



RUNNER GUIDE

SEPTEMBER 26-28, 2025



UTMB®
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS

HOKA

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SUUNTO

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WELCOME

SCHEDULE

FRIDAY, SEPTEMBER 26, 2025			
START	END	EVENT	LOCATION
9 AM		Official HOKA Shakeout Run	Whistler Creekside Village
11 AM	7 PM	Expo: • Bib Pick-Up • Official 2025 Ultra Trail Whistler by UTMB® Merchandise Store	Whistler Creekside Village
12 PM		Runner Briefing	Whistler Creekside Village
6 PM		Runner Briefing	Whistler Creekside Village
SATURDAY, SEPTEMBER 27, 2025			
START	END	EVENT	LOCATION
4 AM	6:15 AM	50K & 100K Race Morning Bib Pick-Up • Bibs Must Be Picked Up At Least 10 Minutes Before The Start Of Each Distance.	Creekside Gondola
5 AM		100K Race Starts	Creekside Gondola
6:30 AM		50K Race Starts	Creekside Gondola
10 AM	5 PM	Expo: • Bib Pick-Up • Official 2025 Ultra Trail Whistler by UTMB® Merchandise Store	Whistler Creekside Village
11 AM		Runner Briefing	Whistler Creekside Village
3 PM		Runner Briefing	Whistler Creekside Village
6:30 PM		100K Awards Ceremony: Overall Awards	Creekside Gondola Awards Stage
7 PM		50K Awards Ceremony: Overall & Age Group Awards	Creekside Gondola Awards Stage
SUNDAY, SEPTEMBER 28, 2025			
START	END	EVENT	LOCATION
6:30 AM	8:45 AM	10K & 25K Race Morning Bib Pick-Up • Bibs Must Be Picked Up At Least 10 Minutes Before The Start Of Each Distance.	Creekside Gondola
6:30 AM	1 PM	Official 2025 Ultra Trail Whistler by UTMB® Merchandise Store	Creekside Gondola
8 AM		25K Race Starts	Creekside Gondola
9 AM		10K Race Starts	Creekside Gondola
11:30 AM		100K Awards Ceremony: Age Group	Creekside Gondola Awards Stage
12 PM		10K Awards Ceremony: Overall & Age Group	Creekside Gondola Awards Stage
2 PM		25K Awards Ceremony: Overall & Age Group	Creekside Gondola Awards Stage

ADDRESS

Whistler Creekside Village
2055 Lake Placid Rd, Whistler, BC V8E 0B6, Canada



FLY HUMAN FLY™



PRE-RACE INFORMATION

BIB PICK-UP

Basecamp (Expo): Creekside Village
2036 London Ln, Whistler, BC V0N 1B2

Runners must pick up their own bib during the below hours.

BASECAMP (EXPO) PICK-UP AT CREEKSIDE VILLAGE

- Friday, September 26 from 11 AM to 7 PM
- Saturday, September 27 from 10 AM to 5 PM

RACE MORNING PICK-UP AT CREEKSIDE GONDOLA

- 100K & 50K: Saturday, September 27 from 4 AM to 6:15 AM (bibs must be picked up at least 10 minutes before the start of each distance)
- 25K & 10K: Sunday, September 28 from 6:30 AM to 8:45 AM (bibs must be picked up at least 10 minutes before the start of each distance)

WHAT TO BRING

- Your registration QR code
 - * Your QR code and bib number will be sent via email on Wednesday of race week
- Passport or Valid Photo ID

BIB PICK-UP STEPS

1. Show your registration QR code
2. Present photo ID to volunteers to begin check-in process and receive bib number.
3. Pick up bib.
4. Pick up runner giveaway items.

Visit the Runner Services Table for any registration questions. Please note, we are not able to offer distance changes into sold out events and there are no distance changes on race day.

TIMING

The race will be timed by LiveTrail using chips located on the bibs. The chips are automatically recorded at the Start Line, various Aid Stations, timing locations and the Finish Line. Please refer to the "How to Wear Your Bib" section in the Runner's Guide for the proper way to wear your bib so the chip is not damaged and is properly recorded.

PLEASE NOTE: All runners in the race must wear their race bib with the tag intact in order to have their times recorded. No bib = no time! Please make sure the race bib is pinned on your front and is visible throughout the race.

MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Stop by the Runner Services Table at Athlete Check-In to get a special race day wristband on which you should write the details of your medical condition(s).
- Write the details of your medical condition(s) on the back of your athlete bib, which you will receive in your race packet.

The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information. If you have any questions or concerns about providing medical information, please visit the Runner Services Table.

RUNNER WRISTBAND

Runners will receive a wristband printed with their race distance during Bib Pick-Up. This band will identify you as an official runner and must be worn during.



PRE-RACE INFORMATION

RUNNER BRIEFINGS

Runner Briefings will be held in the days preceding the race. Please refer to the schedule for times and locations of the Runner Briefings. Runner Briefings will consist of a Question and Answer session with race management to address any issues, concerns, or changes that have arisen during race week.

EMERGENCY PHONE NUMBER

In a situation where you or another runner is in an emergency and unable to make it to an Aid or Medical Station, please call 1 (672) 699-4245. If you abandon the course for any reason and do not notify an official, please call this phone number to notify race staff. This number will also be printed on the back of runners' bibs. We recommend saving this number in your phone. It is mandatory that all 50K and 100K runners carry an active cell phone during their event.

RACE REGULATIONS

All runners and their crew must read, be familiar with, and follow the Race Regulations. [CLICK HERE](#) to view a complete list of regulations.

VOLUNTEER APPRECIATION WRISTBANDS

Runners will receive a UTMB Cares wristband during bib pick-up and are encouraged to gift the wristband to a volunteer that exemplifies the UTMB Cares values of solidarity, respect, inclusivity, authenticity, and humility. We are so grateful to each volunteer, and we're excited for this opportunity to show our thanks during race weekend.

UTMB
COMMITMENT

THANK YOU, VOLUNTEER!

