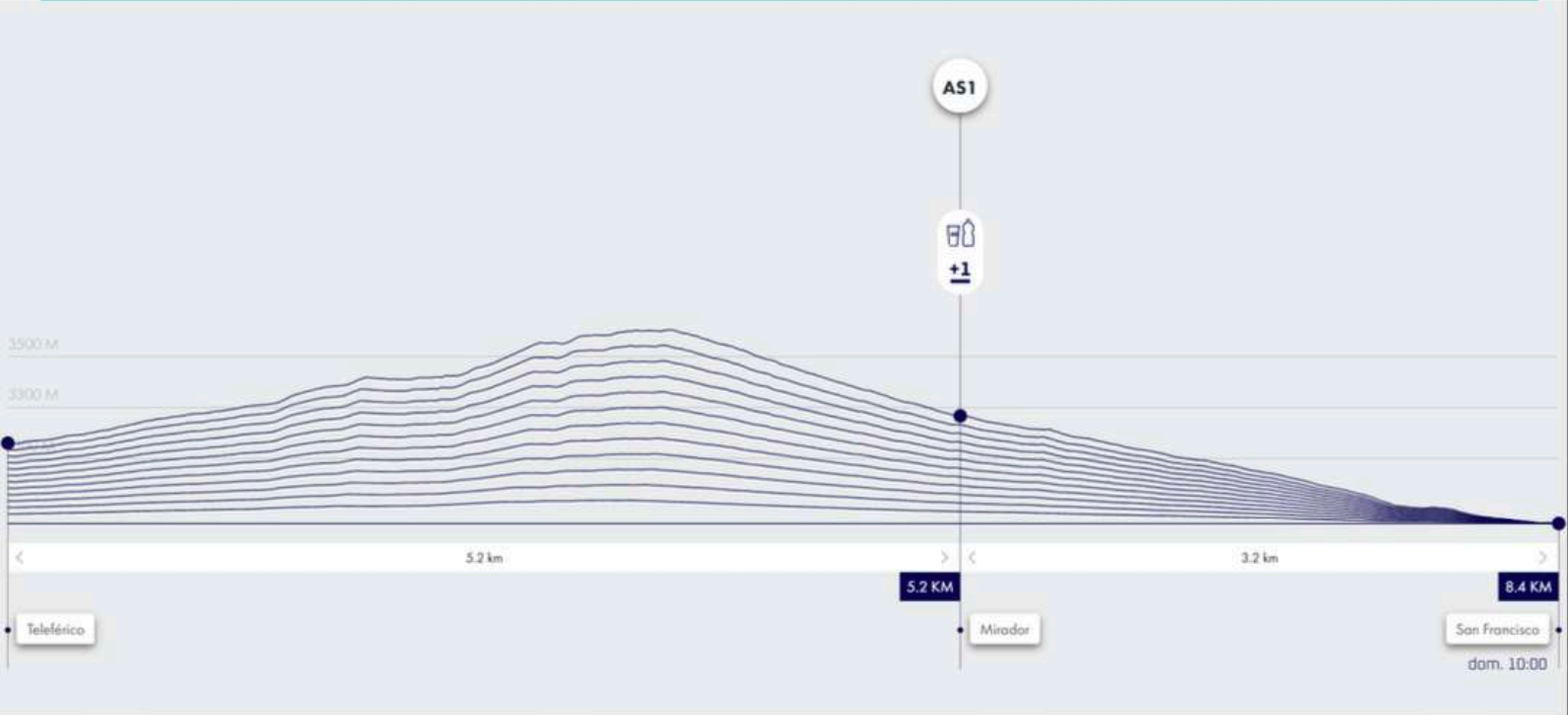


The routes are not available for prior training, as they are protected private properties accessible only during the event.

The GPX files will be available for download days before the race.



