

A runner is seen from behind, running on a dirt path that winds through a grassy mountain slope. The scene is set during sunset or sunrise, with warm, golden light illuminating the landscape. In the background, there are rolling hills and mountains under a sky with soft, wispy clouds. The overall mood is serene and adventurous.

# MUT

MOUNTAIN ULTRA-TRAIL

BY

UTMB®

# RUNNERS GUIDE

29 - 31 MAY 2026

**UTMB®**  
WORLD SERIES

**HOKA**  
FLY HUMAN FLY

**näak**

**SUUNTO**

[mut.utmb.world](https://mut.utmb.world)



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# UBUNTU: I am because we are

## Welcome to the MUT 2026!

As you prepare to take on the rugged beauty of the **Outeniqua Mountains**, we invite you to remember that this journey is about more than just the kilometres ahead. It is about the collective spirit that brings this event to life—the volunteers, the supporters, the George community, and the fellow runners who share the trail with you.

**Ubuntu**, a powerful philosophy deeply rooted in the heart of Africa, that means “I am because we are”. It comes from Nguni languages (like isiZulu and isiXhosa) in Southern Africa that also translates closely to “**humanity**” or “**human-ness**” but best captured in Zulu: “**A person is a person through other people.**”

This philosophy suggests that our individual identity and well-being are deeply linked to those around us. At MUT, Ubuntu lives in every moment: in the shared breath of the early morning start, the quiet encouragement offered on a steep climb, the vibrant energy at the aid stations, and the unwavering dedication of those standing by to support you in all conditions.

You do not run in isolation; your journey is shaped and strengthened by the humanity of others.

This year, we are proud to launch the **Ubuntu at MUT** initiative. This is your opportunity to recognize and celebrate the spirit of Ubuntu when you experience it during your race. (You can read more about how to participate later in this guide).

As you step onto the trail, we encourage you to carry Ubuntu with you—to notice it, to embody it, and to be part of what makes MUT more than just a race.

Because out here, on the mountain, **we are stronger together.**

**Race Directors Carmen & Zane Schmahl**

*“A traveller through a country would stop at a village and he didn’t have to ask for food or for water. Once he stops, the people give him food and entertain him. That is one aspect of Ubuntu.” — Nelson Mandela*



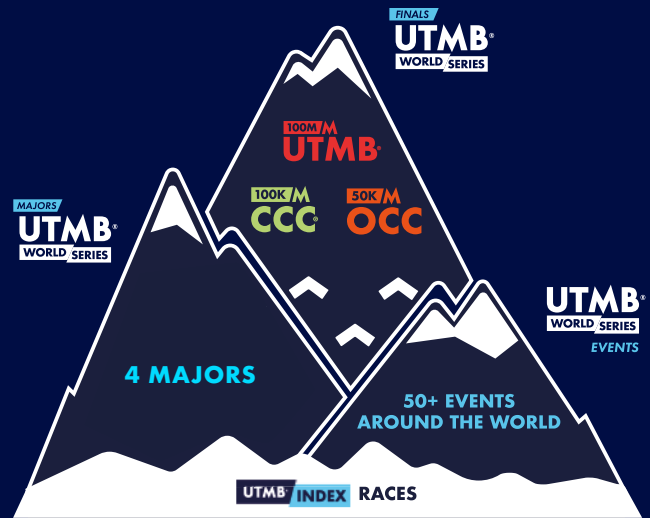
Photo Credits:

Zane Schmahl, Fahwaaz Cornelius, Mentz Germishuis, Llewellyn Lloyd, Claudia Robson, Erin Groll, Zac Zinn

# 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)**

# UTMB®

## WORLD SERIES



### FINALS

#### HOKA UTMB® MONT-BLANC

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

1000M UTMB®

100K CCC®

50K 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 | KENTING TAIWAN

#### 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**  
**PATAGONIA BARILOCHE BY UTMB®**  
NOVEMBER 26-28 | AUSTRALIA

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

VISIT [UTMB.WORLD](https://www.utmb.world)

EUROPE ASIA AMERICAS OCEANIA AFRICA

LAST UPDATED JANUARY 2026



# ULTRA ENERGY™ DRINK MIX

Go longer, go farther.







A man with a full beard and sunglasses is sitting on a ledge, smiling. He is wearing a dark cap and a grey tank top. On his left wrist, he wears a Suunto smartwatch with a green strap. The watch face shows a time of 20:13:49 and a distance of 30.0. The background is a blurred outdoor setting with a building.

**SUUNTO**  
SINCE 1936










**90 YEARS  
OF RESILIENCE**

[www.suunto.com](http://www.suunto.com)

## THURSDAY 28<sup>TH</sup>

Time	Location	What
13:00 - 20:00	Outeniqua Stadium	 Registration / Bib Collection
15:00	Outeniqua Stadium	 Elite Presentation & MUT Miler Race Briefing
17:00	Camphersdrift street	 Special Edition GTR Time Trial
20:00	Outeniqua Stadium	 MUT Miler Drop Bag Hand In Closes

## FRIDAY 29<sup>TH</sup>

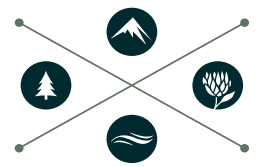
Time	Location	What
10:00 - 20:00	Outeniqua Stadium	 Registration / Bib collection
11:00	Outeniqua Stadium	 Opening Ceremony
12:00	Outeniqua Stadium	 <b>MUT Miler Start</b>
12:15 - 14:00	Outeniqua Stadium	 <b>MUT Kids:</b> Registration for The Dash, Sprint, Race
14:00	Outeniqua Stadium	 <b>MUT Kids: The Dash</b>
14:30	Outeniqua Stadium	 <b>MUT Kids: The Sprint</b>
15:30	Trail Kiosk	 <b>MUT Kids: The Race</b>
17:00	Outeniqua Stadium	 All Distances Race Briefing
20:00	Outeniqua Stadium	 MUT 100 Drop Bag Hand In Closes



## SATURDAY 30<sup>TH</sup>

Time	Location	What
4:50	Outeniqua Stadium	 MUT100 Check-in
5:00	Outeniqua Stadium	 <b>MUT100 Start</b>
6:00	Outeniqua Stadium	 MUT60 Check-in
6:30	Outeniqua Stadium	 <b>MUT60 Start</b>
7:30	Outeniqua Stadium	 MUT Marathon Check-In
08:00	Outeniqua Stadium	 <b>MUT Marathon Start</b>
09:00 - 12:00	Outeniqua Stadium	 MUT Challenge & Lite - Bib Collection
20:00	Outeniqua Stadium	 MUT Marathon Cut Off
21:30	Outeniqua Stadium	 MUT60 Cut Off

# SCHEDULE



## SUNDAY 31<sup>ST</sup>

Time	Location		What
06:00	Outeniqua Stadium		MUT100 Cut Off
7:30	Trail Kiosk		MUT Challenge Arrival
8:00	Trail Kiosk		<b>MUT Challenge Start</b>
8:30	Trail Kiosk		MUT Lite Arrival
9:00	Trail Kiosk		<b>MUT Lite Start</b>
12:00 - 14:00	Outeniqua Stadium		Drop bag reclaim
13:00	Outeniqua Stadium		Prize Giving
14:00	Outeniqua Stadium		MUT Miler, MUT Challenge, MUT Lite Cut Off
15:00	Outeniqua Stadium		MUT After Race Concert



**SPUR**  
STEAK RANCHES

# FOR THE LONG RUN



## MAFATE 5

Built to absorb the toughest terrain  
for a smooth and steady ride.

# HOKA<sup>®</sup>

NO  
FINISH LINE  
WITHOUT  
FOOTCARE



PEDICURE

3 weeks before

TANNING

Apply from D-20 to D-10

Alternate lemon juice and  
ANTI-FRICTION cream every evening

ANTI-FRICTION  
CREAM

From D-10 to D-day

Apply cream generously every day

#nofinishline  
withoutfootcare

© ZOE BOVILET

# JOIN VIBRAM BECOME ONE OF 30 AMBASSADORS

## READY TO RUN?

- ✘ WE'LL RESOLE YOUR SHOES
- ✘ WE'LL KIT YOU OUT: 1 SHIRT, 1 PAIR OF SOCKS



APPLY  
NOW

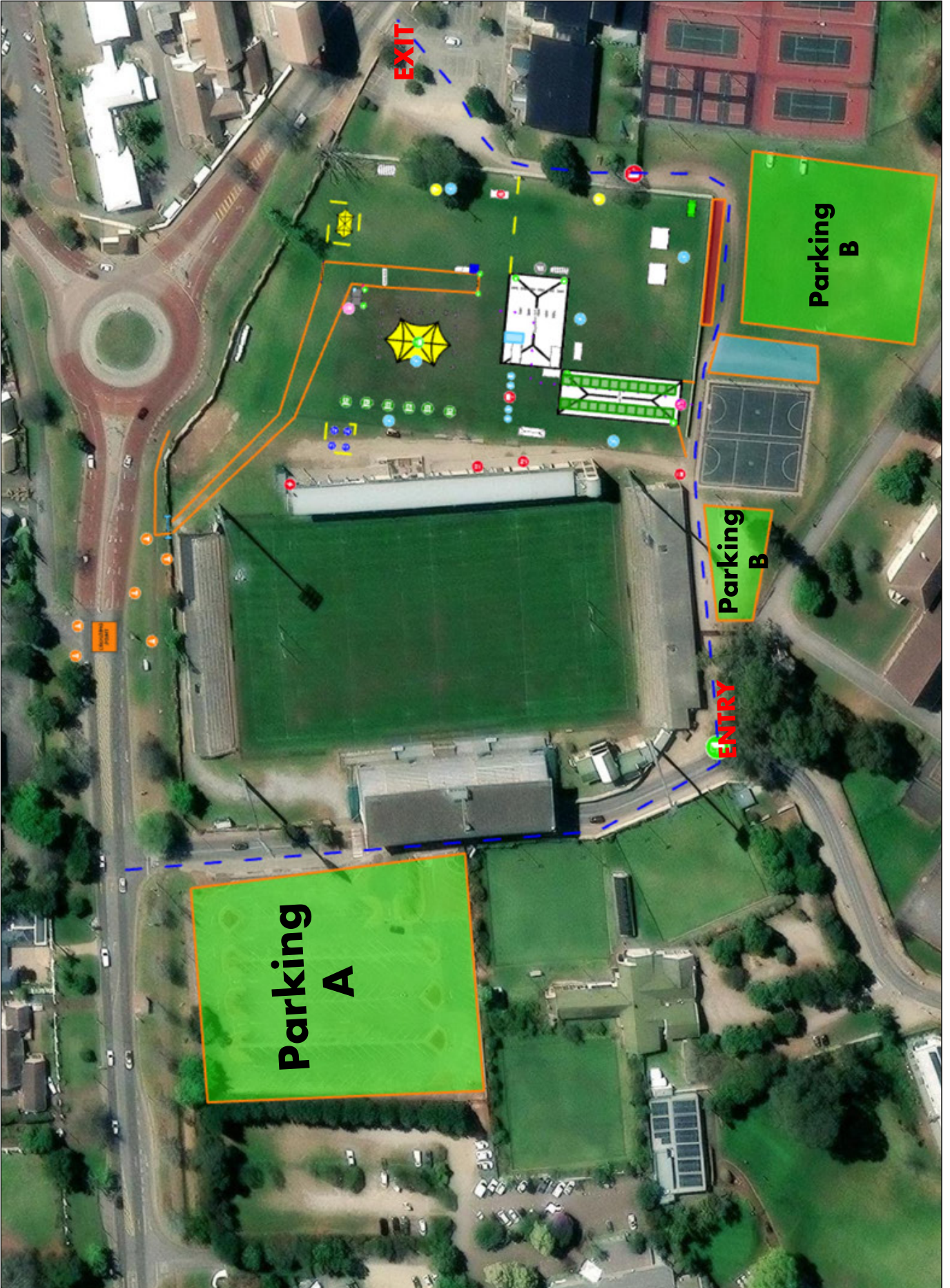
VIBRAM.TESTERPLACE.COM

RUN AND SHARE @VIBRAM

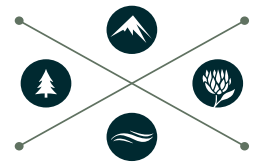


CONFIDENCE  
IN EVERY STEP





# LOCATIONS



## THE VENUE

Outeniqua Park Stadium in George will serve as the official venue for the MUT by UTMB in 2026. Most races will start and all races will finish at the stadium, and it will also host the Expo, Registration / bib collection, riders' briefings and the Prize Giving ceremony.

## START LINE

Race starts for **MUT Miler**, **MUT100**, **MUT60** and **MUT Marathon** will be at the venue, Outeniqua Stadium.