RUNNER TRACKING

[LIVETRAIL.NET](https://livetrail.net) will be available to track runners throughout the event. Please note these are timing splits at certain checkpoints on the course and are NOT live/GPS tracking. Due to the remote nature of these locations there may be possible delays on LiveTrail updating. [CLICK HERE](#) for Runner Tracking FAQs.





 **SUUNTO**

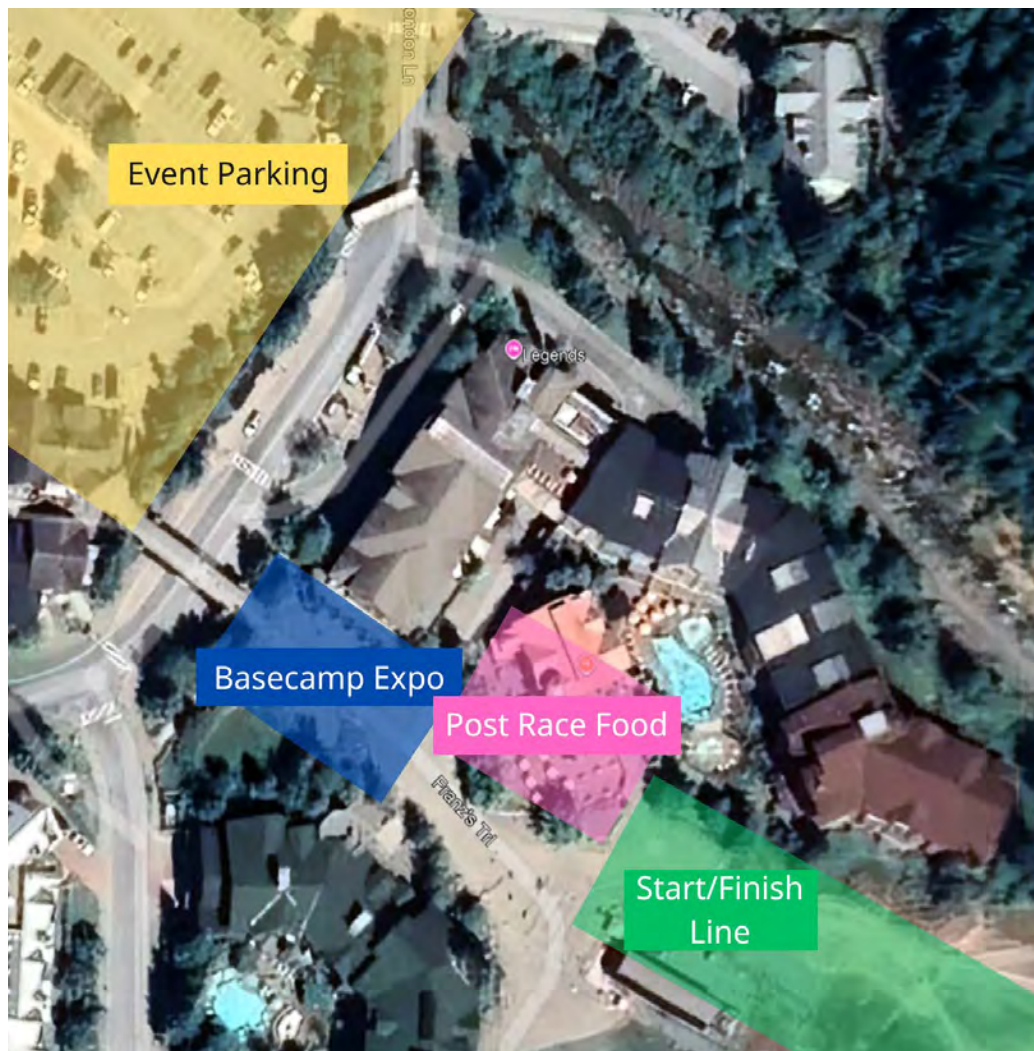
Adventure
Starts
Here

Some people
choose
fine dining

NEW
SUUNTO RACE
the performance watch



PARKING



RACE DAY INFORMATION

DROP BAGS

AID STATION DROP BAG DROP-OFF (100K ONLY)

Drop bags are only available for 100K runners. They will be transported to the following aid stations:

Big Burn – 1 (35.7 km)
Big Burn – 2 (51.6 km)
Weather Check (74.0 km)

Drop bags can be dropped off in a clearly marked and secure location at the Basecamp Expo during scheduled hours, or on race morning near the start line before 4:00 AM. Bags received after 4:00 AM will not be transported. Do not place anything of value in your drop bag. Make sure it is clearly labeled.

START & FINISH LINE DROP BAG DROP-OFF (ALL DISTANCES)

Drop bags can be dropped off at the start. They will not be transported to any location on course. If you do not retrieve your bag by the Awards Ceremonies, it will be donated. Please do not put anything of value in this bag.

DROP POLICY

Runners are encouraged to withdraw from the race only at Aid Stations. This will help Race Management ensure all runners are safely accounted for. All runners **MUST** notify the Aid Station Captain that they are withdrawing, and turn their bib in. If a runner is unable to withdraw at an Aid Station, they **MUST** notify Race Management at the Timing Tent located at the Finish Line, or by calling the Emergency Number on their bib. Please refer to the Race Regulations for further details on the Drop Policy.

In the event that you do not finish (DNF) the race, race management is required to collect your bib at the Aid Station. This is essential for runner accountability and ensures that our command team can confidently confirm the course is clear at the end of the day. We understand that bibs hold sentimental value for many runners. If you'd like your bib returned, we can hand it back after the course is cleared. Please note that this may take several hours after the final course cut-off as bibs are retrieved from remote aid stations. Please email our event inbox within 10 days of the race to request this. Thank you for your understanding with our policy as we prioritize runner safety.

