



# RACE GUIDE

10-12 APRIL 2026

**UTMB®**  
WORLD SERIES



隆景体育  
LUNGKING

<https://mogan.utmb.world/>

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MOGAN BY UTMB®

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## 2026 ULTRA-TRAIL MOGAN BY UTMB®

Trail running like bamboo –  
resilient, enduring, going the distance.

Ultra-Trail Mogan by UTMB® will be held from April 10 to 12, 2026, in the Mogan Mountain International Tourist Resort, Mogan Town, Deqing County, Huzhou City, Zhejiang Province. The event is guided by the Deqing Mogan Mountain International Tourist Resort Management Committee and the Deqing County Bureau of Culture, Radio, Television, Tourism and Sports, hosted by Shanxi Lungking Sports Co., Ltd., and supported by the Mogan Mountain Outdoor Sports Association.

Ultra-Trail Mogan by UTMB® embodies the spirit of “Trail running like bamboo – resilient, enduring, going the distance.” The course winds through rolling peaks, passes by the Sword Pond Waterfall, and explores ancient trails and hidden paths. Endless bamboo forests and terraced tea fields unfold at every turn, allowing runners to immerse themselves in the scenic beauty and rich cultural heritage of Jiangnan while embracing a journey where nature meets local traditions.

Adhering to the global standards of the UTMB® World Series and backed by an experienced event operations team, the race will provide professional support in course marking, aid stations, safety and medical services, and volunteer coordination, ensuring a safe and smooth race experience for all participants.

With a diverse range of race categories designed to suit different levels of training, every runner – from beginners seeking their first trail experience to seasoned athletes chasing extreme challenges – will find their own path.

- DMG100M is the ultimate stage for the brave. The 100-mile journey pushes the limits of physical endurance and mental strength.
- CMG100K offers a perfect challenge for advancing runners. The longer distance takes participants deep into the Mogan landscape, revealing the serene beauty and rugged vastness of Jiangnan’s mountains.
- MMG50K serves as a stepping stone for intermediate runners. With bamboo forests lining the trail and mountain winds as a companion, it invites runners to connect deeply with the wilderness, gathering strength with every climb.
- EMG20K is an ideal introduction for beginners. This shorter distance captures the charm and character of Mogan Mountain – tranquil valleys, terraced tea fields – offering a safe yet scenic entry into the world of trail running.

April brings Mogan Mountain to life – vibrant bamboo groves, fresh spring energy. This is where the spirit of Jiangnan meets the thrill of the trail. The course is set. Now it’s your turn to answer the call and embark on your own journey into the bamboo-covered hills.