## REMOTE START

**1 km from the venue**

**MUT Challenge and MUT Lite** will start at Trail Kiosk, Van Riebeeck Gardens on Sunday. To see where the remote start is click [HERE](#). We recommend parking your car at the Finish (Outeniqua Stadium) and do a 1 km warmup walk to the remote start as parking is very limited there.

## EXPO/VILLAGE

The main expo and Race village will be at the Outeniqua Park Stadium.

## THE OUTENIQUA NATURE RESERVE

Most of the races will take place in the Outeniqua Mountains. The nature reserve encompasses large parts of the Outeniqua Mountains and spans across an area of 38,000 hectares. Outeniqua is believed to mean "those who bear honey" and is ascribed to the San and Khoi people who once inhabited the mountains.

Please note that active forestry operations are currently underway in certain areas. As a result, runners may pass through harvested sections, particularly towards the latter parts of some routes.

## PARKING

### At Main Venue

Parking A - Main Stadium Venue  
Parking B - Behind the Stadium

### At Remote Start

Parking C - Remote Start Location  
Parking D - Arum Road overflow parking  
Parking is indicated on the MUT by UTMB Google. Click [here](#) to view.



We recommend scanning the QR Code or to click [here](#) to see the MUT by UTMB Google Map with the location of all the points of interest for the event.

## BIB COLLECTION

Runners are required to collect their own bib during Registration.

### What to bring:

- Valid Photo Identification
- Mandatory gear for gear check. Ensure to bring hot and cold weather kits in case the race organization decide to include weather dependant gear.
- QR Code (Received via email / message)

No distance changes are permitted. Bibs will not be provided outside of Registration times.

**MY UTMB+**

If you joined the MyUTMB+, you will benefit from a priority line for bib pick-up at Registration

## RUNNERS BRIEFINGS

Runner Briefings consist of a Question-and-Answer session with race organization to address any issues, concerns, or changes that have arisen during race week. Please refer to event program or below for times and locations of race briefings.

Time	Location	What
Thursday, 15:00	OUTENIQUA STADIUM 	<b>MUT MILER RACE BRIEFING</b>
Friday, 17:00	OUTENIQUA STADIUM 	<b>ALL DISTANCE RACE BRIEFING</b>

The organization will use these briefings to inform you about different aspects of the race, for in-stance:






- The route to follow and the technical points where you should pay special attention.
- Weather forecast for the race day.
- Aid station points.
- Modifications of the necessary material.






# REGISTRATION INFORMATION




## WHAT YOU WILL RECEIVE AT REGISTRATION

	<b>Race Bib</b> To be worn on the front on the outer layer of your clothing and remain visible at all times
	<b>Event Merchandise</b> Headband / T-shirt / Long sleeve shirt / Bag
	<b>Wristband</b> You must wear this during the entire event. It will allow you to enter the venue and provides admission to the after party concert.
	<b>Timing Chip</b> The timing chip must be fastened to your shoe and will automatically record your Time at the start, aid stations and finish. All runners are required to wear their timing chip. If you change shoes during the event, fasten the timing chip to your new shoes. At the finish your timing chip must be removed and returned to the race organization.
	<b>NEW MUT Ubuntu wristband</b> You fail the mission if you return home with your Ubuntu wristband still on your wrist. The goal is to pass it on to a volunteer along your journey who truly embodied the spirit and philosophy of Ubuntu.

### FOR SOME RACES

	<b>Bags and Tags</b>
	<b>GPS Tracker</b> For MUT Miler and MUT100, along with instructions to activate the GPS tracker at race start
	<b>Support Crew wristband</b> This will allow support crew access in the aid stations that allow assistance

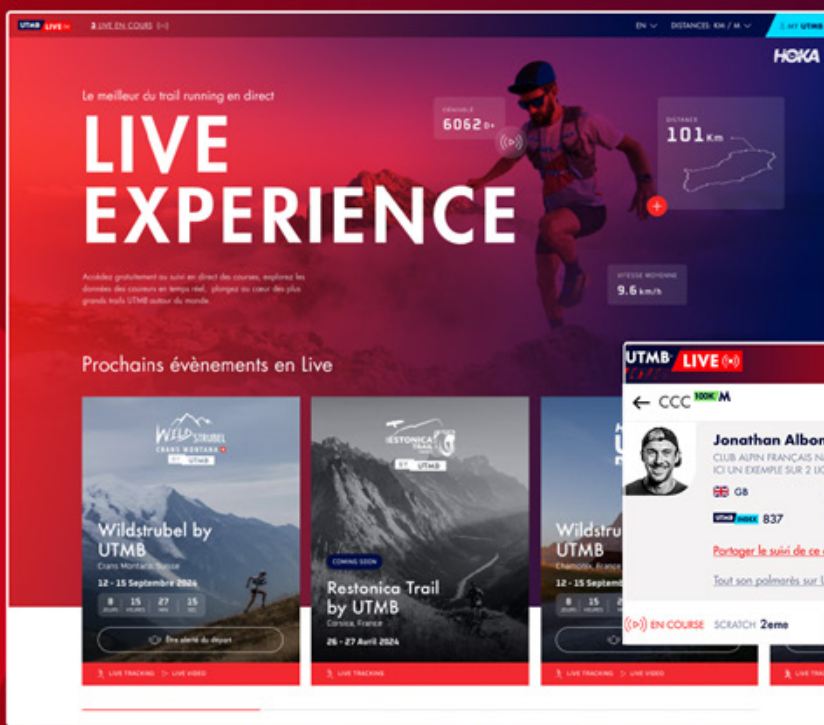
## INFO

	Registration opens from Thursday 13:00 to 20:00 and Friday from 10:00 to 20:00 and Saturday 09:00-12:00 (MUT challenge and MUT Lite only)		<b>Race Starts:</b> 12:00 Friday - MUT Miler 05:00 Saturday - MUT100 06:30 Saturday - MUT60 08:00 Saturday - MUT Marathon 08:00 Sunday - MUT Challenge 09:00 Sunday - MUT Lite
	You need to come to Registration with all the required gear for the race. Runners who do not have their mandatory gear during Registration will not receive their bib and cannot start the race. This includes weather dependant gear (hot and cold weather kits) that will be confirmed at Bib collection / Registration		<b>Drop bags drop-off times:</b> MUT Miler: 13:00 - 20:00 Thursday MUT100: 13:00 - 20:00 Thursday 10:00 - 20:00 Friday
	All races will finish at the main Race Venue, Outeniqua Park Stadium.		<b>Drop bag reclaim</b> Drop bags can be reclaimed after the race on Sunday 12:00 - 14:00
	Please bring your ID along for Registration		

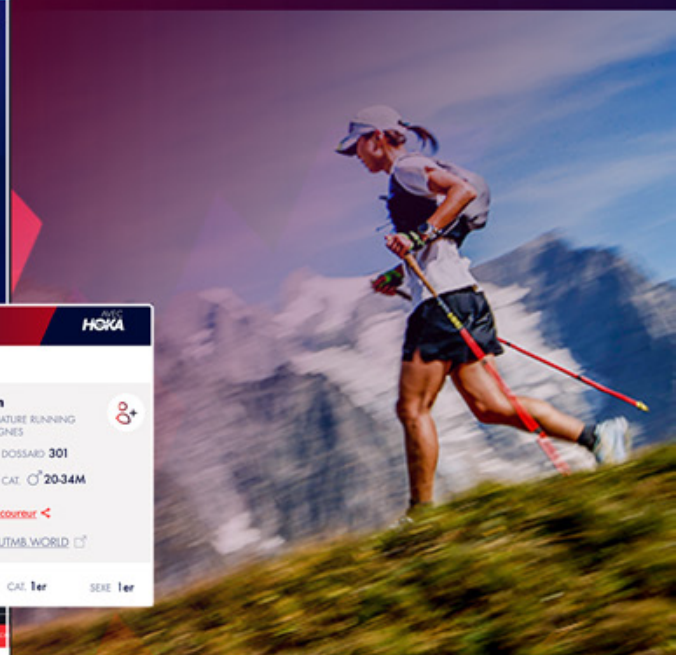
UTMB® **LIVE** 

# THE REAL-TIME TRACKING PLATFORM DURING THE EVENT

Follow your favorite runners, check race results, and access advanced statistics!



The screenshot displays the UTMB LIVE website interface. At the top, it says "Le meilleur du trail running en direct" and "LIVE EXPERIENCE". A runner is shown with a "6062" score and "101 km" distance. Below, "Prochains événements en Live" lists "Wildstrubel by UTMB" and "Restonica Trail by UTMB". A runner profile for Jonathan Albon is also visible.



FOLLOW THE UTMB® WORLD SERIES EVENTS LIVE AT **LIVE.UTMB.WORLD**

# UBUNTU AT MUT

**“I am because we are.”**

Ubuntu is a deeply rooted African philosophy that speaks to connection, compassion, and shared humanity. It reminds us that none of us achieve anything alone — and that our strength lies in how we show up for one another.

At MUT, this spirit is alive in every step, every cheer, and every moment of support out on the Outeniqua mountain.

## The Ubuntu Armband

This year, each runner will carry an **Ubuntu armband**.

During your race, if you encounter a volunteer who truly embodies the spirit of Ubuntu — through kindness, care, encouragement, or selflessness — you are invited to gift them your armband.

This simple gesture is a powerful way to say: **“You made a difference.”**

## What Ubuntu Looks Like

**Ubuntu is found in the small, meaningful moments that connect us:**

- **Care beyond duty:** A volunteer who notices you’re struggling and takes the time to check in, offering help when you need it most.
- **Timely encouragement:** The right words, at the right moment, lifting your spirits when the race feels toughest.
- **Going the extra mile:** Someone who patiently guides, reassures, or supports you beyond what’s expected.
- **Selfless presence:** Volunteers who show up with warmth, positivity, and genuine care — no matter the conditions.

## Why It Matters

MUT is more than a race — it’s a shared journey.

Behind every runner is a network of people making the experience possible. Ubuntu is about recognising those moments of humanity that define the trail and make this event truly special.

By gifting your armband, you help celebrate the heart of MUT — a community built on respect, support, and connection.

### Key Ideas Behind Ubuntu

- **Shared humanity** – We are all connected
- **Compassion & kindness** – Treat others with dignity and respect
- **Community over individualism** – The group matters as much as the individual
- **Helping others** – Your success is linked to the success of others.

**In Simple Terms Ubuntu is about: Being kind even when you don’t have to be, Supporting others in your community, Recognising that your actions affect everyone around you**



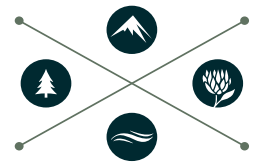
# RACE RULES



All runners and crew members are required to read, understand, and comply with the Race Rules. Click [here](#) to view view the full list of rules.



# MANDATORY GEAR



It's important to remember that mandatory gear isn't intended to make your experience more difficult. While you may not use most of it on the route, it's there for when things go wrong. Given the remoteness of the trails, they are inaccessible by vehicles. You are exposed to the elements out there, which can turn harsh quickly. The list of mandatory gear can then become life savers.

Please study the following gear list and have it all available (including hot and cold weather kits) for gear check during bib collection / race registration. These are the basic pieces that each trail-runner must adapt according to their own skills. You should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind, and snow.

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory.

