



RUNNER GUIDE

AUGUST 22 - 23, 2026



UTMB®
WORLD SERIES

OFFICIAL UTMB® WORLD SERIES PARTNERS

HOKA

TUDOR

näak

SUUNTO

TABLE OF CONTENTS

SCHEDULE.....	3
BIB PICK-UP.....	4
PRE-RACE INFORMATION.....	5
GETTING THERE.....	6
RACE DAY INFORMATION.....	10
RUNNER BIBS.....	15
WEARING YOUR BIB.....	17
COURSE MARKINGS.....	18
100K COURSE.....	21
50K COURSE.....	22
25K COURSE.....	23
10K COURSE.....	24
POST RACE INFORMATION.....	25
UTMB® WORLD SERIES.....	27
GENERAL RULES.....	32

WELCOME

SCHEDULE

FRIDAY, AUGUST 21, 2026			
START	END	EVENT	LOCATION
10 AM	6 PM	Expo: • Bib Pick-Up • Official 2026 Ultra Trail Whistler by UTMB® Merchandise Store	Spruce Grove Park
10 AM		HOKA/ SHOKZ/ BUFF Shake Out Run	Spruce Grove Park
12 PM		Runner Briefing	Spruce Grove Park
5 PM		Runner Briefing	Spruce Grove Park
SATURDAY, AUGUST 22, 2026			
START	END	EVENT	LOCATION
3:30 AM	12 AM	Shuttles to Creekside Village - Gondola (100K & 50K) from 3:30 AM - 6 AM Shuttles from Whistler Day Lot to Spruce Grove Park from 6 AM - 12 AM	Whistler Day Lot Parking
3:45 AM		100K & 50K Race Morning • Bib Pick-Up Bibs must be picked up at least 10 minutes before the start of each distance.	Creekside Gondola
5 AM		100K Race Starts	Creekside Gondola
5 AM		50K Race Starts	Creekside Gondola
9 AM	5 PM	Expo: • Bib Pick-Up • Official 2026 Ultra Trail Whistler by UTMB® Merchandise Store	Spruce Grove Park
12 PM		Runner Briefing	Spruce Grove Park
3 PM		Runner Briefing	Spruce Grove Park
SUNDAY, AUGUST 23, 2026			
START	END	EVENT	LOCATION
12 AM	3 PM	Continuous Shuttle Service	Whistler Day Lot Parking to Spruce Grove Park
6:30 AM	8:45 AM	25K & 10K Race Morning Bib Pick-Up • Bib Pick-Up Bibs must be picked up at least 10 minutes before the start of each distance.	Spruce Grove Park
8 AM	2 PM	Official 2026 Ultra Trail Whistler by UTMB® Merchandise Store	Spruce Grove Park
8 AM		25K Race Starts	Spruce Grove Park
9 AM		10K Race Starts	Spruce Grove Park
12 PM		Award Ceremonies (all distances)	Spruce Grove Park

ADDRESS

Spruce Grove Park
7328 Kirkpatrick Way, Whistler, BC V8E 0E8, Canada

BIB PICK-UP

BASECAMP (EXPO) PICK-UP

Bib pick-up will be available at the Basecamp (Expo) at Spruce Grove Park during the following times:

- Friday, August 21 from 10 AM to 6 PM
- Saturday, August 22 from 9 AM to 5 PM

RACE MORNING BIB PICK-UP

Race morning bib pick-up will be available during the following times.

- 100K & 50K at the Creekside Gondola: Saturday, August 22 at 3:45 AM (all bibs must be picked up 10 minutes before the start).
- 25K & 10K at **Spruce Grove Park**: Saturday, August 23 from 6:30 AM to 8:45 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 (Summit) runners. For more information or to check your status, please [CLICK HERE](#).

PRE-RACE INFORMATION

PHYSICAL ADDRESSES

BASECAMP (EXPO)

Spruce Grove Park
7328 Kirkpatrick Way, Whistler, BC V8E 0E8, Canada

100K & 50K START

Creekside Gondola
2051 Lake Placid Rd, Whistler, BC V0N 1B2, Canada

SHUTTLE PICK-UP

Whistler Day Lot
4350 Blackcomb Way, Whistler, BC

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: 1 (672) 699-4245

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.

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

SUMMER ALPINE EXPERIENCE

Discounted [Summer Alpine Experience](#) Tickets for Participants & Spectators. Enjoy Whistler's alpine environment with exclusive UTMB participant and spectator pricing. Take the gondola up Blackcomb or Whistler mountain and experience scenic mountain views and hiking trails.