MEDICAL INFORMATION FOR RUNNERS

Emergency medical care will be provided at every aid station and the finish line. Participation in this event is at the runner's own risk. Adequate training is essential. Runners are encouraged to consult with their medical provider prior to the event. Please be sure to notify race staff of any medical condition or allergies. You can place all this information on the back of your race bib as well as on the white medical bracelets you can pick up at the registration tent. Runners' crews must be prepared, anticipate runners' needs, and provide basic care. This includes hydration and nutrition specific to the runner based on experience and tolerance, aside from race provided supplies. Runners may experience nausea and vomiting during the race. This can be for a variety of reasons, most commonly over-hydration, under-hydration, heat stress and altitude exposure. It is advised the runner always "drinks to thirst", avoiding over or under hydration. Be sure to seek medical attention if symptoms continue or worsen.

Foot care is very important! Be sure to prepare and bring sufficient supplies to provide foot care for your runner. For more information on pre-race and during race foot care, follow [this link](#) for some great videos!

EMS personnel and transport teams will be available for serious injury or illness. Additionally, runners must be responsible for their own limitations. Medical personnel have full authority to decide if a runner may continue. Medical staff will be available at all Runner Briefings.

AID STATIONS

Aid stations will be located throughout the course. The general offerings are as follows:

- Nutrition: Naak Drink Mix and Naak Gels; assorted fruits; soda; assorted sweets & salty snacks; peanut butter & jelly sandwiches; and other assorted food: hot food will be provided for the 100k race
- Runner Care: Basic first aid/blister care; bug spray; sunscreen; lubrication for chaffing; feminine products

TREKKING POLES

Trekking poles will be allowed for all distances. Please be cautious around other runners while using them.

RACE DAY INFORMATION

EQUIPMENT

100K

Mandatory	Recommended
Running pack for carrying supplies for the duration of the race Pack can be a backpack, vest or waist/belt pack	ID/Passport
Cell/Smartphone	Survival blanket
Minimum water supply of 1 liter	Whistle
Personal collapsible cup (15 cl / 5 oz minimum)	Gloves
1 working headlamps (torches) with spare cells/batteries for each headlamp	200 lumens or more for main headlamp
Food reserve 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/toque, cap, bandana, or Buff®)	

50K

Mandatory	Recommended
Cell/Smartphone	Running pack
Personal collapsible cup (15 cl / 5 oz minimum)	Survival blanket
Minimum water supply of 1 liter	ID/Passport
Food reserve: 800 kcal (2 gels + 2 power bars each of 65 g)	Headlamp & spare batteries (200 lumens minimum)
	Whistle
	Gloves
	Jacket with hood
	Hat/Toque

10K

Mandatory	Recommended
Personal collapsible cup (15 cl / 5 oz minimum)	Running pack
Minimum water supply of 1/2 liter	Food reserve: 800 kcal (2 gels + 2 bars)
	ID/Passport
	Whistle
	Gloves
	Jacket with hood
	Hat/Toque

25K

Mandatory	Recommended
Personal collapsible cup (15 cl / 5 oz minimum)	Running pack
Minimum water supply of 1/2 liter	Food reserve: 800 kcal (2 gels + 2 bars)
Cell/Smartphone	ID/Passport
	Whistle
	Gloves
	Jacket with hood
	Hat/Toque

* Hot or Cold Weather Kits may be implemented by Race Management if inclement weather determines it. Please refer to the [Race Regulations](#) for a full list of the Mandatory Gear, Hot and Cold Weather Kits. It is the runner's responsibility to bring all gear and kits that is or may be required to the race. Race Management may not be able to make the decision to implement the Hot or Cold Weather Kits until a few days out from the event as weather patterns are highly unpredictable and can change on a moment's notice, especially in the mountains.

RUNNER BIBS

DO NOT fold your bib under any circumstance.



Make sure you are at the correct race!

2025

100K

100K M

Your race distance.

1

All bibs must be front facing and visible at all times. We recommend pinning bibs to your shorts, pants or leggings.

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

LONGFIRSTNAME
LONGLASTNAME

COMMAND CENTER NUMBER: 1 (672) 999-4245

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

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

1 0 1 1

Wear bib clearly visible on the front of your torso.

Name: _____
Date of Birth: _____
T-Shirt Size: _____
Emergency Contact: _____
Emergency Phone: _____
Allergies to Medicines: _____
List of Current Medications: _____
Current Medical Condition(s): _____

1 0 1 1

UK CE Name/Address: _____ (A-1)
Emergency Contact: _____
Medical Information: _____

1

Please fill your information out.

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

This is where your timing chip will be. Do not bend the bib or damage this chip. This could result in the loss of tracking.

HOW TO WEAR YOUR BIB

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All bibs must be front facing and legible.

Do not fold the bibs as it will damage the timing chip.



Do not wear the bib on the back of your person or running vest.

Do not wear the bib under or close to the bottom of your running vest so it is legible & the timing chip isn't damaged by the vest.

Do not rotate the bib as it will potentially render the timing chip unreadable.

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



ULTRA ENERGY™ DRINK MIX
Go longer, go farther.



COURSE MARKINGS

COURSE RIBBONS

 100K Orange Ribbons	 50K Blue Ribbons
 25K Yellow Ribbons	 10K Purple Ribbons

COURSE SIGNAGE

	Critical Turn Ahead: This indicates a turn or intersection is coming up. Pay close attention to course markings.
	Wrong Way: This indicates a section that is not on the race course. Do not pass these signs. Look for the appropriate course markings or signage to stay on course.
	Directional Arrows: These indicate the direction of travel on course. Follow the direction of the arrow. A left or right arrow sign may also indicate a turn is coming up.

AID STATION SIGNAGE

Each race distance will be listed at the top to which the below information applies. The heading color will also match the course ribbon color for each distance.