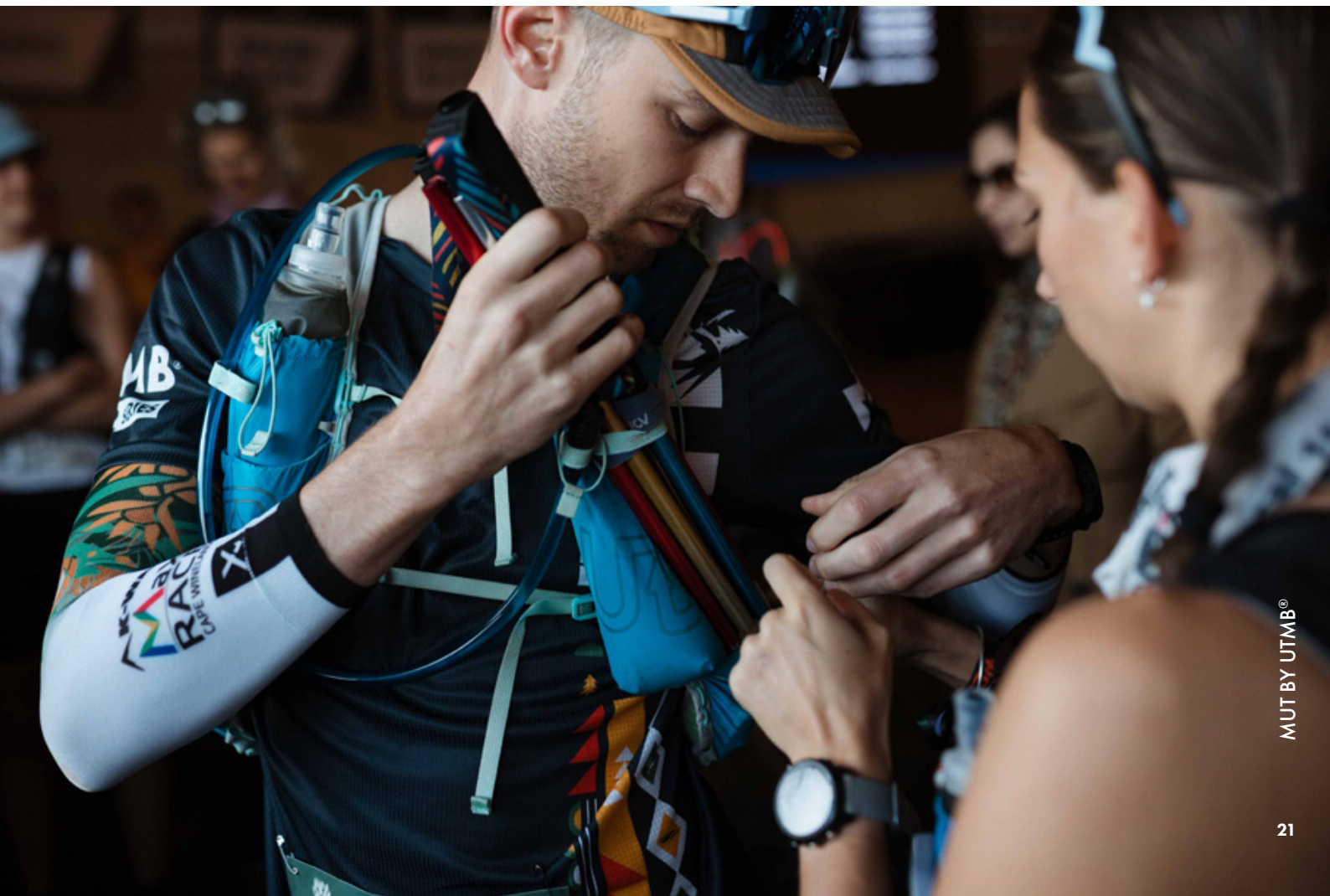
You must carry the mandatory equipment with you during the whole race - from start to finish - or you will be penalized. Race officials may perform systematic

and/or random checks of your equipment at any time during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory gear with them.
















































































**Music:** Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones **MUST** be removed when crossing any roads, as well as on approach to, and whilst at, any aid stations and when approaching and passing any Officials.

**Trekking poles:** Should you wish to use trekking poles, it must be used from the start to finish of the race. You cannot send trekking poles with drop bags to an aid station.

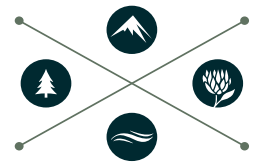
**Night Running Policy:** Running after dark without a headlight is strictly prohibited. If your run may extend beyond dusk, you are required to carry a headlight at all times, regardless of whether it appears on the mandatory gear list. Please use your own discretion when estimating your finishing time and always plan for unforeseen circumstances.



## BASIC KIT

Item	MUTMiler	MUT100	MUT60	MUT Marathon	MUT Challenge	MUT Lite
 <b>Running pack</b> suitable to carry all of the mandatory gear, carried the entire duration of the race						
 Smartphone with LiveTrail application installed and activated with international roaming. The runner must be reachable at any time before, during and after the race: Keep the phone on, airplane mode is forbidden and could give rise to penalties. An external battery is highly recommended.						
 <b>Personal / Reusable Cup</b> 150ml / 15 cl minimum (bottles or flasks with lids are not accepted). No cups at the aid stations.						
 <b>Minimum water supply</b> Sealed, resealable container(s) designed for hydration, capable of carrying at least 1,5L of water	 1,5L	 1,5L	 1L	 1L	 1L	 0.5L
 <b>Headlight</b> in good working order with spare batteries. Recommendation: 200 lumens. Phones and watches not accepted.  *Night Running Policy: Running after dark without a headlight is prohibited. If your run extends into the night, you must carry a headlight. We recommend that you carry a headlight	 2	 2	 1	 See note *		
 <b>Survival blanket</b> of 1.40m x 2m minimum						
 <b>Whistle</b>						
 <b>Self-adhering elastic bandage</b> for bandaging or strapping (minimum 100 cm x 6 cm)					 Recommended	
 <b>Food reserve.</b> Recommendation : 800kcal (2 gels + 2 power bars each of 65 grams)					 Recommended	 Recommended
 <b>Jacket with hood for bad weather</b> in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry). * minimum recommended 20 000 Schmerber ** RET recommended inferior to 13 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability- are accepted. The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.					 Recommended	
 <b>Long-legged trousers or race leggings</b> OR a combination of leggings and socks to cover the legs completely						
 <b>Cap or bandana or Buff</b> or multifunctional neck gear designed to protect the head from the sun.						
 <b>Additional warm second layer:</b> a warm second layer top with long sleeves (excluding cotton) weighing at least 180g OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g and a windproof jacket* with durable water-repellent protection (DWR protection)  *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa			 Recommended			
 <b>Warm and water-proof gloves</b>						

# MANDATORY GEAR



## BASIC KIT





























Item		MUTMiler	MUT100	MUT60	MUT Marathon	MUT Challenge	MUT Lite
	GPS watch	 Recommended		 Recommended	 Recommended	 Recommended	 Recommended
	LED Reflective Vest or Belt at least 5cm in width						
	Sturdy, closed trail running shoes.						
	Vaseline or anti-heat cream	 Recommended	 Recommended	 Recommended	 Recommended		
	Reusable bowl	 Recommended	 Recommended	 Recommended	 Recommended		
	Knife or scissors for cutting elastic bandage	 Recommended	 Recommended	 Recommended	 Recommended		
	Sewing kit / spare laces / tightening cables / repair kits.	 Recommended	 Recommended	 Recommended	 Recommended		
	At least R200 cash (just in case...)	 Recommended	 Recommended	 Recommended	 Recommended	 Recommended	 Recommended



**GEORGE  
WILDERNESS  
UNIONDALE**

The "hot weather" and "cold weather" kits are an essential part of the mandatory gear. Depending on the weather conditions, the organization may ask participants to carry some additional mandatory gear items. Ensure to also bring hot and cold weather kits to gear check at bib collection / race registration, when it will be decided by the race organization whether to include the weather dependent gear.

## HOT WEATHER KIT

Item	MUTMiler	MUT100	MUT60	MUT Marathon	MUT Challenge	MUT Lite
 <b>Sunglasses.</b> It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)						
 <b>Saharan cap</b> or any combination which completely covers the head and nape of the neck						
 <b>Sunscreen in its original container with a minimum capacity of 15ml</b> (recommendation: SPF 50 or higher).						
 <b>Minimum water supply.</b> Sealed, resealable container(s) capable of carrying at least 2L of water, designed for hydration (plastic bags are prohibited).	 2L	 2L	 2L	 2L	 1L	 0.5L

## COLD WEATHER KIT

 <b>Jacket with hood for bad weather</b> in the mountains. The jacket must be made of a waterproof* and breathable** membrane (eg. Outdry). * minimum recommended 20 000 Schmerber ** RET recommended inferior to 13 - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer. - the seams must be sealed. - the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability- are accepted. The runner must judge whether, according to the aforementioned criteria, the jacket complies with the regulations and therefore is suitable for bad weather in the mountains. However, during a check, the race director's opinion on the matter shall prevail.	Basic Kit	Basic Kit	Basic Kit	Basic Kit		
 <b>Long-legged trousers or race leggings</b> OR a combination of leggings and socks to cover the legs completely	Basic Kit	Basic Kit				
 <b>Additional warm second layer:</b> a warm second layer top with long sleeves (excluding cotton) weighing at least 180g OR the combination of a long-sleeved warm undergarment (first or second layer, excluding cotton) weighing at least 110g and a windproof jacket* with durable water-repellent protection (DWR protection)  *the wind-proof jacket does not replace the mandatory waterproof jacket, and vice versa	Basic Kit	Basic Kit			 Recommended	 Recommended
 <b>Beanie</b> (or multifunctional neck gaiter, which may be the same as the one mentioned above).						
 <b>Warm and water-proof gloves</b>	Basic Kit	Basic Kit				
 <b>Waterproof overpants</b>						
 <b>Protective eyewear.</b> It is possible to use the same glasses if they are suitable both for the sun and bad weather (such as glasses with photo-chromatic lenses)						
 <b>Third warm layer</b> (e.g., softshell, down jacket, thick fleece).			 Recommended	 Recommended	 Recommended	 Recommended
 <b>Spare warm clothing</b>	 Recommended	 Recommended				



# FOR EVERY MILESTONE

SUSTAINABLE HEAD & NECKWEAR  
DESIGNED FOR EVERY ADVENTURE

MADE IN BARCELONA  
buff.com



## YOUR COACH'S FINAL TIPS

**Reduce your training load**

Cut your training volume by 30 to 50% for the last 2 weeks of training.

**Focus on sleep and nutrition**

Eat a balanced diet, stay well hydrated, and gradually increase your carbohydrate intake.

It's too late to "train," but not too late to sleep well. Goal: 6-8 hours of restorative sleep every night.

**Prepare both body AND mind**

Take advantage of this calmer week to strengthen your mindset, visualize your race, and stay positive!

Find sessions on RunMotion Coach to help with this.



For more tips, come and meet us at the Ultra Trail Village.



**RUN MOTION**

RUNNERS SERVICE

Buff® is a registered trademark of Buff S.p.A. Italy

It is mandatory to follow the signs provided by the race organization. The route will be well marked with flags and tags about every 250 meters, however basic route-finding skills are required for this race. We respect the environment, therefore do not use any paint on the trails.

Make sure you can recognise the different ways the route is marked:

- Flags and tags: on route and vegetation to indicate you are on track.
- Arrow signs: At split points or crucial turns arrows will show you where to go
- Red and white strip tape: wrong route, don't cross the tape
- MUT branded tape : Mostly used near waterpoints to guide runners and at crucial turn offs and splits

In the **urban areas**, Pay attention as a combination of all the course markings will be used.

The flags and tags are reflective to facilitate night running with your headlight.

If over several hundred metres, you do not see any flags or tags turn round and retrace your steps to find the last one.

It is advisable to download the GPX files onto your devices for peace of mind.

## ROAD SAFETY

Runners will cross some roads throughout the course where vehicle traffic is not required to stop. Please always be aware of your surroundings and use caution during these sections of the course. Runners must obey traffic rules and give the right of way to vehicles and only cross the road when it is safe to do so.

Headphones must be removed during these sections of the course.

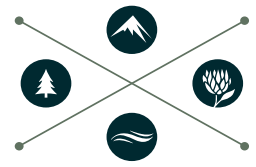
## AID STATION SIGNAGE

At every aid station you will find a large sign that shows all the information needed to keep you going to the next aid station:

- the name of the aid station
- the name of the next aid station
- the distance to the next aid station
- cumulative ascent to the next aid station
- the distance to the finish
- cumulative ascent to the finish



# RUNNERS BIB



VOUCHER

2026

MUT 100  
999

100K M

DATA/SPORT

SHIRT & LONGSHIRT  
WOMAN M

RAHEL  
MARTI  
TEL +27 76 234 8869

- Remove any vouchers before race start
- Make sure you are at the correct race.
- This voucher will be used to redeem event merch during registration
- Just so we know who you are, or you forget who you are!

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

1000

Vorname, Name:  
**Hans Muster, 1974**  
Startzeit:  
**11:00.00**

## NO CHIP – NO TIME

The chip must be fastened to the laces using the plated fasteners (2X).

The chip must be returned at the finish line. Missing chips will be charged.

For returns:

**Datasport AG, Bolacker 1, CH-4563 Gerlafingen**

LIVE TIMING & RESULTS

### HOW TO WEAR THE NUMBER

Krankheiten, Allergien, medizinische Behandlungen / maladies, allergies, traitements médicaux / malattie, allergie, cure mediche / illnesses, allergies, medications:

---

Aktuelle Medikamente / médicaments actuels / medicine attuali / actual drugs:

---

Blutgruppe / groupe sanguin / gruppo sanguigno / blood group:

---

Im Notfall bitte verständigen: / En cas d'accident contactez: / In caso di emergenza pregio contattare: / In case of emergency contact:

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Telefon / Téléphone / Telefono / Phone:


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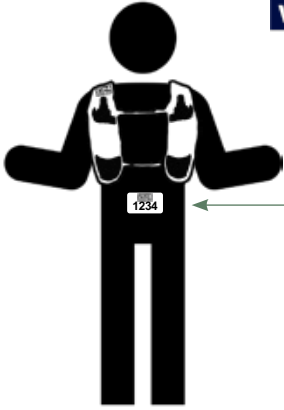
Please fill your Emergency Contact person information out. This should not be someone who is also running the race.