Discounted lift ticket vouchers can be collected at UTMB Check-In and redeemed at the Blackcomb Day Lodge for the following Summer Alpine Experience tickets:

Single-Day Summer Alpine Experience Ticket: \$99 + tax

Multi-Day Summer Alpine Experience Ticket: \$145 + tax

GONDOLA OPERATING HOURS:

Whistler Village Gondola
Daily: 9:30 AM – 5:30 PM

Blackcomb Gondola
Daily: 9:30 AM – 5:30 PM

Blackcomb Day Lodge is at the base of Blackcomb - 4553 Blackcomb Way, Whistler, BC V8E 1D2. Parking is available at RMOW Day Lots 1 to 5.

GETTING HERE

SPRUCE GROVE PARK

BASECAMP, Bib Pickup, 25K & 10K Start Line, and Finish Line for All Distances

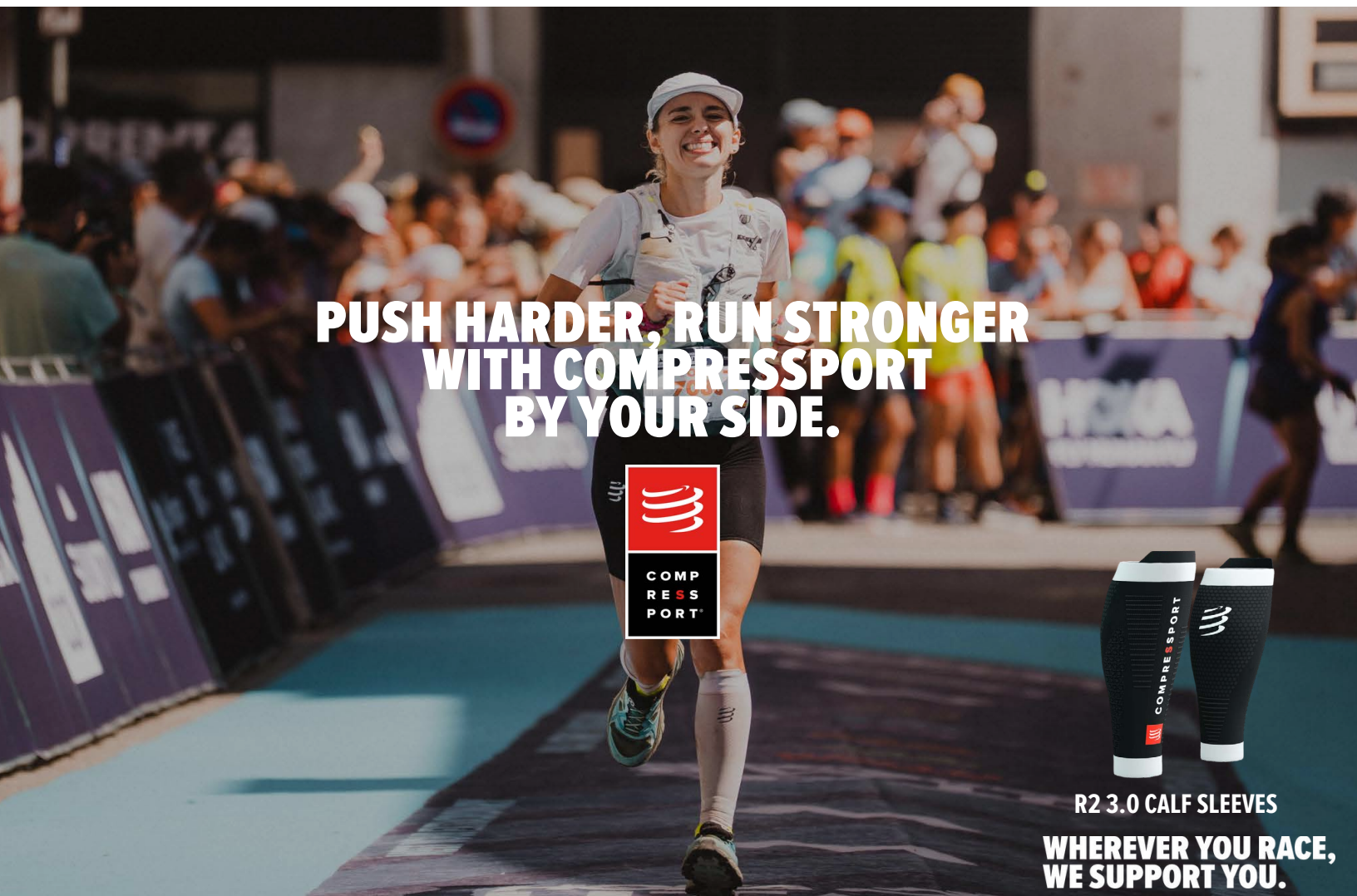
- Parking is available at Spruce Grove Park on Friday only.
- Parking is not available on Saturday or Sunday. Runners and spectators traveling to Spruce Grove Park for the bib pickup or finish line activities must use the complimentary shuttle service operating between Whistler Day Lot 4 and Spruce Grove Park.
- PAID parking is in effect at Whistler Day Lot 4.