# UTMB®

## WORLD SERIES

### FINALS

#### HOKA UTMB® MONT-BLANC

AUGUST 24-30 | CHAMONIX MONT-BLANC,  
COURMAYEUR, ORSIÈRES  
FRANCE, ITALY, SWITZERLAND

1000M UTMB®

100K/M CCC®

50K/M OCC

### MAJORS

OCEANIA MAJOR  
HOKA ULTRA-TRAIL AUSTRALIA™ BY UTMB®  
MAY 14-17 | KATOOMBA, AUSTRALIA

EUROPE MAJOR  
HOKA VAL D'ARAN BY UTMB®  
JULY 01-05 | VIELHA, SPAIN

AMERICAS MAJOR  
HOKA KODIAK ULTRA MARATHONS™ BY UTMB®  
OCTOBER 08-11 | BIG BEAR LAKE, USA

ASIA-PACIFIC MAJOR  
HOKA CHIANG MAI THAILAND BY UTMB®  
NOV 28 - DEC 6 | CHIANG MAI, THAILAND



### EVENTS

EUROPE  
ARC OF ATTRITION BY UTMB®  
JANUARY 22-25 | UNITED KINGDOM

OCEANIA  
TARAWERA ULTRA-TRAIL BY UTMB®  
FEBRUARY 14-15 | NEW ZEALAND

AMERICAS  
PUERTO VALLARTA MÉXICO BY UTMB®  
MARCH 05-07 | MEXICO

**NEW** ASIA  
HOKA XTRAIL KENTING BY UTMB®  
MARCH 06-08 | CHINESE TAIPEI

ASIA  
WAR HORSE ULTRA-TRAIL XIAMEN BY UTMB®  
MARCH 14-15 | CHINA

AMERICAS  
USHUAIA FIN DEL MUNDO BY UTMB®  
MARCH 18-22 | ARGENTINA

EUROPE  
TENERIFE BLUETRAIL BY UTMB®  
MARCH 19-21 | SPAIN

EUROPE  
CHIANTI ULTRA TRAIL BY UTMB®  
MARCH 19-22 | ITALY

EUROPE  
ISTRIA 100™ BY UTMB®  
APRIL 09-12 | CROATIA

AMERICAS  
DESERT RATS TRAIL RUNNING FESTIVAL™ BY UTMB®  
APRIL 09-12 | USA

**NEW** ASIA  
ULTRA-TRAIL MOGAN BY UTMB®  
APRIL 10-12 | CHINA

AMERICAS  
THE CANYONS ENDURANCE RUNS™ BY UTMB®  
APRIL 23-25 | USA

EUROPE  
GRAND RAID VENTOUX BY UTMB®  
APRIL 24-26 | FRANCE

ASIA  
AMAZEAN JUNGLE THAILAND BY UTMB®  
APRIL 30-MAY 03 | THAILAND

**NEW** EUROPE  
OH MEU DEUS BY UTMB®  
MAY 01-03 | PORTUGAL

EUROPE  
TRAIL ALSACE BY UTMB®  
MAY 14-17 | FRANCE

EUROPE  
ULTRA-TRAIL SNOWDONIA BY UTMB®  
MAY 15-17 | UNITED KINGDOM

**NEW** AMERICAS  
ROTHROCK BY UTMB®  
MAY 15-17 | USA

EUROPE  
MOZART 100™ BY UTMB®  
MAY 23 | AUSTRIA

AFRICA  
MOUNTAIN ULTRA TRAIL™ BY UTMB®  
MAY 29-31 | SOUTH AFRICA

EUROPE  
TRAIL 100 ANDORRA™ BY UTMB®  
JUNE 11-14 | ANDORRA

EUROPE  
TRAIL DU SAINT-JACQUES BY UTMB®  
JUNE 12-14 | FRANCE

ASIA  
TRAIL OF THE KINGS - LAKE TOBA BY UTMB®  
JUNE 12-14 | INDONESIA

**NEW** EUROPE  
SALOMON ZUGSPITZ ULTRA TRAIL  
POWERED BY LEDLENSER BY UTMB®  
JUNE 18-20 | GERMANY

# 2026 CALENDAR

## ASIA

**KAGA SPA TRAIL ENDURANCE 100 BY UTMB®**  
JUNE 18-21 | JAPAN

## EUROPE

**LA SPORTIVA® LAVAREDO ULTRA TRAIL® BY UTMB®**  
JUNE 24-28 | ITALY

## AMERICAS

**TORRENCIAL CHILE BY UTMB®**  
JUNE 26-28 | CHILE

## AMERICAS

**WESTERN STATES® 100-MILE ENDURANCE RUN**  
JUNE 27-28 | USA

## EUROPE

**RESTONICA TRAIL BY UTMB®**  
JULY 09-11 | FRANCE

## EUROPE

**TRAIL VERBIER ST-BERNARD BY UTMB®**  
JULY 10-12 | SWITZERLAND

## EUROPE

**EIGER ULTRA TRAIL™ BY UTMB®**  
JULY 15-19 | SWITZERLAND

## EUROPE

**MONTE ROSA WALSERWAEG BY UTMB®**  
JULY 17-19 | ITALY

## AMERICAS

**SPEEDGOAT™ MOUNTAIN RACES BY UTMB®**  
JULY 23-25 | USA

## NEW

## EUROPE

**BUCOVINA ULTRA ROCKS BY UTMB®**  
JULY 24-26 | ROMANIA

## AMERICAS

**QUITO TRAIL BY UTMB®**  
JULY 31-AUGUST 02 | ECUADOR

## NEW

## EUROPE

**GAUJA TRAIL BY UTMB®**  
AUGUST 01-02 | LATVIA

## EUROPE

**KAT100™ BY UTMB®**  
AUGUST 06-08 | AUSTRIA

## NEW

## AMERICAS

**BORÉALYS MONT-TREMBLANT BY UTMB®**  
AUGUST 14-16 | CANADA

## AMERICAS

**ULTRA TRAIL WHISTLER™ BY UTMB®**  
AUGUST 21-23 | CANADA

## EUROPE

**WILDSTRUBEL BY UTMB®**  
SEPTEMBER 10-13 | SWITZERLAND

## ASIA

**MALAYSIA ULTRA-TRAIL BY UTMB®**  
SEPTEMBER 11-13 | MALAYSIA

## EUROPE

**KAÇKAR BY UTMB®**  
SEPTEMBER 11-13 | TÜRKIYE

## ASIA

**JD ULTRA-TRAIL GREAT WALL BY UTMB®**  
SEPTEMBER 11-13 | CHINA

## AMERICAS

**GRINDSTONE TRAIL RUNNING FESTIVAL™ BY UTMB®**  
SEPTEMBER 17-20 | USA

## AMERICAS

**PARATY BRAZIL BY UTMB®**  
SEPTEMBER 17-20 | BRAZIL

## EUROPE

**JULIAN ALPS TRAIL RUN BY UTMB®**  
SEPTEMBER 18-20 | SLOVENIA

## EUROPE

**NICE CÔTE D'AZUR BY UTMB®**  
SEPTEMBER 24-27 | FRANCE

## AMERICAS

**CHIHUAHUA BY UTMB®**  
OCTOBER 01-03 | MEXICO

## ASIA

**TRANSJEJU BY UTMB®**  
OCTOBER 02-04 | SOUTH KOREA

## ASIA

**ULTRA TRAIL MOUNT YUN BY UTMB®**  
OCTOBER 16-18 | CHINA

## EUROPE

**KULLAMANNEN BY UTMB®**  
OCTOBER 30-31 | SWEDEN

## EUROPE

**MALLORCA BY UTMB®**  
OCTOBER 30 - NOVEMBER 1 | SPAIN

## ASIA

**ULTRA-TRAIL SHUDAO BY UTMB®**  
NOVEMBER 6-8 | CHINA

## ASIA

**TRANSLANTAU™ BY UTMB®**  
NOVEMBER | HONG KONG, CHINA

## EUROPE

**PUGLIA BY UTMB®**  
NOVEMBER | ITALY

## AMERICAS

**HOKA PACIFIC TRAILS CALIFORNIA BY UTMB®**  
NOVEMBER 13-15 | USA

## AMERICAS

**PATAGONIA BARILOCHE BY UTMB®**  
NOVEMBER 18-22 | ARGENTINA

## OCEANIA

**ULTRA-TRAIL KOSCIUSZKO™ BY UTMB®**  
NOVEMBER 26-28 | AUSTRALIA

## NEW

## ASIA

**OMAN BY UTMB®**  
DECEMBER 10-12 | OMAN

VISIT UTMB.WORLD

EUROPE ASIA AMERICAS OCEANIA AFRICA

LAST UPDATED JANUARY 2026

## MEET YOUR EXTRAORDINARY

Uniting trail runners, both elite and amateur alike, through the leading international events in the most stunning locations.

The UTMB® World Series gives all trail runners the chance to experience UTMB® adventure across the world, discovering cultures and sharing trails as they start their quest towards the UTMB® World Series Finals at the pinnacle HOKA UTMB® Mont-Blanc.



### FINALS

The mythic **HOKA UTMB Mont-Blanc** is the world's most well-known and revered trail running event on the planet.

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



### MAJORS

Four **UTMB World Series Majors**, are held each year across the Americas, Europe, Asia-Pacific and Oceania regions.

Collect double the amount of Running Stones compared to other UTMB World Series Events for the UTMB World Series Finals lottery. In total, 210 runners are also granted automatic qualification for the UTMB World Series Finals through each Major. This includes age-group category winners and the top 10 male and female runners in the 100M, 100K and 50K categories.



### EVENTS

Get the **UTMB experience closer to home**. Built on a passion for the mountains, with sustainability at its heart, **UTMB World Series Events**, gives all trail runners the chance to experience the UTMB adventure while showcasing the unique aspects that each race destination offers at over 60 Events around the world.



**BEGIN YOUR QUEST TO HOKA UTMB MONT-BLANC AND THE UTMB WORLD SERIES FINALS.**



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

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

- ✓ Running Stones are cumulative and never expire, so you can collect as many as you like over time.
- ✓ You'll need just 1 Running Stone from the past two years to qualify for the Finals lottery.
- ✓ Each Running Stone gives you an extra chance to be selected in the lottery.

Start your journey, gather your Running Stones, and unlock the path to the UTMB World Series Finals!

### UTMB INDEX

#### YOUR TRAIL RUNNING PASSPORT

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

#### IT'S ESSENTIAL FOR:

- ✓ **Entering the UTMB World Series Finals lottery** (with at least 1 Running Stone).
- ✓ **Defining your start wave** to ensure the best race experience.
- ✓ **Exclusive Race Access:** You benefit from a 48-hour priority registration to UTMB World Series Events. And for some **100K and 100M events** require a valid UTMB Index for safety or lottery pre-registration.

#### HOW IT WORKS:

- ✓ Your UTMB Index is based on your **top 5 race results** (weighted for recency and performance) over the last **36 months**. At least **1 valid race result** in the past **24 months** is required for a valid UTMB Index.
- ✓ With over **6,000 races worldwide** they are plenty of opportunities to boost your UTMB Index.

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

CHECK IT OUT AT [UTMB.WORLD](https://www.utmb.world)

#### CREATE YOUR **MY UTMB** ACCOUNT

- ✓ Track your performance
- ✓ Compare your stats
- ✓ Manage your registrations

#### AND WITH **MY UTMB+** YOUR COMMITMENT IS REWARDED:

✓  
Enjoy and  
get involved

✓  
Level up  
your status

✓  
Unlock  
exclusive  
rewards

Manage everything in one place:

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

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

## 2026 Ultra-Trail Mogan by UTMB® Event Schedule

Date	Time	Location		Contents
April 9 Thursday	14:00-21:00	J.LALLI.NARADA Lawn		Race Kit Collection for DMG100M、CMG100K、MMG50K
	16:00-17:00	J.LALLI.NARADA Lawn		Elite Meeting Conference of DMG100M
	17:00-18:00	J.LALLI.NARADA Lawn		Race Briefing of DMG100M
April 10 Friday	10:00-21:00	J.LALLI.NARADA Lawn		Race Kit Collection for CMG100K、MMG50K、EMG20K
	8:00-10:00	Yucun Square		DMG100M Bag Drop
	9:40-10:00	Yucun Square		DMG100M Start Ceremony
	10:00	Yucun Square		DMG100M Start
	14:30-15:30	J.LALLI.NARADA Lawn		iest.run: customize your own PaceChart
	15:00-16:00	J.LALLI.NARADA Lawn		Elite Meeting Conference of CMG100K、MMG50K
	16:00-17:00	J.LALLI.NARADA Lawn		Race Briefing of CMG100K、MMG50K、EMG20K
	19:00-21:30	Yucun Square		CMG100K Bag Drop
	20:40-21:00	Yucun Square		CMG100K Start Ceremony
	21:00	Yucun Square		CMG100K Wave 1 Start
	21:30	Yucun Square		CMG100K Wave 2 Start
	11:00-12:30	Yucun Park		Outdoor Film
	14:00-17:00	Yucun Park		HOKA Fun Run
	15:00-17:00	Yucun Park		Runner's Calendar – Podcast Recording
17:00-18:30	Yucun Park		Lawn Concert	
20:00-21:30	Yucun Park		Comedy Show	

As the starting route will be closed, participants in the 2nd wave and 3rd wave are also required to arrive at the starting area before the 1st wave gun goes off.

# TIMETABLE

## 2026 Ultra-Trail Mogan by UTMB® Event Schedule

Date	Time	Location		Contents
April 11 Saturday	5:30-8:00	Yucun Square		MMG50K Bag Drop
	6:40-7:00	Yucun Square		MMG50K Start Ceremony
	7:00	Yucun Square		MMG50K Wave 1 Start
	7:30	Yucun Square		MMG50K Wave 2 Start
	8:00	Yucun Square		MMG50K Wave 3 Start
	10:00-21:00	J.LALLI.NARADA Lawn		Race Kit Collection for EMG20K
	14:00-15:30	J.LALLI.NARADA Lawn		DMG100M、CMG100K、MMG50K Award Ceremony& Direct Access Award Presenting
	18:00	J.LALLI.NARADA Lawn		DMG100M Cut-off Time
	19:30	J.LALLI.NARADA Lawn		CMG100K Cut-off Time
21:00	J.LALLI.NARADA Lawn		MMG50K Cut-off Time	
April 12 Sunday	7:00-9:30	Yucun Square		EMG20K Bag Drop
	8:40-9:00	Yucun Square		EMG20K Start Ceremony
	9:00	Yucun Square		EMG20K Wave 1 Start
	9:30	Yucun Square		EMG20K Wave 2 Start
	13:00-13:30	J.LALLI.NARADA Lawn		EMG20K Award Ceremony
	16:30	J.LALLI.NARADA Lawn		EMG20K Cut-off Time
	16:40	J.LALLI.NARADA Lawn		Closing Ceremony

# LUNGKING

A person is jogging on a grassy hillside. The person is wearing a white jacket, black shorts, and a black cap. The background features rolling green hills and several wind turbines under a blue sky with light clouds.

