

Paths to Parenthood Policy Overview

To promote gender equity and inclusion in trail running, UTMB Group introduced a pregnancy policy for all UTMB World Series Events in 2023. In 2026, it was expanded and renamed the Paths to Parenthood Policy to support athletes who are pregnant, using surrogacy, adopting, or pursuing Medically Assisted Reproduction (MAR), along with their partners.

Eligibility and Procedure

Athletes wishing to benefit from the Paths to Parenthood Policy should request their preferred option, as set out below, in an email to the event they are registered or they want to participate, with the following documentation, as relevant:

- Pregnant athletes: a dated doctor's note confirming the pregnancy.
- Athletes pursuing Medically Assisted Reproduction (MAR): a dated doctor's note or note from a fertility clinic confirming that the Athlete is undergoing medically assisted reproduction (MAR). No medical diagnosis or treatment details are required. For sake of clarity, MAR includes in vitro fertilization (IVF), intracytoplasmic sperm injection, intrauterine insemination (IUI), egg retrieval, embryo transfer (fresh or frozen), donor cycles, ovulation-induction treatment, and medically indicated egg freezing.
- Athletes with a pregnant partner with a due date within three months before or after the race: a dated doctor's note confirming the pregnancy and proof of relationship if available (eg. marriage certificate, civil union documentation etc).
- Athletes adopting a child or birthing via surrogacy: adoption or birth certificate dated within six months before the race.

Note: no particular outcome of the pregnancy or MAR is required; miscarriages and failed cycles remain covered, and do not need to be disclosed. Recognizing that one's individual Path to Parenthood may be unpredictable, athletes may benefit from the policy if they meet the eligibility requirements at any point from the registration period up until race day. Athletes may be pregnant, already undergoing MAR, or in the process of adopting or welcoming a child through surrogacy at the time of registration, and they will still be entitled to a deferral or refund before race day if they choose to take advantage of those options.

Policy Options

Eligible athletes have the following options available under the Paths to Parenthood Policy.

Non-Lottery races

- A full refund of the registration fee (excluding service fees and additional purchases such as donations, photos, or accommodation & if the request is made at the latest, the date of the race).
- OR
- Deferral up to 2 years to the same race category or shorter.

Lottery Races

- A full refund (excluding service fees and additional purchases such as donations, photos, or accommodation & if the request is made at the latest, the date of the race).
- AND
- For women who are pregnant: Priority entry for up to 5 years for 50K, 100K, 100M (reduced to 2 years for partners and parents adopting or birthing via surrogacy) and up to 2 years for 20K. Access to the same race category or shorter.

Repeated Deferrals

Athletes can repeat the deferral process for an additional deferral if they meet the Paths to Parenthood eligibility again during the deferral period. For instance, if an athlete defers a race due to MAR and then becomes pregnant during that period, they can then shift onto the pregnancy part of the policy without losing their place.

Additional Requirements for Using a Deferred Entry Spot

- **Request Deadlines:**

Lottery Races: Due to limited places, requests must be submitted via email prior to the event preregistration period.

Non Lottery races: All requests made prior to the opening of registrations will be accepted. Requests made after registration is open cannot be guaranteed and are based on availability. No requests will be accepted after registrations for the event are closed.

- **UTMB Index:** For events requiring a valid UTMB Index, runners should ensure it is valid at the time of registering for the deferred race.
- **Verification:** The organizer may reasonably request additional proof if required, respecting the privacy and confidential nature of the Athlete's personal situation, and deny requests at their discretion.

Paths to Parenthood policy Special Considerations for Women Elite Athletes

Women elite athletes(*) starting a "Paths to Parenthood" journey (pregnancy, adoption, surrogacy, or MAR) can benefit from specific conditions :

1) Registration deferral up to 5 years

The deferral is available on the same event and same distance (or shorter distance).

The athlete should email the event organization and copy elites@utmb.world.

2) Benefits linked to the Elite Athlete status maintained for 2 years

Upon resuming competition (in any race awarding a UTMB Index), runners retain prior elite status benefits for 2 years from this race date, which applies across all UTMB World Series Events / Majors / Finals (same or shorter categories), including:

- Access to elite starting groups.
- No valid UTMB Index required (if index was valid pre-journey).
- Free race bibs (if applicable pre-journey).
- Extended qualification period for UTMB World Series Finals until June 30 of the finals year, if a request is made to the Elites team by the end of November in the prior year (conditions apply).

The athlete should email the event organization and copy elites@utmb.world.

3) UTMB Index on Runner Profile

- The UTMB Index, as well as the UTMB index ranking, at the time of the Paths to Parenthood application will be recorded and displayed on athletes' individual page on utmb.world for up to 5 years or until the normal UTMB index reaches the level of the frozen index again.

The regular UTMB Index will also be visible and will be used in the rankings and UTMB Live pages, this live ranking will not be frozen and continue to evolve as normal.

The athlete should email elites@utmb.world.

(*) To benefit from the Women Elite athlete policy above, the athlete must have a UTMB index equal to or higher than those mentioned below in at least one of the categories.

Category	20K	50K	100K	100M
UTMB index	680	680	660	600