100K & 50K START LINE SHUTTLES

Complimentary shuttle service will be provided from 3:30 AM to 6 AM to and from Whistler Day Lot 4 and Creekside Gondola.

BASECAMP & FINISH LINE SHUTTLES

Complimentary shuttle service will be provided starting Saturday at 6 AM to and from Whistler Day Lot 4 and Spruce Grove Park. Shuttle service will run until Sunday at 3 PM.



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



R2 3.0 CALF SLEEVES

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

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[®]

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](https://www.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.

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

BEAR & COUGAR SAFETY

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

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

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

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: **1 (672) 699-4245**.

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.

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.

SWEEP TEAM

There will be a Sweep Team covering every section of trail 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 the safety of runners. It is also good practice if you leave the trail to leave a belonging on the trail to help notify the Sweep Team.

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.

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. Race organization reserves the right to remove a runner if there is no possibility of finishing before cutoffs 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 chafing; feminine products
- Refer to the aid station chart for detailed information on aid station offerings by distance.
 - HS - Hydration Station
 - AS - Aid Station

ROAD SAFETY

Runners will at times during this event be running on dirt roads and trails that could possibly be shared by OHV/UTV/4x4 vehicles and mountain bikes. 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.

100K NEUTRAL ZONES – IMPORTANT SAFETY INFORMATION

Three major road crossings on the course will operate as designated Neutral Zones. Timing mats will record your entry and exit from each Neutral Zone, and the time spent within the zone will be deducted from your official race time. There is no competitive advantage to rushing through these crossings. Runners must obey all pedestrian signals, course marshal instructions, and traffic laws. Vehicles have the right-of-way at all times. Failure to follow crossing procedures may result in disqualification. For clarity, Neutral Zones will be in place for the following locations:

- HWY 99 at Cheakamus Lake Rd (42.85mi/68.56km)
- Creekside at Lake Placid Rd (49.4mi/79.1km)
- Whistler Main Village Entrance (52.5mi/84km)

Please note: Failure to stop when instructed may result in a time penalty or disqualification.



ULTRA ENERGY™ DRINK MIX
Go longer, go farther.



DROP BAGS & SPARE BAGS

DROP BAGS (AID STATION BAGS):

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

Big Burn - 1 17.9 mi / 28.8 km

Big Burn - 2 29 mi / 46.7 km

Weather Check 42.9 mi / 69 km

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

SPARE BAGS (START & FINISH LINE BAGS):

A designated area will be available at Basecamp for spare bags with post-race essentials for all distances. Please place all items in a bag clearly labeled with your name and bib number. All items must be contained inside a bag, and note that these bags will remain at Basecamp, they will not be transported to any on-course locations.

BAG PICK-UP

The bags will be returned to either the runner or a family member/friend, only upon presentation of the bib number. The bags must be retrieved at Basecamp (Expo) no later **2:00 PM on Sunday, August 23**. After that time, drop bags are subject to charitable donation. **DO NOT PUT ANYTHING OF GREAT VALUE IN YOUR DROP BAGS!**



BE PART OF VIBRAM

RESOLE YOUR SHOES
WITH VIBRAM
AND ENHANCE
YOUR PERFORMANCE.



**FIND YOUR
COBBLER**

[VIBRAM.COM/SHOE-REPAIR-LOCATOR](https://vibram.com/shoe-repair-locator)

SPREAD THE VOICE @VIBRAM



CONFIDENCE
IN EVERY STEP



EQUIPMENT

MANDATORY & RECOMMENDED

100K

MANDATORY	RECOMMENDED
Running pack for carrying supplies for the duration of the race Pack can be a backpack, vest or waist/belt pack	ID/Passport
Cell/Smartphone	Gloves
Minimum water supply of 1 liter	200 lumens or more for main headlamp
Personal collapsible cup (15 cl / 5 oz minimum)	
1 working headlamps (torches) with spare cells/batteries for each headlamp	
Food reserve 800 kcal (2 gels + 2 power bars each of 65 g)	
Jacket with hood for bad weather in the mountains. The jacket must have an integrated hood or one which attached to the jacket by the original system designed for that purpose by the manufacturer	
Hat (beanie/toque, cap, bandana, or Buff®)	
Whistle	
Survival Blanket	

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

10K

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

25K

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

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.

RUNNER BIBS

DO NOT fold your bib under any circumstance.

Make sure you are at the correct race!

25K

20K M

Your race distance.



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

LONGFIRSTNAME
LONGLASTNAME

2026

COMMAND CENTER NUMBER: 1 (672) 699-4245

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.

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

Please fill your information out.

