



# RUNNER GUIDE

MAY 15-17, 2026



OFFICIAL UTMB® WORLD SERIES PARTNERS



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# SCHEDULE

## FRIDAY, MAY 15, 2026

| START | END     | EVENT  | LOCATION  |
|-------|---------|--|---|
| 2 PM  | 7 PM    | Basecamp (Expo):<br><ul style="list-style-type: none"> <li>• Bib Pick-Up</li> <li>• Official Rothrock by UTMB Merchandise Store</li> </ul> | Tussey Mountain Ski & Recreation                  |
| 3 PM  |         | HOKA Shake-Out Run   | Boal City Brewery - <a href="#">Register Here</a> |
| 5 PM  | 5:30 PM | Runner Briefing  | Tussey Mountain Ski & Recreation                  |

## SATURDAY, MAY 16, 2026

| START   | END      | EVENT  | LOCATION                         |
|---------|----------|--|----------------------------------|
| 6:30 AM | 7:50 AM  | 50K Race Morning Bib Pick-Up<br><i>*All Bibs Must Be Picked Up 10 Minutes Before The Start</i>   | Tussey Mountain Ski & Recreation |
| 8 AM    |          | 50K Race Start   | Tussey Mountain Ski & Recreation |
| 9 AM    | 5 PM     | Basecamp (Expo):<br><ul style="list-style-type: none"> <li>• 25K Bib Pick-Up</li> <li>• Official Rothrock by UTMB Merchandise Store</li> </ul> | Tussey Mountain Ski & Recreation |
| 12 PM   | 12:30 PM | Runner Briefing  | Tussey Mountain Ski & Recreation |
| 2 PM    |          | 50K Awards Ceremony  | Tussey Mountain Ski & Recreation |

## SUNDAY, MAY 17, 2026

| START   | END     | EVENT  | LOCATION                         |
|---------|---------|--|----------------------------------|
| 8:30 AM | 9:50 AM | 25K Race Morning Bib Pick-Up<br><i>*All Bibs Must Be Picked Up 10 Minutes Before The Start</i> | Tussey Mountain Ski & Recreation |
| 10 AM   |         | 25K Race Start   | Tussey Mountain Ski & Recreation |
| 12 PM   | 5 PM    | Official Rothrock by UTMB Merchandise Store  | Tussey Mountain Ski & Recreation |
| 1:30 PM |         | 25K Awards Ceremony  | Tussey Mountain Ski & Recreation |

# BIB PICK-UP

## BASECAMP (EXPO) PICK-UP

Bib pick-up will be available at the Basecamp (Expo) in Tussey Mountain Ski & Recreation during the following times:

- Friday, May 15 from 2 PM to 7 PM
- Saturday, May 16 from 9 AM to 5 PM

## RACE MORNING BIB PICK-UP

Race morning bib pick-up will be available at Tussey Mountain Ski & Recreation.

- 50K: Saturday, May 16 from 6:30 AM to 7:50 AM (all bibs must be picked up 10 minutes before the start).
- 25K: Sunday, May 17 from 8:30 AM to 9:50 AM. (all bibs must be picked up 10 minutes before the start).

## WHAT TO BRING

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

## BIB PICK-UP STEPS

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

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

## RUNNER WRISTBAND

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



## MEDICAL INFORMATION

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

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

The medical information that is placed on your wristband and runner bib.

## PRIORITY CHECK-IN

UTMB+ Priority Check-In will be available during Basecamp (expo) hours for Level 2 (Trailblazer) and Level 3 (Summitter) runners. For more information or to check your status, please [CLICK HERE](#).



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CELEBRATE.  
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ECONOMIC  
IMPACT



WORLD-CLASS  
EXPERIENCES



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LOCATION

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# PRE-RACE INFORMATION

## PHYSICAL ADDRESSES

### START, FINISH, & BASECAMP (EXPO)

Tussey Mountain Ski & Recreation  
301 Bear Meadows Rd, Boalsburg, PA 16827

## RUNNER BRIEFINGS

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

## COMMAND CENTER NUMBER

The Command Center Number is: 813-422-2094

Please save this number in your phone. This number will also be printed on the front of every bib towards the center at the bottom.

Carrying a mobile/cell phone with international roaming that works in the USA is required as mandatory gear for all race distances.