100K	50K	25K	10K
 WELCOME TO ROUNDHOUSE 1 NEXT AID ROUNDHOUSE 2 3.6 KMS ELEVATION GAIN: 165 M ELEVATION LOSS: -165 M CUT OFF TIME AT NEXT AID STATION 11:30 AM	 WELCOME TO ROUNDHOUSE 1 NEXT AID ROUNDHOUSE 2 3.7 KMS ELEVATION GAIN: 160 M ELEVATION LOSS: -158 M CUT OFF TIME AT NEXT AID STATION 12:50 PM	 WELCOME TO ROUNDHOUSE NEXT AID WHISTLER SUMMIT 3.2 KMS ELEVATION GAIN: 351 M ELEVATION LOSS: -22 M	 WELCOME TO CREEKSIDE PLAZA NEXT AID PONY CLUB 5.9 KMS ELEVATION GAIN: 700 M ELEVATION LOSS: -58 M

The name of the aid station you're arriving to.

Distance to the next aid station.

Elevation gain/loss (ft) to the next aid station.

If the next aid station has a hard cut-off, you'll see them listed for each distance.

The name of the aid station after the one you're currently at.

COURSE MARKINGS

COURSE MARKING STANDARDS ALONG THE TRAIL

All course ribbons will be placed within eyesight of the next one. Look for course ribbons to be placed on the following:

- Trees
- Bushes
- Tied to rocks on the trail
- Forest service trail signage
- Course signage

URNS & INTERSECTIONS

Leading up to a turn, additional markings will be applied to the side of the trail in the direction of the approaching turn. Immediately after the turn is made, additional course markings will be applied to both sides of the trail to serve as "confidence" markers to ensure you made the correct turn and are on course. Directional arrow signage will be placed leading up to and at turns, in the direction of the upcoming turn. Prior to key intersections, a "Critical Turn Ahead" course sign will be added to alert runners leading up to a turn.

WRONG WAY

"Wrong Way" signage will be placed at intersections on trails that are not on the course. Additional "Wrong Way" signage will be placed further down a trail that is not on the course in case the first sign is missed. If you do not see a course marking ribbon or flag within your field of vision, you are most likely off course. Re-trace your steps until you find the correct course marking for your race.

COURSE MARSHALS, BIKE PARK & ROAD CROSSINGS

Whistler Blackcomb is an active mountain with a Bike Park and Service Vehicles operating during the race. Please keep an eye out, and give way to all bikes and vehicles where the course crosses bike trails or service roads. There will be Course Marshals placed at key intersections to assist runners with these crossings. Runners must follow and obey all Course Marshals at the locations they are stationed.

BEAR & COUGAR SAFETY

British Columbia and Whistler share their home with bears and cougars.

In the rare occasion you may encounter a bear, it's best you are equipped with the knowledge of what to do. Please visit our friends over at Tourism Whistler, and read the educating blog *Be Bear Aware* in Whistler by Dee Raffo. [CLICK HERE](#) to read.

Reports of cougar conflicts or aggressive cougar behaviour can be made to the RAPP line at 1-877-952-7277. For safety tips and resources, visit WildSafeBC.com

EVENT ALERT SYSTEM (EAS)

The EAS uses colour codes to convey risk status across the event. Flags in key areas such as the Start/Finish Line and Aid Stations will be present to indicate alert level. Messages may be delivered by mobile app notifications and race staff as needed.

- **Green (Normal Operations)** - Course open, conditions safe. Continue operations as planned
- **Yellow (Caution)** – Risk identified (e.g., rising heat, deteriorating air quality, forecasted storms). Increased vigilance required by staff and runners. Possible gear checks or pace adjustments enforced.
- **Red (High Risk)** – Hazard present and requires immediate action (e.g., lightning in area, AQHI 7–10). Race may be suspended or modified. Runners will be held at aid stations or directed to shelter.
- **Black (Suspend/Cancel)** – Hazard exceeds safety thresholds (e.g., AQHI >10, severe storm damage, wildfire encroachment). Course is closed, evacuation procedures enacted.

RACE REGULATIONS

Runners and crew must be familiar with and follow Race Regulations. [CLICK HERE](#) to view a complete list.

SHOKZ

Open-Ear Bone Conduction Headphones

-  Situational Awareness
-  Open-Ear Comfort
-  IP68 Water Resistant
-  Up to 10 Hours batterie life



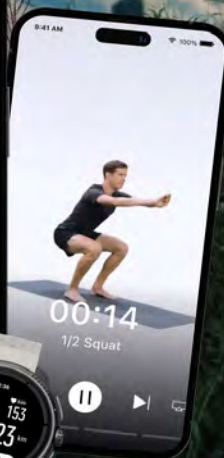
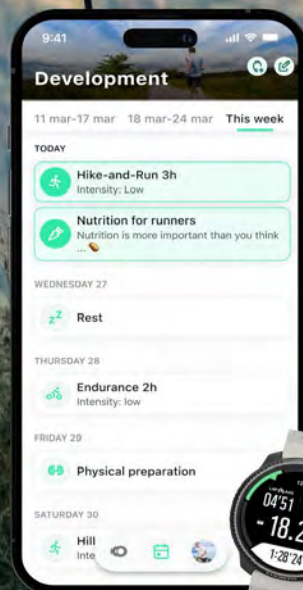
YOU'RE GOING TO LOVE TRAINING!



UTMB®
WORLD SERIES

RUN
MOTION

RUNNERS SERVICE



100K COURSE

COURSE INFORMATION

Start: Saturday, September 27 at 5 AM.