Name: _____
T-Shirt Size: _____
Emergency Contact: _____
Emergency Phone: _____
Allergies to Medicines: _____

List of Current Medications: _____

Current Medical Condition(s): _____

RACE RESULT
CE UK
www.raceresult.com

[A-0000]



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.

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



ABTA
The Travel Association

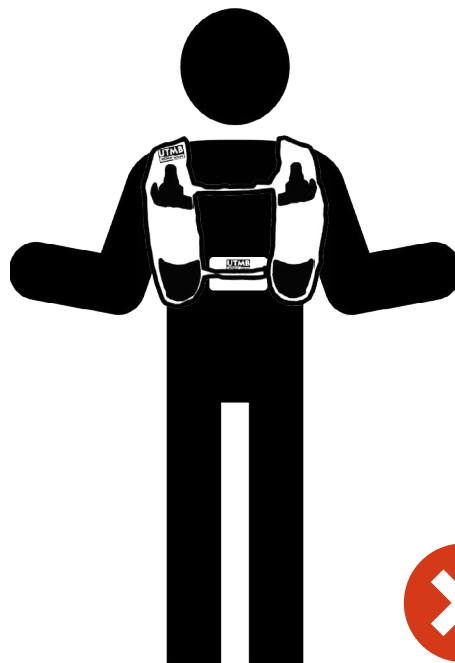


BIB PLACEMENT GUIDE

**PLEASE DO NOT FOLD THE BIBS,
AS THIS WILL DAMAGE THE TIMING CHIP**



**YOUR BIB MUST BE WORN FRONT-FACING
AND REMAIN VISIBLE AT ALL TIMES**



**DO NOT WEAR YOUR BIB
UNDER YOUR VEST**



**DO NOT WEAR YOUR BIB
ON YOUR LEG**



**DO NOT WEAR YOUR BIB
ON YOUR BACK**

COURSE MARKINGS

COURSE RIBBONS

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

COURSE SIGNAGE

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

AID STATION SIGNAGE

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

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

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

Distance to the next aid station.

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

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

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

COURSE MARKINGS

COURSE MARKING STANDARDS ALONG THE TRAIL

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

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

URNS & INTERSECTIONS

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

WRONG WAY

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

COURSE MARSHALS, BIKE PARK & ROAD CROSSINGS

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

EVENT ALERT SYSTEM (EAS)

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

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

Eyewear
Astral Sphere

PERFORMANCE
STARTS IN YOUR HEAD.



YOU'RE GOING TO LOVE TRAINING!

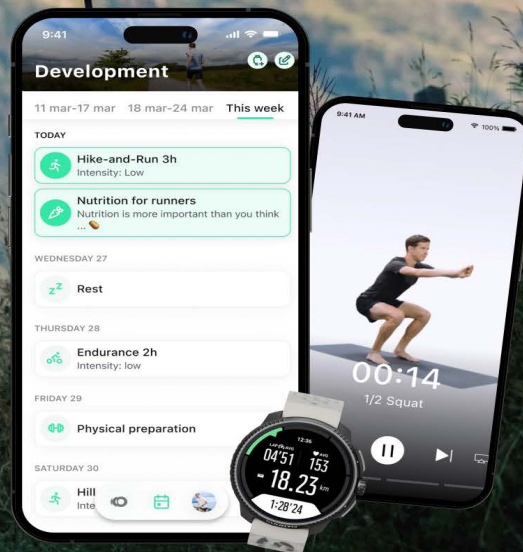


UTMB®
WORLD SERIES

RUN
MOTION

COACH

RUNNERS SERVICE



100K COURSE

COURSE INFORMATION

[CLICK HERE](#) to view more information about the 2026 100K course and to download the GPX.