*[[ Become a Better You  
Through Sports ]]*



Starting with event operations, LUNGKING is dedicated to creating vibrant and life-affirming sports experiences. As a core partner of UTMB, LUNGKING holds the operational rights to renowned event IPs such as the Ultra-Trail Mogan by UTMB®, Ultra-Trail Shudao by UTMB®, Ultra-Trail Mount Yun by UTMB®, and Ultra-Trail Great Wall by UTMB®.

We believe that sport is not only a test of physical strength but also a journey of deep self-connection and resonance with life. Guided by our brand mission — “Become a better version of yourself through sport” — LUNGKING will continue to accompany every participant in experiencing the boundless power of life and growing into a stronger self.



LUNGKING Sports Official  
WeChat Account



KING CLUB Official  
WeChat Account

## 1. Start Area

DMG100M/CMG100K/MMG50K/EMG20K: Yucun Square

## 2. Finish Area

DMG100M/CMG100K/MMG50K/EMG20K: J.LALLI.NARADA Lawn

## 3. Race Kit Collection

J.LALLI.NARADA Lawn

## 4. Collection Time

April 9, 2026, 14:00-21:00, J.LALLI.NARADA Lawn, Race kit collection for DMG 100M, CMG 100K, MMG 50K

April 10, 2026, 10:00-21:00, J.LALLI.NARADA Lawn, Race kit collection for CMG 100K, MMG 50K, EMG 20K

April 11, 2026, 10:00-21:00, J.LALLI.NARADA Lawn, Race kit collection for EMG 20K

## 5. Sponsors

Title Sponsor: SPORTSRED

Premier Partner of UTMB World Series: HOKA

Event Top Partners: JD

Event Official Partners: Sun Valley

Event Sponsors: DEFENDER、3M、MACTION、Karihealth、YUNNANBAIYAO、DU DU BEER

Event Suppliers: Bten、iPerMove、JDL、Zhenyangguan、Nowwa Coffee、hyperice

Technical Partner of UTMB World Series: Suunto

Suppliers of UTMB World Series: AONIJIE, BUFF, Compressport, Shokz, SIDAS, Vibram

## 6. Ultra-Trail Village

Opening Date:

April 9, 14:00-21:00;

April 10, 10:00-21:00;

April 11, 10:00-21:00;

April 12, 10:00-16:00;

Location: J.LALLI.NARADA Lawn

**Apparel:** UTO悠途、Norda、跑山帮、Outopia遨托邦、smartwool、[sn]、Altra、NNormal、ROSSIGNOL、猛犸象、injinji、Wild Pear野梨、SkinWeather体表气候、balega、Millet觅乐、崔、OCTERRA等线、ZUX、飞比特、海莫haimont、aweather、Outdoor Research、引擎鸟、ALLREDAY新奇天、优极、蛙壳、Dynafit雪豹、安踏冠军、KIPRUN/迪卡侬

**Performance Gear :** 探路者TOREAD、TRIANCO创氦、POWSTER、独向山、Rudy Project 璐迪运动眼镜、奈特科尔、OUT OF、Black Diamond、Ultimate Direction、Sungod、Swans狮王视、佳明Garmin、PETZL、PAC瑞音、善体耳机、Tibo 拓步、杖一、博妮斯、Fenix、ANDPERIOD

**Sports Recovery:** GU、锐璨运动 SPORTS BOUTIQUE、COLLECTION、KT TAPE、瑞耐克、Kindmax康玛士、摩法家、一石数智健康

**Cosmetics:** 香蕉船、ONE PERCENT运动个护品牌

**Other :** 恩汐雲华茶业、莫干游子茶业、莫干山户外协会

# 2026莫干山越野赛by UTMB® 起点（庾村广场）布局图



2026莫干山越野赛by UTMB® 终点（郡安里）布局图



# SAFETY INFORMATION

## 1. Runners' Commitment

1. Be fully aware of the distance and unique challenges of the trail running event you have entered, and be thoroughly prepared through training.

2. Possess genuine personal autonomy in the mountains and the ability to independently manage any problems that may arise during the race:

1) Carry all required competition gear (mandatory equipment) as specified to cope with changing weather conditions (such as night, wind, cold, fog, rain, or snow).

2) Know how to manage physical or mental issues resulting from extreme fatigue—including digestive problems, muscle or joint pain, and minor injuries—even when alone.

3) Fully understand that for a mountain activity like this, personal safety depends on one's own ability to cope with such situations.

3. You, your family, and friends must respect nature, respect others, and abide by the race rules.

4. Keep your mobile phone powered on at all times; the use of airplane mode is prohibited to ensure you can receive race information.

5. Read and agree to the Race Regulations, Registration Instructions, and other official race documents.

## 2. Semi-autonomy

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

(1). Throughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will be carried in a pack (backpack or belt); and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.

(2). The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.

(3). Support assistance zones are only available for the DMG 100M Category. For the DMG runners, support is allowed at D5(Qinlao Village), D8(Fatou Village), D10(Xiangyeshu). Support crew members are responsible for their own transportation to these designated support points. On race day, support personnel must present an Assistance Ticket to enter the support zone. Permitted support includes providing food, beverages, clothing and other personal items, as well as offering psychological encouragement or basic care such as massage and relaxation. Strictly prohibited actions include: crew members replacing any equipment for runners (such as poles, shoes, or packs), providing any medical intervention (including administering medication, bandaging, or applying ice), entering the race course, or pacing runners. Rest areas at aid stations are for runners use only. The Organizing Committee will not be held responsible for any consequences resulting from unauthorized medical assistance. We appreciate all runners and support crews adhering to these rules and your cooperation in ensuring a fair and safe competition environment.

(4). It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator run zones which are clearly marked in the proximity of the aid stations. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The race stewards/marshals or team leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules.

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

## 3. Safety and Medical Assistance

(1). There are several medical stations along the route, runners can also contact the emergency response number: 18534365898 directly on the race bib. Medical stations are intended to assist any person in danger with the organization's own or public means.

(2). It is up to a runner in trouble or seriously hurt to call for the help:

By going to a medical aid station

By calling the emergency response number: 18534365898

By asking another runner to alert the medical team

Every runner must give assistance to any person in danger and alert the medical team

(3). Do not forget that any kind of unexpected events - linked to the environment and the race - could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

(4). The organizing committee will provide free first-aid during the race, but the runners will bear all costs generated in the hospital. The committee will subsequently assist runners and the insurance company in settling claims under insurance terms.

(5). To ensure the safety of all participants, if medical staff determine that a runner's condition may endanger their personal safety, the Organizing Committee reserves the right to require the runner to temporarily stop or withdraw from the race. If the runner insists on continuing, the Committee will no longer be held responsible.

## 4. Emergency Response

### (1) Severe Weather Conditions

In the event of severe convective weather during the race, such as heavy rain, hail, strong winds, or thunderstorms, which may endanger participant safety, all runners must take immediate action.

Even without an official notice from the Organizing Committee, you must quickly proceed to the nearest aid station or seek shelter immediately. Simultaneously, you must send a distress call to the Organizing Committee to confirm they are aware of your location.

You must remain in a safe location until the weather improves and the race resumes, or until the Organizing Committee arrives to assist.

Do not expose yourself to the high-risk weather conditions.

### (2) Physical Discomfort/Injury

Participants must continuously monitor their physical condition. Should any abnormality occur, and provided it is safe to do so, you should promptly adjust your pace, rest, administer appropriate first aid, and rationally assess whether you can continue the race. Avoid finding yourself in a situation where you cannot continue in a remote part of the course that is difficult for rescuers to access.

If symptoms persist or worsen after rest and self-administered first aid, or if you experience severe symptoms such as blurred vision, dizziness, nausea, shortness of breath, or cold sweats, you must immediately contact the Organizing Committee via the emergency rescue number or ask other runners on the course for assistance.

Furthermore, if a participant feels slightly unwell during the race, it is recommended to seek help from race staff to get to the nearest medical aid station or checkpoint. These checkpoints and aid stations are the most convenient and safest locations for a participant to withdraw from the event.

At each checkpoint, participants must rationally evaluate their physical condition and make a decision to either continue the race or withdraw on the spot.

### (3) Abdominal Pain

Slow your pace immediately. To manage the discomfort, try taking deep breaths and applying gentle pressure to the painful area.

### (4) Muscle Cramp

For a mild cramp, perform active or passive (with assistance) static stretching of the affected muscle. Massaging the cramped area can also help. If the cramp subsides, you may attempt to continue the race at a reduced speed. If the cramp persists and you cannot recover, you should withdraw from the race.

### (5) Heat Stroke

Trail running races may involve high temperatures on race day or long sections of course exposed to direct sunlight. Strenuous exercise causes the body to sweat profusely to cool down, leading to a significant loss of essential elements like salts, sodium, and potassium ions, which are crucial for normal bodily functions. Therefore, it is vital to increase your intake of electrolyte drinks, salt tablets, and water. Furthermore, use equipment like sun hats to avoid direct sun exposure and prevent a rise in core body temperature.