Please call or text this number for any of the reasons below:

- An emergency situation where you or another runner are unable to make it to an Aid or Medical Station
- You abandon the course (dropout from the race) for any reason, and unable to notify a race official. Please include the following when communicating with The Command Center:
  - Bib number
  - Reason for your drop-out
  - Location of your drop-out
  - If you have transportation off course

# ATTENTION RUNNERS

## Show your appreciation to a Volunteer!

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

- ✓ **Wear it!**
- ✓ **Give it!**
- ✓ **Thank (& Race)  
Your Heart Out!**



# FOR THE LONG RUN



## MAFATE 5

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

# HOKA<sup>®</sup>

# RUNNER TRACKING & RESULTS

## WHERE'S MY RUNNER?

LOOKING FOR YOUR RUNNER? SEE BELOW FOR HELPFUL TIPS!



- Not all Aid Stations will have tracking, so don't panic if you don't see a time for your runner.
- Limited cellular and satellite connectivity may cause delays in runner tracking updates, and some aid stations may report times more frequently than others

### Q: My runner should have checked in by now. Where are they?

A: No need to worry! There are plenty of reasons they may not show as checked in:

- Tracking is not available at that location.
- Connectivity is limited, and tracking updates may be delayed.
- The course includes a variety of terrain, with some sections being more challenging than others, so it's completely normal for runners to move a bit behind their expected pace at times.

\* Anticipate up to a 2-hour delay in your runner tracking for any of these reasons

### Q: Who should I contact if I'm having trouble tracking my runner?

A: Our experienced Runner Tracking Team works diligently to ensure all runners are on course, safe, and accounted for. They use the same LiveTrail software as the app, so you'll see the same location updates when your runner checks in.

**Your runner's safety is our top priority! Our Runner Tracking Team has proven procedures in place to quickly identify and locate any runner who may go off course, ensuring they are safely accounted for throughout the event.**

## RUNNER TRACKING

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

## TIMING

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

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



### TRACK YOUR RUNNER:

To follow your runner's progress on race day, download the LiveTrail Tracker app to your smartphone.

# RACE DAY INFORMATION

## DROP POLICY

Runners are encouraged to withdraw from the race only at Aid Stations. This will help Race Management ensure all runners are safely accounted for. All runners **MUST** notify the Aid Station Captain that they are withdrawing, and turn their bib in. If a runner is unable to withdraw at an Aid Station, they **MUST** notify Race Management at the Timing Tent located at the Finish Line, or by calling the Emergency Number on their bib: **813-422-2094**.

In the event that you do not finish (DNF) the race, race management is required to collect your bib at the Aid Station. This is essential for runner accountability and ensures that our command team can confidently confirm the course is clear at the end of the day. We understand that bibs hold sentimental value for many runners. If you'd like your bib returned, we can hand it back after the course is cleared. Please note that this may take several hours after the final course cut-off, as bibs are retrieved from remote aid stations. Please attend the award ceremonies to check if bibs have been returned by that time. If so, we can distribute them during that window only. Thank you for your understanding as we prioritize runner safety.

## WEATHER

Please check the weather before race day. Weather can range from hot temperatures to snowy mountain tops this time of year. [CLICK HERE](#) to check the weather in the area prior to race day. Please be sure to also check the weather conditions getting to and from the race if you plan on driving. Refunds are not given in the case that weather impacts your arrival time.

## ROAD SAFETY

Runners will at times during this event be running on dirt roads that could possibly be shared by OHV/UTV/4X4 vehicle's. Please always be aware of your surroundings and use caution during these sections of the course. Headphones are discouraged during these sections of the course. Always look before crossing these roads.

## MEDICAL INFORMATION FOR RUNNERS

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

## START & FINISH LINE BAGS

A designated area at Basecamp will be available for start/finish line bags for all distances. These bags are for post-race essentials and will remain at the start/finish area for the duration of the event, they will not be transported to aid stations. Please place all items in one bag labeled with your bib number and name.

# RACE DAY INFORMATION

## COURSE CUT-OFF

**Refer to the aid station chart for specific distance information on course cutoffs.**

Cut-off times are calculated with the following considerations:

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

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

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

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

## AID STATIONS

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

- Nutrition: Naak Drink Mix and Naak Gels; assorted fruits; soda; assorted sweets & salty snacks; peanut butter & jelly sandwiches; and other assorted food
  - Not all aid stations will offer full Naak nutrition offerings.
- Runner Care: Basic first aid/blister care; bug spray; sunscreen; lubrication for chaffing; feminine products
- Refer to the aid station chart for detailed information on aid station offerings by distance.
  - HS - Hydration Station
  - AS - Aid Station



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Go longer, go farther.