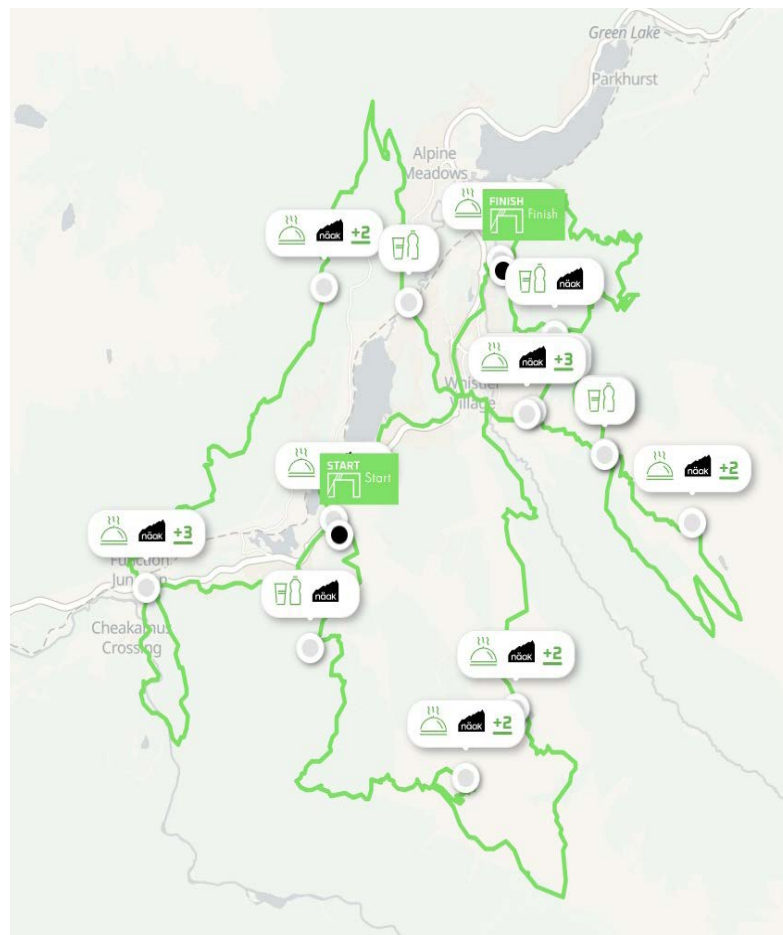
[CLICK HERE](#) to view the 100K CalTopo map.

Your recorded distance may vary from our reported distance by as much as +/- one mile due to your device brand/model, recording interval, the terrain, and dense tree canopy cover.

COURSE CUT-OFF

Each runner will have 24 hours to complete the course. There will be intermediate cut-offs along the course as follows:

- 10:30 AM at Roundhouse (Kilometer 21.1)
- 12:30 PM at Big Burn - 1 (Kilometer 28.8)
- 1:30 PM at Rendezvous (Kilometer 33.8)
- 4:00 PM at Big Burn - 2 (Kilometer 46.7)
- 7:30 PM at Pump Up (Kilometer 60.3)
- 9:30 PM at Weather Check (Kilometer 69.0)
- 12 AM at Creekside (Kilometer 79.6)
- 1:30 AM at Spruce (Kilometer 87.0)
- 5 AM (Sunday) at Finish Line (Kilometer 100.9)



100k Aid Station Chart

AS Label	AS Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Creekside Plaza - Start	0.0	3.1	339	-7	339	-7		X	X
AS1	Middle of Nowhere	3.1	8.5	1,197	-18	1,536	-25			
AS2	Whistler Summit	11.6	9.5	358	-696	1,893	-720			
AS3	Roundhouse	21.1	7.7	89	-1148	1,982	-1,868	10:30 AM		
AS4	Big Burn - 1	28.8	1.8	414	0	2,396	-1,868	12:30 PM	X	X
HS1	Mid Station - 1 (Hydration Station)	30.6	3.2	676	0	3,072	-1,868			
AS5	Rendezvous	33.8	8.4	93	-769	3,165	-2,637	1:30 PM		
HS2	Mid Station - 2 (Hydration Station)	42.2	4.5	16	-436	3,181	-3,073			
AS6	Big Burn - 2	46.7	3.7	9	-140	3,190	-3,214	4:00 PM	X	X
HS3	Mel's Dilemma (Hydration Station)	50.4	10.0	579	-434	3,770	-3,647			
AS7	Pump Up	60.3	8.7	380	-561	4,149	-4,208	7:30 PM		
HS4	Weather Check	69.0	10.6	353	-310	4,503	-4,518	9:30 PM	X	X
AS8	Creekside	79.6	18.5	102	-104	4,604	-4,622	12:00 AM		
AS9	Spruce	87.0	11.1	474	-430	4,976	-4,948	1:30 AM		
AS9	Lost Lake (Hydration Station)	98.1	2.8	49	-92	4,653	-4,714			
Finish	Spruce Grove Park - Finish	100.9						5:00:00 AM (Sunday)	X	X