For further information: <https://whistler.utmb.world/races/100K>

[CLICK HERE](#) to view the 2025 100K course route on CalTopo. [Download the 100K GPX File Here.](#)

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of runners. Please note that Aid Stations are estimated and are subject to change. Aid stations will be offered at the following locations:

LOCATION	Kilometer	DROP BAGS	CREW
Creekside Plaza - Start	0.0	X	X
Middle of Nowhere - 1	3.1		
Whistler Summit	11.5		
Roundhouse - 1	21.4		
Roundhouse - 2	24.9		
Big Burn - 1	35.7	X	X
Rendezvous	40.5		
Big Burn - 2	51.6	X	X
Pump Up	65.3		
Weather Check	74.0	X	X
Sea to Sky	80.7		
Garibaldi	89.1		
Middle of Nowhere - 2	97.6		
Creekside Plaza - Finish	100.6	X	X

COURSE CUT-OFFS

The overall course time limit is 24 hours, at 5:00 AM on Sunday. Intermediate Aid Station Cut-Offs are as follows:

- 11:30 AM at Roundhouse - 2 (Kilometer 24.9)
- 1:15 PM at Big Burn - 1 (Kilometer 35.7)
- 2:45 PM at Rendezvous (Kilometer 40.5)
- 4:35 PM at Big Burn - 2 (Kilometer 51.6)
- 8 PM at Pump Up (Kilometer 65.3)
- 10:20 PM Weather Check (Kilometer 74.0)
- 11:30 PM Sea to Sky (Kilometer 80.7)
- 1:50 AM Garibaldi (Kilometer 89.1)
- 5 AM at the finish line at Creekside Plaza (Kilometer 100.6)

Cut-off times are calculated with the following considerations:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cutoff times based on their location, time, and average pace.

A runner MUST leave an Aid Station prior to the cut-off time, or they will be considered a Drop, and their bib will be removed. A runner cannot leave an Aid Station behind the Course Sweeps. **NO EXCEPTIONS!** A runner also cannot leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew. Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course. Any runner arriving to an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. **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.



50K COURSE

WHISTLER, BRITISH COLUMBIA



 STARTING LINE

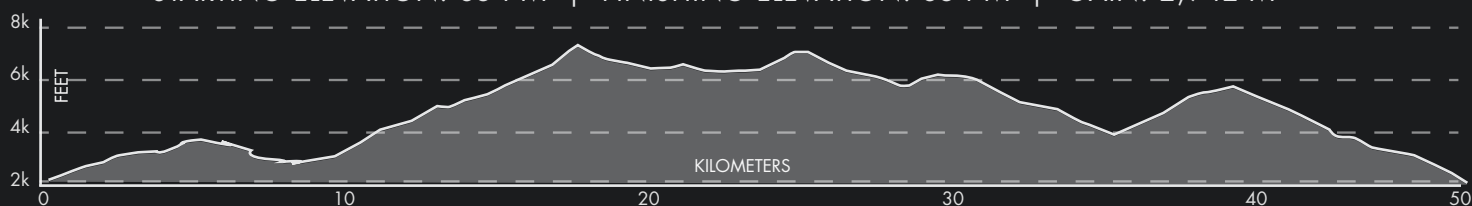
 FINISH LINE

 10 KILOMETER MARKER

 AID STATION

 MEDICAL STATION

STARTING ELEVATION: 654 M | FINISHING ELEVATION: 654 M | GAIN: 2,942 M



50K COURSE

COURSE INFORMATION

Start: Saturday, September 27 at 6:30 AM.

For further information: <https://whistler.utmb.world/races/50k>

[CLICK HERE](#) to view the 2025 50K course route on CalTopo. [Download the 50K GPX File Here.](#)

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of runners. Please note that Aid Stations are estimated and are subject to change. Aid stations will be offered at the following locations:

LOCATION	Kilometer
Middle of Nowhere - 1	3.1
Middle of Nowhere - 2	10.0
Whistler Summit	18.4
Roundhouse - 1	28.3
Roundhouse - 2	31.8
Middle of Nowhere - 3	47.0

COURSE CUT-OFFS

The overall course time limit is 13 hours, at 7:30 PM.

Intermediate Aid Station Cut-Offs are as follows:

- 11:20 AM at Whistler Summit (Kilometer 18.4)
- 2:30 PM at Roundhouse - 2 (Kilometer 31.8)
- 7:30 PM at the finish line at Creekside Plaza (Kilometer 50.1)

Cut-off times are calculated with the following considerations:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cutoff times based on their location, time, and average pace.

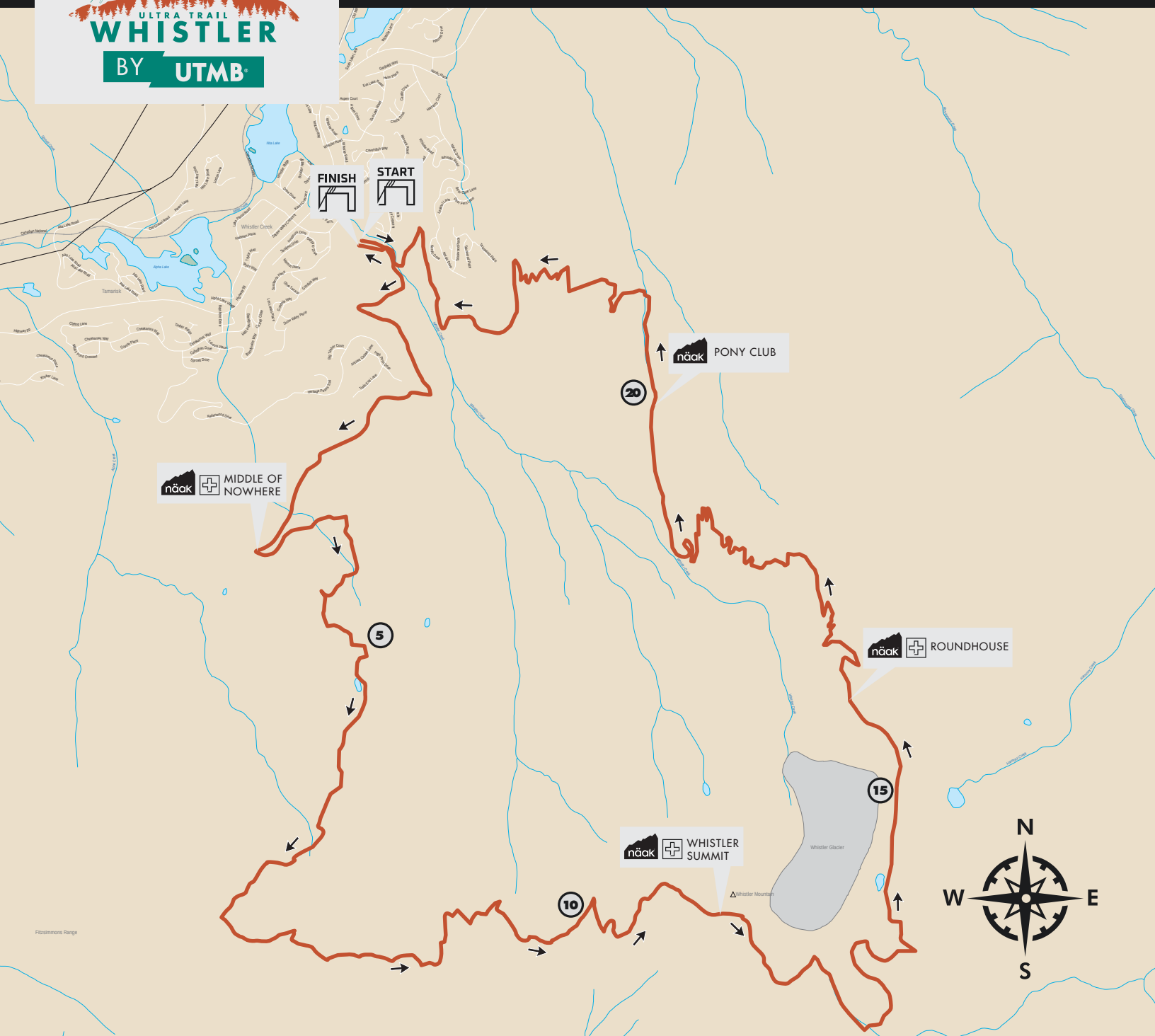
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For permitting reasons, and the continuation of the event, the safety of all runners, volunteers, safety personnel, and race staff, the cut-off times and rules must be honored and respected for all UTMB events.