# EQUIPMENT

## MANDATORY & RECOMMENDED

### 50K

| MANDATORY                                | RECOMMENDED                                     |
|--|---|
| Cell/Smartphone                          | Running pack                                    |
| Personal collapsible cup                 | ID/Passport                                     |
| Minimum water supply of 1L               | Headlamp & spare batteries (200 lumens minimum) |
| Food reserve: 800 kcal (2 gels + 2 bars) | Gloves  |
| Whistle                                  | Jacket with hood                                |
| Survival Blanket                         | Hat   |

### 25K

| MANDATORY                   | RECOMMENDED                              |
|-----------------------------|--|
| Personal collapsible cup    | Running pack                             |
| Minimum water supply of .5L | Food reserve: 800 kcal (2 gels + 2 bars) |
| Cell/Smartphone (21K)       | ID/Passport                              |
|                             | Whistle                                  |
|                             | Gloves                                   |
|                             | Jacket with hood                         |
|                             | Hat                                      |

## WEATHER PROTOCOL: GEAR

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

Mandatory gear must be carried for the duration of the race. Recommended gear is strongly advised based on conditions.

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WORLD SERIES

NIRVANA

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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!



# RUNNER BIBS

DO NOT fold your bib under any circumstance.



Make sure you are at the correct race!

Your race distance.



50K



0000

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

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

First Name

LAST NAME

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

2026

COMMAND CENTER NUMBER: 1 (813) 422-2094

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

1 0 1 1 1 0 1

Wear bib clearly visible on the front of your torso.

Name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_  
 T-Shirt Size: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
 Emergency Phone: \_\_\_\_\_

Allergies to Medicines: \_\_\_\_\_

List of Current Medications: \_\_\_\_\_

Current Medical Condition(s): \_\_\_\_\_

1 0 1 1 1 0 1

UK CE (A-1)

Name/Address: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_  
 Medical Information: \_\_\_\_\_

facebook.com

Please fill your information out.

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

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

# HOW TO WEAR YOUR BIB

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All bibs must be front facing and legible.



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



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

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

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

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

Eyewear  
Astral Sphere

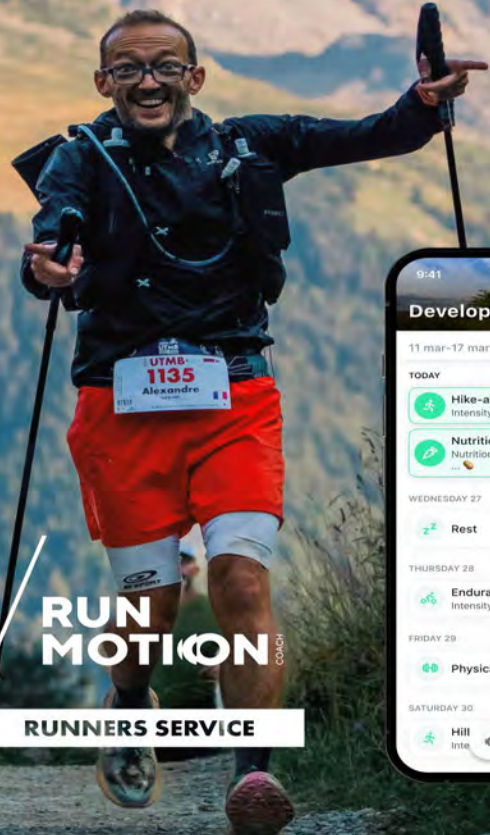
PERFORMANCE  
STARTS IN YOUR HEAD.



 **RUDY**  
PROJECT

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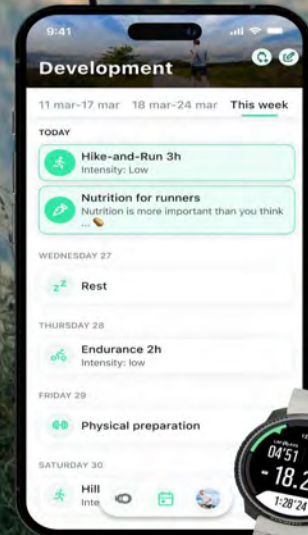
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WORLD SERIES

**RUN  
MOTION** COACH

**RUNNERS SERVICE**



# COURSE MARKINGS

## COURSE FLAGGING & RIBBONS ALL DISTANCES

All distances will be marked with a pink and black ribbon.