****Distance, 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****

Revision 7/17/2026

50K COURSE

COURSE INFORMATION

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

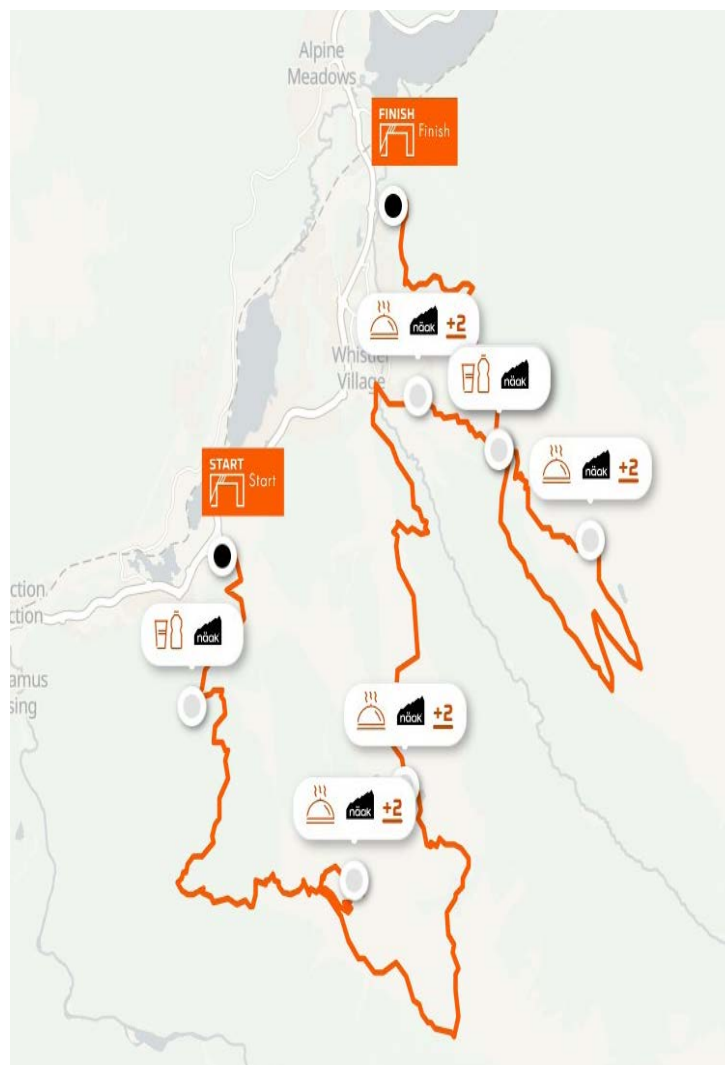
[CLICK HERE](#) to view the 50K CalTopo map.

Your recorded distance may vary from our reported distance by as much as +/- one mile due to your device brand/model, recording interval, the terrain, and dense tree canopy cover.

COURSE CUT-OFF

Each runner will have 12 hours and 30 minutes to complete the course. There will be intermediate cut-offs along the course as follows:

- 10:30 AM at Roundhouse (Kilometer 21.1)
- 12:30 PM at Big Burn (Kilometer 28.8)
- 1:30 PM at Rendezvous (Kilometer 33.8)
- 5:30 PM at Finish Line (Kilometer 50.1)



50k Aid Station Chart

AS Label	AS Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Creekside Plaza - Start	0.0	3.1	339	-7	339	-7		X	X
AS1	Middle of Nowhere	3.1	8.5	1,197	-18	1,536	-25			
AS2	Whistler Summit	11.6	9.5	358	-696	1,893	-720			
AS3	Roundhouse	21.1	7.7	89	-1148	1,982	-1,868	10:30 AM		
AS4	Big Burn	28.8	1.8	414	0	2,396	-1,868	12:30 PM		
AS5	Mid Station - 1 (Hydration Station)	30.6	3.2	676	0	3,072	-1,868			
HS1	Rendezvous	33.8	8.4	93	-769	3,165	-2,637	1:30 PM		
AS6	Mid Station - 2 (Hydration Station)	42.2	7.9	54	-598	3,219	-3,235			
Finish	Spruce Grove Park - Finish	50.1						5:30 PM	X	X

****Distance, 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**

Revision 7/17/2026

25K COURSE

COURSE INFORMATION

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

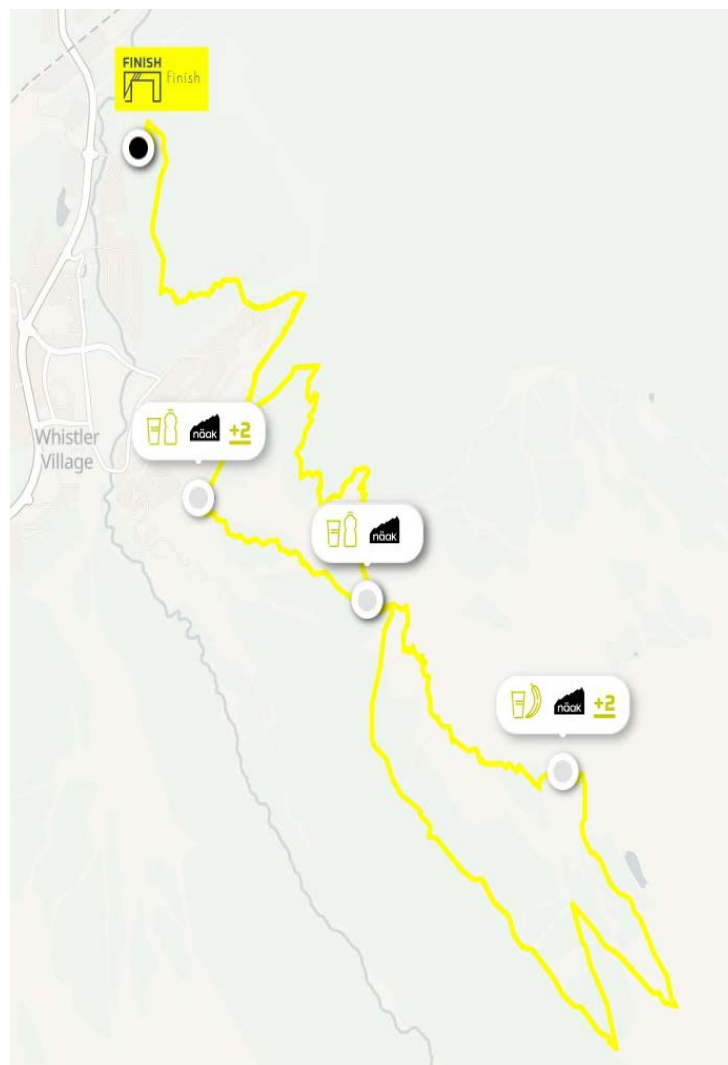
[CLICK HERE](#) to view the 25K CalTopo map.