25K COURSE

WHISTLER, BRITISH COLUMBIA



STARTING LINE

FINISH LINE

KILOMETER MARKER

AID STATION

MEDICAL STATION

STARTING ELEVATION: 654 M | FINISHING ELEVATION: 654 M | GAIN: 1,674 M



25K COURSE

COURSE INFORMATION

Start: Sunday, September 28 at 8 AM.

For further information: <https://whistler.utmb.world/races/25k>

[CLICK HERE](#) to view the 2025 25K course route on CalTopo. [Download the 25K GPX File Here.](#)

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of runners. Please note that Aid Stations are estimated and are subject to change. Aid stations will be offered at the following locations:

LOCATION	Kilometer
Whistler Summit	11.5
Roundhouse	15.7

COURSE CUT-OFFS

The overall course time limit is 8 hours, at 4 PM. There are no intermediate Aid Station cut-offs for the 25k course.

Cut-off times are calculated with the following considerations:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cutoff times based on their location, time, and average pace.

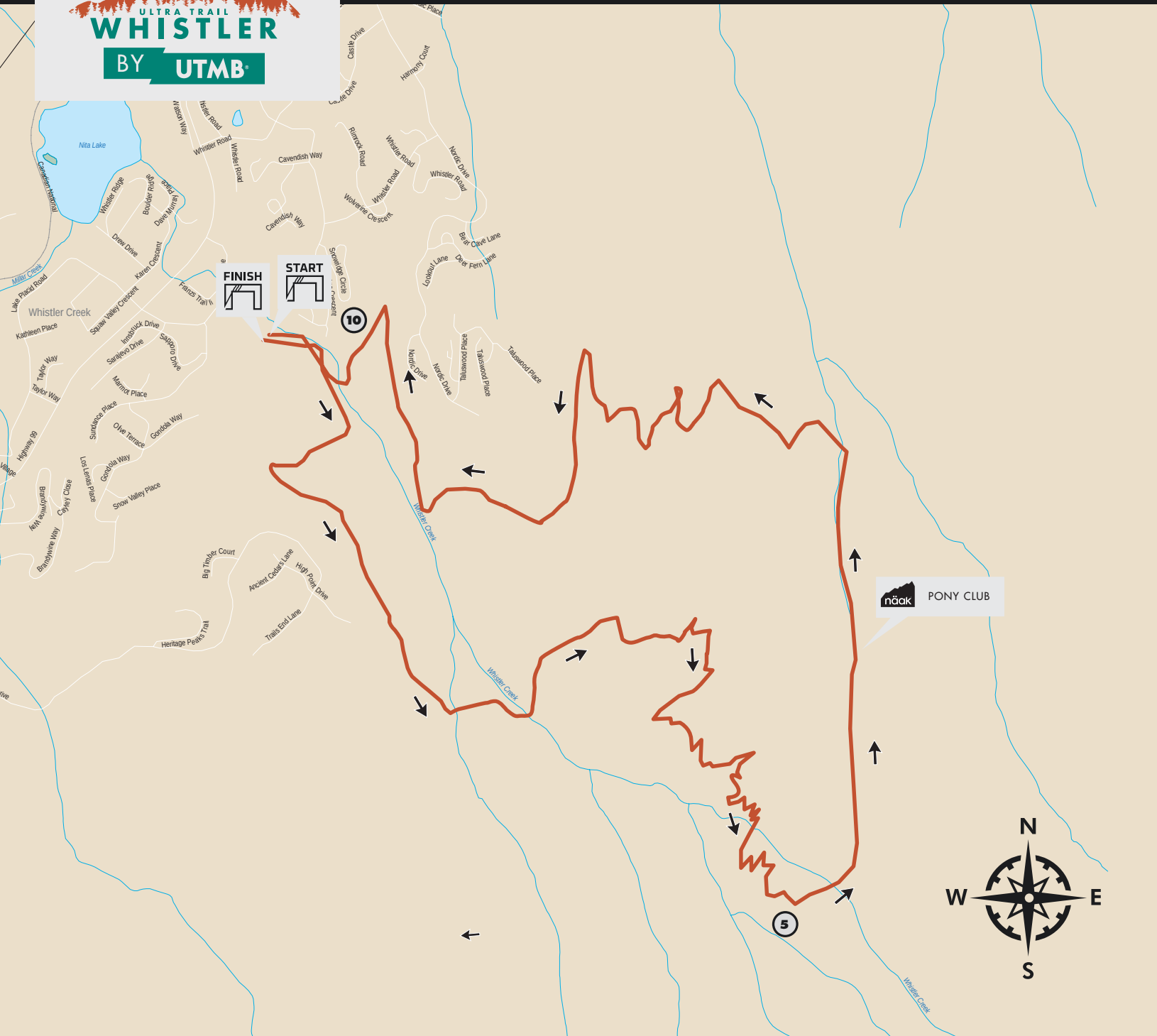
A runner MUST leave an Aid Station prior to the cut-off time, or they will be considered a Drop, and their bib will be removed. A runner cannot leave an Aid Station behind the Course Sweeps. NO EXCEPTIONS! A runner also cannot leave the Aid Station prior to the cut-off time, then return to the Aid Station, or receive assistance from their crew. Any runner leaving the Aid Station prior to the cut-off, must continue on the marked course. Any runner arriving to an Aid Station after the cut-off time will be considered a Drop and their bib will be removed. 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.