## STANDARDS ALONG THE TRAIL




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

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

Course flags will be placed in addition to and alternating with course ribbons. Look for course flags to be placed on the following:

- Pinned into the ground
- Supported by rocks on the trail
- Forest service trail signage
- Course signage

## COURSE SIGNAGE

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

## TURNS & INTERSECTIONS

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

## WRONG WAY

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



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## AONIJIE RUNNING

# 50K COURSE

## COURSE INFORMATION

[CLICK HERE](#) to view more information about the 2026 50K course and to download the GPX.

[CLICK HERE](#) to view the 50K CalTopo map.

## COURSE CUT-OFF

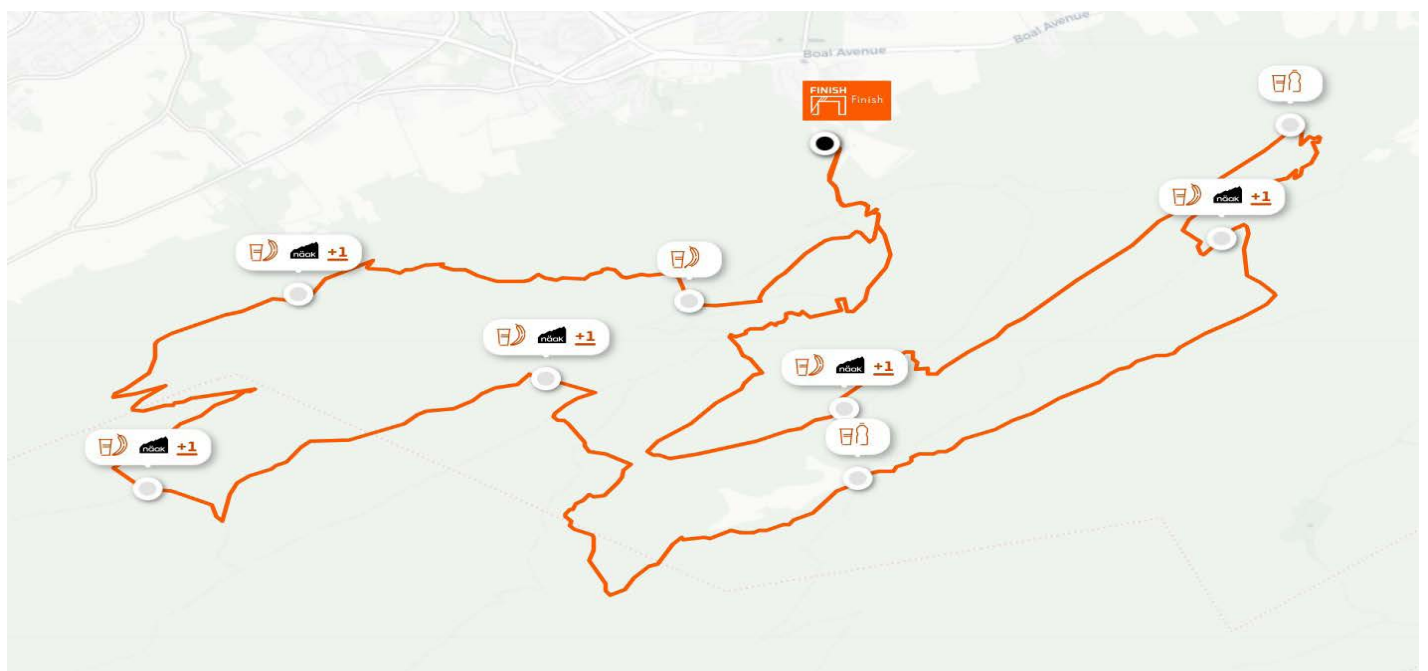
Each runner will have 12 hours to complete the course. There will be intermediate cut-offs along the course as follows:

- 12:30 PM at Treaster Kettle (Mile 11.4)
- 5:30 PM at Shingletown Gap (Mile 27.4)
- 8 PM at the finish line (Mile 33.0)