For individuals experiencing mild heat stroke:

# SAFETY INFORMATION

They must quickly move away from the hot, humid, and sunny environment to a cool, shaded area for shelter. Increase the intake of saline-based drinks. If conditions permit, use methods like sponging with cool water to lower body temperature physically, preventing the condition from progressing to a more severe level.

If confusion or impaired consciousness occurs: While implementing the above measures, it is critical to contact the Organizing Committee immediately to request a rescue.

## **(6) Hypothermia**

Wind, cold, and moisture are the three primary factors leading to hypothermia. If a participant begins to experience hypothermia during the race, the priority is to block continued exposure to these high-risk conditions and prevent further heat loss. This is done by:

Changing the environment: Find shelter and avoid direct contact with conductive surfaces like the ground.

Using gear: Use a waterproof and windproof jacket to create a barrier against wind and moisture, and wear insulating layers or use heat packs for passive rewarming.

These actions aim to stop the progression of symptoms. Simultaneously, contact the Organizing Committee immediately to request rescue.

## **(7) Bleeding**

In the event of significant bleeding from a fall or other injury on the course, controlling blood loss is critical. The participant is advised to: Contact the Organizing Committee immediately to request rescue. If in a safe location, use direct pressure on the wound (using gauze from a first aid kit or a buff) or arterial pressure (applying pressure to the artery upstream from the wound) to reduce blood loss. Wait patiently for rescue to arrive.

## **(8) Fractures**

Immediately stop moving the injured body part to avoid causing secondary injury. Contact the Organizing Committee without delay to report the situation and request rescue. If it is an open fracture with bleeding, follow the emergency measures described in the "Bleeding" section above.

## **(9) Sprains/Strains**

For a mild sprain: Use the bandage or elastic bandage from your first aid kit to immobilize the ankle using a figure-eight wrap. This restricts the ankle's range of motion. You may then attempt to continue at a significantly reduced speed.

For a severe sprain that prevents continued movement: Contact the Organizing Committee immediately to report the situation and request rescue.

## **(10) Altitude Sickness**

Participants competing at high altitudes must set their pace according to their own ability and avoid blindly following faster runners. For mild symptoms of altitude sickness, and provided it is safe to do so, stop and rest on the spot. Rehydrate, take in energy, and focus on regulating your breathing. If available, use a portable oxygen canister for supplemental oxygen. If severe symptoms of altitude sickness occur, the absolute priority is to descend to a lower altitude and contact the Organizing Committee to request rescue. While doing so, also apply the coping methods for mild symptoms mentioned above.

## **(11) Getting Lost**

In races that are not self-navigated, participants must remain vigilant of the course markers placed by the Organizing Committee, especially at intersections. If you do not see a marker for approximately 200 meters, you must stop immediately to minimize deviation from the course. Use the official GPX track provided by the Organizing Committee to verify if you are still on the correct route. If you confirm you are off course, you should retrace your steps to the last known correct point and notify the Organizing Committee about the unclear marking. If you find no markers and are unable to use the official track to confirm your location or return to the correct route, you must contact the Organizing Committee immediately to request assistance.

## **(12) Other Abnormal Situations**

If participants encounter any other abnormal situations during the race, such as suspected deliberate tampering with course markers or natural disasters like landslides along the route, they must report it to the Organizing Committee promptly.

# 圈内人

越野跑圈内人集结  
这儿是属于你的  
越野跑全新阵地

赛事活动信息/越野跑社群活动  
越野装备间赞助/运动户外100天打卡活动  
越野跑内容ALLIN[SPORTSRED圈内人集结]

RED  
RULE  
规则

- 1 上小红书搜索[圈内人集结]，进活动主页即可免费领取你的2026莫干山越野赛by UTMB®超绝影像。
- 2 带话题 #圈内人集结 #莫干山UTMB 发布你的精彩参赛笔记，优质笔记瓜分百万流量激励。
- 3 无论你是组别精英还是尽兴玩家，官方将会翻牌优质笔记，为你送上

“圈内顶级玩家”  
认证奖牌



小红书 圈内人集结

你的生活兴趣社区



# 集结

路见不平

心腿就

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# SPEEDGOAT 7

羚魂唤醒

HOKA

强悍抓地缓震力，强势羚跑全地形

# RACE RULES

## 1. Bib

Runners must show their voucher to collect their race bib (More details please refer to the Collection Information). The bib must be worn on the chest or stomach, not covered at any time during the race.

Samples of bibs are as follows:



## 2. Award Structure

Category	First Prize (Male/Female)	Second Prize (Male/Female)	Third Prize (Male/Female)	Fourth Prize (Male/Female)	Fifth Prize (Male/Female)
<b>DMG100M</b>	<b>15,000</b>	<b>10,000</b>	<b>8,000</b>	<b>6,000</b>	<b>5,000</b>
<b>CMG100K</b>	<b>10,000</b>	<b>8,000</b>	<b>6,000</b>	<b>5,000</b>	<b>4,000</b>
<b>MMG50K</b>	<b>8,000</b>	<b>6,000</b>	<b>5,000</b>	<b>4,000</b>	<b>3,000</b>
<b>EMG20K</b>	<b>3,000</b>	<b>2,500</b>	<b>2,000</b>	<b>1,500</b>	<b>1,000</b>

Note:

- (1).The above prizes are subject to 20% personal income tax, which will be borne by the winners themselves and will be withheld and paid by the organizing committee.
- (2).Direct entry: Top three male and female finishers in both the DMG 100M, CMG 100K and MMG 50K categories will earn direct entry to the corresponding UTMB World Series Finals.  
DMG100M → UTMB category (100M)  
CMG100K → CCC category (100K)  
MMG50K → OCC category (50K)
- (3).Top five winners' result will be admitted based on their guntime. Winner who win the other Award will be admitted based on the net time.
- (4).All winners' results will be officially published on the event's WeChat public account for 7 working days for public verification. Upon confirmation of final results, the Organizing Committee will complete all prize distributions by May 12, 2026.

## 3. Wave Start

All runners must complete check-in and enter their designated assembly area at least 5 minutes before their respective wave start time. Please refer to the event schedule for specific start times by category.

DMG 100M runners must enter the designated assembly zone by 9:55 on April 10 for a 10:00 sharp start.

CMG 100K Wave 1 runners must enter the designated assembly zone by 20:55 on April 10 for a 21:00 sharp start, with wave 2 starting sequentially.

MMG 50K Wave 1 runners must enter the designated assembly zone by 6:55 on April 11 for a 7:00 sharp start, with subsequent waves (Wave 2, Wave 3) starting sequentially.

EMG 20K Wave 1 runners must enter the designated assembly zone by 08:55 on April 12 for a 9:00 sharp start, with wave 2 starting sequentially.

Note:

This event includes the DMG100M、CMG100K、MMG50K、EMG20K categories. All runners are strictly prohibited from starting in a category for which they are not registered.

CMG100K、MMG50K、EMG20K categories of this event will utilize a wave start system. Runners are strictly prohibited from starting in a wave other than their assigned one.

# RACE RULES

## 4. Bag Storage

(1) DMG 100M runners may store a maximum of 2 bags at the start line, while CMG100K、MMG50K and EMG20K participants may store a maximum of 1 bag each. All bags must be clearly marked with the official bag tag provided by the Organizing Committee, displaying the participant's bib number in the designated area.

(2) Do not store valuables, fragile items, or hazardous materials in your bag. Runners bear full responsibility for any loss, damage, or safety incidents related to the contents of their stored bags.

## 5. Timing Rules

(1) The race uses timing sensors. Timing chips will start working as soon as the runners pass the start line.

(2) Timing sensors will be set up at the start and finish location and each checkpoint. The runners must pass each timing point. Any missed read will lead to the invalidation of the race result.

(3) There are two chips in the Bib bag, one has been pasted on the back of the BIB, and the other needs to be bound with a cable tie at an obvious position on your backpack. If the chip is covered, timing results will not be sensed.

## 6. Aid Stations & Spare Bag Service

There will be several aid stations along the course. Refreshments include water, sports beverages, hot food, energy food, etc.

For DMG 100M Category: runners can rest at D5 Qinlao Village, where camping beds are available.

## 7. Course Marking

The course will be marked with race-branded ribbons, directional signs, and barrier tape. If you go more than 200 meters without seeing any course markers, please check your pre-downloaded GPS route on your phone to verify your position and return to the correct route. Detailed route maps and GPS tracks for each distance category are available in the Course Details section. Additional reflective markers will be placed in remote areas for night running sections. Runners must carry the mandatory printed map as backup navigation.