10K COURSE

WHISTLER, BRITISH COLUMBIA



STARTING LINE



FINISH LINE



KILOMETER MARKER

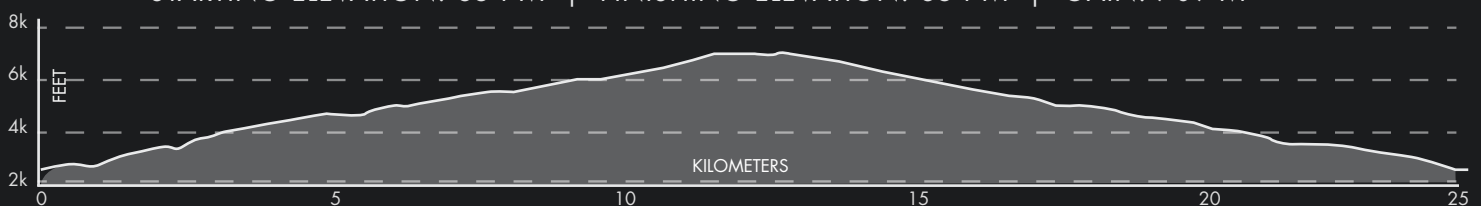


AID STATION



MEDICAL STATION

STARTING ELEVATION: 654 M | FINISHING ELEVATION: 654 M | GAIN: 709 M



10K COURSE

COURSE INFORMATION

Start: Sunday, September 28 at 9 AM.

For further information: <https://whistler.utmb.world/races/10k>

[CLICK HERE](#) to view the 2025 10K course route on CalTopo. [Download the 10K GPX File Here.](#)

AID STATIONS

A variety of refreshments and supplies, including drinks and sweet foods, will be available along the route for the exclusive use of runners. Please note that Aid Stations are estimated and are subject to change. Aid stations will be offered at the following locations:

LOCATION	Kilometer
Pony Club	5.9

COURSE CUT-OFFS

The overall course time limit is 6 hours, at 3 PM. There are no intermediate Aid Station cut-offs for the 10k course.

Cut-off times are calculated with the following considerations:

- Safety of all participants including, but not limited to runners, volunteers, medical staff, and search & rescue.
- Remoteness of certain sections of trail.
- Access to certain sections of trail.
- Conditions of certain sections of trail.

The race organization reserves the right to add or change any listed cut-off times prior to and during the race. The race organization reserves the right to remove a runner from the course and remove their bib, if it determines there is no possibility of an athlete finishing before the listed cutoff times based on their location, time, and average pace.

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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.

AID STATION GUIDE

10K AID STATIONS

Label	Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Creekside Plaza - Start	0.0	5.9	700	-58	700	-58		X	X
HS1	Pony Club (Hydration Station)	5.9	4.3	8	-650	709	-709			
Finish	Creekside Plaza - Finish	10.2						3 PM	X	X

25K AID STATIONS

Label	Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Creekside Plaza - Start	0.0	3.1	339	-7	339	-7		X	X
HS1	Middle of Nowhere (Hydration Station)	3.1	8.4	1,197	-18	1,536	-25			
AS1	Whistler Summit	11.5	4.2	120	-456	1,656	-480			
AS2	Roundhouse	15.7	4.6	10	-542	1,666	-1,022			
HS2	Pony Club (Hydration Station)	20.3	4.3	8	-650	1,674	-1,673			
Finish	Creekside Plaza - Finish	24.6						4 PM	X	X

50K AID STATIONS

Label	Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Creekside Plaza - Start	0.0	3.1	339	-7	339	-7		X	X
AS1	Middle of Nowhere - 1	3.1	6.9	305	-305	644	-312			
AS2	Middle of Nowhere - 2	10.0	8.4	1,197	-18	1,841	-330			
AS3	Whistler Summit	18.4	9.8	369	-706	2,375	-1,036	11:20 AM		
AS4	Roundhouse - 1	28.3	3.6	165	-165	2,375	-1,201			
AS5	Roundhouse - 2	31.8	4.7	10	-542	2,385	-1,742	2:30 PM		
HS1	Pony Club (Hydration Station)	36.5	10.5	550	-861	2,935	-2,603			
AS6	Middle of Nowhere - 3	47.0	3.1	7	-339	2,942	-2,942			
Finish	Creekside Plaza - Finish	50.1						7:30 PM	X	X