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

Runners who withdraw must keep their race bib because it is the pass to access


# HOW TO WEAR YOUR BIB

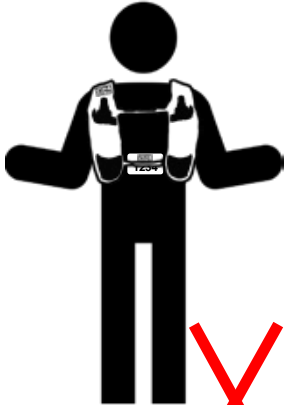




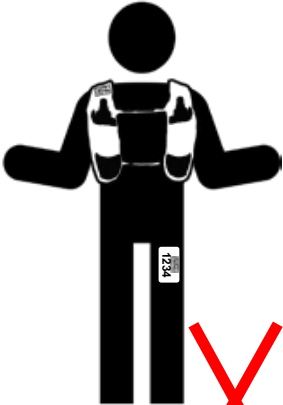
1234

The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race.



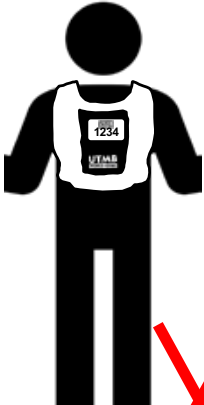


X



X

**BACK**



X

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

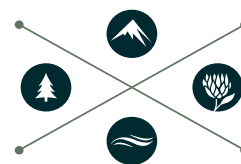
Do not wear the bib under or close to the bottom of your running vest so it is legible.

Do not rotate the bib.

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



# SAFETY



**Your safety is your own responsibility. Participation in this event is at your own risk. Even the best runners are not excluded from the risk of running in these mountains. To minimize risks, be well prepared and always have mandatory gear with you. Adequate training is essential.**

Due to the remoteness of the trails and aid stations, they are not accessible/ easily accessible by vehicles and in an emergency, it might take some time to reach you.

The trails are technical, cover high altitudes and are exposed to the elements. It can turn harsh out there, quickly and runners must be prepared to handle these adverse or changing conditions. The event takes place at the end of South Africa's autumn month and temperature will drop low in the early mornings and, in the evenings. Ensure to be prepared for all weather conditions on race day.

**Do not abandon the route without informing a race official or calling the emergency number.**

## SWEEP TEAM

There will be a team of Sweep runners covering every section of the route for all distances. They are equipped with GPS tracking devices, radios, and are tracked by and in constant communication with race command to help ensure your safety. It is also good practice if you leave the trail for a bathroom stop, to leave a belonging on the trail to help notify the Sweep and ensure they don't pass you.

## MEDICAL ASSISTANCE

Emergency medical care is available at aid stations and the finish line and have full authority in evaluating whether a runner may continue.

Runners are encouraged to consult with their medical provider prior to the event. Should you have any medical condition or allergies you must place this information on the back of your race bib using a pen or marker.

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.

## WITHDRAWING FROM THE EVENT

Any withdrawals must be at an Aid station unless you are assisted from the course by the event medical team.

### To withdraw at an Aid station:

Notify the aid station staff that you are withdrawing from the event.

On your smartphone, log your withdrawal using your Livetrail app.

After you have withdrawn, the event team will facilitate getting you back to the finish venue from your aid station (if necessary).

### Emergency or Withdrawing on route

In a situation where you or another runner is in an emergency or if you want to withdraw from the event and you are unable to get to the nearest aid station, you should send an SOS via Livetrail app and/or phone the emergency number to notify the command centre. Follow their instructions on how to proceed



## LiveTrail.net app is required for all runners to be downloaded on their smartphones before the race

The LiveTrail app is used for your safety to report your withdrawal from the race, send an SOS or call the race emergency number. It is can also be used to monitor the progress of the races and provides you with valuable race information, along with many other additional features. For the list of all LiveTrail app features click [here](#)

In the event of an emergency, the LiveTrial app allows you to send an SOS message via SMS text, directly to the organisers. This gives your GPS position. Additionally, you are still expected to phone the emergency number of the command centre and make us aware of your situation.

**It is mandatory to have a working charged smartphone that works in South Africa.**

Under no circumstances should you put your smartphone in airplane mode. We need to be able to contact you before, during and after the race.

For participants who will spend more than 15 hours on route, you should bring an additional external battery to keep your phone charged.

Check if the emergency number you provided with your registration is the number of the person you want to be alerted if you are involved in a medical incident.

**IMPORTANT:** Please check that you have filled in your mobile number in your UTMB account.

### Emergency Number

Call +27 76 234 8869  
or call via LiveTrail App



### Scan The Code



# AID STATIONS

You should come prepared to carry your own drink, food, and gear, (including any necessary inclement weather gear), between aid stations.

The Race Info section provide a full list of aid stations, distances between aid stations and what kind of food/ drinks runners may find there. Please use this info to plan your nutrition and hydration accordingly. Aid stations will have still water and/or sports/electrolyte drink for filling water bottles or hydration packs.

Ensure that when you leave an aid station, you have enough drink and food to keep going until the next aid station.

## CUPLESS

Please make sure you carry your own cup to be able to make use of the drinks available at the aid stations. No cups will be provided at any aid station for Water, Naak or Coke. Coffee cups will be available at aid stations where coffee, tea or soup is served.

## REST

Use aid stations to rest when you need; a few minutes of recovery with some nutrition, will allow you to continue in better shape.

## LITTER

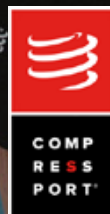
The nature reserve stretches across most of the Outeniqua Mountains where most of the race takes place. Do not litter on the route and if you see some rubbish during your run, please pick it up and take it to the next aid station.

## VOLUNTEERS

Our volunteers allow us to do what we do! Please be sure to thank our volunteers offering their time to help you along your journey and remember to hand out your Ubuntu armband as part of the Ubuntu on the Trails initiative. Contact us should you wish to become a volunteer in the future.



**PUSH HARDER, RUN STRONGER  
WITH COMPRESSPORT  
BY YOUR SIDE.**



**R2 3.0 CALF SLEEVES**

**WHEREVER YOU RACE,  
WE SUPPORT YOU.**

MUT100 and MUT Miler runners will receive drop bags and corresponding tags at Registration. Drop bags are for personal items runners want to send to Aid stations. Please do not include walking poles; this is against our rules.

Drop bags can be dropped off at Registration at the Drop Bag sign. Drop bags need to be received by the required times. Drop bags that are received after these times will not be transported.

### Drop bags will be transported to:

- **MUT Miler: Tierkop (52 KM), Oakhurst (113 KM)**
- **MUT 100: Tierkop (43 KM)**

## SPARE BAGS FOR FINISH

MUT60, MUT 100 and MUT Miler will receive tags for a spare bag on the finish line. Any bag can be used but must be clearly tagged. Spare bags for the finish line can be deposited during Registration times or before race start.

## TAG YOUR BAG

On each of the drop bags you should include your corresponding tag. The bigger tag (bib) is for drop bags provided, the smaller tag is for a spare bags at the finish.


As the items in the bags are neither checked nor controlled, the race organizers are not responsible for the items in the bags. We recommend to not put any valuable items in these bags. Using drop bags or spare bags are optional.


## RECLAIM OF DROP BAGS


After the race, drop bags will be returned to the venue (finish line) and can be reclaimed during the collection times by the runner or a friend upon presentation of the drop bag collection voucher or bib. Drop bags not reclaimed during these times will be donated.

**SHOKZ**

# Open-Ear Bone Conduction Headphones

 Situational Awareness

 Open-Ear Comfort

 IP68 Water Resistant

 Up to 10 Hours batterie life



# SUPPORT CREW & SPECTATORS

## SUPPORT CREW (also known as Assistance) – ONLY FOR MUTMILER, MUT100 AND MUT60

Outside assistance is not allowed on the route, and it is forbidden to accompany or be accompanied along any part of the route (by any person that is not registered to partake or form part of the organisation e.g. sweep). Support crew is only permitted at specific aid stations and only in the area reserved for this use and at the discretion of the aid station captain.

It is important that support crew adhere to the rules and follow instructions from the aid station staff.

- Each MUT Miler, MUT 100 and MUT 60 runners is only allowed to designate one person as their support crew.
- Support crew may only provide assistance in the areas designated for Support Crew.
- Support crew must wear their support crew wristband to have aid station access. Without this wristband, access will be refused.
- Support crew is only permitted to provide their runner with a bag that has a maximum capacity of 30 litres.
- Support crew may not enter other areas of the aid station that are not designated for assistance.
- Support crew may treat blisters, attend to cuts and scrapes, and provide massage to their seated runner. No serious medical assistance, and other interventions, are permitted, and no runner that is lying down may be attended to.

The locations where support crew can provide assistance to a runner are detailed on the next page.

**Support crew is not allowed for MUT Marathon, MUT Challenge and MUT Lite.**



### What is the difference between Support Crew and Spectators?

Support Crew are authorized to be involved in assisting their runner during the event, while spectators are there to watch and enjoy the event, without any interference.

## SPECTATORS

We understand that many of our participants will be joined by friends and family who wish to experience the event as spectators and catch a glimpse of their runner on course. There are 'Hot Spots' along the route where you can get a good view of the action.

While we encourage you to enjoy the experience and cheer on the runners, please remember that this is a competitive event. As such, spectators are not allowed to interfere with the participants or provide any form of assistance other than cheering and clapping!

Due to the remote locations of our aid stations, we are selective about the spectator areas. Some locations have limited road access, are nearby residences, or have a lack of space to accommodate spectators without disrupting the runners. Please note that if you arrive at an aid station where spectating is not allowed, you will be asked to leave, and your runner may face penalties. This could have a serious impact on the integrity of the event.

**Remember: spectators are not allowed into aid stations. You must always remain outside the venue.**



## AUTHORISED SUPPORT AND SPECTATOR POINTS

SPECTATORS MUST REMAIN OUTSIDE OF THE AID STATION  
ONLY AUTHORIZED SUPPORT CREW WEARING CREW WRISTBANDS WILL BE ALLOWED ENTRANCE

### 1 THE CROSS

SUPPORT CREW  SPECTATORS

HOW TO GET THERE

GPS: 33°55'31.7"S 22°27'18.7"E

**HIKE:** From the remote start location at **Trail Kiosk**, walk up Arbour Road towards the mountain. Enter through the Top Gate into the forest and follow the MUT route markers until you reach the cross. The distance from Trail Kiosk to the cross is approximately 2.5 km, with 300 m of elevation gain.

**POVERVAN (railway car):** Catch a lift to the Cross with the Powervan, departing Friday at 11:00 from the **pick-up point** at the edge of the Botanical Gardens.

**Note** if you saw the runners off at the start venue – you will not be in time to reach this spectator point.

### 2 MONTAGU PASS - AID STATION

SUPPORT CREW  SPECTATORS

HOW TO GET THERE

GPS: 33°52'59.5"S 22°25'52.3"E

Montagu Pass is **closed** and access to this aid station is only possible by driving over the Outeniqua Pass, through Herold.

#### FRIDAY:

Self drive via Herold to the aid station, located at 'Amanda's Grave'.

**PARKING:** Please park responsibly along the roadside, ensuring sufficient clearance for through traffic and emergency vehicles.

**Use caution when exiting your vehicle, as this area is prone to heavy congestion.**

#### SATURDAY:

**No Private Vehicle Access - ONLY Shuttles**

The aid station is only accessible via the official shuttle service departing from Moertjiesklip Farmstall (Padstal) in Herold. See details here

### HEROLD SHUTTLE SERVICE

MONATGU AID STATION - HEROLD AID STATION

Shuttle departs every hour from **Moertjiesklip**, in Herold

TIME OF FIRST DEPARTURE: 05:00 Saturday

TIME OF LAST DEPARTURE: 12:00 Saturday

Montagu Pass is **closed** and access to Herold is only possible by driving over the Outeniqua Pass

### 3 HEROLD WINES - AID STATION

SUPPORT CREW  SPECTATORS

HOW TO GET THERE

GPS: 33°51'50.72"S 22°28'9.72"E

Montagu Pass is **closed** and access to this aid station is only possible by driving over the Outeniqua Pass, through Herold.

#### SHUTTLE SERVICE :

Spectators can use the Herold shuttle service - see details above.

**OR**

#### SELF DRIVE:

**PARKING:** Parking is strictly prohibited within the aid station. Park in the open grass field before the aid station and follow the parking signage.