## 50k Aid Station Chart

| AS Label      | AS Location                      | AS Mileage  | Miles to Next AS | Elev. Gain to Next AS (ft) | Elev. Loss to Next AS (ft) | Cumulative Elev. Gain (ft) | Cumulative Elev. Loss (ft) | Cut-Off Time    |
|---------------|----------------------------------|-------------|------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------|
| <b>Start</b>  | <b>Start</b>                     | 0.0         | 5.5              | 1,525                      | -982                       |                            |                            |                 |
| AS1           | North Meadows                    | 5.5         | 3.9              | 423                        | -251                       | 1,525                      | -982                       |                 |
| HS1           | Beer Tap (Hydration Station)     | 9.4         | 2.0              | 183                        | -708                       | 1,948                      | -1,233                     |                 |
| AS2           | Treaster Kettle                  | 11.4        | 4.1              | 469                        | -134                       | 2,131                      | -1,941                     | <b>12:30 PM</b> |
| HS2           | Bear Meadows (Hydration Station) | 15.5        | 4.6              | 975                        | -829                       | 2,600                      | -2,085                     |                 |
| AS3           | Sand Springs                     | 20.1        | 3.7              | 317                        | -729                       | 3,575                      | -2,914                     |                 |
| AS4           | Pine Swamp                       | 23.4        | 4.0              | 615                        | -894                       | 3,892                      | -3,643                     |                 |
| AS5           | Shingletown Gap                  | 27.4        | 2.9              | 891                        | -340                       | 4,507                      | -4,437                     | 5:30 PM         |
| HS3           | Laurel Run (Hydration Station)   | 30.4        | 2.6              | 349                        | -970                       | 5,398                      | -4,777                     |                 |
| <b>Finish</b> | <b>Finish</b>                    | <b>33.0</b> |                  |                            |                            | 5747                       | -5747                      | <b>8:00 PM</b>  |

*\*\*Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch. Due to permitting, the course is subject to change. Always follow course markings for current route. Cut-off times, Drop Bags & Crew locations will be revised closer to race month\*\**



# 25K COURSE

## COURSE INFORMATION

[CLICK HERE](#) to view more information about the 2026 25K course and to download the GPX.

[CLICK HERE](#) to view the 25K CalTopo map.

## INTERMEDIATE CUT-OFFS

There will be intermediate cut-offs along the course as follows:

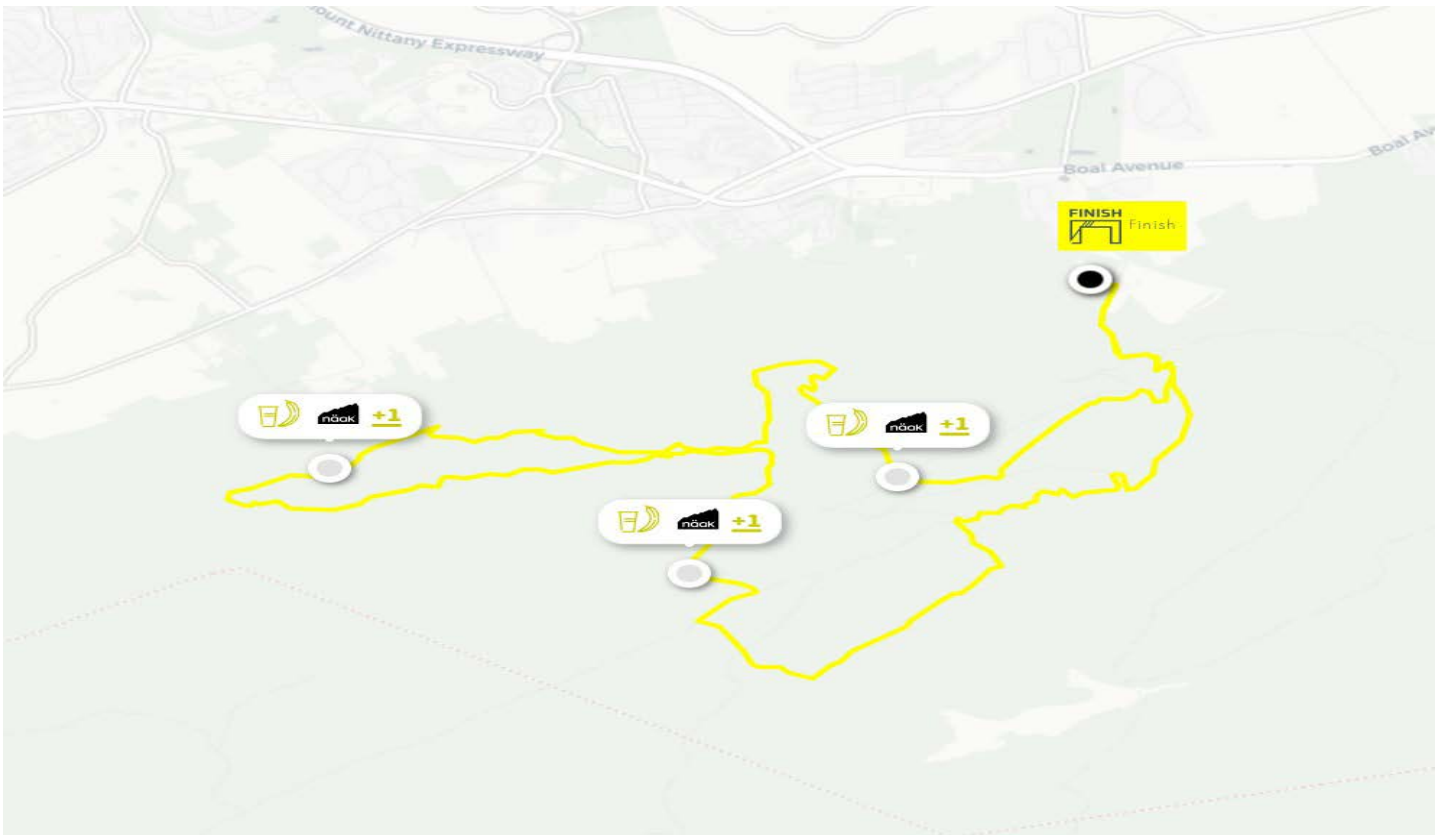
- 2:15 PM at Shingletown Gap (Mile 9.8)
- 5 PM at the finish line (Mile 16.7)