DISTANCE 8.4k	ELEVATION GAIN 450 M+	START DATE SUNDAY AUGUST 3RD 2025	START Teleférico - 07:00	TIME LIMIT 05 HOURS
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# SCHEDULE

## SATURDAY AUGUST 2ND






Horario	Actividad	Lugar
09:00 - 17:00	Bib Handout 8K	Convento San Francisco de Quito

## SUNDAY AUGUST 3RD

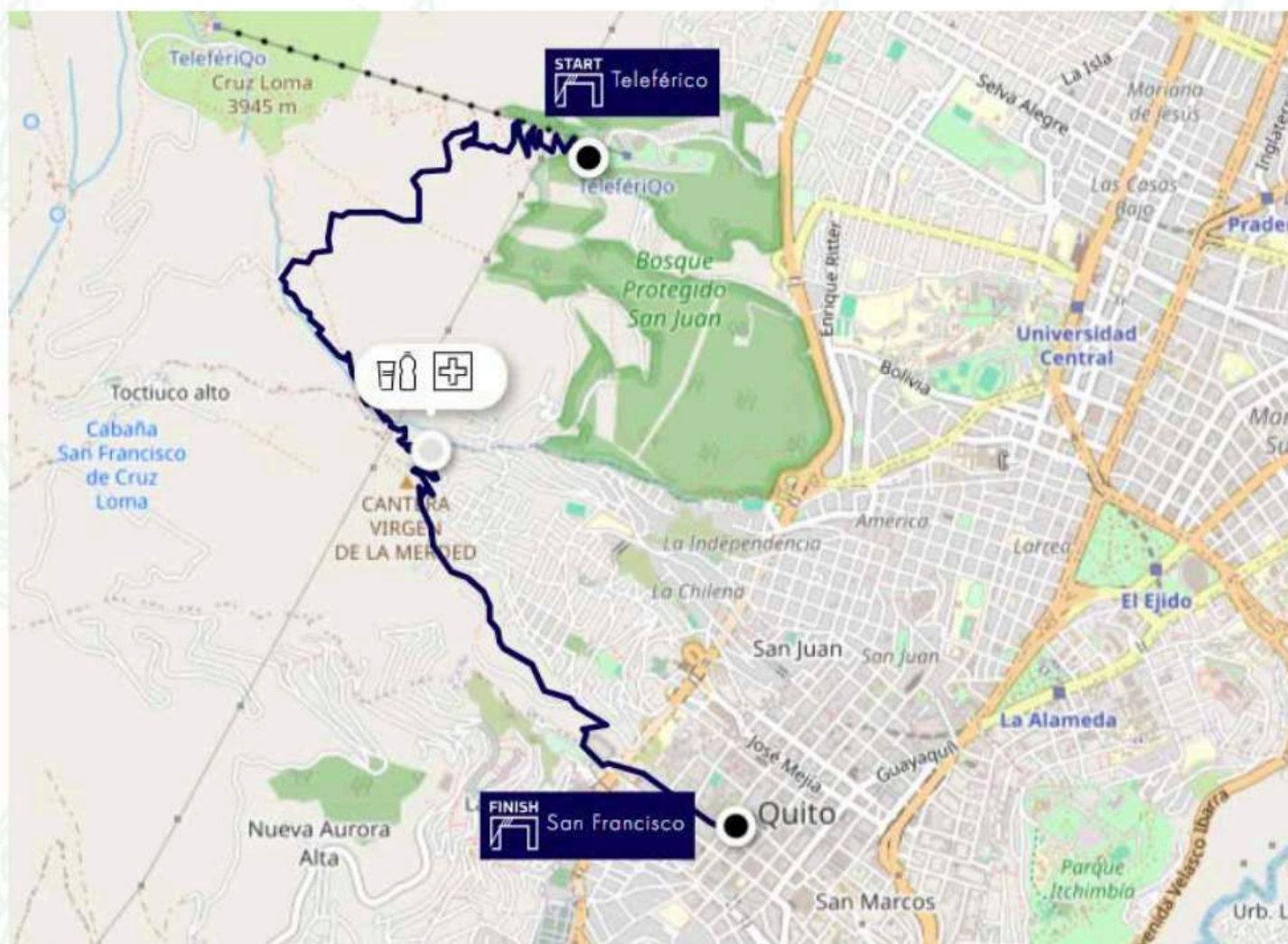
05:30 - 06:30	Finisher bag reception 8K	Teleférico
07:00	First start Humboldt 8K	Teleférico
07:15	Second start Humboldt 8K	Teleférico
07:30	Third start Humboldt 8K	Teleférico
11:30	Award ceremony	Plaza San Francisco de Quito



## CUTOFF TIMES

Point	Altitude	Accumulated Distance	Distance Intern	Elev. Gain +	Elev. Loss -	Fastest	Slowest	Time Limit	Services
Teleférico	3160	0	0	0	0	Dom 07:00	Dom 07:30		 +2
Mirador Humboldt	3267	5.2	5.2	467	359	Dom 07:41	Dom 09:33		 
Finish	2845	8.4	3.2	471	785	Dom 08:00	Dom 10:30	Dom 10:30	 

## MAP



The routes are not available for prior training, as they are protected private properties accessible only during the event.