**Use extreme caution while driving, as runners cross Montagu Pass at the main Herold Wines entrance.**

Support Crews permitted for: **MUT Miler | MUT 100 | MUT 60**



Scan here to download the interactive Support & Spectator Points guide

(includes live links and directions)

# SUPPORT CREW & SPECTATORS



Scan here to download the interactive Support & Spectator Points guide (includes live links and directions)

## 4 GARDEN ROUTE DAM - AID STATION

SUPPORT CREW  SPECTATORS

HOW TO GET THERE  GPS: 33°57'52.8"S 22°29'51.1"E

**PARKING:** Park in the open grass fields next to the aid station. If parking along the road, please ensure that you do not block access to any residential properties.

Exit your vehicle quietly, especially if arriving during the night.

The dam area is shared by many people for recreational activities, so please be respectful and mindful of them.

Support Crews permitted for: **MUT Miler | MUT 100**

## 5 WILDERNESS - AID STATION

SUPPORT CREW  SPECTATORS

HOW TO GET THERE  GPS: 33°59'33.96"S 22°34'43.26"E

The aid station is located at The Commonage Coffee Shop.

**PARKING:** Park in the open grass fields across from the aid station.

This venue is a coffee shop and hot beverages can be purchased.

Support Crews permitted for: **MUT Miler**


## 6 OAKHURST - AID STATION

SUPPORT CREW  SPECTATORS

HOW TO GET THERE  GPS: 33°57'18.47"S 22°39'16.85"E"

**PARKING:** Park at the designated parking area near the reception/ coffee shop. From there, take a short walk to The Venue where you'll find the aid station.

This is a working farm.

 Use caution and stay alert for animals and farm vehicles that may be using the roads.

Support Crews permitted for: **MUT Miler**

## 7 TRAIL KIOSK - AID STATION

SUPPORT CREW  SPECTATORS

HOW TO GET THERE  GPS: 33°56'48.4"S 22°27'26.1"E

**PARKING:** Park in the designated parking area next to the aid station.





The venue is a Cafe and hot beverages and food can be purchased from 08:00 till 20:00

Come cheer the runners and give them a boost to cover the last few kilometers to the finish!

Support Crews permitted for: **MUT Miler**



### AID STATIONS NOT AUTHORISED FOR SUPPORT CREWS OR SPECTATORS:

-  CRADOCK PASS AID STATION
-  TIERKOP AID STATION
-  GROENEWEIDE AID STATION
-  BERGPLAAS AID STATION

Please remember that, as a spectator, you are here to watch and enjoy the event. Do not interfere with runners, race operations, or event logistics. Thank you!

HOW TO GET TO FINISH:  OUTENIQUA STADIUM

A hiker wearing a headlamp and a race bib is running on a narrow dirt trail through a dense forest. The hiker is using trekking poles and is illuminated by their headlamp. The forest is lush with green ferns and tall trees.

**MUT**  
MOUNTAIN ULTRA-TRAIL  
BY **UTMB®**

**AFTER PARTY**

**SUNDAY 31 MAY 15:00 - 17:00**



**GEORGE**  
THE CITY FOR ALL REASONS



AONIJIE  
RUNNING



Eyewear  
Astral Sphere

PERFORMANCE  
STARTS IN YOUR HEAD.



 RUDY  
PROJECT

UTMB®  
WORLD SERIES

NIRVANA

OFFICIAL SUPPLIER

PREMIUM RUNNER SERVICES

# **NIRVANA**, WITH YOU **ALL THE WAY TO THE FINISH LINE**

THEY LOOKED AFTER MY FAMILY AND FRIENDS WHILE I WAS ON THE MOUNTAIN

HAVING A DEDICATED ATHLETE MANAGER IN RESORT MEANT EVERYTHING WAS HANDLED

THEY PLANTED A TREE ON MY BEHALF

HOTEL WAS IN A GREAT LOCATION, PERFECT FOR ALL THE RACE WEEK ACTION!

ONLY ONE BOOKING TO MANAGE FOR ALL MY FLIGHTS, HOTEL AND TRANSFERS - A HUGE RELIEF!



UK landline: +44 0191 257 1750  
USA toll free: +1 888 585 4629



contactus@nirvanaeurope.com



nirvanasportstravel.com

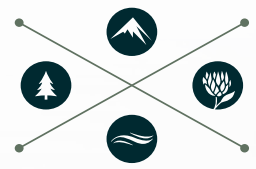


The Travel Association



# MUT MILER

Kicking off at the foot of Outeniqua Mountains, you'll conquer two peaks before looping around the entire mountain range. After that, you'll coast down to Wilderness Beach for a peaceful breather, then dive into a wild adventure through hidden valleys and winding forest trails



RACE CATEGORY

**100M** M



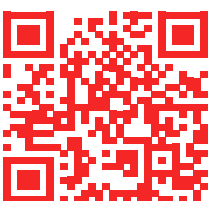
## PRE-EVENT

Please join us on Thursday for the Elite Presentation and Race Briefing at Outeniqua Stadium. This will be followed by the a fun 5km GTR run with the community and locals to keep those legs activated

## AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## SCAN THE CODE



## PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 15:00 on Thursday







Drop bags to be handed in by Thursday 20:00 at Registration. Drop bags will be transported to Tierkop and Oakhurst aid stations



Start: Outeniqua stadium




## THURSDAY 28<sup>TH</sup>

Time	Location		What
13:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
15:00	Outeniqua Stadium		Elite Presentation & MUT Miler Race Briefing
17:00	Camphersdrift Street		Special edition GTR Time Trial
20:00	Outeniqua Stadium		MUT Miler Drop Bag Hand In Closes

## FRIDAY 29<sup>TH</sup>

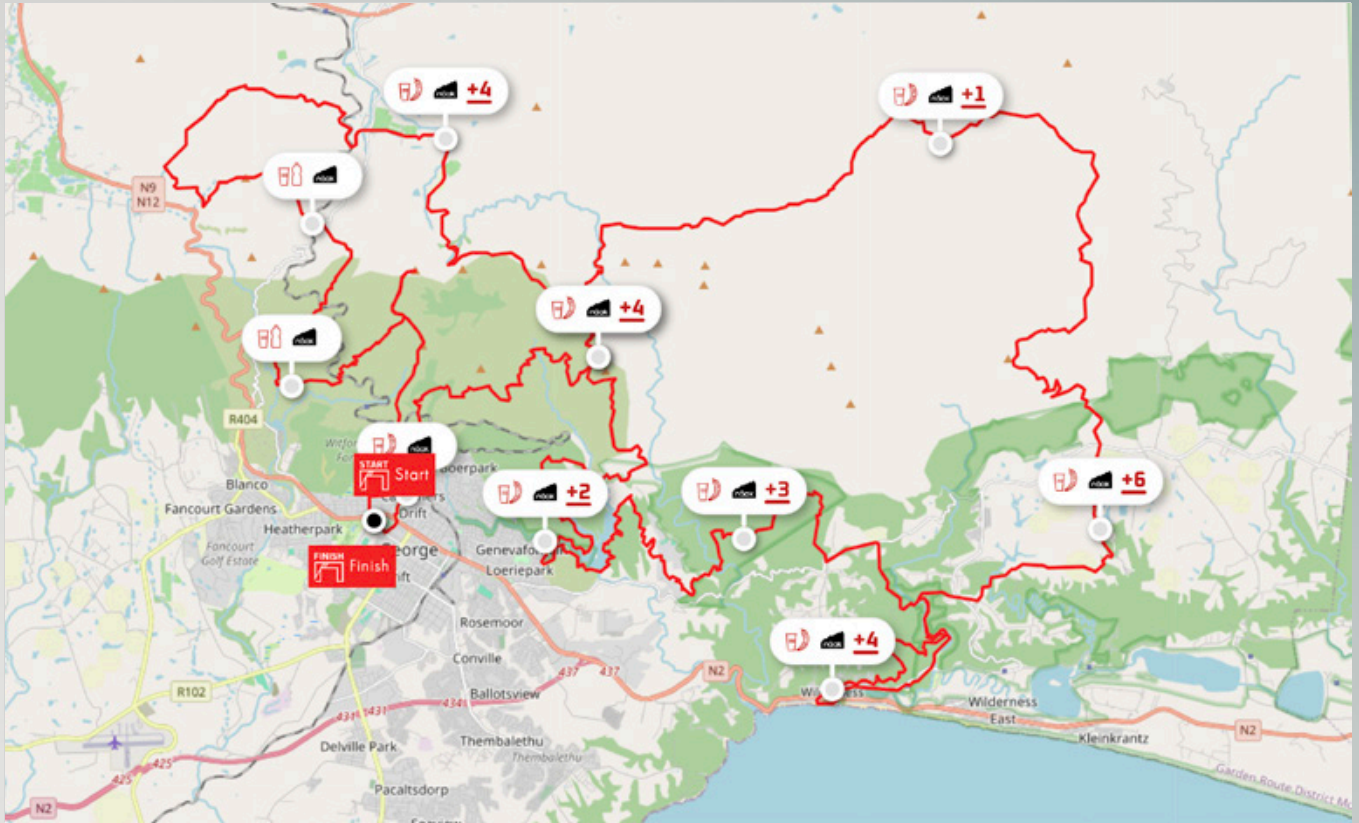
Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening Ceremony
12:00	Outeniqua Stadium		MUT Miler Start

## SUNDAY 31<sup>ST</sup>

Time	Location		What
12:00 - 14:00	Outeniqua Stadium		Drop bag reclaim
13:00	Outeniqua Stadium		Prize Giving
14:00	Outeniqua Stadium		Race Cut Off



# MUT MILER MAP



 STARTING LINE

 FINISH LINE

 DRINK SUPPLY

 AID STATION

 MEDICAL STATION



# MUT MILER AID STATIONS & TIME CHARTS

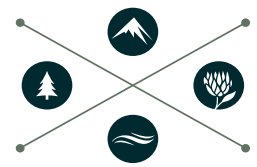
Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	238	0	0	0	0	Fri 12:00 PM	Fri 12:00 PM	-	
Craddock Pass	362	16.5	16.5	1430	1306	Fri 02:10 PM	Fri 04:39 PM	Fri 05:45 PM	
Montagu Pass	743	23.5	7	2150	1645	Fri 03:16 PM	Fri 06:57 PM	Fri 08:00 PM	
Herald Wines	656	41.4	17.8	3065	2647	Fri 05:30 PM	Sat 12:04 AM	Sat 12:45 AM	
Tierkop	673	52.8	11.3	3809	3372	Fri 07:13 PM	Sat 03:33 AM	Sat 04:30 AM	
Garden Route Dam	229	67.9	15.1	4117	4126	Fri 09:06 PM	Sat 07:16 AM	Sat 08:00 AM	
Groene-weide	217	83.3	15.3	4530	4551	Fri 10:56 PM	Sat 11:20 AM	Sat 11:30 AM	
Wilderness	16	101.6	18.3	5080	5302	Sat 01:19 AM	Sat 04:38 PM	Sat 05:00 PM	
Oakhurst	243	116.2	14.5	5510	5505	Sat 03:03 AM	Sat 08:38 PM	Sat 09:00 PM	
Bergplaas	713	136.8	20.6	6434	5959	Sat 05:58 AM	Sun 03:16 AM	Sun 03:30 AM	
Tierkop	674	153.2	16.3	7476	7042	Sat 08:50 AM	Sun 09:28 AM	Sun 09:45 AM	
Trail Kiosk	250	166.1	12.9	7994	7983	Sat 10:49 AM	Sun 01:41 PM	-	
Finish	238	168.2	2	8015	8013	Sat 11:03 AM	Sun 02:07 PM	Sun 02:00 PM	

SUPPORT CREW AUTHORIZED
 PROVISIONS
 DRINK PROVISIONS
 HOT MEAL
 RESTING
 MEDICAL CREW
 DROP BAG

WC
 NAAK® PRODUCTS
 POWER SUPPLY
 SHOWER

## AID STATIONS AUTHOURIZED FOR SUPPORT CREW

For the list of aid stations that allow support crew, please see 'Support crew and Spectator' info on [Page 33](#).



## MENU

Aid Station	Naak Drinks	Naak Products	Hot Soup	Hot Food	Potatoes	Sarmies	Fruit	Sweets	Coke	Hot Drinks	Water
Cradock Pass	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	No	Yes
Montagu Pass	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Herold Wines	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Garden Route Dam	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Groene-weide	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wilderness	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Oakhurst	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Bergplaas	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Trail Kiosk	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes

## FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. For example hot food will not include all the below items but one of them at an indicated Aid Station. Menu may change due to availability.