## 25k Aid Station Chart

| AS Label | AS Location     | AS Mileage | Miles to Next AS | Elev. Gain to Next AS (ft) | Elev. Loss to Next AS (ft) | Cumulative Elev. Gain (ft) | Cumulative Elev. Loss (ft) | Cut-Off Time |
|----------|-----------------|------------|------------------|----------------------------|----------------------------|----------------------------|----------------------------|--------------|
| Start    | Start           | 0.0        | 5.8              | 1,828                      | -1161                      | 1,828                      | -1161                      |              |
| AS1      | Sand Springs    | 5.8        | 4.0              | 543                        | -1156                      | 2,371                      | -2,317                     |              |
| AS2      | Shingletown Gap | 9.8        | 4.2              | 1,189                      | -605                       | 3,560                      | -2,922                     | 2:15 PM      |
| AS3      | Laurel Run      | 14.0       | 2.7              | 338                        | -975                       | 3,898                      | -3,897                     |              |
| Finish   | Finish          | 16.7       |                  |                            |                            |                            |                            | 5:00 PM      |

*which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch. Due to permitting, the course is subject to change. Always follow course markings for current route. Cut-off times, Drop Bags & Crew locations will be revised closer to*

5/4/2026



# POST RACE INFORMATION

## AWARDS CEREMONIES

Awards will be given to the top five overall male and female finishers and first-place male and female in each age group. If you cannot attend the Awards Ceremony, please email [ROTHROCK@SERVICE.BYUTMB.WORLD](mailto:ROTHROCK@SERVICE.BYUTMB.WORLD) to have your award shipped to you. Shipping fees will apply. Please note that we are unable to ship awards outside of the United States. Unclaimed awards will be held for 30 days.

## UTMB® WORLD SERIES

The top 3 male and top 3 female runners in the 50K will win a slot to the 2027 UTMB® World Series Finals race of the same category. Runners will be required to pay for that bib.

## QUALIFYING POINTS

- The 2026 Rothrock by UTMB running stones:
  - 50K: 2 Running Stones
  - 25K: 1 Running Stone

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

## PHOTOGRAPHY

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

## HOW TO ORDER YOUR PIX

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

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



**R2 3.0 CALF SLEEVES**

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



**SUUNTO**  
SINCE 1936

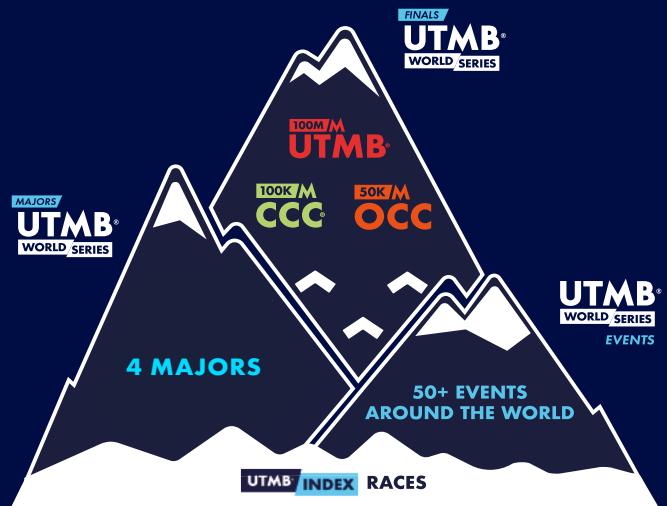
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## MEET YOUR EXTRAORDINARY

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)**

# VOLUNTEER INCENTIVE PROGRAM

Sign up to volunteer and become a part of our race family! Once you volunteer you will be automatically entered into our Volunteer Incentive Program where your hours served can be redeemed for discounted or complimentary entries into one of UTMB's North American events. Get involved, give back, and run with us!