Your recorded distance may vary from our reported distance by as much as +/- one mile due to your device brand/model, recording interval, the terrain, and dense tree canopy cover.

COURSE CUT-OFF

Each runner will have 8 hours to complete the course. There will be intermediate cut-offs along the course as follows:

- 12 PM at Rendezvous (Kilometer 9.7)
- 4 PM at the Finish Line (Kilometer 26.1)



25k Aid Station Chart

AS Label	AS Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Spruce Grove Park - Start	0.0	4.7	207	-80	207	-80		X	X
AS1	Big Burn	4.7	1.8	414	0	621	-80			
HS1	Mid Station (Hydration Station)	6.4	3.2	676	0	1,297	-80			
AS2	Rendezvous	9.7	8.4	93	-769	1,390	-849	12:00 PM		
HS2	Mid Station (Hydration Station)	18.0	8.1	54	-598	1,444	-1,447			
Finish	Spruce Grove Park - Finish	26.1						4:00 PM	X	X

****Distance, 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****

Revision 7/17/2026

10K COURSE

COURSE INFORMATION

[CLICK HERE](#) to view more information about the 2026 10K course and to download the GPX.

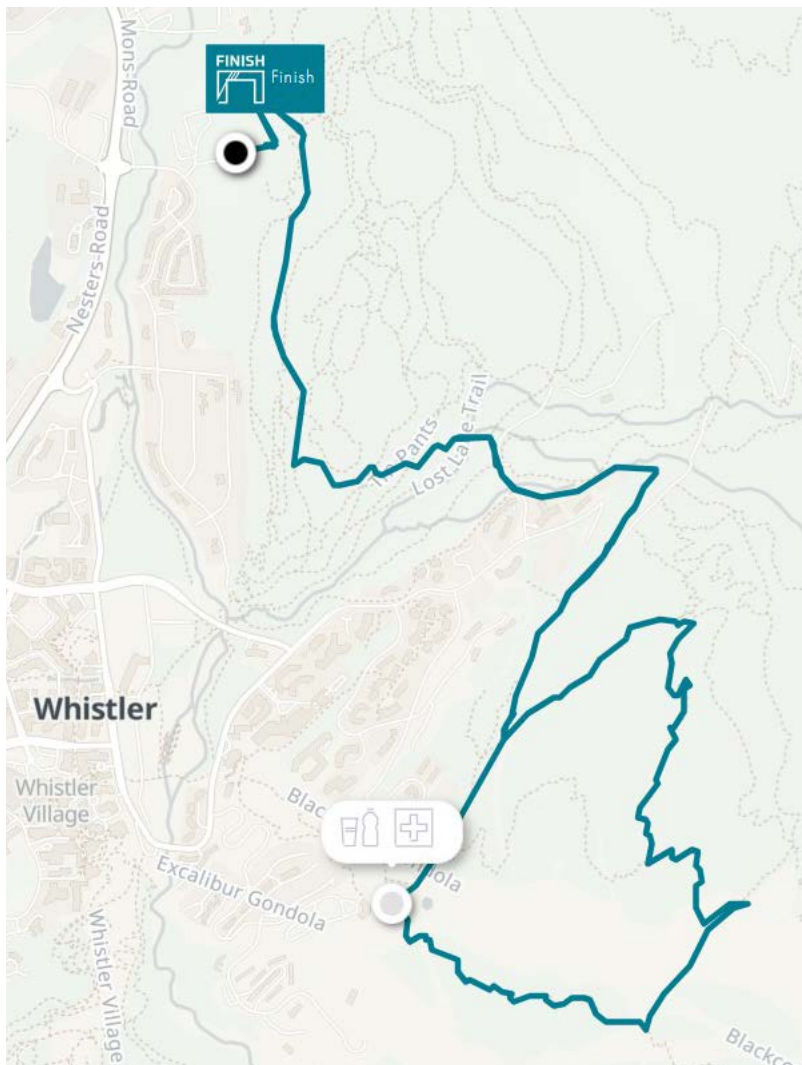
[CLICK HERE](#) to view the 10K CalTopo map.