Samples of Course marking are as follow:



京东运动

京东  
又好又便宜

莫干山  
ULTRA-TRAIL MODAN  
BY UTMB

J D S P O R T S

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京东

UTMB莫干山



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\*“最”全”理念，意为“运动场景全”：覆盖跑步、骑行、健身等60+细分运动场景，提供服饰、装备等全品类商品。

\*“最”专业”理念：通过正品保障、体育生态支持及专业服务体系，构建体育户外领域专业保障。以上是京东运动户外的经营理念及目标追求。

# E-COMMERCE SERVICES

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- 提升店铺声誉



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入驻

Sellers Joining

商家保证金险

电商交易

全流程保障

E-Commerce  
Transaction Full-process  
Guarantee

售后  
After-Sales  
Service

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- 180天只换不修
- 破损险
- 闪电退款
- 过敏无忧
- 生鲜腐烂险
- 先行理赔
- 退换货运费险

商家  
发货

Seller Delivery

- 发货延误险
- 晚到赔

客户  
购买  
Customer  
Purchase

- 正品保障险
- 买贵双倍赔
- 价保险



服务客户 CLIENTS SERVED



## 8. Mandatory Equipment

- 1) All runners must carry all mandatory equipment throughout the entire race. Recommended equipment may be selectively carried based on race-day conditions. Any adjustments to the mandatory equipment list will be announced prior to the event.
- 2) To uphold environmental principles, disposable tableware will not be provided at aid stations. The Organizing Committee will provide each runner with a complimentary portable utensil set, though runners are also encouraged to bring their own based on personal preference.
- 3) The Organizing Committee reserves the right to require additional types or quantities of mandatory equipment before the race, depending on weather conditions, and to inspect this equipment before entrants enter the assembly area.
- 4) The mandatory equipment checklist is not exhaustive. Runners are expected to assess whether additional gear is needed according to their own ability and actual weather conditions on race day.
- 5) Runners must bring all the equipment in the mandatory equipment checklist and accept inspection before race pack collection, and those who do not meet the requirements will not be able to continue the procedure of collection.
- 6) The Organizing Committee will conduct mandatory equipment inspections along the course. Any violation of equipment requirements will result in strict penalties according to race regulations.

DMG 100M: Inspection at Aid Station D5 (Qinlao Village)

CMG 100K: Inspection at Aid Station C4 (Fatou Village)

MMG 50K: Inspection at Aid Station M4 (Biwu)

EMG 20K: Random checks during the race

All podium finishers: Final equipment verification at the finish line

## 9. Penalties: Time Penalties and Disqualification

If a runner breaks the rules, race director, marshalls can instantly apply a penalty according to the following chart:

RACE REGULATION		
NO.	VIOLATION	PENALTY
1	Unintentional violation by the athlete with no impact on results or safety	Warning
2	Littering	Warning
3	Mobile phone turned off or set to airplane mode	15-minute time penalty
4	Obscuring race bib; wearing race bib incorrectly	15-minute time penalty, during which the athlete must correct the bib placement
5	Dangerous behavior (e.g., pointing trekking poles toward other athletes or spectators)	15-minute time penalty
6	Accumulation of three warnings	30-minute time penalty

# RACE RULES

## RACE REGULATION

NO.	VIOLATION	PENALTY
7	Intentionally shortening the course (When two course markings are visible simultaneously, athletes must follow the closest one unless otherwise specified by the race marking; cutting switchback sections is considered intentionally shortening the course.)	30-minute time penalty
8	Using unauthorized equipment and gaining an advantage	30-minute time penalty
9	Receiving non-neutral outside assistance outside authorized areas	60-minute time penalty
10	Littering or refusing to use designated toilets by athlete or pacer	60-minute time penalty
11	Using trekking poles not carried at the start of the race	60-minute time penalty
12	Starting outside designated wave	60-minute time penalty per wave; starting in a later wave is permitted without penalty
13	No timing chip	Decision at the discretion of the Organizing Committee
14	Taking a shortcut (Athletes must follow the designated course. Those who unintentionally leave the course must re-enter at the same point; otherwise, a time penalty will be applied. Intentionally leaving the course will result in disqualification.)	Decision at the discretion of the Organizing Committee
15	Leaving a checkpoint after the cut-off time	Race termination, result cancelled
16	Missing one or more required checkpoints	Race termination, result cancelled
17	Failure to carry mandatory gear	Race termination, result cancelled
18	Refusal to undergo mandatory gear check	Race termination, result cancelled
19	Failure to assist another athlete in need	Race termination, result cancelled
20	Refusal to attend awards ceremony	Race termination, result cancelled
21	Intentionally damaging or altering course markings	Race termination, result cancelled

## RACE REGULATION

NO.	VIOLATION	PENALTY
22	Intentionally damaging other athletes' equipment	Race termination, result cancelled
23	Maliciously obstructing other athletes	Race termination, result cancelled
24	Engaging in commercial activities without Organizing Committee approval and refusing to comply	Race termination, result cancelled
25	Refusing medical staff inquiry or examination; refusing to comply with medical staff's determination that the athlete should not continue	Race termination, result cancelled
26	Altering or defacing race number / bib	Race termination, result cancelled
27	Cheating (e.g., using transportation, sharing a bib)	Race termination, result cancelled, and lifetime ban from UTMB events
28	Refusing to follow instructions of the Race Director, staff/referees, aid station captains, medical personnel, or search and rescue personnel	Race termination, result cancelled
29	Use of inappropriate language or behavior toward referees or athletes, failure to comply with competition discipline, refusal to accept referee decisions, intentional disruption of race order, unsportsmanlike conduct of a serious nature	Race termination, result cancelled, and ban from competition for 1 to 2 years
30	Violation of the Anti-Doping Code	Ban from competition for 1 to 2 years
31	Failure to comply with the Forest Fire Prevention Regulations, such as using fire or smoking without authorization in fire prevention areas; in the event of an accidental fire, failure to take timely forest fire suppression measures	Disqualification; criminal liability shall be pursued in accordance with the law in cases where a crime is constituted

(\*) The time penalties are immediately applicable on the spot, meaning the runner must “stand down” for the duration of the penalty time. If a breach of regulation is discovered after the race, The race director can also decide to apply a penalty on the finish time of the runner. The runner’s time will not be stopped while the penalty is being served

(\*) Any other breach of the rules will be subject to a penalty decided by the Race Directors.

(\*) In case of a disqualification the runner is not entitled to get refunded of the entry fee.

# RACE RULES

## 10. Drop out and Repatriation

- 1) The Repatriation Bus is only located in the aid stations which set up the cut-off time.
- 2) At the aid stations which not set up the cut-off time, the organizing committee will arrange the vehicle to pick up the withdrawals and transport them to the checkpoints which set up the cut-off time.

Note: Repatriation Bus are arranged sequentially according to the route, with waiting times ranging from one to four hours at each checkpoint which set up the cut-off time, taking into account factors such as the number of withdrawals and road conditions.

## 11. Emergency Disposal

The Organization Committee reserves the right to make the following adjustments due to force majeure, extreme bad weather and any other conditions that may affect the safety of the participants:

- (1). Modifications to the track
- (2). Modifications to the start time
- (3). In accordance with the Notice of the General Administration of Sport on the Establishment and Improvement of the "Meltdown" Mechanism for Sports Events and Activities, it is required to cancel the event or suspend the event in progress.

The final resolution of the race and its rules belongs to Ultra-Trail Mogan by UTMB® Organizing Committee. Supposed that the race is canceled or postponed due to force majeure factors, the Organizing Committee will release the relevant information at the first time, and any pertinent information about this race will be subject to the official announcement.

## 12. Appeal and Supervision

- (1). The event has established an Appeal Committee, composed of UTMB representatives, race marshalls, the race director, timing personnel, and competition staff.
- (2). To file a protest, the complainant must send a written report titled "Event Name + Protest" along with supporting evidence to the official email: [info@lungking.com](mailto:info@lungking.com) within 2 hours after either completing or withdrawing from the race. Protests submitted beyond this 2-hour window will be considered invalid.