## LEADING ROLES

- Automatic complimentary entry towards a 100M, 100K, 50K, 20K, or 10K event.
- Leading Roles are assigned by the Volunteer Director and may vary by event. These positions are essential to race operations, runner safety, or volunteer management. A Leading Role may be noted in the shift description or identified at shift end when selecting incentives.

## SUPPORTIVE ROLES

Supportive Roles are all volunteer positions outside the defined Leading Roles designated by the Volunteer Director.

### LEVEL 4 - SUMMIT

- Volunteer Swag: T-shirt and food & drink voucher.
- Complimentary entry towards a 100M, 100K, 50K, 20K, or 10K.

### LEVEL 3 - PEAK

- Volunteer Swag: T-shirt and food & drink voucher
- 30% off registration fee for any event and distance

### LEVEL 2 - RIDGELINE

- Volunteer Swag: T-shirt and food & drink voucher
- 20% off the first-tier pricing for any event and distance

### LEVEL 1 - BASECAMP

- Volunteer Swag: T-shirt and food & drink voucher
- 10% off the first-tier pricing for any event and distance

If you or anyone traveling with you is interested in volunteering, please [CLICK HERE!](#)

## VOLUNTEER

Our volunteers allow us to do what we do! Please be sure to thank the volunteers that help you along your journey. All volunteers will receive swag and early entry to future Rothrock by UTMB events.

[CLICK HERE](#) for more information about volunteering!



# Open-Ear Bone Conduction Headphones

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



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**UTMB**  
WORLD SERIES



OFFICIAL FOOTCARE

**NO  
FINISH LINE  
WITHOUT  
FOOTCARE**



**PEDICURE**

**3 weeks before**

**TANNING**

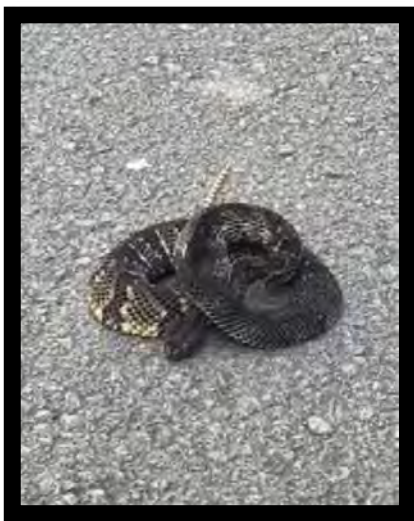
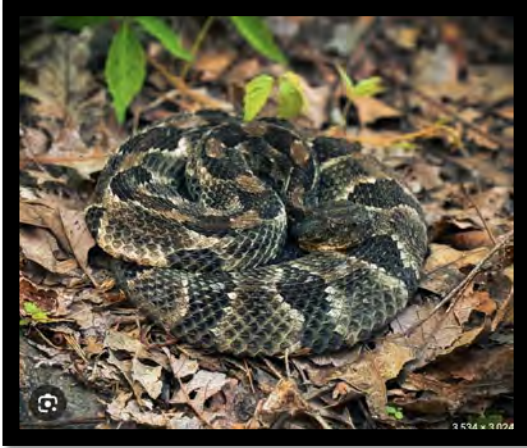
**Apply from D-20 to D-10**  
Alternate lemon juice and  
ANTI-FRICTION cream every evening

**ANTI-FRICTION  
CREAM**

**From D-10 to D-day**  
Apply cream generously every day

**#nofinishline  
withoutfootcare**

# Guide to Rattlesnakes in Rothrock



- **Timber rattlesnakes** inhabit Rothrock State Forest, particularly in rocky, sunny areas above 1,800 feet. They are generally timid and odie, with bites being rare. Runners and hikers should stay on trails, watch their step, and maintain a 3-foot distance to avoid conflicts.
- **Appearance:** Timber rattlesnakes in PA can be yellow, brown, or black/dark brown.
- **Habitat:** Look for them in sunny, rocky, and forested areas
- **Behavior:** They are most active from late spring to early fall, particularly in the morning and evening.
- **If Encountered:** Remain calm and move away slowly. They usually try to avoid confrontation and will likely move on their own.
- **If Bitten:** Seek immediate medical attention. Do not apply a tourniquet or use suction.