**Hot Food:**

**Either one of these will be available as 'Hot food' at aid stations; Italian Riceballs, Mince Jaffles, Cottage Pie, Mac & Cheese, Sosaties, Pizza**



**Hot Soup:**

**Locally made Veggie Soup**



**Naak:**

**Will consists of drink mix and waffles**



**Sarmies:**

**Marmite Sandwiches and Braaibroodjie at Herold Aid Station**



**Fruit:**

**Oranges or Bananas**



**Sweets:**

**Marshmallows, Jelly Babies, Koeksisters**

# Win with Oasis

## Oasis Water George

Official water sponsor to this years  
MUT by UTMB



- Still water
- Sports drinks
- Juices
- Sparkling
- Refill water
- Custom labels



# MUT100

This route boasts everything from big climbs, rocky trails, technical downhills, some run-able sections and views of the Outeniqua Mountain Range, secret indigenous forests that will keep your endorphins going all the way



RACE CATEGORY  
**100K M**



## PRE-EVENT

Thursday: Join us for the 5km special edition GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

## AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## SCAN THE CODE



## PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 17:00 on Friday.






Drop bags to be handed back in at registration by 20:00 Friday. Your spare bag will go to Tierkop Aid Station.



Start: Outeniqua stadium

## THURSDAY 28<sup>TH</sup>

Time	Location	What
13:00 - 20:00	Outeniqua Stadium 	Registration / Bib Collection
15:00	Outeniqua Stadium 	Elite Presentation
17:00	Camphersdrift Street 	Special edition GTR Time Trial

## FRIDAY 29<sup>TH</sup>

Time	Location	What
10:00 - 20:00	Outeniqua Stadium 	Registration / Bib Collection
11:00	Outeniqua Stadium 	Opening Ceremony
17:00	Outeniqua Stadium 	Race Briefing

## SATURDAY 30<sup>TH</sup>

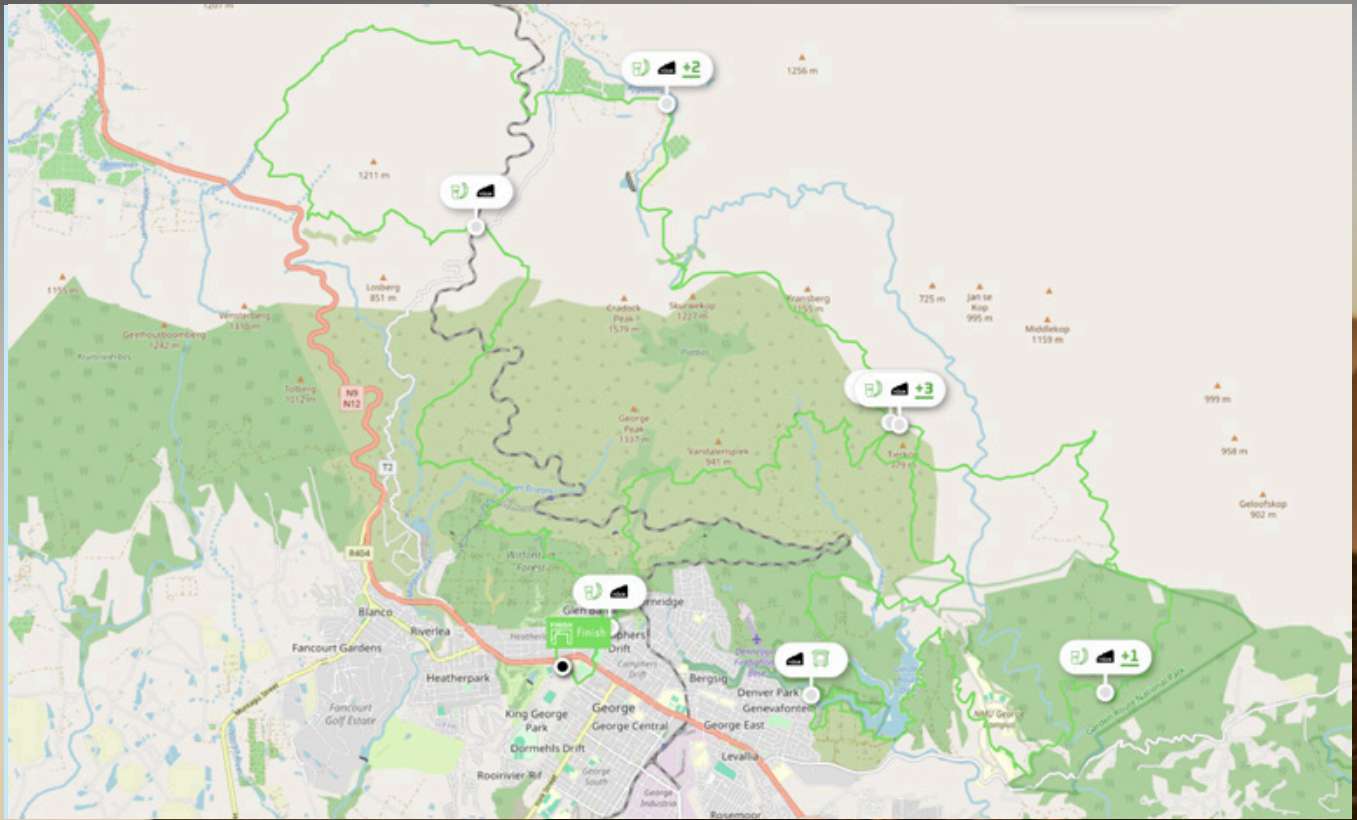
Time	Location	What
04:50	Outeniqua Stadium 	Check-in
05:00	Outeniqua Stadium 	Race Start

## SUNDAY 31<sup>ST</sup>

Time	Location	What
06:00	Outeniqua Stadium 	MUT 100 Cut Off
12:00 - 14:00	Outeniqua Stadium 	Drop bag reclaim
13:00	Outeniqua Stadium 	Prize Giving



# MUT100 MAP



STARTING LINE

FINISH LINE

DRINK SUPPLY

AID STATION

MEDICAL STATION



# MUT100 AID STATIONS & TIME CHARTS



Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	238	0	0	0	0	Sat 05:00 AM	Sat 05:00 AM	-	START
Montagu Pass	740	15	15	995	495	Sat 06:29 AM	Sat 08:15 AM	Sat 08:30 AM	
Herold Wines	656	32.2	17.1	1823	1407	Sat 08:21 AM	Sat 12:30 PM	Sat 12:45 PM	
Tierkop	764	43.3	11.1	2539	2104	Sat 09:46 AM	Sat 03:33 PM	Sat 03:30 PM	
Garden Route Dam	228	58.1	14.8	2827	2839	Sat 11:14 AM	Sat 06:34 PM	Sat 06:30 PM	
Groene-weide	217	72.9	14.7	3222	3243	Sat 12:46 PM	Sat 09:57 PM	Sat 10:00 PM	
Tierkop	675	85.7	12.7	4203	3766	Sat 02:45 PM	Sun 02:10 AM	Sun 02:00 AM	
Trail Kiosk	250	98.4	12.7	4699	4687	Sat 04:33 PM	Sun 05:38 AM	-	
Finish	238	100.5	2	4717	4717	Sat 04:46 PM	Sun 06:01 AM	Sun 06:00 AM	FINISH

SUPPORT CREW AUTHORIZED
 PROVISIONS
 DRINK PROVISIONS
 HOT MEAL
 RESTING
 MEDICAL CREW
 DROP BAG

WC
 NAAK® PRODUCTS
 POWER SUPPLY
 SHOWER

## MUT 100: AID STATIONS AUTHOURIZED FOR SUPPORT CREW

For the list of aid stations that allow support crew, please see 'Support crew and Spectator' info on [Page 33](#).

MUT 100 AID STATIONS & TIME CHARTS

# MUT100 FOOD



## MENU

Aid Station	Naak Drinks	Naak Products	Hot Soup	Hot Food	Potatoes	Sarmies	Fruit	Sweets	Coke	Hot Drinks	Water
Montagu Pass	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Herold Wines	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Garden Route Dam	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
Groene-weide	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Trail Kiosk	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes

## FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. For example hot food will not include all the below items but one of them at an indicated Aid Station. Menu may change due to availability.



**Hot Food:**

**Either one of these will be available as 'Hot food' at aid stations; Mince Jaffles, Cottage Pie, Mac & Cheese, Sosaties, Pizza**



**Hot Soup:**

**Locally made Veggie Soup**



**Naak:**

**Will consist of drink mix and waffles**



**Sarmies:**

**Marmite Sandwiches and Braaibroodjies at Herold**



**Fruit:**

**Oranges or Bananas**



**Sweets:**

**Marshmallows, Jelly Babies, Koeksisters**



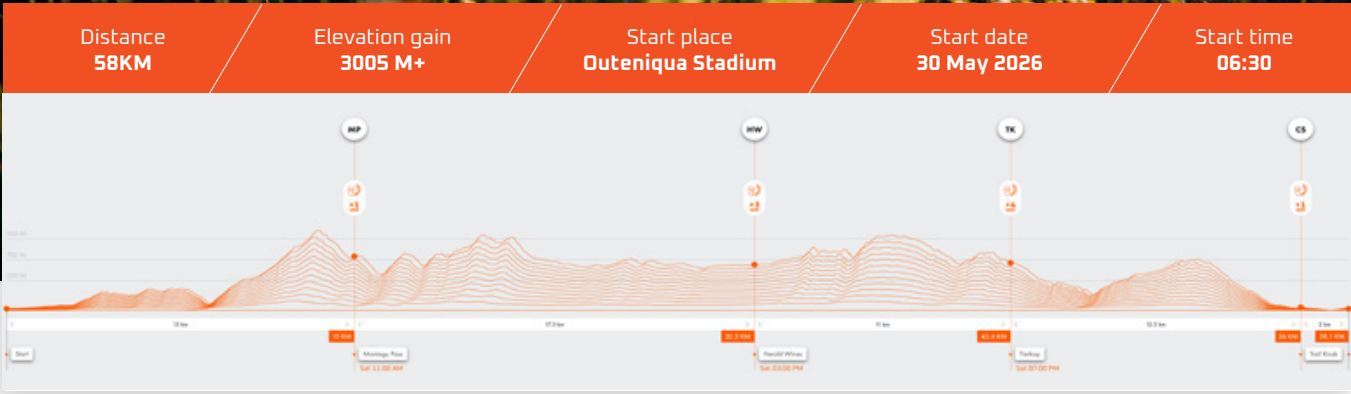


# MUT60

The oldest race in the MUT series, gives you a true taste of what George has to offer. You'll experience everything from lush forest trails and challenging climbs to the dry, desert-like stretches of the Karoo, all while taking in views that show off the Garden Route in its full beauty.



RACE CATEGORY  
**50K M**



## PRE- EVENT

Thursday: Join us for the 5km special edition GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

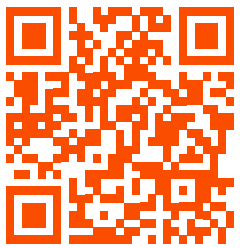
## AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories


## PRACTICAL INFO

-  Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.
-  Official Race Briefing will be 17:00 on Friday.
-  **START**  
The start line is at Outeniqua Stadium

## SCAN THE CODE



## THURSDAY 28<sup>TH</sup>

Time	Location		What
13:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
17:00	Camphersdrift Street		Special Edition GTR time Trial
15:00	Outeniqua Stadium		Elite presentation

## FRIDAY 29<sup>TH</sup>

Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening ceremony
17:00	Outeniqua Stadium		Race Briefing

## SATURDAY 30<sup>TH</sup>

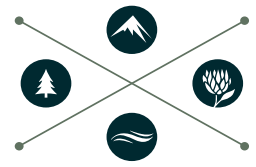
Time	Location		What
06:00	Outeniqua Stadium		Check-in
06:30	Outeniqua Stadium		Race Start
21:30	Outeniqua Stadium		Race Cut Off