AID STATION GUIDE

100K AID STATIONS										
Label	Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Creekside Plaza - Start	0.0	3.1	339	-7	339	-7		X	X
AS1	Middle of Nowhere - 1	3.1	8.4	1,197	-18	1,536	-25			
AS2	Whistler Summit	11.5	9.8	369	-706	1,905	-731			
AS3	Roundhouse - 1	21.4	3.6	165	-165	2,070	-895			
AS4	Roundhouse - 2	24.9	4.7	10	-542	2,080	-1,437	11:30 AM		
HS1	Pony Club (Hydration Station)	29.6	6.1	104	-630	2,183	-2,067			
AS5	Big Burn - 1	35.7	1.8	421	0	2,604	-2,067	1:15 PM	X	X
HS2	Midstation - 1 (Hydration Station)	37.5	3.0	676	0	3,280	-2,067			
AS6	Rendezvous	40.5	6.8	31	-707	3,311	-2,774	2:45 PM		
HS3	Midstation - 2 (Hydration Station)	47.3	4.3	16	-436	3,327	-3,211			
AS7	Big Burn - 2	51.6	3.7	9	-140	3,336	-3,351	4:35 PM	X	X
HS4	Mel's Dilemma (Hydration Station)	55.4	9.9	579	-434	3,916	-3,785			
AS8	Pump Up	65.3	8.7	380	-561	4,295	-4,346	8 PM		
AS9	Weather Check	74.0	4.5	94	-76	4,390	-4,422	10:20 PM	X	X
HS5	Near Miss (Hydration Station)	78.5	2.3	131	-22	4,520	-4,444			
AS10	Sea to Sky	80.7	8.4	466	-398	4,986	-4,842	11:30 PM		
AS11	Garibaldi	89.1	8.4	403	-215	5,389	-5,057	1:50 AM		
AS12	Middle of Nowhere - 2	97.6	3.1	7	-339	5,395	-5,396			
Finish	Creekside Plaza - Finish	100.6						5 AM (Sunday)	X	X

Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch.



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AWARDS CEREMONIES

Join us for the Awards Ceremonies! Please check the Event Schedule for the times of all ceremonies. The top five overall male and female awards and first place male and female age group awards will be awarded.

If you cannot attend the Awards Ceremony, please email WHISTLER@SERVICE.BYUTMB.WORLD to have your award shipped to you. Unclaimed awards will be held for 30 days.

DROP BAG PICK-UP

AID STATION DROP BAG PICK-UP (100K ONLY)

The bags will be returned to either the runner or a family member/friend, only upon presentation of the bib number. The bags must be retrieved at Basecamp Expo (same location as drop-off) no later **2:00 PM on Sunday, September 28**. After that time, drop bags are subject to charitable donation. **DO NOT PUT ANYTHING OF GREAT VALUE IN YOUR DROP BAGS!**

START & FINISH LINE DROP BAG PICK-UP (ALL DISTANCES)

Drop bags that were dropped off at the start line with post-race necessities will be available for pick-up at the Basecamp Expo after you finish. These bags stayed at the start line and were not transported to any aid stations. Drop bags will be available until **Sunday, September 28 at 2:00 PM**. After that time, any unclaimed bags are subject to charitable donation. **DO NOT put anything of great value in your drop bags.** The organization is not responsible for items in drop bags.

PHOTOGRAPHY

FinisherPix will have multiple photographers along the course to document your journey.

How to order your pix:

- Register your e-mail address at WWW.FINISHERPIX.COM to be notified as soon as photos are online.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit WWW.FINISHERPIX.COM to view, order, and share your photos from the event.

VOLUNTEER

Our volunteers allow us to do what we do! Please be sure to thank the volunteers that help you along your journey. All volunteers will receive swag. If you or anyone traveling with you is interested in volunteering, please [CLICK HERE](#).

UTMB® WORLD SERIES

UTMB® WORLD SERIES

UTMB® World Series Events are the best trail running events on the planet and are organized to the highest quality standards, giving runners the chance to immerse themselves in the UTMB® experience on all continents.

Each year, three of these events will be given the status of UTMB® World Series Majors, becoming continental Series finals in the Americas, in Europe, and in Asia/Oceania.

QUALIFYING POINTS

100K – 3 Stones

50K – 2 Stones

25K – 1 Stone

QUALIFYING

As a UTMB® World Series Event, Ultra Trail Whistler by UTMB® provides you opportunities to access the UTMB® World Series Final in Mont-Blanc, France, via:

- A lottery place, earned through collection of Running Stones.
- Sporting performance, with the top three male and female finishers in the 100K and 50K earning a spot to the UTMB® race of the corresponding distance category.

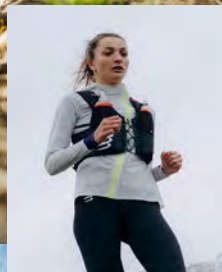
[CLICK HERE](#) for more information regarding the UTMB® Performance Index.

After the race, the selected runners will receive an email to register for the UTMB® World Series Finals. Please be sure to create your My UTMB® account prior to race day by clicking [HERE](#).



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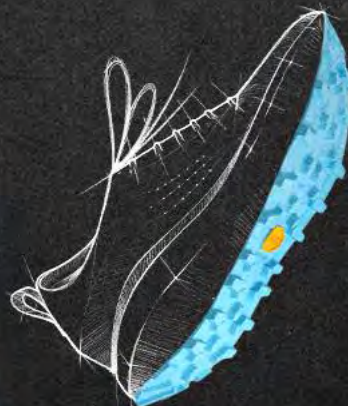


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GENERAL RULES

1. Throughout the duration of the race, each runner must have with them all of their mandatory equipment.
2. No aid between aid stations. The race organizer only provides water and 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 next aid station.
3. 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.
4. Runners are not allowed to participate with a dog or any other animal, including service animals.
5. Littering is NOT allowed outside 100' of aid stations. Throwing a wrapper down outside these parameters, is subject to disqualification.
6. NO STEPPING on vegetation off the trail. Once again, it's pristine, let's keep it that way.
7. No special Drop Bag service from crew.
8. Headphones ARE permitted, so crank it up, but please be aware of surroundings when overtaking another runner, if you are overtaken, or at an aid station.
9. Any runner seen cutting a switchback will be disqualified.
10. Any foreign runner who earns cash, will be subject to tax initially when paid on race day.
11. Runners can drop from the race at any accessible aid station and they MUST let the Aid Station Captain know that they are dropping.
12. [CLICK HERE](#) to review the Anti-Doping policy.