# Guide to Poison Ivy in Rothrock



**Identification:** "Leaves of three, let it be." Look for a middle leaf with a longer stem than the two side leaflets. Young leaves may appear reddish, while mature leaves are green, turning red/orange in autumn.

**Forms:** Grows as ground cover, a low shrub, or a hairy-vined climber up trees.

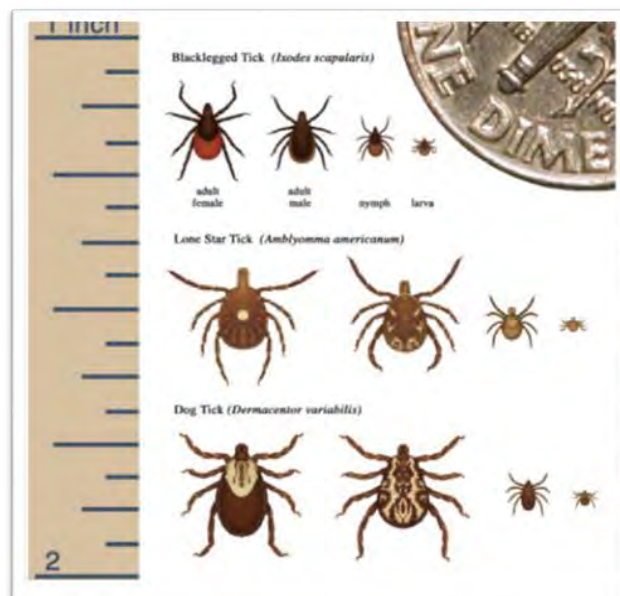
**Locations:** Commonly found along trails, in damp areas, and covering trees.

**Prevention & Treatment:** Wash immediately with soap and cold water to prevent oil penetration.

Use products like [Tecnu](#) to help break down the oil.



# Guide to Ticks in Rothrock



## Rothrock State Forest Tick Safety Guide

Wear light-colored clothing (easier to spot ticks)

**Repellents:** Use EPA-approved repellents containing DEET, picaridin, or IR3535.

**On the Trail:** Stay in the center of trails and avoid brushing against brush, tall grass, and leaf litter.

**Tick Checks:** Perform a thorough, full-body tick check immediately after coming indoors, paying close attention to hair, underarms, waist, and behind knees.

**If Bitten:** Remove the tick immediately using fine-tipped tweezers by pulling upward with steady pressure. Do not twist or squeeze the body.

If you develop a rash or fever after a bite, see a doctor immediately

**TIPS TO PREVENT LYME DISEASE**

- Walk in the center of trails
- Use EPA-registered repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, para-menthane-diol or 2-undecanone; or permethrin
- Bathe or shower within 2 hours after coming indoors to find and wash off ticks
- Check your entire body for ticks with a mirror after returning from outdoors
- Examine your gear and pets to keep ticks from being brought inside
- Tumble dry clothes on high heat for 10 minutes to kill any unfound ticks

Content sources: Centers for Disease Control and Prevention and PA Department of Health

# GENERAL RULES

1. Throughout the duration of the race, each runner must have with them all of their mandatory equipment.
2. No aid between aid stations. The race organizer only provides water and electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the next aid station.
3. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the spectator zones.
4. Runners are not allowed to participate with a dog or any other animal, including service animals.
5. Littering is NOT permitted and may result in disqualification. Leave No Trace.
6. Trekking poles will be allowed for all distances. Please be cautious around other runners while using them.
7. NO STEPPING on vegetation off the trail. Once again, it's pristine, let's keep it that way.
8. Headphones ARE permitted, so crank it up, but please be aware of surroundings when overtaking another runner, if you are overtaken, or at an aid station.
9. Any runner seen course-cutting will be disqualified.
10. Any foreign runner who earns cash, will be subject to tax initially when paid on race day.
11. Runners can drop from the race at any accessible aid station and they MUST let the Aid Station Captain know that they are dropping.
12. [CLICK HERE](#) to review the Anti-Doping policy.
13. Pacers are only permitted at events that include a 100 - Mile distance.
14. If you do not pass the designated course cut-off locations by the specified times, you will be not allowed to continue the race.



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