## SUNDAY 31<sup>ST</sup>

Time	Location		What
13:00	Outeniqua Stadium		Prize Giving



# MUT60 AID STATIONS & TIME CHARTS



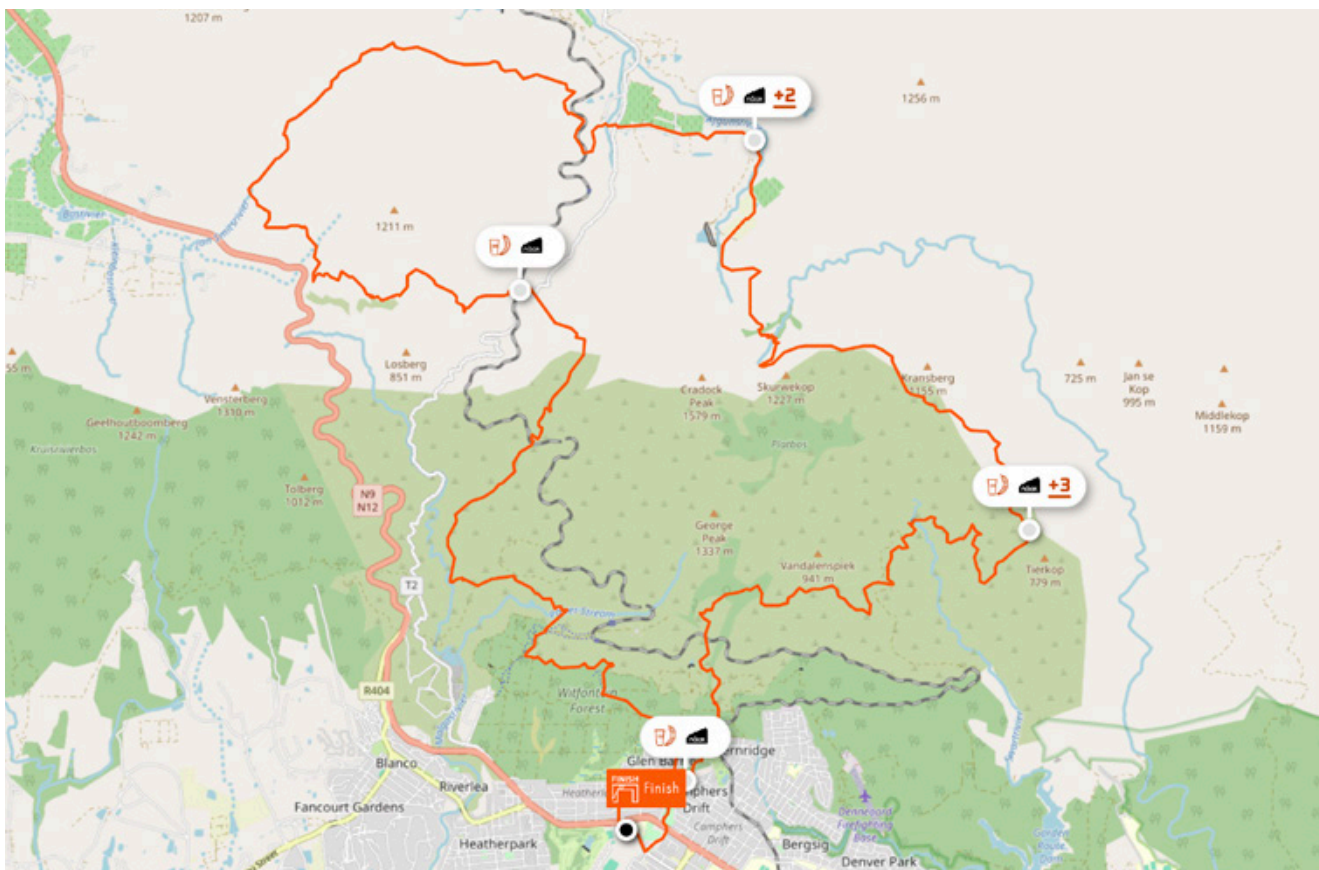
Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	238	0	0	0	0	Sat 06:30 AM	Sat 06:30 AM	-	START
Montagu Pass	738	15	15	998	498	Sat 07:53 AM	Sat 10:05 AM	Sat 11:00 AM	Medical, Drink, Provisions, Resting, WC, NAAK
Herold Wines	656	32.3	17.2	1812	1394	Sat 09:36 AM	Sat 02:14 PM	Sat 03:00 PM	Medical, Drink, Provisions, Resting, Hot Meal, WC, NAAK, Power
Tierkop	674	43.4	11.1	2515	2081	Sat 10:58 AM	Sat 05:43 PM	Sat 07:00 PM	Drink, Provisions, Resting, Hot Meal, Medical, NAAK
Trail Kiosk	250	56.1	12.6	2987	2975	Sat 12:27 PM	Sat 09:06 PM	-	Drink, Provisions, Resting, WC, NAAK
Finish	238	58.1	2	3005	3005	Sat 12:38 PM	Sat 09:30 PM	Sat 09:30 PM	FINISH

COO SUPPORT CREW AUTHORIZED  
 PROVISIONS  
 DRINK PROVISIONS  
 HOT MEAL  
 RESTING  
 MEDICAL CREW  
 DROP BAG  
 WC  
 NAAK® PRODUCTS  
 POWER SUPPLY  
 SHOWER

## MUT 60: AID STATIONS AUTHOURIZED FOR SUPPORT CREW

For the list of aid stations that allow support crew, please see 'Support crew and Spectator' info on [Page 33](#).

# MUT60 MAP



STARTING LINE  
 FINISH LINE  
 DRINK SUPPLY  
 AID STATION  
 MEDICAL STATION

## MENU

Aid Station	Naak Drinks	Naak Products	Hot Soup	Hot Food	Potatoes	Sarmies	Fruit	Sweets	Coke	Hot Drinks	Water
Montagu Pass	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Herold Wines	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Trail Kiosk	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes

## FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. For example hot food will not include all the below items but one of them at an indicated Aid Station. Menu may change due to availability.



**Hot Food:**

**Either one of these will be available as 'Hot food' at aid stations; Mince Jaffles, Cottage Pie, Mac & Cheese, Sosaties, Pizza**



**Hot Soup:**

**Locally made Veggie Soup**



**Naak:**

**Will consist of drink mix and waffles**



**Sarmies:**

**Marmite Sandwiches and Braaibroodjies at Herold Aid Station**



**Fruit:**

**Oranges or Bananas**



**Sweets:**

**Marshmallows, Jelly Babies, Koeksisters**



# MUT MARATHON

The route winds through lush forests rails, tough climbs, and technical descents, all while treating you to stunning views of the Outeniqua Mountain range



RACE CATEGORY

**50K M**



## PRE- EVENT

Thursday: Join us for the special edition 5km GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

## AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 17:00 on Friday.






Start: Outeniqua Stadium




## SCAN THE CODE



## THURSDAY 28<sup>TH</sup>

Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
17:00	Camphersdrift street		Special edition GTR time trial
15:00	Outeniqua Stadium		Elite Presentation

## FRIDAY 29<sup>TH</sup>

Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening ceremony
17:00	Outeniqua Stadium		Race Briefing

## SATURDAY 30<sup>TH</sup>

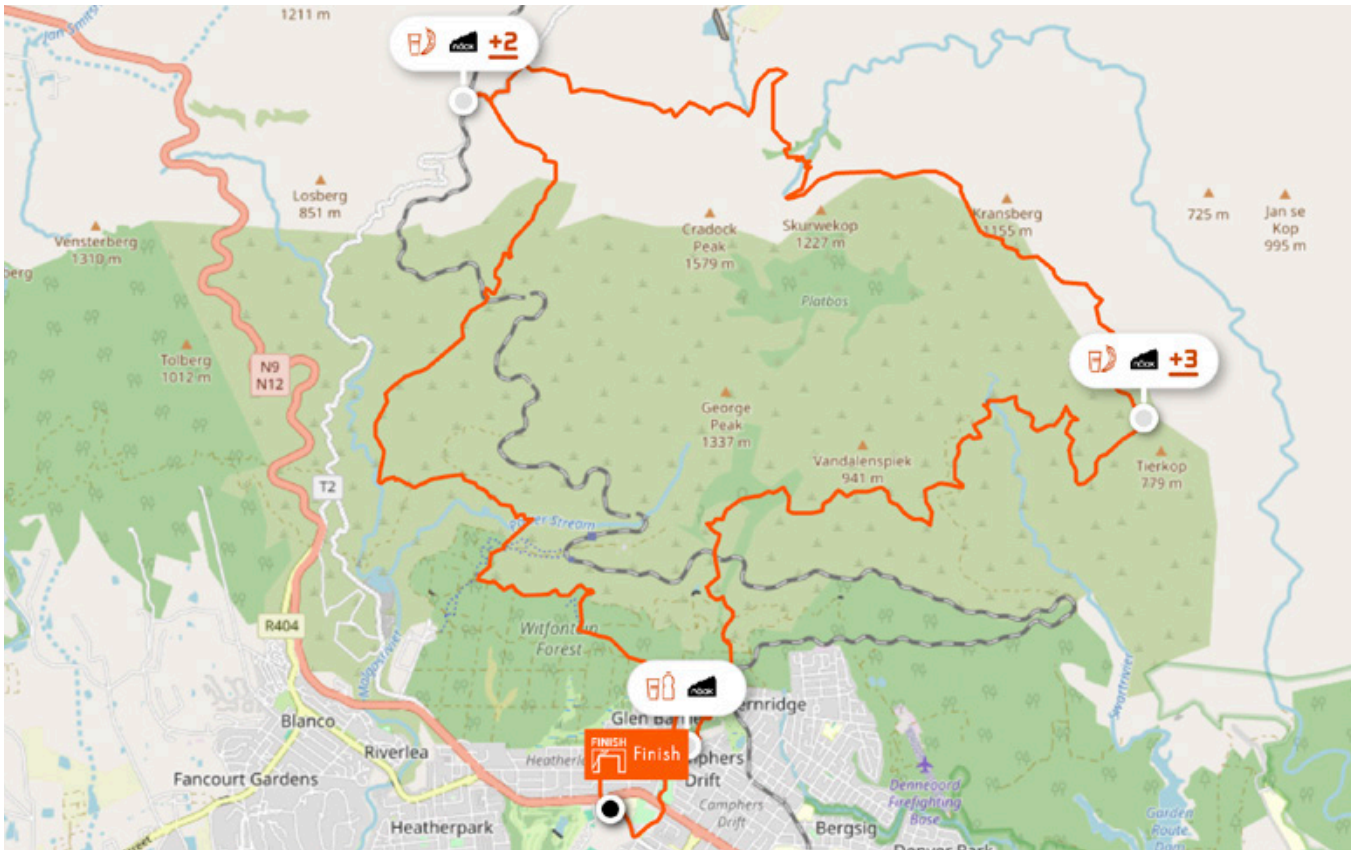
Time	Location		What
08:00	Outeniqua Stadium		Race Start
20:00	Outeniqua Stadium		Race Cut Off

## SUNDAY 31<sup>ST</sup>

Time	Location		What
13:00	Outeniqua Stadium		Prize giving



# MUT MARATHON MAP



STARTING LINE



FINISH LINE



DRINK SUPPLY



AID STATION



MEDICAL STATION



Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	238	0	0	0	0	Sat 08:00 AM	Sat 08:00 AM	-	
Montagu Pass	738	15.1	15.1	993	493	Sat 09:23 AM	Sat 11:56 PM	Sat 12:00 PM	
Tierkop	675	28.5	13.4	1802	1365	Sat 10:46 AM	Sat 03:55 PM	Sat 05:00 PM	
Trail Kiosk	250	41.4	12.8	2291	2280	Sat 12:03 PM	Sat 07:34 PM	-	
Finish	238	43.3	2	2312	2310	Sat 12:12 PM	Sat 08:00 PM	Sat 08:00 PM	

SUPPORT CREW AUTHORIZED
 PROVISIONS
 DRINK PROVISIONS
 HOT MEAL
 RESTING
 MEDICAL CREW
 DROP BAG

WC
 NÄÄK® PRODUCTS
 POWER SUPPLY
 SHOWER

## MENU

Aid Station	Naak Drinks	Naak Products	Hot Soup	Hot Food	Potatoes	Sarmies	Fruit	Sweets	Coke	Hot Drinks	Water
Herold Wines	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tierkop	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Trail Kiosk	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes

## FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. For example hot food will not include all the below items but one of them at an indicated Aid Station. Menu may change due to availability.



**Hot Food:**

Either one of these will be available as 'Hot food' at aid stations; Mince Jaffles, Cottage Pie, Mac & Cheese, Sosaties, Pizza



**Hot Soup:**

Locally made Veggie Soup



**Naak:**

Will consist of drink mix and waffles



**Sarmies:**

Marmite Sandwiches and Braibroodjies at Herold



**Fruit:**

Oranges or Bananas



**Sweets:**

Marshmallows, Jelly Babies, Koeksisters

# MUT CHALLENGE

A tough route through breathtaking indigenous forests, featuring a challenging climb to the 'Wall' and Tonnelbos, followed by winding lush forest trails.



RACE CATEGORY

**20K M**



## PRE - EVENT

Thursday: Join us for the special edition 5km GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

## AWARDS

The awards ceremony will be on Sunday at 13:00 - each age category winner and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories.

## PRACTICAL INFO



Remember to bring your mandatory gear (including hot and cold weather kits) for gear check when you come to register.



Official Race Briefing will be 17:00 on Friday.