sun valley  
太阳谷

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营地聚餐



赛后恢复

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## RACE CATEGORY

# 100M / M

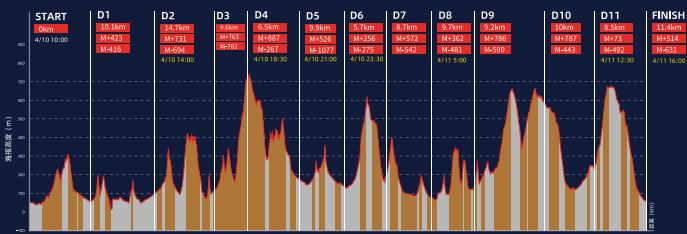


距离  
114km

总爬升  
6680km

出发地点  
Yucun Square

出发时间  
10:00



# DMG 100M AID STATION

## DMG 100M M 补给站

Check Point Location	Altitude (m)	Distance (km)	Elevation Gain (m)	Elevation Loss (m)	Segment Cut-off Time	Cut-off Time	Beverages	Fruit	Food Supply
<b>Start</b> Yucun Square	<b>74</b>	<b>0</b>	<b>0</b>	<b>0</b>	/	/	Water	/	/
<b>D1</b> Moganshan Retreat	<b>79</b>	<b>10.1</b>	<b>423</b>	<b>416</b>	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Mandarin Orange Cucumber	Burger Italian Herb Focaccia Madeleine Dongdafang Meat Bun Preserved Egg & Lean Pork Congee Baked Cheese Toast Sandwich Red Bean Bread Instant Noodles (Mini Cup) Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>D2</b> Hebuling	<b>122</b>	<b>24.8</b>	<b>1154</b>	<b>1110</b>	<b>7h</b>	<b>Apr 10, 17:00</b>	Coke Orange Juice Coffee Ginger Tea	Banana Watermelon Orange	Burger Glutinous Rice Roll Dongdafang Meat Bun Dalyuan Egg Yolk Pie Plain Cake Bread Mixed Nuts Instant Noodles (Mini Cup) Black Pepper Chicken Nuggets Victory Wings Edible Oil Pickled Mustard Tuber Wafer Biscuit Yellow Peach Canned
<b>D3</b> Yinzishan Village	<b>102</b>	<b>34.4</b>	<b>1917</b>	<b>1892</b>	/	/	Coke Orange Juice Coffee Ginger Tea	Banana, Cherry Tomato Mandarin Orange	Burger Green Vegetable Rice Cake Soup Mogan Green Rice Ball Steamed Dumplings Pork Floss Cake Baked Cheese Toast Sandwich Instant Noodles (Mini Cup) Chicken & Ham Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>D4</b> Wangwei Mountain	<b>717</b>	<b>40.9</b>	<b>2804</b>	<b>2159</b>	<b>5h 30m</b>	<b>Apr 10, 22:30</b>	Coke Orange Juice	Banana Mandarin Orange Cucumber	Burger Dongfang Meat Bun Black Rice Cake Pumpkin Dumpling Sea Salt Soda Crackers Red Bean Bread Preserved Egg & Lean Pork Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>D5</b> Qinlao Village (SpareBag)	<b>167</b>	<b>50.8</b>	<b>3330</b>	<b>3236</b>	<b>2h 30m</b>	<b>Apr 11, 01:00</b>	Coke Orange Juice Coffee Ginger Tea	Banana Watermelon Orange	Burger Fried Rice Noodles Molalaao Pastry Dongfang Meat Bun Steamed Dumplings Baked Cheese Toast Sandwich Instant Noodles (Mini Cup) Rice Congee Original Flavor Chicken Nuggets Victory Wings Braised Beef Sliced Ham Pickled Mustard Tuber Yellow Peach Canned Wafer Biscuit Mixed Nuts
<b>D6</b> Xuantan Temple	<b>147</b>	<b>56.5</b>	<b>3586</b>	<b>3511</b>	<b>1h 30m</b>	<b>Apr 11, 02:30</b>	Coke Orange Juice Coffee Ginger Tea	Banana Watermelon Orange	Burger Steamed Dumplings Dongfang Meat Bun Mogan Green Rice Ball Dalyuan Small Bread Plain Cake Bread Instant Noodles (Mini Cup) Shredded Pork with Pickled Mustard Tuber Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts

# DMG 100M AID STATION

Check Point Location	Altitude (m)	Distance (km)	Elevation Gain (m)	Elevation Loss (m)	Segment Cut-off Time	Cut-off Time	Beverages	Fruit	Food Supply
<b>D7</b> Zhuji Touding	<b>174</b>	<b>65.2</b>	<b>4158</b>	<b>4053</b>	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Mandarin Orange Cucumber	Burger Green Vegetable Rice Cake Soup Pumpkin Dumpling Steamed Dumplings Pork Floss Cake Sachima Instant Noodles (Mini Cup) Millet Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>D8</b> Fatou	<b>60</b>	<b>74.9</b>	<b>4520</b>	<b>4534</b>	<b>5h 00m</b>	Apr 11, 07:30	Coke Orange Juice Coffee Ginger Tea	Banana Orange Cherry Tomato	Burger Fried Rice Noodles Braised Bamboo Shoot with Pork Songmao Soup Bun Dongfang Meat Bun Plain Cake Bread Dalyuan Egg Yolk Pie Instant Noodles (Mini Cup) Chicken Soup Rice Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>D9</b> Xiangshui Ridge	<b>263</b>	<b>84.1</b>	<b>5306</b>	<b>5124</b>	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Cucumber Orange	Burger Pork Bone Soup Lixia Rice Steamed Dumplings Corn Bun Sachima Baked Cheese Toast Sandwich Instant Noodles (Mini Cup) Rice Congee Yellow Peach Canned Classic Orleans Chicken Wings Roasted Chicken Rack Pickled Mustard Tuber Soda Crackers Mixed Nuts
<b>D10</b> Xiangye She	<b>593</b>	<b>94.1</b>	<b>6093</b>	<b>5567</b>	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Cherry Tomato Mandarin Orange	Burger Corn Bun Steamed Dumplings Egg Yolk Pie Baked Cheese Toast Sandwich Instant Noodles (Mini Cup) Sweet Potato Congee Braised Beef Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>D11</b> Biwu	<b>200</b>	<b>102.6</b>	<b>6166</b>	<b>6059</b>	<b>7h 30m</b>	Apr 11, 15:00	Coke Orange Juice Coffee Ginger Tea	Banana Orange Cucumber	Burger Fried Rice Noodles Dongfang Meat Bun Mogan Rice Cake Plain Cake Bread Rye Bread Slices Instant Noodles (Mini Cup) Rice Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>Finish</b> Jun'an Li	<b>58</b>	<b>114</b>	<b>6680</b>	<b>6690</b>	<b>3h00m</b>	Apr 11, 18:00	Coke Orange Juice Coffee Ginger Tea	Banana Cucumber Cherry Tomato	Shredded Pickled Mustard Tuber & Bamboo Shoot Beef Noodle Soup Fried Dumplings Pork Bun Milk-Flavored Steamed Bun Dongdafang Meat Bun Pumpkin Dumpling Steamed Corn Steamed Pumpkin Steamed Sweet Potato Croissant Soft Bread Roll Rice Congee (with Pickled Vegetables) Dried Shrimp & Seaweed Egg Drop Soup Yellow Peach Canned Pickled Mustard Tuber Victory Wings Original Flavor Chicken Nuggets Black Pepper Chicken Nuggets

### 科学供给 激发运动潜能

- 牛磺酸咖啡因气泡含片  
净含量: 10g (1.2g/片x15)
- 改善运动状态与效率 抗疲劳提升耐力表现
- 改善精神状态, 提高效率, 提升越野跑/骑行/铁人三项等长距离运动神经募集能力(更安全避免受伤)
- 提高运动表现(提高肌肉收缩能力, 增强疲劳抵抗力)
- 促进运动后的恢复
- 舌下含服效果更佳



### 专注内在防护 助力运动表现

- 感菌敏®复合片  
净含量: 64g (1.6g/袋x40)
- 消除强度运动引发的炎症和免疫失衡 增强免疫力预防感冒生病 清除幽门螺杆菌
- 消炎 (肌肉僵硬、红肿、疼痛、低烧)
- 自护 (赛后/赛后出现打喷嚏、流鼻涕、喉咙发痒等轻微过敏症状)
- 肠道 (赛后肠道应激, 出现肠胃不适)



### 状态秒回 放肆运动

- 速复力复合粉  
净含量: 300g (30g/袋x10)
- 营养黄金窗口期专业恢复补剂
- 科学配比钠、钾、镁、钙等关键电解质
- 水解乳清蛋白肽超快吸收
- 葡萄糖+果糖+麦芽糊精的复合碳水组合
- 足量谷氨酰胺+BCAA+肌肽二肽 三者协同作用
- 强度比赛/训练后30分钟内服用



### 活菌更有益 肠道享健康

- BG益生菌  
净含量: 15g (1g/袋x15)
- 改善机体免疫功能和肠道健康 减轻机体氧化应激
- 通过调节肠道微生态, 改善肠道功能及调节自护反应发挥作用。对于运动者来说, 良好的肠道健康不仅关乎营养吸收, 还影响着身体对训练和比赛的适应性及恢复能力。
- 丹麦科汉森授权菌株



## 关于云南白药



云南白药创制于1902年, 业内公认的中华老字号最具有创新力的代表。国家技术创新示范企业, 中国上市公司500强, 经过多年耕耘, 云南白药品牌价值连年攀升, 在Interbrand、胡润、Brandz发布的中国品牌排行榜中, 持续稳居行业首位。公司以守护生命与健康为使命, 致力于成为领先的医药健康综合解决方案提供商。