The GPX files will be available for download days before the race.

# ROLLING STARTS FOR 20K QUINDE AND 8K HUMBOLDT

Some UTMB races, like CCC, OCC, MCC, and ETC, use a wave start system to enhance the runner experience and ensure safer, more organized starts.

**UTMB INDEX:** The system is based on each runner's UTMB Index. This index measures trail running performance and is used to determine each runner's position in the starting waves.

**UPDATE YOUR UTMB INDEX in your MYUTMB account!**

**IMPORTANT:** Many runners have multiple profiles in UTMB INDEX, and the ideal is to group them into a single profile. This happens when there are differences in personal information in each race you compete in. To fix this, go to UTMB Index search and type your first and last name with and without accents, one surname, both surnames; and you'll be able to find the different profiles. Enter each profile and simply click on **CLAIM MY RESULT PAGE** on all that contain your results. This will send a request to the UTMB team, who will verify it within 24 hours. Please do not send emails; we will process the request as quickly as possible.

Due to the large number of registrants for this second edition of Quito by UTMB, we will implement block or "wave" starts to ensure a better experience for everyone during the 20K Quinde and 8K Humboldt races.

## Why will we have rolling starts?

Mainly for safety and comfort on the trails, we want every runner to enjoy their race to the fullest. This will allow us to avoid crowds in technical areas and ensure a safer flow of runners on the routes.

## How will waves be organized?

According to UTMB INDEX:

For the first starting block, the proportion of men and women will be respected based on their UTMB INDEX. This means a proportional number of slots will be assigned for women and men based on the number of runners of each gender in the top UTMB Index ranges. This ensures equitable representation in the most competitive starting block, recognizing the performance of all runners, regardless of gender.

According to estimated times confirmed by runners without a UTMB INDEX:

The organization will send a form requesting estimated times, providing a guide to help you define your time.

**It's very important that your estimated time is as honest as possible. This allows us to place you in the correct block and ensure a safe and fluid experience for everyone.**

## How does this affect my time and classification?

Don't worry! Each wave will have an official start time (with 15 minutes of difference between blocks). This means your net time will begin counting from the exact moment each block starts. Your overall and category classification is not affected by your starting time.

We are confident that this measure will help everyone enjoy the course even more. See you at the starting line!

## BIB NUMBER

Each 20K and 8K runner will have their starting corral printed on their bib number. This assignment cannot be changed and will be checked upon entry to the corrals before the start. There is a penalty established in the regulations for participants who start their race in an unassigned corral.

To collect estimated race time information, the organization sent a form (including a guide) to record your estimated time; you must complete it by **July 17th**. Runners who do not fill out the form and do not have a UTMB Index will be assigned a bib for Corral 3, and it will not be possible to modify it after the indicated date.

If you don't have UTMB INDEX,  
Fill out the form until Thursday  
July 17th

Forms:

8K



20K





## FINISH LINE

A finisher medal will be awarded to all runners who complete the distance within the established time. Additionally, all runners will receive Sinners beer and hot Toscana pasta.

### CLASSIFICATIONS AND AWARDS

Overall Female and Male Awards:

Awards will be given to the top 5 overall male and female finishers in each distance, and to the first place in each age category:

- Prizes and trophies will be awarded to the top 3 overall finishers in each distance, and trophies to the 4th and 5th place finishers.
- A trophy will be awarded to the first place finisher in each age category.

Trophies and prizes will be handed out exclusively during the official ceremony, therefore the presence of the winners is mandatory to receive them.

Age Group UTMB World Series For 80k	Age Group UTMB World Series For 50k	Age Group UTMB World Series For 30k	Age Group UTMB World Series For 20K	Age Group For 8K
18-19	18-19	18-19	18-19	11-14
20-34	20-34	20-34	20-34	15-17
35-39	35-39	35-39	35-39	18-19
40-44	40-44	40-44	40-44	20-34
45-49	45-49	45-49	45-49	35-39
50-54	50-54	50-54	50-54	40-44
55-59	55-59	55-59	55-59	45-49
60-64	60-64	60-64	60-64	50-54
65-69	65-69	65-69	65-69	55-59
70-74	70-74	70-74	70-74	60-64
75-79	75-79	75-79	75-79	65-69
80-84	80-84	80-84	80-84	70-74
85+	85+	85+	85+	75-79
				80-84
				85+

According to the DIRECT QUALIFICATION POLICY FOR UTMB WORLD SERIES FINALS, Quito Trail by UTMB will grant direct qualification as follows:

- **Nutria 50K:** Direct qualification to OCC for the first 3 men and 3 women.
- **Oso 80K:** Direct qualification to CCC for the first 3 men and 3 women.