Remote Start at Trail Kiosk, Van Riebeeck Gardens on Sunday


## SCAN THE CODE







## THURSDAY 28<sup>TH</sup>

Time	Location		What
13:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
17:00	Camphersdrift street		Special edition GTR Time Trial

## FRIDAY 29<sup>TH</sup>

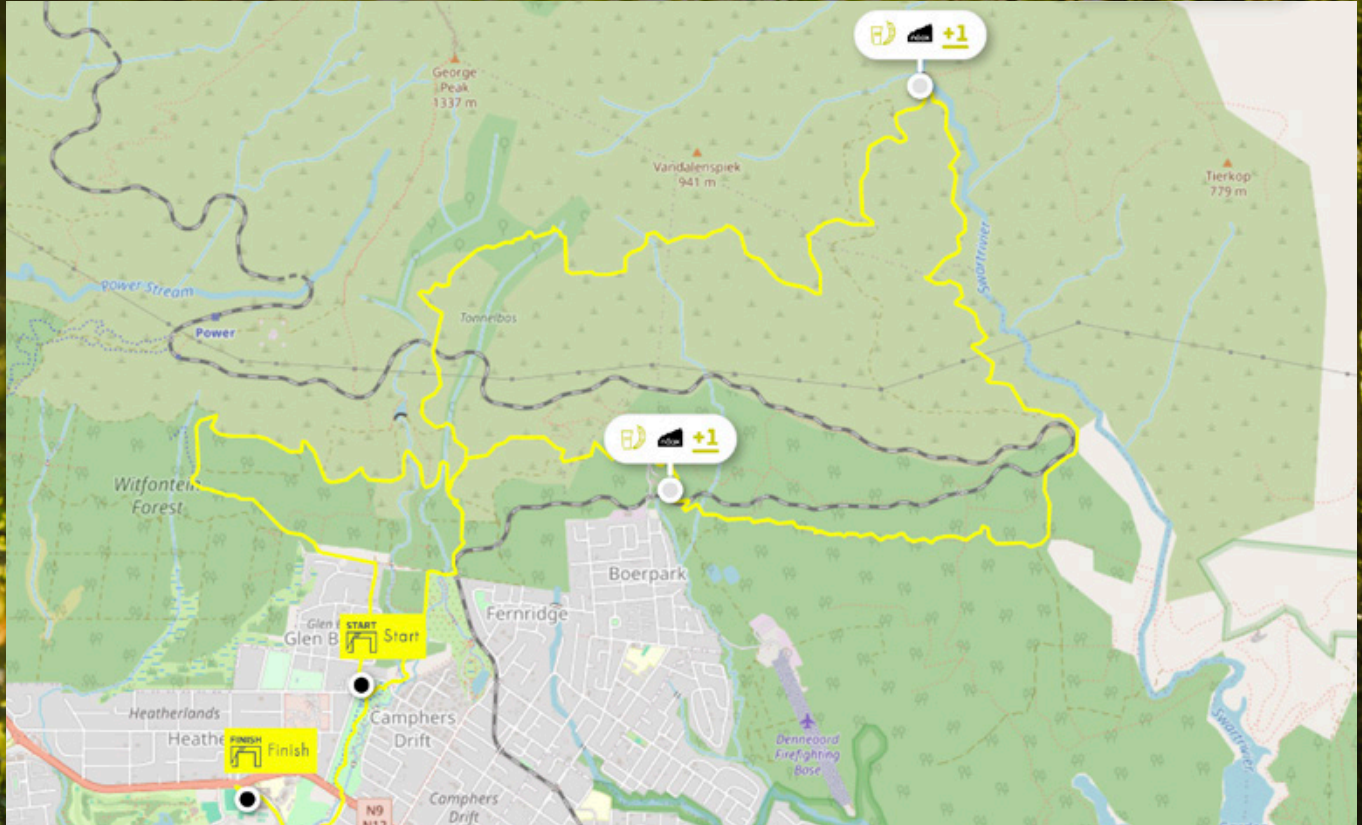
Time	Location		What
10:00 - 20:00	Outeniqua Stadium		Registration / Bib Collection
11:00	Outeniqua Stadium		Opening ceremony
17:00	Outeniqua Stadium		Race Briefing

## SUNDAY 31<sup>ST</sup>

Time	Location		What
07:30	Trial Kiosk		Arrival
08:00	Trail Kiosk		Race Start
14:00	Outeniqua Stadium		Race Cut Off
13:00	Outeniqua Stadium		Prize Giving



# MUT CHALLENGE MAP




 STARTING LINE

 FINISH LINE

 DRINK SUPPLY

 AID STATION

 MEDICAL STATION



# MUT CHALLENGE AID STATIONS & TIME CHARTS

Point	Altitude (M)	Dist (km)	Dist. inter (km)	Elevation gain (M)	Elevation loss (M)	Fastest	Slowest	Cut Off	Services
Start	252	0	0	0	0	Sun 08:00 AM	Sun 08:00 AM	-	
Water-works	317	7.4	7.4	285	220	Sun 08:27 AM	Sun 09:30 AM	Sun 10:00 AM	
George Dam	374	14.1	6.7	588	466	Sun 08:56 AM	Sun 11:05 AM	Sun 11:30 AM	
Finish	238	25.3	11.2	1043	1055	Sun 09:49 AM	Sun 02:00 PM	Sun 02:00 PM	

SUPPORT CREW AUTHORIZED  
 PROVISIONS  
 DRINK PROVISIONS  
 HOT MEAL  
 RESTING  
 MEDICAL CREW  
 DROP BAG  
 WC  
 NÄÄK® PRODUCTS  
 POWER SUPPLY  
 SHOWER

## MENU

Aid Station	Naak Drinks	Naak Products	Banana Bread	Date Balls	Potatoes	Sarmies	Fruit	Sweets	Hot Food / Drinks	Coke	Water
Water-works	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes
George Dam	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes

## FOOD DETAIL

Food Menu detail description below, only one product per category will be available at a point. Menu may change due to availability.



**Naak:** Will consist of drink mix and waffles



**Fruit:** Oranges or Bananas



**Sweets:** Marshmallows, Jelly Babies, Koeksisters



# MUT LITE - 10KM RACE

This race has always been designed to give trail runners, young, novices or experienced the exposure to trail running in the mountains.



It is important to still be self sufficient and carry your own hydration and sustenance during your run.

## PRE-EVENT

Thursday: Join us for the special edition 5km GTR run with the community, locals and some pro's to keep those legs activated.

Friday: Come send the Milers off when they start at Outeniqua Stadium or hike up to the Cross and cheer them on while they run up George Peak!

## REGISTRATION / BIB COLLECTION

Race Registration: Thursday 13:00 - 20:00, Friday 10:00-20:00 and Saturday 09:00-12:00

## AWARDS

The awards ceremony will be on Sunday, 13:00 - and the top 5 men and ladies overall will receive an award. We request that you please attend this ceremony if you fall into one of these categories

## GEAR CHECK

Gear check wont be done at Registration but you must carry your mandatory gear with you during the entire race – from start – to finish or you will be penalized. Race officials may perform systematic and/or random checks of your equipment at any time during the race.

## ID

Please bring your ID for registration

## SCAN THE CODE



## PRACTICAL INFO



Hot or cold weather kit might be required for your run. This will be communicated during registration. No gear check will be done during Registration



Official Race Briefing will be 17:00 on Friday.



Remote Start at Trail Kiosk, Van Riebeeck Gardens on Sunday



# MUT KIDS: LET THE LITTLE ONES LEAD THE WAY!

Ignite the spirit of adventure in the next generation of trail stars! The **MUT Kids** Races offers young runners their own moment of glory at the race village

## RACE DETAILS

The Kids Race takes place on Friday afternoon, providing a high-energy atmosphere as the main event festivities unfold. Participants will have the thrill of racing through a dedicated course, cheered on by professional athletes, friends, and family in the heart of the race village.

### The Dash

Age Requirement	Distance	Location	Categories
Ideal for Toddlers age 2-5 Companion optional	50m	MUT Start Line, Outeniqua Stadium	Everyone is a winner!

### The Sprint

Age Requirement	Distance	Location	Categories
Ages 6-8	800m	MUT Start Line, Outeniqua Stadium	Everyone is a winner!

### The Race

Age Requirement	Distance	Location	Categories
Ages 9-13	1.95km	Start Location: Remote start: Trail Kiosk	Boys & Girls 1st to 5th.

To ensure a spot at the start line, all MUT Kids must have entered online before the cut-off date. No 'on the day' entries.

Registration: MUT Kids must collect their Bibs at the Registration Tent at Outeniqua Stadium (Race Village) on **Friday 12:15 - 14:00**.



# RANKINGS AND AWARDS

The awards ceremony is more than just a trophy presentation – it’s your chance to celebrate every achievement, from podium finishes to personal breakthroughs. Come swap “war stories” and connect with fellow runners who shared the dust and the glory of the Outeniquas.

Everyone is welcome to join us the official celebration and the live show afterparty immediately following the ceremony. It’s the perfect way to cap off an epic weekend in the mountains.

## OVERALL GENERAL RANKING

The Top 5 Men and Top 5 Women from the following races will be recognized during the official Awards Ceremony:

- MUT Miler & 100K
- MUT 60 & MUT Marathon
- MUT Challenge & MUT Lite

## AGE CATEGORY RANKING

The first-placed man and woman in each age category, as per the official UTMB classification, will be celebrated during the Awards Ceremony.

**Please note:** Age category awards apply to all distances except the MUT Lite.

## UTMB AGE CATEGORY CLASSIFICATION:

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



Results for all runners and category winners will be available: <https://mut.utmb.world>

## AWARDS CEREMONY SCHEDULE

Sunday

Time	Location	What
13:00	Outeniqua Stadium - Finish	Prize Giving

## WORLD SERIES PARTNERS



[za.naak.com](http://za.naak.com)



[www.suuntosaco.za](http://www.suuntosaco.za)



[www.aonijie.info](http://www.aonijie.info)



[www.buff.com](http://www.buff.com)



[outeniquabound.com](http://outeniquabound.com)

## EXPO EXHIBITORS



[www.226ers.co.za](http://www.226ers.co.za)



[www.adidaseyewear.com](http://www.adidaseyewear.com)



[www.forza.co.za](http://www.forza.co.za)



[www.gilnokie.com](http://www.gilnokie.com)



[www.mountco.co.za](http://www.mountco.co.za)



[www.onni.co.za](http://www.onni.co.za)



[www.pillarperformance.us](http://www.pillarperformance.us)



[www.carbonendurance.co](http://www.carbonendurance.co)



[www.versussocks.com](http://www.versussocks.com)



## EXPO TIMES

Date	Time		Location
Thursday 28 <sup>th</sup> May	13:00 - 20:00		Outeniqua Stadium
Friday 29 <sup>th</sup> May	10:00 - 20:00		Outeniqua Stadium
Saturday 30 <sup>th</sup> May	09:00 - 17:00		Outeniqua Stadium
Sunday 31 <sup>st</sup> May	09:00 - 14:00		Outeniqua Stadium



**ALWAYS REMEMBER YOUR RACE**  
get your personal pictures on **SPORTOGRAF.COM**



**F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**



## WE ARE UBUNTU

### COMMUNITY

Garden Route Trail Running (GTR) is a vibrant community of passionate runners, many of whom make up most of our volunteer base. What unites them is their shared love for the Outeniqua Mountains. This is what sets our volunteers apart – they aren't just ordinary volunteers, but passionate individuals with an understanding of the terrain, with respect and compassion for participants. Their commitment ensures that the MUT by UTMB is not only well supported but infused with the spirit of adventure!

GTR keep the spirit of trail running alive year-round by organizing weekly time trials in the forest. During

the December holidays, they offer a full calendar of social runs, some of these to raise funds to give back to the community and for maintenance of the trails.

Leading up to the event, they coordinate the recce runs for the MUT by UTMB and the special edition garden route trail run on the Thursday prior to the event.

GTR also plays a key role in maintaining the trails, ensuring that every route is in top condition for the MUT.

[www.gtrtrails.run](http://www.gtrtrails.run)

### FAMILY

The MUT by UTMB was founded by a nature-loving family with a passion for organizing exceptional events that highlight the breathtaking natural beauty of the region. With a lifetime of experience in event planning, having grown up immersed in the world of events, organizing comes naturally to them. This close-knit family team is at the heart of the MUT, ensuring each race is not just a challenge, but a celebration of the stunning landscapes and outdoor experiences that make the area so special. Their deep connection to nature and expertise in event management is what sets the MUT apart, making every race feel like a truly unique adventure.

### VISIT US

Known as the heart of the Garden Route, George is a haven for nature lovers with endless opportunities to satisfy any adventurer's spirit. As the second-largest city in the Western Cape, George is home to around 300,000 residents. What makes George truly special is its close connection to nature, with the majestic Outeniqua Mountains towering over the town, lush indigenous forests, farmlands, rivers, and a pristine coastline all just outside your door. There's so much to explore here, and we warmly invite you to experience the magic of our beloved town.

[www.visitgeorge.co.za](http://www.visitgeorge.co.za)



In memory of Andrea Biffi (1976–2025): Our champion and a true mountaineer—a reminder to us all to 'never give up,' and a soul whose strength and grace on these trails will never be forgotten



**VISIT US:**

[mut.utmb.world](https://mut.utmb.world)

**FOLLOW US:**



[mut.utmb.world](https://mut.utmb.world)