## 关于生机来处



生机来处

生机来处是云南白药集团旗下功能食品品牌。

秉承植物科学化的理念, 将有益健康的植物成分、由科学验证的优质原料、经功效和安全性验证的方案, 以及健康管理服务相结合, 为消费者提供健康支持, 降低危险因子水平, 修复机体, 拥有健康能量。

### 愿景

以植物科技赋能食品, 使人们焕发生命活力, 享受健康生活。

### 使命

做功能食品的定义者, 为人们提供有益健康的优质食品。

## 百年药企云南白药: 更懂国人体质的中华老字号

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# CMG 100K CATEGORY INFORMATION

RACE CATEGORY

**100K** / M

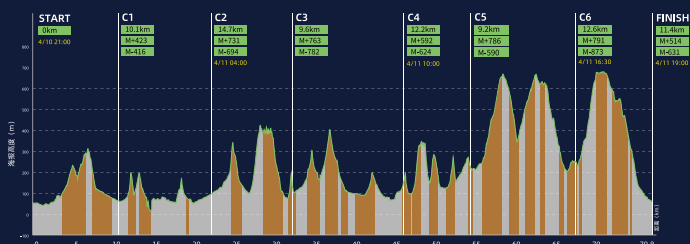


距离  
**79.8km**

总爬升  
**4600km**

出发地点  
Yucun Square

出发时间  
**21:00**



硬化路 Paved Road  
非硬化路 Unpaved Road

注：赛道图内关门时间为根据分枪时间依次顺延后的关门时间

## CMG 100K M 补给站

Check Point Location	Altitude (m)	Distance (km)	Elevation Gain (m)	Elevation Loss (m)	Segment Cut-off Time	Cut-off Time	Beverages	Fruit	Food Supply
<b>Start</b> Yucun Square	<b>74</b>	<b>0</b>	<b>0</b>	<b>0</b>	/	/	Water	/	/
<b>C1</b> Moganshan Retreat	<b>79</b>	<b>10.1</b>	<b>423</b>	<b>416</b>	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Mandarin Orange Cucumber	Burger Italian Herb Focaccia Madeleine Dongdafang Meat Bun Preserved Egg & Lean Pork Congee Baked Cheese Toast Sandwich Red Bean Bread Instant Noodles (Mini Cup) Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>C2</b> Hebuling	<b>122</b>	<b>24.8</b>	<b>1154</b>	<b>1110</b>	<b>7h</b>	Apr 11, 4:00	Coke Orange Juice Coffee Ginger Tea	Banana Watermelon Orange	Burger Glutinous Rice Roll Dongdafang Meat Bun Dalyuan Egg Yolk Pie Plain Cake Bread Instant Noodles (Mini Cup), Shredded Pork with Pickled Mustard Tuber Congee Black Pepper Chicken Nuggets Victory Wings Edible Oil Pickled Mustard Tuber Wafer Biscuit Yellow Peach Canned Mixed Nuts
<b>C3</b> Yinzishan Village	<b>102</b>	<b>34.4</b>	<b>1917</b>	<b>1892</b>	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Cherry Tomato Mandarin Orange	Burger Green Vegetable Rice Cake Soup Mogan Green Rice Ball Steamed Dumplings Pork Floss Cake Baked Cheese Toast Sandwich Instant Noodles (Mini Cup) Chicken & Ham Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>C4</b> Fatou	<b>60</b>	<b>46.6</b>	<b>2509</b>	<b>2516</b>	<b>6h 00m</b>	Apr 11 10:00	Coke Orange Juice Coffee Ginger Tea	Banana Orange Cherry Tomato	Burger Fried Rice Noodles Braised Bamboo Shoot with Pork Songmao Soup Bun Dongfang Meat Bun Plain Cake Bread Dalyuan Egg Yolk Pie Instant Noodles (Mini Cup) Chicken Soup Rice Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>C5</b> Xiangshui Ridge	<b>263</b>	<b>55.8</b>	<b>3295</b>	<b>3106</b>	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Cucumber Orange	Burger Pork Bone Soup Lixia Rice Steamed Dumplings Corn Bun Sachima Baked Cheese Toast Sandwich Instant Noodles (Mini Cup) Rice Congee Yellow Peach Canned Classic Orleans Chicken Wings Roasted Chicken Rack Pickled Mustard Tuber Soda Crackers Mixed Nuts

# CMG 100K AID STATION

Check Point Location	Altitude (m)	Distance (km)	Elevation Gain (m)	Elevation Loss (m)	Segment Cut-off Time	Cut-off Time	Beverages	Fruit	Food Supply
<b>C6</b> Biwu	<b>200</b>	<b>68.4</b>	<b>4086</b>	<b>3979</b>	<b>6h 30m</b>	Apr 11 16:30	Coke Orange Juice Coffee Ginger Tea	Banana Orange Cucumber	Burger Fried Rice Noodles Dongfang Meat Bun Mogan Rice Cake Plain Cake Bread Rye Bread Slices Instant Noodles (Mini Cup)  Rice Congee Sliced Ham Tuber Wafer Biscuit Mixed Nuts
<b>Finish</b> Jun'an Li	<b>58</b>	<b>79.8</b>	<b>4600</b>	<b>4610</b>	<b>2h 30m</b>	Apr 11 19:00	Coke Orange Juice Coffee Ginger Tea	Banana Orange Cucumber	Shredded Pickled Mustard Tuber & Bamboo Shoot Beef Noodle Soup Fried Dumplings Pork Bun Milk-Flavored Steamed Bun Dongdafang Meat Bun Pumpkin Dumpling Steamed Corn Steamed Pumpkin Steamed Sweet Potato Croissant  Soft Bread Roll Rice Congee (with Pickled Vegetables) Dried Shrimp & Seaweed Egg Drop Soup Yellow Peach Canned Pickled Mustard Tuber Victory Wings Original Flavor Chicken Nuggets Black Pepper Chicken Nuggets



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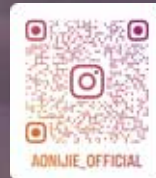
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## RACE CATEGORY

**50K** **M**

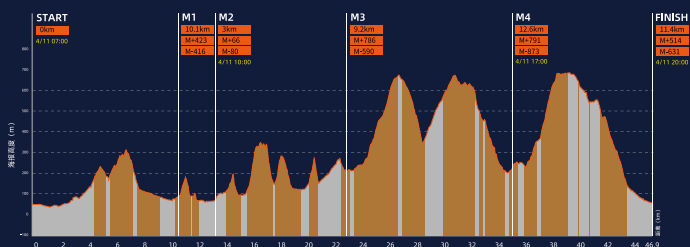


距离  
**46.3km**

总爬升  
**2580km**

出发地点  
Yucun Square

出发时间  
**07:00**



硬化路 Paved Road  
非硬化路 Unpaved Road

注：赛道图内关门时间为根据分枪时间依次顺延后的关门时间

# MMG 50K AID STATION

## MMG 50K M 补给站

Check Point Location	Altitude (m)	Distance (km)	Elevation Gain (m)	Elevation Loss (m)	Segment Cut-off Time	Cut-off Time	Beverages	Fruit	Food Supply
<b>Start</b> Yucun Square	74	0	0	0	/	/	Water	/	/
<b>M1</b> Moganshan Retreat	79	10.1	423	416	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Mandarin Orange Cucumber	Burger Italian Herb Focaccia Madeleine Dongdafang Meat Bun Preserved Egg & Lean Pork Congee Baked Cheese Toast Sandwich Red Bean Bread Instant Noodles (Mini Cup) Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>M2</b> Fatou	60	13.1	489	496	3h 00m	Apr 11 10:00	Coke Orange Juice Coffee Ginger Tea	Banana Orange Cherry Tomato	Burger Fried Rice Noodles Braised Bamboo Shoot with Pork Songmao Soup Bun Dongfang Meat Bun Plain Cake Bread Daliyuan Egg Yolk Pie Instant Noodles (Mini Cup) Chicken Soup Rice Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>M3</b> Xiangshui Ridge	263	22.3	1275	1086	/	/	Coke Orange Juice Coffee Ginger Tea	Banana Cucumber Orange	Burger Park Bone Soup Lixia Rice Steamed Dumplings Corn Bun Sachima Baked Cheese Toast Sandwich Instant Noodles (Mini Cup) Rice Congee Yellow Peach Canned Classic Orleans Chicken Wings Roasted Chicken Rack Pickled Mustard Tuber Soda Crackers Mixed Nuts
<b>M4</b> Biwu	200	34.9	2066	1959	7h 00m	Apr 11 17:00	Coke Orange Juice Coffee Ginger Tea	Banana Orange Cucumber	Burger Fried Rice Noodles Dongfang Meat Bun Mogan Rice Cake Plain Cake Bread Rye Bread Slices Instant Noodles (Mini Cup) Rice Congee Sliced Ham Pickled Mustard Tuber Wafer Biscuit Mixed Nuts
<b>Finish</b> Jun'an Li	58	46.3	2580	2590	3h 00m	Apr 11 20:00	Coke Orange Juice Coffee Ginger Tea	Banana Cucumber Cherry Tomato	Shredded Pickled Mustard Tuber & Bamboo Shoot Beef Noodle Soup Fried Dumplings Park Bun Milk-Flavored Steamed Bun Dongdafang Meat Bun Pumpkin Dumpling Steamed Corn Steamed Pumpkin Steamed Sweet Potato Croissant Soft Bread Roll Rice Congee (with Pickled Vegetables) Dried Shrimp & Seaweed Egg Drop Soup Yellow Peach Canned Pickled Mustard Tuber Victory Wings Original Flavor Chicken Nuggets Black Pepper Chicken Nuggets