Your recorded distance may vary from our reported distance by as much as +/- one mile due to your device brand/model, recording interval, the terrain, and dense tree canopy cover.

COURSE CUT-OFF

Each runner will have 6 hours to complete the course. There will be intermediate cut-offs along the course as follows:

- 3 PM at the Finish Line (Kilometer 12.6)



10k Aid Station Chart

AS Label	AS Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Spruce Grove Park - Start	0.0	4.7	207	-80	207	-80		X	X
HS1	Big Burn (Hydration Station)	4.7	7.9	345	-472	552	-552			
Finish	Spruce Grove Park - Finish	12.6						3:00 PM	X	X

****Distance, 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****

Revision 7/17/2026

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 WHISTLER@SERVICE.BYUTMB.WORLD to have your award shipped to you. Shipping fees will apply. Unclaimed awards will be held for 30 days.

UTMB® WORLD SERIES

The top 3 male and top 3 female runners in the 100K & 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 Whistler by UTMB running stones:

- 100K: 3 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 to be notified as soon as photos are online.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit WWW.FINISHERPIX.COM to view, order, and share your photos from the event.



TUDOR



BLACK BAY 58

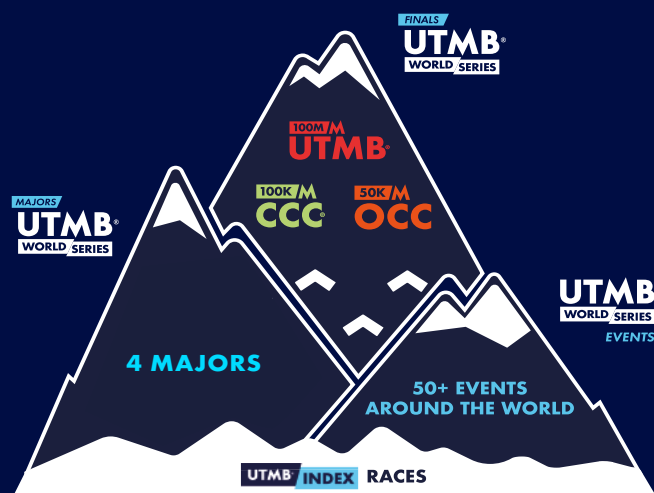
What is it that drives someone to greatness? To take on the unknown, venture into the unseen, and dare all? This is the spirit that gave birth to TUDOR. This is the spirit embodied by every TUDOR Watch. Including the TUDOR Black Bay 58, a 39mm diameter stainless steel diving watch with a Manufacture Caliber and a vintage feel. Some are born to follow. Others are born to dare.

**BORN TO
DARE**

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://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://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 Whistler by UTMB events.




SUUNTO
SINCE 1936

**90 YEARS
OF RESILIENCE**

www.suunto.com

SHOKZ

Open-Ear Bone Conduction Headphones

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



SIDAS.COM

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

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. Littering is NOT allowed outside 100' of aid stations. Throwing a wrapper down outside these parameters, is subject to disqualification.
5. NO STEPPING on vegetation off the trail. Once again, it's pristine, let's keep it that way.
6. No special Drop Bag service from crew.
7. Headphones are permitted; however, runners must remain aware of their surroundings and be able to hear race staff, volunteers, emergency personnel, approaching vehicles, bicycles, and other trail users.
8. Any runner seen cutting a switchback will be disqualified.
9. Any foreign runner who earns cash, will be subject to tax initially when paid on race day.
10. Runners can drop from the race at any accessible aid station and they **MUST** let the Aid Station Captain know that they are dropping.
11. [CLICK HERE](#) to review the Anti-Doping policy.
12. Unless a roadway is officially closed for the event, vehicles always have the right-of-way and runners must obey applicable traffic laws and traffic control devices.
13. Smoking, vaping, campfires, open flames, or any ignition source are prohibited on course, at aid stations, and within event venues due to wildfire risk and land management requirements.
14. Failure to notify Race Management of a withdrawal may result in disqualification from future events and unnecessary search and rescue activation.



FOR EVERY MILESTONE

SUSTAINABLE HEAD & NECKWEAR
DESIGNED FOR EVERY ADVENTURE

MADE IN
BARCELONA
buff.com




AONIJIE
RUNNING