More information about direct access to the UTMB World Series Finals here: <https://utmb.world/es/runners/elites-finals>

Time

Activity

Place

12:30 - 13:30

Award Ceremony

Plaza San Francisco de Quito



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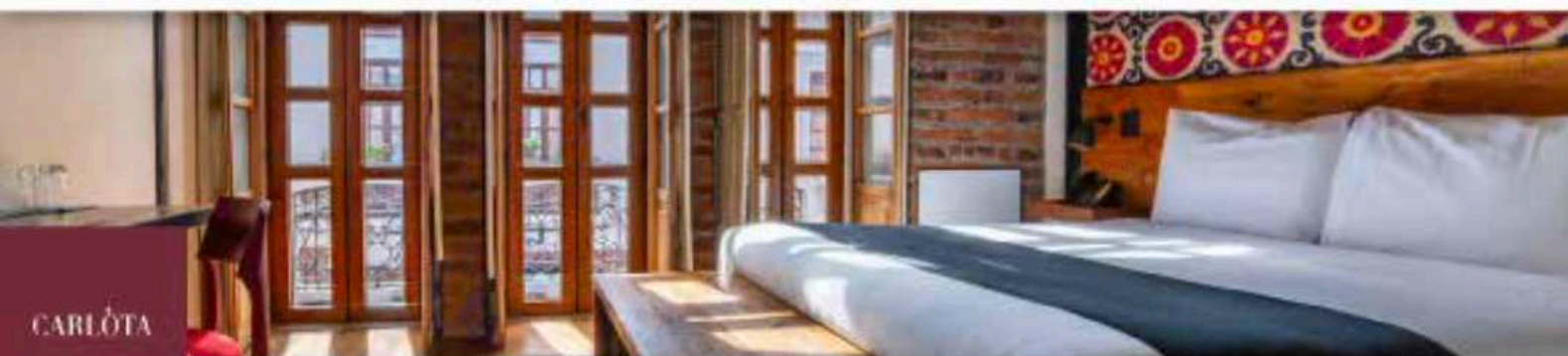
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Carlota, en el corazón histórico de Quito, y Eolia, frente al mar en la playa de Santa Marianita.

Diseño, aventura y sostenibilidad pensadas para quienes van en búsqueda de sus límites.



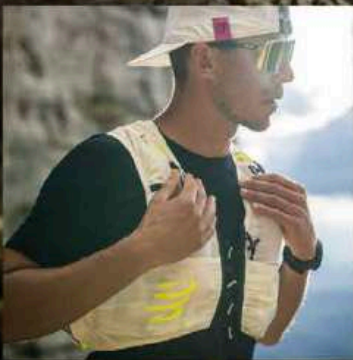
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skraitch LABS

# Rinde más en la altura

## ¿Vas a entrenar a más altura de lo que estás aclimatado?

Entrenar en altitud desafía tu cuerpo a adaptarse, forzando una evolución fisiológica que pocos entornos logran.

¿Qué pasa  
en mi cuerpo?

- ➔ A mayor altitud, la presión parcial de oxígeno disminuye, **dificultando que los pulmones transfieran oxígeno a la sangre.**
- ➔ **El cuerpo reacciona trabajando más:** respiras más rápido, el corazón bombea con más fuerza y eventualmente produces más glóbulos rojos para transportar mejor el oxígeno.



Pro tip

La estrategia más efectiva  
según la ciencia actual es:

Dormir y vivir en altura para  
estimular adaptaciones fisiológicas.

Entrenar a **menor altitud** para  
mantener alta intensidad de trabajo.

Así obtienes lo mejor de ambos mundos:  
beneficios de la altitud sin sacrificar la calidad del entrenamiento.

**Skratch Labs** te ayuda a adaptarte  
desde el primer kilómetro



Super High-Carb  
Sport Drink Mix

100gr carbs  
400mg sodio

Energía líquida y fácil de consumir,  
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Prácticamente sin sabor y dulzor.



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Mix

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# QUITO



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