RACE CATEGORY

**20K** M



距离  
**25km**

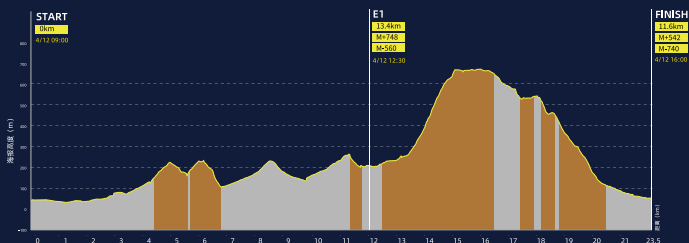
总爬升  
**1290km**

出发地点  
Yucun Square

出发时间  
**09:00**



**EMG-25KM**



硬化路 Paved Road  
非硬化路 Unpaved Road

注：赛道图内关门时间为根据分枪时间依次顺延后的关门时间

# EMG 20K AID STATION

## EMG 20K/M 补给站

Check Point Location	Altitude (m)	Distance (km)	Elevation Gain (m)	Elevation Loss (m)	Segment Cut-off Time	Cut-off Time	Beverages	Fruit	Food Supply
<b>Start</b> Yucun Square	74	0	0	0	/	/	Water	/	/
<b>E1</b> Xiangshui Ridge	263	13.4	748	560	3h 30m	Apr 12 12:30	Coke Orange Juice Coffee Ginger Tea	Banana Cucumber Orange	Burger Pork Bone Soup Lixia Rice Steamed Dumplings Corn Bun Sachima Baked Cheese Toast Sandwich Instant Noodles (Mini Cup) Rice Congee Yellow Peach Canned Classic Orleans Chicken Wings Roasted Chicken Rack Pickled Mustard Tuber Soda Crackers Mixed Nuts
<b>Finish</b> Jun'an Li	58	25	1290	1300	3h 30m	Apr 12 16:00	Coke Orange Juice Coffee, Ginger Tea	Banana Cucumber Cherry Tomato	Shredded Pickled Mustard Tuber & Bamboo Shoot Beef Noodle Soup Noodle Soup Fried Dumplings Pork Bun Milk-Flavored Steamed Bun Dongdafang Meat Bun Pumpkin Dumpling Steamed Corn Steamed Pumpkin Steamed Sweet Potato Croissant Soft Bread Roll Rice Congee (with Pickled Vegetables) Dried Shrimp & Seaweed Egg Drop Soup Yellow Peach Canned Pickled Mustard Tuber Victory Wings Original Flavor Chicken Nuggets Black Pepper Chicken Nuggets

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# MANDATORY EQUIPMENT

## MANDATORY EQUIPMENT CHECKLIST (PROVIDED BY THE ORGANIZING COMMITTEE IF IT HAS \*)

MANDATORY EQUIPMENT CHECKLIST	100M M	100K M	50K M	20K M
*Race bib & Race wristband	✓	✓	✓	✓
*Timing chip	✓	✓	✓	✓
*GPS positioning equipment	✓	✓	✓	
*Survival blanket (no less than 1.3m×2.1m)	✓	✓	✓	✓
Smart phone (the phone number must match the one provided during registration, and ensure the battery is fully charged throughout and download gpx file)	✓	✓	✓	✓
Power bank	≥10000mA	≥10000mA	≥5000mA	
Water container (such as a bottle or bag) with a capacity that meets the required volume	≥1L	≥1L	≥1L	≥1L
Backpack/Belt capable of holding all mandatory equipment	✓	✓	✓	✓
Whistle	✓	✓	✓	✓

# MANDATORY EQUIPMENT

## MANDATORY EQUIPMENT CHECKLIST (PROVIDED BY THE ORGANIZING COMMITTEE IF IT HAS \*)

MANDATORY EQUIPMENT CHECKLIST	100M 	100K 	50K 	20K 
<b>Waterproof jacket or Hooded hardshell</b> (skinny jackets without waterproof seam sealing or disposable raincoat are not acceptable).	✓	✓	✓	
<b>Long-sleeve thermal top</b> (merino wool or quick-dry thermal material)	✓	✓		
<b>Waterproof pants</b> (long pants without waterproof seam sealing are not acceptable)	✓	✓		
<b>Headlamps</b> (Charger/an equivalent number of spare batteries required)	2	2	1	
<b>First Aid Kit</b> (Elastic Bandage, Sterile Dressings)	✓	✓	✓	✓
<b>Emergency food</b> (e.g., energy gel, energy bar)	≥800kcal	≥800kcal	≥500kcal	≥500kcal
<b>RECOMMENDED GEAR LIST</b>				
Portable utensils, gloves, sun hat, sunglasses, trekking poles, wet wipes, toilet paper, waterproof bag, trash bag, etc.				

# SHUTTLE BUS SERVICE

## APRIL 9 PRE-RACE SHUTTLE SCHEDULE (THURSDAY)

Date	Route	Time	Frequency
9-Apr	Deqing Station → Jun'an Li Resort Parking Lot (High-speed rail station → Race Kit Collection (direct))	14:00-20:00	Every hour on the hour
9-Apr	Jun'an Li Resort Parking Lot → Deqing West Station → Deqing Station (Via Wusicun Intersection Bus Stop, Former Bus Terminal)	15:00-21:00	Every hour on the hour
9-Apr	Mogan Mountain Scenic Area Transit Hub → Jun'an Li Resort Parking Lot (Parking lot → Race Kit Collection)	14:00-21:00	Depart when full

## APRIL 10 – RACE DAY SHUTTLE SCHEDULE (FRIDAY)

Date	Route	Time	Frequency
10-Apr	Deqing West Station → Yucun Square (Train station → Start Area)	07:00-09:00	Every 30 minutes on the hour
10-Apr	Deqing West Station → Yucun Square (Train station → Start Area)	18:00-20:00	Every 30 minutes on the hour
10-Apr	Deqing Station → Jun'an Li Resort Parking Lot (High-speed rail station → Race Kit Collection (direct))	09:00-20:00	Every hour on the hour
10-Apr	Mogan Mountain Scenic Area Transit Hub → Jun'an Li Resort Parking Lot (Parking lot → Race Kit Collection)	10:00-21:00	Depart when full
10-Apr	Jun'an Li Resort Parking Lot → Deqing West Station → Deqing Station (Via Wusicun Intersection Bus Stop, Former Bus Terminal; Race Kit Collection → High-speed rail station)	11:00-21:00	Every hour on the hour
10-Apr	Jun'an Li Resort Parking Lot → Deqing West Station (Shuttle for DNF / finishers)	22:00-08:00	Every hour on the hour

# SHUTTLE BUS SERVICE

## APRIL 11 – RACE DAY SHUTTLE SCHEDULE (SATURDAY)

Date	Route	Time	Frequency
11-Apr	Deqing West Station → Yucun Square (Train station → Start Area)	05:30-07:30	Every 30 minutes on the hour
11-Apr	Deqing Station → Jun'an Li Resort Parking Lot (High-speed rail station → Race Kit Collection (direct))	09:00-20:00	Every hour on the hour
11-Apr	Mogan Mountain Scenic Area Transit Hub → Jun'an Li Resort Parking Lot (Parking lot → Race Kit Collection)	10:00-21:00	Depart when full
11-Apr	Jun'an Li Resort Parking Lot → Deqing West Station → Deqing Station (Via Wusicun Intersection Bus Stop, Former Bus Terminal; Race Kit Collection → High-speed rail station)	11:00-21:00	Every hour on the hour

## APRIL 12 – RACE DAY SHUTTLE SCHEDULE (SUNDAY)

Date	Route	Time	Frequency
12-Apr	Deqing West Station → Yucun Square (Train station → Start Area)	06:30-07:45 (Every 15 minutes on the hour)	Round-trip
12-Apr	Jun'an Li Resort Parking Lot → Deqing West Station (Return Trip)	11:00-16:00 (Every hour on the hour)	Round-trip

# POST-RACE SERVICES



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OFFICIAL RACE COURSE PHOTO QR CODE



RESULTS CHECK QR CODE



ROUTE TRACKING QR CODE

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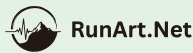
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